

Anti-corruption bill priority No. 1 when National Assembly restarts: PQ

Marois government's agenda also includes adopting tougher Bill 101 while promoting Quebec's French, secular identity



Ministers entering a special two-day PQ caucus meeting in Drummondville offered reporters hints of what the government plans to do when the National Assembly reconvenes next week for the first time with Pauline Marois as premier. Photograph by: Jacques Boissinot, THE CANADIAN PRESS

By Kevin Dougherty, Postmedia News October 26, 2012

DRUMMONDVILLE – The first bill of the new Parti Québécois government will attack corrupt practices revealed at the Charbonneau Commission, probing the construction industry and the impact of corruption on political parties in the province.

Ministers entering a special two-day PQ caucus meeting in Drummondville offered reporters hints of what the government plans to do when the National Assembly reconvenes next week for the first time with Pauline Marois as premier. But while its initial focus will be fighting corruption, the PQ government also intends to stick to its agenda of pushing for Quebec independence, adopting a new, tougher Bill 101 to protect the French language, while pursuing measures to preserve Quebec's French, secular identity.

As well, Finance Minister Nicolas Marceau promised a vote before the Christmas adjournment on his plan to modify the \$200-a-head health tax for the 2013 tax year.

Marceau told reporters that while the Sept. 4 election returned a minority PQ government, none of the three opposition parties represented in the assembly won a majority either, appealing to them to work with the PQ on this issue.

"I have taken that into account," Marceau said. "They should too."

International Relations Minister

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Fil-Am president of US university: 'I was never the smartest person'

By Cristina DC Pastor, The FilAm October 23, 2012

For Gabriel Esteban, the road to Seton Hall University was one that began with mediocre school grades



Dr. Gabriel Esteban

outwork me," said the 20th president of Seton Hall University and the first Filipino American president of a major American university.

At a recent talk at the Philippine Consulate, Esteban, 50, took his audience on a journey from the turbulent 1970s when he was a UP student all the way to 2011 when he was named the first lay president of the Catholic institution. Esteban recalled that as a UP 'aktibista' during martial law, he was always fascinated that rallyists were always in front of marches and protest leaders were always at the back. "Are we the sacrificial lambs?" he asked himself. It would be his first "lesson" on leadership.

By his admission, he was a regular guy – a "very poor" student but

and reinforced by a lot of hard work.

"I was never the smartest person, but I would not let anyone

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Editorial

Corruption - will it ever be eradicated?

It is common knowledge that corruption has become a way of life in many parts of the world, especially where there is a lot of poverty. In a developed country like Canada, it seems quite a surprise that it also exists, considering that most bureaucrats are highly paid.

Many articles have been written about corruption, and the degree of gravity of its effects on the economic, social and political life of a country. The current inquiry into the corruption in the construction industry and its connection to organized crime makes us wonder when and for how long have these secret dealings been going on. According to the news, the practice of giving kickbacks has been a part of doing business with the government for decades. Indeed, times have not changed as corruption still remains in our midst. Tracing back to the corruption time machine, we have read about a commission of inquiry called by then Quebec Premier Robert Bourassa for he could no longer ignore a "deep-rooted culture of violence and intimidation in Quebec's construction industry." This commission, headed by Robert Cliché, a judge with strong New Democrat Party lineage was joined by Brian Mulroney, a Conservative Party organizer at the time and Guy Chevrette, a vice-president of the Centrale de l'enseignement du Québec. The commission's lawyer was Lucien Bouchard. They held 68 days of hearings and focused on 279 characters in the union and construction world. When the Cliché commission filed their 602-page report in May 1975, the inquiry had "morphed from a probe into the exercise of union freedoms into an exposé of what was then described as 'an organized system of corruption without parallel in North America.' An excerpt from this article shows that corruption always has a way of reaching the top of the ladder.

Union leaders were discredited and cabinet ministers implicated. The trail of misconduct led to Bourassa's office, where the premier's special adviser had reportedly asked a union boss to help with a by-election on the same day he offered a monopoly over work at James

Bay. The inquiry concluded that union corruption could not have been so deeply entrenched unless it had been actively supported by the government."

For a period of four years, it was reported that the Bourassa government "worked hand in glove with gangster union leadership in the province's construction industry." Some of the commission's recommendations were enacted but there were still obstacles to a genuine permanent overhaul in the construction industry.

Evidently, we are witnessing the same problem of corruption in the construction industry. As we hear and read about the testimonies of witnesses being questioned by the Charbonneau Commission, we wonder where it will lead us. Will these be given much weight in the future election of our representatives? Will the people learn how to hold our public officials accountable?

Corruption is defined in the wider sense to include bribery, extortion, fraud, deception, collusion, cartels, abuse of power, embezzlement, trading in influence and money laundering. From all the reports we have read about, all of these illicit activities appear to be going on. The allegations are so serious that many people could hardly wait to see the end of this. The report will only be submitted by next year but the consequences of the allegations are definitely going to cause some political upheavals at City Hall.

It is still too early to make up our minds about who is guilty and who is not. We are left with conjectures of responsibility. As the Ottawa Citizen editorial concludes, "if the damning evidence bears out, all Montreal politicians, even the clean ones, will have to explain how they remained conveniently ignorant."

Can corruption be eradicated? It appears that it is next to impossible to do so. However, this does not mean that we should give up the fight for it is like a disease which must be cured. If we hold our elected officials accountable for their actions, somehow, we can put a dent on corruption practices that hurt everyone.

Zenaida Ferry Kharroubi

City of Montreal names posthumously M. Raoul Wallenberg, Citoyen d'honneur de la Ville de Montréal

MONTREAL, October 25, 2012 -

On the occasion of an Education Series on the Holocaust and the celebration of the 100th birthday anniversary of Mr. Raoul Wallenberg, the mayor of Montréal, M. Gérald Tremblay, received at City Hall the members of the Centre commémoratif de l'Holocauste à Montréal as well as the survivors of the Holocaust in order to nominate posthumously M. Raoul Wallenberg, to the title of Citoyen d'honneur de la ville de Montréal." During the Second World War, M. Wallenberg saved thousands of Jews from their certain death.

"Many Hungarian Jews saved by M. Wallenberg became immigrants and citizens of Canada. They are today Montrealers who are active in all spheres of activities. With their children and their grandchildren, they contribute to the economic, cultural and social development of the city. In their name and in the name of those who were killed, we must celebrate those people, like Raoul Wallenberg who rose against the infamy," declared Mr. Tremblay.

"We are very proud that the City of Montreal underscored in such a fashion the importance of acting in favor of human rights. Here, in Montreal, the moral responsibility of intervention concerns all citizens," declared Mr. Larry Nachshen, President of the Centre commémoratif de l'Holocauste à Montréal.

In 1985, Wallenberg was bestowed the first posthumous title of "Citoyen d'honneur du Canada." A monument is dedicated to him in the garden of the Anglican Cathedral in downtown Montreal - a homage of Montrealers to this remarkable man who saved so many Jews. The monument was created by the sculptor Paul Lancz, a Hungarian Holocaust survivor.

"The Jewish community and the

Montreal administration joined together in the common values of accepting and including the importance of human rights and human dignity. We work together in common agreement to promote human rights and testify that our responsibilities are there. Our Charter of Human Rights and Responsibilities is proof of our commitment," added Mr. Tremblay.

The City of Montreal, by means of the different programs in support of cultural diversity and reinforcement of exchanges between citizens in Montreal, focuses on the development of a society more just, peaceful and inclusive. The support and compassion that animate Montrealers, their tolerance and their open minds are in perfect correlation with the work of Mr. Wallenberg.

More than 100 000 members, of the Montreal Jewish community, are considered the most important and oldest in North America. They contribute to the economic development of Montreal and to its cultural and gastronomic deployment.

From October 24 to November 4, 2012, the Education Series on the Holocaust are dedicated to these people who acted to save Jewish lives during the Holocaust. They hid them and gave them papers of identity and helped them to escape. For more information:

<http://www.mhmc.ca/fr/events/view/8>

Source :

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THE NORTH AMERICAN

FILIPINO STAR

Montreal, Quebec, Canada

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Montreal, Quebec H3X 1T7

Tel.: 514-485-7861
E-Mail: market@filipinostar.org
Published by: Filcan Publications, Inc.

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Tagalog prevalent in Canada

By Sara Susanne D. Fabunan |

Tagalog is the second most-spoken language in Canada, according to the latest census of statistics Canada.

The agency says the Filipino community is growing faster in Canada than any other foreign community as a result of the Filipinos' robust immigration to Ottawa.

The Filipinos permanently or temporarily living in Canada number 667,674, followed by Australia with 345,592 and Japan with 290,358.

In 2011 Canada admitted more permanent residents from the Philippines than from any other country at 34,991.

Experts say the increase, up from just 11,011 in 2002, is largely due to the Live-In Caregiver Program, which provides nannies to Canadian

families, and also due to the nurses and service-sector workers who work to send money home.

Statistics Canada says the robust immigration into Canada explains why the number of Tagalog speakers rose 64 percent between 2006 and 2011.

In 2011 there were 279,000 people using Tagalog as their second language next to English, up from 170,000 five years earlier.

Statistics Canada says Tagalog is the most-spoken foreign language in Edmonton, the second most-spoken foreign language in Calgary, and the sixth-most-common language in Vancouver and Toronto.

Tagalog is also the second most-spoken language in Winnipeg, edging out French

has said if you save one life, you save a universe. Raoul Wallenberg's courage was more than that."

The city was also marking the 100th anniversary of Wallenberg's birth, on Aug. 4, 1912.

While working as a Swedish special envoy in Hungary in late 1944, Wallenberg issued protective passports and sheltered Jews in buildings designated as Swedish territory.

He was captured by the Soviets in 1945, and was never heard from again.

The CBA notes that privacy is recognized as a fundamental constitutional right under Canadian law, and the Bill has the potential to invite a constitutional challenge and litigation.

"The Bill interferes with the internal administration and operations of a union, which the constitutionally protected freedom of association precludes, unless the government interference qualifies as a reasonable limitation upon associational rights. It is unclear from the Bill what the justification is for these infringements," says Arthur Grant, executive member of the CBA's National Constitutional and Human Rights Law Section.

Commenting on procedural points, the CBA says the Bill could have a serious impact on the operations of labour unions, yet these processes are embedded in amendments to the Income Tax Act. "In our view, it is inappropriate for

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Bill C-377

Raoul Wallenberg an honorary Montrealer

Posted By: Richard Deschamps
rdeschamps@astral.com · 10/25/2012
4:38:00 PM

The city today named Raoul Wallenberg an honorary Montrealer, for his efforts in saving thousands of Jews from certain death during the Holocaust.

"Raoul Wallenberg was a person who stood up to evil, who stood up to terror, exemplified the best in humanity, and he saved lives," said city councillor Marvin Rotrand. "The Talmud

CBA urges government not to pass Bill C-377

OTTAWA – October 25, 2012The Canadian Bar Association (CBA) has serious reservations about Bill C-377, Income Tax Act amendments (requirements for labour organizations) and is urging the government not to pass the legislation.

"The Bill contains a significant number of privacy concerns and lacks the appropriate balance between legitimate public goals and respect for privacy interests protected by law," says the CBA in its letter to the Commons Standing Committee on Finance.

Any legislation requiring public disclosure of salaries and other personal information of employees of independently governed organizations should be carefully considered, the letter adds.



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From Page 1 Anti-corruption

Jean-François Lisée, who seems to have assumed the role of government spokesman, told reporters the Marois government can attack corruption and deal with the other issues at the same time.

"Quebecers are a very able bunch who can walk, chew gum and text at the same time," he said.

And Lisée said the focus on corruption is consistent with the work of past PQ governments.

"When René Lévesque took power in 1976, (his) Bill 1 was to clean up political party financing," he recalled.

"Now we are back in power and the first priority is cleaning up construction, cleaning up political parties, cleaning up at the municipal level.

"It is part of our genetic code and why, among other things, Quebecers elect us, to clean up the inheritance we received from the Liberal party," he said.

"We have already done so. We will do it again.

"A Parti Québécois government can do many things."

On Tuesday, the assembly will meet to elect by secret ballot a new speaker to preside over debates.

Indications are Jacques Chagnon, Liberal MNA for Westmont—

Saint-Louis, who was speaker before the election, will be re-elected to the key post.

On Wednesday, Marois will deliver her inaugural address, setting out her proposed legislative menu.

The first working day of the assembly will be next Thursday, when the PQ's anti-corruption bill could be presented.

Finance Minister Marceau said the bill will deal with "issues of justice, ethics, as well as money matters" resulting from "the laxity of the previous government."

"I think it is time to ensure that contracts go to those who deserve them, who behave honestly," Marceau said.

Labour Minister Agnès Maltais would only say, "We have to change things. You will see how next week."

Health Minister Réjean Hébert said his three priorities are preventive medicine, ensuring all Quebecers have access to primary health care and expanding home care for seniors with a "significant investment."

"We are already in an action mode on these three priorities and I can assure you that we are going to be very fast in implementing those three priorities for the next year," Hébert said. kdougherty@montrealgazette.com

From Page 1 Fil-Am President

a very good chess and basketball player. By the time he earned his MBA, he had matured a little bit. He taught Economics at UP around the time that former Budget Secretary Ben Diokno and former Socioeconomic Planning Secretary Dante Canlas were among the faculty. He won a scholarship to study in Japan, and later worked at San Miguel Corp. doing feasibility studies as part of corporate planning.

He went to the U.S. with his wife Josephine and both pursued higher education with the support of scholarships and student loans. "No way we could afford to study in this country," he said.

A teaching career opened up in California, as the young couple with one car drove 2.5 hours from one campus to another and back so they could save. They left California for a better paying teaching job in Texas. After four years, Esteban earned his doctorate degree and would later "pay through the nose" to upgrade his and his wife's immigration status.

He moved to the Arkansas where he acquired his first administrative position as an associate vice president.

"What I learned is that don't be afraid to say you don't know something," he said.

He was promoted to dean of the College of Business and later as chief academic officer.

Someone approached him during the search for a Seton Hall president, but he thought nothing of it, thinking "it was not a good fit" coming from a relatively medium-size university.

But he was persuaded to become interim president when Seton Hall agreed to his two requests: that he not pay rent on the house he was staying, and that his house be equipped with a garage door opener. Both were granted, Esteban recalled with a laugh.

All Seton Hall presidents were not only experienced leaders with

opportunity promoter of all things related to personal finance. In the end, the section on credit cards won out because essentially, credit card debt is a very serious problem for many Americans, and probably quite a few others living outside the U.S.

According to the Federal Reserve's Newsletter, the total U.S. consumer debt reached \$2.5 trillion, with the total U.S. revolving debt (98% of which is made up of credit card debt) totaling \$801 billion, as of December 2011. That's a lot of people looking for a way to pay off those credit cards. You can win at beating the credit companies at their own games – and save money while improving your credit. Here's what Ramit suggests:

impeccable academic credentials, they were all priests.

As a candidate, Esteban – already an interim president – fulfilled the first two requirements.

However, during the search, the two priests who were co-candidates for the post withdrew.

The title went to Esteban, a father of one, as the university waived the priest-only requirement.

"It was a humbling experience," he said, but at the back of his mind, he was thinking, "Is there no one else?"

"Gabe clearly was the best option," Patrick Murray, the board of regents chairman, told NJ.com.

The Math major from UP is now CEO of a New Jersey university of nearly 10,000 students – about 200 of them Filipinos – 900 faculty and 1,800 employees.

On his first year, he dove right into a couple of issues that were causing some turbulence at Seton: the union negotiations, an off-campus shooting and an armed robbery where the suspects are basketball players on the university's men's team.

"It was a rough semester," he said.

As president, Esteban's administration has forged a partnership with Microsoft, Nokia and Samsung to bring advanced technology to the campus, according to the university website.

As one who is constantly learning, Esteban left the audience with nuggets of lessons that saw him through his most challenging moments.

- Learn to prioritize.
- Do the right thing even if it is not popular.
- Don't pray for what you want, pray for what is best.

Consul General Mario de Leon Jr. said the story of Esteban is most inspiring as the community celebrates October as Filipino American History Month. - The FilAm

You need credit cards, but only 2-3 (not four like the average American). To help raise your credit score, you should keep two credit cards active. Inactive credit cards won't help you, so use them on a regular basis, such as for paying for a reoccurring subscription or monthly payment. Your credit matters much more than saving money. As Ramit says, "Credit has a far greater impact on your finances than saving a few dollars a day on a cup of coffee." David's Note: Make no mistake. Both your credit profile and savings are important. When you are young, your credit may allow you to finance bigger

From Page 3 Bill C-377

operational restrictions to be brought forward as amendments to taxation legislation," says the letter.

The letter was jointly prepared by the CBA's National Privacy and Access Law, Constitutional and Human Rights Law, and Pensions and Benefits Law Sections.

Michael Mazzuca, Chair of the CBA's National Pensions and Benefits Section will appear before the Commons Finance Committee on Oct. 25, 2012, at 3:30 p.m. in Room C-110, 1 Wellington Street. The letter is available on the CBA website.

The Canadian Bar Association is dedicated to support for the rule of law, and improvement in the law and the administration of justice. Some 37,000 lawyers, law teachers, and law students from across Canada are

members.

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as well.

I struggled for a while with what to include in today's post. There was a wealth of information in I Will Teach You to Be Rich, and it was an enjoyable read (how often can you say that about a personal finance book?), but I didn't want to appear to be endorsing Ramit's book since MoneyNing.com is an equal-

Beating the Credit Card Companies at their Own Game (from Ramit Sethi)

This is the second installment in a mini-series from Ramit Sethi's book, I Will Teach You to Be Rich. In case you missed the first post in this series, 3 Simple Steps Leading to Personal Wealth, be sure to check it out

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From Page 4

Credit Cards

purchases at a lower cost. But be disciplined enough and your savings will eventually become the biggest contributor to your path to financial independence.

Pay off the TOTAL balance at the end of every month. This isn't new advice, but it is solid advice.

Set up automatic payments so you NEVER miss a credit card payment again. Ramit gives specific examples in the book on how a single late payment on one credit card can instantly drop your credit score by a hundred points! Add in the late fees and added interest and you'll soon agree that you should avoid making credit card payments late for any reason. Ramit recommends setting up automatic payment through your checking account so that the entire balance is cleared on a set day every month.

Never pay just the minimum payment due. Even chipping in an extra \$20 a month will help drastically reduce the amount of interest you pay overall.

If you can't get a credit card because of your current credit history, try asking your local bank about getting a secured credit card, and moving up to a regular credit card with the same bank after a few months.

Even when you carry a zero

balance on your credit card, be sure to regularly ask for a limit increase. The more available credit you have with a zero balance, the better off your credit becomes.

Don't go hog wild. Open one new credit card account, then wait a year before opening another.

Avoid retail credit cards like the plague – even if they promise to save you 20% of the purchases lying on the counter, don't give in to the temptation. These cards often have awful terms and end up costing rather than saving you money.

The exception to these credit card "rules" is if you know you have little no control when it comes to spending. You know, those who will run up the balance and have trouble paying it off if they have a higher credit limit, or even own a credit card at all. But even then, you can always freeze your credit cards and still build your credit without using them.

If you know credit cards are dangerous for you financially, get rid of all cards and work on paying off what debt you have. Your best bet, in this case, may be to get a secured credit card from a bank that offers customers the option to turn off overdraft protection – meaning you can't spend any more than you have in the secured account and won't accrue any overdraft fees from over-spending.

consumers to make purchases or cash withdrawals through a payment network, such as American Express, MasterCard or Visa, with funds that have been paid in advance to a financial institution.

Currently there are fees associated with prepaid payment products that are not entirely clear to the consumer. The proposed Prepaid Payment Products Regulations would require that fees be disclosed to consumers in an information box displayed prominently on the product's exterior packaging, and that other information for the consumer to understand when using these products be provided prior to issuance in a manner that is clear, simple and not misleading.

"Improving consumer awareness through regulations like these helps to improve financial literacy and helps protect consumers. And a better-informed public means far more than better decision making; it can empower individual Canadians while contributing to a strong economy," added Deputy Commissioner Tedesco.

The proposed regulations would also limit certain business practices that could be harmful to consumers. For example, they would prohibit the funds from expiring and prohibit any maintenance fees for at least one year after a prepaid credit card has been activated for customer-

purchased products.

The proposed regulations will be available online in the Canada Gazette on October 26 for a 30-day comment period. Contact information for forwarding comments will be provided with the regulations.

The Minister also took the opportunity to announce the final publication of regulations prohibiting unsolicited credit card cheques on October 10, 2012. Credit card cheques are considered cash advances, which generally incur higher interest rates and fees, and do not offer an interest-free grace period.

"We welcome the Government of Canada's continuing efforts to protect consumers," said Laurie Campbell, CEO of Credit Canada Debt Solutions. "Regulations like these are essential safeguards for Canadians who need a little extra information when making important financial decisions."

For further information, media may contact:

Kathleen Perchaluk
Press Secretary
Office of the Minister of Finance
613-996-7861

Jack Aubry
Media Relations
Department of Finance
613-996-8080

Harper Government Moves to Protect Consumers When Using Prepaid Credit Cards

Related Document:

Proposed Prepaid Payment Products Regulations (Please refer to the October 27 Canada Gazette for official pre-publication documentation.)

Regulatory Impact Analysis Statement (Please refer to the October 27 Canada Gazette for official pre-publication documentation.)

Frequently Asked Questions—Proposed Prepaid Payment Products Regulations

Background—Recent Financial Consumer Initiatives

Background—Banning Unsolicited Credit Card Cheques

The Honourable Jim Flaherty, Minister of Finance, and Lucie Tedesco, Deputy Commissioner of the

Financial Consumer Agency of Canada (FCAC), today announced new regulations to protect consumers when using prepaid credit cards.

The Harper Government is extending the existing consumer protection framework to prepaid payment products so that Canadians are better able to choose forms of payment that best meet their needs.

"Our Government is committed to protecting consumers," said Minister Flaherty. "We want to be sure Canadians understand what fees and conditions apply to prepaid products so that they can continue making informed financial decisions in their day-to-day lives. These changes will ensure that Canadians get the full value of their hard earned dollar when using a pre-paid credit card."

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Dear EarthTalk: Given that the presidential election is just around the corner, what can you tell me about each candidate's environmental track record and positions? -- Jane Miller, Chicago, IL

Just because the environment is getting short shrift this election season due to our nation's lingering economic woes doesn't mean that candidates Obama and Romney can ignore the issue.

Environmentalists have cheered several of President Obama's

to label genetically modified foods so that consumers know what they are getting when they buy corn, sugar or breakfast cereal. Also, a 2011 Obama decision to deregulate the planting of genetically modified alfalfa and sugar beets incensed organic farmers and environmental leaders. Greens also worry about Obama's enthusiasm for an "all-of-the-above" energy policy that includes the practice of hydraulic fracturing ("fracking") to access natural gas in shale beds under wide swaths of the northeast and western U.S.

If re-elected, Obama would no doubt work to expand U.S. leadership on setting emissions limits in unison with other nations, and has pledged to continue to reduce our dependence on oil so as to lower greenhouse gas emissions. Conservationists are also hopeful that Obama will set aside threatened lands for protection from development as both Bill Clinton and George W. Bush did soon before leaving the White House.

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Dear EarthTalk: The federal government recently designated the Connecticut River watershed as the

Salazar upon announcing the new designation.

According to the U.S. Department of Interior, the National Blueway designation "differs from existing



Credit: Evan Gregg, Massachusetts Office of Travel & Tourism

In May 2012 the Obama administration designated the Connecticut River and its 7.2 million-acre watershed as the first segment of a new National Blueways System. Pictured: The Connecticut River in Franklin County, Massachusetts



Credit: Public domain

Environmentalists have cheered several of President Obama's moves during his first term, but dismay his lack of follow-through on a 2008 campaign promise to label genetically modified foods. Mitt Romney doesn't have much of an environmental track record, but has been open minded to both regulatory and market-based policy ideas.

moves during his first term, including: passage of the Recovery Act and its funding for environmental and habitat restoration and water quality improvements; passage of the first comprehensive National Policy for the Stewardship of the Ocean, the Coasts and the Great Lakes; and the signing of the Omnibus Public Lands Management Act of 2009, which expanded land protections and water conservation across two million acres of federal wilderness.

Obama also formed the Partnership for Sustainable Communities to bring together federal agencies to help communities nationwide improve access to affordable housing and increase low cost transportation options while protecting the environment. He also established new rules to reduce the negative impacts of mountain-top removal coal mining, set historic standards limiting greenhouse gas emissions from cars and trucks, made substantial investments in clean energy, proposed the first-ever carbon pollution limits for new fossil-fuel-fired power plants, and reduced carbon emissions within the federal government.

On the downside, green leaders dismay Obama's lack of follow-through on a 2008 campaign promise

While Mitt Romney doesn't have much of an environmental track record from his days as Massachusetts' governor, he did get kudos for being open minded to both regulatory and market-based policy ideas. He also supported a 2003 northeastern states agreement to reduce carbon emissions from power plants via a regional cap-and-trade emissions reduction plan. But in 2005 Romney abruptly pulled Massachusetts out of the plan, telling reporters that it didn't protect businesses and consumers from increased energy costs.

Romney is now pitching an energy plan that that embraces all the options, including fossil fuels, nuclear energy and renewables. But he recently told ScienceDebate.org that he opposes any kind of carbon tax or cap-and-trade system "that would handicap the American economy and drive manufacturing jobs away," adding that economic growth and technological innovation, "not economy-suppressing regulation," are key to protecting the environment in the long run.

CONTACTS: Mitt Romney: Energy, www.mittromney.com/issues/energy; Barack Obama: Environment, www.barackobama.com/environment; EarthTalk® is written and edited by

nation's first "National Blueway." What is a National Blueway and does such a designation come with any funding for conservation or other purposes?

-- Jackie Minor, via e-mail

In May 2012 the Obama administration did indeed designate the Connecticut River and its 7.2 million-acre watershed as the first segment of a new National Blueways System, created to help conserve natural amenities and wildlife habitat and to preserve or enhance healthy recreational opportunities within significant river systems across the country.

The National Blueways program is part of the larger America's Great Outdoors Initiative created by the White House to establish a community-driven conservation and recreation agenda for the 21st century. Large blueways such as the Connecticut River watershed are extremely important not only as nurseries for biodiversity and filtration systems for fresh water supplies, but also as outdoor recreational outlets for millions of all-too-cooped-up Americans.

The Connecticut River watershed is a fitting first addition to the National Blueways program given its ecological, cultural and recreational importance to millions of Americans along its 410-mile run from the peaks of Vermont along the Canadian border through New Hampshire and Massachusetts to Connecticut, where it empties into the Atlantic Ocean. Some 2.4 million people across almost 400 communities live within the Connecticut River's watershed. The non-profit Trust for Public Land estimates that 1.4 million of those residents enjoy the watershed's natural beauty and wildlife and contribute upwards of \$1 billion dollars to local economies accordingly each year.

"The Connecticut River Watershed is a model for how communities can integrate their land and water stewardship efforts with an emphasis on 'source-to-sea' watershed conservation," said Secretary of the Interior Kenneth

federal designations for rivers (e.g., Wild and Scenic), which generally cover only a segment of a river and a narrow band of the riparian corridor." In contrast, a National Blueway includes the entire river from "source to sea" as well as the river's watershed.

A National Blueway designation doesn't establish any new protections for the watersheds in question, but it does open the door to some federal support for existing and/or new local and regional conservation, recreation and restoration projects. In the case of the Connecticut River, the new designation will help by improving coordination between local/regional planning entities and federal agencies such as the U.S. Army Corps of Engineers. The designation should also mean more funding for trail building and forest restoration projects.

It's unclear yet when other U.S. watersheds will be designated under the Blueways program, but there are certainly dozens if not hundreds across the country that could benefit from inclusion.

CONTACT: America's Great Outdoors Initiative, www.americasgreatoutdoors.gov.

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Beyond the Pale

with Bernardo Sarmiento

That Yellow Newspaper's Myth vs. the COMELEC's Facts

After determining that there is sufficient grounds (*prima facie*) to hear the case filed on July 20, 2011 by Ms. Shinette Khoury of the Mabuhay Team against Mr. Cesar Manuel, Ms. Lina Flores and a few other members of the Samahang Makabayan, and after diligent and objective evaluation of all the pieces of evidence and testimonies presented by the opposing parties during the hearing of July 28, 2011, the COMELEC found the following defendants guilty or not guilty, as the case may be.

1. I will retract the complaint against Mr. Mel Domingo as I have verified that the statement was not heard coming from him but from Mr. Dick Dahiroc. I stand corrected, although since Mr. Dahiroc is a known supporter of the party, can he be cited for such foul remarks? It was heard by Ms. Hedy Azores and Ms. Nilda Archambault.

The ribald and chauvinistic remarks that Mr. Dick Dahiroc had said involving Ms. Au Osdon cannot be held against Mr. Cesar Manuel and other candidates of the Samahang Makabayan. We accept Mr. Manuel's argument that he did not and could not have any control of what any of his supporters had said or would say in public, particularly in his absence.

In any case, since Mr. Dahiroc had already apologized to Ms. Au Osdon and Ms. Osdon, in return, had already accepted his apology, the COMELEC considers the complaint closed and resolved. Therefore, no further action against either Mr. Dahiroc or Mr. Manuel by the COMELEC is necessary.

2. Mr. Bert Santos informed me that the following people told him that Samahang Makabayan offered to take care of their registrations. Jose Montes
Augusto Alfaro
Virgilio Cruz
Ortiz Santiago
Benjamin Olalia
Jaime Rejuso

There is no stipulation in the FAMAS Election Rules, Regulations and Procedures that says taking care of one's registration [for FAMAS membership] is prohibited. Therefore, Mr. Cesar Manuel, the person who promised Messrs. Jose Montes, Augusto Alfaro, Virgilio Cruz, Ortiz Santiago, Benjamin Olalia and Jamie Rejuso, cannot be held accountable for offering to take care of those individuals' registrations. Assuming, for the sake of argument, that there was a presumption that Mr. Manuel might have paid or was willing to pay for those registrations, which is tantamount to vote-buying, he cannot and shall not be found guilty on mere presumption. The complainant failed to present even a shred of evidence beyond a reasonable doubt that Mr. Manuel or the Samahang

Makabayan actually did pay for such registrations.

Witness Augusto Alfaro merely pointed to Mr. Manuel as the person who promised to take care of the former's and a few other people's applications for membership. Mr. Alfaro did not say exactly that Mr. Manuel actually paid for their registrations. All Mr. Alfaro testified to was that Mr. Manuel said "Ako na ang bahala rito" (I'll take care of this) in reference to the application forms that were in the latter's possession. That statement is so ambiguous that the COMELEC could not do anything but give the accused the benefit of the doubt.

3. Pls. find attachment of travel itinerary of my client, Ms. Amelia Lelis who was in the Philippines since July 6 and did not give anyone authorization to register on her behalf.

The complainant failed to prove beyond reasonable doubt that it was indeed Mr. Cesar Manuel or the Samahang Makabayan who registered Ms. Amelia Lelis without her authorization. While Ms. Lelis' itinerary may prove that she was actually in the Philippines on the day of the allegedly bogus registration, it does not prove that Mr. Manuel or his party perpetrated the alleged violation.

4. Mr. Dante Tabamo waited in front of the FAMAS Center one afternoon as the volunteer failed to open on time at 1pm. Having been across the street, I immediately ran to serve him and his friend. Instead, they both commented that we should keep the Center more open as it is often closed.

Assuming that Mr. Dante Tabamo and his friend did in fact say what they were accused of saying regarding the Center being closed more often than it was open, the COMELEC believes that no one can be held accountable for holding an opinion whether such opinion is true or not. Besides, and more importantly, Mr. Tabamo did not make the statement in the course of a campaign.

5. Ms. Nora Dulla, a client of mine, will attest to the fact that Lina Flores handed to her a flyer of Samahang Makabayan's line-up, asking her to vote straight. This was during the Long Sault games, which I believe was on July 10, 2011.

On the strength of Ms. Nora Dulla's testimony, the COMELEC has found Ms. Lina Flores guilty for having violated Sections 10 and 11, Article VI of the FAMAS Election Rules, Regulations and Procedures. Ms. Flores distributed campaign materials on July 10, 2011, a date covered by the moratorium period and well outside of the campaign period.

Section 10 – Beginning June 22 at 9:00 A.M., the day the list of potential candidates will have been posted on

FAMAS Bulletin Board at FAMAS Community Center and on FAMAS website, and continuing through July 15, the day the official list of all candidates will have been posted on the FAMAS Bulletin Board at FAMAS Community Center and on FAMAS website, a moratorium on the distribution of campaign materials will be in effect. During the moratorium period, no streamers, banners, posters or palm cards may be hung up, distributed, moved, or used in any other fashion.

Section 11 – The campaign period will begin at 12:01 A.M. on July 16. No campaigning activities, as laid out in sections of Articles III and IV, may take place prior to this date. Candidates or supporters may not advance their candidacy or the candidacy of any other candidate or party in the election prior to the start of the campaigning period. All forms of campaigning as laid out in Sections III and IV are strictly prohibited during the moratorium period.

On Ms. Flores' contention that the complaint should not have been heard in the first place because Ms. Khoury failed to abide by the 48-hour rule on limitation as set forth in Section 1, Article X of the FAMAS Election Rules, Regulations and Procedures, the COMELEC believes that mere technicality must not be allowed to prevail upon common sense and, more importantly, upon what is just and right. It will be a travesty of justice if we let the accused to get off scot-free, and, worse yet, it may encourage, rather than discourage, the others in, or from, committing the same or similar violations.

COMELEC Member Andrea Neufeld says, "If we pass down the penalties as cautiously decided, A) we will show the community that we're serious about correcting violations and thus are setting a precedent as a COMELEC to show the community we're serious about helping bring about change. B) SMK will be mad, no doubt, but 48 hour rule or not, they VIOLATED THE RULES! And now they want to hide behind a technicality? To me that's an admission of guilt."

I think it is right to deal out a penalty to Lina Flores- SMK must be taught that this COMELEC does technicality will champion this COMELEC more than harm us - in the greater opinion of the community - as they will see a victory of integrity."

COMELEC Member Teresita Calica opines, "For me the time element is not a valid ground to dismiss the complaint. It is very clear that Lina Flores has violated one of the election rules and regulations. Such fraud destroys the sanctity of the ballot and takes away the trust of the voting public. We, the COMELEC, as guardian of democratic governance should discourage such actions and punish those who are found guilty by implementing the Election Rules and Regulations. It must also be stressed that our Mission is to conduct honest, fair, and peaceful elections but how can this be attained if the guilty is excused because of mere technicality? If this happens now then it will happen again in the future."

We have announced publicly during the hearing that we don't want to disqualify anybody. Therefore, I suggest that penalty be imposed on the candidates of the Samahang Makabayan Party."

COMELEC Vice-Chair Ricardo Ribaya has this to say: "Ms. Lina Flores made a mockery of the moratorium period for campaigning. The severity of this violation cannot be taken lightly or be simply dismissed because of technicality and therefore deserves a penalty. Let us carry on with what we believe is right."

Ms. Cynthia Puray stamped her seal of approval on this decision as well. Said she, "It is very clear that there was violation as per COMELEC's Rules and Regulations."

Pastora Emma Denny and Mr. Santiago Valdez did not offer their opinions and considered to have abstained.

Under Section 1 of Article XXI – PENALTIES AND COMPLAINTS, Ms. Flores is penalized as follows:

One hundred fifty (150) votes will be deducted from the total number of votes she will garner in

the election of August 14, 2011. Furthermore, since the rest of her slate most likely benefitted from the illegal campaigning, the same amount of votes will also be deducted from the respective total votes of each one of her running mates from the presidential candidate to the last directorial candidate.

Section 1 – Contravening the election rules outlined above and those sections of the FAMAS Constitution and Bylaws relating to Qualifications of the Executive Board and the COMELEC may result in penalties or disqualification. The COMELEC reserves the right to issue multiple strikes or non-standard penalties where appropriate.

6. Dante Tabamo The SAMAHANG MAKABAYAN TEAM proudly presents its line-up to man the FAMAS EXECUTIVE BOARD 2011-2013. The candidates were duly selected according to their inclinations and expertise. They are ready to face the challenges ahead on the Election Day and to the future of FAMAS. They have the potentials to run the machinery of FAMAS in achieving its goals and objectives for a better FAMAS. They are ready to serve and not to be served. You are our bosses and we are your servants. Comes (sic) August 14, 2011 vote Straight for the SAMAHANG MAKABAYAN TEAM. Your vote is a vote of confidence. Your vote is a vote for a better change. Your vote is a vote for a greater tomorrow of FAMAS. VIVA Samahang Makabayan Team
July 16 at 1:16am • Like • 5 people

Mr. Dante Tabamo did not violate the moratorium period for campaigning since he posted his campaign material on July 16, 2011 at 1:16 AM, a date and time covered by campaigning period as stipulated in Section 11 of Article VI of the FAMAS Election Rules, Regulations and Procedures.

There is some hint in this campaign that we ask to be served and not serve our community, that we behave like employers and not community workers.

Giving hint, like making presumption, is not a violation under the FAMAS Election Rules, Regulations and Procedures.

(Authored by Bernardo Sarmiento, COMELEC Chairperson, and approved by the majority of the COMELEC members on August 2, 2011)

COMMUNITY NEWS

Photo Essay Contest in Honor of Overseas Filipinos

Theme: A day in the life of an overseas Filipino: Stories of excellence, ingenuity, patience, hard work and success

A project of the National Commission for Culture and the Arts, in cooperation with the Inter-Agency Committee for the Celebration of the Month of Overseas Filipinos (IAC-MOF)

Background:

Based on the 2010 Stock Estimate of Filipinos Overseas, there are about 9.45 million Filipinos overseas; 4.42 million of them are permanent migrants, 4.32 million temporary migrants, and more than 0.74 million irregular migrants. This part of our population significantly contributes to our nation building. As part of this year's celebration of the Month of Overseas Filipinos and International Migrants Day, the Inter-Agency Committee proposes to hold a photo competition in search of compelling photographs featuring the lives of overseas Filipinos. The National Commission for Culture and the Arts is designated the lead implementing agency for the said project. The photo competition shall also be complemented by an exhibition showcasing the entries received and the winning photographs. The project gives a venue for overseas Filipinos to share their artistic perspective on their daily struggles and triumphs through Photography. The competition is divided in two categories: Category A for ages 13-17 and Category B for 18 years old and above. Each category will have a 1st, 2nd and 3rd prize winners who will receive local travel opportunities to culturally rich tourist sites in the country. The exhibit will be held for the whole month of December 2012 as one of the activities in celebration of the Month of Overseas Filipinos.

Objective:

The project is aimed at raising the awareness of overseas Filipinos and the general Philippine publics on Philippine Diaspora through Photography.

Theme:

"A day in the life of an overseas Filipino: Stories of excellence, ingenuity, patience, hard work and success"

Term:

The Photo Essay Contest on the theme: "A day in the life of an overseas Filipino: Stories of excellence, ingenuity, patience, hard work and success" begins on August 15, 2012, and ends October 15, 2012. By submitting an entry, each contestant agrees to the rules of the contest.

Who may enter:

The contest is open to all Filipinos based overseas, including migrant workers, immigrants, second and third generation Filipinos overseas, and

former Filipino citizens. It is divided into 2 categories: Category A: Aged 13-17 years and Category B: Aged 18 years and above. The entries must be from the migrants themselves and must present proof of being an overseas Filipinos, such as passport, Overseas Employment Certificate, seaman's book, stamp, alien registration certificate, naturalization papers, etc.

What to enter:

Each photograph must be original and taken at their workplace or place of residence which may be correlated to the theme. Entrants must provide for every entry, the following information on their entry forms: a keyword/entry name of the photograph: place and date where the photo was taken; and a short caption in English language not to exceed four (4) sentences written by the photographer on his insights of the subject and its significance. The entry / entries must capture stories of overseas Filipinos that would raise awareness of how life as a migrant is all about, or must advocate for the protection of rights and promotion of welfare and interests of overseas Filipinos.

Photographs must have been shot by the entrant within the past three (3) years (since June 2009). Cropped photos are eligible. The judging panel will not accept slides, or computer-manipulated photos. Minor enhancements, including spotting, dodging, and burning, contrast and slight color adjustment or the digital equivalents, are acceptable. If the judges determine that a photographer has obviously altered his or her photo beyond what is allowed, they reserve the right to disqualify it.

High-quality scans (300 dpi at 8 x 10 inches) of non-digital photographs (original photo negative, print, or slide) are acceptable. Email submissions must not be larger than 6MB. It is advised that images are taken at the highest resolution possible (TIFF or JPEG), to ensure maximum optimization for print output.

For a photo in which a person is recognizable, entrants must secure a model release from the subject or, in the case of a minor, the subject's parent or guardian and provide it to the judging panel upon request. Download sample Release Form here.

Photographs that have been part or won any other competition, or offered elsewhere for publication or have been published in magazines and newspapers or have been produced as an advertisement shall automatically be disqualified. Photos that violate or infringe upon another person's copyright are not eligible.

Employees and officials of the NCCA and member agencies of the IAC-MOF and their immediate relatives are not eligible to join the competition.

How to enter:

Submit photographs via email at: intl_affairs@ncca.gov.ph.

Photographs submitted personally or through postal mail will not be accepted.

Each entry can only have a maximum of four (4) photos. Each entry must be in a folder and sent compressed via email to intl_affairs@ncca.gov.ph.

Only one (1) Entry Form is required from each Entrant/Participant regardless of the number of entries. Attach also to the email the accomplished Entry Form, which should contain the INTRODUCTORY TEXT for each entry. The Introductory text must not exceed four (4) sentences.

Multiple entries are allowed but Entrants can only submit a maximum of four (4) entries, and Entrants can only WIN ONCE. In case the entries of the same photographer all qualify for the top prizes, the entry with the highest total score and rank will be the one awarded.

By entering the contest, entrants grant NCCA and IAC-MOF a royalty-free, world-wide, perpetual, non-exclusive license to display, distribute, reproduce, and create derivative works of the entries, in whole or in part, in any media now existing or subsequently developed, for any purpose, including, but not limited to advertising and promotion of the IAC-MOF and its website/webpage, including but not limited to IAC-MOF publications. Any photograph reproduced will include a photographer credit. The IAC-MOF will not be required to pay any additional consideration or seek any additional approval in connection with such uses. Download ENTRY FORM

Criteria for Judging:

The entries will be reviewed and decided upon by a committee organized by the NCCA and IAC-MOF. The decision of the judges will be final. Following are the criteria for judging for the two categories:

Relevance to the selected theme
Aesthetic appeal of the photograph
Composition, balance, color and organization
Photographer's insight as reflected in his short commentary or explanatory note will be given weight in the

selection of winners

The finalists will be notified via email of their status by the second week of November 2012 and will be posted in the NCCA website at www.ncca.gov.ph. The NCCA and IAC-MOF reserves the right to modify these rules at its discretion.

Entry deadline:

All entries must be received via email by 5:00 pm Manila Time, 15 October 2012 by the NCCA Secretariat. Late entries will automatically be disqualified. For more details, please contact the NCCA Secretariat at 633 General Luna Street, Intramuros, Manila, with telephone numbers (632) 527-2175, 527-2192 local 605; fax number (632) 525-8656, and email address at intl_affairs@ncca.gov.ph.

Prizes:

Winning photographs, selected finalists and other entries will be put to exhibit for the whole month of December at a venue to be announced later. Winning entries will receive the following prizes:

Adult

1st Prize – travel opportunity for 2 pax approximately worth Php25,000.00
2nd Prize – travel opportunity for 2 pax approximately worth Php15,000.00
3rd Prize – travel opportunity for 2 pax approximately worth Php 7,500.00

Junior

1st Prize – travel opportunity for 2 pax approximately worth Php25,000.00
2nd Prize – travel opportunity for 2 pax approximately worth Php15,000.00
3rd Prize – travel opportunity for 2 pax approximately worth Php 7,500.00

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ni Mang Bert



. . . karugtong ng Karapatan ng Umuupa (Tenants' Right)

Pinsalang dulot ng umuupa

Puwede kang mapaalis dahil sa sadyang paninira sa apartment mo. Kung ito ay aksidente at handa mong ayusin ang pinsala, hindi ito magiging dahilan ng pagpapaalis.

Pagbawi sa apartment para sa may-ari, magulang, anak (o iba pang kamag-anak kung sinusuportahan ito ng may-ari).

Kung mayroon kang 12 buwang kontrata sa pag-upa (o anumang kontrata ng pag-upa na may tagal na higit sa anim na buwan o di-tiyak na tagal), kailangang magpadala sa iyo ang may-ari ng pabatid ng pagbawi ng apartment anim na buwan man lamang bago ang petsa ng renewal ng iyong pag-upa. Kung ang pag-upa mo ay para sa tagal na anim na buwan o mas maikli pa, dapat magpadala sa iyo ng pabatid ang may-ari nang isang buwan man lamang bago ang petsa ng renewal ng iyong pag-upa. Kung hindi ka pumapayag sa pagbawi, balewalain mo lamang ang pabatid. Ang may-ari ay maghaharap naman ng aplikasyon sa Rental Board para humingi ng permisong ituloy ang pagbawi.

Sa pagdinig ng Rental Board, kailangang patunayan ng may-ari ang pagiging tapat ng kaniyang layunin at hindi lamang dahil gusto ka niyang mapaalis. Kapag sa palagay mo ay hindi nagsasabi ng totoo, dapat kang magharap ng anumang patunay, kasama na ang sarili mong testimonya tungkol sa anumang alitan ninyo ng may-ari.

Sa pagdinig, kung payagan ng Rental Board ang pagbawi ng tirahan, maaaring iutos na isauli ang gastos sa paglipat. Pinapayo na tumawag ng abogado sa ganitong kaso.

Paano ko tatapusin ang aking pag-upa? Sa karaniwan, hindi ka puwedeng umalis sa iyong apartment bago matapos ang iyong pag-upa. Puwede lang mangyari ito sa mga sumusunod na kaso:

* Pumayag ang may-ari (kailangang may kasulatan tungkol dito);

* Nag-apply ka sa Rental Board para kanselahin ang pag-upa dahil sa hindi pagkokompona ng mga sira, o iba pang problema, at nanalo ka sa kaso;

* Hindi angkop na tirhan ang apartment, at nilisan mo ito (tingnan ang itaas);

* Nakahanap ka ng ibang puwedeng umupa (sub-let) ng apartment o paglilipatan ng pag-upa, pinaalam mo ito sa may-ari sa pamamagitan ng rehistradong liham,

at hindi tumutol ang may-ari dito sa loob ng 15 araw. (Tala: Karaniwang mas mabuti ang maglipat ng pag-upa kaysa sa sub-let). Sa sub-lease, responsable ka pa rin kapag ang bagong uupa ay hindi magbayad ng renta, o makapinsala. Hindi mangyayari ito sa kaso ng paglilipat ng pag-upa).

* Nabigyan ka ng apartment sa isang HLM Murang Pabahay), o sa isang nursing home o foster home at nagbigay ka sa may-ari ng tatlong buwang pabatid ng intensiyon mong kanselahin ang pag-upa, lakip ang isang liham ng pagtanggap mula sa lilipatan mo.

* Hindi ka makapamalagi sa iyong apartment dahil sa kapansanan, at nagbigay ka sa may-ari ng tatlong buwang pabatid ng intensiyong kanselahin ang pag-upa.

Paano kung umalis na lamang ako? Kapag napatunayan ng may-ari na imposibleng maupahang muli ang apartment, maaaring kailangan mong bayaran ang buong renta hanggang sa matapos ang takdang panahon ng pag-upa.

Paano ako makapaghaharap ng kaso sa Rental Board? Dapat kang pumunta sa Rental Board (basahin sa nakaraang unang bahagi ng artikulo noong Setyembre, 2012), magharap ng aplikasyon at magbayad. Kapag nanalo ka sa kaso, maaaring utusan ang may-ari na ibalik sa iyo ang bayad. Kapag tumatanggap ka ng welfare, hindi ka kailangang magbayad ng bayaring ito (dalhin mo ang pinakabagong welfare cheque stub).

Susunod na hakbang ang pagdinig. Hindi ito kasimpormal ng pagdinig sa Korte, bagaman pareho ang mga tuntunin sa paghaharap ng mga ebidensiya. Puwede kang magsama ng mga saksi para sumuporta sa kaso mo. (May pormularyo ang Rental Board para magsubpoena ng mga saksi.) Ang ebidensiyang "sabi-sabi" (pag-uulit ng sinabi ng iba), ay hindi puwedeng pumalit sa tunay ng testimonya. Hindi rin tatanggapin ang liham na affidavit. Sa maraming kaso, puwede kang tawagin ng abogado. Kasama sa Legal Aid ang ilan, ngunit hindi lahat ng mga kaso sa pabahay. Para sa karagdagang impormasyon, kontakin ang Legal Aid.

Dapat na matanggap mo ang desisyon sa pamamagitan ng liham sa mga susunod na linggo. Kontakin ang isang komite sa pabahay para makakuha ng impormasyon tungkol sa pag-apela.

Ano ang Proyekto Genesis?

Ang Proyekto Genesis ang inyong organisasyon sa komunidad. Dito matatanggap ng indibidwal ang mga serbisyo at maaaring makilahok



Kaliwa-Kanan: Gng. Josefina Toledo, Hailey (a.k.a. Pechay), Gng. Zenaida. Kharroubi, Laura Santos Dizon, at Armie Tula

na itaguyod ang hustisya sosyal at ipagtanggol ang karapatan ng mamamayang maliit ang kinikita.

Itinatag ang Proyekto Genesis noong 1997 na may ganitong layunin:

1. Mapalapit ang mahihirap sa mga serbisyo sosyal, ng pamahalaan at ng komunidad.
 2. Tumulong sa pagbubuklod ng magkakapit-bahay, mga miyembro ng komunidad at iba pang organisasyon para sa ikabubuti ng lahat
 3. Hikayatin ang mga miyembro ng komunidad na umanib sa Proyekto Genesis.
- Nagbibigay ng serbisyong pagtulong sa mahihirap (welfare), pabahay (housing), sustento sa pamilya (family allowance), at pensiyon.

Matatagpuan ang Proyekto Genesis sa 4735 Cote-Ste.Catherine (kanto ng Victoria, harap ng Cote- Ste. Catherine Metro).

Tawagan sa 514.738.2036

Nagbulakbol si Pechay

Pichu: Peras! Peras! Gising ka nga. Dumating na si Pechay

Peras: Kuya Pichu naman. Sabi na ...kailangang-kailangan ko pa ang tulog, eh.

Pichu: 'Sensiya na. . . tayo sa kusina at nagkukuwento na si Pechay. Eto ang parti mong keso, pasalubong niya sa atin.

(Takbo sa kusina ang magpinsan at inabot na nagyayabang si Pechay)

Pechay: ". . .paglagpas namin ng mahabang tulay tanaw na tanaw na ang liwanag at natiyak naming hindi na uulan. Sumaya na ang mga pasahero at inumpisahan na akong gawing basketball. Intro dito, intro doon ang inabot ko. Pati nga ang boss ni Lelong at dating titser ng Mommy ko ay tuwang-tuwa na nakilala ako sa tunay na buhay. Naku po, parang artistang Hollywood ang dating ko. Ako raw pala si Pechay. Pati tropa ng mga studyante ng Gilmore nakibuntong-hininga na rin. Anila, "Ikaw pala si Pechay. Si Bossing, kagabi pa lang dasal na ng dasal para umigi sana ang panahon. Pagdating

namin sa ga-palasyong simbahan tingkad na ang sikat ng araw. At tamang-tama na 30 minuto pa makapaglibot sa paligid bago magmisa.

Peras: z-z-z-z-z-z-z-z-

Pichu: Naloko na. Nakatulog ulit si Peras. I-short cut mo na. Ikuwento mo ang sabi mong matatawa kami, Pechay.

Pechay: Sige, eto na. . . .tapos ng misa baba ulit at tuloy ang bilihan ng keso at iba pang produkto ng mga mongha. kaya pala sa misa ay walang offertory dahil self-supporting ang mga mongha doon sa kagawian ng order ng kanilang santo. . .

Pichu: Pechay, putol na sa sabi eh. Tulog ng tulog na si Peras.

Pechay: Eto na nga. . .sakay na ulit kami sa bus. Nang deretso na ang takbo ay may bumuga sa bandang harapan na malapit sa driver at may tumayo kaagad para magpatawa,



Si Hayley (aka Pechay) at Gng Minerva Santos (lola) sa tindahan ng keso.

"Mukhang may tumikim na ng keso at amoy na ang ebidensiya."

Bagay ay nasa gitna kami ng bus pero takbo ako hanggang sa huling upuan baka ako ang mapagbintangan. Kaya ang pasalubong ko sa inyong keso ay tikim-tikim lang ang birada.

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Ask the Video Guy

Al Abdon

Common Errors in Taking Videos

Wouldn't it be great if you never made a mistake with your camcorder? If you were the perfect videographer, then you wouldn't need to read Filipino Star "Ask The Video" (heaven forbid!). The simple truth, however, is that you will make mistakes no matter how good a videographer you become. I have been filming since 1979 and until now I still commit mistakes. Some mistakes, however, are more common than others. With a little practice you can avoid those common mistakes and take your videos to a higher level.

First - Dont Waste Juice

Why is a "common" mistake so common? More than likely because it's an easy mistake to make. That said, let's start with one of the easiest and most annoying mistakes: the sin of wasting your battery power. You'd think, given the cutting-edge technology that gets packed into today's camcorders, a camcorder battery could easily provide reliable power for countless hours. The fact of the matter is the battery that came with your camcorder will most likely last for less than an hour of continuous use. That means it's important to conserve energy every chance you get, or you'll wind up with a battery that isn't ready for action when you are. Fortunately, conservation is easy. The most basic level of battery conservation is simply turning the camcorder off when you aren't using it. It may seem like common sense advice, but it's easy to put the unit away with the power still on. Also, avoid over-using those camcorder features that consume extra juice. The power zoom, autofocus, fast forward/rewind controls and the flip-out LCD monitor are the most notorious of these. By limiting the amount of time spent using these functions, you can greatly increase the amount of shooting time on your battery.

Shooting the Pavement

Forgetting to turn your camcorder off can lead to more mistakes than just a dead battery. ?Imagine that you've just spent several minutes shooting your kids at the communion at St. Kevin's. You confidently swing the camcorder strap over your shoulder as you head for the reception at Fu Lam. Mistake number one: you've forgotten to turn the power off.? And did you think to pause the camcorder? Uh-oh. Mistake number two. How many times have you gotten a roll of film developed only to find those few embarrassing photos when you accidentally took a picture that you didn't intend to? The same thing can happen with your camcorder. If you don't remember to turn the power off when you are done using your camcorder, you might find yourself at home looking at fifteen minutes of excellent pavement footage, or even worse, a documentary about the inside of your camera bag.?The fact that the microphone continues to record audio as long as the tape is rolling can lead to even more embarrassing moments. If you forget to pause your camcorder, you might accidentally reveal on tape the gossips inside the car heading to



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the restaurant. These bloopers can really make you blush if you don't know they're there, and your audience isn't expecting them.

Read Your Viewfinder

The viewfinder isn't just for aiming the camcorder anymore. Your viewfinder provides ongoing status reports regarding your camcorder's activity. For example, you can easily tell whether or not you are recording just by looking in the viewfinder. Most units will display either a "PAUSE" or "RECORD" indication in one of the upper corners of the viewfinder, as appropriate. Most viewfinders also tell you the length of your focal setting, whether you are using manual or automatic settings, if you have applied a digital effect and alert you when you near the end of your tape. ?Most viewfinders will tell you when your battery is dying and estimate the time of death. My camcorder, for example, has a battery icon with a bar in it that gradually diminishes as I use up my battery's charge. This is the functional equivalent of a car's fuel gauge. When you see you're running low on juice, it might be best to plug in somewhere or replace the battery with a fresh one.

Moving Violations

Today's camcorders are so small and portable that it is easy to shoot footage while you're walking, running, driving, etc. This freedom of movement might tempt you to press the record button and carelessly whip your camcorder around from shot to shot, never thinking about what effect all that motion can have on your viewer. Let me sum up this kind of mistake in two words: motion sickness. Don't believe

me? Why not see for yourself. Find a busy street downtown. Zoom in really tight and try to follow something as it moves. Do this for about five or ten minutes, then go home and watch your video. Before you've finished watching the reel, you will either have a splitting headache or will experience vertigo.. Frequent zooms and unnecessary movements are unsettling to the viewer. Your intentions may be good - to draw attention to something you feel is interesting - but the frequent-zoom-and-follow technique actually gives your audience too little to look at for too short a time. The result is motion sickness. Keeping your shots as wide as is reasonable for as long as possible minimizes these jitters and produces better video. Avoid the urge to zoom while you record. Instead, pause while you change your shot, to reduce the amount of movement your audience has to endure.

Don't be a Jitter Bug Operator

You can avoid the jitters altogether by investing in a tripod to keep your shots rock-steady. Tripods offer additional benefits, as well. For example, they give you the opportunity to jump in front of the camera and become a part of the action. Some videographers make the mistake of getting lulled into a false sense of security when they prop their expensive video toys atop their tripods. Don't make the mistake of believing your camcorder is safe because it is on a tripod. Suffice it to say that tripods are only as sturdy as you make them. In many situations, they can and will fall, and all the kings horses... well, call it the "Humpty Dumpty Syndrome," you get the picture. As such, it behooves you to

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make sure your tripod is secure before attaching your camcorder to it. A tripod's strength is in its legs. The legs of most tripods are telescoping, and must be locked down when they are extended. If they are not secured properly, the weight of even the most lightweight camcorder may be enough to cause structural collapse. Video tripods often come equipped with a pan/tilt head. Typically, a knob controls the amount of tension applied to the head, limiting how easily the camcorder can be panned from side to side or tilted up and down. In actual use, you will probably keep the head loose so that you can follow the action around you. However, if you move away from your camcorder without securely locking the tripod head, there is a good chance that your camcorder will tilt helplessly skyward. Not only will you ruin the shot, the force of this tilting motion may be enough to upset your tripod and send your camcorder tumbling to the ground.

Practice Makes Perfect

The important thing to remember, though, is that we all make mistakes, and the best we can do is practice to minimize the bulk of those mistakes. Remember to reduce battery use by turning off the power when you're not using your camcorder. Edit unnecessary pavement shots by remembering to press pause. Avoid the jitters by minimizing how many times you zoom in and out and by securing your camera to a tripod. If you do these things, you will find videography much more enjoyable. You won't become as frustrated in the shooting, and your audience will be happier in the watching.

Happy Shooting Everyone

Al Abdon
Video Hollywood Junkies

News Release — "The Jig is Up on Marriage Fraud," says Minister Kenney

Mississauga, October 26, 2012 — In an ongoing effort to deter people from using marriages of convenience to cheat their way into Canada, Citizenship and Immigration Canada (CIC) introduced a new regulation that requires certain sponsored spouses live in a legitimate relationship with their sponsor for two years or they risk

"There are countless cases of marriage fraud across the country," said Citizenship, Immigration and Multiculturalism Minister Jason Kenney. "I have consulted widely with Canadians, and especially with victims of marriage fraud, who have told me clearly that we must take action to stop this abuse of our immigration system. Sometimes the sponsor in Canada is being duped and sometimes it's a commercial transaction. Implementing a two-year conditional permanent residence period will help deter

marriage fraud, prevent the callous victimization of innocent Canadians and help us put an end to these scams."

The new regulations apply to spouses or partners in a relationship of two years or less and who have no children in common with their sponsor at the time they submit their sponsorship application. The spouse or partner must live in a legitimate relationship with their sponsor for two years from the day on which they receive their permanent resident status in Canada. The status of the sponsored spouse or partner may be revoked if they do not remain in the relationship.

Minister Kenney was joined at today's announcement by representatives of Canadians Against Immigration Fraud (CAIF). Sam Benet, President of CAIF stated: "We applaud



Minister of Citizenship and Immigration Jason Kenney responds to a question during Question Period in the House of Commons on Parliament Hill in Ottawa, Ont., Wednesday, Oct. 24, 2012. THE CANADIAN PRESS/Sean Kilpatrick

Minister Kenney for taking bold steps to address the growing problem of marriage fraud and for protecting the integrity of our immigration system."

"I think it is a very good measure," added Palwinder Singh Gill, founder of the Canadian Marriage Fraud Victims Society. "Canada's generous family sponsorship program was being abused because many people were marrying only to get a permanent resident card and then leave their partners. With this rule, those abusing the system will think twice."

The regulations include an exception for sponsored spouses or partners suffering abuse or neglect.

Harper Government Unveils New ePassport

New Look Celebrates Canadian History while Boosting Security

Gatineau, Québec, October 26, 2012 – Foreign Affairs Minister John Baird today announced that Canada's new ePassport will be full of iconic images that will make Canadian passports more attractive and more secure.

"The new ePassport will be more reflective and representative of who we are as Canadians," said Baird during an event at the newly renamed Canadian Museum of History. "These images showcase Canada's history and the building of our great nation while

The conditional measure would cease to apply in instances where there is evidence of abuse or neglect by the sponsor or if the sponsor fails to protect the sponsored spouse or partner from abuse or neglect. This abuse or neglect could be perpetrated by the sponsor or a person related to the sponsor, whether or not the abusive party is living in the household or not during the conditional period. The exception would also apply in the event of the death of the sponsor.

The conditional measure is now in force, which means that it applies to permanent residents in relationships of two years or less, with no children in common, whose applications are received on or after October 25, 2012.

Conditional permanent residence does not differ from regular permanent residence other than the

need to satisfy the two-year requirement.

These regulations bring Canadian policy in line with that of many other countries including Australia, the United States and the United Kingdom, all of whom use a form of conditional status as a deterrent against marriage fraud. The lack of such a measure increased Canada's vulnerability to this type of unlawful activity. It is expected that by implementing a conditional permanent residence measure of two years as a means to deter marriage fraud, Canada will no longer be considered a "soft target" by individuals considering a marriage of convenience to

adding essential new security features for the 21st Century."

The new images will also serve to keep the Canadian passport one of the world's most secure travel documents. The complexity of the images is - first and foremost - a security feature that makes the passport more difficult to counterfeit.

"Our government is tremendously proud of Canada's rich history. We urge all Canadians to learn more about the events and people that shaped Canada and the great sacrifices made to secure our freedom," added Baird.

Countries around the world review their passport designs and security features periodically to stay

circumvent Canada's immigration laws.

"Canadians are generous and welcoming, but they have no tolerance for fraudsters who lie and cheat to jump the queue," said Minister Kenney. "This measure will help strengthen the integrity of our immigration system and prevent the victimization of innocent Canadians."

In addition to conditional permanent residence, CIC introduced, in March of this past year, a measure that prohibits sponsored spouses from sponsoring a new spouse for five years following the date they become a permanent resident. Along with a multilingual advertising campaign, CIC released a short video warning people not to be duped into committing marriage fraud. The video directs people to a specific page on the CIC website (www.immigration.gc.ca/antifraud) for advice on how to immigrate to Canada "the right way."

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Backgrounders

Conditional Permanent Resident Status

Exceptions from Conditional Permanent Residence for Victims of Abuse or Neglect

Building a stronger Canada: Citizenship and Immigration Canada (CIC) strengthens Canada's economic, social and cultural prosperity, helping ensure Canadian safety and security while managing one of the largest and most generous immigration programs in the world.

-30-

steps ahead of counterfeiters. The new look ePassport will help facilitate legitimate trade and safe, secure travel which, in turn, helps create jobs, growth and long-term prosperity for Canadians.

The first 5-year ePassports will be issued in select locations during the first quarter of 2013. Production will ramp up through the spring resulting in the full availability of both a 5- and 10-year ePassport in early summer.

For a look at the images included in the new ePassport, please visit the new section on Passport Canada's website, which features images and descriptions of the new passport design:

www.pptc.gc.ca/eppt/photos.aspx?lang=eng.

Gilmore College International

PAB/PSW Nursing Aide Graduates, October 7, 2012



Annabelle Allosa



Giselle Arellano



Joesie Bingayen



Grace Calvo



Marilou Hechanova



Vilma Lagonilla



Lourdescita Lubang



Mildred Mendoza



Annie Signey



Edison Taguba



Ethel Tugna

Absent from the Graduation Ceremony

Alexis Burcellis
Jesus Caballero
Janet Haydock
Fritz Maganito -
(lives in Calgary)
Elvira Santos

PSW 100 Interpersonal Communications
PSW 110 Safety & Body Mechanics
PSW 120 First Aide & CPR
PSW 130 Intro to Health Care Delivery, Geriatric
Care and Physical Illnesses, &
Disabilities
PSW 140 Prevention & Control of Infections
PSW 150 Palliative Care

PAB/PSW (NURSING AIDE) PROGRAMME

PSW 200 Intro to Human Anatomy & Common
Diseases
PSW 220 Crisis & Stress Management
PSW 230 Fitness & Nutrition
PSW 240 Basic Care Procedures
PSW 250 Professional Interrelations

PSW 260 Mental Health Approaches
PSW 270 Team Building
PSW 300 Job Search & Interview
PSW 400 Practicum
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PERSONALITY OF THE MONTH

Grospe advocates the youth to fight for their rights

BY W. G. QUIAMBAO

Nineteen-year old Renz Grospe, who came here from the Philippines five years ago, doesn't mind being called an activist. In fact, he is proud of the label.

"One has to fight for his rights, for his beliefs" said Grospe. "If he doesn't do it, who will do it for him?"

Grospe, who studies social science, major in Law and Society at Vanier College, aspires to be an immigration lawyer to help his kababayan (fellow countrymen). He knows the problems facing the immigrants, especially the caregivers. His mother, who runs an employment agency now, was under the Live-in-Caregiver Program when she immigrated here.

Together with the children of Pinay and a few youth, he formed the Anak Bayan Association to help his kababahan. The association has eighteen members, ages 18 and over. Their goals are to make social changes in society.

In 2010, Grospe was troubled when he noticed that newly-arrived immigrants had not adapted yet to the ways of living in Canada. Many of them are factory workers, because they had no motivation to succeed in life. Although many of them finished high school or college in the Philippines, they found out that they still had to go back to school here after evaluation of their transcript of records. But instead of doing that, they are forced to work to survive.

Grospe, who serves as a committee organizer and education coordinator, explained that Anak Bayan holds workshops to help and motivate the newly-arrived youth. Workshops are held two hours a week or once a month. They are held at Immigrants Center in Van Horne. At the workshops, the youth introduce themselves and share stories - the life they had in the Philippines and in Canada. Sometimes, they talk about their job experience here.

One of the issues being discussed at the workshops is about the rights of the workers.

"Most of them have no idea of the minimum pay in Canada," said Grospe. "They're shy to ask about it. They still have inferiority complex". Some of them don't even know what CSST is. They don't know what to do and where to go when they're injured at work."

Another issue discussed at the workshops is labour dispute.

"There's a factory in Montreal where Filipino workers had to sign a document that they didn't know what they were signing for," continued Grospe. "Actually, it's authorization to deduct union contributions from their pay."

Workshop about skill training is also held. "We're planning to have our own radio station. The kids will be taught how to conduct interviews."

A future plan is discussion and showing of Stranger Reunited. "It's a documentary film that depicts the lives of Filipino workers going abroad. They leave their children under the care of



Renz Grospe

their parents or relatives in the Philippines," said Grospe. "When they meet, say after 5 years, there's a generation gap. It seems there's a conflict. Parents treat their children as if they are still kids. When they meet, they seem to be strangers to each other. There's no bonding."

"Another problem is cultural shock. It takes time before the youth adapt here."

Anak Bayan holds fundraisings like garage sales. There was a time when the association made \$200.00. The money would be used in going to Toronto. The members of the association in Montreal will go to Toronto to know how Anak Bayan members there do workshops. Anak Bayan also has a chapter in Los Angeles and eventually, in Ottawa.

Grospe admits that organizing workshops is sometimes difficult.

"In the beginning, there were 18 members attending the workshop but the number dwindled down. Sometimes, the youth are tired with their work. What we do is combine business and pleasure. One time, we had camping where the youth got together and then discussed the issues."

Grospe's immediate plan is to travel to Nicaragua this winter. He's one of the eight students at Vanier College chosen to travel to poor countries to study the people and life there. Each student will live for twenty days in small communities.

"I chose Nicaragua because this country and the Philippines have similar culture," said Grospe. "I want to study the legal system there. The problem is that I've to shoulder the travelling expenses of about \$3,000. I've a part time job of two hours a week. I can't work because I've 8 courses. I'm looking for corporate sponsors now."

Reserve December 8, 2012 on your calendar and attend the annual Christmas party of Gilmore College International.

Alumni's family and friends, teachers and community volunteers/leaders, are welcome to join for a pot luck supper, karaoke singing, dancing, games, exchange gifts (\$10 worth)

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Gilmore College International holds graduation exercise for PAB students

Montreal, October 7, 2012 -

Gilmore College International held a graduation dinner party at La Cucina Mona Lisa Bistro on Shebrooke West. Although graduations are usually held during the college's anniversary celebration every five years, PAB graduates of 2010-2012 requested to have a party on Sunday, October 7, 2012 which was attended by their family and friends.

the Philippines, is working privately and intends to take the integration program for nurses in Quebec. Lourdes Lubang worked for a while at the CLSC in the Southshore. Janet Haydock worked for a while at Chateau Westmount and is now connected to various nursing agencies. Mildred Mendoza worked privately after finishing her course.

Mrs. Kharroubi's final advice to the graduates was about continuing to



Front row: L-R Grace Calvo, Annabelle Allosa, Ethel Tugna, Lourdes Lubang, Joesie Bingayen. Standing (back row) Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba, and Annie Signey. (Photo Courtesy of Bernardo Sarmiento)

There are 16 graduates but five were unable to attend due to a variety of reasons - work obligations, being out of town, and other personal reasons.

With the cooperation of all the teaching staff and students, the party was very successful. Edith Fedalizo made the invocation before dinner, Amy Manon-og delivered the welcoming remarks, Sophie Toledo prepared the program, and Zenaida Kharroubi, the director-general, gave the inspirational talk. Quoting from William Shakespeare, she stated that one's destiny is not in the stars but in oneself. Life is what we make it for we are the masters of our fate and the captain of our souls. She gave examples of past successful PAB graduates who achieved their goals. Notable among them is Rafael Agaloos who now owns a nursing home. Other graduates are pursuing further education in becoming registered nurses like Michele Wong who is enrolled in a part time nursing program in Calgary, and landed a job in a hospital immediately upon arrival there. Leilani Galsim, a licensed nurse from the Philippines studied French and PSW course at Gilmore, is now reviewing for her board exam to become a licensed nurse in Montreal, Quebec. Adele Lascano immediately landed a job at Father Dowd and St. Andrew's Hospital after graduating from Gilmore. She decided to move to Toronto, and is now working in a hospital. She also intends to pursue her dream of becoming a registered nurse. Alexis Burcellis studied French and PAB courses. She is a licensed veterinary doctor from the Philippines. She plans to continue her French studies and become eventually accredited in veterinary medicine or in a related field.

Most of Gilmore's graduates have immediately found jobs in nursing homes like Ethel Tugna, Mary Ann Gacutan, and Annabelle Allosa, who are currently working at Chateau Westmount. Giselle Arellano, a licensed nurse from

improve themselves and recognize that education is important for their personal and professional growth. Moreover, she cited the importance of learning to speak French fluently for it is the key to finding a good job in Quebec.

There are other graduates from previous years who are able to land a job in the health care field because they took the PAB/PSW course. Gilmore College started the program in 2005 with Chinese nationals. One of them immediately landed a job at the Chinese General Hospital.

Gilmore's program has been upgraded from 400 to 600 hours in order to meet the needs of the current job market, in particular, government health care institutions. The teaching staff is well versed with the requirements of hospitals for they are all professional registered nurses and members of the Order of Nurses of Quebec. Even though they are retired from their nursing jobs, they have maintained their membership with the OIIQ (Ordre des Infirmiers et Infirmières du Québec) in order to supervise the students during their clinical practicum in a hospital or nursing home like St. Margaret CHSLD in Westmount where Gilmore College has been sending students since 2005.

A new group of PAB/PSW students will start classes soon on weekday evenings from 6 to 9, or 8 a.m. to 4 p.m. Saturdays and Sundays. Theory classes are given for a period of 10 months. After finishing the 6-month theory courses, students are required to do their practicum on Saturdays and Sundays from 7 a.m. to 3 p.m. during a period of 4 months.

Anyone who wants to work in a nursing home or hospital must have a PAB/PSW certificate. If you are interested, call 514-485-7861 to make an appointment to register, or for more information or see list of courses on page 12.

Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Recipes with coconut milk



Coconut milk is sold either as a canned product or frozen. It is now offered on sale at the Filipino Solidarity Cooperative (Marché Coop located on 5320-A Queen Mary Road. Please see the ad on page 3) It is on sale for one week starting October 31, to November 6, 2012.

Coconut milk is a common ingredient in many tropical cuisines, most notably that of Southeast Asia (especially Thai, Cambodian, Singaporean, Malaysian, and Sri Lankan), West African, West Indian, Filipino and Polynesian cuisines. Coconut

milk can usually be found in the Asian food sections of supermarkets either frozen or canned. Frozen coconut milk tends to stay fresh longer, which is important in dishes where the coconut flavor is not competing with curries.

Ginataang Manolk (Chicken with coconut milk)

Ingredients
 1 2 to 3 pound Chicken, cut into serving pieces
 1/4 cup white vinegar
 3 cloves garlic, crushed
 1/2 cup water
 1 12-ounce can coconut milk
 1 tablespoon salt
 1/4 teaspoon pepper

Directions

In a saucepan, combine all ingredients. Bring to a boil and simmer about 20 minutes until practically all the liquid has evaporated and a thick sauce remains. Serve hot.



Fish Molee

Ingredients:

- 500 gm Fish Fillet
- 1 tsp Turmeric Powder
- 2 tbsp Coconut Oil
- 1/2 tsp Mustard Seeds
- 1 tsp Chili Powder
- 1 large Onion (thinly sliced diagonally)
- 1" piece Ginger (cut into long thin strips)
- 2 large Garlic Cloves (chopped)
- 2-3 Green Chilies (slit)
- 2 sprigs Curry Leaves
- 1 tsp Pepper Powder
- 1 Tomato (sliced)
- 2 cup Thick Coconut Milk
- 1 tbsp Lime juice / Vinegar
- Salt to taste
- 1/4 cup Water

How to make Fish Molee:

- Wash the fish fillets thoroughly and then marinate with turmeric powder and salt. Keep it aside for 15 minutes.
- Heat a little coconut oil in a frying pan and fry the fish fillets until golden brown in color.
- Take the fillets out of the pan and pour some more oil in the pan. Heat it.
- Add the mustard seeds. Allow to crackle.
- In the same oil, fry onions, garlic and ginger till they get cooked.
- Add chopped green chilies, curry leaves and fry for a minute.
- Now add the tomatoes and saute for a minute more. Do not mash the tomatoes.
- Add the pepper powder, water, lemon juice, chili powder and salt to the above.
- Cook at lower flame for 2 minutes.
- Add coconut milk and simmer the gravy for 3 to 4 minutes until it becomes thick.
- Now add the fried fish fillets carefully to the above and cook for another 2-3 minutes or till the fish completely absorbs it.
- Now put off the flame.
- Fish Molee is ready. Serve it with boiled rice.



Coconut Muffin

Ingredients for Coconut Muffins

Yield: 1 dozen
 2 cups all-purpose flour
 1 cup sugar
 1 teaspoon baking powder
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 14 oz. can of coconut milk (a generous 1 1/2 cups)
 1/3 cup unsweetened applesauce
 1 teaspoon vanilla extract
 1/2 cup shredded coconut (plus more to sprinkle on top)
 Preheat the oven to 400°F.
 In a large bowl, stir together flour, sugar, baking powder, baking soda, and salt.
 In a separate bowl (or a liquid measuring cup), combine coconut milk, applesauce, and vanilla. Make a well in the dry ingredients, add the wet ingredients, and stir just to combine, then fold in the shredded coconut. Spoon batter into muffin cups and sprinkle additional shredded coconut on top.
 Bake for about 20 minutes and allow the muffins to cool before removing them from tin. Enjoy!



Spiced Cucumber in Coconut Milk

Ingredients

- 1 tablespoon vegetable oil
- 2 cups 1/4-inch-thick slices peeled lemon cucumber (or any other cucumber)
- Kosher salt and freshly ground black pepper
- 2 small tomatoes, peeled, seeded, and coarsely chopped
- 4 scallions, thinly sliced
- 2 red Thai chiles (with seeds), thinly sliced
- 1 garlic clove, smashed
- 1/2 cup unsweetened coconut milk
- 1 1/2 teaspoons honey
- 1/4 cup fresh cilantro leaves
- Fresh lime juice

Preparation

Heat oil in a medium saucepan over medium heat. Add cucumber. Sauté until beginning to soften, about 1 minute. Season with kosher salt and freshly ground black pepper.

Add tomatoes, scallions, chiles and garlic. Sauté until vegetables are soft, 2-3 minutes.

Add coconut milk and honey; simmer until vegetables are cooked through, 2-3 minutes. Stir in cilantro leaves and a squeeze of fresh lime juice. Season with salt and pepper.

Serve with rice, if desired.

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FILIPINO STAR SHOWBIZ GOSSIP

Charice gets positive reviews for movie performance



The reviews are in for the inspirational comedy flick "Here Comes The Boom." And while critics are divided over this Kevin James starrer, a handful of them commended the performance of cast member Charice.

David Germain of the Associated Press wrote that the 20-year-old singer and budding actress "adds adorability as a bright and earnest student," referring to her character Malia dela Cruz – a "musical genius" and "brainiac," as Charice herself described.

The review was also published on Huffington Post and Fox News.

Charice's character "could easily have been a mawkish bit, but like so much else, it works, and when she and the school band surprisingly appear in Vegas to perform Scott's unlikely theme song, 'Holly Holy,' I defy anyone not to get a little misty," said David Noh of Film Journal International, the sister publication of Billboard and The Hollywood Reporter.

Dustin Putman, member of the Online Film Critics Society (OFCS), put out a lengthy commentary on Charice's performance in his review, saying that the latter "gets the best and more energized moments" in "Here Comes The Boom." Acting-wise, the international singing sensation "brings such honesty and emotion to the screen that one can't help but care about her."

"For a singer-turned-actor whose biggest notable credit is a guest-starring role on 'Glee,' Charice is a star in the making with a smile that could light up a New York City blackout," he added.

The "Louder" singer also got a special mention in Michael Phillips' review for the Chicago Tribune.

"The film takes it easy on the audience, even while indulging in shameless narrative strategies to engineer a very full climax, showcasing among others the talented Filipina student played by Charmaine Clarice Relucio



Pempengco, who goes by Charice."

Since its US theatrical release on Oct. 12, "Here Comes The Boom" earned a 43 percent rating on Rotten Tomatoes.

"'Here Comes The Boom' benefits from Kevin James' genial presence but the film doesn't deliver enough laughs to live up to its title – or enough satisfying plot to make up the difference," the overall consensus went.

Charice, one of the judge-mentors in the recently concluded "X Factor Philippines," graced the red carpet premiere of the Frank Coraci film last week in New York City, sporting her latest edgy look. ■

Alyssa Alano now recuperating at home



Alyssa to MMDA on the street barrier she damaged: 'Puede po P500 na lang yung fence kada isa?'

Alyssa Alano is now back home after spending almost two weeks confined in a hospital following a car accident.

In a recent interview, Alano admits she is yet to regain full use of her legs.

"Medyo masakit pa [ang mga sugat ko]," she shared via "Startalk."

"Hindi pa rin ako gaano nakakatayo, 'yung isang paa lang ang

naapak ko."

But the TV host assured fans that she is well on her way to recovery saying, "excited na nga ako gumaling at magtrabaho."

Alano's doctor, Dennis L. Sta. Ana, is positive that his patient will be able to resume her hosting chores soon.

"Although hindi pa naman makalakad ng mahusay pero she'll be okay," he said, adding however that Alano still needs to be treated for trauma.

Meanwhile, Alano appealed with the Metro Manila Development Authority (MMDA) to lessen the amount she had to pay for the street barrier that she damaged during the mishap.

Addressing MMDA chair Francis Tolentino she said, "Sana sir Tolentino ano naman po, discount... sobrang laki naman po ng one hundred thousand [pesos]... puede po ano P500 na lang yung fence kada isa?"

"Kasi five thousand isang fence e... wala akong trabaho, wala akong pambabayad sa MMDA baka ikulong niyo pa 'ko," she added.

Tolentino is yet to respond to Alano's pleas as of this writing ■

Piolo says he has nothing to hide, prays for critics



Piolo says he could only wish KC happiness.

Piolo Pascual admits he does not read any published news about him particularly those he thinks would make him feel bad.

"Kasi para ko namang sinaktan ang sarili ko kapag babasahin mo pa 'yon. At the same time magagalit ka lang, so huwag na lang," Pascual told reporters on Monday during a press conference.

"You want to spare yourself from feeling bad. So, tinutulungan ko po 'yung sarili ko para hindi ako magalit," he added.

Apparently, the heartthrob is very much aware of the adverse criticisms hailed at him, spawned by his breakup with actress KC Concepcion. This is also the same reason he says that he still refuses to join the microblogging site Twitter.

"May Instagram ako, may Facebook ako. I just don't use Twitter. Twitter kasi is cruel," he said.

Pascual went on to cite a particular instance that a nasty comment made him lose his cool.

"Minsan may nag-text sa akin, pinatulan ko. Basta may sinabi siya, sabi ko, 'Halika dito, suntukan tayo,'" he related.

Pascual says he now knows how to roll with the punches, insisting that he harbors no ill feelings against people who keep insinuating malicious presumptions about him.

"Wala pong problema sa akin. Whatever they say, I just shrug my shoulders and, you know, move on with my life. Wala po akong problema sa kanila," he said. "Ipinagdarasal na lang natin 'yon," he added.

The 37-year-old actor maintains that he isn't hiding any secret.

"I've always been me. Wala naman akong itinatago, eh. Ito lang talaga ako. Whatever I can offer, whatever I can give, 'yun na 'yun. Mahal ko trabaho ko. Mahal ko 'yung showbiz, mahal ko 'yung mga tao. But other than that, hindi naman ako... hindi naman ako masikretong tao. Ito lang talaga ako," he said.

As for Concepcion, Pascual would rather let bygones be bygones.

"I've always wished her well. Wala namang problema sa akin. We wish for happiness. So masaya siya, masaya din ako," he said.

But he admitted that right now he is taking a break as far as his heart is concerned. "Hindi na muna, saka na 'yon," he said. ■

GMA personalities top nationwide survey

Jericho Rosales believes he has GMA Network's News and Public Affairs (N&PA) and Entertainment personalities are among today's most popular and most trusted names on television according to a study by widely recognized research agency AGB Nielsen.



Bong Revilla

The study, which aimed to establish viewers' level of awareness and reception of TV personalities from major free-to-air (FTA) channels, had 2,000 male and female respondents aged 13 to 50 years old from the national urban and rural areas.

From a scale of 1 to 5 (with 5 being the highest), the respondents were asked to rate N&PA and Entertainment personalities based on different attributes relating to their image and competencies.

Based on the findings, GMA N&PA personalities consistently garnered the highest scores across all attributes among respondents in national urban Philippines and in the viewer-rich areas of Urban Luzon and Mega

Manila.

Mike Enriquez and Mel Tiangco, GMA N&PA pillars and anchors of GMA primetime newscast "24 Oras," are the two most popular and top-of-mind Filipino anchors, each garnering a mean score of 4.7 points in the popularity category in national urban.

Tiangco and another GMA



Marian Riviera

N&PA pillar Jessica Soho, anchor of GNTV's banner news program "State of the Nation" and host of GMA's top-rating public affairs show "Kapuso Mo, Jessica Soho," had the highest mean scores ranging from 4.5 to 4.7 pertaining to overall image and hosting skills.

Tiangco, Enriquez and Soho also occupied the top spots in terms of credibility, competence in news reporting, and ability to capture the interest of viewers, with mean scores likewise ranging from 4.5 to 4.7.

Soho also had the highest competence score at 4.7



Richard Gutierrez

followed closely by Tiangco (4.6) and Enriquez (4.6) along with other reporters and anchors from GMA including Vicky Morales, Arnold Clavio, Kara David, Susan Enriquez, Howie Severino, among others.



Mike Enriquez

Among the infotainment hosts, "Unang Hirit's" Drew Arellano, Love Añover and Suzie Entrata were the highest rated entertaining hosts across all areas based averaged scores from 3.9 to 4.

For Entertainment, Marian Rivera lives up to her title of

being GMA's primetime queen as she emerged as the top-of-mind entertainment personality among respondents in the national urban areas.



Mel Tiangco

Meanwhile, Senator Bong Revilla Jr. was among the top personalities that respondents were most aware of garnering an awareness rating of 97 percent. On the other hand, boxing hero Manny Pacquiao was among the top-rated talents in terms of popularity with a 4.6 mean score.

Revilla and veteran actress Gloria Romero also garnered high credibility scores with mean scores of 4.4 and 4.5 respectively. Among those who also garnered high scores in this category were seasoned actors Gina Alajar, Jean Garcia and Nova Villa.

They also figured prominently in the acting and versatility metrics along with three of GMA's biggest primetime stars Richard Gutierrez, Dingdong Dantes and Rivera across all urban markets. ■

SHOWBIZ GOSSIP continued p.18

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Showbiz Gossip *Continued from p.17*

John Lloyd confirms relationship with Angelica



JLC calls his new beau Angelica 'Love'

John Lloyd Cruz has admitted being in a relationship with Angelica Panganiban.

Without going into details, John Lloyd, in an interview with "The Buzz" on Oct. 28, said on national TV that being with the actress is "beyond happiness."

"It is something na hindi namin ine-expect. Parang bigla na lang saan galing ito, saan galing iyon?"

Anne reveals secret behind happy relationship with Erwan



Anne Curtis

She has had a number of relationships but actress-host Anne Curtis considers her current one with Erwan Heussaff as her first ever "mature relationship."

In an interview on separate ABS-CBN shows, Anne said her relationship with the Filipino-French food connoisseur has been strengthened by their mutual support for their respective endeavors. Of late, the brother of model-actress Solenn Heussaff has become interested in triathlons with Curtis backing him all the way.

"Sometimes doon mo matututunan na you have to take the backseat and i-devote mo naman na siya naman 'yung star. Like when

Suddenly it's magic. But seriously, iyon talaga ang nangyari," he said.

John Lloyd is surprised how fate seemed to have toyed with their emotions when suddenly, after years of friendship, they finally saw each other in a "different light."

Why admit just now?

"Wala naman kaming tinatago, wala naman kaming dapat pagtaguan or paglihim. Hindi naman kami para umiwas sa tanong. Kung may nagtanong, opo kami po."

Despite much prodding by "Buzz" hosts, John Lloyd just smiled and kept mum about the other details on how his relationship with his "Love" bloomed.

Recall that they reportedly started warming up to each other last April during the shoot of a movie "24/7 In Love" in Vietnam. The rumor mill started turning fully when Panganiban posted the now famous "Perfect Sunday" collage photo last Aug. 12. Their first public appearance though was just last Sept. 1 when they had each other as date for the Star Magic Ball and even left the venue holding hands. ■

he's a triathlete 'di ba? Cheering team naman ako doon. Nung ako naman ang kumakanta, singer sa Araneta, cheer naman siya for me 'di ba? So it's a give-and-take thing," shared Anne on "KrisTV" recently.

Although she remains evasive in answering how long they've been a couple, Anne was forthcoming in dishing out what has enriched their "very happy" relationship.

On top of the list is that Heussaff has been her most reliable travel buddy and "best music festival partner." They have ticked off a couple of European countries, Japan, Australia, Brazil, and several states in the US as part of their "Been To" list, as well as the music fests Coachella, Optimus Alive, and Splendor in the Grass, among others.

In a way, "KrisTV" host Kris Aquino, a close friend of Curtis, related that Heussaff has tamed the recording-concert star particularly when it comes to "nesting."

"Oo, talagang we spend as much time that we can together na talagang bonding. [Minsan] kahit wala kayong ginagawa," shared the actress.

But more than being a lovable beau, what endeared Heussaff to her was his effort to win the heart of her family. ■

Hayden Kho, Jr: Seriously now



Hayden Kho Jr

There are a millions of reasons for Fil-Hayden Kho, Jr is enjoying a second wind after weathering serious controversies and trials just a couple of years back. He is not only good friends with his ex-girlfriend, Dr. Vicki Belo, but the operations manager one of her businesses, Zo Skin Health. There's also the upcoming film "The Bride and the Lover" co-starring Jennylyn Mercado, Lovi Poe and Paulo Avelino under the direction of Joel Lamangan.

Things are definitely looking up.

"Naka-set na kasi ang mga priorities ko kung ano ang gusto ko...I can say na I learned a lot from my mistakes," he said at the recent ZO press conference.

But more than the revival of career, the 32-year-old Hayden seems to be more serious in life these days, thinking of starting his own family not later than three years from now. Though he is not looking for a girlfriend, he hopes for the right one to "come" and hopefully,

Zsa Zsa refutes possibility of romance with Hayden



Zsa Zsa says she still talks to Dolphy everyday

Zsa Zsa Padilla is rediscovering Hayden Kho, the controversial doctor turned businessman who is now her boss, having signed up as endorser of his new beauty venture.

According to the recently widowed singer-actress, Kho is fun to be with.

"Masarap siyang kausap because he reads a lot and I love books also. We always had the most interesting conversations together," Padilla shared during a recent press conference.

Kho, on the other hand, described Padilla in earlier interviews as "a woman of substance" and among those that he truly "admires."

Not a few wags are now speculating that the mutual admiration might allow for a romantic relationship to blossom between the two.

But Padilla was quick to refute such insinuations.

"Open book naman 'yung mga nangyari sa akin, 'di ba? So, parang

they'd end up at the altar and have kids especially now that he has ample savings.

"Okay naman ako," he said.

He did not say it directly, but he wants someone like Zsa Zsa whom he describes as "a woman of substance." Beautiful and strong, Hayden said he wishes he could emulate the way Zsa Zsa seems to be moving on from her own heartaches albeit slowly.

Hayden added, though, that if he is not meant to have a family, he isn't going to force the issue.

"Kung yun ang magiging gusto ng Diyos—na maging single ako for life---okay lang din."

Well, there's always work to keep him busy. Aside from ZO and Hayden Fragrances, Hayden has other businesses that is why he is not even moving heaven and hell just to stage a comeback in showbiz.

"Pagdating sa showbiz, gusto ko walang pressure lang," he said.

Contrary to what some might think, he is not part of ZO as doctor but only to handle the business side of running it.

According to a release, ZO products provide both therapeutic treatments and daily skin care solution that allow patients to experience young and blemish-free skin again. ZO Skin Health and Medical Systems are exclusively available through dermatologists. ■

ang bilis naman [nilang] i-relate 'yun doon."

The 48-year old is referring to the recent death of his partner, the comedian Dolphy, which was followed by her being diagnosed with cancer of the kidneys, which turned out to be benign.

Padilla maintains that she is not one to get into relationships with exes of her friends.

Kho is the ex-boyfriend of Padilla's close pal, Vicki Belo.

"Para sa akin hindi talaga, kasi personally, dahil sobrang close talaga ako kay Doktora Vicki, parang it leaves a bad taste in the mouth," she emphasized.

But she added, "I don't know. I think lang personally [ang pangit] pero... ang hirap magsalita nang tapos, 'di ba?"

Padilla said she is very much aware of the hullabaloo that hounded Kho in the past, including the sex scandal videos, but just like anyone she believes that he also deserves a "second chance."

"Siyempre alam natin na na-taint 'yung kanyang image because of the controversies that he went through but of course, everybody is deserving of a second chance in life, 'di ba? Dahil lahat naman ng mga tao, nagkakamali sa buhay. Kasi kilala ko siya bago 'yun nangyari. Siguro [ngayon] nagkaroon [ako] ng panibagong faith sa kanya, 'yun." ■

Zendee to sing national anthem at next Pacquiao match?



Zendee received an iPad from Ellen DeGeneres

Fresh from appearing on the US talk show, "Ellen," Filipina YouTube singing sensation Zendee Rose "Random Girl" Tenerefe is keen on being part of boxing history under the team of her "Ninong," Manny Pacquiao.

The boxing champ has been

hands-on in picking the performer of the Philippine National Anthem in his bouts and with his fourth face-off with Mexican boxer Juan Manuel Marquez just a couple of weeks away, a name has yet to emerge on who would sing "Lupang Hinirang" at the MGM Grand in Las Vegas by then.

General Santos City-native Zendee, whose college education was actually sponsored by the pound-for-pound fighter, has a suggestion—she volunteers herself.

"Kasi po nung show ko po once sa 'Manny Many Prizes' nilapitan ko po siya with Warner Music tapos tinanong ko siya. Sabi ko, 'Sir Manny may kakanta na po sa laban niyo?' [Sabi niya,] 'Wala pa bakit?'"

"Tapos sabi ko, 'Sir Manny wala kapang napili? Sabi niya, 'Wala pa.' So sabi ko, 'Sir bakit ka pa maghahanap eh nandito ako, taga GenSan oh?' Tapos sabi niya, 'I told ya!'" she recounted to Bulletin Entertainment and other members of the press during a recent press conference.

While she has yet to receive confirmation that she's it, Zendee is

optimistic that the "Manny Many Prizes" host would make good his promise.

"Sir Manny sabi mo pakakantahin mo ako sa isa sa mga laban mo, malay mo huling laban mo na 'yan," she appealed to the famed pugilist.

Although it may seem that she has stolen the spotlight too easily after her random performance in a mall was uploaded online and raked millions of hits, Zendee actually paid her dues before basking in success, having had her share of failed auditions and defeats in singing contests.

Unknown to some, Zendee has sung in parties held by the Pacquiao.

"Singer niya [Pacman] po ako sa GenSan. Kaya nga po pinaaral niya ako kasi dati kapag may mga parties, birthday ni Mommy D[ionisia Pacquiao], birthday ni Jinkee [Pacquiao], ako po 'yung kumakanta doon. Tapos nagsusuot rin po ako ng gown doon. Doon po nagpapakitang gilás rin po ako do'n kasi baka may makadiscovers," she said.

Aside from family gatherings and special occasions, the boxing champ tapped Zendee to join his campaign

ticket during the 2010 elections.

"Nung tumakbo rin po siyang Congressman, ako po 'yung kasama niya sa kampanya. Bago po siya magspeech, gusto po niya dapat kumanta muna ako [para lumapit 'yung tao] para daw kapag nagsalita na siya eh papakinggan na siya ng tao," she recalled.

According to Zendee, Manny has been all out in supporting her, even offering monetary help for her audition in the recently concluded "X Factor Philippines."

"Gano'n po siya, mabait po siya, si Ninong Manny," said Zendee.

What does Manny say about her newfound fame?

"Yun nga po [nung nagkaroon ng video] so sabi niya 'Hindi ka pa nga lumalapit sakín sikat ka na,'" she quoted Manny as saying, adding, "Tapos sabi ko, 'Bigyan mo ako ng raket Sir.' Sabi naman niya, 'O sige, dito ka sa 'Manny Many Prizes'"

Zendee is set to release a full album under Warner Music Philippines within the year. ■

Jessica Sanchez in Manila: No culture shock

When Jessica Sanchez was presented as Bench endorser last Tuesday, the unmitigated Philippine media was cut short when they started asking "forbidden" questions such as those about her parents (according to reports, her biological father and mother are pure Filipino and her adoptive father is Mexican-American) and the issue against her raised by a certain Courtney Blooding (said to be Charice's manager).

"I was born in America," Jessica told Funfare in a one-on-one the other day before she was introduced in a presscon as the newest Jollibee endorser (after Sarah Geronimo who people said is her lookalike), "but I consider myself a Filipino" — through and through, that is, even if she doesn't speak Filipino.

Anyway, whatever her ancestry is, Jessica is well-loved by her fellow Filipinos because of her simplicity, humility, unpretentiousness and utter lack of airs.

Before the series of one-on-ones, questions of the journalists were carefully screened and "objectionable" ones were crossed out, something that personally I haven't experienced during Hollywood junkets — not that strict anyway.

Here are the "innocent" questions okayed by Jessica's alleged "handlers":

Didn't you experience some kind of culture shock?

"Hmmm, somewhat...but in a good way. I love it here even if for a couple of days I had a terrible jetlag. But everything is so lovely and I feel so at home. So nothing too drastic."

What was the first meal that you took?

"Oh, I definitely took Filipino food when I got here. But we did jog around and we got Jollibee a couple of times. I had the Chicken Joy, my favorite, and it was amazing. It's so crispy and I can finish a lot. I may be little but I eat a lot! I've been eating a bunch of Filipino food since I arrived."

What have been your memorable experiences so far?

"I think the most memorable part is just driving around and seeing how things are different from the States. They are beautiful and amazing. As I said, I love it here, it feels like my second home and I would love to come back again."

How soon?

"Next year!"

What for...for a visit or for another concert (after the American Idol show



Jessica enjoys her favorite Jollibee item Chicken Joy

at the Big Dome last week)?

"For a visit, for a concert...or just to learn more about Filipino culture."

There's a Filipino custom called pasalubong, a gift to friends and family back home. What pasalubong are you giving your siblings?

"I have two siblings, one is nine and one is 12, and they are two little monsters, hahahaha! Lovable monsters, definitely! I miss them so much. There's a stuff to buy in the Philippines and I'm giving them jeans and clothing. I want to bring them over here so we can explore the Philippines together. I haven't had much time to go

around but I went shopping once. I've been spending my time working, eating and sleeping. But my experience here has been amazing so far and I can hardly wait to come back and learn more."

I guess your mom (who said she understands but doesn't speak Filipino; but Jessica's lola from Bataan naturally speaks the language fluently) cooks Filipino food...

"...all the time...!"

...do you yourself cook Filipino food?

"I try."

I guess you know how to fry scrambled Filipino eggs (joke!).

"I try to help my mom make lumpia. One of my specialties is making lumpia. My mom makes a lot of sinigang, pansit and adobo."

Anything you want to say to your kababayan who welcomed you with open arms and open hearts?

"Thank you, guys, so much for everything. You've been so good and you're making my whole journey memorable. I'm so happy to be here in Manila and I can't wait to come back and see all of you again. I wanna thank Jollibee for being so welcoming and making me part of the family." ■



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Showbiz Gossip *Continued from p.19*

The *bro code* with Phil and James Younghusband



The Younghusbands just got back from England from a meeting with the Chelsea Football Club for their local projects

They could very well be the most popular brothers in local sports today, but beyond the fame, Filipino-British sibling strikers Phil and James Younghusband are just like any other normal brothers, different in some aspects and similar in the others.

Yet differences and similarities aside, the two have each other's backs and this "brotherly support" is best manifested in the soccer field.

"If I have someone who does a bad tackle at me, siya ang first na nandoon to protect me. To fight for me, because they all see I'm hurt. But once I get a bad tackle, James will be the first to come to me," revealed Phil during his live guesting with James on the Monday episode of "KrisTV."

Laughing at his younger brother's compliment, "No one gets to hurt Phil besides me," James said in jest.

The 26-year-old athlete added, "But seriously, no one really hurts Phil because Phil is a lot bigger than a lot of other people."

As far as typical brother brawls are concerned, James recalled that

they had one bloody altercation when they were younger, with Phil stabbing him with a pencil. To this, actress Angel Locsin's beau interjected, laughing, that he only did that because James was strangling him.

On a more serious note, though, having been orphaned by their father a few years back and their Filipina mother, Susan Placer-Younghusband just last year, the two are left with the responsibility of looking after their younger sister Keri.

Since they are both earning from their endorsements and for being part of the country's national football team, the Azkals, both related that they split their household expenses halfway.

"Yeah hati kami. We receive the bill and split it 50-50," supplied Phil.

Admittedly, being a "kuya" to their 11-year-old sister is no easy task. However, according to them, the challenge has gotten significantly lighter since their sister is a "smart girl."

Phil shared, "If strict ako sa kanya, then she'll cry to James. If James is strict then she'll cry to me. She's a very smart girl."

Unlike many siblings, a rivalry does not seem to exist between the soccer superstars.

If anything, the two appear to be quite tightly knit and open as brothers that Phil even divulged that it was James who pushed him last year to finally ask, Angel, for a date. Taking his brother's cue, Phil did so via Twitter, which eventually led to them falling in love and becoming an official couple last May. ■

Richard Gutierrez confirms romance with Sarah Lahbati



Love is definitely in the air: Richard with his 'mon amour, my princess, my Halma,' Sarah (Photo from his Instagram)

Richard Gutierrez, himself, has reportedly said it: He and Sarah Lahbati are in a relationship.

The admission came via his recent interview with PEP; though the Kapuso prized star begged off from divulging how long they've been officially together. He did relate that their romance bloomed on the set of the defunct drama series "Makapiling Kang Muli," as rumors had it.

Some may find Richard's openness on his relationship with Sarah quite refreshing, as he had preferred to keep

his love life private. The 28-year-old TV host-actor has nevertheless realized that "it's good to be open and has mahirap pala kapag itinago. Puwede naman pala din na maging masaya."

Richard has apparently met a good match in Sarah, whom he finds "mabait" and "very sweet." Her outgoing personality ("she likes sports, walang baggage") as well as their similarities have also endeared the 19-year-old Filipino-Moroccan actress to him.

"Very light siya na kasama. So enjoy kami. We can travel, we can walk. We can do whatever na kaming dalawa lang," he said.

Speaking of travel, Richard said his 12-day European vacation became all the more "memorable" because he was with Sarah. One of the places they toured was Geneva, Switzerland, where the latter was born.

Prior to Richard's confirmation, he and Sarah let their respective Instagram posts express their affection for each other.

Their movie project, Peque Gallaga's "The Affair," will apparently allow for more bonding moments for the lovebirds. ■

Lovi becomes 'Yesterday's Bride'



Lovi Poe

Award-winning Lovi Poe is one of the busiest actresses in the country today. This year, projects have been coming to her one after the other. And perhaps to wind up for her this year is "Yesterday's Bride" where she plays the lead role as Andrea Manalo.

On her way to her wedding with Justin Ramirez (Rocco Nacino), an accident strikes which renders her into

a coma. Andrea is found pregnant. The more that Justin shows his care, love and attention for her.

Andrea is confined in the hospital for quite a time, and the twist of fate comes to a worse when fire breaks out in the hospital. Miraculously, Andrea wakes up and finds herself in one big house not knowing who the owner is, and even forgetting her name.

The owner of the house, Dr. Celso Agustin (Luis Alandy) who takes care of her, even giving her a name, Loraine.

It's the second time that Lovi, Rocco and Luis work together in one movie. The first was in "Mistaken Identity."

"I am very comfortable working with him!" Lovi said.

Of his kissing scenes with Lovi, Rocco said that he and Lovi talk about it first before the take. "It would put us in the proper mood, setting aside nervousness and we would execute the scenes as if we are true lovers!"

"I always prepare for the kissing scenes," Lovi added.

"Tunay Na Mahal," the theme song of "Yesterday's Bride" is interpreted by Jaya.

"Yesterday's Bride" begins airing on Oct. 29 right after "Eat Bulaga" on GMA Afternoon Prime. ■

'It's Showtime' sparks controversy again



'It's Showtime' once again found itself embroiled into controversy as its impromptu live rap battle goes awry

An impromptu rap battle went overboard in the live episode of "It's Showtime" on Oct. 23.

Hosts Vice Ganda and Jhong Hilario plucked two males from the audience to participate in the Flip Top challenge. Flip Top is a rap battle that usually plays with words in a most creative way.

There were three pairs of challengers and the third one surprised everyone in the studio as one of the contestants uttered the local term for a male's private part.

A teen boy took the challenge and said to his opponent, who may only be a little older, "Fliptop ka nang Fliptop, hindi ka marunong mag-laptop. Ito'ng piso, pambili mo ng lollipop."

The boy elicited boisterous applause from the audience.

Immediately, his opponent wailed back and said, "'Di ka naman marunong mag-fliptop, wala kang laptop, isubo mo...ko, gawin mong lollipop."

The audience was stunned and the boy was immediately whisked off the studio.

As reported by Mykiru Isyusero on the same day the controversy happened, "Vice Ganda pulled the

guy's hair and scolded him, 'Sinabi ko nang walang bad words!' And the guy was escorted out of "Showtime" studio as consequence.

"The hosts led by Vice Ganda later apologized for the incident, after the show went back from a commercial break," the blogsite said.

The first Flip Top pair proved to be a dud as they lacked substance when they traded barbs on air.

"Ano ka ba, ha? Ano 'yang nasa tenga mo, ha? Parang Christmas tree lang, ha. Sabagay malapit na ang Pasko," said the first guy.

The second guy responded, "Naiinggit ka lang kasi mas pogi ako sa 'yo?"

"Sa'n, sa'n? Sa pwet ko?" the first contestant wailed, then he apologize for uttering the Tagalog word for butt. "Sorry, sorry, sorry," he said.

This prompted Vice to remind them what Flip Top is all about.

"Flip Top ha, alam mo 'yan ha. Ang Flip Top ay balagtas, 'yung nagtatagisan sa pamamagitan ng salita," he said to the contestants.

Then, the second pair was called on stage.

"Pre, ang cute ng tighiyawat mo. 'Di ko matiis, puwede patiris," said the second Flip Top contestant.

"Bakit ikaw hindi mo ba puwedeng tirisin ang tighiyawat mo?" the second guy countered.

This is not the first time that the show got embroiled in a controversy. In 2010, former sexy actress Rosanna Roces who was one of the hurados, had everyone in great shock when she lambasted teachers. Although she publicly apologized, the show meted suspension from the MTRCB. ■



Harvest Is Magical, But Grueling

By David White

From the outside, winemaking seems romantic.

Farm workers lovingly tend to their vineyards throughout the spring and summer, and then hand harvest their grapes in the early fall. Those grapes are then gently crushed -- by foot, of course -- and turn into wine on their own through the magic of fermentation.

We're led to believe that winemakers simply monitor this process. They're there to make sure the final product winds up on the dinner table, but nature takes care of virtually everything.

This narrative is partially true. But it ignores the grueling, backbreaking work that goes into every bottle of wine we open.

Last week, I took part in that

work during a brief visit to California, where I visited 12 wineries in Napa Valley's Stags Leap District. I came equipped with rubber boots and gloves -- and offered to help wherever an extra hand was needed. I'm still hurting.

Wherever wine is made, harvest is a special time. But the work is exhausting.

In the evenings and early mornings, vineyards are packed with laborers collecting fruit, as picking while the weather is cool protects workers from daytime heat and ensures the grapes arrive in pristine condition.

The roads are equally busy. In the mornings and evenings, trucks are filled with grapes. Throughout the day, those same trucks haul equipment and vineyard supplies.

Wineries are abuzz with around-the-clock activity.

Forklifts and tractors are in constant use. As grapes come in, they're sorted, de-stemmed, and sorted again, as no winemaker wants leaves, spiders, or rocks to end up in her wine. With white wines, those grapes are crushed and pressed before fermentation. With reds, most of the grapes are typically left intact before they're placed in barrels or tanks. At this point, yeast gets to work -- gradually converting the sugar into alcohol and imparting a litany of new tastes and aromas. Over about two weeks, what begins as grape juice becomes wine.

Throughout this period, winemakers regularly taste the fermenting juice -- and bring samples to the laboratory -- to make sure the process is progressing as it should.

For every winemaking team, the cleaning never ends. From bins,



Grapes ready for harvesting

sorting tables, and de-stemming machines to tanks, pipes, and winemaking equipment, scalding hot water is used, over and over again, to hose down virtually everything. Wineries are very wet during harvest season.

The work seems endless. Harvest only lasts about six to ten weeks, depending on the grape variety.

But during this period, 12- to 14-hour days are normal. Much of the work is messy and physical. Some is mind-numbingly repetitive. Many tough choices have to be made. And at every step, attention to detail is critical -- one small error could result in hundreds of gallons of lost wine.

Despite all the effort, harvest is magical. The air is filled with energy and the smell of fermenting grapes. Winemakers and their teams beam with joy, knowing their work will bring joy and pleasure to countless people. I can't wait to go back.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Wines.com, the fastest growing wine portal on the Internet.



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Former president Gloria Arroyo enters no plea in plunder case, seeks bail

A Philippine court entered a not guilty plea for former president Gloria Macapagal Arroyo on a plunder charge on Monday, a case that will be a litmus test of the government's ability to tackle entrenched corruption in the poor Southeast Asian nation.

Arroyo, 65, who ruled the Philippines from 2001 to 2010, sat silently beside her family and lawyer during the arraignment hearing while charges that she had misused state lottery funds from 2008 to 2010 were read to the court.

She could face a maximum sentence of life in prison if she is sent to trial and found guilty.

The court entered the not guilty plea on her behalf after she and her lawyer did not respond to the charge. Arroyo, wearing a pink shawl over a light pink dress and a neck brace, arrived in court in a wheelchair, smiling for photographers. She had two spinal operations two years ago.

"We do not recognise the court's jurisdiction over this case," Raul Lambino, a lawyer and spokesman for the former president, told Reuters. Lambino, also a member of the lower house of Congress, said the case was "political persecution".

"She is sad over this case," he said, adding that Arroyo has a petition before the Supreme Court questioning the validity of the case



Former Philippine President Gloria Macapagal Arroyo, now a sitting lawmaker in the lower house of Congress, sits on a wheelchair as she makes her way towards the Sandiganbayan anti-graft court in Quezon City, Metro Manila October 29, 2012. The Philippine court entered a "not guilty" plea for Arroyo on Monday during her trial for plunder charges of misusing state lottery fund, a litmus test for the government's ability to tackle entrenched corruption in the poor Southeast Asian nation.

and the court's jurisdiction to hear it.

Prosecutors accuse Arroyo and nine officials from the state lottery agency of misusing around 366 million pesos (\$8.88 million) in sweepstakes funds, accusing them of transferring the money to an intelligence fund for her use.

Arroyo also faces separate corruption charges for her alleged role in the misuse of public funds

and kickbacks from a multi-million telecommunications deal with China's ZTE Corp. The public broadband deal was aborted in 2007. She is also on trial for electoral fraud.

She denies all the charges.

The plunder case is central to President Benigno Aquino's pledge to tackle endemic graft that

threatens to dampen rising business confidence on the Philippines.

Arroyo is currently under arrest at an army hospital. Her lawyer has also asked the court to grant her bail, as well as leave to visit the graves of her parents on November 1, when Filipinos traditionally pay respect to their ancestors.

Police whisked Arroyo back to the army hospital after the hearing. During the separate bail hearing, which she did not attend, her lawyer argued the evidence against the former president was weak.

Aquino is enjoying high approval ratings after his government's success in cracking down on corruption, including the impeachment of the Supreme Court chief justice. He says corruption pervades public life, keeping tax revenues low and hurting efforts to alleviate poverty.

A number of procedural steps follow Monday's hearing, with a pre-trial hearing to start on February 14, 2013.

Dozens of Arroyo's supporters gathered outside the courtroom, chanting, singing and holding placards and banners. They were watched closely by about 400 police.

(\$1 = 41.2250 Philippine pesos)

■

Donaire thanks Pacquiao for support, considers weight division climb



Donaire, Jr. knocked Nishioka out during the 9th round

WBO Super bantamweight titleholder Nonito "Filipino Flash" Donaire, Jr. has thanked fellow Filipino boxer and eight division world champ Manny "Pacman" Pacquiao for the latter's show of support following his victory against Toshiaki Nishioka of Japan.

Pacquiao had extended his congratulatory message through an SMS sent to "Umagang Kay Ganda" anchor Alex Santos who, in turn, read it to Donaire during his live phone interview on the show Monday. Calling Donaire's most recent feat a "malaking karangalan sa ating bansa," Pacquiao said that he and his family "are praying for more success in his life," and advised him to "just keep your feet in

the ground."

To this, Donaire said, "Nagpapasalamat po ako kasi nandu'n 'yung support. At everything is a learning experience, lahat ng good advice kinukuha ko po. Gagawin ko po 'yun not just for me but [also] for... kasi representative din po ako ng Pilipinas..."

On Sunday morning, Manila time, the Filipino Flash successfully defended his title from the Japanese WBC Emeritus Champion Nishioka in a bout held at the Home Depot Center in California.

Nonito's plans

Meanwhile, Donaire intends to take time off from the ring until next year to allow his injured hand to heal fully. Asked if he has plans of moving up to the next weight division, the boxer replied, "Kung makalaban ko 'yung mga sinasabi nilang mas magaling pa sa akin sa weight division (super bantamweight), eh 'di 'yan 'yung gusto ko'ng makalaban. Pero kung wala naman, eh 'di aakyat ako ng featherweight [division]."

Donaire revealed that fighters from his current division have been challenging him for the title, "but, again, mas malaki 'yung pangalan ko kaysa sa kanila. So hinahamon ako nila, but okay naman sa akin 'yun..."

The Filipino Flash is set to fly back to the Philippines this Saturday. ■



Pacquiao seeks reelection as Sarangani representative in next year's midterm elections

Manny Pacquiao's training assistant Buboy Fernandez has assured Top Rank founder and CEO Bob Arum that the eight division boxing champ and Sarangani representative remains focused in preparing for his fourth rematch with Juan Manuel Marquez in December.

This, it turned out, was in response to Arum's statement as told to boxing analyst and sports columnist Ronnie Nathanielsz in his post on Oct. 15 titled, "What is Pacquiao thinking?" that Pacquiao should "decide whether he is a boxer or he's a politician."

"I would like for the next two months for him to be a boxer and then the politics will take care of itself when he finishes the fight with Marquez. But

that's up to him," Arum was quoted to have said.

In an interview aired on "UKG," Wednesday, Fernandez said, "Wala daw ginagawa, puro daw pulitika ang nasa isip niya. Kung alam lang sana nila kung gaano kahirap 'yung ginagawa namin araw-araw, sa umaga..."

"Pero 'wag naman nilang sobrahan kasi... Kung kaya na nila sumalo ng suntok dito, pumunta sila sa gym para malaman nila kung anong ginagawa araw-araw."

Fernandez also said in a separate interview aired on "TV Patrol" Tuesday evening, "Bawal ang istorbo [dito], saka napapakiusapan natin 'yung mga kaibigan natin. So maganda 'yung ano natin, ang ipinapakitang training."

According to the "UKG" report, Pacquiao completes 18 mitt sessions and trains at least four hours each day at the Pacman's Gym in Gen San. Now on his third week of rigorous training, Team Pacquiao reportedly also discusses strategies and possible "dirty tactics" that Marquez may employ.

Meanwhile, Pacquiao's coach Freddie Roach isn't worried about the postponement.

Pacquiao and his entourage are set to leave for the US on Oct. 27. ■

Student Perspectives

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Why we enrolled at Gilmore College International

Students have different ways of finding a school they want to go to. In our case, it was our parents. We are glad that we followed their advice as we are happy to be students at Gilmore College International.

One of the hobbies of my Dad and Mom especially during their leisure time is TV viewing. After coming from their work in the afternoon, they usually watch ABS-CBN, or GMA, the two most popular TV networks in the Philippines.

One day in November 2009, while they were watching GMA TV network, they happened to see the program entitled "Pinoy Abroad," the program that was featuring successful Filipino entrepreneurs. The place being covered was Canada, in particular, Montreal, Quebec. The personality being covered was a certain Mrs. Zenaida Ferry Kharroubi, the owner and the director-general of Gilmore College International. The TV reporter narrated her personal story, and that she was a graduate of the University of the Philippines, and immigrated to Montreal. The most interesting part is that she founded a school named Gilmore College International.

My Dad immediately called us to look for this school for he knew that my uncle was planning to enroll in a nursing aide course (PAB/PSW). He told us that the school is owned by a Filipina and this could be of great help to us being Filipinos.

My uncle, without much ado,



Remayette Taguba Danao

called up the school and inquired if they are offering a nursing aid course. He was happy to find out that it was being offered. Moreover, he found it very convenient as the school is not far from our residence. He enrolled right away,



One of the extra-curricular activities at Gilmore - Trip to Ile Perrot for the Soup Festival. Photo shows from left to right: Zenaida Kharroubi, our French language teacher, Juvy Solis, Myself, Marie Edna Escoto, and Edna Lorenzo.

and then he also convinced me to take a course in French as a second language. I agreed to enroll in this course as I know that it will help me in my future career.

Being a student at Gilmore College, I have the opportunity of meeting Mrs. Kharroubi who became my teacher in the French class being offered every Sunday.

I am still enrolled in French and intend to continue for as long as it takes to finish six levels. Mrs. Kharroubi always encourages us to persevere in learning the French language because she wants us to have a bright future.

I must say that I find Mrs. Kharroubi a true Filipina. Though she has been in Canada for quite a long time, she has not lost her native customs, traditions, culture and values.

She is the epitome of a true Filipina: "makatao" (humane), "makadios" (God-fearing), "madaling makisalamuha" (approachable), "magaling makisama" (easy to be with), "mapagkumbaba" (humble) and "matiyaga" (diligent and hardworking). She's also very versatile. These traits, I supposed, are her secrets in attaining her present status in life.

I find Gilmore College International a home away from home, where I find solace because it is in this place where I meet co-Filipinos.

I hope that many more Filipinos will enroll in this school. Let us patronize our own.

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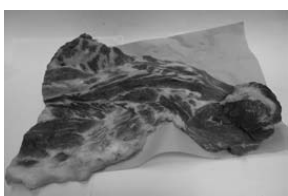
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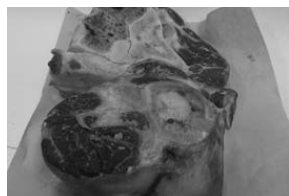
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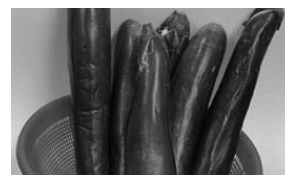
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Education raises the bar but lowers the barriers to a rewarding career.



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



Gilmore College International provides immigrants the tools for a successful career change. The training and the skills that I learned gave me the confidence to work as a nurses' aide. (Adele Lascano - October 2008)



Gilmore College gave me the opportunity to start a new career. I got a job easily because I learned new things from the course which focuses on how to care for the elderly. I'm proud to be part of this college. (Giselle Arellano - October 2011)



Photo taken during the PAB/PSW graduation ceremony on October 7, 2012. From left (front row) Annabelle Alloso, Ethel Tugna, PAB instructors Terry White and Amy Manon-og, Director-General Zenaida Kharroubi, PAB instructors Edith Fedalizo and Sophie Toledo, and Lourdescita Lubang. Standing (left to right): Grace Calvo, Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba, Annie Signey, and Joesie Bingayen.

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A 2-day workshop designed for individuals with no prior accounting experience

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