

Gilmore's Silver Anniversary Masquerade Ball an affair to remember

By W. G. Quiambao



Gilmore College International students and guests joined Zenaida Kharroubi in the presentation of the 25th anniversary cake towards the end of the Masquerade Ball, November 1, 2014 at the Hellenic Community Center.

France bestows Legion of Honor on Canadian Veterans

PETER RAKOBOWCHUK THE CANADIAN PRESS

MONTREAL — Seventeen Second World War veterans in Montreal were awarded the French Legion of Honour on Thursday, including one who will turn 100 next year.

An emotional ceremony featuring the 17 was held in the presence of Philippe Zeller, the French ambassador to Canada, and deputy veterans affairs minister Walt Natynczyk.

Zeller described the award as an expression of France's wish to honour

men who helped liberate the country during the war.

The oldest of the honorees was 99-year-old John Stuart Hermon, whose accomplishments include running the Boston Marathon at the age of 78.

For Hermon, the ceremony was a very touching experience.

"It makes one think how precious families and relatives are," the former captain in the 7th Field Regiment, Royal Canadian Artillery, said in an interview.

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Legion of Honor



Second World War veteran Allan Bolduc, 91, shows his French Legion of Honour medal, at centre top, at a ceremony at Ste. Anne's Veterans Hospital, Que., on Thursday. (CP)

Watching the outlandish costumes of the excited attendees at the Gilmore College International's 25th anniversary basquerade ball last November 1 at the Hellenic Community Center was fun. Disguised as Osama Bin Laden, Felix Reyes was unrecognizable. He was wearing a black hat and sporting a long, thick beard. Rose de la Paz was elegant in her mask with red and black feather on the center of the head, and a silver stone on the center of the mask with silver ribbons and red lines of sequins on the side. Elizabeth Siazon was mistaken to be Queen Farah Pahlavi, the wife of the Shah of Iran. She was eye-catching with her mask and red skirt and black blouse.

The Panday Tinig Choral Ensemble led by Edita Fedalizo, pianist and Paul Imperial, conductor started the program with their rendition of the Pambansang Awit and O Canada. Sophie Toledo recited the invocation. Carrying the flags were the proud members of the Knights of Rizal - Sir Rey Balansi, Sir Felix de Luna and Sir Dario Boco. The other members of the Knights of Rizal who were there were Sir Bert Abiera, Sir James de la Paz and Sir Reggie Villamor.

Following the carrying of the flag,

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Guest Editorial

The Jian Ghomeshi scandal opens floodgates on discussion of sexual abuse

Call it the Jian Ghomeshi effect.

Two weeks of allegations and revelations about the former CBC broadcaster appear to have tapped into a wellspring of angst and anger and action that cannot be shut off.

The deluge is now engulfing everyone from Ontario doctors found guilty of sexual abuse, to MPs on Parliament Hill accused of "personal misconduct," to hockey players who posted misogynist messages on social media.

And no longer are conversations about rape culture, sexism, misogyny and abuse being held only in the rarified atmosphere of university feminist studies classes.

Allegations of sexual abuse have suddenly gone from quiet whispers in private to a public Twitter landslide of 50 million "impressions" involving women around the world who felt compelled to tweet about their own experience under the hashtag #beenrapedneverreported — initially ignited by the visceral response to the Ghomeshi scandal.

And where stories of sexual harassment in the workplace or on dates were once largely fodder for stories in women's magazines, they are the focus of front page stories and top news broadcasts. Most importantly, they are now top of the agenda for swift action.

When Liberal Leader Justin Trudeau ejected MPs Scott Andrews and Massimo Pacetti from his caucus for alleged "personal misconduct" with two other MPs

he appeared to be hitting a "reset" button on how we view victims' allegations — and their veracity.

"It is extremely important that we make it very clear that as an institution we will protect and encourage people who come forward with serious allegations of this type," he said. "We give the benefit of the doubt to those who come forward."

In acting so swiftly and decisively, he refused to sweep the allegations under the rug or allow the status quo to continue.

This week, too, the Ontario Hockey League wasted no time benching players Greg Betzold and Jake Marchment for 15 games for making sexist remarks on social media.

The OHL may also have been inspired by University of Ottawa president Allan Rock's actions earlier this year. When there were allegations of sexual misconduct against some members of the school's hockey team Rock relieved the head coach of his duties and suspended the men's hockey program through the 2014-2015 season — even before charges were laid.

It's clear from this week's storm that there has been a sea change in the tolerance for abuse. Now the question is whether the edifice of power that has protected so many in the past is simply cracked or will crumble under the glare of news camera lights, commentator attacks, testimony — and action.

We can only hope.

For too long the balance of power has

been weighted to silence victims.

A landmark survey from Statistics Canada conducted in 1993 (the most recent figures) found only 6 per cent of women who had been sexually assaulted reported it to police. The tens of thousands of tweets on #beenrapedneverreported and interviews with women who allege they were attacked by Ghomeshi, but never spoke up, explain their fears of not being believed by police, feeling somehow responsible, and being ashamed.

Perhaps that is about to change, too, as women feel empowered by actions that those in authority are now taking to speak out — whether it's in a tweet, a column, or a complaint to police.

That doesn't mean there is not still a presumption of innocence until proven guilty. But it does mean there can be a shift in public perception away from a culture of victim blaming and quiet tolerance of abuse.

It also means — as Trudeau and Rock demonstrated — that those in authority can act swiftly on complaints they have independently investigated, while they are waiting for allegations to work their way through courts, tribunals or human resource offices.

There are no easy paths to navigate around these thorny issues.

But what is clear from the week's events is this: when it comes to allegations of personal misconduct or sexual abuse, no boys' club, no power, no sense of entitlement — whether it's in media, politics, sports or elsewhere — should any longer be able to protect alleged abusers from, at the very least, public scrutiny.

That's already a giant leap forward.

(David Cooper, published November 9, 2014 in Star.com)

RALPH GOODALE'S REPORT

A commentary by the Member of Parliament for Wascana

November 24th, 2014

PROBABLY THE WORST VETS MINISTER EVER

Every Remembrance Day at memorial services across the country, the most emotional moment is when the "Veterans Company" marches past the cenotaph.

Whether they are younger people who saw action just recently in places like Afghanistan or 90-year-olds who survived the WW2 or veterans of all the other campaigns in between, they provoke spontaneous respect and admiration. They are, after all, genuine heroes. The crowds break into loud and sustained applause.

Within our free society, we can and do have vigorous disputes about the foreign and defence policy issues that resulted in all these valiant Canadians being sent into harm's way in various theatres of war down through the years. Such debate is what a democracy is all about — that's what our Canadian Forces go to fight for.

But all such arguments aside, once our troops are in the heat of battle, all Canadians pray for their safety, marvel at their skill and courage, mourn their losses and anxiously await their return. We all know we have a sacred covenant to honour in the aftermath of war.

On this latter point, among the public, there is no disagreement whatsoever. Our returning military personnel and veterans have stood ready to give their all, and when they come home, their country must

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Veterans

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E-Mail: market@filipinostar.org

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Zenaida Ferry Kharroubi

Chief Editor & Publisher

W.G. Quiambao
Community News

Al Abdon
Alberto Baens Santos
Michael Davantes
Columnists

Sam Kevin
News & Layout Editor

Bert Abiera
Founder

Bernardo Sarmiento
Opinion Editorial

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Dr. John Calder, BSc., DDS

From Page 2

Veterans

"stand ready" for them - to meet their social, economic, physical and psychological needs. All Canadians expect their government to respond with gratitude and generosity.

That's why it's so difficult to fathom the bizarre on-going misbehaviour of Stephen Harper's Veterans Affairs Minister, Julian Fantino. His antics, including several personally insulting encounters with veterans and their families, are a major drag on the government's credibility.

Most recently, Mr. Fantino couldn't justify his department's failure to utilize more than \$1.1-billion which Parliament had expressly approved for programs and services for veterans. For all the government's loud budget promises, the money never got out the door.

In Finance department language, that \$1.1-billion "lapsed". The hapless Mr. Fantino seems to think he still has access to it, but he doesn't. Lapsed funds from all departments go back into the central treasury and are largely applied at year-end against the government's deficit. In other words - by accident, design or incompetence - the money was used to help balance the books.

Think what might have been accomplished for returning soldiers and veterans if these funds had been utilized as Parliament intended. The nine offices providing specialized services to veterans across the country might not

have closed. Financial assistance for dignified funerals might have been provided to the families of thousands of deceased Vets who were denied such help.

Veterans' health insurance premiums perhaps didn't need to double. Pensions could have been improved. The Veterans Independence Program might have been enhanced. Some returning soldiers might not have been discharged just before they could qualify for benefits. A vigorous effort to detect and deal pro-actively with Post Traumatic Stress Disorder could have been launched years ago.

Instead, yesterday, just before the Auditor General is due to publish a critique of his performance, Mr. Fantino announced a small mental health initiative representing only a fraction of his lapsed funding. It's obviously a last-minute manoeuvre to deflect the flak he is getting.

One leading advocate for veterans, Michael Blais, called the initiative "damage control" in the "toxic" relationship Mr. Fantino has created. Former Veterans Ombudsman Pat Stogran dismissed it as more "rhetoric" and "empty promises", not really worth listening to.

Mr. Harper and his Minister have a big credibility problem.

Ralph Goodale

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Liberal MPs Oppose Conservative Cuts to Refugee Benefits

"Community speaks out at roundtable held in Scarborough"

Scarborough – Liberal MPs Arnold Chan (Scarborough-Agincourt), John McCallum (Markham-Unionville) and John McKay (Scarborough-Guildwood) hosted a successful roundtable on November 15 where concerns were expressed regarding the Conservative plan to limit refugee claimants' access to social assistance.

Originally first brought forth as a private member's bill by Conservative MP Corneliu Chisu (Pickering-Scarborough East), the government has expedited this concerning piece of legislation by burying it in the latest omnibus budget act – Bill C-43. "It's truly disturbing that this government is continuing its attack on refugees by attempting to deny them the most basic level income. What's even more upsetting is that the government has admitted that not one province requested these powers, and that there was no consultation with groups that worked with refugees," said Mr. McCallum.

"Refugees come to Canada, often fleeing terrible danger in their home countries. Because of the actions of our current Government, they now find themselves without the basic healthcare some desperately need. These measures add insult to injury by removing social assistance to those who cannot work because of their status in

Canada. Some of Scarborough's most vulnerable have fled terrible situations expecting open arms only to find closed doors. We were proud to meet with the people of Scarborough and let them know exactly what this odious bill will do to our community's most vulnerable members," continued Mr. McKay.

"Canada is known for its compassion in assisting refugees from around the world," said Mr. Chan. "These measures are designed to make it harder for the most vulnerable refugees to settle in Canada and flee prosecution. After introducing cuts to refugee healthcare, it was important to have a public dialogue to highlight another mean-spirited move by the Conservative government. ."

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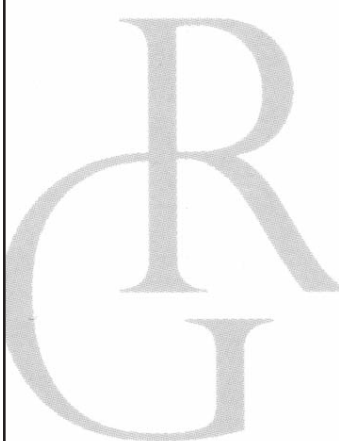
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From Page 1 Masquerade Ball

Zenaida Kharroubi, founder of the Gilmore College International, wholeheartedly thanked and recognized all the teachers who had worked with her in the past and those who are still teaching in the school. She also saluted her past and present students for their commitment to their self-improvement and their willingness to support their own education.

Two professional ballroom dancers from Ballroom Dancesport, Jonathan and Marian, exhibited a playful and vibrant salsa. Panday Tinig rendered two beautiful songs - You Raised Me Up by Josh Grovan and Seasons of Love from Broadway show, Rent.

Ambassador Petronila Garcia as the guest of honour and speaker was introduced by Edith Fedalizo who cited the Ambassador's impressive resumé. In her brief speech, Ambassador Garcia acknowledged the important role of Gilmore College in the community and congratulated its founder. She acknowledged the importance of education in upgrading skills of our fellow citizens.

Immediately after her speech, James de La Paz surprised the new Ambassador to Ottawa when he serenaded her with his signature song, Can't Help Falling in Love by Elvis Presley, to the delight of everyone. De la Paz explained that during the recent reception for the new

ambassador at the FAMAS center, she noticed de la Paz' sideburn and asked him if he could sing. He promised to sing for her the next time they meet. That promise was made at the Gilmore's party.

After she was serenaded by de la Paz, Ambassador Garcia took the opportunity to promote the 2nd Winter Escapade. Then, Councilor Marvin Rotrand also spoke and gave a testimonial about the wonderful way to promote tourism in the Philippines. He also congratulated Zenaida Kharroubi for having founded a private school in his district.

Earlier, the Minister of Culture and Communications, Hon. Helene David, MNA for Outremont, delivered a congratulatory message, recognizing the extraordinary accomplishment of Zenaida Kharroubi, the first Filipino-Canadian who founded a private school in Quebec.

Elie Ysrael, candidate for commissioner in the English Montreal School Board also delivered a congratulatory message and a reminder to vote for the municipal elections the following day.

Approximately 250 people attended this party. Majority of them wore beautiful and unique masks. Wonderful prizes were awarded to the Most Elegant, Most Creative and Most Humorous costumes. The emcee of the evening was Amy Manon-og. Music provided by Jeegs Audio Sounds.

Minister Paradis Announces Support to Help End Violence Against Children in Honour of Universal Children's Day

November 20, 2014 – Ottawa, Ontario – Foreign Affairs, Trade and Development Canada

In honour of Universal Children's Day and the 25th Anniversary of the United Nations Convention on the Rights of the Child, the Honourable Christian Paradis, Minister of International Development and La Francophonie, announced today, funding to help end violence against children. This announcement was made during a joint school event with the International Child Protection Network of Canada (ICPNC).

"I am very pleased to announce funding for initiatives that will make a real difference to better protect children, especially girls, from violence, exploitation, abuse and discrimination," said Minister Paradis. "These initiatives will also help to increase children's access to education because for thousands of children, violence in homes, communities and schools is a barrier preventing them from attending school and receiving a safe and high-quality education. Violence against children continues to be a significant concern, with anywhere between 500 million and 1.5 billion children lacking protection and enduring some form of violence, exploitation or abuse."

The announcement was made during the Removing Barriers and Promoting Protection in and Around Schools discussion panel, which took place at York Street Public School in Ottawa. The event brought together experts from the ICPNC and youth ambassadors in an interactive discussion to engage young people on violence, exploitation and abuse as barriers to education. The discussion also highlighted how strong, country-owned child protection systems help to facilitate access to education.

"In honour of Universal Children's Day and the 25th anniversary of the United Nations Convention on the Rights of the Child, I want to reaffirm Canada's commitment to promoting and protecting the rights of children around the world," said Minister Paradis. "I would also like to encourage all Canadians to get involved in their schools, communities and places of work to raise awareness about children's rights. Together, we can help all children be healthy, go to school, and secure the kind of present and future they deserve." Twenty-five years ago, Canada played an instrumental role in negotiating the United Nations Convention on the Rights of the Child. Canada has continued to champion children's rights and child protection ever since. As the most vulnerable members of society, children have a right to safe and secure environments in which to grow, learn, and play. Without addressing protection



Hon. Christian Paradis, Minister of International Development & La Francophonie

and security issues, investments in health, education and other sectors may not yield sustainable improvements in the lives of children and youth. Investments in the protection of children are consistent with the Government of Canada's commitment to Maternal Newborn and Child Health, Canada's top development priority.

Quick Facts

One third of the world's girls are married before the age of 18, and 1 in 9 are married before the age of 15.

Worldwide, the births of nearly 230 million children under the age of five have never been officially recorded.

Protecting children from violence, exploitation and abuse has become a global priority and a key part of promoting effective development.

The Convention on the Rights of the Child offers a timeless vision for how children should be viewed and treated. It sets out a world in which all children have the right to survive and develop to their full potential. It envisages a childhood free from violence and discrimination. It also emphasizes an environment in which children are encouraged to participate in decisions that affect their lives.

There is much to celebrate: according to UNICEF, far fewer children die before their fifth birthdays compared to 25 years ago, more children are able to realize their right to an education and the proportion of people—including children—living in extreme poverty has decreased.

In addition, in every region of the world, the Convention on the Rights of the Child has inspired changes in laws and regulations to better protect children, altered the way international organizations see their work for children, and transformed the way children are able to take an active role and participate in their communities and societies.



From left: Mrs. Ursulene Moira Farmer, a long time supporter of Gilmore College, and director of College Prep International, Zenaida Kharroubi, Raquel Idio, and Arlene Manalo.

From Page 1 Legion of Honor

"We should all be very grateful for the efforts that have been made by all of the veterans who are not here and that their families will eventually appreciate just what sacrifices their relatives have made in the battle of Europe."

Hermon recalled that his job was to drop bombs on the enemy and avoid getting

killed.

"In the moment of battle, your mind is concentrated on doing a job, the same as it is in civilian life," he said. "There's no free pass and there's no turning back."

The 17 live at the Ste. Anne's Hospital for veterans in Sainte-Anne-de-Bellevue on the western tip of the Island of Montreal. They are among some 600 Canadian veterans receiving the award this year.

The Legion of Honour was created by Napoleon Bonaparte in 1802.

"The whole of France is grateful toward these brave veterans who, 70 years ago, fought on the beaches of Normandy, Provence or in the skies of France," Zeller said. "These men are the last of the young heroes who put their lives on hold to fight a ruthless war against barbarism and Nazism."

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FRANCIS LIBIRAN, the latest Filipino designer featured on Hollywood

Francis Libiran studied Architecture at the University of Santo Tomas before pursuing a course in Fashion Design at the Fashion Institute of the Philippines.

This A-List designer is the latest Filipino designer to be featured on Hollywood Supermodel Tyra Bank's long-running reality TV show "America's Next Top Model British Invasion."

His fabulous Hello Kitty Couture Collection, which was featured in the April 2012 episode of ANTM Cycle 18, was so impressive that it paved his way to design dresses and gowns for Tyra Banks herself which led her to be hailed 'best dressed' in many red carpet events.

Because of his international success, clients from high society and even the biggest stars of showbiz are now after his creations. He did not always realize he would design clothes, but he has always been creative and has always known the art of looking good and feeling great.

Francis Libiran stepped into another pedestal when he held his first fashion gala at the Grand Lobby of Manila Hotel, the oldest and historical luxury hotel in the Philippines, during its Centennial Celebration. On that once-in-a-lifetime event, Francis Libiran launched his '100 Collection' making use of purely Filipino fibers



such as pineapple and banana and embellishments such as mother of pearl.

Francis Libiran was also the highlight in the very first Canada Philippine Fashion Week in Toronto, Canada in June 2013 held at the Roy Thomson Hall where his work was presented in an elaborate exhibit and fashion show showcasing his 100 Collection.

In that same year, Francis Libiran was the lone representative of the Philippines in the annual fashion show in Tokyo, Japan, the Sakura Collection held at the Tokyo Tower. Francis Libiran perfectly executed his own

rendition of Japan's National Dress, the Kimono, infused with the Philippines' Maria Clara which became the most-applauded collection during the festival.

Francis Libiran never stops to work on his own craft to bring pride, honor, and glory to the Philippines. In October 2013, Francis Libiran wowed international fashion crowds during Portland, Oregon's version of Fashion Week called "FashionXt".

There, he premiered his Spring/Summer 2014 Collection. FashionXt aims to anticipate what's next in fashion and lifestyle. It is ranked as the number 1 show in the US, outside New York Fashion Week, according to Time Magazine.

Another feather to his cap, Francis Libiran gained new acclaim when he created the winning gown of Miss World 2013 Megan Young. After almost 50 years, the Philippines finally won the prestigious competition.

Francis Libiran was voted by Metro Magazine, the leading fashion and lifestyle magazine in the Philippines, to be their 'Metrowear Icon' for 2013. Holding such title, he designed and created 100 wearable art pieces and presented it in an amazing fashion show attended by the biggest names in the fashion and high society held at the Edsa Shangri-la Hotel Manila. Later on, a TV Special dedicated to him was aired on national television via the Lifestyle Network. He drew inspiration from his trip to Bangalore, India where he was captivated by the

design details of the famous Bangalore Palace and the vibrant colors of its interior design.

In June 2014, Francis Libiran celebrated another milestone as he was the very first Filipino designer to stage a solo wedding show in the annual Weddings at the Peninsula Manila. Dubbed as Francis Libiran Weddings, Francis showcased a 40-piece wedding collection for grooms and brides.

Francis Libiran is also the first Filipino fashion designer to collaborate with the

global footwear brand Havaianas where Libiran created three iconic designs, each evocative of the different facets of Filipino culture: innate love for festivities, ever-evolving pop culture, and the country's multi-cultural heritage. Through the years, Havaianas has been collaborating with the heavyweights in the fashion industry such as Paul Smith, Missoni, Manolo Blahnik, and Valentino to name a few.

Francis Libiran's love for fashion started at an early age. His early experiences in dealing with fashion took place alongside with his mother Rebecca whose own sense of personal style and elegance became a major influence for him. Enamored by his love for fashion and art, Francis Libiran has pursued his dream of becoming a soldier for the arts, bringing pride, honor, and glory to the Philippines.

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Re-using Grey Water at Home

Dear EarthTalk: I know that some large buildings filter some of their wastewater to irrigate exterior landscaping. Is there an affordable way to do this at home? -- Bill P., Salem, OR

Now that solar panels are so commonplace on rooftops across the country, reusing so-called greywater—that is, the waste water from sinks, showers, tubs and washing machines—for landscape irrigation may be the next frontier in the greening of the American home, especially if you live in an arid region where water use is restricted. In fact, reusing your graywater may be the only way to keep your lawn and garden healthy without taking more than your fair share of the community's precious freshwater

the battle against climate change, given that you'll be helping grow plants that sequester atmospheric carbon dioxide while reducing demand on a regional wastewater treatment facility that's likely powered by fossil fuels.

The simplest way to get into home greywater reuse is to install a "laundry-to-landscape" system that sends washing machine wastewater outside via a diversion tank and hose that can be moved around to irrigate specific sections of the yard. Equipment costs for such a set-up max out at \$200, but labor and expertise may tack on another few hundred dollars. Handy homeowners can do much of the work in setting up such systems themselves, though those without much home repair or plumbing experience might at least consult a professional. Greywater Action suggests one way to reduce costs is by digging trenches for diversion pipes and mulch basins yourself -- or enlist friends who want to support the effort and learn about residential greywater reuse in the process.

A more comprehensive system can draw wastewater from sinks, showers and tubs, too—and then filter and distribute it to backyard landscaping via a drip irrigation network. Getting such a system professionally installed can run upwards of \$5,000.



Using "greywater" from sinks, showers and washing machines to irrigate outdoor gardens is a great way to increase the productivity of backyard ecosystems while reducing household water use by as much as 30 percent. Pictured: A backyard garden watered with residential greywater. Credit: Jeremy Levine, courtesy Flickr reserves.

"Using water from sinks, showers and washing machines to irrigate plants is a way to increase the productivity of sustainable backyard ecosystems that produce food, clean water and shelter wildlife," reports Greywater Action, a California-based non-profit dedicated to educating and empowering people to use water sustainably. According to the group, a typical U.S. single family home can reduce water use by as much as 30 percent by installing some kind of greywater reclamation system while simultaneously reducing pollution into nearby water bodies by filtering out contaminants locally. Capturing and reusing greywater can also be part of

Either way, once the greywater diversion system is in place, you'll need to be careful about what goes down the drain, given how it might affect the plants and soils right outside. "In any greywater system, it is essential to put nothing toxic down the drain — no bleach, no dye, no bath salts, no cleanser, no shampoo with unpronounceable ingredients, and no products containing boron, which is toxic to plants," adds

Greywater Action.

For more information on installing a greywater reuse system yourself, check out the resources section of

Greywater Action's website, where you'll find diagrams, written instructions and even videos to make the job go smoother. Those more inclined to hire a professional can browse through listings of qualified installers across the country. And if you want to see how it's done first-hand, sign up to attend one of Greywater Action's one-day workshops on how to install a greywater catchment and diversion system in a residential setting.

CONTACT: Greywater Action, www.greywateraction.org.

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Assessing the Risks of Genetically Engineered Crops

Dear EarthTalk: What are the potential health and environmental impacts of so many genetically engineered organisms in our food supply?

-- Frank C., Charlottesville, VA

Proponents of genetic engineering (GE)—whereby DNA from unrelated species is combined to produce improved or novel organisms—insist that the benefits of increased crop yields and less agricultural waste outweigh the potential risks, but many environmental and public health advocates aren't convinced.

According to the Union of Concerned Scientists (UCS), one risk of GE is that our new "frankencrops" could become invasive, toxic to wildlife, or dangerous in other as-yet unknown ways. "But the most damaging impact of GE in agriculture so far is the phenomenon of pesticide resistance," reports UCS, adding that millions of acres of American farmland are infested by weeds that have become resistant to Monsanto's popular herbicide glyphosate (known to most by its trade name Roundup). "Overuse of Monsanto's 'Roundup Ready' trait, which is engineered to tolerate the herbicide, has promoted the accelerated development of resistance in several weed species."

As a result, farmers are now turning to older, more toxic herbicides—and agribusiness companies are responding in kind with new rounds of GE crops engineered to tolerate these older chemicals. UCS worries that the process repeating itself is only leading us down the path of plants evolving quickly to overcome our defenses however technically brilliant they may be.

As for health risks, UCS acknowledges that eating refined products derived from GE crops is unlikely to cause health problems, but maintains that inserting a gene from one organism into another could still have unintended health consequences. For example, those with food-borne allergies could be at increased risk for reactions given the combination of genes in what looks like any other vegetable or piece of

fruit. "This phenomenon was documented in 1996, as soybeans with a Brazil nut gene—added to improve their value as animal feed—produced an allergic response in test subjects with Brazil nut allergies," reports UCS.

Given these risks, some 21 countries and the European Union (EU) have instituted policies requiring foods created with GE technology to be labeled as such so consumers can know what they are buying and putting into their mouths. EU rules mandate that if any ingredient in a food has 0.9 percent or higher of genetically modified organisms, it must be marked accordingly on its packaging. Environmentalists in the U.S. would like to see the federal government put in place a similar policy—research from the non-profit

Just Label It found nine in 10 Americans to be in favor of mandated GE labeling—but lobbying interests from agricultural states with a vested interest in selling more GE products still hold lots of sway over elected officials. So for now, Americans concerned about what's in their food will need to do their own homework regarding what's safe to put on their dinner tables.

Luckily some natural foods retailers are making it easier for consumers intent on avoiding GE foods.

Whole Foods, for one, is working toward full disclosure via labeling in regard to



Twenty-one countries and the European Union have instituted policies requiring foods created using genetic engineering (GE) be labeled accordingly so consumers can know what they're putting into their mouths. Pictured: A California campaign (defeated in 2012) demanding labeling of GE foods. Credit: Quinn Dombrowski, courtesy Flickr

which of the foods on its store shelves contain GE ingredients. While Whole Foods may be a pioneer in this regard, environmentalists are hoping other U.S. grocery store chains will follow suit so that Americans can decide for themselves whether or not to take the risk of eating GE foods.

CONTACTS: UCS, www.ucsusa.org; Just Label It, justlabelit.org.

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Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

Alam ni Mercy kung ano ang katungkulan ng posisyong hinahawakan niya

Kamakailan ay nag-uusap kami ni Bert Abiera, Elmer Manila at Dante Tabamo sa FAMAS Centre nang biglang may nagtanong kung sino ang puwedeng tumakbo sa pagka-presidente ng FAMAS sa susunod na eleksiyon. Iminungkahi ni Bert si Mercy Umipig-Sia na nagkataong naroroon. Walang pagkukunwaring sumagot si Mercy na ang gusto niya ay sa sport lamang siya. Napahanga niya ako sa kaniyang sagot.

Hindi siya tulad ng ibang mga Pilipino na tumatakbo sa kahit anong posisyon kahit hindi nila alam kung ano ang magiging trabaho. Naalaala ko noong bago pa lamang ako sa komunidad. Kapag naririnig ko ang mga posisyon ng mga director, nangang-hanga ako sa kanila. Ang nasa isip ko ay mga direktor ng malalaking kompanya sa Pilipinas tulad ng San Miguel Corporation at Meralco. Nang magtagal ako sa komunidad, natuklasan ko na mga pangalan lamang ang posisyon ng mga direktor na ito. May isang direktor ang FAMAS na ang tungkulin ay kalihim pero hindi alam ang tamang pagsagot sa telepono o paggawa ng business letter. Ang isa namang ingat-yaman ay ang kaibigan ang gumagawa ng trabaho.

Pero si Mercy, alam niya ang kaniyang trabaho at kaniyang kakayahan. Ito ay ang trabahong may kaugnayan sa Sports. Sa Pilipinas ay may 11 teams siya ng volleyball. Sa Montreal, nasa sport din siya nang maging direktor ng Federation at FAMAS. Kamakailan, itinayo niya ang Filipino Canada Volleyball Association of Montreal na binubuo ng mga lalaki at babae. Ayon sa kaniya, si Councillor Marvin Rotrand pa ang nagpayo sa kaniya na itayo ang FCVAM.

Sana, ang mga kumakandidato sa anumang posisyon ng anumang asosasyon, maging matapat sa kanilang sarili. Magagampanan ba nila ang kanilang trabaho at makapaglilingkod sila nang mahusay sa ating komunidad? Ito ang mga ilang bagay na itanong nila sa kanilang sarili.

Sino ang pinagbibigyan ng 40 lib्रेng ticket at saan napupunta ang mga ito?

Halos dalawang buwan na ang nakararaan nang magpadala ng email si Felix Reyes, dating presidente ng Federation, sa mga Pilipino upang ibunyag ang mga panghihimasok at maling ginagawa ng grupong binubuo ni Julie Parado, Angie Ogerio at ng mag-asawang Fred at Patria Magallanes. Dati ay tahimik lamang si Felix pero napuno na siya sa walang tigil na atake sa kaniya ng grupong ito na akala raw ng komunidad ay napakalilinis. Sa isyu ng Filipino Forum noong Agosto ay may nakasulat na ginamit daw ni Felix ang pera ng Tri-City Picnic Fund. Hindi totoo ito kaya malakas ang loob ni Felix na pabulaanan ang balitang nakasulat. Ito ang naging matinding dahilan kung bakit napilitan niyang ibulgar ang mga maling gawain ng grupo. Isa sa mga ito ay ang panghihingi ng 40 lib्रेng tickets kapag may fundraising tulad ng Federation's Debutante Ball. Bagamat nabigla ako, hindi na rin ako nagtaka dahil ganito rin ang sinabi sa akin ng isang dating FAMAS director. Diumano, apatnapung lib्रेng tickets ang hiningi ng grupo sa FAMAS noong nakaraang Independence Ball. Ang apat na taong sinasabi ni Felix ay balitang siya rin ang nagpapatakbo ng FAMAS kahit hindi sila opisyal ngayon ng asosasyong ito. Nang itanong ko kay Felix kung bakit nangyari iyon sa kaniyang administrasyon, sinabi niya na wala siyang magawa dahil kahit mag-ingay siya, hawak ng grupo ang halos lahat ng miyembro ng kaniyang Executive Board. Saan napupunta ang mga tiket na hinihingi sa kaniya at sino ang pinagbibigyan ng grupo? Ipagpalagay na \$50 ang isang ticket, \$2,000 ang kabuuang pera na nawawala sa Federation at maging sa FAMAS.

Sinabi rin ni Felix na si Julie, Angie at ang mag-asawang Fred at Patria ang may kontrol sa mga programa ng FFCAQ, tulad ng tiket kontrol sa pinto, pagdadala sa bahay ng pera at pagbibilang ng perang kinita sa bawat fundraising. Hindi naman sila opisyal kaya ano ang layunin nila sa pakikialam? Kung hindi totoo ang mga sinabi ni Felix sa email, matagal na sana itong pinabulaanan ng apat sa Oct. isyu ng Filipino Forum na lumabas na noong isang buwan.

Siguro, totoo nga ang sinasabi ni Felix tungkol sa apat. Kamakailan, tumanggap si Felix ng sulat na galing sa Post Office at walang pangalan kung sino ang nagpadala. Binabalaan

siya na tumigil sa isinusulat niyang paninira sa apat. Ang sulat na ito ay parang blackmail kay Felix na ilalabas ng nagpadala ng sulat ang mga komento niya tungkol kay Budz Sarmiento noong nagpapalitan ng maiinit na palitan ng mga emails sina Julie at Budz. Pero huli na. Nasaktan na si Felix kaya marami pa siyang ibubunyag sa gawain ng grupo.

Sabi nga ni Rizal, walang manlulupig kung walang magpapalupig.

Ano ang talagang nangyari sa donasyong nalikom para sa mga biktima ng bagyong Yolanda?

Isang taon na ang nakararaan nang malupit na hagupitin ng bagyong Yolanda ang Pilipinas. Maraming nagbigay ng tulong na pera at mga kahon ng gamit na damit, lalo na ang malalaking asosasyon sa Montreal tulad ng FAMAS, Council of Canadian-Filipino Associations of Montreal at Federation of Filipino-Canadian Associatins of Quebec. Subalit hanggang ngayon, may nagtatanong pa rin kung bakit walang malinaw na na balita na tinanggap nga ang donasyong pera o hindi. Walang transparency. Sinabi ni James de la Paz, presidente ng CCFAQ, na hindi siya personal na nangolekta ng pera dahil alam niyang magkakaroon ng isyu. Sa halip, nagbigay ang Royal Bank sa Canadian Red Cross. Ang tseke ay nasa pangalan ng CCFAQ. Sa kabilang dako, sa editoryal ng Filipino Forum noong Enero/Pebrero, sinabi na nakalikom ang FAMAS ng \$25,000 at ang FFCAQ ng \$7,000 (kahanga-hanga dahil wala mang butal). Dahil ang \$32,000 ay pinantayan ng pamahalaan ng Canada, ang kabuuang nakolekta ng FAMAS at FFCAQ ay \$64,000. Ipinadala ito sa Pilipinas ng Canadian Catholic Organization for Development and Peace. Ipinadala nga pero ang tanong, tinanggap ba?

Maaaring mali ako pero wala pa akong nakitang sulat ng pasasalamat sa FAMAS at Federation mula sa Canadian Catholic for Development and Pieace o kung sino man ang tumanggap ng donasyon sa Pilipinas. Kung mayroon man, dapat ay nalathala ang mga iyon sa North American Filipino Star at Filipino Forum. Isa pa, sinu-sino ang mga nagbigay ng donasyon? May nagsabi na nakapaskel sa FAMAS Centre ang mga pangalan. At kung totoo iyon, kumpleto kaya ang mga pangalan sa listahan? At bakit sa FAMAS Center ipinaskel? Hindi lahat ay nagpupunta sa FAMAS Center. At kung ang mga tao ay gumugol ng ng panahon na magbigay ng donasyon sa FAMAS at Federation para sa mga biktima ng kalamidad, bakit hindi magawa ng dalawang asosasyon na maglaan ng oras at panahon na ilathala ang kumpletong listahan ng mga pangalan sa the North American Pilipino Star at the Filipino Forum. Natitiyak kong hindi tatanggi ang dalawang pahayagan dahil serbisyo ito sa komunidad ang kanilang gagawin. Ang magandang halimbawa ng

pagkakaroon ng transparency ay ang ginagawang fundraising ng Montrel Gazette kung ganitong malapit na ang Pasko. Pagkatapos ng Pasko, inilalathala nila ang lahat ng mga pangalan ng nagbigay (kung mayroong ayaw magpalagay ng pangalan, inilalagay na anonymous) at halaga ng donasyon. Kahit \$1.00 o \$5.00. Diumano, sa FAMAS, ang nagbigay ng donasyon na mababa sa \$20.00 ay hindi binibigyan ng resibo. Bukod pa sa Gazette, ang isang pang magandang halimbawa ng may transparency ay ang Montreal Westward Lions Club. Ilang taon na ang nakararan, nagpadala ng sulat ng pasasalamat si Genette Morency, development manager of St. Mary's Hospital, sa Montreal Westward Lions Club. Ganito ang bahagi ng sulat ni Genette, "It is with heartfelt gratitude that I write you today to thank you and the members of the Lion's International, Montreal Westward, for your generous donation of \$4,000 to St. Mary's Hospital Community Center Care Program. The funds will be directed toward the purchase of a numbering system that will improve the registration process for our patients."

Marami ang sumasang-ayon sa akin nang sabihin ko na katungkulan ng Peace and Development na magpadala ng sulat sa FAMAS at Federation na tinanggap nila ang pera at magpasalamat sa ipinadalang donasyon. At kung may sulat man ang Peace and Development, katungkulan din ng FAMAS at Federation na ilathala ang sulat para sa kaalaman ng mga nagpadala ng donasyon.

Naisulat ko ito dahil sa nangyari mga ilang taon na ang nakalilipas. Nang magkarron ng mudslide sa Quezon, isang grupo sa Montreal ang nangalap ng donasyon para sa mga biktima ng kalamidad. Lumipas ang mga ilang buwan, nang walang lumalabas na resibo, nagtanong ang marami kung tinanggap ang donasyon para sa mga biktima. Nasagot ang tanong na ito pagkatapos ng halos isang taon nang may lumitaw ng resibong galing sa isang bangko sa Pilipinas. Ipinakita sa isang lider dito sa Montreal and resibo. Nang ipasuri ng nasabing lider ang resibo sa angko sa Pilipinas, sinabi sa kaniya ng bangko na wala silang natatanggap na pera at hindi nila kilala ang pirma sa resibo. Pagkatapos ng ilang taon, nagkaroon na naman ng kalamidad sa Pilipinas. Ang nasabing grupo na naman ang nangolekta ng donasyon. Nagpakuha pa ng litrato sa isang pang-komunidad na pahayagan ang nagbigay ng tseke sa isang organisasyon. Sinabi pa ang halagang nalikom. Pero nang may tumawag sa organisasyon kung totoo ito, natuklasan ng tumawag na dummy cheque lamang pala ang nalathala sa pahayagan dahil hindi pa natatapos bilangin ang nakolektang donasyon. Bakit nagmamadaling magpakuha ng litrato ang mga nangolekta ng donasyon. Para sa publisidad? At



Ask the Video Guy

Technological Tidbits
by

Al Abdon

Choosing a correct light source

An essential element in producing excellent video is correct lighting. Achieving correct lighting is an art form in itself and requires the right mix of



Tungsten

knowledge, experience and equipment. Whether you confine your work to the studio or "on location" there's a lighting solution that's just right for you.

We shall explore several types of lighting options and their uses.

Tungsten

Tungsten lights have been a video and film lighting mainstay for many years. A tungsten filament, combined with halogen gas and enclosed within a quartz envelope, produces a constant output and color temperature throughout its life. They are affordable and produce large volumes of very bright, high-contrast light, producing a sharp crisp shadows. Fortunately, light modifiers are available to control and soften tungsten's brilliant beams as needed.

Available in a wide variety of styles, configurations and output ratings, these lights may have a simple bare bulb or be fitted with a Fresnel lens (pronounced fruh-nel). A Fresnel lens is identifiable by rings on its front surface that form a series of steps, producing an intense, highly-focused beam of light. On the downside, these lights use a lot of power and get very hot. They can burn you in an instant or set fire to your client's furniture if you're not extremely careful. Tungsten lights produce light in the 3200K range and will need to be corrected with gels when mixed with daylight.

If you're on a limited budget tungsten may be the best way to go. Buy lights individually and build your kit over time, or you can purchase pre-made kits from most manufacturers. Kits usually come with several lights, stands, modifiers, diffusers, some gel holders.

Although they sell other types of lights as well, a very popular name in tungsten and kit lighting is Lowel. Their highly flexible, focusable, Omni Light list price is \$220, including lamp, and comes in a variety of output ratings. The Lowel DV Creator 44 is an extremely versatile kit with four lights and stands, softbox, umbrella, light modifiers, gels, hard case and more for \$1,920. Chimera has designed a light fixture called the Triolet for use with its Lightbanks and other diffusion systems. Its base, with screw-in adapters, can accommodate three different lamp styles for maximum



HMI

versatility. The Chimera Triolet Light Fixture 9930 retails for \$325.

HMI

Another lighting option that is very popular with professional video producers is the Hydrargyrum Medium-arc Iodide lamp, or HMI. Unlike traditional lights, HMIs are daylight balanced and produce a great deal more light than tungsten halogen lights of the same wattage. For example, a 600W HMI produces as much light output as a conventional 2000W unit with daylight filter and a 2500W HMI is equivalent to the output of 10,000W of traditional tungsten. Requiring less



LED

power, they run much cooler, and like their tungsten brethren, they can be modified to contain and direct all that awesome brightness.

HMIs are considerably more expensive to buy and maintain than conventional lights and each requires its own bulky ballast to crank the voltage up into the necessary range. Once switched on, they cannot be used immediately, as they require a bit of warm-up time before reaching the correct color temperature.

ARRI makes a variety of HMI lights in a number of styles and output ratings all the way up to a paint-blistering 18,000 watts. On the more affordable end of the scale, however, the ARRI Compact 125 Watt HMI Fresnel Light runs around \$1,400 - bulb extra.

Fluorescent

Fluorescent lamps produce a very pleasing soft light that wraps beautifully around the subject, making them great for portraits and other applications requiring more diffused lighting. The light-producing tubes are affordable, have long lives, consume much less power than tungsten, are cool to the touch and available in both 3200k and daylight color temperatures.

Fluorescents put out considerably less light than either tungsten or HMI lamps. Bank lights are available with multiple tubes and greater output but are larger, heavier and too bulky for easy travel. Newer designs, however, seek to resolve some of these issues. CFLs (compact fluorescent lamps) are daylight balanced and similar in size to common household light bulbs with the same screw-in base. Individual light-emitting diodes (LEDs) are very small and are commonly used as indicator lamps on electronic devices. Many LEDs, combined into single panels, however, have numerous advantages and are fast becoming extremely popular lighting solutions in the video world.

LEDs are daylight balanced, consume low amounts of energy and are very cool to the touch. The diodes have extremely long life spans, rated in the tens of thousands of hours. On the one hand, they can be very compact,

perfect for on-camera use or hard to light locations, such as lighting car interiors. On the other hand, they can be bundled together into large multi-panels for a cumulative effect. The intensity of LEDs can be varied, without altering the color temperature, while the color temperature itself can be independently changed between 3200K and 5600K.

The primary disadvantage of LEDs are their cost. And while their output is less than either tungsten or HMIs they may well offer the best of each world.

They have the compact size and light



Lowel

weight of tungsten; the low power requirements, cool operating temperatures and longer life of fluorescents; lower cost than HMIs and, on some models, variable intensity and color temperature.

Lighting Controls

Light modifiers have been mentioned throughout this article. Here are a few of them and their uses:

Barndoors - These attach to the front of the light fixture with two to four adjustable flaps for blocking the light from striking unwanted areas.

Flags - Non-reflective panels placed between light and subject to further prevent light from hitting unintended areas.

Reflectors - Highly reflective, light-bouncing panels for directing sunlight or lamplight, oftentimes to fill dark areas.

Umbrella - Similar to a traditional umbrella, these are attached to the light fixture to diffuse, or soften, the light output.

Softbox - A lightweight, collapsible housing, that fully encloses the light fixture. A diffuser panel at the front smooths and widens the light source.

Gels - Affixed in front of the light fixture (often with a frame) for color correction in mixed light situations, to diffuse or reduce light output or simply add a bit of color to the scene.

Gobos/Cookies - Any number of objects placed in front of the light source to cast shadows onto the scene or textures onto a plain backdrop.

Phiippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Pork Barbecue



Ingredients:

- 2 lbs pork, sliced
- 1/2 cup soy sauce
- Lemon juice from 1 piece lemon
- 1/2 cup banana ketchup
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 3 tablespoons brown sugar
- 8 cloves garlic, crushed and chopped

Cooking Procedure

Combine pork, soy sauce, lemon juice, ketchup, salt, ground black pepper, brown sugar, and chopped garlic in a mixing bowl then mix the ingredients well. Make sure that all ingredients are properly distributed; using your hands in mixing the ingredients is recommended. Marinate the pork in the mixture overnight. Make sure to refrigerate the marinade to avoid contamination. If in case you are so eager to grill right away, allow at least 3 hours for the meat to absorb the flavors. Skewer the sliced pork using a bamboo skewer (this is also the same as the barbeque stick that we know). Grill the pork until both sides are done. Use the leftover marinade as basting sauce. Try adding a few tablespoons of soy sauce, ketchup, and a tablespoon of cooking oil to create the perfect basting sauce. Serve with spicy vinegar. Share and enjoy!

Number of servings (yield): 6

(without the marinate sauce) until colors turn brown. Set aside.

Put-in the garlic then saute for a few minutes.

Pour the marinate sauce and bring to a boil.

Put the fried beef and simmer for 15 to 20 minutes or until meat is tender. Add water as needed.

Add the stir fried onions and some salt to taste.

Serve hot. Share and enjoy!



Maruya (Banana Fritter)

Ingredients:

- 3-5 saba (Cardaba banana) cut in half lengthwise
- 1/4 cup flour
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- 1/2 cup milk
- cooking oil for frying

HOW TO MAKE MARUYA:

In a bowl, sift together flour, baking powder and salt. Add milk and egg, beat until smooth. Mix until well blended then add the sliced bananas. Heat a pan with oil (medium heat). Place two to three slices of saba then pour a little batter on it. (it depends on how much banana you want. Fry a few minutes on each side until the color turns golden brown. Drain on paper towels. Roll in sugar or sprinkle sugar on top.

Variation: You can also use sweet potato instead of banana.



Bistek (Tagalog)

Ingredients:

- 1 lb beef sirloin, thinly sliced
- 1/4 cup soy sauce
- 1 pc. lemon or 3 calamansi
- 1/2 tsp ground black pepper
- 3 clove garlic, crushed
- 1 large onion, sliced into rings
- 3 tbsps. cooking oil
- 1 salt to taste

Directions

Marinate beef in soy sauce, lemon and pepper for at least one hour.

Heat the cooking oil in a pan then stir. Fry the onion rings until the texture become soft. Set aside.

In the same pan where the onion where fried, fry the marinated beef

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Mr. & Mrs. Bogdan Gimbiecki (at left) joined the students of Gilmore College to pose for souvenir with the founder, Zenaïda Kharoubi (3rd from right).



Ambassador Petronila Garcia (2nd from the right) the guest of honor and speaker at the silver anniversary celebration of Gilmore College International poses for souvenir with (from left) Zenaïda Kharoubi, Councilor Marvin Rotrand, MNA Helene David, Minister of Culture and Communications, and Elie Ysrael, English School Board Commissioner. (Photo: Courtesy of Hayden Whiting).



All dressed up in masquerade costumes, these guests seem to be enjoying the party in elegant style during the Silver Anniversary Celebration of Gilmore College



The Panday Tinig Choral Ensemble did an excellent job of singing the national anthems and dedicating two songs to the founder of Gilmore College International. Edith Fedalizo, coordinator, and pianist of the group shown at left with Paul Imperial who is the music director. Panday will soon be celebrating their 30th anniversary of service to the community.

MUTYA AT LAKAN PAGEANT ORGANIZED BY KAPAMPANGAN ASSOCIATION OF MONTREAL



Twelve young candidates for Munting Mutya and Munting Lakan are presented in their evening attire during the pageant held on October 14, 2014, Hellenic Centre.



Gilmore students are all smiles as they pose for a souvenir with their teacher - from left: Wimbledon Paraiso, Marie Edna Escoto, Precy Billones, Zenaida Kharroubi, Edna Lorenzo and Lani Layug.



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Lions Club keeps roaring

by W. G. Quiambao

Christmas is just around the corner. That's why Montreal Westward Lions Club raised money by holding a Winter Blues party last Nov. 8 at 687 Roslyn Ave.

Mary's Hospita (gave money to purchase a numbering system that improved the registration process of the patients , Reclaim (provided financial assistance to support its literacy program) and poor Filipinos in the Philippines (shipped used clothing and a wheelchair).



From left: Paul Imperial, Edith Fedalizo, Zenaida Kharroubi, Danny Ganas, Anita Lo, Gildo Manon-og and Amy Manon-og.

"The money we'll make will be used to buy gifts for the poor on Christmas," explained Frank Zizek, president of the MWLC.

It's been a tradition for the MWLC to bring joy to the indigent people on Christmas. The club, in collaboration with FAMAS in December 2012, gave away baskets of goods to the Filipino seniors. But it helps those in need not only on Christmas, but also anytime of the year. Some of the organizations it has helped are the St.

Nine dedicated Filipinos - Ben Bade, Danny Ganas, Flor Rillo, Amado Lozano, Jojie Perez, Myrna Maranan, Vinny Villegas, Estella Domingo and Sofie Toledo - are members of the MWLC.

"On behalf of the Lions', I'd like to thank the people who came to support our fundraising last Saturday," said Ganas, "MWLC vice president.



Wendy celebrated her birthday at Kum Mon Restaurant. She is shown here with husband and son at the party.



Halloween Party at Ballroom Dancesport, October 30, 2014 - From left: Arlene Manalo, Monique Regacho, Mila Taccabban, and Zenaida Kharroubi.



Lions Club members and officers pose with their guests Willie Quiambao, Dario Boco, James de la Paz, Rose de la Paz, and an unidentified lady.



Lions Club members Estela Domingo, Myrna Maranan, Sophie Toledo, Amado Lozano, Flor Rillo, and Danny Ganas pose with the two guests

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From P. 7 Tagalog Seksyon

bakit inilathala kaagad ang halaga ng donasyon na hindi pa natatapos bilangin ang lahat? Paano kung hindi nagtugma ang halagang nailathala at ang totoong nakolekta?

Kapuri-puri kung makatulong tayo sa ating mga kababayan sa sandali ng pangangailangan pero kailangan maging transparent or malinaw.

Sa susunod na magkaroon na naman ng kalamidad sa Pilipinas, mag-aatubili nang magbigay ang marami.

Maikling kuwento

Ang kapangyarihan ng mga dalangin

Lumaki akong katoliko pero hindi panatiko. Hindi ako katulad ng aking mga magulang at kapatid na babae na tuwing lingo ay nagsisimba sa kapilya ng St. Anne's Hospital sa Sta. Ana o sa Paco. Alam ko kung ano ang ibig sabihin ng novena pero hindi ko pa ito nagawa at napatunayan ang kapanyarihan nito kung hindi ako nagkaroon ng malaking problema.

Malapit na ang graduation sa high school nang sabihin sa akin ng aking guro na hindi ako kasama sa listahan ng mga magtatapos. Pumasa ako sa lahat ng mga subjects maliban sa ROTC (Reserve Officers Training Corps.). Madalas akong hindi pumapasok dahil nahihirapan ako at laging inuubo kapag maghapon pakabilad sa araw. Bukod sa akin, may lima akong kaklase na hindi rin maka-graduate dahil bumagsak naman sa ibang subjects.

Malaking problema ang hinaharap ko. Una, mabibigo ko ang aking mga magulang at pangalawa, mapapahiya ako sa mga kaiigan at kakilala ko. Hindi maililihim ang nangyari sa akin. Sa kolehiyo, hindi nakahihiya dahil

alam kong hindi lahat ay sabay-sabay nagtatapos dahil ang iba naghahanap-buhay o nagpapahinga muna o ang iba naman ay nag-aasawa na. Sa high school, iisang eskuela kami kaya alam ng isa't isa kung sino ang hindi naka-graduate. Higit sa lahat, hindi ko mararanasan ang Seniors Prom.

Nang panahong may problema ako, parang may nagsabi sa akin na subukan ko ang mag-novena. Sa unang pagkakataon, nagpunta ako sa Baclaran upang mag-novena sa Mother of Perpetual Help. Sa simbahan, may mga taong naglalakad ng paluhod, may nagsisindi ng kandila at may nakapikit ang mga mata na taimtim na nananalangin. Dati-rati, pag nakikita ko ang mga taong nagno-novena sa St. Jude at Quiapo, parang gusto kong matawa at itinatanong ko sa aking sarili kung bakit kailangan nilang gawin nito. Subalit sa pagkakataong iyon, katulad na rin nila ako. Pikit ang mga matang taimtim na nananalangin. Tuwing Miyerkules, pagkatapos ng klase, nagsi-simba ako sa Baclaran. Kasabay ng pagno-novena ko, pumapasok na ako ng regular sa ROTC at ipinakita ko sa aking guro ang kagustuhan kong makapag-tapos.

Ilang lingo bago matapos ang siyam na sunud-sunod na Miyerkules na pagno-novena, tinanggap ko ang magandang balita na makakasama ako sa mga estudyanteng ga-graduate. Ganoon na lamang ang malaking tuwa ko. Pero nalaman ko na ang limang kaklase ko na bumagsak sa ibang subjects ay hindi rin makaka-graduate.

Hindi ko alam kung naka-graduate dahil sa aking pagsisikap na pumasok ng regular sa ROTC o dahil sa pananalig ko sa diyos. Siguro, pareho. Ang pananalig na ito sa diyos ang nagtulak sa akin para magsikap at maka-graduate.

o30o

Abiera celebrates 80th birthday in style

by W. G. Quiambao

Sir Bert Abiera's invitation to his 80th birthday at the Hellenic Community on Nov. 14 reads, "I have an offer you can't refuse...The Godfather."

Of course, the recipients of the Godfather's invitations gladly accepted the offer.

More than 250 of Abiera's old and new friends and acquaintances gathered together to celebrate his 80th birthday. Live band, Blacksmith, provided the music. Some of the performers were James de la Paz, who recently serenaded the new Ambassador to Ottawa, Petronila Garcia, at the Gilmore's 25th anniversary, rendered a song, My Way, The ever bubbly Mely Guinto sang Ang Tangi Kong Pag-ibig. Valent Hughes, the Dancing Queen, and her dancing instructor drew applause from the crowd with their tango. Another crowd pleasers were the energetic UPS seniors and the cute Munting Mutya ng Pilipinas candidates and winners who also danced. Abiera's friends in politics - NDG Councilor Marvin Rotrand and Conservative candidate in Mount Royal riding. Robert Libman - made sure they attended Abiera's party.

"You never know, this will be my last birthday" Abiera laughed. "I immigrated to Montreal from the United States in the early 70s. But seriously, when you're alone here in Canada, your friends become your family."

Since coming to Canada, Abiera has

been active in the community. He served as president of FAMAS in 1986 and deputy commander of the Knights of Rizal. In addition, he acted as one of the three key players - the other two are the late Tony Fernandez and James de la Paz - who made the dream of Filipinos to have Dr. Jose Rizal's bust installed at the McKenzie King Park a reality.

His wish for his birthday is the fulfillment of another dream - a Cultural Center (Tahanan ni Rizal).

"This dream of mine can be made possible if every organization that raises funds will give donations to the Cultural Centre funds. There should be a community effort."

Abiera, who just turned eighty still looks young and healthy, explained that he doesn't have any secret for his longevity. "Just lead a simple life. Avoid being stressed. You know your limitation. You should know to take care of yourself. I see the doctor but very seldom. The best doctor is yourself. You know what your body wants."

Helping Abiera organize his 80th birthday celebration, which was emceed by Jake Maguigad, were Nida Quirapas, Elvie Maximo, Mercy Sia-Umipig, Beth Suarez, Dick Dahiroc, the Knights of Rizal and Ladies of Rizal.

The event, called the Party of the Year, was filmed by MMTV, to be shown soon.

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SHOWBIZ GOSSIP

Zanjoe: Of roles and relations

by Rowena Tan



Zanjoe Marudo

Zanjoe Marudo is always ready to take on new challenges as an actor. In fact, he welcomes the characters he gets to play and while others may take issue with taking on father roles, the 32-year-old has no problem with it.

It helps that he enjoys working with kids. "Masarap kasi sila katrabaho, masaya and kadalasan, nagiging close ako sa kanila."

In fact, he spends some of his free time with his nieces and nephews.

"Sila 'yung lagi kong kasama, lagi kong kausap, iba 'yung pakiramdam, magaan," he said.

Asked if he is already dreaming of having his own kids to take care of, Zanjoe retorted, "Hindi din naman nawawala sa isip ko na balang araw magiging daddy ako. Pero siyempre marami pa akong dapat i-consider. Marami pa akong pangarap para sa sarili ko."

Light role

Zanjoe is currently seen on "Dream Dad," where he plays a bachelor company president who is trying to move on from a heartbreak by focusing on his family.

"Mayaman ako dito eh. 'Yung mga roles ko dati puro mahirap, ngayon naka suit na ako, business executive," he said laughing.

The actor has no problems with the show being light drama.

"Actually ganito 'yung mga gusto kong gawin. Ayoko ng masyadong mabibigat na tipong iyakan sobra. Ang maganda rito may kasama pa akong bata."

Busy December

Zanjoe expects to have a busy

December this year with several projects already lined up for him.

Still, he hopes to block some time for a vacation with girlfriend Bea Alonzo.

"Mahilig kasi kami mag-travel ni Bea. Pero siyempre ngayon 'di pa sure kung paano kasi busy nga," he said.

Zanjoe said he plans to ask ABS-CBN management for a week-long break. "Sana payagan kami. Para makapag-pahinga din kami ni Bea."

A-OK

Zanjoe denied his three-year old with Bea is on the rocks.

He is, in fact, puzzled why such rumors are flying around. "Masaya kami eh. Siguro may mga tao lang na gustong maghiwalay kami kaya gumagawa ng ganung isyu," he said.

Still, he revealed that he and Bea got into an argument recently because of their respective schedules.

"Kasi pagkatapos ng teleserye niya ('Sana Bukas Pa Ang Kahapon'), na halos araw-araw 'yung taping, eh bigla naman akong nagka-project kaya ayun," he said.

He assures fans that they are both committed to making their relationship work. "Iniintindi namin ang isa't-isa. Kasi hindi naman pwedeng tumigil 'yung isa sa amin (sa pagta-trabaho) para magkasama lang kami," he said.

"Dream Dad," which also stars child actress Jana Agoncillo, airs today on ABS-CBN's Primetime Bida. ■

Miss World Philippines Valerie Weigmann off to London for pageant



Philippine beauty queen Valerie Weigmann on Thursday left for London to represent the Philippines in this year's Miss World beauty pageant.

Weigmann boarded Philippine Airlines flight PR-720 at the Ninoy Aquino International Airport Terminal 2 before 8 a.m., radio dzBB's Sam Nielsen reported.

Before boarding her flight,

Weigmann thanked the Filipino people for their support and assured them she has prepared extensively for the pageant.

For her part, Miss World Philippines pageant director Cory Quirino said she is confident Weigmann will maintain the Philippines' reign in the Miss World pageant this year. ■

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KC 'touched' by words of Celebs rejoice over Pacman's latest victory



KC Concepcion and her Mita Elaine

Hours before Elaine Gamboa-Cuneta's remains was brought to her final resting place at the Manila Memorial Park on Tuesday, her granddaughter KC Concepcion acknowledged the people who joined their family in mourning via Instagram.

She posted, "Thank you all for your show of support in our family's time of mourning. We are all touched by your words of condolences."

She added how Elaine, whom she calls Mita, "will forever be alive and beautiful in our hearts" and "will forever be my hero."

The night before, a necrological mass was held for Elaine at the Santuario de San Antonio, Makati, which was attended by close friends and relatives.

During her eulogy, an emotional Sharon Cuneta expressed, "Fourteen years ago, I had everything: A good husband, daughter who was still my baby (KC), and a coming daughter

(Frankie), and what I wanted for a career. I thought I was at the top of the world, my father (former Pasay Mayor Pablo Cuneta) left me with all these other things I was grateful for.

"Fourteen years later, we're all here today, my mother is in a box. And the day she died, sabi ko, I was kind of afraid of becoming an orphan today. I cannot not be someone's baby anymore. And it's almost Christmas and I don't know how to spend Christmas without my mom."

KC, meanwhile, expressed admiration for her "super lola's" courage notwithstanding her condition.

"Until a month before she died, she was still singing to me... She was a strong woman and really an inspiration the way she lived her life," the actress related.

Elaine passed away on Nov. 5 due to internal bleeding and complications from abdominal surgery. She was 79.



Manny Pacquiao got the big knockdowns he so desperately craved, battering Chris Algieri around the ring at will Sunday on his way to a decision win in one of the most lopsided welterweight title fights imaginable.

Local celebrities took to social media to send praises and congratulatory messages to Filipino boxing champ Manny "Pacman" Pacquiao following his win over New York native Chris Algieri.

Pacman defeated Algieri via unanimous decision to retain his WBO world welterweight title on Sunday Nov. 23 at the Cotai Arena in Macau, China.

On Twitter, Gary Valenciano thanked Pacquiao for the victory, saying how the People's Champ again "reignited the hopes in the hearts of many Filipinos that need it."

Ruffa Gutierrez posted, "Congratulations to the People's Champ, one of the best fighters in the world...Manny Pacquiao!!!!"

Alex Gonzaga believes Pacman's faith helped him succeed in the fight, especially that God was with him "all the time."

Martin Nievera managed to post in jest, "the most current 'weather' report is a big 'pacquiao' storm is coming."

Luis Manzano, on his part, was

amazed at how "parang di man lang napagod si Manny... lupet!!"

Win or lose, Bianca Gonzales believes "(Si Manny) ay wala nang kailangan patunayan, forever ka nang People's Champ."

Marvin Agustin, who calls Pacquiao his "idol," posted, "Mabuhay ang Pinoy sa buong mundo!"

KC Montero suggested that Floyd Mayweather Jr. will not have any reason to not fight Pacquiao next year.

KC tweeted, "Pacman had 6 knockdowns in this fight, @floydmayweather hasn't had 6 knockdowns in the past 10 years... what excuse will you (Mayweather) come up with now?"

Elmo Magalona, on his part, said he is "ready" to see the bout between Pacman and Mayweather.

Meanwhile on Instagram, Dani Barretto and Doug Kramer posted a photo of a television screenshot capturing the face of victorious Pacquiao.

"That was one heck of a fight!" Barreto noted.

As Bea Binene put it, Pacman "made all the Filipinos proud again."

Here are more celeb tweets:

Jessica Sanchez: "Congrats on the win @MannyPacquiao"

Angeline Quinto: "Congratulations Manny Pacquiao! #pinoypride"

Akihiro Blanco: "Congrats pacman!!!"

Julie Anne San Jose: "Congratz Pacman"

Kiray Celis: "Iba talaga si PACMAN! Iba ang Pinoy!"

Gretchen Ho: "Congratulations, Pacman! You made us proud once again! #PinoyPride" ■

What's next for Cristine Reyes?



Cristine Reyes and her boyfriend Ali Khatibi (From Cristine's Instagram)

Quick on the heels of her pregnancy announcement on "ASAP," Cristine Reyes revealed she and her Filipino-Persian boyfriend, Ali Khatibi, are planning to settle down.

On "The Buzz," the 25-year-old actress disclosed they are undergoing "marriage counselling."

"Para meron po kaming heads up (about married life) kasi hindi lahat kailangang biglang ikakasal agad. Kailangan meron kang knowledge about it," she said.

Cristine doesn't see motherhood as end of her career. She hopes her fans and talent agency would stand by her.

The actress is thankful for the overwhelming acceptance she received upon admission of her pregnancy. In fact, she was among the trending topics on Twitter last Sunday.

She noted that whatever happens, she's already satisfied with her achievements in show business. Cristine said she's excited to start a family.

"A whole new world is waiting it's mine for the taking, I know I can make it.. Today my life begins," read one of her posts on Facebook.

Delicate pregnancy
Cristine explained why she initially kept quiet about her pregnancy. Recall that she walked out of a press interview last September when asked if she's heavy with child.

Apparently, the actress just wanted to make sure she and her baby were "safe" before saying anything about it.

Sisters Ara Mina and Cristine Reyes (Instagram)

Sisters Ara Mina and Cristine Reyes (Instagram)



Sisters Ara Mina and Cristine Reyes

"Andito na ako sa stage na I'm sure na hundred percent, safe ako and our baby. I made sure na safe muna kami (bago ako umamin)," she said. "Because nu'ng first three months ko po na akala ng lahat ay nagtatago ako, critical po 'yung stage ko. Advice ng doctor kailangan bed rest po kasi nagkaroon ako ng bleeding and kailangan mo alagaan 'yung sarili mo."

She and her boyfriend talked about having a baby.

"It was planned and it's not a surprise actually. First test namin, first

day morning 'yun, akala namin negative pa – medyo na-sad kami. So nu'ng gabi, nag-test ulit kami – positive na. And then after that, sinabihan namin family namin. Family first."

Sister's reaction

Ara Mina, who is expecting a baby of her own, is happy for her younger sister.

In a VTR also aired on "The Buzz," Ara said she's proud Cristine came out.

"Matagal niya na talagang gusto 'to (magka-baby). Parang last year pa niya sinasabi sa akin. I'm excited for her also. Ang saya-saya, maraming babies ngayon sa family. Ang baby, blessing siya," she said.

Her message to Cristine?

"Nagkaaway na tayo, nagkabati na tayo, pero andito pa rin ako, andito pa rin ang ate mo. Kung saan ka masaya, masaya ako, masaya kami para sa'yo. I love you. Take care of yourself, 'wag kang magpapaka-stress para hindi ma-stress ang baby. Just call me anytime. Love you!" ■

Showbiz Gossip *Continued from p.15*

Martin and Pops: A blast from the past



Pops Fernandez and Martin Nievera

Pops Fernandez and Martin Nievera became a popular hosting tandem thanks to their undeniable chemistry as presenters of "Penthouse Live" and "Martin and Pops Together."

Recalling those days, the former couple attests to hitting the ground running, having no hosting experience whatsoever. Both are fast-learners, quick-witted and candid, and those characteristics surely helped.

"Dati kasi wala pa 'yung mga idiot board na 'yan," Pops said in an interview. She also pointed out, "Ngayon binabasa nalang pati 'yung spiels... pero dati kailangan ready ka."

There may be an array of young bubbly hosts these days but the singer-host and part-time actress noted, "Pero I still believe na meron pa ring market sa mga tulad namin na host... 'yung sanay na walang mga cue card."

Pops and Martin's rapport not only felt natural to their audience but more so to them. "Alam mo 'yun, 'yung nagkatinginan lang kami (tapos) alam na naming 'yung sasabihin (ng isa't isa) pati 'yung gagawin," Martin explained.

The pairing led to real-life romance and they married in 1986. Although since separated, the two have remained good friends.

"Everything happens for a reason," Pops said wistfully.

"There was a stage that I was bitter and angry but I didn't want to be miserable for the rest of my life," she added. "I grew up and became more responsible."

Both are thankful that their sons, Robin, 27, and Ram, 24,

have remained loving and supportive of them.

"We are so blessed to have good offsprings," Martin said, acknowledging how their boys have taken to their split with seeming maturity.

"Robin is sensible, Ram is sensitive," he shared.

Both have inherited their parents' passion for music. "They give us feedback (on) songs now," Martin related.

Different field

While Martin is still a regular fixture on "ASAP 19," Pops is busy managing her family's production company, DSL Events and Production House, Inc.

"I love to sing, don't get me wrong. But I really want to grow in a different field (that is also) showbiz-related," she said.

Pops is enjoying her work behind the scenes now because it gives her a different perspective on show business. Producing also puts her on the other side of the fence wherein she herself deals and negotiates with artists concerning shows.

"It's a whole new talent that I need(ed to learn)," she said.



Twosome throwback

"Penthouse Live" was taken off the air in 1987. Martin explained that the show ended mainly because they wanted to try new things.

"We also transferred to another network," Pops pointed out.

Nevertheless, both are grateful for how the show helped them with their respective careers.

"Du'n kami na-discipline. Du'n kami natuto," Pops said.

After more than three decades, Pops and Martin will reunite for a "Penthouse Live" concert. According to a release, the show will regale viewers with sentimental duets through a moving real-life drama, romance and fairytale.

"Reunion talaga," Pops said enthusiastically. "It will bring back a lot of good memories."

"The Penthouse... Live Reunion" will be held on Dec. 12 at the PICC Plenary Hall. ■

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Boy Abunda on beauty

The King of Talk on how women could reach their full potential



Boy Abunda

TV host Boy Abunda believes a woman who knows her worth is beautiful. He pointed out that this is what makes empowered women so attractive.

During the recent launch of Olay Conversations Season 3 that Abunda hosts, he explained, "When you say best beautiful, it is not being content, like 'pwede na ako' or whatever. It's

knowing that you can do better, na there is still room to be the best."

Abunda is among those who support women who aim to be the best version of themselves. "It takes a lot of power to claim that right... but it will come," he pointed out.

All praises for KC, Kathryn

Abunda lauded actress Kathryn Bernardo and KC Concepcion for being prime examples of a 'best beautiful' woman.

He shared how it was not easy for Bernardo to get to where she is now.

"She (Bernardo) auditioned for every possible program, network and went through a lot of failures, but look at where she is today... successful," he said.

Concepcion, on the other hand, had a hard time growing up in the shadow of her superstar parents.

"It's not easy to be the daughter of the Megastar," Abunda said.

Still, he pointed out that Concepcion did not let herself be limited by her situation and, instead, strove to be a better person.

Abunda admires Concepcion and Bernardo for being true and frank. "It is among factors that allows them the power to be best beautiful," he said. ■

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Kapampangan Association of Montreal selects Munting Mutya and Munting Lakan of Montreal

The Search for Munting Mutya ng Pilipinas Montreal Pageant or Little Muse of the Philippines in Montreal debuted in 2008 with Eylem Hannabelle Sesen winning the first crown. The brilliant idea of the first ever search for Little Muses was envisioned by Svetlana Suarez. This was one of her major

"Munting Mutya ng Pilipinas-Montreal".

This year, we also have the first ever Munting Lakan and Mutya ng Pilipinas-Montreal. Munting Lakan is for boys ages 7- 12 yrs old while Mutya is for girls from 9 - 12 yrs. old. The show was choreographed by Jennifer



projects in her capacity as President of KAM at that time. The pageant portfolio was assigned to the late Robert Lagman. Svetlana reached out for the help of Mimi Noche- Tamayo, who then tossed the term and named this pageant-

Camposano, emceed by Ed Moreno and the one and the only Bob Barker of Montreal, Mr. Freddie Espinosa.

Pageantry is a program representing the social construction of femininity, it's



mission statement is to provide an opportunity for our young Filipino-Canadian children to exercise their capabilities, their talent, personality, beauty, poise and intellectual prowess while fostering friendship among their peers and at the same time promoting awareness of the rich cultural heritage of the Philippines.

The 12 candidates, as young as they are, they also act as advocates and promote awareness for Child Sponsorship and Education through

ANCOP (Answering the Cry of the Poor), particularly serving the poorest of the poor in the Philippines and other Third World countries.

The winners are Munting Mutya ng Pilipinas- Montreal 2014- Ella Issobelle Arroyo Paranos,

Munting Lakan ng Pilipinas- Montreal 2014- Nathaniel Concepcion Deac and the Mutya ng Pilipinas- Montreal 2014 is Marie- Isabelle Elumbaring Therriault.



Munting Lakan 2014, Nathaniel Deac

The Government of Canada and True Patriot Love Foundation support initiatives to improve the health of Canada's Armed Forces personnel, Veterans and their families

Providing Canada's military community with the unique healthcare they need - and deserve

November 24, 2014 - Toronto, ON - Health Canada

The Honourable Rona Ambrose, Minister of Health, and Michael Burns, Co-Founder and Vice-Chair of the True Patriot Love Foundation jointly announced today a significant investment in research devoted to the health and wellbeing of those who protect and serve Canadians at home and

abroad. The joint announcement was made at the Canadian Institute for Military and Veteran Health Research (CIMVHR) Forum 2014 in Toronto - an international gathering of universities, researchers, clinicians and industries interested in military and Veteran health research.

The Government of Canada is providing half of the funding to CIMVHR, to mobilize and promote the uptake of research to better address the health and wellness of Canadian Forces personnel, Veterans, and their families. The other half is being provided by private donors through the True Patriot Love Foundation to support direct research and targeted programming designed to improve the mental health and well-being of this important and significant population.

Today's announcement will help the Institute build and promote partnerships and working relationships with the many

organizations committed to the health and well-being of military personnel, Veterans and their families. It will put research, knowledge and information into the hands of those who work closely with these groups, leading to improved awareness and understanding of their unique healthcare needs and support ongoing health system improvements.

CIMVHR's activities will be delivered in all provinces across Canada, through their network of more than 30 partner universities. The impact of the work developed through this joint initiative has the potential to benefit all Canadians, and most especially those who work in similarly stressful occupations on a daily basis.

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- **Languages - English, French
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- **New Courses:**
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 - **Video Production**
 - **Film Editing (Seminars)**
- **Writers Helping Writers Seminar**
- **Cooperative Education Seminar**
- **Subjects on request (tutorial)**



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Date: Saturday, December 13, 2014
Time: 13:00-16:00
Place: 5320-A Queen Mary Road
 (between Coolbrook & Decarie)
Subject: Courses and Programs offered
 for the new school term 2015
RSVP: 514-485-7861 by December 10
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- Television internship duties may include assisting with pre-production and location research, contribute ideas for show elements, working behind scenes on various television shots, video editing and assisting with logs and transcriptions for post-production
- Also looking for Web Design Intern.

Preferred Qualifications

- Applicants should have serious interest in television production and operations
- Background in either Videography, Communications or Journalism
- Skills in either video editing or web design
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Send your résumés to info@mmtv.ca
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