

“Occupy Wall Street” spreads



A general assembly of protestors held at Washington Square Park, October 9, 2011

(October 15, 2011 by Evelyn Juan of the Dispatch) TORONTO—Protesters took to the streets of Canada’s financial capital Saturday, kicking off “Occupy Bay Street,” as demonstrators around the world converged on cities from London to Sydney, copying the Occupy Wall Street protests that have convulsed New York and other U.S. cities.

The protesters here were relatively small, with police on site estimating crowds of about 2,000. The crowds centered midmorning in the financial district of the city, home to the country’s main stock exchange and the headquarters of Canada’s biggest banks, clustered around Bay Street.

Seemingly unaffiliated protesters joined organized labor groups in the protests. Similar demonstrations were planned for other Canadian cities, from Calgary in the western province of Alberta to Montreal in French-speaking Quebec.

Organized loosely over previous weeks, demonstrators in

See Page 4 OCWS

Mayor Tremblay acknowledges vital role of the Ethnic Press in the community



Mayor Gerald Tremblay holds in his hand a copy of Montreal’s Charter of Rights and Responsibilities as he appeals to the Ethnic Press to inform their respective communities about its importance.

Montreal, October 14, 2011 - The Mayor of Montreal, Gerald Tremblay, welcomed at City Hall representatives of the media from diverse cultural communities on the occasion of developing networking. He was accompanied by Mme. Mary Deros,



Mayor Gerald Tremblay poses with members of the Ethnic Press, October 14, 2011

responsible for cultural communities and Mr. Frantz Benjamin, associate councillor, and Mme Jocelyn Ann Campbell, responsible for social and community development, of the family and seniors.

“This meeting shows the rich cultural and social heritage of a cosmopolitan city where hundreds of communities live together in harmony.

See Page 4 Mayor Tremblay



Contents

Editorial 2
 Cooperative News 3
 Tagalog Corner. 9
 Any Which Way (Op.Ed.) 10
 Ask the Video Guy 15
 Philippine Cuisine 14
 Showbiz Gossip 16
 Classified Ads. 21

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Editorial

Will the Occupy Wall Street movement lead to any changes in our life?

"OWSM" or "Occupy Wall Street Movement" is spreading like a wildfire across the U.S., Canada, Europe and the rest of the world. It is amazing how it had been spawned in Canada, yet, it found its first manifestation in New York City on September 17, 2011 by about a 1000 people. As of this writing, it has been gaining momentum by the increasing number of people who are becoming angrier and angrier against the financial establishments that received huge bailouts but have not shown anything to prove they deserve to receive a handout of taxpayers' money. In spite of its apparent "leader-less" structure, and "fuzzy" idealism, the movement is expected to continue for an indefinite period. Then what's next? This question has no answer yet, but as we discuss this new phenomenon, many of us who are standing by the sidelines cannot help but wonder what we can do in solidarity with the movement.

Although Canada has a stronger banking system than the U.S., we also suffer the same problems like most people in the world - huge deficits, and debts which cannot be resolved without belt tightening and austerity measures. However, most people are showing impatience with government wastes and the disparity between the rich and poor is quite disturbing. It is therefore easy to understand why the OWSM is gaining popularity. The people can no longer accept the glaring inequality and powerlessness of 99% of the population. To make things worse, governments are seen to be catering to the needs of the 1% of the population by passing laws that allow them to reap more profits at the expense of the 99%.

There is no doubt that OWSM has a lot of potential for good but this depends on the ability of the majority of people to be fully involved, not necessarily to be living under a tent in the park but as a participant in the discussion of alternatives or choices. In order to do this, we must all have the facts but the problem we will surely encounter is that it takes an extreme amount of time and energy to gather data we need. For most of us, we depend on what is reported by the media. Sometimes this poses a problem because the media may be giving us opinions rather than facts. It

is in this regard that we need to use our critical thinking ability to analyze and synthesize information as well as our personal motivation to be really involved in our communities.

Most people nowadays seem to feel that easier times are gone and we must keep working harder for less money. The OWSM testify to this common discontent - the rich gets richer, and the poor gets poorer. The hard question to answer is - why did we allow this to happen? What have we been doing over the years? Who do we blame for this predicament? Is it the government? Or is it the complacency of the people themselves that allowed such inequality to exist?

It seems difficult to put blame on any one particular group of people. But if we begin to analyze the source of the problem, it seems that no one intentionally want to make bad laws. It just happens that over a period of time, they no longer work but no one seems to complain about it until its effects have become too serious to ignore. Perhaps, we are not even talking about only one law, like taxation, banking, etc. It is a complicated business to see how different laws affect people's lives. The OWSM seems to highlight certain laws that favor only the rich. Who will take the initiative to see to it that these laws are revised to make the economic system favorable to the 99% of the population instead of only to the 1%? Do we have the political power to demand these changes? Will our representatives be willing to take the step voluntarily to protect the common people's interests?

Undoubtedly, there are many political and economic upheavals happening around the world. We consider ourselves luckier in Canada that our banking system is stronger, nevertheless, this does not mean that we do not have to worry about other things. We cannot afford to be complacent as the same inequality exists here with a slight difference. Instead of 1% vs 99%, it is 3% vs. 97%. The rich still controls the mechanism of government that believes it is doing the right thing because the 3% are the ones creating jobs, hence, they get all the incentives and the tax breaks. But it is still unknown how the established system can change for it requires more than the OWSM to liberate the poor of the world.

Zenaida Ferry Kharroubi

Harper Government introduces the Ending the Long-Gun Registry Act

Ottawa, October 25th, 2011 — Today, in the House of Commons, the Honourable Vic Toews, Minister of Public Safety, introduced the Ending the Long-Gun Registry Act.

The Minister made the announcement alongside the Honourable Maxime Bernier, Minister of State (Small Business and Tourism), and Candice Hooppner, Parliamentary Secretary to the Minister of Public Safety, in Richmond, Ontario, where they met with various stakeholders who support the long-gun registry's abolition.

"The Harper Government has always been clear; by eliminating the wasteful and ineffective long-gun registry, we can instead focus our efforts on measures that actually tackle crime and make our streets and communities safe," said Minister Toews. "Our Government will continue to uphold our commitment to effective gun control measures that help keep firearms out of the hands of criminals and off our streets."

The legislation introduced today will:

- * Repeal the requirement to register non-restricted firearms (long-guns);

- * Provide for the destruction of all records pertaining to the registration of long-guns currently contained in the Canadian Firearms Registry and under the control of the chief firearms officers; and

- * Maintain controls over restricted and prohibited firearms.

Under the proposed reforms, firearms owners will still require a valid firearm licence to purchase or possess firearms and to purchase ammunition. They will also be required to undergo

police background checks, pass a firearms safety training course and comply with firearms safe storage and transportation requirements. In addition, individuals will continue to be required to register prohibited and restricted firearms, such as handguns. "The Harper Government is committed to putting the safety of Canadians first with real action on crime that delivers enhanced protection for communities," said Parliamentary Secretary Hooppner. "That is why our government is investing in a number of effective measures such as putting more police on our streets, fighting organized crime, introducing mandatory minimum penalties for serious gun crime and combating gun smuggling."

The introduction of this legislation is consistent with the Government's efforts to ensure our firearms laws target real criminals and protect the safety of the public.

For an online version of the legislation, visit: www.parl.gc.ca.

* Abolishing the Long-Gun Registry: Proposed Reforms to the Firearms Act and Criminal Code

For further information:

Media Relations
Public Safety Canada
613-991-0657

The greatest need of the future is for more and better leaders in all fields of human endeavour - leaders who will have the knowledge, courage, conviction and human understanding to cope with the problems of a shrinking world, freer trade, the population explosion and the need for improved living conditions for all.
Anton Rupert

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COOPERATIVE NEWS

Marché Coop ready to do business with members on a regular basis



A partial view of the new Marché Coop located under the same roof as Gilmore College International on 5320-A Queen Mary Road

We have almost finished moving the Marché Coop to its new location but we have to leave behind some office furniture that we cannot accommodate in our new office. We hope to sell them off to any interested buyer and no reasonable offer will be refused. We still have a set of glass computer table with a matching desk and bookshelf that can be sold for \$250, and an airconditioner, hardly used, 6000BTU for \$180, and a big wooden table with drawers and bottom shelf, originally made to be used for chopping "lechon". This can be sold at any reasonable price to someone who can use it. At the moment, they are still in the basement of Cuisine de Manille Restaurant on 5710 Victoria Avenue.

During the general assembly held on Sunday, October 16, 2011, there were only a few members who attended which did not warrant nomination and election of new directors, hence, it was proposed and agreed upon to retain the old board to until we can have more members who will be interested to run for position of s directors because we have to conform with the Quebec Cooperatives Act that stipulates to have at least five directors. Three out of the five directors were absent because of other meetings that they had to attend which were in conflict with the Coop's general assembly. In fact, there were a number of other gatherings in the community which were probably more interesting for people to attend. For some reasons unknown to us, a majority of the Cooperative membership were not motivated to come to this assembly nor to other past meetings. For this reason, it was proposed to renew the membership roster by having a campaign that may attract new members to sign up. Ben Bade, one of the five original founders of the cooperative, pledged to issue two separate cheques of \$100 each to be used in buying two gift certificates. The first \$100 certificate will be raffled off during the membership campaign from November 1, to

December 10, 2011. At least 20 or more members must be recruited to make the raffle more exciting.. One lucky winner will be drawn during Gilmore College's Christmas party to be held on Saturday, December 10, 2011 from 5:00 to 11:00 p.m. at 5320-A Queen Mary Road. All past, present, future students with their families and friends are invited, including the cooperative's members, both old and new. Guests are encouraged to bring a dish or anything they want to contribute to make the party a success. An exchange gift worth \$10 is also requested from everyone.

The second gift certificate of \$100 will be raffled off during a post New Year Party of the Cooperative to be announced later. It is hoped to have at least 20 or more members sign up during the period of the contest. The sign up period of membership for the second gift certificatet will be between December 11, 2011 to January 15, 2012. Since membership is only \$100, the lucky winner is really going to get back the value of his or her \$100 membership share as this certificate entitles the holder to shop for groceries at Marché Coop.

To promote the habit of buying from our cooperative store, we are going to sell gift certificates starting from \$10, \$20, \$25, or any amount that the buyer wants to give as a gift to a friend or relative for Christmas or for any other occasion. Just call us at 514-485-7861 and we will prepare your gift certificate with an envelope, ready to be given to anyone you choose to give a gift to. Our biggest supporter and originator of this idea is Lina Fernandez, our current vice-president, who makes sure that she has enough certificates on hand to give away to her friends and relatives. We believe that this idea is useful and very practical. Instead of receiving a gift that we may never use, a gift certificate allows the recipient to choose what he or she needs. Moreover, the giver does not have to spend hours thinking about what

to give. It also helps Marché Coop in countless ways.

Having moved the Marché Coop to the headquarters of Gilmore College International has many advantages. The students and other visitors to the school become automatically customers of the Coop. Eventually, members who live close to the area may also be enticed to shop more often as the Coop can now be opened more regularly unlike before when we have to depend on volunteers. We still need help from members who can volunteer their time but this does not become an issue anymore. While waiting for customers to come, I can do my own office work at the same time. Besides having a good location that is more visible and attractive to the public, we are also going to save on expenses as we eliminated utilities expense and will only allocate a small rental charge proportional to the space occupied by the Coop for approximately \$200 monthly including taxes. If our sales

increase, we will be able to gradually decrease our deficits.

At the assembly, the members suggested to hold a monthly meeting every last Sunday of the month in order to maintain our connection and improve our communication. We will be calling members whose telephones are still in service to invite them to our first monthly meeting on Sunday, November 27, 2011 from 2 to 4 p.m. at Gilmore College International's headquarters on 5320-A Queen Mary Road near Decarie Boulevard.

We hope to see more members come this time and every month in order to create the proper atmosphere of closer cooperation.

If any member, or prospective member wants to come to this meeting, please call us at 514-485-7861, extension 228.

Zenaida Ferry Kharroubi
President

Membership Drive Raffle Draw Join the Filipino Solidarity Cooperative and have a chance to win a gift



certificate of \$100
First Draw - Dec. 10, 2011
Second Draw Jan. 15, 2012

For contest details, please call 514-485-7861 or obtain membership form

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From Page 1 Mayor Tremblay

We share values of peace, transparency and equality, and we all have a role to play in order to promote them," the Mayor told his audience, adding that the City of Montreal was the first North American city to have its own Municipal Charter of Rights and Responsibilities. Speaking in English and in French, the Mayor emphasized how much he appreciated the contributions of the ethnic media in informing their communities about the different aspects of living in their adopted country.

"Each citizen is affected by our decisions and this is why I believe in the importance of exchange, to transmit information and to talk about our true challenges. I therefore wish to thank all the representatives of the local media for the role that you play in your respective communities. Thank you for contributing to the enrichment of our city," concluded the Mayor.

A copy of the Charter was provided to the members of the Ethnic Media, and is available in either English or French. It contains the introductory message of the Mayor, the Preamble, Part I -Principles and Values, Part II - Rights, Responsibilities and Commitments, Part III - Scope, Interpretation and Implementation, and Part IV - Final Provisions.

This charter was adopted by the Montreal city council on June 20,2005, and came into effect on January 1, 2006. Resulting from the Montreal Summit, the Montreal Charter was developed under the supervision of the Task Force on Democracy.

To consult the Charter, one has to get a copy from City Hall, or check its website: ville.montreal.qc.ca/charterofrights

From Page 1 OCWS

Toronto expressed wide-ranging economic grievances—from income inequality, complaints over layoffs and condemnation of big executive payouts.

Like the protesters in the U.S., who have massed in a public square near Wall Street in recent days, the Canadian protesters have fashioned themselves as the voice of an overwhelming majority of Canadians, who they say have been left behind by the economic damage of the global financial crisis and its aftermath.

"We're trying to give voice to the voiceless right now—the 99% that have been sitting at home fuming about what these folks on Bay Street have been doing over the years," said Sid Ryan, president of the Ontario Federation of Labor, a union with around one million members. "Here's an opportunity for them to come out."

Mr. Ryan initially showed up in front of the Toronto Stock Exchange office, but later joined a larger assembly on the corner of King and Bay Streets.

Canadian officials have braced for large-scale protests and possible violence over the weekend and into next week. Landlords have warned tenants of downtown buildings to plan for disruptions through next week. But by



late afternoon, protests in Toronto and elsewhere in Canada appeared small and peaceful.

Canadian officials have also tried to diffuse passions in recent days, reminding protesters that Canada's economy has weathered the global economic storm better than most.

Bank of Canada Governor Mark Carney, in a TV interview aired late Friday, called the planned

key issue is the mounting debt load for many students.

The bulk of the midmorning protesters centered around an area in front of the main headquarters of Toronto Dominion Bank, where organizers made available an open microphone. Echoing calls for peaceful protest in New York and other capitals, organizers called for protesters to refrain from "oppressive" language, personal attacks and name



demonstrations "entirely constructive"—comments in marked contrast to sometimes-dismissive remarks by some politicians and executives in the U.S.

Mr. Carney called the growing movement a "physical and vocal manifestation of cold figures," given the bleak economic indicators and growing wealth gaps, particularly in the U.S.

calling.

Just before noon, protesters started to march to nearby St. James Park, where they said they will stage a more-prolonged "occupation." A second, large gathering was scheduled for later Saturday evening.

"There are real, small reforms we can do right now," said Daniel Roth, one of the facilitators who read out



On Saturday, students also joined the Toronto protest. Farshad Azadian, a student from York University and co-chair of the Toronto Youth NDP, a student offshoot of the left-leaning opposition New Democratic Party, said a

guidelines for the protest. He said the rally is the beginning of a long-term mass movement—"and that's what I'm more excited about."

Occupy Wall Street (OWS) is an ongoing series of demonstrations in New York City based in Zuccotti Park in the Wall Street financial district. The protests were initiated by the Canadian activist group Adbusters. They are mainly protesting social and economic inequality, corporate greed, corporate power and influence over government (particularly from the financial services sector), and of lobbyists. The participants' slogan "We are the 99%" refers to the difference in wealth between the top 1% and the other citizens of the United States.

The movement has been criticized for having no goals and/or formal demands. Other commentators see it as a "democratic awakening," whose motives are difficult to formulate into a few demands, saying that the current primary goal for the movement is simply growth. On October 15, an attendee of "The New York City General Assembly", the governing body of the group, said that demands have been brought up, but "they were shot down vociferously under the argument that demands are for terrorists and that is not who we are."

By October 9, similar demonstrations were either ongoing or had been held in 70 major cities and over 600 communities in the U.S., Internationally, other "Occupy" protests have modeled themselves after Occupy Wall Street, in over 900 cities worldwide. (Files from Wikipedia)

PRIME MINISTER NOMINATES NEXT AUDITOR GENERAL OF CANADA

OTTAWA – Prime Minister Stephen Harper is pleased to announce the nomination of Michael Ferguson as the new Auditor General of Canada.

"Our Government is committed to accountability. I am confident that Michael Ferguson will provide an independent check to ensure that taxpayers' dollars are being used effectively," said the Prime Minister. "He will bring a deep understanding of the role of an Auditor General, the relationship to Parliament and government, as well as the independence of mind required of an auditor. I am pleased that he has agreed to be nominated for this important role."

Mr. Ferguson served as the Auditor General of New Brunswick from 2005 until 2010. Presently, Mr. Ferguson is the Deputy Minister of Finance and Secretary of the Board of Management for the Province of New Brunswick. His earlier experience includes over 20 years with New Brunswick's Office of the Comptroller in positions of increasing responsibility and scope, including as Comptroller, a position which he held for 5 years. He is a graduate of the University of New Brunswick, where he received a Bachelor of Business Administration.

The Office of the Auditor General of Canada was established by Parliament in 1878 under the Auditor General Act. The Office audits federal government departments and agencies, most Crown corporations, and many other federal organizations, and reports publicly to the House of Commons on matters that the Auditor General believes should be brought to its attention. The Auditor General is also the auditor for the territorial governments and reports directly to their legislative assemblies.

Philippine immigrant maid wins landmark Hong Kong case

Foreign domestic helpers are required to leave the country within two weeks if dismissed by employers
Continue reading the main story

widespread debate on equal treatment for foreign maids.
Mark Daly, the lawyer acting on behalf of Ms Vallejos, said that she was very



Foreign domestic helpers are required to leave the country within two weeks if dismissed by employers

Hong Kong's High Court has ruled that a domestic helper from the Philippines should be allowed to apply for permanent residency in the city. The case was brought by Evangelina Banao Vallejos, who has lived in Hong Kong since 1986. The ruling follows a landmark judicial review and could lead to more than 100,000 other foreign maids winning rights to residency.

The case has sparked

pleased by the ruling, which meant that all domestic helpers now were able to apply for permanent residency. "When we told her she said 'thank God,'" he said, adding that it was a normal working day for her. "It's a good day for the rule of law," he added. Mr Daly pointed out that the government had 28 days to appeal. A spokesman said the government was analysing the judgement and would

Canada Hosts Ninth Round of Negotiations Toward a Trade Agreement with European Union

A Canada-EU trade agreement will benefit Canadian workers, businesses and families in all regions of Canada

The Honourable Ed Fast, Minister of International Trade and Minister for the Asia-Pacific Gateway, today announced the start of a ninth round of negotiations toward a comprehensive economic and trade agreement with the European Union. This latest round of talks is scheduled to continue until Friday, October 21, 2011, in Ottawa.

"We welcome the European negotiating team to Ottawa. Working alongside our negotiators, Canada and the EU are moving closer to an ambitious agreement that has the potential to boost two-way trade by 20 percent, creating prosperity and opportunity for Canadian businesses, workers and their families," said Minister Fast. "These negotiations represent our most significant trade initiative since the North American Free Trade Agreement. With trade accounting for over 60 percent of our annual GDP, and with one in five Canadian jobs dependent on trade, a Canada-EU trade agreement is a key part of our government's job-creating, pro-trade plan."

Canada and the European Union have held eight successful rounds of negotiations since the start of talks in October 2009. To date, significant progress has been achieved in such areas as goods, services, investment and government procurement.

A Canada-EU trade agreement will benefit Canadian workers in many sectors of the Canadian economy, including, but not limited to, manufacturing, aerospace, chemicals,

plastics, aluminum, wood products, and fish and seafood, as well as other commodity- and resource-based businesses.

"Some critics manufacture baseless fears and willfully ignore the real benefits that a Canada-EU trade agreement will bring," said Minister Fast. "The facts clearly show the real benefits of a Canada-EU trade agreement: a \$12-billion annual boost to Canada's economy, a \$1,000 increase in the average Canadian family's income and almost 80,000 new jobs. In these globally uncertain economic times, an agreement with the European Union will help to protect and strengthen the financial security of hard-working Canadian families."

In less than six years, Canada has concluded free trade agreements with nine countries and is in ongoing negotiations with many more, including India, with which a trade deal could boost Canada's economy by at least \$6 billion.

For more information on the negotiations, please visit Canada-European Union: Comprehensive Economic and Trade Agreement (CETA) Negotiations.

- 30 -

For further information, media representatives may contact:

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Foreign Affairs and International Trade Canada
613-996-2000
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issue a formal response later in the day. Public resources
Some critics have said granting residency to domestic helpers would strain the provision of health care, education and public housing.
Continue reading the main story
"Start Quote

We hope it will pave the way for Hong Kong to open its doors to equal treatment for migrant workers"Norman Carnay Mission for Migrant Workers

While other non-Chinese nationals can obtain residency after working in Hong Kong for seven years, immigration rules exclude domestic helpers from seeking permanent residency.

Human rights lawyers and many domestic helpers argue that this is discriminatory. Permanent residency means that a person can remain in Hong Kong indefinitely, vote and stand in elections. But some politicians and commentators warned that allowing foreign domestic helpers to have permanent residency would allow them to bring their children and other relatives to the city, who would require education and housing.

Equal treatment
Norman Carnay, programme officer at the Mission for Migrant Workers said that he welcomed the decision. "We hope it will pave the way for Hong Kong to open its doors to equal

treatment for migrant workers," he said. But he added that right of abode was not necessarily a priority for many domestic helpers.

"From surveys of our community, the more pressing concerns are wages and working conditions," he said.

There are more than 300,000 foreign domestic helpers in Hong Kong, mainly from Indonesia and the Philippines. It is thought that around 120,000 have lived here for more than seven years.

They are required to live with their employers and cannot accept other jobs.

Without the right to permanent residency, if a maid is dismissed by her employer, she must find another job as a domestic helper or leave Hong Kong within two weeks.

Hong Kong's domestic workers have a guaranteed minimum wage of 3,740 Hong Kong dollars (\$480; £308) a month and day off each week, meaning their working conditions are better than other countries in Asia with large numbers of domestic helpers, such as Singapore.

Join Gilmore Dance Club every Saturday night starting November 6, 2011 Ask for more details at 514-485-7861

Fire alarm

Saturday November 5th
Door-to-door visit from Côte-des-Matras—Notre-Dame-de-Grâce borough Inspectors and from officials of the Montreal fire department.

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Dear EarthTalk: Some drycleaners I've seen offer "wet cleaning" as opposed to dry cleaning. What's the difference? Is it better for the environment?

-- Elizabeth Connelly, Tampa, FL

The dry-cleaning industry has come under attack in recent years for its use of perchloroethylene ("perc"), a noxious chemical solvent that does a good job cleaning and not damaging sensitive fabrics but which is also

website Earth911.com. "The garments are then transferred to a high-tech drying unit that [that] automatically stops once the prescribed level of moisture is reached." Earth911.com adds that after drying, wet cleaned garments are pressed, hung up and bagged for pick-up by or delivery to customers—just like at the drycleaners.

The EPA is encouraging drycleaners to make the switch to greener solvents through a cooperative partnership with the professional garment and textile care industry. The agency's Design for the Environment Garment and Textile Care Partnership recognizes the wet cleaning process as "an environmentally preferable technology that is effective at cleaning garments."



Most of the nation's 34,000 dry cleaners still clean clothes using perchloroethylene, or "perc," a hazardous air contaminant and a probable human carcinogen. But some cleaning professionals are moving to greener and safer methods, including the use of pressurized carbon dioxide, and "wet cleaning," which uses water, non-toxic detergents and conditioners inside specially designed machines (Simon Law, Wikipedia)

considered a hazardous air contaminant by the U.S. Environmental Protection Agency (EPA) and a probable human carcinogen by the International Agency for Research on Cancer.

Also, exposure to perc can irritate the skin and has been associated with central nervous system disorders. Drycleaners are required to reuse what perc they can and dispose of the rest as hazardous waste, but there are still concerns about contamination at and around sites that don't follow best practices. California has banned the use of perc by drycleaners beginning in 2023, and several other states may follow suit.

Given the issues with perc—and the fact that most of the nation's 34,000 commercial drycleaners still use it—many consumers are demanding greener ways to get their fine clothes and fabrics clean. So-called wet cleaning—whereby cleaning professionals use small amounts of water, non-toxic detergents and conditioners (instead of perc and other harsh detergents) inside specially designed machines to get fine garments and other fabrics clean—is one of the most promising alternatives.

"The garments are agitated in the computerized wet cleaning machine just enough to extract the dirt and grime, but not enough to alter the structure, size or color," reports the

Another green alternative to perc is also starting to catch on: using pressurized carbon dioxide (CO2) to get fabrics clean. CO2 exists as a gas at low pressure but turns to liquid at higher pressure and can serve as a solvent in tandem with non-toxic soap to get materials clean. "Clothes are placed in the dry cleaning machine drum and cool CO2 is pumped in until, at high pressure, [it] becomes a liquid," reports Corry's, a leading drycleaner in the Seattle area. "After the wash cycle is complete the CO2 is filtered, and the pressure is released spontaneously converting the CO2 back to a gas from a liquid. The CO2 then goes back into the holding tank. The clothes are left clean, smelling fresh, cool and perfectly dry."

There are other greener processes out there as well. If a new cleaner opens up in your neighborhood, chances are they are using something cleaner than perc. Or they should be. So make sure to go in and ask.

CONTACTS: Earth911.com, www.earth911.com; Design for the Environment Garment and Textile Care Partnership, epa.gov/dfe/pubs/projects/garment/; Corry's CO2 Cleaners, www.corrusco2cleaners.com.

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



As the future gets dimmer for traditional incandescent light bulbs, and compact fluorescents (CFLs) fall out of favor due to their toxic mercury component, light-emitting diodes, or LEDs, are beginning to come on strong. LEDs, which are clusters of small bulbs that come in many shapes and sizes, last five times longer than CFLs and 40 times longer than incandescents and use much less energy. (Geoffrey Landis, Wikipedia)

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Dear EarthTalk: What are the greenest light bulbs to use? I hear there has been a lot of backlash against compact fluorescents because they contain mercury.

Peter Roscoe, Hershey, PA

Just a decade ago, incandescent bulbs were just about the only game in town, despite their inefficient use of electricity to generate light and their primitive technology that had not changed since being invented some 125 years ago. But now that is all changing fast, with phase-outs of incandescents going on in Australia, Brazil, Venezuela, Switzerland and the European Union, with Argentina, Russia, Canada and the U.S. following suit shortly. The U.S. passed legislation in 2007 to increase the efficiency of light bulbs sold in the U.S. by 25 percent or more by 2014, and then by as much as 60 percent more by 2020.

For decades, those concerned with energy savings have been touting the benefits of compact fluorescent lamps (CFLs) over incandescents. CFLs use only one-fifth of the electricity of incandescents to generate the same amount of light, and they can last six to 10 times longer. But CFLs' cooler color and inability to be dimmed have made them less desirable. Another hindrance to the widespread adoption of CFLs has been their higher cost (though most consumers would save plenty in energy costs over the life of a bulb). Also, CFLs contain mercury, a dangerous neurotoxin that is released when the bulbs break. And once CFLs do burn out they must be disposed of properly to avoid releasing mercury into the environment.

Given the issues with CFLs, LEDs (short for light emitting diodes) are beginning to come on strong. These highly efficient bulbs don't generate heat like incandescents (which helps to keep air conditioning costs down as well) and can last five times longer than CFLs and 40 times longer than incandescents. Tiny LED bulbs have been around for years in

specialized applications (such as stadium scoreboards), but lighting engineers got the idea to cluster them and use reflective casings to harness and concentrate their light for residential use. In recognition of the LED's potential, the U.S. Department of Energy (DOE) set up a special "solid-state" (LED) lighting R&D program to hasten the advance of the technology.

In comparing the total cost to run three different types of 60-watt equivalent bulbs for 50,000 hours (factoring in the cost of the both bulbs and electricity), the EarthEasy website found that LEDs would cost \$95.95, CFLs \$159.75 and incandescents \$652.50. The 42 incandescent bulbs tested used up to 3,000 kilowatt hours of electricity compared to 700 and 300 for CFLs and LEDs respectively. However, despite the savings most consumers are loath to spend \$35 and up for an LED bulb (even though it will save more than \$500 in the long run) when a traditional incandescent bulb right next to it on the shelf costs \$1.

There are other newer technologies in the works. Seattle-based Vu1 now sells highly efficient bulbs based on its Electron Stimulated Luminescence (ESL) technology, whereby accelerated electrons stimulate a phosphor coating on the inside of the bulb, making the surface glow. One of Vu1's 65-watt equivalent bulbs retails for under \$20 and uses a similar amount of energy as an equivalent CFL. And incandescents aren't out of the efficient lighting race altogether just yet. Top bulb makers recently released new versions that use as much as a third less electricity to operate (complying with 2012's new federal standards) and are promising newer models still that will run on even less energy.

CONTACTS: DOE Solid-State Lighting Program,

www1.eere.energy.gov/buildings/ssl/;

EarthEasy, www.eartheasy.com; Vu1

Corporation,

www.vu1corporation.com.

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earthtalk@emagazine.com. Trial

Philippine dictator Marcos will not receive state honours

President Benigno Aquino III said Wednesday it would be unjust to allow Ferdinand Marcos to be buried with state honors when thousands of human rights victims during the former dictator's reign have never received any government apology.

Marcos died over 20 years ago in exile after being ousted in a 1986 "people power" revolt. His body has been displayed in a glass coffin in his northern Philippine hometown of Batac in Ilocos Norte province since 1993.

His widow, Imelda, has long pushed for his burial in the Manila heroes' cemetery, which is reserved for presidents, soldiers, statesmen and national artists. She is opposed by pro-democracy and left-wing groups, who say the late dictator committed massive human rights violations and plundered the nation's

coffers during his two-decade rule.

In response to a question at a news conference Wednesday, President Benigno Aquino III said no burial with state honors would happen "under my watch."



President Benigno Aquino (left) says there will be no state funeral or any kind of state honors for the late Ferdinand Marcos whose remains lie in an airconditioned glass case in Batac, Ilocos Norte.

His decision goes against his vice president's recommendation that Marcos be at least given military honors if he's to be buried in his northern hometown and not at the national heroes' cemetery.

The military said it would follow Aquino's decision and withhold burial honors from Marcos.

"We have so many victims of the martial law years who have not gotten even a recognition formally from our government that they were victims," Aquino said. "It really would be, I think, the height of injustice to render any honors to the person who was the direct mastermind of all of these sufferings."

The dictator's son and namesake, Sen. Ferdinand "Bongbong" Marcos Jr., criticized Aquino's decision, saying the president ignored the vice president's recommendation and a

resolution by the House of Representatives in March for the government to bestow burial honors on his father.

"I was surprised because all these talks, discussions and debates turned out to be just a stage play," Marcos told reporters. "He has wasted a very good opportunity to unify the nation."

Marcos did not say what his family now intended to do with his father's remains.

Even 25 years after his downfall, Marcos is a divisive figure in the Philippines. He is reviled by many, including thousands of former political prisoners, and his alleged plundering of the economy remains the subject of protracted litigation. But he still enjoys a degree of popularity - particularly in Ilocos Norte, where his family holds significant political power. ■

Gloria Arroyo may be checked by govt doctor says Justice chief De Lima

Because of conflicting reports on the medical and health condition of former President and now Pampanga Rep. Gloria Macapagal-Arroyo, the Department of Justice may have her examined by a government doctor.

Arroyo's health condition is a "sensitive and ticklish" issue, Justice Secretary Leila De Lima told reporters Tuesday.

ask for government clearance before leaving the country.

"[We wanted a medical abstract because] we just wanted to be guided kasi the cited reason for travel is to seek medical treatment," De Lima said.

'Sensitive issue'

"Sensitive issue iyan, kasi what if hindi kami maniwala that her condition is serious enough to warrant medical



Gloria Arroyo puts on a brave face exiting a non-descript clinic surrounded by her physicians on Oct 18, 2011

"Varying ang reports, eh. We hear some of the allies or representatives of the former President saying na improved na ang condition niya. May iba namang nagsasabi na hindi," De Lima said.

Asked if the Justice Department will require Arroyo to undergo medical examination by a government doctor, De Lima said, "That will be an option," and that is still waiting for any recommendation from Chief State Counsel Ricardo Paras III.

Arroyo is under a watch list order until Nov. 5, because of three plunder cases filed against her. She is also the subject of a preliminary investigation for alleged electoral sabotage in the 2007 elections.

A person in a watch list order must

treatment abroad," De Lima said.

According to the Justice chief, the department already received a copy of Arroyo's medical abstract certified by St. Luke's hospital in Taguig City where the former President underwent post-operative check-up.

Arroyo's attending physicians said the former president showed remarkable improvement since undergoing several operations to remedy her pinched nerve.

She underwent a series of surgeries two months ago for a pinched nerve in her neck — a condition known as "multilevel cervical spondylosis radiculopathy with kyphosis"— which doctors said could lead to paralysis if not treated immediately. ■

Pope Benedict to canonize 3 founders of congregations

Catholics around the world will gain three new saints on Sunday with Pope Benedict XVI at the Vatican leading the canonization rites, which three religious congregations with mission presence in the Philippines will be following closely.

To be declared saints are Guido Maria Conforti, Luigi Guanella and Bonifacia Rodríguez de Castro. All three are founders of religious congregations.

Pope Benedict approved their canonization last February.

Missions in the Philippines

Conforti was an Italian archbishop and founder of the Xavierian Missionaries, which has a theology house in Maligaya, Manila.

The Xavierian Missionaries also administers the Parish of Saint Francis Xavier in Manila, the St. Francis Xavier Parish in Novaliches, and the Our Lady of Guadalupe Parish in Marikina.

The Servants of Charity has Luigi Guanella as founder. It has a formation house in Tandang Sora, Quezon City.

The Servants of Charity also runs a residential facility for persons with

disabilities in Legazpi City, Albay province. Guanella is also the founder of the Daughters of St. Mary Providence.

Bonifacia Rodriguez de Castro is the foundress of the Siervas de San Jose, which has its provincial house in Teacher's Village in Quezon City.

The Siervas de San Jose runs the Holy Family School of Quezon City and the St. Teresita's Academy in Silay, Negros Occidental. It also runs a shelter for abused and at risk girls in Rosario, Cavite. It is also present in eight communities in the country, including Krus na Ligas in Quezon City.

The Siervas de San Jose has several community centers or talleres in Quezon City, Cavite, Cebu and Negros. The talleres in Quezon City and Cebu produce liturgical vestments.

The talleres in Rosario, Cavite runs livelihood programs that produce crispy tahong, dried pineapple, and squid rings. The talleres in Silay churns out recycled products, uniforms and various food items. ■

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Trillanes: There may be plans to overthrow PNoy

Amid denials by top military officials, Sen. Antonio Trillanes IV on Wednesday said there may be plans to overthrow the Aquino administration due to alleged restlessness in the military.

"Yes (there may be destabilization plots). It is consistent with the information that we have gathered," Trillanes told reporters in a text message on Wednesday.

He said this a day after Malacañang dismissed rumors of a coup d' etat stemming from President Benigno Aquino III's refusal to declare an all-out war against the Moro Islamic Liberation Front (MILF), whose members had killed over two dozens soldiers in recent attacks in Mindanao.

Instead of an all-out war, Aquino on Monday said that he will pursue "all-out justice" to address the successive atrocities against the military.

But Trillanes, a former Navy officer, had said it is likely that the soldiers are disappointed with Aquino for not coming out with a stronger statement regarding the issue.

Arroyo during her term as president.

Meanwhile, Sen. Panfilo Lacson, in an earlier text message to reporters, had said reports of restlessness among Philippine law enforcers was

Barka, Basilan, early last week.

Dismayed by the military's performance that led to the deadly clash, Aquino relieved from their duties Parlade and Col. Alexander Macario, who was commander of Special Operations Task Force (SOTF) Basilan.

Mere rumor

Sen. Gregorio Honasan, a former military colonel, said there is no basis for assuming there are destabilization plots.

"I consider it a rumor. To my mind, [the military] is very, very intact. The Armed Forces is solid behind the Constitution, and the commander in chief who represents the Constitution," he told reporters in an interview on Wednesday.

"Nobody just makes a statement like that without adequate basis. (In the military there is a method of) classifying information, which verifies the authenticity, reliability of both the information and the source," he added.

Honasan also said that if there really is a destabilization plot, it would not succeed because the root for the outcry is not that deep.

"There is no credible personality inside and outside the military organization that can pull it off. Of course, the very last and critical ingredient is, will it generate popular support?" he said.

But the senator said that the Aquino administration should just "ignore it and continue the hot pursuit operations and the all out justice but vigorously pursue the peace process."



Philippine President Benigno Aquino III.

He noted, however, that he "seriously doubts" the alleged destabilization plot would "go beyond a coup rumor."

"Admittedly, the morale is low right now, (but) this is but normal and will probably wane soon. [The decision to allow the military] to conduct pursuit operations will help ease the soldiers' restiveness," he said.

"Let us remember that GMA (Gloria Macapagal-Arroyo) committed far worse crimes against the soldiers and the people but these same disgruntled officers never even considered rising up against her. So, by and large, all is well," he added.

Trillanes was among the soldiers who had called for the resignation of

not true.

"PNoy enjoys the support of the Armed Forces of the Philippines and the Philippine National Police; the MILF issue is not a reason at all to cause destabilization of his leadership," said the senator, who used to head the PNP.

Last Tuesday, Presidential Communications Development and Strategic Planning Office head Ricky Carandang said rumors of restlessness and demoralization in the military were just being exaggerated by some "elements."

Former Army spokesman Col. Antonio Parlade Jr. had claimed the military was demoralized following the death of 19 soldiers in the clash in Al-



Senator Antonio F. Trillanes IV

MANNY PACQUIAO'S FIGHT BLOG

Boxing my passion; politics my calling

Though boxing has always been my passion, I consider public service to be my calling. For both, I have a great responsibility to my people.

I have been very fortunate in achieving a certain amount of fame through my achievements inside the ring. As a boxer and a world champion, I have been allowed to raise the international awareness of my country, the Philippines. But more importantly, it has given me a large platform to bring attention to the needs of so many in my country, to give a voice to those who are not strong enough to speak for themselves.

There is a big difference in being a professional fighter and being a congressman. As a boxer I have more individual control when it comes to achieving my goals. I train hard, I do my homework and I fight to the best of my abilities with only one obstacle in my way: my opponent.

As a Congressman, the pace is slower and more measured because of the nature of government. That is by design to provoke thought and debate so that hopefully the best solution to the problems of the nation and the provinces we represent are met in the best possible way. It takes patience and it takes cooperation.



Compromise is the bridge that leads to solutions many times. It forces us to consider the pros and

cons of the issues and though it can be frustrating at times I understand the rationale behind the process. The immediacy and action of boxing is a stark contrast to the rules of procedure and the deliberate pace of government.

As a boxer I carry the pride and love of the Filipino people on my

people around the world who watch me in the ring. I am humbled by their support.

As a public servant the responsibility to "perform" is even greater because for many, lives and livelihoods are at stake. Where can I do the greatest good? Everyday I am faced with these decisions. It is an awesome responsibility. I was chosen by my people to be their voice. To help them. To improve their lives. It isn't something an eight-week training camp can cure. It is a lifetime quest that I have only just begun.

It's wonderful to be a world champion boxer, but it's an individual achievement that can't last forever. Public servant is the title that defines me. Public service is where I feel I can do the most good for so many. ■

- Manny Pacquiao
courtesy HBO Sports



Tuso Man Daw ang Matsing.

Sadyang ang Pilipinas ay nasa landas ng mga bagyo. Taon-taon, sa panahong taglagas dito ay tag-ulan naman doon taglay ang sunod-sunod na bagyo. Habang sinusulat ko ito ay mayroon na namang nagbabanta sa Kabisayaan at Mindanao.

Hindi nag-aksaya ng panahon ang isang nagmamatuwid na ang mga asosasyon dito sa Montreal ay magkaisa at isantabi muna ang politika upang magampanan ang pagkalap ng mga bagay-bagay tulad ng lumang damit, kumot, tuwalya o di kaya'y salapi na maitutulong sa mga nasasalanta nating mga kababayan.

Heto na naman po kami! Kung gagawin natin itong muli ay paligsahan na naman ang mga nangungunang asosasyon sa paglikom ng tulong. Hindi pa 'yan ang masama. Paano makararating sa tunay na biktima ang mga narikom. Buong pa kaya?

Matapos ang ikatlong bagyong Ondoy, buhat noong 2001 ay nabasa sa mga pahayagan ang mga bodegang tambakan ng mga kontribusyon buhat sa iba't ibang bansa. Dito, ang mga donasyon ay naglalaho at matatagpuan sa bangketa na nilalako na ng mga ganid.

Unti-unti nang nauubos ang pagtitiwala ng mga Pinoy dahil kinakasangkapan lamang ng ilan ang lupit ng panahon sa Pinas. Bakit natin bibigyan ng pakakataon ang mga kurakot dito at doon?

Sino ang makapagsasabing dito pa lamang ay hindi mababawasan ang nalikom na salapi. At ano ang katiyakan na pagdating sa Pilipinas ay tuwirang makakarating ang tulong sa mga biktima.

May nakakatawang-nakakainis na eksena noong matapos ang Ondoy 2009. Nagkamal ng maraming lumang damit ang isang asosasyon at nagtalaga ng kung ilang volunteer upang piliin ang dapat ipadala. Sa dismaya ng isang opisyal ay nagsalita sa madla at nakiusap na kung magbibigay din lamang ay huwag naman 'yung gagamitin na lang trapo.

Hindi lang dito nangyayari ang katiwalian. May mga gobernador sa Pinas na natutuwang dumadaan ang bagyo sa kanilang lalawigan sa gawing hilaga ng bansa. Sa halip na malungkot ang pamunuan ay natutuwa at darating naman ang milyon-milyong tulong ng pamahalaan. Kayo na ang mag-isip.

Hindi ko inaawat ang kababayan ko na mag-ambag. Nais ko lang ipahiwatig na mayroong isang paraan upang makatulong, tiyak pang makararating sa dapat pagbigyan at ni isang kusing ay walang mawawala o maliligaw.

Ipadala natin nang deretso sa ating kamag-anak ang salapi o damit. Tatal ay nakasanayan na ang Balikbayan Box at Money Remittance

na industriya rito. Alam nila kung sino ang dapat tulungan doon at maiaabot ang tulong nang palad sa palad. Ngayon kung hindi man totoong nakarating, may nawala ba? E, hindi ba't nakatulong tayo sa kamag-anak natin.

Tuso man daw ang matsing, unggoy din *****

Mahal na Kuya Pichu (Aiden)

Nananaghili naman akong masyado dahil sa huling sulat mo. Kaya pala sa litrato mo ay kontento ka sa pag-aaral at bilib na bilib kaming lahat. Oy, nakikipag-chat ka lang yata sa mga daycare center mo.

Imbitado tayo sa costume party sa katapusan ng Oktubre. Pinasigaw ko si Lelong Bert at Lolo Butch dahil nang itanong kung ano ang isusuot ko, sabi ko, "Ano pa, eh di birthday suit."



Halos sabay sumigaw ang dalawa nang pagtutol. Iyan, Kuya ang ibig sabihin ng puting-taynga ... oo, pareho silang magbiyenan! Ikaw, ano ang costume mo?

Ang Lola Mila ko ay nakabalik na galing sa Pinas. Malakas ang loob niyang magpakain ng kung ano-anong minasang gulay. Paano ko kaya ipapahiwatig sa kaniya na nag-aalaga ako ng figure.

Eto, natabunan na ang ilong ko ng aking mga pisngi.

Nagmamahal,

Pechay (Hailey)

Malungkot na ipinagbibigay-alam ng pitak na ito ang pagkamatay ni G. Albert Floresca, 62 sa St. Mary's Hospital, Montreal.

Siya ay nagsilbi sa FAMAS bilang pangulo at hanggang sa pumanaw ay nanungkulang puno ng Fil-Can Chess & Social Club (FCCSC).

Bago ka bumati ng sa ibang uling, uling mo muna ang iyong pahirin.

Before you point out other people's shortcomings, correct your own first.

(Tagalog Proverb)

The CDN—NDG Borough Council presents a balanced operating budget of 71M\$

MONTRÉAL, October 19, 2011 — Mayor Michael Applebaum and the members of the Borough Council of Côte-des-Neiges—Notre-Dame-de-Grâce (CDN—NDG) adopted, in a special meeting held yesterday, a balanced operating budget of 71 M\$ for the fiscal year 2012. Among the highlights of this budget, we may note that the borough has succeeded in meeting the budgetary restraint goals established by Central City, all the while maintaining services to citizens.

"The economic context, both here and elsewhere, demands that all levels of government, including those of large cities like Montréal, act judiciously with respect to the state of public finances. And it is with this in mind that our borough presents a responsible budget, one mindful of current circumstances. Beyond the great efforts put forth by our administration in matters of public finance, the needs and expectations of our taxpayers clearly remain at the heart of our decisions and priorities," said Mr. Applebaum.

The required targets set by Central City featured, amongst other things, a reduction in the number of borough employees representing 13,6 posts. The borough reached that goal by eliminating mostly administrative and vacant positions.

Three-Year Capital Works Program
The adoption of the operating budget thus adds itself to the adoption, on September 5th last, of the 18,6 M\$ Three-Year Capital Works Program (Programme triennial d'immobilisations—PTI) for 2012-2013-2014.

With the Three-Year Capital Works Program, the borough will maintain its participation in the Programme d'amélioration des aménagements dans les parcs de la Ville de Montréal in order to invest a total of 2,2 M\$ in CDN—NDG parks. Central City and the borough will be

sharing equally in this investment. Moreover, 2 M\$ will be invested in road and sidewalk repair under the Programme de réfection routière.

"Through the Three-Year Capital Works Program, our borough will pursue its development projects," said Mr. Applebaum. "Furthermore, a sum of 1,7 M\$ is earmarked for 2012 that will allow construction to begin on the Notre-Dame-de-Grâce Cultural Centre. Once completed, this important cultural project for the community will represent a 21 M\$ tripartite investment on the part of the government of Québec, the Ville de Montréal, and the borough."

We must recall that borough budgets are allocated to local road networks; residual waste collection; snow removal; park maintenance; cultural, sports, and leisure installations; information technologies, local vehicle fleets, and urban planning. Documents concerning the CDN—NDG 2012 budget and Three-Year Capital Works Program, which were recently presented publicly, are available on the borough's web site: ville.montreal.qc.ca/cdn-ndg (Financial documents section).

As per the Ville de Montréal charter, a Borough Council must adopt budget forecasts, transmit them to the Executive Committee and have them adopted by City Council. The 2012 budget of the Ville de Montréal, which will include the budget of the CDN—NDG borough, should be adopted at a City Council special meeting scheduled to take place next December 12th.

Source Borough of CDN—NDG

Information: François Puchin, Communications Co-ordinator, 514 868-3483

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Any Which Way ...

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Albert Floresca with his wife Naty and visitors Bert and Minerva Santos (Photo taken on September 16, 2011 at St. Mary's Hospital by Budz Sarmiento)

People with major character flaws seem endemic to the Samahang Makabayan

Au Osdon's resignation from FAMAS presidency good for vested interest, bad for the community

If it is to be a force to be reckoned with, the Samahang Makabayan has to weed out leaders, as well as members, with major character flaws. Otherwise, those miscreants will do more harm than good, not only to their own party but also, and more importantly, to the association that the leaders of said party supposedly want to serve and enrich.

Among its candidates in the last FAMAS election were a jobless shirker who rather run for office than exert meaningful effort in looking for a decent job, a hypocrite who is ostensibly Christian in words but is horribly unchristian in deeds, a hustler who ran away to Calgary with her association's money amounting to \$12K and then came back to Montreal without so much of an explanation whatever happened to that money, someone who seems to have a fetish of ball pens manufactured in the factory she is working at, a minor entrepreneur who has been constantly evading his many creditors by changing his address and telephone number more often than he changes his shirt and a licentious Casanova who has been fired from at least two different jobs as a driving instructor allegedly for sexually assaulting his female students while giving them driving lessons. There are more but I

will cite just a few.

Among the Makabayan's supporters include a pseudo-journalist who uses his newspaper as a tool for harming community leaders whom he doesn't agree with instead of fulfilling his main responsibility of disseminating helpful information to the public through his publication, a condescending hypocrite with a checkered past and who always talks out of both sides of her mouth, a woman who almost went bonkers when her daughter didn't win a beauty contest and someone whose idea of Filipino nationalism is to speak only in Tagalog whether his audience understands him or not.

Anyway, the leaders of Samahang Makabayan are better advised to make sure that their candidates in future elections have read and understood all the election rules and regulations before they affix their signatures to any required electoral forms so that they don't have to lay the blame on the COMELEC again for their own ignorance and incompetence, and for their penalty in case they violate a rule and are subsequently found guilty for the second time in as many elections.

Another sage advice to future candidates from all persuasions: Improve your lots first before you even think of improving the lot of FAMAS. I doubt it very much if you can fend for

the Association effectively when you cannot even fend for yourself and your family in the first place. It's one thing to be idealistic and ambitious, but it's another to be realistic and aware of your shortcomings and limitations.

ALBERT FLORESCA, 1949-2011

My sympathy goes out to Naty Floresca for the passing of her husband Albert Floresca. An avid chess player, Albert's final move ended up in a checkmate at around 3:30 AM on October 17, 2011 at St. Mary's Hospital. Albert would have been 62 next November. He was a former president of FAMAS and the president of the Fil-Can Chess and Social Club until his death. May Naty and their children and grandchildren be spared further sorrow.

NO CLEARANCE NEEDED – One reader phoned the editor-in-chief of this newspaper and asked her whether we had cleared with the people concerned the get-well message that I wrote in the September 2011 edition of this column. According to her, the caller has also pointed out that it is usually a confidential matter to announce somebody's illness.

In principle, I agree with all of the caller's arguments. He or she made some very good points. However, all of those points and arguments were rendered moot and academic by the casual announcement of said illness made by many different people long before I mentioned it in my column. What I am saying here is I didn't announce something confidential or

not yet publicized because it was already announced to the community long before copies of the September 2011 issue of this newspaper were circularized. What was supposed to be confidential wasn't so confidential anymore. Thus, my message didn't need any clearance from the people concerned.

From my point of view, those who visited the then-patient while he was in the hospital were the ones who might have made the announcement, passing it on to one person after another. They were the ones who might have announced it first, not this writer who simply put in writing what those people had already publicized by mouth.

CESAR MANUEL IS HIS OWN WORST ENEMY

On the evening of Election Day on August 14, 2011 at St. Kevin's Church Social Hall, Cesar Manuel, the presidential candidate of the Samahang Makabayan, came rushing in like a charging bull retard yelling "Nasaan ang matandang iyan? Bubugbugin ko iyan kung hindi siya titigil ng pagkakalat na lasinggero ako. Papatulan ko iyan kahit na siya matanda." He was referring to a relatively old and frail man whom he was accusing of telling people that he was a drunkard.

There was no truth to Manuel's accusation; he was only fed by kibitzers with lies, hearsays and misinformation. But assuming that his accusation was true, he should not have behaved like a bully would. As a leader, he should have taken the high

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road and tried his best to be seen as a model of fortitude and decency for members of the Filipino community, particularly the youth. Being a bully is not the stuff that a true leader is made of. FAMAS doesn't need a leader with vesuvian temperament and given to paroxysms. Furthermore, FAMAS can do without someone who doesn't follow the rules or sign a contract whose conditions he doesn't intend to follow.

MORE OF MANUEL'S LEADERSHIP (UN)SKILL

One day, a colleague of mine had a chance meeting with Cesar Manuel somewhere in the Cote de Neiges area. A brief conversation ensued between the two. According to my colleague, Manuel, with his alarming cowboy mentality and braggadocio, blurted out, "Pasalamat 'yang si Sarmiento at wala kami pareho sa Pilipinas" (Sarmiento should be thankful that both of us are not in the Philippines). To me, that sounds like a thinly veiled threat.

Who did Manuel think he was? Andal Ampatuan of Mindanao? Chavit Singson of Ilocos Sur? Tomas Joson of Nueva Ecija? Ping Lacson of Cavite? Or Jovito Palparan of the Philippine Army? And what did he think of me, chopped liver? In any case, Manuel implied that if both of us were in the Philippines, he had already had me neutralized. As far as I know, that's what cowardly people usually say. There's a saying in my native province of Cavite: "Ang asong husto lang sa kahol ay hindi nangangagat" (The dog that barks a lot does not bite).

By the way, Ampatuan, Singson, Joson, Lacson and Palparan are some of the prominent (many say "notorious") people an ordinary Filipino wouldn't want to mess up with. They're known back in the Philippines to have people who get in their way disappear almost always without a trace.

On the evening of October 21 at the funeral homes where Albert's remains were lying in state, I offered Cesar Manuel to shake his hand as a gesture of civility. I was a little miffed but not necessarily surprised when Manuel refused to shake my hand and told me in the presence of his colleagues, "Leave me alone!" That's from a man who aspires to be president of FAMAS, the oldest and biggest association of Filipinos in Montreal and suburbs. If he wants to be the president of FAMAS and a true leader in the community, he must be beyond childishness, pettiness and narrow-mindedness. He should be able to bring himself to shake hands even with his worst enemies and take the high road because that is the hallmark of civilized people and of true leadership. He should have realized that he is no longer just Cesar Manuel, the private person; it should have occurred to him that he is now the head of a political party which may field him as its standard bearer again in 2013 FAMAS election.

Ang isa pa na tumanggap kumamay sa akin ay si Mel Domingo na gusto ring maging lider sa community. Siya rin ang may ideya na ilagay sa half-mast ang Philippine flag sa harap ng Famas Center in honor of

Albert Floresca, a former president of FAMAS. Domingo took it upon himself to lower the flag to half mast obviously ignorant that there was a protocol to be followed in regard the Philippine flag. Si Domingo pa rin ang siyang namamalagi na hindi raw siya pumirma ng kanyang certificate of candidacy noong nakaraang FAMAS election. Very proud pa siya na ipamalita ang kanyang di pagpirma. It doesn't occur to him that what he is doing is self-incriminating, that it can be used against him later if he wants to run again.

If we have leaders like Manuel and Domingo, our community will be in deep trouble.

MANUEL FLORESCA DISAPPOINTED

On or before September 6, 2011, Cesar Manuel called Albert Floresca, the president of the Fil-Can Chess and Social Club, and told him that the latter and his fellow chess club members could play chess at the FAMAS Center. Surprised and doubtful, Albert made sure if Cesar wasn't kidding him. "Who said we could play at the Center?" asked Albert with a quizzical expression on his face. "Me" replied Cesar. "I am the president of FAMAS" he added with a hint of cockiness. As soon as Albert was satisfied that Cesar was serious, he finally agreed and called the other chessers to be at the Center. Few came including Nicolas del Rosario who isn't particularly fond of the current president of FAMAS.

Later that evening when most of the people had already gone home, things had turned so awry that police had to be called to the scene. The small group of Samahang Makabayan supporters, that included the chessers and the editor-in-chief of there's-nothing-like-it rival newspaper, refused to leave until the burly police officer warned them that if they wouldn't leave in five minutes (it was close to midnight) they would be arrested. Lest they would be hauled to jail, they scooted out and never looked back.

The thing that bothered Floresca the most was the fact that Manuel didn't show himself up during the commotion. The man who cockily told Floresca that he was the sitting president of FAMAS didn't make even a sliver of an effort in explaining to the police that it was him who invited Floresca and his chess club members to play chess at the Center. Manuel suddenly became scarce at crucial time when Floresca needed him most. That speaks volume of what kind of person, much less a leader, he is. He simply could not lead. That's why the he-said-she-said guy and the eye-opener woman like him that much. They can easily goad Manuel into agreeing to be their narcissistic supply just like what Marlene, the Chrissy Snow of the Filipino community, has been to them.

ANOTHER CRAP FROM THE USUAL SUSPECTS

My detractor from Ilocoslovakia has fed the community another crap about one of her nemeses - me.

On September 30, 2011, this columnist, along with Bert and Minerva Santos and Nick del Rosario, paid

Albert Floresca a visit where he was undergoing a rehabilitation program after his confinement at St. Mary's Hospital where I visited him, too.

Almost an hour into our visit, Albert's wife Naty came, followed by their son and his family. At this juncture, Mrs. Santos, as courteous and considerate as she has always been, suggested that it was about time that we left to give the Florescas a chance to talk among themselves in private. So, we left.

A day or two later, came out this baloney that Naty asked me to leave because she didn't want my presence, presumably because of what happened in the last FAMAS election. I am categorically saying here that that story is more fictional than the purest of fiction. Nothing can be further from the truth than the latest lie the rumormonger has woven. It wasn't like that at all. It's a good thing that Mr. and Mrs. Santos as well as Mr. del Rosario were there, too. They can vouchsafe for the sake of the truth their testimonies to the court of public opinion or, for that matter, any actual court of law if it becomes necessary.

I paid Albert another visit on October 11, but this time at the St. Mary's where he was moved back for further test. Albert's wife Naty was there, too. In the course of our conversation, I raised the rumor about her asking me to leave during my previous visit. She couldn't keep herself from laughing so hard upon hearing such balderdash. She even asked "Why would I do that to you? Who made that story up?" Even Albert who I thought was taking a nap couldn't resist joining our conversation. Anyway, I just told them it could be one of my usual detractors who had already written similar poppycock almost a year ago.

In November 2010, it was published in the there's-nothing-like-it newspaper that I was thrown out of St. Kevin's Church Social Hall where the UPS election was taking place at the time. Of course, that story was false. When did it ever publish a true story anyway? I can't help thinking what crap they would publish about me next. Would they publish that I had abortion ten times? With a tabloid more out-of-this-world than the National Inquirer, it's not far-fetched.

Heto na naman ay isa pang kabalastagan. Bukod sa sexual harassment sa Reddy, paganakaw naman ngayon ng kahung-kahong garbage bags ang inembento. I was never kicked out of there. I resigned from the General in September 1988 because my then-wife and I were set to move to Vancouver with our children. We had already sold our house in DDO and even our one-season old snow blower for that reason. But perhaps destiny, our plan didn't materialize and we stayed put in Montreal. With regard to the child the biggest congenital liar in Quebec referred to in the September 16-October 15, 2011 edition of his tabloid, how can she be born out of my first marriage when she was born two years after I was divorced from my first wife? I was divorced in 1997; my youngest child was born in 1999.

Imagine a world without Filipinos

Abdullah Al-Maghlooth | Al-Watan, almaghlooth@alwatan.com.sa

Muhammad Al-Maghrabi became handicapped and shut down his flower and gifts shop business in Jeddah after his Filipino workers insisted on leaving and returning home. He says: "When they left, I felt as if I had lost my arms. I was so sad that I lost my appetite."

Al-Maghrabi then flew to Manila to look for two other Filipino workers to replace the ones who had left. Previously, he had tried workers of different nationalities but they did not impress him. "There is no comparison between Filipinos and others," he says. Whenever I see Filipinos working in the Kingdom, I wonder what our life would be without them.

Saudi Arabia has the largest number of Filipino workers - 1,019,577 - outside the Philippines. In 2006 alone, the Kingdom recruited more than 223,000 workers from the Philippines and their numbers are still increasing. Filipinos not only play an important and effective role in the Kingdom, they also perform different jobs in countries across the world, including working as sailors. They are known for their professionalism and the quality of their work.

Nobody here can think of a life without Filipinos, who make up around 20 percent of the world's seafarers. There are 1.2 million Filipino sailors.

So if Filipinos decided one day to stop working or go on strike for any reason, who would transport oil, food and heavy equipment across the world? We can only imagine the disaster that would happen.

What makes Filipinos unique is their ability to speak very good English and the technical training they receive in the early stages of their education. There are several specialized training institutes in the Philippines, including those specializing in engineering and road maintenance. This training background makes them highly competent in these vital areas.

When speaking about the Philippines, we should not forget Filipino nurses. They are some 23 percent of the world's total number of nurses. The Philippines is home to over 190 accredited nursing colleges and institutes, from which some 9,000 nurses graduate each year. Many of them work abroad in countries such as the US, the UK, Saudi Arabia, the United Arab Emirates, Kuwait and Singapore.

Cathy Ann, a 35-year-old Filipino nurse who has been working in the Kingdom for the last five years and before that in Singapore, said she does not feel homesick abroad because "I am surrounded by my compatriots everywhere." Ann thinks that early training allows Filipinos to excel in nursing and other vocations. She started learning this profession at the age of four as her aunt, a nurse, used to take her to hospital and ask her to watch the work. "She used to kiss me whenever I learned a new thing. At the age of 11, I could do a lot. I began doing things like measuring my grandfather's blood pressure and giving my mother her insulin injections," she said.

This type of early education system is lacking in the Kingdom. Many of our children reach the university stage without learning anything except boredom.

The Philippines, which you can barely see on the map, is a very effective country thanks to its people. It has the ability to influence the entire world economy.

We should pay respect to Filipino workers, not only by employing them but also by learning from their valuable experiences.



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North American Filipino Star Photo Gallery



FNAQ President, Gene Magalit (left) poses with Mrs. Divinia Quinones Bernatchez and her husband after giving her a bouquet of appreciation for her lecture on autism at the workshop.



The Filipino Nurses Association held their annual educational day, general assembly and workshop on "Building Bridges: An Evidence Based Approach in Transforming Bedside Care" on Sunday, October 23, 2011. Members and participants pose with the executive board.



Ethel Tugna celebrated her birthday with her family and friends on Sunday, October 23, at Cuisine de Manille Restaurant shown here with her daughter, son, and husband, Jun Contauze. She received her certificate of citizenship on the same date as her birthday on October 19.



Ethel Tugna (seated on the left) poses with her guests during her birthday celebration on Sunday, October 23, 2011 at Cuisine de Manill Restaurant on Victoria Avenue, Montreal.



Philippine Cuisine

Kare-Kare

Filipino shrimp and sweet potato fritters)



Ukoy is a simple and flavorful Filipino appetizer. These fritters have a pleasant golden color from the sweet potato and annatto. Ukoy is usually made with unpeeled shrimp and the peel is eaten. You can use peeled shrimp if you prefer. Also spelled okay.

Image Creative Commons by knightbefore_99

Ingredients

4 to 6 servings

- * Shrimp, unpeeled -- 10
- * Flour -- 1 cup
- * Cornstarch -- 1 cup
- * Ground annatto (optional) -- 1 teaspoon
- * Salt -- 1 teaspoon
- * Water -- about 1 1/4 cup
- * Sweet potato, peeled and grated -- about 1 pound
- * Oil for frying

Method

1. In a large bowl, mix together the flour, cornstarch, ground annatto and salt. Add the water to make a light batter. Stir in the sweet potato.
2. Heat about 1 inch of oil in a large saute pan or pot to about 365°F, or use a deep fryer. Scoop about 1/3 cup batter onto a plate and spread it out into a 3 or 4-inch round. Place a piece of shrimp in the middle of the round and press it down.
3. Slide the round into the hot oil using a spatula and fry on both sides until browned and crispy, 4 to 5 minutes. Repeat with the remaining batter and shrimp.
4. Serve hot with garlic-vinegar dipping sauce on the side (recipe below).

Variations

- * **Garlic-Vinegar Dipping Sauce:** Mix together 1 cup of white vinegar, 1 tablespoon of minced garlic and 1 teaspoon of salt. Use this sauce to dip your ukoy in.
- * Ukoy usually use unpeeled shrimp. Use peeled shrimp if you prefer, or chop the shrimp and stir it into the batter.
- * Use a half-and-half mixture sweet potato and butternut squash. Or use all squash.
- * Stir in chopped scallions for more color and flavor.

Adobong Sitaw



Ingredients:
1 lb string beans (sitaw), cut in 2 inch length

- 1/4 lb pork belly, thinly sliced (optional)
- 1/2 cup soy sauce
- 1/3 cup vinegar
- 1 medium-sized onion, thinly sliced lengthwise
- 4 to 6 cloves garlic, crushed
- 1/2 teaspoon ground black pepper
- 1 cup water

Watch the cooking video:

Cooking procedure:

1. Heat a frying pan or wok then sear the pork.
2. When oil and juice comes out of the pork, add garlic and onions then cook for 2 minutes.

3. Pour-in the soy sauce, vinegar, and water then bring to a boil.
4. Shake-in the ground black pepper and stir.
5. Cover and simmer for 15 minutes or until the pork is tender.
6. Add the string beans and cook for 3 to 5 minutes.
7. Turn off the heat and transfer to a serving bowl.
8. Serve hot with steamed rice.
9. Share and enjoy!

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Estimated cooking time: 2 hours
Kare Kare Ingredients:

- * 1 kilo of beef (round or sirloin cut) cut into cubes, beef tripe or oxtail (cut 2 inch long) or a combination of all three (beef, tripe and oxtail)
- * 3 cups of peanut butter
- * 1/4 cup grounded toasted rice
- * 1/2 cup cooked bagoong alamang (anchovies)
- * 2 pieces onions, diced
- * 2 heads of garlic, minced
- * 4 tablespoons atsuetse oil
- * 4 pieces eggplant, sliced 1 inch thick
- * 1 bundle Pechay (Bok choy) cut into 2 pieces
- * 1 bundle of sitaw (string beans) cut to 2" long
- * 1 banana bud, cut similar to eggplant slices, blanch in boiling water
- * 1/2 cup oil
- * 8 cups of water
- * Salt to taste

Kare Kare Cooking Instructions:

- * In a stock pot, boil beef, tripe and oxtails in water for an hour or until cooked. Strain and keep the stock.
- * In a big pan or wok, heat oil and atsuetse oil.
- * Sauté garlic, onions until golden brown, then add the stock, toasted rice, beef, oxtail and peanut butter. Bring to a boil and simmer for 15 minutes. Salt to taste.
- * Add the eggplant, string beans, pechay and banana bud. Cook the vegetables for a few minutes - Do not overcook the vegetables.
- * Serve with bagoong on the side and hot plain rice.

Ukoy



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**Ask the
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Buying a microphone?

In Videography, Video & Audio are married couples. They compensate each other and together they make a perfect match that is if both work properly. This means if your sound you capture acceptable to your standard and taste. The best tool for this is a microphone.

There are lots of things to consider when shopping for a mic. Will the shoot take place outside with noisy traffic or children playing in the background, or in a busy mall or quiet studio? Whatever the environment capturing good clean audio depends on the tools you choose.

As you may know, nearly all video cameras have attached or embedded microphones. But these mics may not give you the results you're looking for. They are limited in their ability to channel captured sound while cutting out unwanted sounds nearby. That's why an external microphone is your best choice if you hope to capture great sound. What is your project?

Your project will dictate the type of external mic you'll need. If you're shooting talent you might want to use a wireless lavaliere or handheld microphone. Wireless mics give your talent the opportunity to move without being tethered by a cable. Wireless microphones transmit UHF or VHF or FM or AM radio waves to a receiver attached to your camera. This allows the wireless transmitter in the mic to talk directly to the receiver on the camera.

Here's where the challenge comes in. Your frequencies can pick up external radio waves causing an unwanted hiss or noise in your video. To reduce the chance of interference, consider investing in UHF or VHF wireless mics, because they usually give you more channels to choose from and a clearer signal compared to AM or FM mics.

Let's Get Wired Up!

When I shoot weddings, wireless mics is a must. Unless the couple objects, definitely wired the guy if not the minister and do a sound check. Sometimes I use a

wired mics connect directly to the camera with a cable. These reduce the possibility of outside interference tremendously because of the direct connection. But they can also limit your talent's mobility and cause tripping concerns. When wireless mics become a noisy frequency problem it's good to get wired up. I always use wired mic when the speaker is on the podium such as the reading and the sermon. The XLR

There are two types of external microphones to consider, balanced and unbalanced. Balanced microphones are designed to reduce unwanted noise. Balanced mics are usually attached to professional or prosumer video cameras with a cable or wireless receiver. These have what are called XLR outputs and inputs. XLR connectors are pretty easy to recognize. They have three pronged plugs and sockets. This multi-wire design allows these cables to carry a cleaner signal over much longer distances than unbalanced cables can achieve. They can do this because unwanted electromagnetic noise will have equal voltage in both wires which amplifiers can recognize and reject leaving you with a clear audio signal. In addition, if the two wires in the cable use opposite polarities, balanced cables can also eliminate much of the crosstalk from nearby cables. Unbalanced Microphones

Unbalanced microphones can get the job done but are limited in their ability. They're often consumer type mics that can be connected to cameras using a 1/8-inch plug. Trying to get clean audio using an unbalanced mic is sometimes tricky. You may have the challenge of hearing an unwanted hum or hiss in your video. Keep in mind that

most consumer camcorders only accept unbalanced microphones. However, they can still be effective if used properly and you monitor your sound with headphones.

Condenser and Electret Microphones

Condenser microphones are great for vocals and voice-overs. They offer a rich professional sound to the human voice. However, condenser microphones need either batteries or a phantom power source to work. Because these mics need an external boost, prepare to spend a little extra cash for power source accessories.

ADK's A6 Condenser Microphone was created specifically for vocals or acoustic instruments. This mic can also be used in the studio or during live performances. Whatever



your condenser needs are, there is a wide field of options to choose from.

Electret condenser microphones are similar to condenser microphones. The difference is they do not need batteries or a power supply. These microphones are usually less expensive and complicated than a condenser mic system.

One of Sony's stereo electret microphones is the ECM-DS70P. Sony says their small mic has the ability to record on digital media such as MiniDisc, DAT and NT recorders. At \$75 this mic should fit any tight budget.

Costs: Condenser and Electret mics range in price from a couple of hundred dollars to more than a thousand dollars. It all depends on your needs and budget. Dynamic Mics

Dynamic microphones have similar attributes as their condenser cousins but without the help of batteries or phantom voltage. Dynamic mics capture sound wave vibrations to create their own power for sound output. They can also be much more cost effective compared to Condenser or Electret Microphones.

Audio-Technica's AE4100 cardioid dynamic handheld microphone is an example of a mic that can also be used on stage during live performances. Audio-Technica claims its rugged construction can also stand up to the rigors of the busy videographer on the go. The AE4100 costs about \$189.

Costs: The price ranges for dynamic mics are all over the board. Some are as low as \$20 and as high as a few hundred dollars.

Ribbon Microphones

Ribbon microphones have been around since before the golden age of radio in the 1940s. They do not require batteries or a phantom boost. They create their own power when sound waves go through the mesh screen and the ribbon type material inside vibrates. They are frequently used in studios for singing or voice-overs or on stage for live performances.

Shure makes a ribbon microphone model called the KSM313. Shure describes it as one of their premium microphone products. Costing around \$1,295 you may have to set aside a few extra pennies for this one but it may be worth it depending on what you're trying to accomplish.

Costs: Most ribbon microphones vary in price from a couple of hundred to close to \$2,000.

PZM

PZMs or pressure zone microphones are also condenser type mics. They're flat and perform best on a flat surface such as a table. They could be perfect for recording a meeting in a conference room.

Costs: PZMs vary in price from around 70 bucks to more than one thousand dollars.

These professional microphones can be bought only in dedicated camera stores where they sell items that caters to professional videographers such as Lozeau in St. Hubert St. or at Sony or Panasonic dealers. It could be expensive but worth it.

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FILIPINO STAR

SHOWBIZ GOSSIP

Charice discusses new album, recalls hurdling hurts

Filipina singer Charice admitted that her international second album, "Infinity," was a "big challenge" for her as she veered away from singing ballads, a genre with which she's highly associated.

She's nevertheless up for the challenge, telling Rolling Stone Japan in a recent interview, "The second album is a lot different from the first album that I released two years ago. It has more dance songs... I love to dance actually so this album is kinda like a dream come true for me. The songs will actually let me show my dance moves..."

"I'm not as great as Michael Jackson [though]," she added, laughing.

Acknowledging the success of her first international eponymous record (which debuted at number eight in the Billboard 200 chart)--something she's immensely thankful for-- Charice admitted, "I'm really nervous with this next album. No matter what happens I'm still gonna be happy, [and] this album will be still my favorite album so far because I love pop-R&B."

She also hopes "that the people would still love it the way that they loved the first album. The first album was more ballad, more pop-R&B. You're gonna still hear the belting, the high notes."

For "Infinity," which was released in Japan earlier this month, Charice enthused having worked with "a lot of great songwriters and producers," citing Fil-Am Bruno Mars, and Natasha Bedingfield. Apart from the two, Joe Jonas, Jason Derulo, JoJo, and "American Idol" judge Kara DioGuardi also penned some songs for Charice.

Looking back

Success didn't happen to Charice overnight. She recalled to Rolling Stone Japan that she had joined "a hundred plus singing contests," and one of her auditions apparently left a mark on her.

"They didn't let me sing 'coz they told me that I didn't have the looks. I'm not saying that I'm pretty like the celebrities. I don't have like the celebrity 'X factor' but my intention is just to share my music and talent..." she said.

Although hurt, Charice said she "didn't give up" and "went back to audition again."

"I prepared with a little makeup and [wore] a skirt. They didn't remember me and [after I sang] they were like, 'You're so great! You're in! I was like, 'Wow, you don't remember me. You told me I can't be in your contest just 'coz I don't have the looks.' She just looked at me like she was just



'I'm 19 and I feel like 40!' Charice tells Rolling Stone Japan

surprised," she related.

Charice added, "it felt great actually 'coz I wanted to let them know that it's not just about the looks. It's about the talent, it's about your intention." And in her case, her aim was to "share my talent" and "help my family."

'Criticisms are just words'

Amid the negative notion that she's now gotten swell-headed because of fame, Charice confessed that she sometimes feels she doesn't "really deserve it 'coz I know that there are a lot of great singers and better singers than me."

"[But] I always just think that I'm very lucky to be discovered by all these amazing people like Oprah and David Foster.

"You can't really tell and decide your future. It's just gonna happen just whenever, just like a snap. Somebody just saw me on YouTube and that's it... it was so fast," she added.

The 19-year-old singer from the province of Laguna has apparently gotten the hang of dealing with negative criticisms by staying positive and true to herself.

She also doesn't let the harsh words get to her, deeming that some people are "just saying negative stuff because they're jealous of you. They're jealous that they don't have the great thing that's in you."

"They can tell me, 'Charice is ugly. They're just words, they're not gonna kill you. If they tell you, 'you don't have the looks.' Oh, okay, as long as you're not stabbing me with a knife, I'm fine," she added.

Although it's "gonna hurt a little," Charice maintained, "If you actually show them that you're strong, they will still try to bring you down until you just give up. But as long you show them kindness and you show them that you're a strong person, they're the ones who are gonna give up." ■

Wil Time Bigtime' anniversary successful

Willie Revillame runs out of time, not cash



About 13,000 people attended the first year anniversary of evening variety show "Wil Time Bigtime" at the Smart-Araneta dome.

Controversial game show host Willie Revillame packed in more than 10,000 people at the Big Dome on Saturday, pulling off his much-anticipated six-hour anniversary bash with only one hitch: He ran out of time to give away all the prizes the variety show had in store.

After the carnival-like anniversary program of "Wil Time Bigtime" that ran from 4 p.m. to 10 p.m. at the Smart Araneta Coliseum, five people went home with P100,000; two with P50,000; five with one brand new Foton vehicle, and two with a house and lot from Camella Homes courtesy of Sen. Manny Villar. More than 10 also got their numbers drawn to win P50,000 each after a live raffle. Many more won prizes in games or from simply swaying their hips in the show's "kendeng kendeng" portion.

But for the home partner text promo, Revillame only managed to call up five winners of P50,000 because of time constraints. Millions in cash, five brand new cars, and another house and lot are expected to be given away to more home contestants in the show's upcoming episodes this week.

But nobody went home empty handed. The 10,051 ticket holders, many of whom queued for hours outside the Amoranto Sports Complex in Quezon City on Oct. 14, were handed loot bags containing five kilos of rice and groceries.

According to TV5's Corporate Communications office, the prizes and freebies were from TV5, Wil Productions, and "Wil Time" sponsors.

Dubbed "Sama-Sama sa Unang Taon," the show opened with an explosion of thumping beats, dancers in glittering garb, and neon lights.

The crowd erupted into cheers and roars as Revillame was slowly raised from below the stage, via a platform, playing a Latin percussion set.

In between the games and jokes, renowned local artists regaled the crowd: the Juan de la Cruz Band, Kitchie Nadal and Barbie Almalbis, Rapper Andrew E and Aegis and Kapatid star Aga Muhlach, among many others.

Shalani takes the stage

However, the highlight of the night was Shalani Soledad's surprise sing

and dance number.

"I never thought I'd see this in my life!" exclaimed Revillame in Filipino.

The usually demure Valenzuela City councilor was vixen-like in her sexy all-black ensemble, but looked nervous while performing Beyonce's R&B dance tune "Crazy in Love."

But despite Shalani's nervy showing, the crowd found her effort endearing, and willed her on with hearty cheers and applause.

As expected, Revillame teased Shalani: "That's the first time I've heard that song in slow-mo. Pwede pa lang love song 'yan? Galing mo, te!"



Of course, the night wouldn't be complete without a recap of the show's most tear-jerking episodes. Revillame ordered the lights turned off, and asked the crowd to raise and wave their lighted cell phones in the air, before dedicating a song to all the impoverished people he has helped in the past year.

After the tribute, children with disabilities from the Kythe Foundation and the Make a Wish Foundation were invited on stage to receive a donation of P250,000 each from TV5 and Wil Productions, Revillame's own production outfit.

To prevent a repeat of the tragic stampede that marred the "Wowowee" game show in the past, also hosted by Revillame, security was tight.

Over 2,000 police and security personnel had been deployed. Clinic stations were installed around the Big Dome, and at least eight ambulances were on standby in case of medical emergencies.

Throng of eager fans who had trooped and camped outside the Smart Araneta Coliseum as early as Friday night, were let into the stadium starting at 10:45 a.m. ■

John Lloyd and Shaina headed for Splitsville?



John Lloyd and Shaina's relationship 'on the rocks?'

John Lloyd Cruz has admitted that his relationship with Shaina Magdayao is not doing so well these days.

"To be honest, hindi maganda ang bagay-bagay ngayon. 'Yon lang ang masasabi ko. Ang mga

bagay ngayon, they are not looking good," Cruz told abs-cbnnews.com in an interview during his contract signing with ABS-CBN on Oct. 24.

The actor chose to keep mum about the issue "until sana ay maayos namin o mabigyan ng closure kung anuman" and maintained that "at this point, the best thing for me to do is to keep quiet."

Cruz answered in the affirmative when asked if he still loves Magdayao.

"Hindi 'yon mawawala at mananatili lang 'yon doon. Ayaw ko lang magbigay ng statement na makakalala," he said, adding that he "can only hope for the best, di lang sa sarili ko kung di sa aming dalawa."

However, he stressed that their problem now isn't caused by any of his ex-girlfriends. He

mentioned Ruffa Gutierrez in particular, who is alleged to be one of the subjects of Magdayao's jealousy in the past few weeks. Recall that Cruz reportedly talked to the former beauty queen and other ex Liz Uy during Bea Alonzo's birthday party last Oct. 8. Gutierrez has already denied talking to Cruz during that event though maintaining that she and Cruz are in good terms.

Magdayao herself affirmed Gutierrez's assertion. "Hindi sila naglapit ni Ruffa," she said on "The Buzz," adding that she neither has problems with Uy.

A separate report by PEP posted at 11:40 a.m. – almost two hours before the ABS-CBN story was published online – reported that Cruz and Magdayao have indeed "broken up."

Citing a "reliable source," PEP

stated, "Break na sina John Lloyd Cruz at Shaina Magdayao."

According to said source, the breakup happened after Cruz found out that Magdayao used his phone to send texts to Gutierrez on Oct. 18. Gutierrez described the messages as "not very nice" and "not very kind" on "Paparazzi." Cruz's supposed ex also revealed that

Cruz called her up Tuesday to apologize for the incident.

"So clear na po 'yon. Patayin na natin 'yung issue. Sana 'wag na 'ko madamay sa kung ano mang merong nangyayaring gulo... Today let's close the issue na kasi para sa 'kin wala naman dapat pag-awayan 'di ba?' she said.

Cruz and Magdayao have yet to air their side on this alleged breakup news. ■

'No Other Woman' declared highest-grossing Filipino film of all time



The success of 'No Other Woman,' according to Ed Lejano of UP Film Institute, lies in it being sexy, campy and witty

The story of a young couple's marital woes caused by a mistress proved very appealing to moviegoers, as underscored by Star Cinema's "No Other Woman" breaking records at the box-office.

"Binagyo pero bumasag pa rin ng record ang 'No Other Woman' bilang highest-grossing Filipino film of all time," the report on "TV Patrol" said, Oct. 12.

"Base sa box-office returns, tinatayang pumalo na sa P220 million pesos ang kinita ng 'No Other Woman' sa ikatlong linggo nito sa mga sinehan. Nilampasan na ng pelikula nina Derek Ramsay,

Anne Curtis at Cristine Reyes ang top-grossing film nina Sarah Geronimo at John Lloyd Cruz na 'You Changed My Life,' na kumita ng 209 million pesos noong 2009," the report added.

According to an expert, the movie's theme and the showdown of its sexy stars clicked with the moviegoers.

Ed Lejano of the UP Film Institute shared the reasons the movie was such a monster hit at the box-office.

"It's witty. It's campy. It's sexy. It's melodrama. You know, all the ingredients are there," Lejano explained.

Overwhelmed by her movie's success, Anne Curtis who plays resort heiress and the other woman, enthused, "Yung mga nanonood walang specific market. Ang dami. Parang lahat—magkakabarkada, pamilya, all girls, all boys, mag-boyfriend, mag-asawa—lahat nanonood. So parang nakakatuwa na I know the market cause I'm the market. Nakakatuwa na 'yung market is everyone talaga."

Curtis also took to Twitter to express her gratitude to those who watched their movie.

"Thank you to everyone that watched 'No Other Woman' it's because of YOU our movie is now the highest grossing Filipino film of all time. Maraming salamat sa pagsuporta ng pelikulang pilipino! Congratulations to our whole team!!! Pats on the back for everyone! Curtis posted on Oct. 12. ■

Sam Concepcion is 'Forever Young'



Sam Concepcion

Teen heartthrob Sam Concepcion has just released his latest single "Forever Young" taken from his latest mini-album. It is already available at all record bars nationwide.

The song instantly enjoyed massive support from the fans who made Sam and "Forever Young" two of

the top Twitter trending topics immediately after it was launched last Sept. 18 on "ASAP Rocks."

The song is a fitting tribute to Sam's first decade in showbiz.

"Forever Young," a modern take on the Alphaville classic, also features new lyrics penned by album producer Ito Rapadas.

The single's music video is also number one song on MYX Hit Charts. "Forever Young" is also the promo single for Sam's latest musical "Peter Pan."

"Forever Young," soon available in stores nationwide, also includes some tracks from Sam's Pop Class DVD—"Missed You," "Somebody," "Hala Heyla Hey," "Dream On," "Be My Girlfriend" and "Someone."

"Forever Young" is produced by Universal Records.

"Peter Pan," which is enjoying glowing reviews from critics, is still onstage until Oct. 30 at the Meralco Theater. ■

SHOWBIZ GOSSIP continued on p.20



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Personality profile of the month

Santos - an officer, a volunteer and a father



At 79 years old, Reuben Santos can boast that he has led an accomplished life. He has achieved his dream to have a successful career, served his growing community and raised wonderful children. He could not ask for more.

A graduate of Philippine Merchant School in 1956, he worked as a licensed ship Captain, Port Captain, Marine Superintendent, Marine Consultant and part-time Marine school lecturer while vacationing in the old country.

He immigrated to Canada in 1970. Because of his shipping experience in the Philippines, he was immediately hired by Cast North America to work as one of its operation assistants for 30 ships and a container controller in its Operation Department from 1970 to 1975. After leaving Cast North America, he founded Seastores Canada Ltd., a ship chandler in the Port of Montreal. In 1980, he co-founded Alpha Ship Stores Company with a Korean businessman. Seastores was taken over in 1995 by a former employee. In 1993, Alpha Ship Stores was dissolved with a clean slate.

After retiring in 1995, he became a volunteer for the International Mariner's House in Montreal. Unknown to many Filipinos, he has been a donor of the IMH and has donated personal books, magazines and pre-used clothing that benefited world seamen, mostly Filipinos. Santos has been involved in his own community too. From 1993 to 1995, he served as the president of the

W.G. Quiambao

FCTAM. Although he had hip operations, he started the Summer Tennis Program in 2000 until 2010 for the Filipino Community in Kent Park. From the very start of the program, the FCTAM has many tennis trainer instructor volunteers namely, Luis Sarasola, Precy Nombrado, Michael Rubenstein and his wife, Tony Sia, Josie Dutta, Roger Bonyad and his wife, Dr. Ruben Carranza, Butch Dizon and his wife, among others that give free tennis lessons to the Filipinos of all ages and genre.

"Conducting tennis lessons to children and adults for two hours under the summer sun is really a trying experience," said Santos. "But if we can save just one youth from drugs in learning tennis, our day is made and our work is not in vain."

His good work did not go unnoticed. For his valuable contributions to the community, he was given the first Lifetime Achievement Award by the FCTAM in 2010.

Tony Sia, former president of the FCTAM said, "Reuben encourages tennis as an active art of a healthy lifestyle." A mother of one of the tennis students added, "I am forever grateful that there is a free tennis summer clinic of this type as this keeps my daughter away from the television, the computer and the insatiable appetite for testing." When Santos retired from the tennis program this year, Dick Ribaya continued the summer season. However, Santos still assists Ribaya and the current president, Rosemarie Arellano, promoting the FCTAM.

Apart from FCTAM, Santos is an active member and donor of FAMAS, UPS, Filipino Seafarers Brotherhood of Montreal and Fil-Can Chess and Social Club.

Santos, who is twice married, has four children: Ronald, an International Consultant of England assigned in Afghanistan; Rommel, a Dealer Development Manager of City Mobility in Toronto; Sandy Santos-Brassard, a BSN graduate who works with the Health Canada; stepdaughter Maria C. Romero, an executive in Silicon Valley, California.

"I'm proud of my children and of their accomplishments," said Santos. "They're the gems of my life."

Peace, Love and Hope

by W. G. Quiambao

Avy Loftus, a Montreal-based batik designer and art decorator, was shocked when she found out in early 2000 that her 7-year old daughter was bullied at school. She knew that bullying was on the rise but she did not really know the impact it had on the victims, communities and societies.

Loftus' daughter was called dumb, ugly and showy. The truth is that she is the opposite of what they called her. The bully did it out of jealousy and soon, the verbal bullying became physical.

violence at schools and in the community, she decided to develop an art project to keep the students off the streets and think of positive and useful things, instead of bullying. She decided to use art as a vehicle to promote the message of non violence.

"The project fosters love and understanding among all children regardless of cultural backgrounds," said Loftus. "But it gives them satisfaction and more motivation in their work. It creates awareness and friendship with one another as they work together. Special needs students



Three children showing their artwork which have been assembled into a big quilt for display

"My daughter, who was in good health began complaining of having stomach-ache and headache before going to school," said Loftus.

"When the pain became severe, I brought her to the hospital for physical check ups but the doctor didn't find anything physically wrong with her. The problem was emotional."

Although the bully was reported to the school and he was disciplined, Loftus transferred her daughter to another school in order to heal her emotionally.

"I just advised my daughter to forgive the classmate who bullied her to heal her emotional pain," Loftus said. "My daughter's health gradually improved and she is fine today."

The experience drove Loftus to know more about the cause of bullying and find ways how to stop it. She visited the schools in greater Montreal, discussed bullying with the principals, teachers and also the students. She was appalled at what she found out behind the schools' wall.

"Sometimes, some teachers don't report the bullying for fear that the social workers might take the bullies from their parents," said Loftus. "Children experience bullying from their parents at home. Sometimes, the students take their parents as model and they do the bullying in school. It's sad because bullies are actually victims too. We should be more compassionate and understanding towards them. I find it strange that some teachers pay more attention to honor students. They should pay more attention to academically poor and troubled students, especially the bullies.

Concerned with the level of

who need validation feel success in creating a piece of art. The children's art pieces are then assembled into large scale-quilts which Loftus tours and exhibits at museums, cultural centres, schools and international children's festivals, raising awareness and visibility for the anti-bullying causes, with the consent of their parents.

Peace Love and Hope children's artworks have been exhibited in Montreal, Toronto, Ballina (Ireland), Chicago, Washington, Washington, DC, Cincinnati, Bandung and Jakarta, (Indonesia).

"I plan to to exhibit them in more cities in Asia, Africa and Europe in the future," said Loftus. "My target is to reach at least 1,000,000 children all over the world. It is an ambitious project but I am determined to promote peace and non-violence among the children and to stop bullying at schools and in the communities."

Since 2007, Peace, Love and Hope has been collaborating with and received support from many organizations including: charitable, community and cultural events, Government Departments (examples, Culture, Education and Foreign Affairs), International Childrens' Festivals, etc.

Peace, Love and Hope is running for Aviva Community Funding competition and the readers can support the project by voting daily at <http://avivacommunityfund.org/ideas/acf11257>,

For more information, please visit: <http://peaceandhopeproject.blogspot.com> http://www.youtube.com/watch?v=gQRtIK_qDzM

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Harper Government Helps Farmers Access More Markets and a Better Bottom Line

Ottawa, Ontario, October 24, 2011 – The Harper Government is creating new trade opportunities for the benefit of farmers, says a recent analysis of the work by the Federal Market Access Team. Agriculture Minister Gerry Ritz released the report today and highlighted that among other positive results, Canadian beef exports to Russia have more than tripled in value since increased beef access was gained in recent years.

"This market access report shows clearly that the Harper Government is growing more trade opportunities for our producers, strengthening their bottom line," said Minister Ritz at the Annual Market Access Meeting. "By reopening, maintaining and expanding international markets, we are making sure that Canadian farmers can make their living from the marketplace and continue to drive our economy."

"Our ambitious pro-trade plan includes improving market access in the agriculture and agri-food sector," said the Honourable Ed Fast, Minister of International Trade and Minister for the Asia-Pacific Gateway. "We are creating opportunities for Canadian farmers and their families by deepening and strengthening Canada's trading relationships in priority markets, opposing trade-restrictive measures and defending Canadian interests."

The report highlights accomplishments between January 2010 and March 2011 in ten key

markets for commodities including beef, pork, canola, wheat, pulses and animal genetics. It shows that by collaborating and coordinating market-access efforts and activities, the federal government, provinces, territories and industry have succeeded in reopening, maintaining and expanding markets for many Canadian agricultural and food products.

Canadian beef exports to Russia more than tripled (328%) by value and surpassed \$23 million (\$23.8M) in 2010 after increased beef access was gained in 2009 and confirmed in 2010. Canada has also secured a more stable trading environment with China after negotiating transitional measures for canola seed exports, which enabled farmers to maintain exports of canola (seed, oil and meal) to China in excess of \$1.8 billion in both 2009 and 2010.

In 2009, Minister Ritz created the Market Access Secretariat (MAS) to coordinate government initiatives with industry to pursue new and existing markets for the agriculture sector. The MAS is closely working with the Federal Market Access Team which gather resources from Agriculture and Agri-Food Canada, the Canadian Food Inspection Agency and the Department of Foreign Affairs and International Trade, supported by a Senior Market Access Coordinating Committee.

The federal government, provinces and territories work with the industry to discuss market access progress and priorities for agricultural trade. The Canadian agriculture and processed food sector is a key driver of Canada's economy and growth. The potential for growth of the sector lies mainly in Canada's ability to expand its markets abroad.

Canada is the world's fifth largest exporter of agriculture and food products with annual exports worth over \$35 billion. Canada's trade in agriculture and food products contributed more than \$11 billion to our trade surplus.

The report is available on AAFC website at:

www.ats-sea.agr.gc.ca/exp/5892-eng.htm

For more information, media may contact:

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Royal Vale School : The elected officials of the CDN—NDG borough will stand against moving secondary level classes

Montréal, October 20, 2011 – Susan Clarke, City Councillor for the district of Loyola, will table a motion at the next meeting of the Côte-des-Neiges—Notre-Dame-de-Grâce Borough Council opposing the proposal of the English Montreal School Board (EMSB) to move the Royal Vale high school from its current location on Somerled Street to the Giovanni Palatucci Centre in Côte St-Luc.

The motion is seconded by Councillor Marvin Rotrand and the Mayor of the borough, Mr. Michael Applebaum.

"The closing of NDG's sole English language public school would be a great loss to the entire community in Notre-Dame-de-Grâce", said Councillor Clarke who is spearheading this file. She cites historical, geographical, and demographic considerations to reject the EMSB's proposal.

Marvin Rotrand, Councillor for the district of Snowdon, points out that the majority of students attending Royal Vale School live in the borough of CDN—NDG. "Very few students attending Royal Vale School come from Côte-Saint-Luc or Hampstead. Moving the classes to Côte-St-Luc would serve the interests of that municipality only to the detriment of our Borough".

The next Borough Council will take place on November 7th, at 7 P.M. at 5151, chemin de la Côte-Sainte-Catherine.

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Showbiz Gossip *Continued from p.17*

Pia apologizes to friends for secret wedding, promises church event



Pia Guanio

TV host Pia Guanio is now Mrs. Steve Mago.

She confirmed Oct. 9 via "Showbiz Central" that she already wed her businessman beau on Oct. 1 in Alabang, Muntinlupa City.

"It was very solemn. It was very meaningful and it was very private," Pia told her SC co-hosts John Lapus, Jennylyn Mercado, Rufa Mae Quinto and Raymond Gutierrez over the phone.

The garden wedding held at the residence of her husband's parents

gathered less than 50 guests, according to Pia.

Last Oct. 6 at the "Eat Bulaga" coffee table book launching in Makati, entertainment scribes and editors asked Pia if it was true that she had gotten married. She denied pointblank: "No. May inasikaso lang po ako."

The "24 Oras" Chikaminute anchor explained, "Ayaw talaga namin ng any kind of unnecessary distractions of what a really big wedding entails... Kapag intimate ang isang okasyon, damang-dama mo."

Pia, who admitted being so emotional during the wedding, also revealed that they had an unexpected visitor on the day of their wedding - typhoon "Quiel."

She related, "I think it was really meant to be. Nung dumating yung guests namin, tumigil yung ulan. They were able to get inside... Pag approved talaga ni God, things go as planned."

Pia was apologized to her friends who were not invited to the wedding. "Promise ko sa inyo, magkakaroon tayo ng susunod pa [na celebration]," she said, spilling their planned Europe church wedding next year. ■

Jinkee holds on to Manny's promise



Jinkee says she's lucky she's 'not the other woman'

Despite the latest rumor of infidelity plaguing her marriage with boxing champ Manny Pacquiao, Jinkee Paquiao remains confident and clings to her husband's promise to her.

"I trust him, because he promised he will not get involved with anyone anymore after Krista [Ranillo]," said Jinkee in the Oct. 21 report of Robbie Pangilinan on philboxing.com.

Recall that the boxing icon was rumored to have secretly dated Krista in 2009 when they were working on the movie "Wapakman." The rumor triggered a fight between the Pacquiao couple but they eventually were able to resolve the rift.

The latest controversy was divulged by a tab report which alleged that the Sarangani representative has had another illicit affair, this time with a 22-year-old Culinary Arts student named

Kat Ordoñez.

To make matters worse, the report revealed that the boxing champ attended a baptismal of his alleged love child with Kat in September.

Jinkee, who rallied to her husband's side, said the issue is nothing but one aimed at distracting Manny who is now busy prepping for his third bout with Mexican boxer, Juan Manuel Marquez on Nov. 12 in Las Vegas.

"This rumor is a distraction and a destruction. It will only slow and hurt Manny. I don't want him to worry," Jinkee said.

Contrary to earlier reports that she won't be present on her husband's upcoming fight, Jinkee stated that she will be flying to Las Vegas on Nov. 5 to show her support for the "Manny Many Prizes" host.

But when asked for her reaction to the latest issue, Jinkee's response was, "Suwerte ko I'm the original, not the other woman."

Recall that the wife of the pound-for-pound king recently said that she's willing to give an Hermès bag to anyone who can prove that Manny is having extra-marital affair. Two weeks hence, Jinkee seemed to have backed off from her own dare and does not even want to talk about the issue anymore.

However, she added in jest, "I will deal with him after the fight."

More, the report cited that before heading to Las Vegas, Jinkee will stop over in Los Angeles, California on Nov. 4 to meet with her friend, hotel heiress Paris Hilton to discuss their business venture. ■

Dingdong Dantes says no to politics, human trafficking



MTV EXIT celebrity ambassador Dingdong Dantes

Despite being active in his charity efforts as a youth empowerment and education advocate, Kapuso actor Dingdong Dantes maintains that politics is a field he does not wish to enter.

"Hindi. Malayo eh. Alam mo sa totoo lang mas may freedom ako sa showbiz kasi binigyan ako ng pribilehiyo maging isang aktor and bilang isang celebrity na nagagawa ko ang mga ito using my own free will," Dantes told Bulletin

Entertainment and other members of the press at the launch of MTV EXIT (End Exploitation and Trafficking) Philippines' human trafficking documentary "Enslaved: An MTV EXIT Special" at Crowne Plaza Manila Galleria on Tuesday.

For the award-winning actor, his heart belongs to the showbiz industry and that is where he intends to stay.

"Unlike siguro kung gagawin ko 'yung sinabi mo [to enter politics], malilimitahan ako. I wanna do what I do best. Para sa akin ang linya ko naman kasi talaga ay pag-arte. Kumbaga, itong mga bagay na ito, it's part of my social commitment... kumbaga part of our social reform for the Philippines.

"I believe naman that we are given this certain kind of representation for a reason and bakit ko naman sasayangin," he pointed out.

Dingdong as philanthropist Recall that the "Mind Master" host was also the founder and chairman of Yes Pinoy Foundation, an organization established in 2009 that is "committed to harness the immense power of the people and the youth to make a difference in building a better future for young

Filipinos," says its website.

The organization's first charitable thrust was the "Para Paaralan," a roving bus equipped with 28 units of computer tablets with wireless internet connection, DVD-CD writers, printers, multi-media equipment and sound system. It serves as a classroom where marginalized youths learn specially-designed alternative education modules through the medium of digital technologies and performing/visual arts.

As to his advocacy, he said, "Youth empowerment, 'yun talaga 'yung aking top advocacy but then itong human trafficking if you really look into it closely, it involves majority kabataan eh.

"Ang objective ko for this is for it to be eliminated or for it to be stopped. It's also for you to know what human trafficking is all about and walang ibang paraan para magawa ito kundi i-educate ang sarili mo kung ano talaga siya para ma-empower rin natin 'yung kabataan to stop it.

"Kasi syempre rampant 'yan sa atin kasi, you know, we are very vulnerable kasi matataas ang mga pangarap natin, na any offer at any prospect that we see na pwedeng

magpaasenso sa atin ay kakagatin natin. So it's for us to be aware, kaya we came up with this documentary through MTV Exit na para malaman [ng tao] what human trafficking really is all about," he elaborated.

On hosting 'Enslaved'

While he confessed to truly love his job as actor and host, the upcoming "Segunda Mano" star admitted that he found it "difficult" to host "Enslave" mainly due to the disturbing stories it tells. He even related that at one point, he wished that they were just acting, "because it dawned on me how serious human trafficking can affect us all."

"Knowing about these examples, parang nakakatunaw ng puso because they have high hopes for themselves... [and it's] at that stage [that] they became very vulnerable so they get tricked. And 'yung dreams nila nalalagay sa pinaka worse na trash can," he said.

Believing that poverty was a huge factor in the Filipinos' susceptibility to falling prey to human traffickers, he noted, "Knowing is already half the battle so as long as you know about human trafficking, that already gives you a 50% ability to stop whatever you think is wrong." ■

Sam Milby talks songwriting, love



Aside from being an actor, Sam Milby wants to be recognized as musician

Actor-singer Sam Milby finds it easier to write songs when he's in a specific disposition.

"Kapag malungkot ako or heartbroken or medyo may galit or bitterness," Sam enumerated in an article by Push.com.ph posted on Oct. 13.

Sam even compared himself with his "ASAP Rocks" mainstay and "Pinoy Dream Academy" season one winner Yeng Constantino when it comes to songwriting.

"Si Yeng, nakita ko siya pwede siya mag-gitara at gumawa ng song on the spot, ako hindi talaga," said he.

He cited his composition "Pushing Me Away" from his latest album, "Be Mine" as example, saying, "bigla ko lang naisip [yung

kanta] habang naglalakad ako sa harap ng library sa New York. Then when I got home I tried it with the guitar."

However, Sam neither confirmed nor denied that the song pertains to his breakup with Anne Curtis in 2008.

"Basta. Hindi ko sasabihin kung sino. I'd leave that to everyone else to guess. There's a lot of artists that are not songwriters. Pero yung song na yun, ako mismo ang gumawa ng melody at lyrics two years ago," he shared.

Sam maintained music is his "forever first love" and therefore "would never give [it] up."

"I enjoy singing kahit may stage fright ako kapag nagpe-perform," he added.

Aside from a handful of movies and TV series, the former "Pinoy Big Brother" housemate has already released two solo studio albums prior to "Be Mine." These were "Sam Milby" in 2006 and "A Little Too Perfect" in 2009.

"I hope kahit papaano, people still look at me as a musician, hindi lang as an actor," the actor-singer said.

With Anne being his last girlfriend, Sam wants to have someone "special" again.

"But when I fall in love and have a girlfriend, gusto ko nakikita ko yung sarili ko sa kanya for long term and I haven't found a girl na ganon.

"Pero para sa akin gusto ko dire-diretso, ayoko ng may duda sa umpisa. Gusto ko excited ako from the start," said he. ■

Manny Pacquiao purchases a Ferrari 458 Italia



The gift-giving season is around the corner, and even champion boxers need to give themselves one or two

of luxury cars, which includes brands like Mercedes Benz, Porsche, Lincoln Navigator, Escalade, as well as other SUVs worth millions, as reported on gmanews.tv, Oct. 24.

"Matapos ang kanyang jogging sa Los Angeles, California bilang ensayo niya sa papalapit na laban kay Juan Manuel Marquez [ay] sinubukan ni Manny ang kanyang bagong sports car. Pinagkaguluhan siya nang dumating siya sa Wild Card Gym sakay ng bagong Ferrari," the "24 Oras" report added.

For his Christmas wish, Pacquiao



The Ferrari 458 Italia is a seriously fast and expensive exotic sports car

items once in a while.

"May maagang pamasko sa kanyang sarili ang Pambansang Kamao na si Manny Pacquiao - isang bagung-bagong Ferrari na nagkakahalaga ng katumbas ng mahigit na 13 milyong piso," the report said on "24 Oras," Oct. 24.

Pacquiao's latest acquisition is a Ferrari 458 Italia worth \$309,000. This Ferrari is his latest addition to his fleet

said, "Pagbabago at siyempre pagmamahalan sa bawat isa, na walang kaguluhan sa ating bansa. Sana dinggin ng mahal na Panginoon at sana sama-sama tayong magdasal sa magandang kinabukasan nating lahat."

If Pacquiao gave himself a very early Christmas gift, three of GMA-7's popular personalities received a Yuletide gift in recognition of their contributions to society. ■

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Bilmore College International students participated in the workshop entitled "Building Bridges, An Evidence Based Approach in Transforming Beside Care" conducted by the FNAQ (Filipino Nurses Association of Quebec), October 23, 2011, at 6767 Cote des Neiges. Standing (from left): Laura Dizon, Edison Taguba, Marilou Hechanova, Grace Calvo, Annie Signey, Joesie Bingayen, Giselle Arellano, Vilma Lagonilla, Mildred Mendoza, Sophie Toledo, PAB instructor. Seated (from left): PAB Instructors Clarice Mackay, Edith Fedalizo, Zenaida Kharroubi, Director-General, Gene Magalit, FNAQ President, Shirley Carrera, Director, Const. & B-Laws, FNAQ, and Amy Manon-og, PAB instructor.



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