

Chief Justice Sereno speaks up on martial law declaration

ABS-CBN News
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'If properly implemented, martial law declaration won't be a burden'
 MANILA- While strict compliance with the Constitution would spare the nation from abuses under martial law, Chief Justice Maria Lourdes Sereno on Friday called on graduates of the Ateneo de Manila University to "make a stand" against the rising "culture of impunity" and "blatant threats" facing fundamental rights and freedoms.

The Chief Justice speaks to the Ateneo de Manila University Class of 2017, "The Atenean Facing Martial Law".

Speaking in graduation rites of her alma mater, Sereno for the first time publicly addressed President Rodrigo Duterte's declaration of martial law in Mindanao, citing constitutional protection against the feared repeat of horrors the country experienced under the late strongman Ferdinand Marcos' martial rule.

"When properly implemented, this



Chief Justice Maria Lourdes Sereno delivers her commencement speech at the Ateneo de Manila University. PHOTO FROM THE SUPREME COURT PUBLIC INFORMATION OFFICE

(martial law declaration) should not by itself unduly burden our country," Sereno, an appointee of then-President Benigno Aquino, said.

Whether or not Duterte's martial law declaration over Mindanao--prompted by gunfights between government troops and the terrorist Maute group in Marawi City on Tuesday--would

lead to abuses "depends" on whether government branches would ensure fidelity to the Constitution and on public vigilance.

"If President Duterte and the aforementioned government authorities avoid the gross historical sins of Mister Marcos and his agents, then our country might reap the benefits of the legitimate use of the provisions on Martial Law in the 1987 Constitution," said Sereno.

She said the 1987 Constitution in "clear and unmistakable language rejects and absolutely prohibits the particular kind of martial law that began in our country in September of 1972," in reference to the wrongdoings under Marcos' rule.

Still, she urged graduates to take action against a pervading "culture, a pattern" of "apathy, rage, and despair."

"As we face the days following President Duterte's declaration of martial law in Mindanao, it behooves us to ask what we can do in the present, with the time that is given to us, to ensure that the horrors of martial law that followed the 1972 declaration do not happen again," Sereno

See Page 4 Chief Justice

Quebec election map contested

May 18, 2017 – Earlier today, Me. Julius Grey filed a legal contestation against the Commission de la représentation électorale asking that the court put aside the Québec electoral map published in the Official Gazette on March 2, 2017.

The plaintiffs are a citizens' committee formed to protest the map which merges Mont Royal and Outremont ridings and substantially alters the historic boundaries of D'Arcy McGee.

The committee was formed last March 22 at a public meeting in which over 400 residents of the affected ridings participated. The citizens argue that the electoral map unfairly under represents the political weight of Montreal, prevents effective representation and reduces the ability of linguistic and ethnic minorities to be heard.

The committee is co-chaired by Hon. Marlene Jennings, a former Member of Parliament, and Beryl Wajzman, the editor of the Suburban, a weekly



From left to right: Daniel Robert (TMR Councillor), William Steinberg (Mayor of Hampstead), Councilor Marvin Rotrand, Mitcehl Brownstein (Mayor of Cote St. Luc), Beryl Wajzman (Editor of The Suburban), Me. Julius Grey, Hon. Marlene Jennings.

newspaper, and has some 20 members.

The committee has the support of all five local Mayors of the affected communities, Russell Copeman, Philippe Roy, Mitchell Brownstein, William Steinberg and Marie Cinq-Mars. Snowdon City Councillor Marvin Rotrand is the liaison between the political level and the citizens committee.

The City of Côte-Saint-Luc, Town of Hampstead, Town of Mount-Royal, and the Boroughs of Côte-des-Neiges-Notre-Dame-de-Grâce and Outremont have all adopted motions opposing the electoral map.

The plaintiffs hope to have the case heard this autumn allowing a resolution of the issue well before the next Quebec provincial election scheduled for October 2018.

Source: Marvin Rotrand

OPINION ED.

Playing with fire

The rejection of \$280 million in grants from the European Union last week and the visits of President Duterte to China and Russia in a two-week span validated what has become obvious since the former Davao City mayor became president in July last year – that the country is taking a 180-degree turn in its foreign policy.



Duterte, his spokesmen, and newly confirmed Foreign Secretary Alan Peter Cayetano describe these recent developments as the pursuit of an “independent foreign policy.”

“We will not accept aid from any country if there are strings attached, if there are conditions, because we are an independent nation, and we have an independent foreign policy,” Cayetano explained an earlier announcement by Malacanang that the Philippines would not accept grants from the EU “that may allow it to interfere with internal policies of the Philippines.”

And yet, a few days earlier, Duterte proudly announced that he has received over \$1 billion in pledges of official development aid from China where he had just attended the One Belt, One Road Summit along with 30 other heads of state. Both Duterte and Cayetano insist the China aid and grants had no conditionalities, in other words, “no strings attached.”

The next day after rejecting the EU aid, Duterte flew to Russia, another newfound friend, where he expects to get hundreds of million dollars more in aid, including financial assistance that would help modernize the Philippine military. Again, I’m certain they would

say, “no strings attached.”

Either Duterte and his officials are too naïve, or they are lying through their teeth each time they say that Chinese and Russian aid, unlike those of the European Union and the United States, have no strings attached.

For example, China has offered a \$500-million soft loan for the military, but the funds, as emphasized by Defense Secretary Delfin Lorenzana, would be used to purchase arms from China, not from any other country. Of course, any military aid from Russia would also have to be used to purchase weapons from Russia. In the same manner, the grants and loans pledged by China for infrastructure projects would have certain conditions, such as the inclusion of some Chinese contractors and suppliers.

But these are just the economic conditions of the grants. The more telling and critical conditions are those that pertain to what former Social Economic Planning Secretary Solita Monsod as the “policy conditionalities”—good governance, anti-corruption and the rule of law. Most of these conditions are imposed by donor countries from the West, such as the United States and European countries.

For example, foreign aids granted by the US-based Millennium Challenge Corporation are monitored to ensure that there is no corruption involved, and that there is a policy of good governance, the rule of law and respect for human rights in the country receiving aid. The same is true with grants and loans from World Bank, IMF, Japan ODA, and, of course, the European Union.

This, obviously, is the part that the Duterte administration resents and the reason it cites for rejecting the EU aid – what Presidential Spokesman Ernesto Abella calls “interfering with the country’s internal affairs.”

The rule of law and respect for human rights are two phrases that create a hurtful sting to Duterte’s ears. He has called critics of his deadly drug war all

sorts of names – “idiot,” “stupid,” “son of – – – – –” and many other expletives – and, in fact, in his latest tirade threatened to behead all human rights activists who dare criticize his war on drugs that has resulted in the death of more than 7,000 drug users and pushers.

Although he is a self-proclaimed leftist and a longtime hater of the United States, it is actually the concerns raised by the State Department, President Obama, the United Nations and the European Union on his war on drugs that triggered and fortified his policy of distancing the country from the Western allies and embracing his newfound friends China and Russia, which have not criticized his deadly drug war nor his disdain for the rule of law and human rights. After all, these two countries have totalitarian governments that respect neither the rule of law or human rights. It’s a foreign policy Duterte and Cayetano conveniently call “an independent foreign policy.”

But we all know that these two regional powers wouldn’t give without getting much, much more in return. For example, China has been raping Philippine sovereignty in the South China Sea but since it is offering money that is hard to refuse, Duterte has opted to spread the country’s legs and to enjoy the rape.

We do not question the President’s sincerity in his desire to accelerate economic growth through infrastructure projects that China had pledged to finance, but has the Cabinet studied deeply and thoroughly the impact of the turnaround in foreign policy in the long

term? Have they considered the pulse of the people in this foreign policy change? For example, a recent Pulse Asia survey showed that the countries least likely trusted by Filipinos are China and Russia, and the most trusted are the United States, Japan, Australia and Great Britain.

While Duterte and Cayetano are calling the foreign policy shift as an “independent foreign policy,” experts are calling it a “hedging strategy,” which a scholar has defined as “an insurance-seeking behavior under high-stakes and high-uncertainty situations, where a sovereign actor pursues a bundle of opposite and deliberately ambiguous policies vis-à-vis competing powers to prepare a fallback position should circumstances change.”

This explains why the Duterte administration continues to hold Balikatan exercises with the US, to insist that the Mutual Defense Treaty and EDCA remain in force, while agreeing to hold joint military exercises with both China and Russia, and while playing footsies with America’s adversaries.

The objective of this approach, according to an analyst at the National Defense College of the Philippines, is to “acquire as many returns from different powers as possible... while simultaneously seeking to offset longer-term risks.”

Evidently, Duterte is trying to play the world’s major powers, hoping to gain as much economic returns as the country could possibly get from them.



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Even on the matter of EU aid, Malacanang says it is still open to receiving grants from the European Union, which by the way is the Philippines' fourth largest trading partner, as long as they do not interfere with the country's internal affairs, meaning the EU should shut up with its criticism of Duterte's deadly drug war, disrespect for the rule of law and disregard for human rights.

In his desire to squeeze the maximum financial benefits from these major powers, the country could get caught in a situation it would have no control over. For example, in exchange for \$1-billion pledges from China, Duterte has virtually abandoned the country's legitimate claim to the disputed islands in the South China Sea, a claim legally validated by an Internal Arbitral Court ruling. A few years from now, with Chinese military bases fortified on these islets, with the country becoming fully dependent on Chinese alms, and with ties with the US irreversibly cut off, it would be even more difficult for the Philippines to defend its sovereignty.

Playing the major powers is like playing with fire; it can burn you in the end.

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Duterte's macho ego is pricked for being seen as softie to China

May 23, 2017 | Opinion

By Ellen T. Tordesillas
ABS-CBN News

In his speech at the 33rd National Convention of the Philippine Coast Guard Auxiliary in Lining, Davao city last Friday, the President singled out Senior Associate Justice Antonio T. Carpio and former Foreign Secretary Albert del Rosario (whom he mistakenly referred to as Ramon del Rosario), who have publicly expressed their misgivings for the decision of Duterte to set aside the decision of Arbitral Court nullifying China's nine-dashline map which covers almost 80 percent of the disputed South China Sea and encroaches on Philippine exclusive economic zone (EEZ) and declaring illegal China's man-made islands on the features it occupies.

He said: "I've been all around Asia, particularly about the ASEAN countries and China. At huwag ho kayong maniwala na, for example, Ramon Del Rosario and itong si Justice Carpio na mahina ang dating ko, na hindi ko ginawa iyong arbitral award as a leverage."

Duterte related that in the presence of National Security Adviser Hermogenes Esperon and Defense Secretary Delfin Lorenzana, he reminded Xi about the ruling of the Arbitral Court.

Duterte said, Xi answer replied that, "yours is legal of present memory. Amin mga Ming-Ming Dynasty pa. (Ours date back to the Ming dynasty)."

Xi, according to Duterte, said, "Well if you force this, we'll be forced to tell you the truth."

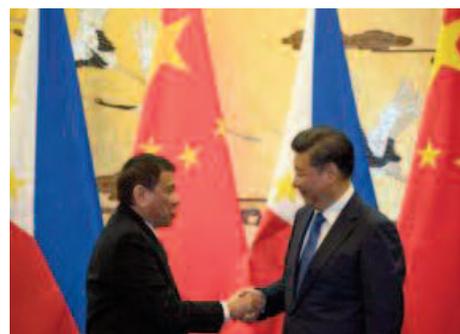
He asked what's the truth and Xi answered, "We will go to war. We will fight you."

In a statement, Carpio said: "The threat of China to go to war against the Philippines if the Philippines extracts oil and gas in the Reed Bank, or in any area within Philippine EEZ in the West Philippine Sea, is a gross violation of the United Nations Charter, UNCLOS, and the Treaty of Amity and Cooperation in Southeast Asia to which China and the Philippines are parties."

Carpio said the Philippines can go to the arbitral tribunal of the U.N Commission on the Law of the Sea to secure an order directing China to comply with the ruling of the UNCLOS arbitral tribunal that declared the Reed Bank part of Philippine EEZ. The Philippines can also ask for damages for every day of delay that the Philippines is prevented by China from exploiting Philippine EEZ.

Another recourse, Carpio said, is for the Philippines to bring China's threat before the United Nations General Assembly "by sponsoring a resolution condemning China's threat of war against the Philippines and demanding that China comply with the ruling of the UNCLOS arbitral tribunal."

China is one of the Big Five of the U.N Security Council with power of veto but at the General Assembly, China has no veto, Carpio stressed.



Pres. Duterte shaking hands with China's President Xi Jinping

Following is Justice Carpio's statement in full on China's threat to go to war with the Philippines.

"The United Nations Charter outlaws the use or threat of force to settle disputes between states. In the West Philippine Sea dispute, an arbitral tribunal created under the United Nations Convention on the Law of the Sea (UNCLOS), to which China is a party, has already ruled with finality that the Reed Bank is within the Exclusive Economic Zone (EEZ) of the Philippines and only the Philippines can exploit the natural resources within Philippine EEZ.

"The threat of China to go to war against the Philippines if the Philippines extracts oil and gas in the

Reed Bank, or in any area within Philippine EEZ in the West Philippine Sea, is a gross violation of the United Nations Charter, UNCLOS, and the Treaty of Amity and Cooperation in Southeast Asia to which China and the Philippines are parties. As a nation that under its Constitution has renounced war as an instrument of national policy, the Philippines' recourse is to bring China's threat of war to another UNCLOS arbitral tribunal, to secure an order directing China to comply with the ruling of the UNCLOS arbitral tribunal that declared the Reed Bank part of Philippine EEZ. The Philippines can also ask for damages for every day of delay that the Philippines is prevented by China from exploiting Philippine EEZ.

"The Philippines can also bring China's threat to go to war against the Philippines before the United Nations General Assembly by sponsoring a resolution condemning China's threat of war against the Philippines and demanding that China comply with the ruling of the UNCLOS arbitral tribunal. China has no veto in the General Assembly.

"The Philippine Constitution mandates that the "State shall protect the nation's marine wealth in its xxx exclusive economic zone." Since the Philippines has renounced war as an instrument of national policy, the President has the constitutional duty to use all legal means under international law to protect Philippine EEZ. In the face of China's open threat of war to seize Philippine EEZ in the West Philippine Sea, an area larger than the total land area of the Philippines, the President cannot simply do nothing, or worse acquiesce to China's action, for inaction is the opposite of protecting Philippine EEZ.

"Under international law, acquiescence is the inaction of a state in the face of threat to its rights under circumstances calling for objection to the threat to its rights. Acquiescence means the Philippines will lose forever its EEZ in the West Philippine Sea to China.

"China's blatant threat of war against the Philippines demands that the Philippines strengthens its defenses and alliances. In particular, the Philippines must strengthen its alliance with the United States, the only country with whom the Philippines has a

mutual defense treaty. The United Nations Charter recognizes the right of states to mutual self-defense against armed aggression. The Philippines can ally with the United States because the United States does not claim the West Philippine Sea or any Philippine territory. The Philippines cannot ally with China because China wants to grab for itself the West Philippine Sea and the Spratlys. As long as China threatens the Philippines with war over the West Philippine Sea, the Philippines can never lower its guard in its dealings with China.

"Among all the countries in the world, only China has threatened the Philippines with war over Philippine EEZ in the West Philippines Sea. The other claimant states in the Spratlys – Vietnam, Malaysia, Brunei – recognize Philippine EEZ, including Reed Bank, in the West Philippine Sea. The only dispute of the Philippines with Vietnam and Malaysia is on high-tide elevation rocks and their 12 nautical mile territorial seas in the Spratlys, which are more than 100 nautical miles from Reed Bank. Vietnam and Malaysia are certainly not claiming the Reed Bank. The Philippines has no dispute with Brunei.

"Reed Bank is vital to Philippine national interest. It is the only replacement for Malampaya, which supplies 40 percent of the energy requirement of Luzon. Malampaya will run out of gas in less than 10 years. Unless the Philippines develops Reed Bank, Luzon will suffer 10 to 12 hours of brownouts daily 10 years from now. This will devastate the Philippine economy.

"China's threat of war against the Philippines over the West Philippine Sea reveals the aggressive design of China against the Philippines. No less than Chinese President Xi Jinping has delivered the threat personally to Philippine President Rodrigo Duterte. This extremely troubling development calls for all Filipinos to unite to defend the West Philippine Sea in accordance with the Constitution, international law and UNCLOS."

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From Page 1

Chief Justice

said in her commencement address Friday morning.

"Given the present day, when the possibility of history repeating itself looms imminent, no cause requires your commitment as much as the cause of human rights, justice, and democracy, themes you have aptly chosen," said Sereno.

The Chief Justice, who finished her economics degree at the Ateneo in 1980 when the country was under the Marcos dictatorship, discarded a "more lighthearted and general" speech on

Who do we believe?

May 23, 2017 | Opinion

By Erick San Juan



Tightening the Belt on a Bumpy Road? Who do we believe?

The recently concluded Belt and Road Forum as initiated by and held in Beijing, China promised a lot to boost economies of countries included in the modern silk road. But many economic and political analysts believe that in the long run it is China that will benefit the most in such a huge endeavor.

Billions of dollars in infrastructure will reportedly be given as soft loans under the guise of soft power op to gain confidence among leaders from Europe to Africa and Asia. The much needed materials for infrastructure are already in excess capacity of construction materials from China. Projects outside China are very much needed for these materials and investing on the Belt and Road initiative will favor China's goods to reach the countries in the silk road.

Although reality check, problems may arise in the modern silk road. Unlike before, everything was smooth sailing so to speak. But now several factors have to be considered like terrorism plus the age-old piracy and of course geopolitical aspect as what is happening in the East and South China Sea.

Some other points have to be considered as what was pointed out by Bloomberg's editorial – "The risk, for China no less than participating countries, is that vaulting ambitions could doom the project's chances of success. What's held back infrastructure development in Asia isn't so much a lack of funding but a dearth of viable projects. Inevitably, as it has within China, politically motivated lending will produce more white

justice and democracy she had originally prepared for event, given recent developments.

Her remarks also made an indirect reference to the killings resulting from the Duterte administration's war on drugs.

"...[T]oday, people's fundamental human rights and freedoms, the core of our democracy, face grave and blatant threats. The culture of impunity is on the rise. People are pressured to favor the easy choice over the right choice: expediency over due process; convenient labeling over fairness; the unlawful termination of human life over rehabilitation," said Sereno.

"You need to make a stand, dear elephants, burdening host countries with unsustainable debt burdens."

"Strategists might rationalize these losses as the price for support and stability along China's periphery. But the costs may not be so easy to sustain. Fitch Ratings has already warned of the risk to banks' balance sheets as loans sour. Exporting China's investment-heavy development model will also ease pressure on inefficient state-owned enterprises to reform and slash overcapacity. And with China blocking capital outflows and holding onto reserves in order to bolster the yuan, there's simply less money to waste on bad projects.

Nor is there any reason to think that building more roads and pipelines will in itself achieve China's larger stated goals: to promote economic growth and hence political stability. Pouring money into development projects could just as easily encourage graft in countries along the route, fuel anti-Chinese fervor and encourage sabotage attacks. China's historic preference for dealing with authoritarian governments—and raising few questions about their governance—can breed resentment among ordinary citizens, risking future problems.

China's experience with the Asian Infrastructure Investment Bank, one of the main Belt-and-Road funders, is instructive. The institution's flashy launch in 2014 inspired fears that Chinese leaders were seeking to overturn the global financial order. These fears were misplaced. Run by a cadre of international professionals and adhering to high standards, the AIIB is, according to one estimate, unlikely to lend much more than \$2 billion annually for its first five years. That will limit its influence, but also its losses.

China needs to apply the same rigor to Belt-and-Road projects, which should be scrutinized not only for their headline numbers but their long-term viability. Lenders need to be transparent about financing terms and considerate of borrowers' ability to repay. Project officers should consult with local farmers, merchants and NGOs, not just bureaucrats, or worse, corrupt leaders; environmental concerns should be aired and addressed. And along with

Ateneans. And to make a stand you must act. More than merely ruminating on the idea of justice, I call on each of you to confront the common injustices of our society and seek to address them. I urge you to speak out with truth even against the overwhelming tide of popular opinion and reach out to the oppressed and disenfranchised," she said.

The chief magistrate further urged the graduates to "give your all to protect our nation and our people." Earlier this month, Foreign Affairs Secretary Alan Peter Cayetano defended the administration's war on drugs before the United Nations, denying the spate of extrajudicial

infrastructure, China should be promoting greater openness in economies along the route."

"Most of all, China needs to treat the Belt and Road with care and a clear-eyed appreciation of risk. That will likely result in fewer, less high-profile projects. But they—and China—will be the stronger for it."

Some pundits also fear the debt trap that developing countries may fall into in order to go with the flow of building huge projects in the process. Like in

killings as he explained that police only defended themselves in cases where drug suspects ended up dead in police operations.

He also told the world body that there was no new wave of killings, saying there was a low of 11,000 and a high of 16,000 killings annually under the Aquino administration.

Comparably, he said there were 2,692 deaths from presumed legitimate anti-drug police operations and 9,432 homicide cases in the first 9 months of the Duterte administration. -- With a report from Ina Reformina, ABS-CBN News

our case there is so much to loose if we will find out one day that our debt to China is so big that we will be compelled under China's conditions especially in our sovereign territories.

Even DLSU Professor Richard Heydarian warned of getting loans from China. Forbes.com also warned that the projected Philippine debt of \$167 billion to help finance ambitious programs under Dutertenomics could balloon to \$452 billion in 10 years and

See Page 13 Who do we believe

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Coalition Montreal In Congress June 8, 2017

Communiqué: Immediate Release - May 12, 2017

Source: Marvin Rotrand

Marvin Rotrand, Interim Leader of Coalition Montreal, today alerted the public that the municipal party will hold its Congress on June 8 at the Intercultural Centre, 6767 Cote des Neiges.

Members will be asked to decide whether the party should contest the 2017 municipal election. If they decide do so, there will be a discussion as to how to elect candidates under the Coalition banner.

Coalition Montreal was formed by Marcel Cote in 2013 obtaining 13% of the vote and electing 6 Councillors. The party program puts forward several big ideas but Coalition has no party line and all votes are free votes.

"I recognize that some members feel Coalition was created only for the 2013-2017 mandate," says Rotrand. "They will make their case at the Congress."

Rotrand indicates that other members believe there is room between Equipe Coderre and Projet Montreal particularly for a grouping that is less partisan.

These members, he says, want City

Council to advance pragmatic solutions to Montreal's problems and wish to reduce the influence of political parties. The model of a less parliamentary, less conflictual, City Council inspires these members.

Coalition Montreal has spent much of the 2013-2017 Council mandate promoting economic development dossiers, particularly improvements to Montreal airport, public health initiatives and in particular assuring a fuller role for visible minorities in municipal life.

"One of our key themes is addressing the under representation of visible and ethnic minorities on the City Council and in the civil service," says Rotrand. "The situation remains unacceptable in a city where visible minorities alone comprise 32% of the population according to the census."

One of Coalition's main bases of support is the Borough of Cote des Neiges - Notre Dame de Grace.

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info: Marvin Rotrand 514 774 1073

LOCAL EMPLOYMENT OFFICES CLOSING: CÔTE-DES-NEIGES REFUSES TO BE THE NEXT VICTIM

Montréal, May 25th 2017 – Community groups in the Montreal neighbourhood of Côte-des-Neiges and the Syndicat de la fonction publique du Québec (SFPQ) joined voices today to denounce the closing of the Côte-des-Neiges Local Employment Office (CLE.)

"A few days ago we learned that the CLE Côte-des-Neiges will close and that the 25 agents working there will be transferred to other employment offices. About 3,500 people use the CLE Côte-des-Neiges each year. These people will be transferred to CLE St-Laurent, a 30 minute walk or 20 minute trip on public transit from the current employment office" said Jean-François Sylvestre, president of the Montréal-Laval SFPQ.

The regional administration of the Ministère du travail, de l'emploi et de la solidarité sociale (MTESS) has decided not to renew the lease of the CLE Côte-des-Neiges. Another smaller office will open in the neighbourhood to house Services Quebec, where 4 agents will be employed to give information to the public about a panoply of government services. Current assistance offered in Services Québec offices consists mostly of distributing pamphlets. When people have questions or specific needs they are directed to governmental telephone services.

"Must we remind the Minister that Côte-des-Neiges is not only one of the most

populous neighbourhoods in Montreal, but also a neighbourhood where over 40% of its residents live below the poverty line. People born outside of Canada account for the majority of the people in Côte-des-Neiges.

They have many barriers to accessing government services and benefits, and it's not by closing our employment and welfare office that these problems will be resolved!" denounced Pierre-Antoine Baril, of the Corporation de développement communautaire de Côte-des-Neiges, an umbrella group of 51 neighbourhood organisations.

The decision to close the CLE Côte-des-Neiges seems illogical to the representatives of the community groups working with vulnerable populations. Nathalie Rech of Project Genesis added that "the Regional direction of Montreal is systematically closing employment offices, including the Fleury, Rivière-des-Prairies, Ville-Émard, Crémazie offices as well as one of the offices in Rosemont. Just two years ago they closed the CLE in Notre-Dame-de-Grâce. The Minister tells us that he wants people in difficulty to have individual accompaniment, but here he is adding barriers to their attempts to get assistance. It doesn't make any sense!"

"Without any money, it's impossible to

See Page 7 Local Employment



INDEPENDENCE DAY GREETINGS INVITATION TO SUPPORT MY MONTREAL - MANILA MOTION

Dear Friend,

This June 12 will mark the 119th anniversary of Philippine Independence. I offer my congratulations and invite the community to join us at the FAMAS flag raising that day at 9 AM and at the celebration parade and party June 17 at MacKenzie King Park hosted by the Canadian Council of Filipino Associations of Quebec.

In 2004 and 2005 Manila Mayor Lito Atienza and I succeeded in having reciprocal motions of friendship adopted by our Councils. I have since met at Manila City Hall with Mayor Joseph Estrada and Vice-Mayor Isko Moreno and am pleased to note that on February 16 Manila voted to renew our friendship.

My motion to have Montreal do the same is in front of the Côte-des-Neiges - Notre-Dame-de-Grace Borough Council on June 5. Come support the rapid adoption of my motion! The meeting will be held at the NDG Cultural Center, 6400 Monkland.

For more information: 514-872-4863

**Marvin Rotrand
City Councilor, Snowdon**



IMAGE & FASHION

Michael Davantes
B.A. Specialization in Communication

Filipino Couture stuns at Cannes

Jaws dropped at the sight of Aishwarya Rai Bachchan wearing Michael Cinco's dazzling creation featuring an eye-catching voluminous skirt and meticulous embroidery and beading. The majestic icy-blue off-the-shoulder gown from Cinco's Versailles inspired collection caught the attention of various international media with Vogue India calling it "one of the biggest, most dramatic looks we saw on the red carpet this year". The dress elicited such a response it became the most talked and shared image on social media regarding the recent Festival de Cannes.

Resty Lagare dresses GNTM 2017 finalists

The twelfth season of Germany's Next Top Model concluded with the top two remaining finalists wearing fully beaded black gown by Kuwait-based haute couture icon Resty Lagare. A critically acclaimed Filipino designer, Lagare owns the biggest haute couture shop in Kuwait and has participated in various prestigious fashion shows across the US such as New York, Los Angeles and Phoenix.



Aishwarya Rai Bachchan in Michael Cinco

Image credit: Getty



Germany's Next Top Model 2017 in Resty Lagare

Gala Zumbathon on June 25th at 7pm in Ruby Foo Hotel. Fundraiser for Conquer Ride to Cancer benefitting the Jewish Hospital. Donation: \$30 (Hors d'oeuvres, light refreshments)

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Opinyon/Komentaryo ni Willie Quiambao

MAY DISCRIMINASYON PA RIN SA QUEBEC

Sa nakaraang buwan isyu ng Gazette, isinulat na sa survey na ginawa ng Mainstreet poll, 59 per cent ang naniniwalang may matinding racial diskriminasyon pa rin sa Quebec.

Ang survey ay may kaugnayan sa nangyaring pamamaril sa Quebec kamakailan. Anim na tao ang namatay at 19 ang nasaktan. Libu-libong tao ang nakiramay sa mga biktima, kamag-anak at sa komunidad ng Muslim. Tumanggap naman ng banta ang Centre for prevention for racial Radicalization Leading to Violence in Montreal. Sinabi ni Haroun Bouazzi, pangulo ng AMAL Quebec, na ang nangyari ay maging dahilan sana upang mamulat ang mga mata ng politiko at publiko sa nangyaring racial discrimination sa Quebec. Sinabi rin ni Bouazzi na ang isang paraan upang masugpo ang racism ay ang paglulunsad ng Council to fight racism. Ginawa ito noong isang taon at ibinalita sa Toronto ang tatlong taon balak na sugpuin ang racial discrimination. Isa ako sa mga naniniwala na may racial discrimination sa Quebec bagamat hindi kasing tindi sa ibang lugar tulad ng Amerika. Sa akin, ang isang mabisang paraan upang masugpo ito ay matutuhan nating tanggapin at yakapin ang ating kapwa anumang kulay o relihiyon mayroon siya. Subalit ngayon pa lamang, ituro na natin ito sa mga bata.

ANG PAG-ANYAYA NI TRUMP KAY DUTERTE NA MAMASYAL SA AMERIKA

Hindi pa opisyal na tinatanggap ng Pangulong Rodrigo Duterte ang paganyaya ni Donald Trump na mamasyal sa Amerika ay nagkaroon na nang malaking isyu.

“Countries with bilateral ties in the Philippines have an obligation to urge

From Page 5 Local Employment

take the bus or metro to get to the CLE. It's a major obstacle to welfare benefits, benefits that are often the only thing keeping someone from ending up on the street” declared Yann Tremblay-Marcotte of the Front commun des personnes assistées sociales du Québec.

For all of the people present today, the closing of another welfare office is at odds with the organisation necessary for each person to have an individual meeting and accompaniment by their

accountability for the victims of Duterte's drug war, rather than roll out the red carpet for the state's visits of its mastermind,” said Phelin Kine, director of Human Rights Watch's Asia division. Sinabi naman ni John Sifton, “It says to the world that illegal violence is legitimate and that rule of law and human rights are ignored.”

Nakasisira ang droga sa kinabukasan at buhay ng tao. Hanga ako sa ginagawang pagsugpo ni Duterte sa mga gumagamit at nagbebenta ng droga pero hindi ako sang-ayon sa ginagawa niyang pamamaraan na extra judicial killings. Paano kung napagkamalan lamang ang isang tao? Paano kung biktima lamang siya ng pagmamalabis ng mga pulis at sundalo? Condemned without trial ang nangyayari.

Nadarama ko na naggagamitan lamang si Trump at Duterte. Kailangan ni Trump ang kakampi sa gulong nangyayari sa North Korea kaya pinuri niya ang extra judicial killings ni Duterte. At gusto naman ni Duterte na ipakita sa buong mundo na kaibigan niya si Trump pagkatapos murahin si Barack Obama ng Son of a whore. Marami ang naghahintay kung ano ang mangyayari kung magkita sina Trump at Duterte. Hinihintay din ito ng mga reporter.

ANG FAMAS CONSTITUTION AY DAPAT BAGUHIN NANG NAAAYON SA PAGBABAGO NG PANAHON

Tuwing halalan ng FAMAS ay naitatanong ko sa kinauukulan kung bakit kailangan munang maglingkod bilang direktor ang isang kandidato ng pagka-presidente ng FAMAS. Dalawang sagot na walang katuturan ang aking natanggap. Ang una ay upang malaman daw ng kandidato kung ano ang FAMAS at ano ang ginagawa ng asosasyong ito para sa

welfare agent, which is the supposed intention of Minister Blais with the future Objectif Emploi programme. They have called on him directly, and are now calling on him publicly to rescind this decision to close CLE Côte-des-Neiges.

- 30 -

Source :
Coalition pour l'accessibilité aux services dans les CLE (CASC)
Front commun des personnes assistées sociales du Québec (FCPASQ)
Syndicat de la fonction publique et parapublique du Québec région Montréal-Laval (SFPQ)

komunidad. Nakatatawa dahil marami akong kilala na naging director ng FAMAS pero hindi alam ang kanilang trabaho at hindi man lamang nakita o nabasa ang konstitusyon. Ito ang tinatawag na “bible” ng asosasyon. Nangyayari iyon dahil karamihan sa kanila ay pinipilit lamang ng kanilang mga kumpare, kumare at mga kaibigan upang kumandidato. Pagkatapos nilang manalo, hindi na sila nakikita sa FAMAS centre. Ang isang dahilan din kung bakit kailangan munang maging director ng FAMAS bago makatakbo ng pagka-presidente ay dahil tradisyon daw ito ng asosasyon. Paano kung alam natin na walang kakayahan ang isang director, puede siyang tumakbo ng pagka-presidente at manalo dahil maraming kaibigan. Paano rin kung may isang gustong tumakbo sa pagka-presidente na may potensyal na maging mahusay pero hindi pa naging director? Maliit pa lamang ang komunidad natin noon. Ngayon ay malaki na at iba na ang pangangailangan natin. Ang lahat ay nagbabago. Ang seguridad ng Pope na dati ay mahigpit ay maluwa na ngayon dahil niyang ipamalas na malapit siya sa mga tao. Si Donald Trump ay naging presidente kahit hindi pa humawak ng anumang posisyon sa pamahalaan.

Bakit tayo nakagapos at hindi kumalas sa lumang tradisyon? Kung minsan, binabago ang FAMAS constitution kung makatutulong lamang sa panalo ng kandidato pero hindi sa pag-unlad ng komunidad.

ANG ARAW NG KALAYAAN AY GAGAWIN SA JUNE 17

Gagawin ang Independence Day sa June 17, Sabado. Iyong araw na iyon ang pinakamalapit sa weekend na ibinigay ng city sa Council of Canadian-Filipino Associations of Queec. May mga politico na makikipagdiwang sa atin. Isang malaking karangalan sa atin iyon dahil kinikilala nila tayo rito. Ang parada ay gagawin din. May mga local talents at folk dancers mula sa ibang cultural groups tulad ng Japan, Chile, Russia at iba pa. Sa mga iba pang Pilipino na gustong ipakita ang kanilang natatagong talento tulad ng pagkanta, pagsayaw, pagtugtog ng instrumento, tawagan lamang sina Gerry Danzil, (514) 651-4288, James de la Paz, (514) 577-7787, Dario Boco (514) 995-7612, Cherry Palmos, (438) 935-9568. Sila rin ang tawagin sa pagpapareserba ng tents. Magkita-kita tayong lahat sa JUNE 17.

Corporation de développement communautaire de Côte-des-Neiges
Projet Genèse
MultiCaf Cafétéria Communautaire
Pastorale sociale Côte-des-Neiges
Femmes du monde à Côte-des-Neiges

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Jean-François Sylvestre, Syndicat de la Fonction Publique du Québec cell : 514-774-4616

SINO ANG TATAKBONG PRESIDENTE NG FAMAS?

Marami na ang nagtatanong kung sino ang tatakbo sa pagka-presidente ng FAMAS. Si Cesar Manuel ay noon ko pa nakausap ko at siguradong tatakbo. “May katulong na ako sa restaurant at malapit lamang ang FAMAS centre dito kaya madali akong makatakbo roon kung kinakailangan,” sabi niya. May mga nagtatanong kasi kung paano niya magagampanan ang kaniyang tungkulin kung manalo siya. Si Mercy Sia ay nagpahayag din noong isang taon pa na may balak siyang tumakbo sa pagkapresidente. Ang nakatatawa namang balita ay tatakbo si James de la Paz at Julie Parado sa pagkapresidente at bise-presidente sa isang team. Paano mangyayari iyon dahil parang tubig at langis na hindi puedeng pagsamahin ang dalawa? Ang maaaring totoo ay kung tatakbo si Julie, itatapat ni James ang isang kandidatong galing sa Knights of Rizal. Pero baka magulat ang mga tao kung tumakbo si ...Bert Abiera. “Wala namang age limit,” sabi ni Bert. NABALI RIN ANG PAKPAK NI CUSIPAG

Sa press release na ipinalabas ng Ottawa ay nakasulat na maaari nang sabihing tapos na ang demandang inihain ni Senator Tobias Enverga laban sa Balita Media, sa may ari nito na si Tess Cusipag at sa manunulat na si Romy Marquez. Isinulat nila na kasangkot sa fraud si Senator Enverga. Hindi nila mapatunayan ang paratang na ito kaya nahatulang silang magbayad ng \$340,000 kay Senator Enverga. Nag-appeal sila pero ibinasura lamang ng judge ito at sa halip ay dinagdagan pa ng \$16,000 ang kanilang babayaran.

Saang bahagi man ng mundo ay may Cusipag at Marquez na gumugulo sa komunidad. Sa Pilipinas ay may Riding in tandem (mga bagong salitang ginagamit sa krimen na ginagawa kadalasan ng dalawa o higit na tao), sa Canada naman ay may Writing in tandem (mga salitang ginagamit ko sa mga manunulat na naninira sa ibang tao). Sabi ng isang nakatira sa Ontario, “Dati ay tahimik at nagkakaisa kami rito. Simula nang dumating si Cusipag at Marquez, nagkagulo na.” Hindi alam nina Cusipag at Marquez na ang pagmamalabis nila ay may katapusan. Ang katapusang iyon ay ngayon na.

Council of Canadian-Filipino Associations of Quebec
May 13 to Dec. 23 - Basic computer classes started May 13 but continue until Dec. 23. Classes at 6767 Cote des Neiges.
June 10 - CPR session, 12:30 noon to 4:30 p.m., 6767 Cote des Neiges
Gerry Gonzales (514) 813-3784, Alona Amano, (514) 806-0559



Ask the Video Guy

Technological Tidbits
by

Al Abdon

DSLR (DIGITAL SINGLE LENS REFLECT) BUYING GUIDE 4

By Camera Lens Association of Canada

Is there really anything more enjoyable than making videos? If you're like a lot of our readers, then you already know the answer.

Let's face it, one of the greatest inventions to hit this industry since VHS is the advent of the DSLR camera. Digital technology has truly brought the power of Hollywood to the people. Did you write the next Citizen Kane and hope to film it yourself? Now you no longer need to rent a 35mm camera and pay a fortune for a few hundred feet of leftover film. For a few thousand dollars, you can own your own hi-def video camera - or rent one for significantly less. Also, unlike equivalently priced prosumer camcorders, you now have your choice of lenses!

Are you looking to get that film shoots that has been so elusive to users of video since the beginning of the industry? Are you hoping to shoot everything from extreme closeups to ultra-wide shots with the same camera? Do you love the feel of new electronic toys in your possession? Then you friend, are in luck!

One of the great things about being a professional photographer is the toys, especially the wide array of lenses available on the market. And now that you are utilizing the same camera bodies, you will be able to have the same fun experimenting with different lenses. Of course, lenses cost anywhere from hundreds to thousands of dollars, so maybe we should get an overview of what's available so that you can make a more informed decision before you make that investment.

Focal Length

Focal length will be the most important consideration when purchasing a new lens, so let's start there. Focal length is the angle of view that will be seen through the lens and it is measured in millimeters. A longer focal length will give you a narrower angle of view. The magnification that most closely resembles the view of the human eye is 50mm. Therefore, any focal length greater than 50mm is considered telephoto and a focal length shorter than 50mm is wide angle. There are also super-wide and super-tele lenses, but those are much better suited for still photography than video.

Fixed Versus Zoom

Focal lengths can be either fixed or zoom. Fixed focal length lenses, also called prime lenses, are a set focal length, such as 50mm, 85mm or 400mm and cannot be adjusted. One advantage of prime lenses is that they often give a sharper image quality than a zoom lens, particularly in the lower price ranges. Higher end zoom lenses are made of high quality optics and offer extremely sharp images, rivaling the quality of prime lenses.

If you are being very budget conscious, you may be thinking that you should just stick with wide-angle lenses and merely adjust the camera location for tight shots. However, that may still cause problems for your production, as telephoto lenses have a great number of advantages to them as well. Filling a frame on a closeup using a wide-angle lens can be very problematic, especially if your subject is already conscientious about their nose. The wider lens causes the nose and face to look wider. It is for this reason that many professional portrait photographers use telephoto lenses in their line of work (food product photographers use them for the same reason).

In videography, zoom lenses are usually your best bet because, unlike still photography, a video camera often finds itself following the action around, so keeping the subject matter on the focal plane would require the shooter to change focal length on many shots. Photographers like zoom lenses because a quality zoom lens can be as good as having two or three prime lenses. However, cheap polycarbonate zoom lenses will not be as good as less expensive prime lenses - and they'll scratch easily, too.

Aperture

Running a close second to focal length in importance is aperture, which is essentially the measurement of light that enters your lens. Aperture is measured in f-stops, which is the ratio of the focal length to the aperture diameter; therefore, the larger the diameter, the smaller the f-number. Aperture is the feature of interchangeable lenses that is changing the way that the public feels about movies shot on video versus those shot on film.

Depth of Field

One aspect of the industry that made film the dominant medium over video is that gives the director almost complete control of where the audience looks. The great directors know how to manipulate the audience using this technique. Have you ever watched a movie where two characters are talking and the focus switches from one character to the other? That is manipulation of depth of field - and now you can use it, too!

Remember: Smaller f-number = bigger aperture opening = smaller depth of field = the film look. With practice and a large aperture, you can learn to isolate the foreground and the background from the focal plane.

Shutter Speed

On most camcorders, there isn't an option to adjust your shutter speed, as the manufacturer often presets it, usually at 1/60. This number refers to the amount of time that each individual frame is exposed

to light. When shooting video, the general rule is that the denominator of the shutter speed should be double the frame rate. This means that if you are shooting at 30 fps, you will want your lens to be 1/60th of a second. This refers to the amount of time that each individual frame is exposed to the light. For special effects, you can always change your shutter speed, but be sure to change your aperture accordingly; slower shutter speeds, which let in more light, require a smaller aperture to balance the light. Toying around with your settings before you shoot will teach you how to get the desired effects.

Manual Focus Versus Auto Focus

Just a few years ago, manual focus lenses on consumer cameras were particularly rare. As auto focus lenses became faster and more precise thanks to digital technology, photographers were dropping the manual focus lenses in droves. However, the genesis of the DSLR halted the death knell for MF lenses and now they have begun to flourish. Why? Because of videographers, who prefer the more precise focusing abilities of the manual lenses, as well as the ability to change the focal point of the image. Although there is a learning curve to manually operating a lens, many videographers are finding that it is worth the effort.

Brands

So, who are the players in the DSLR game? Would you be surprised one bit to learn that the big boys are Canon and Nikon? You can expect that the big players in still cameras would make the great video cameras. The best part is that both of these manufacturers make cameras that offer HD video output in several different price ranges!

For instance, Canon makes the 1D and 5D high end cameras, the 7D and 60D in the midrange and the highly acclaimed Rebel models at the lower priced end of the spectrum.

Nikon offers the D4 and D800 at the top of their line. For less expensive, but still amazing cameras, they offer the D300 and the just-released D600. For those on an even tighter budget, there's the popular D5100.

But these two are by no means the only players in the DSLR game. Sony's Alpha cameras have been taking the market by storm in recent years. Along with massive support from Carl Zeiss lenses, the critically acclaimed cameras are some of the best on the market, rivaling equally priced competitors from the "Big Two." Olympus, Pentax and Sigma also offer inexpensive solutions for videographers on a budget.

These cameras and more all work with interchangeable lens. Let's take a closer look at a few on the market today.

Lenses



Always remember the adage: "you get what you pay for" when shopping for camera lenses. Cheap lenses are just that - cheap. Most of them are made of polycarbonate barrels and lenses (as opposed to metal barrels and glass lenses on higher-end products). However, we all have budgets and some are smaller (and no less important) than others, so we'll cover a wide range of camera lenses.

The camera manufacturers named above all manufacture their own lenses however, Sigma makes lenses to be lower-cost alternatives for Nikon and Canon cameras, and then some. For example, Sigma makes an 18-200mm zoom lens for Canon, Nikon, PENTAX and Sony, as well as their own Sigma cameras. Additionally, German lens manufacturer Carl Zeiss, one of the best lens makers in the world, makes all of Sony's high-end lenses. Since most Sony and Konica Minolta lenses use the same mounting system, chances are good that there is a Carl Zeiss lens for your Minolta. Obviously, you should always check to make sure that a lens will fit your camera body but you also need to check that a lens will work properly on your camera. Just because it fits, doesn't mean that it works. For instance, a Canon 1D with a full-frame sensor uses an EF mount. A wide angle lens with an EF-S mount won't work on this camera because the sensor is too big. EF-S mounts will work on Canon Rebels, due to their crop sensors. There are adapters available for many lens types to fit your camera, but check into how they fit. An auto-focus setting, for instance, might not work with an adapter and you will need to work the mechanism manually.

Original Equipment Manufacturer (OEM) lenses on your camera, as the computer systems in the camera, are designed to properly communicate with the parts in the lens. However, most high-end lenses (such as a Carl Zeiss for your Canon 5D) have been tested, designed and approved to work with the cameras listed by the camera manufacturer's suggested lens lists and you can generally assume that it is made properly.

If you are looking to buy lenses on a budget, there are aftermarket companies, such as Vivitar, Bower, Rokinon and Samyang that may be able to fit your needs.

Your Needs May Vary

Many video or still shooters use for the ability to have multiple lenses. Your lens choices are very personal decisions, usually based on needs and budgetary limits, but if you are new to DSLR videography, consider yourself warned that purchasing lenses can be a very addicting, expensive, exciting and fun habit!

Sidebar: To Shake or not to Shake?

In still photography, the anti-shake lenses are optional depending on the type of photography that you do. For instance, a portrait photographer who exclusively shoots with a tripod will never need to spend money on an anti-shake lens system. While shooting video, it is always best to purchase a lens that has the anti-shake feature. You never know when you'll need to follow a subject around and a little shake to the camera operator may look like an epileptic seizure to the viewer. However, image stabilization (IS) systems are not all rainbows and sunshine either. Optical image stabilization systems work by making adjustments when the camera feels a wobble. Panning is a "wobble" to some systems. Some of the more modern IS systems realize that panning is not shaking and will adjust accordingly. Other units have a "panning mode" which allows you to manually inform your camera that you are panning, so that it doesn't attempt to adjust for you. However, if you have an older lens that doesn't have either of these features, you can turn stabilization off altogether when you need to have that wobble.

HAPPY BUYING GUIDE
CLAC



For the love of cooking



Recipes compiled from Philippine cuisine sites by Zeny Kharroubi



Adobong Sitaw with Pork

This is Adobong Sitaw At Baboy. Adobong Sitaw is a vegetable dish composed of string beans and cooked with your choice of meat such as pork, beef, chicken, fish cooked adobo style. This is a simple dish loved by many Filipinos. Enjoy this recipe from

Filipino Chow.
 Ingredients
 1/2 pound of pork belly, thinly sliced
 1 pound of string beans, cut into 2 inch lengths and rinsed

1 small onion, sliced thinly
 1/2 cup of soy sauce
 1/3 cup of vinegar
 1 cup of water
 4 cloves of garlic, crushed then peeled
 1/2 teaspoon of ground black pepper

Instructions

Saute the pork in a wok over medium heat until it start to render fat. Add the garlic and onions then cook for about 2 minutes. Now add the water, vinegar, and soy sauce. Bring to a boil and simmer for 10 minutes. Add the ground pepper and simmer for another 5 minutes. Add the string beans and cook for about 5 more minutes or until done. Serve with steamed rice. Enjoy!

Tips: Adjust the measurements for the

Pour in the marinade and bring this to a boil. Add the fried beef back to the pan and simmer for 15 to 20 minutes over low heat or until meat is tender. Add water as needed. After simmering top the beef with the stir fried onion rings. Add salt and pepper to taste. Serve with steamed rice.



Sarciadong Isda

This is Sarciadong Isda. Sarciadong Isda is another easy to make Filipino dish. If you have tomatoes and eggs at home, you are all set. Enjoy this recipe from us at Filipino Chow.

Ingredients

2 medium-sized fish, cleaned
 1 small onion, chopped
 3 cloves of garlic, peeled then minced
 2 medium-sized tomatoes, chopped
 2-3 cups of water
 2-3 eggs, lightly beaten
 1/2 teaspoon of freshly ground black pepper
 Patis to taste
 2 tablespoons of green onions, chopped for garnishing (optional)

Instructions

Season your fish with salt. Heat cooking oil in a wok and fry fish until brown. Drain on paper towels and set aside. In a saucepan, saute garlic followed by onions. Cook until garlic is light brown and onions are translucent. Add the tomatoes and cook until soft. Pour water and season with fish sauce and ground pepper. Bring to a boil. After a boil, add the beaten eggs and simmer until eggs are thoroughly cooked and evenly distributed. Once the eggs curdles or coagulates, you may start stirring the mixture. Add fried fish and simmer for 3-5 minutes. Place fried fish in serving dish, pour sauce on top. Sprinkle chopped spring onions.



Beef Steak (Bistek)

vinegar and soy sauce according to your taste. If necessary, add a little bit of sugar.

This is Beef Steak (Bistek Tagalog). Beef Steak is a dish made with onions and strips of sirloin beef slowly cooked in soy sauce, and calamansi juice. Enjoy this recipe from us at Filipino Chow.

Ingredients

2 pounds of beef sirloin, cut into 3 inch strips
 1 large red onion, thinly sliced to make rings
 3 cloves of garlic, crushed then peeled
 1/4 cup of calamansi concentrate
 1/2 cups of soy sauce
 1/2 teaspoon of sugar
 1/2 teaspoon of freshly ground black pepper
 cooking oil
 salt to taste

Instructions

Marinate the beef in soy sauce, lemon or calamansi, sugar and ground black pepper for at least 1 hour. Heat the cooking oil in a pan over medium heat. Stir fry the onion rings until they are translucent. Remove the onions from the pan then set them aside. Separate the beef from the marinade then put the marinade on a separate bowl and set aside. In the same pan stir fry the beef a few pieces at a time until color changes to dark brown. Remove the cooked beef from the pan and set it aside. Add the garlic to the pan and saute for a few minutes.



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6.99 lb

Ground Pork Special 2.79/lb

Summer is here!

Cooking Tips

- Use two bowls to cut corn off the cob without getting kernels everywhere.
- Instantly core a head of iceberg lettuce by slamming it down on a cutting board.
- Pre-soak pasta and it will cook in 60 seconds.

www.filipinostar.org

The North American FILIPINO STAR PHOTO GALLERY



The Canadian Filipino Teachers Association of Quebec, headed by Trans Liganor, sponsored a basic course in photography for five weeks taught by Al Abdon. The students shown here received their certificates on May 18th at Gilmore College International.



**Greetings to the
Filipino
community on
their 119th
anniversary of
Philippine
Independence
June 12, 2017**

Pierre Arcand
Député de Mont-Royal
Ministre de l'Énergie et des
Ressources naturelles
Ministre responsable
du Plan Nord
Ministre responsable de la
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Avec les hommages de David Birnbaum, Député de D'Arcy-McGee
Adjoint parlementaire du ministre de l'Éducation et
de la ministre de l'Enseignement supérieur



Best wishes from David Birnbaum, MNA for D'Arcy-McGee
and Parliamentary Assistant to the Minister of Education and
the Minister of Higher Education

**Happy 119th Anniversary of Philippine
Independence**

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Carole Poirier Députée d'Hochelaga-Maisonneuve



À l'occasion du 119e anniversaire de la proclamation d'indépendance des
Philippines, je souhaite à tous les Philippins une joyeuse Fête nationale!



With our best wishes for a happy 119th anniversary of Philippine Independence Day June 12, 2017



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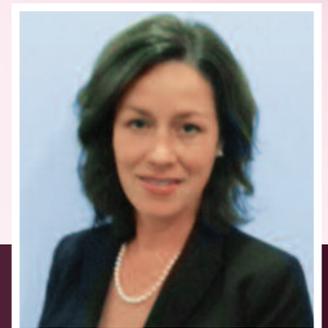


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PERSONALITY OF THE MONTH

Trono epitomizes a true volunteer

By W. G. Quiambao

There's an inspirational quote by G. Donald Gate that says, "A pessimist, they say, sees glass as being empty; an optimist sees the same glass as full. But a giving person sees a glass of water and starts looking for someone who might be thirsty."

Ronaldo S. Trono fits the description of the giving person.

years old when my father died. I never had a uniform in school. It was always hand-me-down. And I recall my shoes having holes in them. I always dreamed of someone taking care of me."

Trono, who was born in the Philippines, studied physical therapy at General Aguinaldo, Manila. He went to Uganda where he stayed for six years and produced Miss Uganda in 1989-1990. The winner was sent to the Miss World



Trono at Les Cours Mont Royal animating a fashion show

He grew up knowing how it felt to be poor and needing help. Despite the poverty in the family, his loving mother taught them to be kind, giving, respectful and humble.

"She is a strong woman," said Trono. "Widowed at 31 years old, she managed to raise eight children (ages 6 months – 13 years old). I was only six

pageant. He then moved to Germany where he lived for five years before going to Montreal in 1995. Because of his experience in beauty pageant, in 2003, Carousel Production offered him the national directorship and the Canadian franchise of the Miss Earth pageant.

He has been volunteering at the

From Page 4 Who do we believe

could lead to debt bondage to China.

Remember the China's Northrail project during PGMA's watch, it ballooned to P1 billion despite the project was scrapped.

When China's political clout and 'soft touch op' will be used as leverage, are we really ready to thread the bumpy silk road when China will tighten the belt for us to pay our debts?

Just asking.

(Source: Global Balita)



Bunkorn Yun presenting a cheque for \$100,000 to the Canadian Redcross on Saturday, May 27, 2017 at the YUL Condominiums.

Montreal General Hospital since 1999. "We are on break now because of the renovation on the floor of geriatrics department. In the beginning, I was just visiting, talking to elderly patients, singing for them, doing basic exercises just to keep them moving. Then in a

weekend. His volunteerism does not stop in Canada. Even in the Philippines, where he visits every year, he continues his noble deeds. He helps the homeless (street children) and donates money to buy school supplies for the Little Home of Nazareth, home



Trono (at extreme left) seating with the homeless

hospital Christmas party, I met Barbara Baker who was playing the piano, and I sang .We decided to volunteer together.(see CTV Power of One Barbara Baker and Ronaldo www.youtube.com CTV Power of One Segment : <https://www.youtube.com/watch?v=f4renzgoqg>

"One of the most unforgettable experiences I had while working as a volunteer at the hospital was singing for a dying elderly man. He was so much in peace and very calm. He was calmly attended by some of the nurses while I was still singing . They slowly removed him from the room."

He demonstrated his soft spot for children when he volunteered at Burgandy's St. George's Tyndale School from 1996 to 1998. "I was assisting black school children to do their home works like reading and doing math." Coming from a poor family, he can identify with the homeless. So in collaboration with Starbuck at 474 McGill, he has been giving pastry and coffee to the homeless at the metro stations every

for the orphans and abandoned young girls. "It's heartbreaking to hear their stories but I don't show them pity, rather I show them happiness and encourage them to do their best in whatever they want to do in life."

Currently, Trono is producing a fashion show at Les Course Mount-Royal . Last month, he raised money for Quebec Breast Cancer Foundation. He used models who are breast cancer survivors. "As the National Director of Miss Earth Canada, I encourage my candidates and associates to get involved with environmental activities like visiting elementary schools and talk to children about the importance of taking care of our environment. Last year, or Earth Day, I collaborated with Pro-Vert and went to Lachine Canadal to do a clean up. I also collaborated with The Great Canadian Shoreline based in Vancouver. (<http://www.aqua.blog.ca/2016site>

"Life is meaningful when you're serving the community," said Trono.

Dear friends,

Thanks to your generosity, we succeeded in collecting, in a short time, the donations of \$ 100,000, including \$ 50,000 from YUL Condominimums, which is the main instigator of this good initiative. This amount is being donated to the Canadian Red Cross at the YUL Condominimums showroom this morning to help flood disaster victims.

On behalf of all the organizers, we sincerely thank you for your generous response to our call for this fundraising. BUNKORN YUN, président

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Social Tidbits

Fely Rosales Cariño



Rejoice! Spring has sprung! Bring out your garden gears for gardening. Enjoy planting. Enjoy watching your plants grow. And then, come harvest time, invite us all to sample them!

Easily the social event of the month goes to the Filipino Nurses Association of Quebec (FNAQ) under the leadership of their president, Mrs. Corazon Abdon. Happy 25th Anniversary FNAQ! Mrs. Abdon was assisted by her Executive Board: Eloisa Dee(VP), Criselda Alzate (Sec); Cresconia Fernandez(Treas); Cecile Padadac(Auditor), Milagros Gobeil (Membership), Elizabeth Ellson (Director), Cristina Paac (Director/PRO), Wynne Abdon (Finance), Grace Ocampo (Education), and Angelita Ogerio (Ex-Officio).

The Advisers are Dr. Angela Genge, Dr. Laurie Gotlieb, Pat O'Conner, Ramon Vicente, Lucy Tremblay, and Fruan Tabamo.

Aside from the FNAQ President Cora Abdon tending to everyone, Mrs. Magdalena Calcetas, the FNAQ founder, was extra busy greeting everyone. Benjie Calcetas, Maggie's husband, couldn't stop smiling just watching his wife and all the officers at work. Likewise, Al Abdon, the First Gentleman, was a busy 'greeter' of the evening. One could easily spot where he was because of his signature hat. Wynne Abdon and Fruan Tabamo made the party lively with their jokes and impromptu comments. I thought for a while that the party was overbooked, judging from additional tables needed. The place was teeming with new and retired nurses plus the many friends they invited. The new nurses welcomed were: Prissilla Agarino, Reman Altas, Meada Baliscao, Merla Hallasgo, Guerdy Pierre Louise, Ravi Pattanshetti, Patrick Perico, Allisandra Piccio, Ruvie Tarragona, and Johnny Escorido. The retired nurses in attendance were Jenny Bayro, Helen Jimenez, Patricia O'Conner, Angelita Ogerio, Jocelyn Oidi, Jeanette Perignon and Maria Palma.

Easy access to Philippine Trade information now available

The Trade Office Section of the Philippine Consulate General in Toronto announces the opening of Tradeline Philippines providing easy access to information relating to Philippine trade.

Tradeline Philippines
(tradelinephilippines@dti.gov.ph) has

The guests at the head table are prominent in the nursing profession namely: Patricia O'Conner (Guest Speaker), Dr. Bruce Gotlieb, Judge



Executive Board (standing L-R) Criselda Alzate, Cresconia Fernandez, Mary Grace Ocampo, Malou Dee, Cristina Paac, Corazon Abdon, Elizabeth Ellson, Mila Gobeil, Cecile Padadac and Wynne Abdon. Advisers (seating from L-R) Maggie Calcetas (Founder), Lucie Tremblay (ONQ President), and Angie Ogerio (Ex-officio).

Daniel Dortelus, Kirkland Mayor Michel Gibson, City Councilors Lionel Perez and Marvin Rotrand and spouses and Consul General Eric Tamayo from the Philippine Embassy. Almost all the ladies were dressed to the nines. In case you can't remember, this party was in celeb-ration of the silver anniversary of the FNAQ. It was held at the airport Holiday Inn last May 6, 2017. It was a very successful party indeed!

A shout out to nurse Jonathan Alaguin of the Living Waters International Fellowship church. He works at the Maimonides Hospital. It was his first time to attend the nurses' party. He said he enjoyed the evening so much that he intends to continue attending FNAQ parties in the future.

As usual, the United Filipino Seniors (UPS) held their monthly socials May 4, 2017 at the St. Kevin Social Hall. UPS President Warly Basbascio invited the following community leaders to participate in the parade of colors: Claire Bucu, Gerry & Linda Danzil,

Dario Bucu and Reggie Villamor. Linda Agcaoili requested to do the Invocation (after her prayer introduction), and invited Tess Berha to sing "Ma-ala-ala Mo Kaya". There were 16 celebrants in all. Voted Mother of the Year was Erlinda Campos. Displaying their baritone voices were Ed Valdes and Carlito Castro. This social gathering was the UPS's Mother's Day celebration. It was just fitting that Buddy Cabugao, President of the National Council of Canadian Filipino Association of Quebec (NCCFAQ), delivered his words of wisdom.

Last May 8, 2017, the Council of Canadian Filipino Associations of

She received the offer to be a member of this Talent Show in October 2017. They will be performing June 30 – July 9, 2017.

The invitation indicated: To compete at the one-and-only World Championships for talent representing your country is indeed a rare privilege! You will be joining contestants from around the world during nine days to vie for the "gold" and over \$400,000.00 USD total in scholarships at this Olympic-style contest. Persons from the entertainment industry (ie. managers, agents, casting directors, producers, music industry representatives) from Hollywood, Nashville and New York are invited to judge, conduct seminars and cast.

In her acceptance, Thea wrote the following: I recently auditioned for the 2017 World Championship of Performing Arts and I'm proud to tell you that I was accepted as a member of TEAM CANADA to compete in the Seniors Vocal Category to be held in Long Beach, California from June 30-July 9, 2017. WCOPA (World Championship of Performing Arts) is a TALENT OLYMPICS for aspiring performers and entertainers where contestants compete for the GOLD MEDAL. Just like the Olympics, contestants also receive a GOLD, SILVER, and BRONZE medal and up to \$400,000.00 scholarships are given away. Over 50 countries participate in this competition for vocal, dance, instrumental, acting, and modeling. Thea, we are all rooting for you and hoping for the best. Good Luck!

Event Primer – For Filipino Community Associations in Canada. This event is being sponsored by The PHILIPPINE INDEPENDENCE DAY COUNCIL (PDIC) based in Oakville, Ontario.

In August before the show, there will be notes about the designer and Mindanao Tapestry in World Travel Mart London. This fashion show is being undertaken by the Toronto Financial Group: Agnes Miranda (Executive Vice-Chairman), Bernard Beneterio (CEO, MD), Lilia Angeles (Senior Marketing Director), Angelo Parago (Senior Marketing Director), and Emmeline Parago (Senior marketing Director). Partnering with the above are Ed Tupaz (President, Federation of Filipino Canadian Associations of Quebec, FFCAQ), Mrs. Minda Mazzone (VP), Mr. & Mrs. Fred Narvas, Remy Monteagudo, Al Abdon, other federation officers, and yours truly.

GOD BLESS and see you next issue!

Philippine Trade Section-Philippine Consulate General, Toronto at toronto@dti.gov.ph.

16 May 2017

Advertise in the North American Filipino Star and MMTV Global on line: mmtv.ca Read our newspaper on line: filipinostar.org

Quebec (CCFAQ) held a ZUMBATHON Disco Dancing at 6767 Cote des Niegues. This involved the premiere showing of Latin mix dances. The rhythmic beats of the music made everyone moving whether they liked it or not. CCFAQ President Gerry Danzil was delighted to see everybody enjoying the night.

There are many times when we are so involved in our different pursuits in life that we forget to nourish an integral part of our being – our spiritual soul. A good friend, Aurora Osdon, gave me a book entitled "Life's Great Lesson" by Allen R. Hunt. It is easy reading, full of truths that we know but take for granted. It's very uplifting, a must for reading! What more can I say; I highly recommend it (you'll see yourself in it!).

"World Championship" is the screaming headline of a letter that arrived at Thea Cruz's mailbox. It came from Belinda Reyes, the National Director, Team Canada World Championships of Performing Arts.

Philippine Standard Commodity Classification (PSCC) System (10-digit) versions. Lastly, the Business Matching facilitates export promotion through the provision of templates and dashboards for Exporters and Buyers.

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FILIPINO STAR

SHOWBIZ GOSSIP

Sarah's tell-all book tackles unexpected pregnancy, overcoming grief



Beauty is not just skin deep. Just ask Sarah Lahbati, one of the most beautiful stars in tinseltown.

It was a curious coincidence that the recent launch of Sarah Lahbati's new book—in which she talks about maintaining a positive outlook amid the challenges life presents—happened on the same day the Bureau of Internal Revenue filed a P38.57 million tax-evasion case against the actress' partner, Richard Gutierrez.

Even she seemed mildly amused. "I know! I'm '#blessed,'" she joked upon being asked about the issue, which she very well knew was coming.

But turning serious, Sarah said she was clueless about the matter, and was surprised when she heard the news. She had been working the whole day, she said, and had yet to talk to Richard.

Nonetheless, she promised "to always be there" for her partner, with whom she has a 4-year-old son, Zion.

"I know he's going to get through this. He pays his taxes. He's not doing anything wrong, so I don't know why this is happening," Sarah related in a pocket interview for "True Beauty: How to Glam Your Life Inside and Out" (VRJ Books). "I don't want to be negative about it."

According to the 23-year-old actress, she's a naturally private person and would rather not share intimate details about her life with people. But seeing the curiosity of her fans in social media, she figured, "Why not?" And if Annabelle Rama and Ruffa Gutierrez can come up with their own books, so can she.

"I had a cowriter, and we worked hard on it for six months. I was

also closely involved in designing the book, from the pegs and photos, down to the fonts used," she said.

In the book, Sarah wrote about her struggles growing up as a Filipino-Moroccan in Switzerland; of being bullied as a kid. She touched on her unexpected pregnancy, and opened up about how the death of a cousin had profoundly affected her.

"I discussed personal hardships and how I overcame them," she said.

"But it's not all serious stuff," she added. "I also give tips about beauty, fashion and keeping a healthy lifestyle."

If she could have her way, Sarah said she would love to have another child in the near future. But with Zion entering what she described as "a crucial stage" in his development, it was imperative for her to focus on him. "He's my priority at the moment," she said, adding that she was also planning on working more regularly in show biz.

"I worked on a horror movie ('Ang Pagsanib Kay Lea dela Cruz'), with filmmakers Erik Matti and Katski Flores, and I'm excited about that," said Sarah, who had no regrets about her acting career taking a back seat to motherhood. "I don't think about it that way. My family comes first."

As for wedding plans, there's nothing concrete at the moment, Sarah admitted, but "we will get there."

"We're taking it one step at a time. I believe in marriage, and I want to do it for Zion and our parents," she said. ■

'Nothing's changed' with Stockinger-Wurtzbach relationship



Car racer Marlon Stockinger says that 'nothing's changed' with his relationship with Miss Universe 2015 Pia Wurtzbach despite rumors

Car racer Marlon Stockinger said that his relationship with Miss Universe 2015 Pia Wurtzbach has not changed.

Stockinger posted a picture of him with Wurtzbach on Instagram with the caption, "nothing's changed."

This is despite the rumors that Stockinger fathered twins with model Kit Barraquias.

Last year, reports of

Barraquias admitting that the racer is the "biological father" of her seven-year old twins surfaced.

She said, however, that she did not intend to reunite with Stockinger nor ask for financial support and only wanted to protect her children.

Wurtzbach, meanwhile, said that she did not know of the rumor. ■

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Biniibining Pilipinas bets stop traffic in Grand Parade



The 40 candidates of Binibining Pilipinas 2017 halted all street activities inside the Araneta Center in Cubao, Quezon City last Saturday, April 22, with their sexy festival-themed swimwear.



The 40 candidates of Binibining Pilipinas 2017 halted all street activities inside the Araneta Center in Cubao, Quezon City last Saturday, April 22, with their sexy festival-themed swimwear.

Clad in colorful swimsuits and headdresses reminiscent of Bacolod's MassKara Festival, the beauty pageant contenders rode luxury cars as they paraded around the center. Upbeat samba and marching bands and street dancers accompanied the beauties as they strutted their way to greet Filipino fans.

The festive celebration hyped up the excitement for the pageant's coronation night on April 30 at the Smart Araneta Coliseum.



Showbiz Gossip *Continued from p.15*

Filipino 'Funniest Person in the World' takes comedy seriously



Alex Calleja is the first and so far, the only Filipino who has reached the Top 5 in Laugh Factory's "Funniest Person in the World" search.

Filipino comedian Alex Calleja takes comedy seriously. After all, this is his bread and butter. He is the first and so far, the only Filipino who has reached the Top 5 in Laugh Factory's "Funniest Person in the World" search. Alex delivered his final performance in Levi, Finland in December 2016.

"It was fun, challenging, a learning experience. There are many very good comedians all over the world! And it was cold! Very cold!" Alex exclaims about his Finland experience.

Although Alex knew since he was five years old that he is a funny guy, it was not until he was already working as an information technology (IT) programmer in a multinational company that "comedy chose him."

"Most of the people who know me say I am a natural comedian. Modesty aside, I did not choose comedy, comedy chose me. I was content just being the funny guy around, making my friends laugh. Until I got discovered in a standup comedy workshop. And the rest is history," shares the TV, movie, and radio personality and writer.

Alex has been doing event and corporate hosting since 1997 and started doing stand-up comedy in 2007. Alex knew that he was at the right track when he started earning more from being a comedian than what he was

earning as an IT programmer. The doors of show business soon opened to him when in 2010, somebody from ABS-CBN watched one of his standup comedy shows and invited him to host an upcoming show in the network.

Besides making it to Laugh Factory's Top 5, Alex considers being able to bring his kind of comedy to mainstream TV a big achievement. It was also the most challenging part of his career. It was a promise he made to his fellow comedians and fulfilled through "Showtime."

Entertainment (Article MRec), pagematch: 1, sectionmatch: 1

Alex has his hands full writing for "Showtime," "Goin' Bulilit," and his very own show, "Lakas Tawa." He is likewise the head writer of "Funny Ka Pare Ko," a DJ of Boys Night Out's "Taco Tuesday," and co-host of "Good Times with Mo" (a podcast show with Mo Twister).

He is currently shooting two movies – one comedy and one action, and writing his own book. Of course, he continues to perform his comedy in both the local and international scene.

On a serious note, Alex says he wants to try serious acting. He considers himself an emotional person.

Until then, Alex will keep tickling funny bones through his brand of comedy. ■

Sharon rules out third party rumors amid showbiz hiatus



Sharon Cuneta said she will only take a backseat to focus on her problems for the moment and promised to be home soon.

"There is no truth to the rumors going around that Kiko (Sen. Francis Pangilinan) and Sen. Risa Hontiveros are having an affair (or held hands)."

That is what "Mega Star" Sharon Cuneta said as she broke her silence on her personal problems and dismissed rumors of third party on her marital woes in a lengthy Facebook post published on Mother's Day, Sunday.

Cuneta recently announced that she will take a break from work, saying that she has been through "way too much pain and fatigue in the past few weeks" that she has to "collect herself and regroup once again." This hiatus sparked rumors that she is undergoing a marital problem.

Photos of Hontiveros and Pangilinan appearing to be holding hands also surfaced online amid Cuneta's vacation. Cuneta, however, clarified that the photo circulating online was only edited and there is no Hontiveros-Pangilinan affair.

"Okay. Here is the truth. Kung anuman ang pinagdadaan ko/namin ngayon, HINDI PO ITO KASALI DOON," Cuneta wrote.

"Some people are evil. They have nothing better to do than ruin people's lives. Wala bang mas matalino or mas challenging na paraan na hindi naman nakaiinsulto sa utak ng karamihan kung maninira ka rin lang ng kapwa?," she added.

Cuneta said that if indeed she discovered that Pangilinan is cheating on her, she will not discuss it publicly because she was raised to be a decent private person. "So if I am indeed going through anything now, IT DOES NOT INVOLVE A THIRD PARTY," she reiterated.

'Lost with personal problems'

The singer-actress admitted that she is currently "lost" and that she has just been going through so many things. She cited that in the past few weeks, two people close to her have died, her favorite aunt is sick, and her film with Star Cinema has been moved to September.

Cuneta also cited money

problems and being taken advantage of. She lamented how she should be retired by now and reaping the fruits of her labor, but instead, she is still working for the benefit of others.

"I owe so much money (on very good investments not stupid stuff) and I have NO ONE IN THE WORLD TO HELP ME. I am probably the poorest, most cash-strapped billionaire you know (!). Etc., etc., etc. So much more, and you don't know half of it. So I left Manila," she explained.

"Being somewhere else lets you see things from a whole different perspective. Can't be effective as a mother, wife, sister, aunt, co-worker, friend, etc., etc., etc. if YOU yourself are lost and need to breathe. Siguro naman may karapatan din ako malungkot at mapagod? I am a human being. I want to rest my mind, body, heart and soul. I am tired of being all things to all people, and I realize no one has really done or been the same for me," she added.

Cuneta then thanked God for all the blessings He has given her. She also assured the public that she is all right and that there is no need to worry about her.

The actress, who said she will only take a backseat to focus on her problems for the moment, also promised to be home soon.

"Thanks so much for your love, support, and encouraging words. Now, please don't worry about me na. I am okay. I always am," Cuneta said as she greeted mothers "Happy Mother's Day."

Meanwhile, amid Cuneta's personal dilemma, Pangilinan took to Twitter to greet his wife on Mother's Day and express his support for her.

"Know that as you go through your own life journey I'll be here beside you & even if I may not be able to solve a number of problems you face," the senator wrote.

"My shoulders will always be here for you to lean on & my arms will always be available for big hugs should you feel the need for them. Always," he added. ■

KC Concepcion surprises her second 'nanay'



Actress and TV host KC Concepcion paying tribute to her second mom, Nanay Lina.

Actress and TV host KC Concepcion was recently asked to pay tribute to women that had the most impact on her. Many expected her to present her mom, "Megastar" Sharon Cuneta.

Instead, she gave honor to her nanny since childhood, Nanay Lina, which surprised everyone, including her nanny.

"Ladies and gentlemen, this is a very special night for me because I really want to introduce to you...She is our household help and in Philippine culture, the household help, we treat them like family. So, I really just want to take this time to honor her and thank our nanny from when I was a child," the star declared in a recent press presentation by Downy Parfum.

"Filipinos are very service-oriented and it causes changes on people's lives," she said.

"The reason I chose her (Nanay Lina) is really because she is my guiding light and also the woman who was with me when my mother was busy working. My mother

entrusted me to her, in her lap, and she writes me handwritten notes with cards, very heart-warming, every month, every time she sees me. I don't usually see us honor the household help that devoted their lives to us."

According to her, it will be really nice to pay tribute to people who are not really talked about because they work behind-the-scenes.

"Nanay, thank you so much for all your love! I love you so much! Thank you for all your service to our family," KC said to her Nanay Lina.

"We all have our own Nanay Linas as nanays, so I want to put the spotlight on her," she said of her caregiver, who had to forgo having her own family and considered KC as her own.

Like KC, Sharon has also found a second mom in Yaya Loring, who took care of the Megastar for around 40 years.

Fondly called the "Mega Yaya," Yaya Loring even starred with Sharon in a funny TV commercial. Yaya Loring passed away in 2010. ■

Bollywood star wears Filipino designers in Cannes red carpet



Model Aishwarya Rai poses for photographers upon arrival at the screening of the film Okja at the 70th international film festival, Cannes, southern France, Friday, May 19, 2017.

The 70th Cannes Film Festival opened last weekend with a grand red carpet welcome for film stars all over the world.

One of "the biggest, most dramatic looks" on the red carpet, according to fashion magazine Vogue, is Bollywood star Aishwarya Rai Bachchan's blue princess gown by Dubai-based Filipino fashion designer Michael Cinco.

Aastha Sharma, Bachchan's stylist, told Vogue India in an interview that he chose Cinco's piece when he saw the designer's collection last March. According to him, when Aishwarya tried the gown on, "it was a perfect match."

The gown is so big, it has its own room, said Sharma. ■

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Duterte: Possible nationwide martial law; could last longer



Back from his abruptly shortened visit to Russia, President Rodrigo Duterte said on Wednesday afternoon that his options were open as regards the scope and duration of declaring martial law in the country, or parts of it — depending on the situation.

Duterte, who had placed entire Mindanao under martial rule last night while in Moscow, said he might also choose to expand the area of coverage outside Mindanao on the heels of the clashes in Marawi City which broke out Tuesday afternoon.

"I might also decide to suspend the writ of habeas corpus in the Visayas," Duterte said, pointing out that because of the many islands in the south that were "just walking distance" from each other, lawless elements could always escape to any of them.

"I have ordered the military, specially the Navy to embargo the islands, specially the sea that separates Mindanao from the Visayas," he said as a precautionary measure.

Related: Duterte declares martial law in Mindanao

The President said he would focus on the south first, although acts of terror might spillover even in the north. And if this would happen, he said he might declare a nationwide martial law.

"If I think that the ISIS has already taken foothold also in Luzon and terrorism is really not far behind, I might declare martial law throughout the country to protect the people."

The chief executive also said he was flexible as to how long martial law in Mindanao would last, taking into consideration the concerns of foreign investors.

"That is why I said, we must be fast and restore normalcy. If it can be done one week, I'd be very happy. But if it would take me until the end of my term to see that Mindanao is safe for everybody, I will do it."

Duterte said this would depend on when the police and



military would assure him that everything had stabilized.

"So maybe from another 60 days, I will ask the generals," he said, in compliance with a constitutional provision that martial law has a two-month period, after which he would need another nod from Congress for an extension.

AFP chief Año's term extended
Duterte also announced that he had extended the term of Gen. Eduardo Año's term as Armed Forces of the Philippines (AFP) Chief of Staff for another six months.

Año, who was supposed to retire early next month to assume the

Interior and Local Government chief post, would be the "implementor" of the martial rule in Mindanao, according to the 72-year-old president because he didn't want "to change horses midstream."

Duterte explained that Año would be reporting to a civilian, Roy Cimatu, so that there would be no

question about the supremacy of civilian authority over the military. Cimatu, a retired AFP chief, now holds the Environment chief post.

No abuses

The President, who had likened the martial law in Mindanao to the one during the Marcos regime, said there would be no abuses of any kind under his watch.

"Government still running. Congress is functioning. The courts are open for citizens to seek (redress for) their grievance," Duterte pointed out, saying law-abiding citizens needed not to worry.

But he said he would be "harsh" in enforcing the law.

"Anyone caught possessing a gun and confronting us with violence, my orders are shoot to kill."

He said checkpoints, warrantless arrests and searches would be allowed in Mindanao, "If you are identified positively on the other side, you can be arrested and detained."

Martial law signed abroad

Duterte, who is required by the Constitution to submit to a report "in person or in writing" to Congress within 48 hours after a martial law declaration, said he would do so in writing as he had to go back home in Davao City.

Related: Duterte meets with Putin amid Marawi crisis

But the thing is, he said, he had left the document back in a hotel in Russia, so it had to be retrieved first.

He also shared that it was a "funny, irony of life" that he had to sign the martial law declaration while out of the country.

"So I signed it. And I said, 'Done in the Russian Federation.' It's a place, I was there. So I cannot... 'Done in the City of Manila, Philippines.' Eh nandoon ako."

[Translation: So I signed it, 'Done in the Russian Federation.' (Instead of) 'Done in the City of Manila.' Because I was there.] ■

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Multicultural Canada 150 @ Parc Vanhorne

The glitter and glamour of Canada Day always touches the heartstrings of Canadian patriotism. For the Côte-des-Neiges neighbourhood of Montréal, Canada's 150th Anniversary of Confederation will definitely be a much more multi-coloured affair.

This time, the Filipino Canadian Artist Association of Québec (www.fcaa.org) will take the lead in celebrating Multicultural Canada Day 2017 in collaboration with Carrefour Jeunesse Emploi Côte-des-Neiges, ANCOP Canada, and representatives of diverse communities around the borough. Following the July 1 annual parade at downtown Montréal, a 2 o'clock afternoon musical event at Parc Van Horne will bring artists together including the Grand Winner & Finalists of The Search for Filipino Canadian Talent 2017, FCAAQ All-Stars, RX3, FrozenFlame, Strüm, pop singer Jades Goudreault, singer-songwriter Matt Mannucci, blues singer Carolyn Fe and performers from La Voix Junior. Combined with the participation of Artists for Monnaie Money, the Zumba Community of Montréal and other performing cultural groups, the celebration of cultures through song, dance and dialogue will highlight the strength of diversity not only within the city of Montréal but also within the whole of Canada.

For more information about Multicultural Canada Day, you can contact Michelle Lao at the Filipino Canadian Artist Association of Québec office number 514-482-5206. You can also email her at michellelao@fcaa.org. This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between Canada's community foundations, Foundation of Greater Montréal, the Government of Canada, and extraordinary leaders from coast to coast to coast.

OPEN INVITATION
The Honorable
Senator Tobias C.
Enverga, Jr.
Cordially invites
you and your family
to the
5th Philippine Independence
Day Celebration and Flag
Raising on
Saturday, June 17, 2017 at
11:00 a.m. to 1:00 p.m.
in front of the Peace Tower
Parliament Hill, Ottawa, ON

A light lunch and
entertainment will follow
inside Center Block

Please RSVP
JamesCampbell@sen.parl.gc.ca

**Federation of Filipino Canadian
Associations of Quebec Inc.**



**Federation des Associations
Canado-Philippines du Quebec Inc.**

4195 rue de la Peltrie, Montreal, Quebec H3S1V5 Tel. No. 514-484-7091 Fax No. 514-484-7091

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Canada Day Parade Announcement

The 40th Canada Day Annual Parade will be held on Saturday, July 1st, 2017 at 11:00 am. The parade will start at Saint Catherine Street West & Fort Street and continue along east along Saint Catherine to Peel Street, then go south and ends around Place du Canada.

All parade participants must enter from Guy Street / René Levesque to line up. The Filipino community contingent must assemble between 9:15 and 9:45 AM. The organizing committee will not permit any participant from the Filipino community before 9:15 AM. This is to allow other cultural and ethnic groups who are assigned in the front of parade to reach their designated line up area without obstruction.

Since the Parade is also celebrating Canada's 150 years anniversary, there will be more participating groups than in previous parades. As such, the Filipino community represented by the Federation of Filipino Canadian Associations of Quebec (FFCAQ) has only been allotted ten (10) vehicles.

To reserve spot for the ten (10) allotted vehicles, kindly contact Ms. Luzviminda Ogerio-Mazzone, FFCAQ event chairperson at (514) 421-6772 or (514) 886-0092. First come, first served. You can also send an email at lmazzone@hotmail.com.

Yours Truly,
Federation of Filipino Canadian Associations of Quebec (FFCAQ)

L. Mazzone

Vice-President, Internal Affairs



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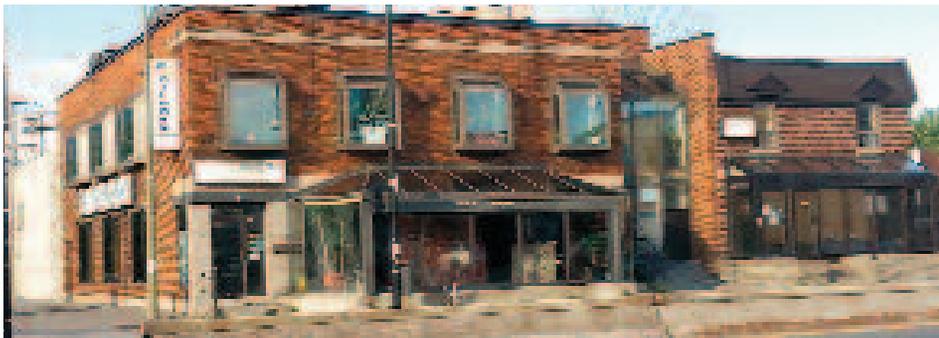
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Souvenir photo of Batch 10 PAB/PSW Nursing aide graduates at the La Cucina Restaurant on Sherbrooke West, October 2011 (Photo: Budz Sarmiento)



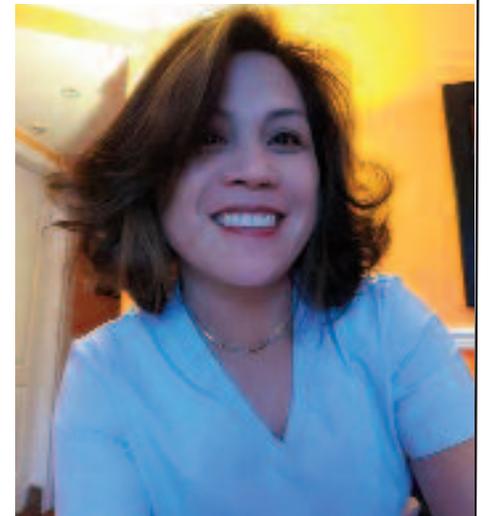
CPR Course by CPR Experts instructor Mitch Zeitlin standing beside Zenaida Kharroubi, Director-General & Founder, Gilmore College International. Photo taken on April 15, 2017 by Sophie Toledo.



Students in a full time program in French as a second language.



Gilmore College International provides immigrants the tools for a successful career change. The training and the skills that I learned gave me the confidence to work as a nursing aide. Adele Lascano (October 2009 graduate)



The knowledge and skills I learned at Gilmore College gave me the edge to work in the health care field where one needs to show willingness to render service to the sick and the elderly. (Ethel Tugna, March 2011 graduate)