

Brother Andre's canonization rites attract thousands to Montreal

Lots of visitors expected for Brother André's canonization

Montréal, Thursday October 14, 2010 – The Côte-des-Neiges—Notre-Dame-de-Grâce borough will be hosting a major event in a few days: the canonization ceremony for Brother André, a unique figure who holds a very special place in Quebec's religious and social history.

St. Joseph's Oratory, Brother André's main legacy to the Catholics of Québec and also the symbol of our borough, will be the focal point for local celebrations surrounding his canonization. On Saturday and Sunday, October 16 and 17, and from October 29 to 31, we are expecting thousands of pilgrims and visitors from all over for the various activities, including the live broadcast of the canonization ceremony from Rome. Because of these celebrations and the



Brother André

large numbers of visitors, traffic is apt to be much heavier than normal on chemin Queen-Mary on those two weekends. Consequently, there will be a heightened police presence between



St. Joseph's Oratory frequently visited by pilgrims who pray for healing

avenue Victoria and chemin de la Côte-des-Neiges starting on the afternoon of October 16, and a night patrol for the special mass. Traffic lights will also be

controlled to cope with any bottlenecks.

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Truth commission ready to accept complaints



Former Chief Justice Hilario Davide, appointed by President Benigno Aquino, III to head the Philippine Truth Commission, is seen here being interviewed by Philippine reporters.

(Manila, October 15, 2010 The Philippine Truth Commission (PTC), organized by Philippine President Benigno Aquino III to look into the alleged anomalies of the previous administration, said Friday it is now ready to receive complaints of graft and corruption, local TV station ABS-CBN reported on its website.

The five-member commission has already set up a desk at the Philippine International Convention Center in Pasay City, Metro Manila, Philippines' capital, where complaints can be dropped by concerned citizens. The Truth Commission, however, clarified that it will not be able to immediately act on the complaints pending a petition filed before the Supreme Court questioning the legality

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Editorial

Lessons learned from Chile

The prolonged uncertainty of the miners' fate and the anxiety of those who were waiting outside the mine could never be fully described. The world's admiration of the hard labor rendered by rescuers was beyond measure for they never gave up until they were rewarded with the safe return of the 33 men. They were all heroes in a certain way: the trapped men for having managed themselves to survive for 69 days and the rescuers for having the commitment and the persistence to keep on finding a way to get the men out of their precarious situation. The world watched in awe and bewilderment, praying with the families and hoping that they would be able to come out alive. When they finally did, it was like watching a miracle play and human drama. Some people did not sleep just to see the incredulous way they were being plucked out of the bowels of the earth. Thirty three times, the metal tube created to go through the narrow hole, delivered one man at a time. Hugs and kisses were abundantly shared with the rescuers and their families. The extreme joy of having survived such an ordeal was combined with a tribute to the Lord, some of them bowing and kneeling, and kissing the ground to express their deep gratitude. It was an unforgettable image of what teamwork and cooperation could do. Together, people certainly have the power to move mountains. To put it another way, nothing is impossible because anything could be made possible by the power of the human spirit that seems to have unlimited dimensions. At some point, the men accepted their fate – they would either survive, or die. They did not know if they would ever come out of the ground alive. No one could ever feel how these men felt. We could only imagine how it must have felt to face the prospect of death. An editorial writer captured the essence of this great event in the following way: "It was a rescue drama that will be remembered for posterity. It was made possible by good judgment and effective leadership from a veteran miner, fine team work among the miners, the family love that supported them throughout the ordeal, and offers from around the world, and the tenacious efforts and technological prowess of the rescue team that accomplished a dangerous mission."

which is just one of several ones that have been occurring constantly, especially in countries where the people depend on the mines as their main source of livelihood, there are serious lessons to be learned, and insights to be gained from the human drama that was played out in front of the world's view. The dangers of working in mines are well known and yet, people who do not have any other way of earning a living must face these risks everyday of their life. Even though the pay is relatively better than other occupations, it seems ironic that miners face all the risks and only get a fraction of the value of the resources that they help produce for the mining corporations. It is a case of a discrepancy that eternally exists between the rich and the poor. In addition to the inherent risks of mining, the situation is aggravated by a lack of standards in the implementation of safety measures. The San Jose mine, where the accident occurred, is one of those medium to small-sized mines. Its safety has been repeatedly called into question, and it was shut down following a fatal explosion in 2007. The mine was reopened in summer 2008 as copper prices shot up. Obviously, the accident proved that the mine was not properly secured, yet, the miners were exposed to the same dangers that already occurred previously. Would this latest disaster teach the authorities a lasting lesson to make sure that mines are safe before men are allowed to work in them?

China is known to have the most dangerous mines. Reports of mining accidents took 3000 lives last year. Will the high demand for copper and other metals be a reason to take human lives for granted?

The dramatic rescue of the Chilean miners may have made people aware that human life cannot and should not be sacrificed for any amount of money in the world. More effort should be made to expand international cooperation, not just in dealing with accidents once they occur, but also to prevent accidents by implementing proper safety measures. Moreover, a happy ending to a near tragedy should not be a reason to assume that there would always be a miracle. It is best to take the steps to prevent a similar accident from happening ever again.

Behind this mining accident,

Zenaida Ferry KharroubiWhat

What Judge Quenneville really says about the Federation

And the truth that Magallanes does not want the public to know

By Budz Sarmiento

The verdict of the Quebec Press Council that Fred C. Magallanes, the pighheaded publisher and editor-in-chief of the self-proclaimed No. 1 Filipino newspaper in Canada, was found guilty of breach of journalistic code of ethics, and his long history of pathological lying were published in the June 2010 issue of the North American Filipino Star.

One of his lies and inaccurate, incomplete and misleading pieces of reporting is the story he wrote in the April-May 2010 Edition of the Filipino Forum which reads "de la Paz retracts his appeal on Federation presidency." In response to Magallanes' article, [James] de la Paz said, "I challenge Magallanes and Parado to show or publish the signed decision of the judge declaring that Birao-Schachter as the winner, and the proof of the Quebec Enterprise Registrar ruling that I had served as the illegitimate president of the Federation since 2004."

Magallanes intentionally did not mention that the decision was status quo, which means that the condition or state of affairs that currently exists remains as it is. In other words, nobody won and nobody lost because neither of the parties did a clear presentation during the mediation, and the assigned arbitrator, Ms. Celine Gingras, was not bilingual enough to fully understand the presentations. It led to mediation because the documents submitted to prove that [Marlene] Birao-Schachter was the legitimate president of the Federation were illegal and therefore no probative value. Besides, all that Ms. Gingras had was a list of associations on Birao-Schachter's group. She did not read the other documents which listed all the violations of the Federation's Constitution and Bylaws committed by Birao-Schachter's team. For example: Article 7.4 – Officers, Election and Tenure states "Their term of office shall be two (2) years or until their successors shall have been duly elected and qualified."

Citing the above-mentioned article, de la Paz asked, "How could Birao-Schachter claim to be my successor if she had not been duly elected and qualified. Who gave her the mandate to call the election, and who elected her?"

The six-year battle over the presidency of the Federation of Filipino-Canadian Associations of Quebec started in March 2004 when de la Paz failed to hold an election on time due to his mother's hospital confinement and her eventual passing the following April. As if that was not enough, his mother-in-law died a month later and he had to fly to the Philippines to attend her funeral. Technically, de la Paz may be at fault for not being able to call an election. Nevertheless, it is hardly a justification for Birao-Schachter and [Julie] Parado to hold an election which was null and void from the very beginning since they did not follow the proper procedures as stated in the Constitution and Bylaws of the Federation. What motivated them to fast-track the election process and brazenly violate all pertinent provisions set forth in the Constitution? Was it really their desire to serve the community? Or was it the \$150,000 grant the Federation was expecting to receive from the Youth Crime Prevention Agency? You be the judge!

As a result of their illegal election, they committed ten (10) blatant violations which were all shown in the documents that were sent to the Quebec Enterprise Registrar. When Nestor Amba (who also claimed to be the president of the Federation at that time) conceded that James de la Paz should be recognized as the president of the Federation, the documents were sent to the Quebec Enterprise Registrar.

Amba forwarded the documents to de la Paz who discovered Birao-Schachter's violations which are as follow:

(1) Holding the general assembly, election and induction on the same day. Article 12.2 states: "Notice of

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Zenaida Ferry Kharroubi
 Chief Editor & Publisher

Al Abdon
 Jerry Estrada
 Columnists

Sam Kevin
 News & Layout Editor

Mark Flores
 Advertising Representative

Hilda T. Veloso
 Community News

Mary Joy Lizarondo
 Sports News

Bert Abiera
 Founder

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Cooperative News

Philippines celebrates October as National Cooperatives Month

Cooperatives are quite popular in the Philippines and greatly supported by the government. By Executive Proclamation 493, the month of October is designated as the National Cooperatives Month. A cooperative summit was held at the Araneta Coliseum, Quezon City, Philippines, on October 10, 2010. President Aquino was the keynote speaker.

It is quite gratifying to know that cooperatives are considered to be a great way to build a nation. As the theme of this year's celebration suggests, "One Coop Movement, One Vision, One Nation," cooperatives are designed to unify people or the so-called grassroots in working towards a common vision or a common goal. But it seems strange that Filipinos who have been living here in Montreal do not seem to be aware of the benefits of cooperatives and they continue to buy from other stores even though the same products at better prices are found in the Filipino Solidarity Cooperative's Marché Coop store.

Around 15000 Filipinos live in the Cote des Neiges district. If they begin to understand the benefits of having a cooperative and they become members, they will provide the necessary capital to make Marché Coop bigger and have all the merchandise they will need. Then their wish to shop at one place will be realized.

In order to reduce our overhead cost and be at a good location, we moved to the basement of Cuisine de Manille Restaurant. However, it took us one month to have it refurbished and set up the place to accommodate the freezers and shelves. But since it is located in the basement of the restaurant, some may find it difficult to see it from the outside. They have to enter the restaurant and go down the stairs to the basement. Those who have managed to visit the store are quite happily surprised that the new place looks better than its former location on Van Horne. We are hoping that more and more people will find their way to the basement of the restaurant. Hence, we have decided to hold the general assembly here on Saturday, October 16, in order to show the store to the membership.

Needless to say, the active involvement and interest of our

members in the progress of the Coop are vital and even critical if we want to make sure that the risks we have undertaken in capitalizing the Coop with borrowed money will produce results.

At the time of writing this column, the sign has not yet been installed as it is still being prepared. Once it is finished, it will be installed on the brick wall of the building near the door of the restaurant, on the right side of the entrance. We hope that more people will notice the Coop once the sign has been installed.

In spite of the lack of volunteer members who can operate the store for longer hours, we have managed to open it everyday from 1:00 p.m. to 5:30 p.m. Monday to Wednesday, and from 1:00 to 8:00 p.m. on Thursdays and Fridays. On Saturday, it is open from 1:00 to 5:00 p.m. while on Sundays, it is open from 1:00 to 6:00 p.m. Perhaps, if our members get used to these operating hours, they can manage to come and shop. Since the restaurant opens between 12 and 12:30, we find it convenient to open the store slightly later at 1:00 p.m. If in the future, there will be more volunteers who can help us, then we will increase the operating hours.

The general assembly held on Saturday, October 16, was attended by around 20 members and supporters. The low turn out may be due to the busy nature of weekends when most parties and weddings are held. In spite of this low attendance, we believe that those who came are really the seriously committed people we can count on to make the Coop succeed. Gradually, we expect to recruit more members and volunteers who will work together for the benefit of the community.

In order to explain the idea of cooperatives, we will hold another free seminar on Sunday, November 28, 2010 at 4:00 p.m. at Gilmore International College. If you are interested to attend, please call us at 514-485-7861 or 514-733-8915 and submit your name and telephone number. We have room for 15 participants.

We will start calling our members again to invite them to come to the store. Moreover, we will distribute flyers and offer specials that will make them want to come and shop. Watch for these flyers and take

advantage of the savings.

We are again asking our members to notify us of any change of address and telephone number. Those members who signed up in 2005 to 2008 have changed their telephone numbers and addresses. We would appreciate it very much if they could call us or send an e-mail to filipinocoop@gmail.com and advise us of their correct address. You can also give us your feedback or request for Philippine and Oriental products that

you like to purchase. We will do our best to accommodate you.

The end of the year is fast approaching. We hope that more and more members will find their way to the new location of Marché Coop on 5710 Victoria, the same address as the Cuisine de Manille Restaurant.

Zenaida Kharroubi
President (2008-2011)



Photo taken after the general assembly of the Cooperative on Saturday, October 16, 2010 held at the Cuisine de Manille Restaurant where the Coop is located in the basement.



Marché Coop

The Filipino Solidarity Cooperative, Inc.
5710 Victoria Avenue (at the basement of Cuisine de Manille Restaurant)
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SNOWDON



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Parking near the Oratory will be strictly controlled and we encourage residents wishing to attend the celebrations to use public transit.

The Côte-des-Neiges—Notre-Dame-de-Grâce invite the borough residents to participate proudly in these celebrations and thanks them for their co-operation.

Source: Borough of CDN—NDG Information: Magdalena Bober, Communications Officer, 514 868-4018

From Page 1 Truth Commission

of the body. "If...the SC shall decide in favor of the constitutionality of the Executive Order No. 1, the commission would be ready for its substantive work. If, on the other hand, the Supreme Court will declare Executive Order No. 1 as unconstitutional, then it could not be said that the Truth Commission and the members had done nothing at all," PTC Chairman, former Chief Justice Hilario Davide Jr., said during the commission's first press briefing.

Nonetheless, Davide was quoted as saying that the group has already sought the help of the Senate to provide them with documents on cases of "large-scale corruption committed during the previous administration."

Davide has likewise already asked all government agencies, including government-owned and -controlled corporations, to provide them with graft and corrupt cases involving the previous administration.

Source: Xinhua

Arroyo unfazed by Truth Body

By Christian V. Esguerra Philippine Daily Inquirer 10/17/2010

MANILA, Philippines—Former President Gloria Macapagal-Arroyo is unfazed at the prospect of being the main target of the Truth Commission's investigation into alleged cases of corruption during her nine-year rule. Elena Bautista-Horn, her chief of staff and spokesperson, on Saturday said Arroyo, who is now a House representative for Pampanga, has yet to sit down and discuss the matter with her people.

"This means that it's not an immediate concern," Horn said in a phone interview. Asked if Arroyo was bothered that the hearings of the five-person commission headed by former Chief Justice Hilario Davide could turn into a witch hunt, Horn said, "No." Horn said Arroyo's camp was adopting a wait-and-see attitude, noting that the commission has yet to hurdle a petition questioning its legitimacy before the Supreme Court. She pointed out that the body—which is patterned after 17 similar commissions set up in Europe, Africa, Latin America and Asia—has yet to receive any funding from Malacañang more than two months after it was officially created.

"Let's see how they will roll. Will they roll up, down, sideways? Let's see how they will work, how they will progress," she said.

Members of the commission faced the media for the first time on Friday, announcing that they had officially

begun work even in the face of a petition filed by House Majority Leader Edcel Lagman before the high court to declare the body unconstitutional. Florida Romero, a retired Supreme Court associate justice who is a member of the commission, said the body was just "laying down the groundwork, hopeful that the Supreme Court will render a decision favorable" to Executive Order No. 1.

Issued by President Aquino last July 31, EO 1 created the commission and gave it until Dec. 31, 2012, to complete its inquiry and issue recommendations. The commission was specifically tasked to "investigate reports of graft and corruption of such scale and magnitude that shock and offend the moral and ethical sensibilities of the people committed during the previous administration by officers of the third level and higher."

Since Aquino announced his plan to create the commission at his June 30 inaugural address, the body has been besieged with questions on how effectively it can function considering that many of the cases it intends to take up had been the subject of congressional inquiries. The commission sought to answer many of these questions in an "introductory primer" covering its functions, logistics and rules of procedures.

Among the objectives of truth commissions are "to contribute to justice and accountability, outline institutional responsibility and recommend reforms, and promote reconciliation and reduce conflict over the past," the commission noted.

"If past abuses are simply forgotten or ignored, they will re-emerge later and continue to prevent a society from fully moving on," it said. "Victims in particular and society in general have an inherent right to the truth, and the state has an obligation under international law to seek and find and to make public the truth about past abuses," it said. Members of the commission faced the media for the first time on Friday, announcing that they had officially begun work even in the face of a petition filed by House Majority Leader Edcel Lagman before the high court to declare the body unconstitutional.

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Mango prices to rise as storm damages orchards

Fresh mango and related products may get pricier toward Christmas as orchards geared for off-season production suffered storm damage.



AgriNurture Inc. president and CEO Antonio Tiu said in a phone interview that exports would not be much affected by lost mango output, if at all. However, local supplies would shrink since the mango-growing regions hit by typhoon "Juan" focus on local sales of off-season mango.

"Local prices could increase toward Christmas, up to February," Tiu said.

Tiu said AgriNurture would not be affected since it had other sources of mango.

"It (mango production loss) might have an impact on exports but then again, producers normally reserve the volume required for exports," an industry observer said.

Farm damage due to the latest typhoon has reached P7.55 billion in the regions of Ilocos, Cagayan Valley, Central Luzon and the Cordilleras.

Government officials said Pangasinan is a major source of mango for the local market.

It is more likely that the domestic supply will be the one affected, they said.

Part of the mango production in Luzon goes to the Philippines' fresh-fruit exports to Japan, Korea and other Asian markets. In contrast, Guimaras' mango output goes to the US and Australia ■

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annual meeting shall be sent at least 30 days before the scheduled date and shall be circulated to respective members." The announcement of the election in the Filipino Forum was September 4, 2004, and the election was held the following September 18.

(2) Allowing a delegate to represent more than one association. Article 9.5 states: "A delegate who is an officer of two or more associations must choose only one association or club to represent." Julie Parado, who should know better, was listed as delegate of both the Ilocano Association and FILGA.

(3) Submitting names of illegal delegates. Article 9.7 states: "To be eligible to vote, a person must have been officially registered with the Federation as delegate 30 days prior to election." Names of delegates of the Filipino Friendship Society of Quebec were on a list dated September 18, the day of the election. Aside from that, they should have been considered illegal because the association they were supposed to represent was already defunct at the time.

(4) Submitting illegal associations as members of the Federation. Article 3 states: "Upon proper application, membership in the Federation is granted by a majority vote of the Executive Council." Philippine Historical and Cultural Society of Quebec, United Filipino Seniors, and other associations were not approved by the Executive Council, and yet were submitted as members of Birao-Schachter's Federation without the knowledge and approval of their respective presidents and founders.

(5) Allowing illegal delegates to vote. Article 6.b states: "The Federation Assembly is composed of delegates of member associations." The provision in the preceding article presupposes that the member associations referred to are legal and duly registered. Now, did the delegates representing illegal associations have the legal status to vote? Delegates representing illegal associations should also be illegal and, therefore, should not have been allowed to vote, or their votes should have been declared null and void.

(6) Allowing illegal chairperson to preside the Federation assembly. Article 9.1 states: "The Federation Assembly is the policy making body of Federation. It is presided by a chairperson designated by the Executive Council at their first organization meeting. "Who gave the chairperson of Birao-Schachter the mandate to chair the assembly?"

7) Recognizing the Executive Council of Birao-Schachter – Art. 6.1 a reads "The Executive Council is elected among the delegates." How could the Executive Council of Birao-Schachter exist when the delegates who elected its officers were illegal?

8) Executing power such as amending resolutions which is illegal. Art. 19.2 states "The Federation Assembly shall

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Any Which Way

Bernardo "Budz" Sarmiento

Many, if not all, community leaders embezzle

It seems that more and more so-called Filipino community leaders in Montreal and suburbs are taking for personal use money that has been given to them on trust by others, without their knowledge or permission. The two most common and most lucrative sources of their embezzling activities are the grants coming from local government agencies and the donations they have collected for victims of major natural calamities, like the catastrophic mudslides in Southern Leyte in February 2006 and the devastating typhoon Ondoy in September 2009.

There are also various "little this, little that" beauty contests and "this and that" awards that bring in large amount of money through pervasive sales of raffle tickets to, or out-and-out and direct solicitations from, unsuspecting, if not naive, patrons and supporters. There's almost always no published report as to how much money was actually collected, where the proceeds went and what projects the money was spent on. I even heard more than once that some community leaders had bought big houses and vast track of land back home in the Philippines implying that the money used came from the fundraisings here. It might be just a cock-and-bull story, but who knows for sure? They always mouth openness and transparency, but they are as secretive and opaque as the Secret Archives of the Vatican.

The theft has become so common I doubt there is a Filipino association in Montreal that doesn't have thieves working for it in some capacity. Assuming a leadership role, particularly as president or treasurer, in an association, has become so profitable that many of those who have been there for many, many years could not bring themselves to get out of the "association or charity business" and retire. Many leaders' motivation is not really to serve the community as they always claim, but to enrich themselves at the expense of the credulous

followers or supporters.

Because embezzlement appears to be a "clean" crime, it attracts a wide variety of people, including many who would never consider other types of crime. For example, psychological profiles of embezzlers show they are more likely to be female, married, and span a wider range of ages than other criminals. They are typically with an organization for four to eight years before they begin to embezzle. Frequently, the embezzler is "the last person you would suspect."

THERE'S MORE TO LINA FERNANDEZ'S RIZAL BUST STORY THAN SHE HAS WRITTEN:

I read with much gusto Ms. Lina V. Fernandez's article (Finally: A Statue of Rizal in the Heart of Montreal, Page 9, August-September 2010 Edition, Montreal Pinoy Post) on how the Rizal bust now proudly standing at Mackenzie King Park came about. While we don't necessarily discount, let alone refute, her account, we believe that a few important facts were left out, probably unknowingly. Unknowingly or not, Ms. Fernandez did not mention the major and vital roles Messrs. Bert Abiera and James de la Paz played in the realization of her late husband Tony Fernandez's dream of paying tribute to the Philippine national hero with a statue, a bust, or just a marker right here in the city of Montreal.

We can debate on this forever, but I believe that de la Paz has done more toward the realization of Fernandez's dream than anyone else, even Fernandez himself. I believe that de la Paz's involvement has the biggest impact and is the most crucial of them all. Had it not been for his connection with and influence on the powers that be at the time, most likely said dream might still be just a dream even up to now.

All of us can have a dream, but to have a dream is one thing, to have that dream eventually realized is another. Who then deserves the credit

more – Tony Fernandez, the dreamer or James de la Paz, the doer? And how about Bert Abiera who ardently promoted said dream via the Filipino Star which he used to own? I believe he deserves as much, if not more, credit as Tony did.

SMOKE AND MIRRORS: I mean no disparagement to the local association of Filipino teachers, but its decision to give an award to a fraud or, at least, a person with a checkered past does come across as an idea of people with vacuous minds. It's truly an eye opener because its leaders, or a few of them anyway, not only virtually condoned that person's alleged fraudulent ways when it gave her an award in a lavish ceremony last month, but also injured and insulted the sensitivities of those whom she had reportedly swindled over the years.

I can imagine that the community's version of Cruella de Vil and her cabal of die-hard followers worked heaven and earth in cajoling the gullible teachers to give her an award to counteract my previous Woman of the Year article and rotten-egg-of-the-community description of her. She desperately needed smoke and mirrors to hide her unflattering and negative side from the public. It's discouraging and ironic that the people who are supposed to have a high level of intelligence have fallen victims to the trickery of an inveterate and poorly-schooled con artist and sorcerer.

PADRE DAMASO IS STILL ALIVE AND KICKING IN THE PHILIPPINES:

A powerful group of Filipino bishops and the fledgling Noynoy Aquino Administration are at loggerheads regarding a proposed legislation – Reproductive Health Bill – that would somehow retard the population explosion in the Philippines. With an estimated population of about 92 million people, the Philippines is the 12th most populous country in the world. An additional 11 million Filipinos live overseas. That's a staggering number, particularly if compared to Quebec's almost eight million people. And Quebec is five times bigger than the Philippines.

For those who are still out of the loop, the Reproductive Health Bill is an act providing for a national policy on reproductive health, responsible parenthood and population development, and for other purposes. The Catholic Bishops Conference of the Philippines (CBCP) is vehemently against said bill, so against that it has

threatened Pres. Noynoy and any other Catholic politician who would support said bill of ex-communication. Regardless of the threat, President Noynoy Aquino should not allow the modern Padre Damasos to impose their will on the Philippine government and, by extension, the Filipino people. They have been doing that for so long and look where in the pantheon of Southeast Asian countries the Philippines is at – almost at the bottom. It's about time that those bishops stopped – or made to stop – meddling in the affairs of the state if our native country is to progress like its neighbors, such as Singapore, China, Vietnam, Indonesia, Thailand and Malaysia. All of those countries are much better off than the Philippines, and if I may add, they are not Catholic. Just imagine what the United States would or might have been if its Catholic bishops and cardinals were more powerful than its political leadership. At any rate, the CBCP wouldn't probably understand a thing or two about family planning until each of them are raising children of their own.

From Page 4 Judge Quenneville

ratify resolutions, amendments and other business matter submitted by the Executive Council. "How could Birao-Schachter's Executive Council execute these functions if they had no mandate to do so?"

9) Holding elections by raising hands, instead of by secret ballots. – Art. 16.2 states "Election of officers shall be held by secret ballots."

10) Holding office at Birao-Schachter's residence in the West Island. Art. 3.1 states "The location of the Federation shall be in the metropolitan area of Montreal where the majority of the member associations and clubs are established."

There were 24 people who were present in the general assembly which turned into an election – two (2) people abstained from voting, therefore, only 22 people voted for the 16 positions. The 22 people voted for each other. There was no election.

To resolve the problem, Judge Diane Quenneville suggested an open election which is the pulse of the community. Open election will allow qualified Filipino members of the community to vote for the candidates who can best serve the community.

See Page 7 Judge Quenneville



Me Rosanne M. Luciano

Filipina Attorney
General Civil Law



LUCIANO MOSHONAS, s.e.n.c.
469, Jean-Talon West,
Suite 303
Montreal, Quebec H3N 1R4
(near Parc metro)
Tel. 514-764-9695
luciano@lucianomoshonas.com

www.lucianomoshonas.com

Mark Flores
Mortgage Financing
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245 Victoria Avenue, Suite 525
Westmount, Qc H3Z 2M6

C: 514-653-0816
F: 514-667-5018
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EARTH TALK

Questions & Answers About Our Environment

Dear EarthTalk: I've heard conflicting reports regarding how long it really takes for a plastic grocery bag to decompose. Can you set the record straight? -- Martha Blount, San Diego, CA

Researchers fear that such ubiquitous bags may never fully decompose; instead they gradually just turn into smaller and smaller pieces of plastic. The most common type of plastic shopping bag is made of polyethylene, a petroleum-derived polymer that microorganisms don't recognize as food and as such cannot technically "biodegrade." The U.S. Environmental Protection Agency defines biodegradation as "a process by which microbial organisms transform or alter (through metabolic or enzymatic action) the structure of chemicals introduced into the environment." In "respirometry" tests, whereby experimenters put solid waste in a container with microbe-rich compost and then add air to promote biodegradation, newspapers and banana peels decompose in days or weeks, while plastic shopping bags are not affected.

Even though polyethylene can't biodegrade, it does break down when subject to ultraviolet radiation from the sun, a process known as photodegradation. When exposed to sunshine, polyethylene's polymer chains become brittle and crack, eventually turning what was a plastic bag into microscopic synthetic granules. Scientists aren't sure whether these granules ever decompose fully, and fear that their buildup in marine and terrestrial environments—and in the stomachs of wildlife—portend a bleak future compromised by plastic particles infiltrating every step in the food chain. A plastic bag might be gone in anywhere from 10 to 100 years (estimates vary) if exposed to the sun, but its environmental legacy may last forever.

The best solution to plastic bag waste is to stop using disposable plastic bags altogether. You could invest a few bucks in reusable canvas totes—most supermarket chains now offer them—or bring your own reusable bags or backpacks with you to the store. If you have to choose between paper and plastic, opt for paper. Paper bags can biodegrade in a matter of weeks, and can also go into compost or yard waste piles or the recycling bin. Of course, plastic bags can be recycled also, but as just explained the process is inefficient. According to the nonprofit Worldwatch Institute, Americans only recycle 0.6 percent of the 100 billion plastic bags they take home from stores every year; the rest end up in landfills or as litter.



"According to the Worldwatch Institute, Americans only recycle 0.6 percent of the 100 billion plastic bags they take home from stores every year; the rest end up in landfills or as litter. Pictured: An anti-plastic bag activist makes a point in Austin, Texas." (Ret0dd, courtesy Flickr.)

Another option which some stores are embracing—especially in places like San Francisco where traditional plastic shopping bags are now banned in chain supermarkets and pharmacies—are so-called compostable plastic

alternative?

Scott Pierson, Norwalk, CT

Tires are indeed no friends to the environment. Most tires on the road today are constructed of roughly equal parts natural rubber, petroleum and



"Most tires are just one-third natural rubber and two-thirds petroleum and "carbon black" filler derived partially from burned fossil fuels. They also contain chemical additives to improve functionality. Once they've outlived their usefulness they are often burned, sometimes as fuel to power electric facilities, cement kilns, pulp and paper mills and industrial boilers, releasing benzene, lead, butadiene, styrene and other potential carcinogens into the air we breathe. Damon D'Amato, courtesy Flickr."

bags, which are derived from agricultural waste and formed into a fully biodegradable faux-plastic with a consistency similar to the polyethylene bags we are so used to. BioBag is the leader in this field, but other companies are making inroads into this promising new green-friendly market.

San Francisco's pioneering effort to get rid of polyethylene bags is a positive step, but environmentalists are pushing for such bans more widely. A California effort to ban plastic bags failed again recently, but will likely eventually succeed. Washington, Florida, New Jersey and North Carolina are watching closely and considering similar laws depending on what happens in the Golden State. Worldwatch reports that taxes on plastic bags in South Africa and Ireland have been effective at reducing their use by upwards of 90 percent; Australia, Canada, New Zealand, the Philippines, Taiwan and the UK are also planning to ban or tax plastic bags to help stem the tide of plastic waste.

Dear EarthTalk: What would it take to produce "green" tires? The tire industry is huge and I understand that tires contain a large amount of petroleum products. Is there an

"carbon black" filler (derived partially from burned fossil fuels), along with a dash of other chemical additives to improve functionality. The tire industry has embraced recycling in recent years, but still some 25 percent of tires wind up in landfills, according to Michael Bloch of the GreenLivingTips.com website. Still others are incinerated, which releases benzene, lead, butadiene, styrene and other potential carcinogens into the air we breathe.

Even worse, Bloch reports, nearly half of the spent tires in the U.S. are used as "Tire Derived Fuel" (TDF) and burned alongside other dirty polluting fuels such as coal. According to the Rubber Manufacturer's Association, old tires fuel cement kilns, pulp and paper mills and industrial boilers, and are used as well by electric utilities and some dedicated tires-to-energy facilities.

Beyond the actual ingredients in tires, environmentalists have also been critical of the tire industry for producing tires that stick to the road so well that they cause engines to burn extra fuel to overcome the added friction, which leads in turn to more greenhouse gas emissions out of our tailpipes.

In response to such criticism, tire engineers have begun incorporating a wide range of new materials as substitutes for petroleum and chemical fillers. Today consumers can already buy low rolling resistance tires that generate about five percent less friction than traditional tires. This translates into a four to eight percent boost in fuel economy depending upon the engine, according to Forrest Patterson of Michelin North America. Over a tire's lifetime, that could save up to 80 gallons of gas, he says. Encouraging motorists to keep their tires inflated to proper levels has also helped reduce tire-related emissions.

What's in these greener tires anyway? Chemically toughened natural rubbers, vegetable-based processing oils, and fibers made of plant cellulose are used to replace some of the petroleum in the newer so-called "low-oil" tires. Meanwhile, environmentally benign silica filler (sand microparticles) has been used to replace some of the carbon black reinforcement, with the added benefit of further reducing road friction.

Japan-based Yokohama Tire now sells what it calls the dB Super E-spec car tire, which employs modified natural rubber compounds and processing oil derived from orange peels in place of much of the petroleum in traditional tires. (The company likes to brag that the dB Super E-spec is 80 percent petroleum-free.)

While greener tires are already available, tire makers have been redoubling efforts to recycle old tires into new ones to further reduce the industry's environmental impact. Small quantities of reprocessed rubber are showing up increasingly in new tires, but manufacturers would like to see more of the 75 million or so tires Americans send to landfills get reprocessed to live another useful day as new tires or other products.

CONTACTS: Green Living Tips, www.greenlivingtips.com; Michelin North America, www.michelin-us.com; Yokohama Tire, www.yokohamatire.com.

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TFC brings P-Noy closer to global Pinoys



Balitang America host Gel Santos Relos and ABS-CBN North America News Bureau Chief Ging Reyes facilitated the GLOBAL P-NOY Town Hall on TFC with President Noynoy Aquino (back to camera).

On his last day in the United States, President Benigno "Noynoy" Aquino III held a live town hall forum with global Filipinos through the facilities of The Filipino Channel (TFC) at ABS-CBN International's studio in Redwood Shores. Hosted by Balitang America's Gel Santos-Relos, North America News Bureau Chief Ging Reyes, and Adobo Nation's Karmina Constantino, the program was aired live globally on ANC (ABS-CBN News Channel) and gave overseas Filipinos an opportunity to address their concerns directly to President Aquino.

The president's audience included Filipinos from Northern California, London, Tokyo and Dubai, as well as from New Jersey, Los Angeles and Toronto, Canada. ABS-CBN Global used state-of-the-art satellite and video conferencing facilities to connect overseas Filipinos with Aquino for his first-ever town hall meeting as President.

The online community and TFCNow was also part of the hour-long conversation with the President.

President Aquino shared with the Filipino communities the good news about his first trip to the United States. As Manolo Lopez, Chairman of the Lopez Group of Companies, put it, "The president did not just eat hamburgers and hotdogs in the US. He also brought home the bacon."

Together with the \$434 million grant from the Millennium Challenge Corporation, President Aquino told his audience that he received nearly \$2.8 billion in pledges and investment commitments from US businessmen.

However, President Aquino refused to rate his performance on his first foreign trip, saying, "Mahirap ho namang mag-grade dahil tinuruan ho tayo ng humility, dapat maging humble. Baka ho yung tatay at nanay ko nanonood ngayon, batukan ako pag nagyabang."

The President answered questions from the audience ranging from the prosecution of his predecessor, human trafficking, immigration reforms, veterans equity, to jobs and population control.

The Chief Executive assured that his administration is cracking down

on human trafficking syndicates, while giving priority to helping OFWs currently on death row in the Middle East. However, President Aquino said he was not inclined to give in to requests to set up a separate department of OFWs. There are enough agencies, the president explained, that should just improve their coordination and performance. "I respect the OFW community pero parang failure ho ng bansa kung parating lalabas ang mga mamamayang yan. Dapat ho kung aalis ng bansa dahil gusto, imbes na napiilitan. Kung gagawa ng department of OFWs parang nanigurado na tayo na wala na talagang mangyayari sa atin," he said.

The President said he would look into the possibility of raising humanitarian grounds to address the crackdown on illegals in the United Kingdom. But he drew the line at asking for legalization of undocumented immigrants. "Paano ho ba, ako lalapit kay Barack Obama at sabihin ko, puwede ba yung ibang illegal immigrants bahala ka na, pero yung sa amin baka puwede pagbigyan mo na? At a point in time when there is so much loss of jobs and closing down of businesses, this is the wrong time to appeal at para nga hong wala sa lugar," said President Aquino.

Still, he assured that there are skills retraining program for those who may be deported back into the country.

The President also challenged the Filipino community in the U.S. to unite and become a force in their adopted country. "United, I think nothing can stop us, but divided, we're just a joke," said the President.

There were some light moments too, as the President answered personal questions. When asked what kind of music does he have in his iPod, he revealed, "Halo-halo ho. May OPM, konting Broadway, may disco, trance, may house. Mamili ho kayo, except rap."

When asked to identify who helped him pack his suitcases for this trip, he candidly shot back: "Sinong nag-impake? Meron akong kasambahay, si Yoly, matagal na sa akin. Pero dahil kumakatawan tayo sa

From Page 5 Judge Quenneville

However, Parado, who was not even an officer, refused the suggestion of Mme. Quenneville. She reasoned out that there was a constitution to be followed, and she would consult her people during the general assembly. Judge Quenneville reprimanded Parado and told her, "You are not ready? Why are you here? You are wasting your time and my time."

Obviously impatient, she even added, "Forget your constitution for one day, stop hiding behind your constitution because your constitution is the root of all your problems in your community. Tell your assembly that it's me, Mme. Quenneville, who wants you to have an open election and don't tell them that it was Mr. de la Paz who wants it. It's me, Judge Quenneville, who wants it."

Ogerio, Birao-Schachter and Felix Reyes were speechless. On the third hearing in March 2010, Parado and her group did not show up to hear if the judge's decision was worthy or not to go to court for. Had they showed up, they would have heard what the judge said. She said, "I will not recommend to you to go to the

Superior Court because it will cost you a lot of money. It's going to be an endless battle because each party can contest the decision and I don't think you will be interested to restart from the beginning. Nobody is right, nobody is wrong. There is no clear winner here."

The last two sentences of the judge, which were part of the judge's decisions, were omitted by Magallanes from his articles to mislead the public and give an impression that Ogerio won the presidency of the Federation. "To make an accusation without proving it is serious," said de la Paz. "When I say that Magallanes was found guilty of beach of journalistic ethics four times, I have proof to show it. I have copies of the verdict. And I have never done anything illegal unlike someone like Parado who was caught twice by Office de la protection her consommateur for operating illegally as an outside travel agent. If she had the guts to cheat the government, she could also have the guts to cheat the Filipino community and her clients."

To check the veracity of James de la Paz' story, you may call his lawyer, Brian Sher at (514) 284-9551. ■

Pilipinas, mga kaibigan ng kapatid kong si Kris [Aquino], sina Paul Cabral at tumulong din mag-style si Liz Uy, para pagdating dito maayos-ayos po ang itsura at di naman tayo masyadong gusgusin humarap sa UN at mga pagkalalaking kumpanyang hinihikayat natin sa Pilipinas."

For his first global conversation with kababayans, many participants, including those from the chat rooms gave the president high marks for straightforward answers, his candor, wit and humor.

MC Canlas of San Francisco

did an amazing job of educating the Filipinos worldwide. Its impact will be felt for a long, long time." Gemma of Daly City pointed out, "Proud to be Pinoy and proud to have you as our president!"

There was room for introspection as well. Though he felt he was not given a honeymoon period, President Aquino said he has learned to roll with the punches. "If we have shortcomings and it's pointed out to us, good. And we will correct and will try to perfect ourselves. I know what I do not know and I will seek to know." ■



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Power of Cooperation

By Jerry Estrada

This month's article:

The Church and Cooperatives

Several weeks ago, I had attended some special occasions like the christening of Baby Gabriel Dwayne Grandea at St. David Church (Pierrefonds) and Baby James Avery Greand Erana at Fellowship Bible Baptist Church (Van Horne), the Knights of Columbus ceremony at St. Kevin Church, and the Filipino Solidarity Coop inauguration at the basement of Cuisine de Manille, where I met Pastor Emma Denny of the International Christian Fellowship of Montreal-Canada.

During and after the above-mentioned occasions, I could not help myself but recall the important roles and participations of the priests and pastors from different churches way back during the beginnings of the cooperative movement and until now. I will enumerate some of them:

After Dr. Jose P. Rizal, in 1896, had fulfilled his ideas in cooperation partially when he put up a school for the poor community on a purely cooperative basis and established a cooperative store with the help of his pupils in Dapitan, Zamboanga del Norte, several people came out from the religious sector to help the coop movement.

Rev. Allen R. Huber, a pastor of the First Christian Church in the US first went to the Philippines in 1926 and was exposed to the credit problems of the Filipino farmers. He went back to the US in 1931 to study and later served as a pastor of the First Christian Church, still in the US. He then organized the first US Protestant church-based credit union. Huber returned to the Philippines in 1937 and trained Filipinos in organizing and managing cooperatives, and in 1938 he founded the Vigan Credit Union, Inc., Vigan, Ilocos Sur.

The Encyclical Letter of Pope John XXIII on Christianity and Social Progress entitled *Mater et Magistra* (Mother and Teacher), issued on May 15, 1961, mentioned the importance of cooperatives as vehicles to distribute wealth. Without cooperatives the big private corporations get all the business and all the profits.

But if the large corporations are substituted by cooperatives, the profits get divided into the many members. *Mater et Magistra* propose cooperatives as the means for a more equitable distribution of wealth. With no cooperatives in the land, all wealth is theirs for the taking.

Moreover, *Mater et Magistra* encourages people to join together in co-operative associations to gain for themselves the benefit and advantages that usually can be gained only from

large organizations. By doing away with the monopoly of the large companies, and by subdividing the businesses into medium-sized firms and cooperatives, wealth and profit gets distributed to many people.

In the book, "The Poor Man's Prayer- the story of credit union (Canada) beginnings" by George Boyle, mentioned that during the organizing stage of the Desjardins Caisse Populaire (Canada), Archbishop Louis Nazaire Begin (now Cardinal) and Monsignor Roy and other clergies of Quebec were very supportive with the cooperative work of Alphonse Desjardins and his wife Dorimene.

The Caisse populaire de Lévis opened on 23 January 1901 in Desjardins's own home; 12 people paid a total of \$26.40 as first payment of their share in the partnership. The first savings deposit, made on February 7, 1901, was for only 5 cents.

The said book also mentioned that Alphonse wife, Dorimene, tried to discourage him to discontinue his cooperative work because of the fear in case of trouble with the coop, everything would be lost including their own small house and the future of their own children.

They went to Archbishop Begin to seek an approval and advice. Archbishop Begin began slowly: "The needs of our people are well known to us. They lack many things. You have my thanks. You have the pledge of my assistance and my prayers, be not discouraged. Even a church is not built in a day. A church is a citadel built against the enemies of humanity. It is not to be finished without a struggle. Expect that. Be patient."

Archbishop Begin continued, "Work prudently. You have not only my approval, nay, more, I commend you; go forward in this work of justice and charity for the cause of the working masses. I will give you my blessing."

After many years, caisses populaires are now composed of 5.8 million members. Total assets of Desjardins Group reached \$151.9 billion CAD in 2008, ranking it the 6th-largest financial institution in Canada and the largest in Québec, ahead of National Bank of Canada.

In 2006, over 40,000 employees and 6,500 elected and volunteer officers. It gave its members \$483 million CAD in patronage refunds and \$64 million CAD in donations, sponsorships and academic scholarships. Most of the latter sum was used on regional economic development and health programs as well.

At present, the Desjardins Group has over 20 subsidiaries, ranging from insurance services, real estate, venture capital funds and brokerage services.

Just like most successful projects, it takes years to make them work. But one thing is certain,

cooperatives only become successful when all members joined hands and support one another. If Alphonse Desjardins did not start the credit union for poor farmers and had he given up, the Caisse Populaire that is now successful would have not existed.

Reuben Santos, Lifetime Achievement awardee

Capt. Reuben T. Santos (ret.) is the first ever recipient of the Lifetime Achievement Award from his colleagues in the Filipino-Canadian Tennis Association of Montreal (FCTAM) during the celebration of its 30th Anniversary with a dinner-dance at Wyndham Montreal Airport Hotel on October 9, 2010.

frequently used by Filipinos, and distributing them to the habitues of C.D.N. Plaza and Tim Horton's at Van Horne. Future tennis events were always well-publicized that "I was not informed!" was never used as an excuse for not attending said events.

Reuben is always a silent donor either in cash or in kind. He is so



Reuben Santos receiving his award from FCTAM president, Ms. Rose Marie Arellano during a brief ceremony of the Club.

Capt. Santos served as president of FCTAM from 1993-1994.

In the year 2000, he was forced to decommission his tennis rackets due to a health problem. Immediately, however, he spearheaded the Summer Tennis Clinic at Kent Park, Cote Des Neiges for the benefit of the Filipino Community. That was prior to his hip surgery in 2003. Six years later, in 2009, he had another one. Despite his handicap, he stuck with the beneficial project which is still ongoing up to this day.

Reuben stayed with the association like a real trouper. In fact, he served as its public relations workhorse from 2005 to 2009. He has been reaching the FAMAS.ca non-readers by posting flyers at bus stops

unlike many who would not pass up an opportunity for publicity even for any little things that they did.

Tony Sia nailed down his nomination of Capt. Santos for the Lifetime Achievement Award with this note, "Reuben encourages tennis as an active part of a healthy lifestyle." And the current FCTAM president, Rose Marie Arellano, could not have been happier to hand the award.

Ahoy, Captain! "FAMAS members and Executive Board join FCTAM in congratulating you! FCTAM President, Rose Marie Arellano, and other FCTAM members are among the dedicated volunteer staff of our community center." wrote Ms. Aurora Osdon, FAMAS President.

Bert Santos



Invitation to two Community Service Events

Open House at Gilmore College International
Date: Sunday, Nov. 28
Time: 2:00-4:00 P.M.

Free Seminar on Coops
Date: Sunday, Nov. 28
Time: 4:00-5:00 P.M.
RSVP: 514-485-7861

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5450 Cote des Neiges #511, Montreal H3T 1Y6
(corner Edouard Montpetit, accessible by Bus 165)

Sariling Dila, Sariling Diwa



ni Mang Bert



Amoy Lupa

"Hoy! kanina pa kayo tinatawag at malapit na ang orasyon," ang hiyaw ng Lola ko.

"Amoy-lupa na kayo!" dagdag niya dahil sa maghapon naming kalalaro sa kalsada.

Noon ko unang narinig ang pangkaraniwang mga salita hanggang sa tumanda na ako at napabilang na sa mga tinataguriang amoy-lupa dahil sa edad naming malapit na sa huling hantungan.

Eto ang buhay na paliwanag -

Eclesiastes 3:1-20, Matandang Tipan

3:1 Sa bawat bagay ay may kapanahunan, at panahon sa bawat panukala sa silong ng langit:

3:2 Panahon ng kapanganakan, at panahon ng kamatayan; panahon ng pagtatanim, at panahon ng pagbunot ng itinanim;

3:3 Panahon ng pagpatay, at panahon ng pagpapagaling; panahon ng paggiba, at panahon ng pagtatayo;

3:4 Panahon ng pagiyak, at panahon ng pagtawa; panahon ng pagtangis, at panahon ng pagsayaw;

3:5 Panahon ng paghahagis ng mga bato, at panahon ng pagpipisan ng mga bato; panahon ng pagyakap, at panahon ng pagpipigil sa pagyakap;

3:6 Panahon ng paghanap, at panahon ng pagkawala: panahon ng pagingat, at panahon ng pagtatapon;

3:7 Panahon ng pagpunit, at panahon ng pananahi; panahon ng pagtahimik, at panahon ng pagsasalita;

3:8 Panahon ng pagibig, at panahon ng pagtatanim; panahon ng digma, at panahon ng kapayapaan.

3:9 Anong pakinabang ang tinatamo niya, na gumagawa sa kaniyang pinagpapagalan?

3:10 Aking nakita ang sakit na ibinigay ng Dios sa mga anak ng mga tao upang pagsanayan.

3:11 Ginawa niya ang bawat bagay na maganda sa kapanahunan niyaon: inilagay rin niya ang sanglibutan sa kanilang puso, na anop't hindi matalos ng tao ang gawa na ginawa ng Dios mula sa pasimula hanggang sa wakas.

3:12 Nalalaman ko, na walang maigi sa kanila, kay sa magalak, at gumawa ng mabuti habang sila'y nabubuhay.

3:13 At ang bawat tao rin naman ay marapat kumain at uminom, at magalak sa kabutihan sa lahat niyang gawa, siyang kaloob ng Dios.

3:14 Nalalaman ko, na anomang ginagawa ng Dios, magiging magpakailan pa man: walang bagay na maidadagdag, o anomang bagay na maaalis: at ginawa ng Dios, upang ang tao ay matakot sa harap niya.

3:15 Ang nangyari sa nagdaan ay nangyari na; at ang mangyayari pa ay nangyari na rin; at hinahanap uli ng Dios ang nakaraan na.

3:16 At bukod dito'y aking nakita sa ilalim ng araw, sa dako ng kahatulan, na nandoon ang kasamaan; at sa dako ng katuwiran, na nandoon ang kasamaan.

3:17 Sinabi ko sa puso ko, *Hahatulan ng Dios ang matuwid at ang masama: sapagka't may panahon doon sa bawa't panukala at sa bawa't gawa.*

3:18 Sinabi ko sa puso ko, *Dahil sa mga anak ng mga tao, upang subukin sila ng Dios, at upang kanilang makita na sila'y mga hayop lamang.*

3:19 Sapagka't ang nangyayari sa mga anak ng mga tao ay nangyayari sa mga hayop: sa makatuwid baga'y isang bagay ang nangyari sa kanila: kung paanong namamatay ang hayop, gayon namamatay ang tao; oo, silang lahat ay may isang hininga; at ang tao ay wala ng karangalang higit sa hayop: sapagka't lahat ay walang kabuluhan.

3:20 Lahat ay nagsisiyaon sa isang dako; lahat ay buhat sa alabok, at lahat ay nangauwi sa alabok uli.

not yet returned.
For example: I've gone to the bank. I should be back in half an hour.
! Now you've been and gone and done it!

complement vs compliment
Complement is a verb, which means to make something seem better or more attractive when combined.
For example: "The colours blue and green complement each other perfectly."

Compliment is a noun, which means a remark that expresses approval, admiration or respect.
For example: "It was the nicest compliment anyone had ever paid me."

Tip! Having problems with your spelling? Try these mnemonics:-
If it complements something, it completes it. (With an e.)
I like compliments. (With an i.)
a lot / alot / allot
A lot, meaning a large amount or number of people or things, can be used to modify a noun.

For example: "I need a lot of time to develop this web site."
It can also be used as an adverb, meaning very much or very often.
For example: "I look a lot like my sister."

It has become a common term in speech; and is increasingly used in writing.

Allot is a verb, which means to give (especially a share of something) for a particular purpose:-
For example: "We were allotted a desk each."

!Note - Alot does not exist! There is no such word in the English language. If you write it this way - imagine me shouting at you - "No Such Word!"
nor vs or

nor (conjunction) nor is always used in the negative, usually before the second or last of a set of negatives possibilities, we use it after 'neither'.
For example: He drinks neither wine nor beer.

or (conjunction) or is used to connect different possibilities.

For example: Is it Tuesday or Wednesday today?

!Note - If you don't use "neither" you can use "or".

For example: He doesn't drink wine or

See Page 10 Common Mistakes

Common mistakes and confusing words in English

By Bernardo 'Budz' Sarmiento

wistful vs. wishful
Wistful is associated with sentimentality, and romanticism, perhaps how you believe things should be. Ideally, or reminiscing about a happier time

Wishful thinking is directly associated with wanting something to happen or to possess something
The difference is subtle but clear, hope this helps, if not look em' up.

Been vs. gone
been is the past participle of be
gone is the past participle of go
Been can be used to describe completed journeys. So if you have been to England twice, you have travelled there and back twice.
For example: I've been to Africa, but I've never been to Asia.
If you have gone to England, you have

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AI Abdon

Sound Effects tips!

When I was a teenager, I always used to watch movies to see my idols such as Joseph Estrada & Fernando Poe Jr. beat up villains to rescue a lady in distress. I loved their fist fights with their surreal effects and made me wonder whether it was a real sound or just a fake when they are hit. As I grew older I realized that it was all post production and they were good at it.

Have you ever recognized a sound effect in a movie or television show? Close your eyes and imagine the sound of the doors opening on the bridge in Star Trek. Listen for the PING that emanates throughout. Hear that musical tinkling sound as Scotty beams the captain aboard. Sounds we've heard since the '60s are as recognizable as a heartbeat. The truth is that, just like you, the big productions use sound effects as needed from effect libraries. There are lots of software that are available in the market that you could customize a sound.

Why Sound Effects?

Do you wonder watching a movie without sound effects? Can't we just record the voices and sounds as we shoot and present a completely honest soundtrack? You can do that, but I think you'll be disappointed with the results. In Hollywood, it's common to replace almost every sound - from main dialog to the smallest squeak. The viewers grow up expecting that type of sound as they watch various forms of scenes in the movie. Just for fun, when shooting a video with you kids, add some effect when they seat, run or they are asleep. You will be surprised how funny the result is when you watch your movie.

What Gear do I Need?



A microphone or two and a good pair of headphones. Audio recorders take many forms these days. A laptop with an audio interface is a very nice, portable way to gather sound effects. Using Adobe Audition, Sony Sound Forge or a number of other software packages, you'll have a fully mobile recording studio. If you're short on software, look for Nero's Wave Editor (bundled with their disc-burning package) or download the freeware Audacity. Both work great for basic recording and editing. Assuming your camcorder has an external microphone jack; it also serves as a good, basic audio recorder. Even the tiny Kodak Zi8 has a mic jack and will work well in a pinch. If you prefer a more dedicated solution, consider the Zoom H2. For under \$200 you get four built-in mic capsules and the ability to record surround sound too.

As for microphones, start with what you have. Do some test recordings and evaluate the sound quality. If you discover that a microphone upgrade is needed, at least you have a baseline to shop with. As for headphones, any good pair of isolating headphones should work.

Be Real!

Many Hollywood sound effects are substitutes for the real thing - often bad substitutes. If a little scooter whizzes across the screen, it should be the sound of a scooter, not a Harley Davidson. So, when you're recording sound effects, try to be as authentic as possible. If your production showcases the hero stepping out of a giant Hummer H2 and slamming the door, don't record the door of your Toyota - record the Hummer.

Of course, you don't have to go outside for all your sound effects. Common household noises come in handy too. Even if you don't need them today, practice recording some appliances around the house. See if you can master recording the shower or the fireplace crackling. Stick a mic by a soda can and record the process of opening the drink and pouring it into a glass. Just record something so you can take it to the computer and experiment. Some examples include putting cornstarch in a leather pouch for a snow-crunch effect and a pair of gloves for a bird-flapping-wings effect. Another good idea that artists don't often think of is reversing sounds that you have recorded using an audio-editing program on your computer. Sounds such as piano string hits, crystal glass hits, and human voices can make interesting effects when played in reverse. I used to experiment it when making Halloween projects with the students.

Just Do It

Recording and editing effects is tiresome, requiring extra time in the outside your home or in school. But when done properly, your original recordings will enhance your video project and you can be proud of yourself of your achievements. It's fun and creative too, so give it a try. Halloween is just around the corner.

AI Abdon
Videographer

From Page 9 Common Mistakes

beer.

that, which, who
"Who" (or whom) is a pronoun, and is used as the subject or object of a verb to show which person you are referring to, or to add information about a person just mentioned. It is used for people, not things.

"Which" is a pronoun, and is used as the subject or object of a verb to show what thing or things you are referring to, or to add information about the thing just mentioned. It is used for things, not people.

"That" is a pronoun, and is used as the subject or object of a verb to show which person or thing you are referring to, or to add information about a person or thing just mentioned. It can be used for people and things. It can sometimes be omitted.

Examples: The girl who was hungry. The boy whom I talked to. The dog that wagged its tail. The software (that) I wrote. The company, which / that hired me.

what vs which
Which and what are both used in questions:-

What is used to ask a question when there are an unknown number or infinite possibilities for an answer. You know that there are many, many ways that exist to address your question, and you want to find out—from all those possibilities that you might not even know about—the best way. For example: "What movie did you go to see?"

Which is used if you are choosing between two items, already defined, in a different sentence, like this: For example: "Which shoes should I wear with this dress—my blue ones or my black ones?"

You can use which when you have a very small or limited field to choose from. Certainly use which, not what, when there are only two choices, or if both speaker and listener can visualize all the items under consideration: For example: "Which foot did you break?"

Often which or what can be used for several choices, depending on what is in the speaker's mind:

For example: (a) "Which bus goes into the centre?" (b) "What bus shall I take?"

Both sentences are fine. The speaker is probably thinking about fewer buses in sentence (a) than in sentence (b). discreet vs discrete

Discreet is an adjective. It means to be careful or modest, not to cause embarrassment or attract too much attention, especially by keeping something secret.

For example: To work for the royal family you have to be very discreet. Discrete is an adjective. It means something is distinct and separate or has a clear independent shape or form.

For example: She painted using strong

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till vs until

Till and until are both old in the language and are interchangeable as both prepositions and conjunctions. For example: It rained till (or until) nearly midnight. The savannah remained brown and lifeless until (or till) the rains began.

Till is not a shortened form of until and is not spelled 'till'. 'Til' is usually considered a spelling error, though widely used in advertising: Open 'til ten.

Till is a variant of until that is acceptable at all levels of language. Until is, however, often preferred at the beginning of a sentence in formal writing.

For example: Until his behaviour improves, he cannot become a member predicament/dilemma/plight/quandary
 Predicament, dilemma, plight, quandary refer to unpleasant or puzzling situations.

Predicament and plight stress more the unpleasant nature, quandary and dilemma the puzzling nature of the situation. Predicament and plight are sometimes interchangeable; plight, however, though originally meaning peril or danger, is seldom used today except laughingly: When his suit wasn't ready at the cleaners, he was in a terrible plight. Predicament, though likewise capable of being used lightly, may also refer to a really crucial situation: Stranded in a strange city without money, he was in a predicament. Dilemma, in popular use, means a position of doubt or perplexity in which one is faced by two equally undesirable alternatives: the dilemma of a hostess who must choose between offending her anti-drinking guests or disappointing those who expected cocktails. Quandary is the state of mental perplexity of one faced with a difficult situation: There seemed to be no way out of the quandary.

Setting the Record Straight

By W. G. Quiambao

The story about the birth of the statue of Dr. Jose P. Rizal written by Lina Fernandez and published in the August-September Issue of the Montreal Pinoy Post is inaccurate. She gave all the credit to her late husband, Tony, and she omitted the major roles that Bert Abiera and James de la Paz played. And to add insult to injury, she wrote that Tony was the founder. Founder of what?

It's true that Tony, a writer, dreamed of building a memorial of Dr. Jose P. Rizal in Quebec. And although he had no idea what memorial it would be, he shared his dream with Bert and wrote about it in the Filipino Star. But contrary to what Lina wrote, it was Bert who conceived the idea in 1994 to honour Dr. Jose P. Rizal by having a stone marker at the Mackenzie King Park. The story was published in the June 1999 issue of the North American Filipino Star. Tony was still alive then.

For his part, James, who was the president of FAMAS then and a staunch supporter of Pierre Bourque, the mayor of Montreal at the time, assiduously lobbied the City Hall to implement the project. He had been in contact with the city. In 1997, Bourque promised James to construct a marker at the Mackenzie King Park. In less than two years, James' request was approved with a budget of \$4,000.

Lina has the e-mail of Tony to Bourque asking him to honour Rizal in Montreal," said Bert. "But is it enough proof to say that her husband was the founder of the statue of Rizal? She has to understand that anybody can send a letter to the mayor or to the prime minister. Nobody can stop that person. The reality is that politicians still deal with the leaders of the community."

Bert started collecting information about the life and works of Dr. Jose P. Rizal in conjunction with the centennial celebration. And according to Bert, Lina's claim that it was Tony who invited former President Fidel Ramos to visit Montreal during the centennial celebration was wrong. She did not write that Bert went to the Philippines during the Asia Pacific Conference in Manila which was

attended by former Canadian Prime Minister Jean Chretien and nine Canadian Premiers. Also in attendance were Manding Villapando, the publisher of Asian Leader, and Gazette reporter Phillip Authier. (In his column, Darts and Laurels, in the Filipino Star, December 1996-1997, Tony wrote that Abiera raised eyebrows when he turned up at a press conference for Jean Chretien and Lucien Bouchard at Malacanang Palace and made a pitch to honour Dr. Jose P. Rizal in Montreal). During the question-and-answer period after the press conference, Abiera stood up and asked Ramos to include Montreal in his itinerary. Without hesitation, Ramos accepted the invitation.

At the reception held at Palais de Congress, Ramos said, "Rizal does not deserve a marker. He deserves a bust." True to his promise, he soon shipped the Rizal bust to Montreal. Unfortunately, the bust that was shipped was made of materials unsuitable for harsh Quebec weather.

While attending the centennial Malolos Congress celebrations in the Philippines in 1998, Bert met with Enrico Osi, project director of Philippine Centennial Celebration (PCC) to discuss the immediate shipment of the replacement Rizal bust. In March, a few months after he came back to Montreal, Dr. Jose P. Rizal's bust made of bronze arrived in Montreal.

Lina has been dreaming to write and publish a book about the Filipino community in Montreal for about 14 years now. Sadly, her dream is still a dream until now despite the promise of an investor to finance a book. On the other hand, Tony's dream of building a memorial in honour of Dr. Jose P. Rizal became a reality. It became a reality because of two major players - Bert and James. And for Lina to write that the realization of the historic monument of Dr. Jose P. Rizal is the legacy of Tony - and Tony alone - to the youth and to the Filipino community is totally unfair.



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Aiming to use his tech know-how to help people earns Vanier student a 2010 ISA scholarship

Montreal, August 31, 2010. "It was a day that started off badly when I lost my lab coat, but that definitely got better when I opened my email." That's because when Joshua Alfaro, a second-year Vanier College Industrial Electronics student, opened his email he learned that he had been awarded a 2010 ISA (International Society of Automation) Education Foundation Scholarship. The \$2000 award comes from the ISA Endowment Funds: Food and Pharmaceutical Division, ISA Life Members Committee, Bob & Ives, ISA Executive Board, and Norman E. Huston.



Aiming to make a contribution

ISA's mission is to become the standard for automation globally by certifying industry professionals; providing education and training; publishing books and articles; hosting conferences and exhibitions; and developing standards for industry. Joshua, a member of the Vanier College student division of ISA, received the award because he shows outstanding potential for contributions to the field of automation in the future.

Designing green equipment

Joshua plans to pursue university studies in engineering after Cegep. "I'm thinking of mechanical or electrical engineering," he says. "I want to be able to use my skills to design better equipment - like hospital equipment, heart monitors and other types of sensors that use advanced computerized systems, or to design less polluting equipment," Joshua explains. "Automation has offered us many things but large industries have polluted our world. So I wish to help in the development of more efficient and greener equipment. To be able to merge my interest in technology with my desire to help people is what I ultimately wish to achieve as a career."

Getting the best of both worlds: hands-on study and theory

Why did Joshua choose to study Industrial Electronics at Cegep? "My cousin was in it and I liked what he told me. I didn't want to just do a DEC in Pure and Applied Science. When you work in an area you need to know how to do things, not just understand them theoretically. So I liked the hands-on approach of Industrial Electronics. I figure it's a good job plan for the future."

Accessible teachers and a small program

Joshua also appreciates how accessible his teachers are. "It's a small program with more one-on-one time with teachers. They help you and you can talk to them outside of classes. It's a really good learning environment." What has he enjoyed most about his studies so far? "I designed an automated claw for a class project using Lego Mind Storms which combines electronics and mechanics, and which was sponsored by ISA Montreal. That was neat."

-30-

For more information: Marguerite Corriveau, Vanier Communications
 (514) 744-7500 ext. 7596, marguerite.corriveau@vaniercollege.qc.ca

Editor's Note: The above is reprinted with permission from Vanier College, but due to file conversion problem may not appear to be in its best format.

Joshua is the son of Eleazar M. Alfaro and Xenia V. Santos, grandson of Mr. Alberto Baens Santos.

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The North American Filipino Star



New members of the International Christian Fellowship were presented to the assembly, each lighting a candle during the ICF's 13th anniversary. Mr. Ray An Fuentes, the guest speaker, welcomed the new members. September 26, 2010 -6767 Cote des Neiges, Montreal.



The children of ICF are doing their part in showing the world as one, a symbol of unity and world peace, during their 13th anniversary celebration, September 26, 2010.



Mr. Ray An Fuentes, renowned vocalist who gave up his lucrative career to be a preacher, poses with guests from Montreal during the thanksgiving luncheon offered by the International Christian Fellowship headed by Pastora Emma Denny (on the right) on Sept. 26, 2010 at 6767 Cote des Neiges CRC Building.



Happy birthday, Ethel - Gilmore College International students celebrated with Ethel Tugna (3rd from left, standing) her birthday recently. In the photo: standing row are the students: Arlene Faytaren, Marita Dichoso, Ethel (celebrant), Janeth Haydock, Lourdescita Lubang. Front row: (from left) Edith Fedalizo, PAB instructor; Zenaïda Kharroubi, college director, and Amy Manon-og, PAB instructor/



Members of the International Christian Fellowship pose for souvenir (in different ethnic costumes) in preparation for their number in the program celebrating their 13th anniversary.



Pastora Emma Denny smiles while two members of her congregation avidly read the North American Filipino Star. Zenaïda Kharroubi, the editor is greatly pleased with their interest.

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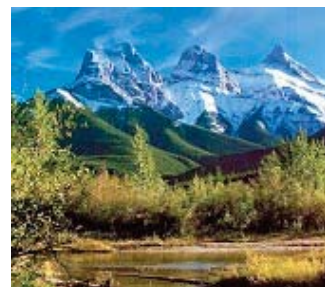
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Wife of Gulf Air fatality denies marriage problems triggered suicide

An overseas Filipino worker who allegedly committed suicide inside a Gulf Air flight bound for Manila quit his job in Abu Dhabi after just 2 months due to problems with his wife.

In his resignation letter dated September 4, Marlon Cueva said he was immediately quitting his job as an electrical technician because of personal reasons regarding his wife. "I am resigning for personal reasons regarding my wife as soon as possible," the letter said.

For her part, Cueva's wife, Vilma, denied that marital problems drove her husband to kill himself. "Di po kami nag-aaway. Nababalot ng pagmamahal ang pamilya namin. Mahal na mahal niya ako," she said.

Vilma said her husband called her up to three times a day while he was in Abu Dhabi. She last spoke to her husband before he boarded the plane that would take him back to Manila last Wednesday, October 20.

Vilma said she could not believe the sad news that was waiting for her at the airport when she came to welcome her husband back.

"Alas dose na ng tanghali wala pa rin siya. Naglabasan na ang sakay ng eroplano. May nag-page ng pangalan niya tapos kinausap na kami," she said.

Cueva's sister, Analiza, appealed to the public not to judge her brother.

"Wag nila husgahan ang kapatid ko. Masakit sa amin dahil pamilya namin iyan. Hintayin nila ang pamilya ang magsalita," she said.

Cueva, a native of Lubang, Occidental Mindoro, was found dead

inside the comfort room of Gulf Air Flight 154 as it was preparing to land at the Ninoy Aquino International Airport on Wednesday.

Forensic investigation by Scene of the Crime Operatives ruled his death a suicide. Earlier reports said the victim died of asphyxiation.

Other passengers on the Gulf Air flight noted that Cueva was anxious through most of the flight. He even kept on telling other passengers that he was "sorry."

Welfare officer Atty. Ofelia Almenario told ABS-CBN News that he could not say if Cueva had mental problems. He said the Filipino worked only 2 months of his 2-year contract.

He said he talked to Cueva twice while working on the latter's passport and other benefits.

Cueva slept for 2 nights at the ATN office of the Philippine Embassy while waiting for his passport and plane ticket, which was facilitated by labor attache Nasser Munder.

Munder said Cueva's work record was OK, and that the company was willing to re-hire him after 6 months. There is a 6-month ban for re-hiring of workers who have tendered their resignations.

Cueva was willing to work again with the same company shortly after resigning.

The embassy learned from a relative that based on past engagements, Cueva could not normally finish any job contract with previous employers in the Middle East. ■

Military goes on red alert ahead of village polls

The military went on red alert at midnight Friday as it heightened security preparations for Monday's barangay (village) and youth council elections.

In a press briefing on Saturday, Armed Forces of the Philippines Vice Chief of Staff Lieutenant General Reynaldo Mapagu said the red alert status was part of the second phase of the military's preparations for the elections. A red alert means all AFP personnel will stay at their posts at all times.

Mapagu said that in Metro Manila, the AFP's National Capital Region Command (NCRComm) will deploy around 700 soldiers to support police in 50 checkpoints around the metropolis.

One company of reservists and one company of civil disturbance management personnel have also been placed on stand-by status by the NCRComm, Mapagu said. On Saturday morning, Mapagu inspected the readiness of NCRComm troops to be deployed in Metro Manila.

Mapagu said soldiers would secure voters, the voting areas, and the Boards of Election Tellers during the elections.

He warned the soldiers not to take sides in the elections.

"We will not allow the institution to be dragged into partisan politics. We are a non-partisan organization and our role is to ensure the elections are honest, orderly, peaceful and credible," Mapagu said.

He added that any soldier found to have been involved in partisan activities will be charged and sanctioned "according to our rules and regulations."

He said a total of 516 people have

been arrested for violating the gun ban of the Commission on Election, which was implemented starting September 25. Mapagu said 440 firearms, 112 bladed weapons, and 23 grenades have been confiscated.

While declining to reveal their actual deployment for Monday's elections, Mapagu said they have sufficient forces to meet threats from any private armed groups out to make trouble. He said the military was monitoring potential hotspots in the Bicol region and the Autonomous Region in Muslim Mindanao, particularly the province of Maguindanao.

He said they were monitoring fewer barangays this year, or 2,301 potential hotspots, compared to 4,511 villages in the last barangay elections in 2007.

"This reduction can be attributed to the noteworthy development in the fight against the communist terrorist movement and the current operations against private armed groups," he said.

Mapagu said there were less election-related violent incidents this year compared to the 2007 elections. This year, they have tallied 34 such incidents so far compared to 98 in the 2007 elections.

He said the AFP would be closely monitoring the elections on Monday at the headquarters of its Task Force HOPE (Honest, Orderly, Peaceful Elections).

"The AFP endeavors to maintain peace and security in the country all throughout the election period, and aside from the mandated elections duties, will continue to address existing threats to prevent them from disrupting the conduct of peaceful elections." ■

Palace asks patience from Maguindanao massacre victims' kin

As the nation marked the 11th month of the infamous Maguindanao massacre Saturday, Malacañang appealed to families of the victims to be patient in their wait for justice.

Deputy presidential spokeswoman Abigail Valte said they are already doing everything they can to thwart possible delaying tactics and to get the case moving in the courts.

"Naintindihan natin ang saloobin at damdamin ng naulilang biktima. Nasa jurisdiction yan ng korte, paano ibalance ang karapatan ng akusado at karapatan ng biktima at naulila. Hindi rin kasi pwedeng pabilisin may maapakang karapatan sa kabila. Kung nangyari yan maaakusahan ang judge may kinikilingan ka," Valte, herself a lawyer, said on government-run dzRB radio.

(We understand the feelings of the victims' families. This is in the court's jurisdiction now, it is up to the court to balance the rights of the victims and the accused. We cannot just rush the proceedings at the expense of the defendants, lest the judge be perceived as biased.)

At least 57 people, 32 of them journalists, were killed in the massacre at Ampatuan town in Maguindanao

province on November 23 last year.

Quezon City Judge Jocelyn Reyes is now handling the case and holding weekly hearings.

When asked if the victims' families have no choice but to wait, Valte said, "parang ganoon talaga (it appears that way)."

"Nag-submit tayo sa rule of law at jurisdiction ng court, kailangan irespeto ang directive at resolution at order (We submitted to the rule of law and the court's jurisdiction. We must respect its directives, resolutions and orders)," she said.

"Kailangan maintindihan marami tayong factors kuno-consider. Hindi pwedeng i-fast-track ang kaso kung ma-violate ang right ng isang party. Ang akusado may karapatan, ang biktima may karapatan. It's trying to balance the progress of the case (We must understand there are many factors to consider. We cannot fast-track the case if it means violating the rights of one party. This is balancing the progress of the case)," she added.

Besides, she said that on the prosecution side, Justice Secretary Leila de Lima is taking steps to thwart any possible delaying tactic. ■

Malacañang tells oil firms to go slow in raising fuel prices

Malacañang on Wednesday told oil firms to go slow in raising prices of gasoline and kerosene after typhoon Juan battered northern Luzon.

In a press briefing, presidential deputy spokesperson Abigail Valte asked oil firms to be more sensitive to the situation in northern Luzon.

She pointed out, however, that the Palace will not interfere if the oil price hikes were warranted.

"Kung warranted naman wala naman pong problema ngunit uma-appeal din po sana tayo na hinay-hinay lang po ng kaunti considering the devastation that the typhoon has brought to northern Luzon (If it was warranted, there's no problem, but we're also appealing to them to go slow in raising prices considering the devastation that the typhoon brought to northern Luzon)," Valte said.

On Tuesday, oil giant Chevron Philippines Inc., Seaoil Philippines Inc., and Phoenix Petroleum Inc. were reported to have raised their gasoline prices by P0.50 per liter and kerosene prices by P0.25 per liter.

Typhoon Juan, which made landfall just before noon Monday, left at least 11 people dead and 16 people injured, and an estimated P1.3 billion in damaged crops and property.

Valte said Malacañang is leaving it up to the oil firms whether to postpone further oil price increases in light of the typhoon's devastation. "Nasa kanila na po yun (It's up to them)," she said.

She added that Malacañang has yet to be advised by the Trade and Industry Department on whether a price freeze on other commodities should be imposed on account of typhoon Juan. ■



Philippine Cuisine

Tinola (Chicken Stew)



It is said that of all the dishes of the Philippines the most "Filipino" is tinola. It does not have any similarities with any other Asian dish. It quite simple to prepare and cooks quickly.

INGREDIENTS

- 2 Tbsp. Cooking Oil
- 2 tsp. Peeled Ginger, julienned
- 1 clove Garlic crushed, peeled
- 1 medium sized onion, sliced
- 2 Tbsp. Fish Sauce (Filipino, Thai, or Vietnamese)
- 1 tsp Salt
- 5 cups Water
- 2 cups pared unripe papaya sliced (or Chayote)

INSTRUCTIONS

1. In a medium sauce pan, heat the oil. Sauté the ginger, garlic and onions for a minute. Add the Chicken pieces and saute until the chicken colors slightly. Season with the fish sauce and salt.

2. Add the water. Bring to a boil then lower the heat and simmer of about 30 minutes or until the chicken is tender. Add the sliced papaya. Cook for 5 minutes more or until the papaya is tender. Add the pepper leaves. Cover and remove from the heat. Let stand for 5 minutes. Serve hot with steamed white rice.

3. Additional fish sauce may be served to adjust to individual tastes.

- * 1/2 pound pork heart, cut into bite-size pieces
- * 2 bay leaves
- * 1/2 cup distilled white vinegar
- * 1/2 cup water
- * salt and pepper to taste
- * 3 tablespoons olive oil
- * 1 onion, chopped
- * 2 cloves garlic, minced
- * 2 tomatoes, diced

Directions

1. Place the pork liver and the pork lung in two separate pots and cover with water. Bring each pot to a boil; cook at a boil until tender, about 10 minutes. Drain both and allow to cool before chopping into bite-size pieces. Set aside.

2. Combine the liver, lung, and heart in a large pot over medium heat; add the bay leaves, vinegar, and water. Season with salt and pepper. Bring the mixture to a simmer and cook for 5 minutes.

3. Meanwhile, heat the olive oil in a large saucepan over medium heat; cook the onion and garlic in the hot oil until fragrant, about 5 minutes. Stir the tomatoes into the mixture and simmer 5 minutes. Pour the pork liver mixture from the pot into the saucepan; cook and stir together for 5 minutes more. Serve hot.

Nutritional Information open nutritional information

Ginataang Langka



- 2 cups jackfruit (langka); sliced
- 1/4 cup dried fish
- 1/4 cup shrimps; shelled
- 1 cup coconuts milk (gata)
- 1 small onions; chopped
- 1 tablespoon garlic; minced
- Fish sauce
- Ginataang Langka Cooking Instructions:

Remove the heads of shrimps. Pound and mash in 1/2 cup water. Save the shrimp juice, then discards the heads.

Saute garlic and onion. Pour shrimp juice and coconut milk. Bring to a boil, then add the jackfruit. When jackfruit is tender, add shrimps and dried fish. Cook until done. Season with fish sauce accordin

Ingredients

- * 1/2 pound pork liver
- * 1/2 pound pork lung

Calendar of Events

November - December 2010

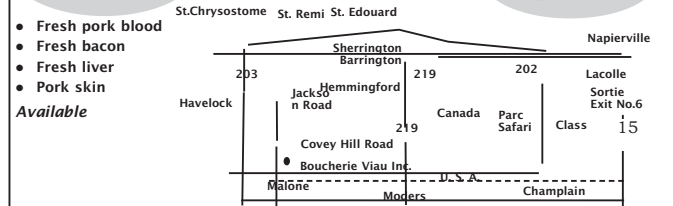
November 28 - 2:00 - 4:00 P.M. Open House
Gilmore College International
5450 Cote des Neiges #511
Telephone: 514-485-7861
Free Seminar on Cooperatives
4:00-5:00 P.M.
Gilmore College International
5450 Cote des Neiges #511

December 11 - 6:00 - 10:00 P.M. Christmas Party
Gilmore College
Details to follow in the next issue.



BUSINESS HOURS
 Mon. Tue. Wed. 8:00 a.m. - 5:00 p.m.
 Thu. Fri. 8:00 a.m. - 6:00 p.m.
 Saturday 8:00 a.m. - 5:00 p.m.
 Sunday Closed

<p>Pork loin Approximately 15 lbs 2.79 lb</p>	<p>Beef Blade steak 3.29 lb</p>	<p>Picnic ham (with bone) 1.49 lb</p>
<p>Half or Whole pork Cut & Wrapped 1.79 lb</p>	<p>Front quarter of beef Approximately 200 lbs 2.69 lb</p>	<p>Pork Head 15.00 ea</p>
<p>Home smoked meat 8.79 lb</p>	<p>Beef short ribs 3.29 lb</p>	<p>1 litre of fresh blood with purchase when available 1/2 pork</p>
<p>Fresh Belly with skin 3.29 lb</p>	<p>Pork Spare Ribs 2.49 lb</p>	<p>Regular smoked bacon 4.99 lb 10 lbs & over</p>
		<p>4.89 lb</p>



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Typhoon Megi lashes Philippines

Thousands of people in the northern Philippines are seeking shelter as a powerful typhoon lashes the area with heavy rain, strong winds and surging waves.

Typhoon Megi, which some forecasters have called a "super typhoon," had sustained winds of 225 km/h and gusts of 260 km/h as it made landfall at Palanan Bay in northeastern Isabela province, The Associated Press reported.

Super typhoon

Typhoons in the western Pacific Ocean are called 'super typhoons' once their sustained winds reach 240 km/h, which is the equivalent of a Category 4 or Category 5 hurricane, CBC meteorologist Johanna Wagstaffe says.

Wagstaffe say it wasn't immediately clear whether Megi was a super typhoon or simply a very strong typhoon when it made landfall.

'Some forecasters are saying [the storm] did make landfall as a super typhoon and others are reporting sustained winds of 225 km/h on landfall, which would put her just below super typhoon status,' Wagstaffe says.

'But Megi was definitely well within super typhoon range at some point before landfall.'

'Thousand of homes were evacuated and even though the storm



Houses are seen submerged by flooding due to heavy rains brought by Typhoon Megi in Baguio City, Benguet province, north of Manila on October 19.

is weakening, it will continue to bring flooding rains and mudslides as it tracks west across land," said CBC meteorologist Johanna Wagstaffe.

At least three people were killed and six were injured as a result of the typhoon, local officials said.

Although initial casualties were low compared to past storm disasters, retired army Maj.-Gen. Benito Ramos, who heads the country's disaster-preparedness agency, expressed sadness over the deaths. Bracing for

the typhoon, he said, was like "preparing for war."

Many coastal areas were evacuated before the typhoon made landfall, but emergency teams and relief organizations were still concerned about public safety.

"If you have a landslide, and people have not evacuated on the ground, it can cost thousands of lives," said Richard Gordon, chairman of the Philippines Red Cross.

"That's why we are focusing the

whole operation of the government and the Red Cross and other agencies — including local governments and the military — are all focused on trying to make sure minimal lives are lost in this typhoon," he said.

The storm tore through homes, uprooted trees and blew down power lines, cutting off power in Isabela province and large swaths of Cagayan province.

Cagayan Governor Alvaro Antonio said the wind was fierce but blew high from the ground, sparing many rice fields ready for harvesting.

In some areas, emergency crews were relying on two-way radios to communicate because the storm had knocked out phone and internet service, Manila-based freelance reporter Dean Bernardo said.

Ships and fishing vessels were told to stay in port, and several domestic flights also were cancelled.

Weather forecasts said the capital is expected to be spared a direct hit this time, although the lowest weather alert was in effect Monday with preschools closed.

Megi is the most powerful typhoon to hit the Philippines in four years, government forecasters said. A 2006 howler with 250 km/h winds set off mudslides that buried entire villages, killing about 1,000 people. ■

Amid celebrations, Chile miners struggle with newfound fame

Chile's miners plunged into a weekend of neighborhood barbecues and homecoming parties Saturday but were hounded by their newfound fame as they tried to soak up the pleasures of normal life.

"This isn't right," miner Victor Segovia said when he went home to find a crowd of camera-toting news crews waiting, according to an account in the newspaper La Tercera.

"We are nobodies. We are only simple people who survived," he was quoted as saying.

After being pronounced in good health, all but one of the 33 miners rescued this week after nearly 10 weeks deep underground in a collapsed gold and copper mine have gone home after brief hospital stays.

The miner who has not gone home chose to get treatment for a problem with his teeth, Jorge Diaz, a doctor at the Copiapo hospital, told reporters.

A group of 28 miners was driven discreetly from the hospital in the northern mining town of Copiapo on Friday without stopping to speak to the horde of journalists camped outside hoping for interviews.

"What they are facing in the week to come is very difficult," said Health Minister Jaime Manalich.

One of the miners, Jose Henriquez, who was credited with being the spiritual leader of the group, was drawn back to the mine on Saturday for a nostalgic visit, his brother told a local radio station.

"He wanted to be here to feel it up close, after all that's happened, all that



Chilean miner Ariel Ticona walks with his son

we lived through, to be in peace," said Gaston Henriquez.

The gritty mining town of Copiapo, meanwhile, erupted into wild celebration as neighbors and relatives popped champagne corks and threw confetti to welcome back the miners.

For these tough men a new world of opportunity awaits and a chance to turn their fear and despair into profit, perhaps even riches beyond their wildest dreams, if book deals and Hollywood film rights come.

"The confinement was terrible," said miner Edison Pena, a 52-year-old mechanic and former soldier. "The first 17 days were a nightmare. Then everything changed. But the hardest

thing was to be down there. Buried for two months."

The men were trapped on August 5 by a huge rock collapse inside the mine and they had been almost given up for dead before a probe sent down through a narrow bore hole struck lucky on August 22.

"We were waiting for death," miner Richard Villarroel said as he was interviewed by Britain's Guardian newspaper, The Washington Post and local Chilean media.

"We were wasting away. We were so skinny. I lost 26 pounds (12 kilograms). I was afraid of not meeting my baby, who is on the way. That was what I was most waiting for."

Once the rescue effort began the men could finally joke about some of their darkest fears, including cannibalism, Villarroel said.

"Once help came it became a topic of joking, but only once it was over, once they found us."

Yonni Barrios, 50, said he believed surviving this ordeal was "fairly complicated," but his companion Susana was his main reason for fighting for his life.

"Several times I had all but lost all hope," he admitted. "But a person always needs a reason to continue fighting on. And she was my reason."

Anonymous before, the miners are now household names in Chile and media stars around the world, flooded with requests for interviews.

A sign of the special bond that sustained them through their terrible entrapment, relatives say the men want to pool the proceeds so any treasure that comes their way can be shared equally.

The half-sister of one miner, Claudio Yanez, said they had decided to seek 20 million pesos (around 40,000 dollars) per interview.

One of the first stops for many of the men could be the mine itself as relatives are planning a special event on Sunday at the tent city, dubbed Camp Hope, where they had pined for their loved ones.

Chilean President Sebastian Pinera has suggested turning the camp into a memorial or museum to honor the miners. ■

President is comfortable with P43-\$1 exchange level

President Aquino said Thursday the peso's current 43-to-\$1 range "gives us a little bit of comfort," but he did not see the exchange rate hitting the 41-\$1 level by the end of the year.

"There has to be some stability" in the exchange rate and a strong peso might hurt exports and remittances, Mr. Aquino told reporters, adding the Bangko Sentral was "doing its job well."



The central bank was bent on using "a policy mix" including interest rates, and the building up of foreign-exchange reserves and currency gains to manage capital flows, Governor Amando Tetangco Jr. said.

The Monetary Board was also studying a plan to ease the restrictions on capital outflows, he said.

"From a central bank's perspective an appreciation should be good for us," said Jonathan Ravelas, a strategist at Banco de Oro.

"It's cheaper to buy dollars, pay debt and buy imported goods such as oil. The end result should mean cheaper prices."

Tetangco admitted that the increased capital inflows and growing investments from abroad could "complicate monetary policy."

The benchmark interest rate

remained the main tool, although a mix would be "the better approach at this time," Tetangco said.

The other steps included boosting the reserves, debt prepayment, allowing some peso gains, and relaxing foreign-exchange outflow rules, he said.

Capital flows into Asia have increased as the world's fastest-growing region lures investment seeking higher yields amid near-zero interest rates in the advanced economies.

The World Bank this week urged Asian officials to ward off asset bubbles to avoid a repeat of the region's 1997-1998 financial crisis.

The Bangko Sentral was studying a plan to "liberalize foreign-exchange outflows" to help "create viable demand for the dollars coming into the economy," Tetangco said.

The current limits are \$30 million for outward investments and \$30,000 for serviced payments.

But easing the rules on foreign-exchange outflows might not be enough, said Wick Veloso, treasurer at HSBC Manila.

"Who wants to put money out when everyone wants to put money in?" Veloso said.

"Everyone's still having a party."

The Philippines joins nations from Brazil to China in seeking to manage capital inflows.

South Korea's government said Thursday it was discussing several measures to achieve that goal, while Thailand last week said it will remove a 15-percent tax exemption for foreigners on income from domestic bonds. ■

Ex-con runs amuck, kills pupil, teacher and guardian in Zamboanga public school

Four people were killed when an ex-convict ran amuck in a public school west of this city, officials said Friday.

Senior Supt. Edwin de Ocampo, Zamboanga City Police Office (ZCPO) director, said the incident took place around 1:45 p.m. Friday at the elementary school of Barangay Talisayan, 26 kilometers west of this city.

The incident took place at the last day of the classes since the school is set to go on a one-week break starting Monday.

Killed were Cess Dorin Orpiano, 12, a Grade 6 pupil, Lorna Pulalon, a Grade 2 teacher, Ruben Flores, 64, a guardian and the suspect, Fely Mateo, 51.



he body of Fely Mateo lies inside the campus of grounds of Talisayan Elementary School in Zamboanga city in southern Philippines after he was killed by irate villagers when he went on a stabbing spree Friday, Oct. 22, 2010 killing a teacher, a student and an elderly man who tried to wrestle with the attacker.

Wounded were Ludivina Balilo and Joni Torres, a Grade 5 and Grade 6 school teachers, respectively, and

Grade 6 school pupils Joshua Demco, 11, Maria Lyka Basing, 12, Princess Briones, 12, and Michaela Jacona, 12.

Chastine Flores, a cousin and classmate of Orpiano, said the suspect, armed with a foot-long knife entered the school campus and went directly to Room number 4 and suddenly stabbed "Ma'am Torres."

"He was armed with a long knife with a scabbard. It was around one-foot long," the younger Flores said.

"Nakakatakot siyang tingnan," she added describing the suspect.

Flores said the Mateo stabbed his grandfather Ruben Flores after the latter tried to stop him from proceeding to another school building where he attacked the rest of the victims.

The suspect was killed by the villagers living near the school who came to the aid of the helpless school teachers and pupils, De Ocampo said.

De Ocampo said that Mateo was jailed in 1981 at the San Ramon Prison and Penal Farm for the crime of rape and was released last 2008.

He said that Mateo has decided to work as a poultry caretaker of Leonito Navales in Barangay Talisayan after his release from prison instead of going home to his native place in Dumaguete.

Navales said that prior to the incident, Mateo has asked permission from him to go at a nearby store to buy a detergent soap.

He also said that for the past few days, Mateo seemed to be restless claiming his life was being threatened.

Mayor Celso Lobregat has directed City Health Officer Dr. Rodel Agbulos and City Social Welfare and Development Officer to extend all the needed assistance to the victims. ■

Palace releases P35-m pork to each restive congressman

TMALACAÑANG has released the remaining P35-million pork barrel allocation for each of the 278 house members to secure the passage of the P1.654-trillion budget for 2011 and the controversial P21-billion dole to the poor, House sources said Thursday.

Speaker Feliciano Belmonte Jr. confirmed the release, saying the Palace went to the extent of interceding with the Commission on Elections last week to have the elections ban on government projects lifted so that the Budget Department could release the P9.73 billion in the total pork barrel.

On top of the P35-million pork barrel, each of the 207 lawmakers present during the last day of the marathon session last week were rewarded P500,000 in operational and travel allowances, the sources said.

Belmonte told reporters that the second tranche of the annual P70-million pork barrel had been released in Special Allotment Release Orders issued by Budget Secretary Florencio Abad beginning Wednesday last week until the wee hours of Saturday.

The sessions ended at 3:14 a.m. Saturday, shortly after President Aquino's first budget was approved on second reading via voice vote.

The quick Abad action came after 112 lawmakers from the Visayas and Mindanao moved on Oct. 7 to suspend the budget deliberations, protesting what they called the "cumbersome and too restrictive" pork barrel menu imposed by Malacañang and demanding the immediate release of their pork barrel.

The Palace immediately sent Abad to negotiate, and because not passing the budget would mean a re-enacted budget that would be P200 billion short, leaving the P21-billion cash transfer program for the poor and the P15-billion public-private-partnership program unfunded.

Abad also offered the lawmakers an extra P50 million in infrastructure projects and another P25 million from the road users' tax, both to be taken from the lump sum appropriations of the Public Works Department.

"The only reason [the Special Allotment Release Orders] were not

released earlier was because of the Comelec resolution that says it cannot be spent," Belmonte said.

"We've always believed that national funds cannot be barred in the non-partisan [village] elections, and on Tuesday last week the Comelec ruled the national funds are not covered by their ban."

But Belmonte insisted that Malacañang set a "bad precedent" in including the 57 party-list representatives in drawing out their own P50-million pork barrel allocations, an entitlement previously reserved for district representatives.

Out of the P50 million, each party-list congressman would be allowed to identify projects up to P15 million that would be funded by the road users' tax.

Belmonte also warned Malacañang against using the P21-billion dole to the poor as pork barrel, adding the House was planning to insert special provisions to prevent Social Welfare Secretary Corazon Soliman from misusing the dole.

Asked why the House did not opt

to slash the P21-billion budget if the lawmakers doubted the Social Welfare Department's health and education programs, Belmonte answered: "Malacañang believes they can use up all the funds."

Belmonte also rejected a House resolution slashing to P1 the P253-million budget of peace adviser Teresita Deles.

"I am with [House Minority Leader] Edcel Lagman when he said that the agency should not be punished because of an errant head," Belmonte said.

He said he was arranging talks between the Palace and Mindanao legislators who were felt slighted by Deles' patronizing remarks against them, and particularly against 28-year-old neophyte Lanao del Sur Rep. Fatima Aliah Dimaporon.

Belmonte also disclosed that about 50 lawmakers had applied for permission to travel abroad during the three-week recess, including Pampanga Rep. Gloria Arroyo, who flew to South Korea to receive an honorary doctorate degree. ■

FILIPINO STAR SHOWBIZ GOSSIP

Krista Kleiner off to China for Ms. International pageant



Krista Kleiner

The country's Miss International bet, Krista Kleiner, left for China Oct. 20 to attend the pageant finals set on Nov. 7, 2010.

"I would say I'm really prepared, I've been working hard," she shared in an interview with "24 Oras."

Present at the send-off for Kleiner are well-wishers from Binibining

Pilipinas Charities Incorporated, including a number of beauty queens led by Miss Universe 2010 4th Runner-Up Venus Raj.

The beauty queen's beau, singer Jay-R, and her mother, Carmen, were present as well.

Unveiled at the send off is a song Kleiner wrote with Jay-R dubbed "Beauty Queen."

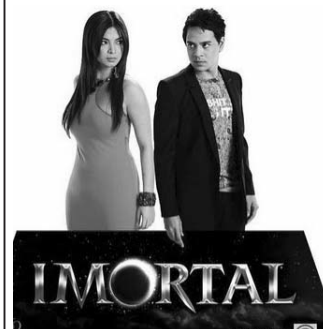
"Idea 'to ni Krista eh, she wanted to do a song for the [Miss International] pageant," Jay-R explained.

According to Kleiner, she will sing the song as part of her presentation during the talent portion of the tilt.

"This is my chance to show that the Filipino has so much talent. I just thought that, instead of just singing and dancing someone else's song, why don't I write one that I can dedicate for the other girls competing at the [pageant]."

Thus far, the Philippines is the only Asian country that has won the Ms. International title not once but four times: Gemma Cruz in 1964, Aurora Pijuan in 1970, Melanie Marquez in 1979 and Precious Lara Quigaman in 2005. ■

John Lloyd wants to spend 'forever' with Angel



Angel Locsin and John Lloyd Cruz in the new series *Imortal*.

When John Lloyd Cruz was thrown the "When you can live forever what do you live for?" quote from the "Twilight" saga, he who plays vampire on the ABS-CBN series, "Imortal," immediately gave a name: Angel Locsin, his "Imortal" leading lady.

"For the reason na gusto ko siya maging kaibigan nang imortal, kakagatin ko 'to (Angel). Swerte mo kapag meron kang kaibigan na katulad ni Angel. Masaya kung habang buhay mo siyang makakasama," said Lloydie in an article posted on push.com.ph.

In past interviews, Lloydie has been vocal of his admiration for the Emmy-nominated actress, whom he says is "maalaga" and "galante."

He related: "Napakamaalaga niya. Parang feeling mo ikaw 'yung leading lady. Maasikaso siya. She makes sure na komportable ka, na busog ka. Kita niyo 'yung mukha ko parang laging busog... (laughs) Napaka galante niya. Hindi lang naman sa kapwa niya artista, pati rin sa mga staff at crew. Mabibilib ka kasi kakaiba siya makisama, mag-alaga, magmahal. She will go out for her way to make sure na okay ka, komportable ka sa trabaho."

But Lloydie maintains that he just wants friendship with Angel and that the declaration wouldn't cause any tension with his good friend Luis Manzano, who is Angel's ex-boyfriend. "Wala namang ilangan. Kaming tatlo naman nasa tamang edad at pag-iisip para malaman 'yung mga lugar namin sa isa't-isa," he added.

Luis and Angel have admitted to "dating" again and are trying to rekindle their relationship. Lloydie, on the other hand, is currently in a relationship with "Alyna" star Shaina Magdayao.

Meanwhile, "Imortal" has been a consistent top rater since it began airing on Oct. 4. Barely three weeks on air, it has surpassed the high ratings of GMA-7's "Grazilda" topbilled by Glaiza de Castro. ■

Sharon Cuneta loses 20 Pounds, vows to shed more



Sharon Cuneta

Megastar Sharon Cuneta has lost more than 20 pounds and she won't say how she did it---at least not yet.

"Soon... I will show you how...on a billboard," said she gleefully on "The Buzz," Oct. 10.

The only secret Cuneta shared about losing weight is to cut down on food intake.

"Just tell yourself na lahat 'yan [food], naandiyan pa yan pagpayat

mo," she quipped.

The megastar doesn't recommend starvation for those trying to shed pounds.

"The minute you deprive yourself, you will binge and you're not going to lose the fat, you're losing water.

"Bawas lang [food]...at maybe once week, kainin mo gusto mo. Pero kain ha hindi banat. 'Yong gagamitin mo kutsara hindi pala, plato hindi bandehado," she joked.

Another suggestion Cuneta shared is to eat less rice.

"Eto, pinakamadali, painless halos, eat all the ulam you want but tangalin mo muna ang kanin. Eto, slow but sure," she advised.

The actress basked in seeming mock satisfaction when Abunda mentioned that Gabby Concepcion, Cuneta's ex-husband, has supposedly commented on her slimmer figure.

"I think he's regretting," said she with a laugh, adding, "Talangang may malisya pa rin. Kaya ayoko muna mag-movie with him eh." ■

A lock of love



Sarah Geronimo

Sarah Geronimo has donated a lock of hair to charity.

Sarah said she herself cut her long tresses and gave her "gift" for cancer patients to hair stylist Jing Monis, who sent it to the US-based organization, Locks of Love.

According to the website www.locksoflove.org, the organization gives hairpieces to needy children suffering from hair loss due to long-term medication, "to help restore their confidence."

During a political gathering,

Sarah denied rumors that the gesture was the result of frustration over her "zero" love life. She jested, "Well, I wanted a hair makeover."

She gamely answered questions about long-time suitor Rayver Cruz and John Lloyd Cruz, her leading man in two hit movies, and pregnant Judy Ann Santos, her costar in Wenn Deramas' "Hating Kapatid."

Sarah said Juday never complains, but has limited work to two days a week and set a cut-off time. "We all get to go home early," Sarah noted, smiling.

She said she was "shocked" when she learned about the romance between John Lloyd and Shaina Magdayao. "It can no longer be denied. People see, and they talk. I just hope the public will respect [their privacy]."

Sarah would not confirm that newcomer Matteo Guidicelli is courting her, only that they're friends. "Billy (Crawford) introduced him to me in Cebu. It's not true that Matteo has been sending me flowers. But he's good looking."

About Rayver, she would only say, "If we're meant for each other, it will happen." ■

Efren Peñaflorida to attend CNN heroes awards 2010



Youth educator and advocate Efren Peñaflorida is set to fly to Los Angeles, California to honor CNN's next batch of heroes.

Apart from attending the CNN Heroes Awards Night and Tribute Show in November, the global channel's hero for 2009 related to PEP in a recent interview that he was also invited by various states to conduct talks.

This year's 10 CNN Heroes does not include a Filipino. Efren, having

submitted nominees from the Philippines, said he was "hoping and praying" that another Filipino will make it to the cut "for his or her selfless deeds."

"Hindi ko alam [kung bakit walang nakapasok]. Hindi ko alam kung paano sila mag-search. Hindi ko [rin] alam kung paano 'yung judging nila, eh. Even 'yung pagkapasok ko, hindi ko rin naman alam kung paano ako napilli, kung paano nila ako pinili," he related.

Efren was declared as CNN Hero on Nov. 22 of last year for his notable accomplishment of providing free education for the youth, particularly those "in slum areas who have no access to education, basic hygiene and sometimes, even love from their families."

He, together with some friends, founded the Dynamic Teen Company (DTC) 13 years ago, and pushed for an innovative way of educating kids through the "Kariton Classroom." The group, which started out from having only 20 members and now has around 200 volunteers, also conducts feeding programs, provides first aid treatments, and holds values formation activities.

A year after his declaration as CNN Hero, Efren enthused about updates on the DTC, as well as the mileage his

cause has reached.

For one, Efren said that the government has been coordinating with their group to extend its support.

"Ina-ask nila 'yung mga suggestions namin. Nag-i-inquire sila kung paano [sila] mako-contibute para sa education natin dito. Even si Secretary Armin Luistro (Dept. of Education), nakausap ko na para ayusin nga kung puwede ngang i-replicate 'yung pushcart nationwide, 'yung sistema," he related.

DTC's "Kariton Classroom"'s main base is in Cavite, but Efren said that replications of it has reached provinces such as Naga and Cagayan De Oro---and yes, even Kenya, Africa. "Meron ding nag-e-mail sa amin from Kenya, asking if they could replicate the same system," he said.

They also plan extend their project internationally, "but hindi na 'yung group namin ang magma-manage or mag-o-operate. It's actually a different organization na."

"Parang we will allow them to use 'yung activity, 'yung tool namin, 'yung pushcart classroom, kung saang paraan para mas ma-improve 'yung services nila pagdating sa pagri-reach out dun sa mga youth, dun sa mga less-fortunate kids," he added.

Currently under construction is the

Kalingain Batang Mahirap Learning Center, which the Pinoy hero hopes to be fully operational by December.

"It's not a formal school. It's actually a tool para tulungan 'yung mga nasa eskuwelahan, 'yung mga bata na na-encourage naming pumasok sa school, para ma-sustain 'yung kanilang studies," he said of the learning center.

In order to raise funds needed for the construction, DTC organized an exhibit called "The Hero In You" in Rockwell, Makati. It features photos and videos of the group and its volunteers---which are all for sale together with items like dog tags, T-shirts and CD compilation of the photos and videos.

While Efren has always made his love for education and the youth known, he also once made known his special feelings for actress and philanthropist-advocate Angel Locsin. The two met last year at the airport when Efren was on his way to the CNN Heroes Awards, while Angel was en route to the International Emmy Awards, where she was nominated for Best Actress. Prior to Efren's international recognition, Angel is said to have already been supporting his projects.

They, however, remained just friends with Efren declining to talk ■

Jericho, Isabel named most stylish celebs



Jericho Rosales



Isabel Oli

The Star Studio Celebrity Style Awards named Jericho Rosales and Isabel Oli as the most fashionable stars.

Hosted by supermodel/hosts Sarah Meier and Bianca Valerio, Star Studio Celebrity Style Awards night paid tribute to and applauded celebrities for their remarkable style and unmatched contribution to the entertainment and fashion spheres.

The biggest and most stylish names in showbiz – actor/singer Jericho Rosales, actress Isabel Oli, comedian Tuesday Vargas, were among the celebrities who announced the winners of the People's Choice categories.

Others who made it to the fashionable best list are: Agot Isidro, Most Stylish Kontrabida ("Tayang Dalawa"); Kim Chiu, Most Stylish Leading Lady; Piolo Pascual and John Lloyd Cruz, Most Stylish Leading Man; Sarah Geronimo, Most Stylish Performer-Female; and Billy Crawford, Most Stylish Performer-Male.

Presenting the technical awards categories were Tim Yap joined by Kelly Misa and Nicole Hernandez

Sagip Kapamilya of the ABS-CBN Foundation, Inc. was the chosen beneficiary of the event. ■

Sam Milby explains abrupt closing of soap with Sarah Geronimo



Sam Milby

On the personal front, Sam shared talked about his ongoing friendship with acoustic singer Marie Digby.

"Still talking and texting. We realized na ang hirap talaga kasi long distance. We don't know when we're gonna see each other. Kahit papaano we both know that we're happy... that we made a good friendship. Kasi I know we're gonna be good friends naman," he said.

The last time Sam saw Marie was months ago when he performed in a concert in Japan. Together, they performed a number, much to the delight of their fans.

A lot are also curious about the possibility of Sam working anew with ex-flame Anne Curtis. While being positive about it, the hunk feels it will take some time before they can work together in a project.

"I'm sure sometime in the future. Madami kaming supporters hanggang ngayon. I'm sure it'll be a while pa before that happens. Ako, I'll be fine with it. It's only right kasi ang dami naming supporters."

But to the possibility of him and Anne reconciling, Sam slammed the door on the issue.

"I think Anne is open na may dine-date siya muna. Unang-una, I'm just happy na may trabaho pa ako. I'm still young. Wala ang kanyang plano na magpakasal any time soon. I feel I wanna concentrate sa career. It's not that I don't like to have a relationship but I will not look for it. Gano'n lang." ■

Sam Milby's pairing with Sarah Geronimo in "1DOL" seems to have not picked up and the show will no longer last a full season.

The show's poor showing in the ratings have reportedly caused panic among ABS-CBN executives. After some deliberations, the execs decided to put "1DOL" on the chopping board.

Sam explains the show's fate.

"Naging tape-to-air kami. There was a change in the script before and it became tantamount. Kung ano 'yung tine-tape namin sa umaga ipapalabas sa gabi. So, 'yun ang naging problema namin," the acoustic heartthrob explained on "Juicy" on October 22.

The schedule of the main stars were also cause for concern.

"Next week aalis si Sarah for two weeks. Tapos ako aalis in two week's (time). So, dalawang bida ang mawawala. They can't do something about it."

Showbiz Gossip *Continued from p.19***First time's the charm for young stars****Joshua Dionisio at Barbie Forteza**

The mall tour of the Arroyo 7 youth drama "First Time" was halted recently because of safety concerns. The crowds were too big and unruly at their first stop, SM San Lazaro, according to the show's lead stars Joshua Dionisio, 15, and Barbie Forteza, 12.

GMA 7 Corporate Communications said the cancellation was "mutually agreed upon by the mall and the production staff, who are now looking for a bigger venue."

The cast has also gone on campus and regional tours in Bulacan, Cebu, Bacolod, Baguio and Bukidnon.

Sudden fame surely caught Joshua and Barbie by surprise.

Now, Barbie can no longer go malling anytime she wants. "I only go if I need to buy something. But I'm glad that people our age seem to like our show."

The break

Joshua, who has been in the biz since age 7, is similarly pleased that fans now hold vigil in front of his house and accost him for souvenir snapshots. "I waited for this for a long time," he admitted.

For seven years, the right break eluded him as an ABS-CBN talent, only to stumble on it when he auditioned for the GMA 7 series "Stairway to Heaven" last year.

"People didn't notice me before," he said. "I always did my best when I was with ABS-CBN, but people started paying attention only after 'Stairway.'"

Barbie, who appeared in TV commercials and the indie film "Puntod," recalled that she had a simple goal when she auditioned for "Stairway": "To see myself on television."

She got that, and more.

Now, these kids, largely because of their TV characters Cyndi and Lukas, can potentially cause havoc in city malls.

Still, there is criticism that Joshua and Barbie, who recently signed up with GMA Artist Center, are being rushed into adulthood due to the romantic theme of "First Time."

Joshua disagreed: "The show's story is not that heavy. Our roles suit us. Natural lang. I know that people my age act the same way as our TV characters. My own classmates are like Lukas and Cyndi."

Joshua noted that Barbie seems mature for her age. "Yes, I'm older, but I don't have to guide her. She can handle our scenes well. We help each other on the set."

Barbie insisted that she remains a child at heart off the set.

"My cousins and I play hide-and-seek at home. We also put makeup on each other in my room," she related.

Too young

They don't pressure themselves to "like" each other just because they are a love tandem.

"We're too young for love," Barbie pointed out.

Quite coincidentally, the actors they idolize are a screen couple as well: Robin Padilla for Joshua; Sharon Cuneta for Barbie.

"My mom is a Sharonian and we have DVDs of her movies at home. My favorite is 'Bituing Walang Ningning.' I like Cherie Gil, too," she said.

"I worked with Robin in (the horror movie) 'Kulimlim.' He was nice to everyone on the set. Whenever he didn't like the food on the set, he would ask the cook to prepare a more delicious meal for all of us," he said. ■

Kim Chiu: I did not attempt to commit suicide**Kim Chiu**

Kapamilya young actress Kim Chiu has finally spoken up on her alleged suicide attempt after her rumored breakup with onscreen partner Gerald Anderson.

"*Alam mo kalokohan and katangahan para sa akin kung gawin ko 'yon.... Papatayin ko sarili ko, bakit? Parang sinong mag-aalaga sa mga kapatid ko? Sinong bubuhay sa kanila? And may pinagagawa akong bahay, dream [house] ko, sinong magtatapos noon?*" Kim said in interview aired on "The Buzz," Oct. 10.

Amid Kim and Gerald's repeated denials that they were an item, Kim's alleged suicide attempt hogged headlines.

"*Ito sasabihin ko, lahat ng tao dumadaan sa proseso ng buhay. Nasa taas, nasa ibabaw, malungkot, masaya pero dahan-dahan nagiging okay naman ang lahat. Katulad ko masaya*

naman ako ngayon," Kim explained.

Though Kim didn't address the "breakup" issue during the interview, she didn't fail to speak of Gerald, whom she referred to as "a good person."

"*Yung tungkol kay Ge (Anderson), ayokong isipin na masama siyang tao kasi hindi talaga. Lahat ng mga haters niya parang ako ang nasasaktan para sa kanya,*" she said.

Gerald has had an avalanche of outrageous comments following their rumored split up. Kimerald fans allegedly threatened to not support the actor's projects sans Kim.

Reports have it that Bea Alonzo is the new "apple of the eye" of the actor. With the alleged budding romance, Kim commented: "*Magandang lalaki si Gerald, aminin natin 'yon. Mabait pa, gentleman. Lahat naman magkaka-gusto sa kanya kaya hindi na imposibleng may ma-link pa sa kanya.*"

Despite being mainstays of the Sunday musical variety show "ASAP XV," Kim revealed she is not close friends with Bea.

"*Hi, hello' batian portion [lang kami ni Bea]. Parang iba ang circle of friends nila sa 'ASAP' Nagbabatian kami, okay naman po kami,*" she said.

Admitting to have felt "deeply hurt" recently, but refusing to state if it is due to the purported Gerald-Bea romance, Kim shared: "*Hindi naman ako robot [na] walang pakiramdam... Sa akin na lang 'yon, sa sarili ko na lang kung anuman 'yon.*"

Kim and Gerald's most recent TV project was the defunct primetime series, "*Kung Tayo'y Magkakalayo.*" They will soon be seen on the big screen via Star Cinema's "Till My Heartaches End." ■

Juday gives birth to baby boy**Juday Ann Santos**

Actress Juday Ann Santos has given birth to a baby boy.

According to Santos's mother Carol, Juday Ann gave birth at the Asian Hospital on Thursday afternoon, at 5:51 pm.

Juday Ann Santos is married to TV host and actor Ryan Agoncillo.

Mommy Carol said that as of 7:30 p.m. Juday was already resting at the recovery room.

"Nasa recovery room pa siya, mga 2 hours pa bago siya umakyat, pero

ngayon nagbe-breastfeed na siya kay Lucio at she's fully awake na," she said. She said she has no other information about the baby yet, since the couple is still at the recovery room.

"Normal delivery, at di siya nahirapan dahil she started labor pains ng 11 [a.m.] at nag-give birth siya ng 5:51 [p.m.]," she said.

Mommy Carol said Juday gave birth via normal delivery.

The baby will be named Juan Luis, and will be nicknamed Lucio. The name, Mommy Carol said, comes from Lucio's sister and grandfather.

"It's Juan Luis, ang Luis 'ata is from the father of Ryan, and iyong Juan, si Yohan kasi si Johanna, so Tinagalog lang nila," she said.

She said Ryan is very excited about Baby Lucio, saying the new father even joked the kid already has a new car.

She also said they are still not accepting visitors, to make time for family bonding.

"Hindi pa kami nag-a-allow ng visitors kasi nga kailangan muna sigurong manamnam nila iyong baby nila," she said.

She also thanked everyone for their support and prayers for Juday's safe delivery. ■

Diether Ocampo distances self from Kris Aquino



Diether Ocampo

Hunk actor Diether Ocampo and Queen of Talk Kris Aquino are working for the first time in a movie intended for the Metro Manila Film Festival (MMFF) but he is said to be aloof in dealing with her.

During shooting, Kris says Diet settles in one corner and avoids bantering with her.

"Naillang pa siya siyempre kasi mag-asawa kami [sa pelikula]. Although we've known each other forever, but we've never worked together. Ito 'yung first time. Sandali lang siya kausapin ako kasi feeling niya matsitsismis siya sa akin," the loquacious actress shared on "Showbiz News Ngayon," Oct. 18.

"Hindi n'yo ba napansin 'pag cut ng eksena, layo siya. Tapos 'pag hindi niya eksena lumalayo siya. Nai-stress siya siguro," Kris revealed.

Diether verified Kris' observation.

"Mahirap na kasi baka... alam mo 'yon? Medyo... ako naman parang lumalagay lang ako sa tamang posisyon, 'di ba? Kung wala lang magiging balakid, 'di ba parang... Kung tutuusin nga, ako wala naman akong pananagutan, unang-una," Diet explained.

The actor said Kris knows him inside and out. "Kilalang-kilala naman niya ako. Wala naman akong itinatago. Alam naman ng mga tao."

Diet feels it's normal to feel so, as they were estranged with each other for quite a long time.

"Siguro gano'n talaga. Sa tagal ng hindi naming pagkikita ito lang 'yung chance na nabigay sa amin. Pagbigyan mo na ako na medyo gano'n ang feeling sa umpisa. Eventually baka maging ano 'yung timpila," he said.

A few weeks ago, Kris sister Balsy Aquino Cruz reiterated her wish for Kris not to marry again.

"Oo, sinabi niya and please 'wag na daw akong ikasal, mag-boyfriend na lang daw ako," Kris affirmed her sister's statement.

But is she ready to follow her sister's wish?

"Susundin ko ang korte ng Makati. 'Pag sinabi ng korte at sinabi ni judge na libre na ako, why not?" ■

Iza Calzado never to don swimsuit on cam again



Iza Calzado

Getting out of her comfort zone by playing a beauty queen who dons a two piece swimsuit is something Iza Calzado will do only once.

She admits feeling nervous during a swimsuit scene of a competition in a pageant on her forthcoming soap.

"Ayoko nang ulitin uli, nagawa ko na. Siguro hindi rin talaga ko ganooon kakomportable. Pero masaya naman po na nabigyan ako ng pagkakataon na nagawa ko," said the reluctant beauty queen.

She once nurtured the idea of joining a beauty pageant but let go of this dream when she gained a lot of

weight. She revealed that it was her mom's dream for her to one day end up with a crown and a scepter.

"Pangarap siya ng nanay ko na hindi niya nagawa kasi she's (only) 5'1. She's very short and she wanted me to be a beauty queen, which did not happen... did not materialize. It's just amazing that now I'm given a chance to portray a character that mom always dreamed I would become, hoped that I would become one day."

Iza thinks working with beauty titlist Maggie Wilson gives people reason to compare them but she does not dwell on it.

"I've known Maggie when she was 15. Of course I would be compared to her. C'mon guys. She's like super petite next to me. Talagang she has assets, I have my own.

"At the end of the day I must not let it get to me kasi people will try to attack us from all points, from different sides. Ako naman po, ang trabaho ko dito bukod sa maging beauty queen ay paiyakin kayo, pasayahin kayo. Sana ma-in love din kayo sa mga konting kilig na eksena namin..."

Showing her sexy side is something that she's psyching herself to do even if it's just for a role. "Baka naman oras na. Baka naman last na 'to," she said in jest.

Turning serious, she said, "Ang iniisip ko talaga this is a role and I'm doing this just for this project. With that in mind, I just let go of all the attention." ■

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Pagasa: New storm due today but will most likely spare RP

Weathermen on Friday spotted a new tropical depression in the Western Pacific but said it would likely skirt the Philippines and head for Taiwan or southern Japan, sparing Luzon from further damage after a destructive strike by Supertyphoon "Juan."

The latest tropical disturbance—referred to by forecasters as "Katring"—is expected to enter the Philippines' area of responsibility around noon Saturday but is unlikely to make landfall in the country, the Philippine Atmospheric, Geophysical and Astronomical Services Administration (Pagasa) said.

Katring was spotted 1,520 kilometers east of northern Luzon as of Friday evening.

A second tropical depression has formed in the Pacific but is still too far to affect the country, Pagasa said. It was located about 2,000 km from the country and could later weaken and dissipate.

Rains over weekend

Residents of western Luzon and Visayas should expect rains over the weekend, Pagasa said.

It said the rains and winds which lashed the country Friday were still the effects of Juan, which pounded northern and central Luzon earlier this week, killing dozens of villagers and destroying crops and infrastructure worth at least P8.5 billion.

"There is less possibility that it (Katring) is going to be as strong as Juan," Pagasa chief forecaster Robert Sawi said.

Katring was packing center winds of 55 kph, moving westward at 20 kph, and might "intensify in the next two to three days," Sawi said.

In a 5 p.m. bulletin, Pagasa said Metro Manila and other major cities in Luzon would experience a rainy Saturday with thunderstorms. From Sunday to Tuesday, most of Luzon will be cloudy to partly cloudy with rain showers, it said.

The rest of the Philippines will be cloudy or partly cloudy with isolated rain showers and thunderstorms.

Isabela relocation

Malacañang on Friday said action would be taken to relocate residents in the coastal areas of Isabela to avoid a repeat of the devastation that hit their communities when Juan struck the region.

Presidential spokesperson Edwin Lacierda said some residents were refusing to transfer to other places as part of the

government's long-term plan to minimize tragedies.

"We were informed that some residents don't want to relocate. I think (President Aquino) would be directing the local government to do the necessary action. I'm sure (Interior Secretary Jesse Robredo) will be taking action," Lacierda told reporters.

Lacierda indicated the planned relocation would take into consideration the residents' livelihood but the primordial concern was the residents' safety.

"I think any decision will be made by the governor and secretary of interior and local government," he said.

safer area from where they are now," he said.

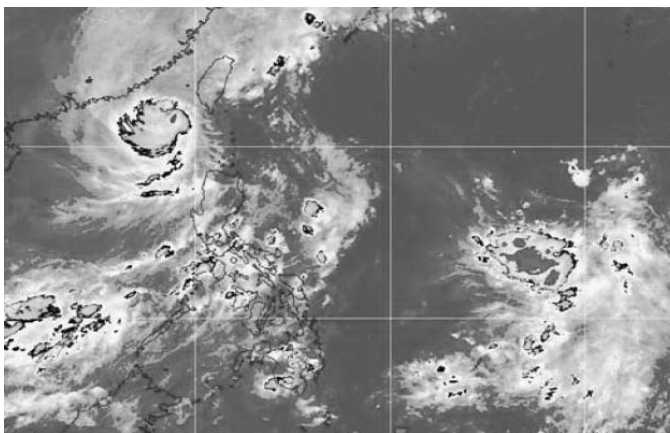
The Department of Agriculture said damage to agriculture continued to climb. "Losses to the agriculture sector in terms of production and infrastructure is now estimated at P 8.49 billion," it said.

According to the DA, "production loss of the rice sector is biggest at P6.02 billion followed by high value commercial crops at P660.30 million."

The corn sector suffered losses pegged at P366.03 million. Damage to fishery was estimated at P140.08 million, while livestock losses were valued at P10.59 million.



HELPING HANDS. Philippine policemen and US Marines load relief goods into a US CH-46 Sea Knight helicopter for a mercy mission in Isabela province which was ravaged by Supertyphoon "Juan" on Monday. The Philippine weather bureau lifted all typhoon warnings as Juan, moves further away toward Taiwan and southeastern China.



GOODBYE 'JUAN'. As of 2 p.m. Friday Oct 22, Typhoon "Juan" is 280 kilometers west, northwest of Basco, Batanes with maximum sustained winds of 175 kph near the center and gustiness of up to 201 kph. It is forecast to move north at 9 kph, according to Pagasa

Agricultural damage

Earlier, Mr. Aquino said residents in the area would have to go. "We will convince the residents of these coastal areas to get to a

Hardest-hit areas

Pangasinan and Isabela suffered the biggest losses estimated at P2.36 billion and P1.25 billion, respectively. Isabela is the country's second biggest rice-

producing province, while Pangasinan is the fifth.

Agriculture Undersecretary Joel Rudinas said farmers were trying to recover their palay harvest that was submerged by Juan's waters.

"Almost all of the hectareage have chances of recovery," he noted.

The DA said a total of 317,111 hectares of rice lands were affected, resulting in the loss of 353,415 metric tons (MT) of palay worth P6.02 billion from 18 provinces.

"Although the palay was really soaked in water, there's a chance that they can be recovered. As long as they are not soaked for three to five days, the palay can be used," Rudinas said.

Crop insurance

The farmlands affected represented 17.05 percent of the total 1.8 million hectares supposed to be harvested during the October-December period, the DA said.

The Philippine Crop Insurance Corp. (PCIC) said it would pay a total of P161.41 million in indemnities to 17,200 farmers who insured their rice and corn plants this cropping season.

PCIC president Jovy Bernabe said the amount would go mainly to rice and corn farmers in Central Luzon who insured their crops with the agency.

The farmers will get a total indemnity of P86.729 million. Cagayan Valley farmers will receive a total of P45.714 million, while Ilocos (Region 1) farmers will get P25.046 million.

Death toll

The official death toll from Juan's onslaught has risen to 26 as of Friday. This included a 61-year-old man who died of hypothermia in San Fernando City, La Union, the National Disaster Risk Reduction and Management Council said.

But Agence France-Presse, quoting Red Cross data, put the death toll at 36.

At least 34 persons were injured while four others were reported missing.

Some 1.35 million people in 23 provinces either suffered house and property damage or lost their sources of livelihood.

Many affected families were also El Niño victims who have not yet recovered from their crop losses due to the prolonged dry spell, according to the Department of Social Welfare and Development.

As of Friday morning [Oct 22], nearly 33,000 people were still in evacuation centers. ■

Manny Pacquiao's speed 'one of a kind'



President Benigno Aquino 3rd wishes Rep. Manny Pacquiao of Sarangani the best of luck in his November 13 clash with Antonio Margarito during a courtesy call in Malacañang on Friday Oct 22.

Undefeated Filipino world title prospect Mercito "No Mercy" Gesta thinks that Manny Pacquiao's quickness and "extraordinary" speed will carry him to victory against the bigger and stronger Antonio Margarito in their November 13 fight.

"Manny has extraordinary speed. His speed is different," Gesta told Filipino-American boxing scribe Dennis Guillermo of Examiner.com. "Other fighters have speed, but . . . Manny has speed and explosiveness that [allow him] to throw punches from weird angles and all kinds of angles."

The San Diego, California-based Gesta (19-0-1, 9 by knockouts) said that most boxers could only throw punches

effectively from a certain stance.

But Pacquiao is one elite fighter who could throw punches from any angle with either hand and that is how he confounds even bigger opponents, he added.

"Manny can throw anything, and they're fast punches," said Gesta, a speedy lightweight southpaw about the size of Pacquiao.

Most of big-name fighters whom Pacquiao has defeated—David Diaz, Oscar Dela Hoya, Ricky Hatton and Miguel Cotto—have said that in the heat of their bouts, they did not see Pacquiao

quick hands hitting them.

Gesta observed that Pacquiao's speed is hard to emulate and hard to go up against.

"Sometimes you'd think you got it figured out but when you're there, you can't see those punches coming because they're very fast and he can throw them at any angle. That's why a lot of people have a hard time against him," he explained.

According to Gesta, Pacquiao enjoys "a great advantage" over Margarito based on their fighting styles.

"Manny moves a lot and he likes

opponents who come forward so he can counter them," said the 23-year-old, who is being tipped as the Philippines' next world champion.

"I think Margarito may be too slow for Manny and he has been off from boxing for quite a bit. I really think Manny has a big chance to win this fight if they both exhibit the same styles they used to," he added.

Meanwhile, respected trainer American Naazim Richardson considers Pacquiao a "brilliant" fighter mentored by a great coach, which allows him to rule boxing's pound-for-pound rankings.

"I must admit that, right now, Freddie [Roach] and Pacquiao are the powerhouses in [boxing]," said Richardson, the trainer of ageless fighters Bernard Hopkins and "Sugar" Shane Mosley.

"Freddie is just brilliant in how he handles Manny, and Manny is just brilliant in how he follows what Freddie shows him," Richardson was quoted by veteran sportswriter Michael Marley during Wednesday's press conference to hype the December 18 Bernard Hopkins versus Jean Pascal light heavyweight title fight in midtown Manhattan.

"I must say that Pacquiao is an extraordinary talent as well," he said. ■



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