

## City celebrates International Peace Day



Mayor Gerald Tremblay poses with some of the Canadian Peacemakers, speakers, and youth members of the audience.

Montreal, September 21, 2012 - On International Peace Day, Mayor Gerald Tremblay of Montreal convened all Montrealers to celebrate in their own way this event. For this occasion, he was accompanied by representatives from the "Cercle de Paix" which presented the programme for the 8th edition of its festival "Pacifest." The festivities started in the morning at the City Hall of Montreal where a ceremony took place in coordination with the United Nations in New York. A delegation of 50 young people arrived in an American city on board the "l'Autobus de la Paix." Our young ambassadors will assist in the traditional ceremony in the "Cloche de la Paix." to be led by the UN Secretary General Mr. Ban Ki-moon in the company of personalities like Michael Douglas, Jane Goodall and Forest Whitaker..

**Full Programming** - The 8th edition of Pacifest for the International Peace Day will last from Friday, 21 September to Sunday, 23 September

See Page 4 International Peace Day

## Candidate from Quebec crowned Miss Earth Canada 2012

by W. G. Quiambao



From left: Second Runner up Angel Bhatthal from Winnipeg, Manitoba, First Runner up Cynthia Loewen from LaSalle, Ontario, Miss Earth CANADA 2012 Valérie Rémillard from St-Felix de Valois, Québec, Third Runner-up Suzette Hernandez from Vancouver, British Columbia, Fourth Runner Up: Chanel Beckenlehner from Caledon, Ontario. Photo taken after the crowning ceremony.

And the winner of the Miss Earth- Canada 2012 is ... Valerie Remillard, 24, from St. Felix de Valois, Quebec. Remillard, a nurse in CHRTR (Centre Hospitalier Regional de Trois-Rivieres) bested fourteen 14 beautiful candidates from all over Canada in a beauty pageant held at the Holiday Inn Hotel, Sherbrooke St., last August 24.

"I'm very happy," said the willowy winner. " I'll do my very best to represent Canada at The Miss Earth 2012 Pageant in Manila. Philippines."

Remillard competed in the Miss Earth Canada in 2009, came back in 2010 and placed Miss Earth Canada first runner up.

Two of the contestants in the Miss Earth Canada 2012 are Filipinos who didn't go home empty handed. One is Mariel Dimayuga, reigning FAMAS Miss Ambassador of Goodwill who was awarded the Miss Congeniality title and was chosen one of the five best in swimming suit

See Page 4      Miss Earth Canada



### Centre Ballroom DanceSport

centre ballroom dance sport

info@BallroomDanceSport.ca  
www.BallroomDanceSport.ca

**514.484.8346**

VENDÔME 5034, Sherbrooke Ouest, Montréal

Top studio award DSM

2010 2011 2012

- Chacha
- Rumba
- Salsa
- Valse
- Tango
- Swing
- etc.

**Leçon d'essai gratuite**  
avec ou sans partenaire

Free trial lesson  
no partner necessary

Classes de **Jazz/Contemporain/Classique**

**Tous les vendredis**  
Every Friday:  
de 19h00 à 21h00  
From 7pm to 9pm

**Tous les samedis**  
Every Saturday:  
de 10h00 à 12h00  
From 10am to 12pm

**À partir du 31 août**  
From August 31"

15\$/classe  
120\$/10 classes  
200\$/20 classes

# ZUMBA

**Tous les dimanches**  
Every Sunday:  
de 10h00 à 11h00  
from 10am to 11am

**À partir du 9 septembre**  
From September 9th

Prix : 10\$

# Editorial

## Should we have a free university education?

The student strikes in Quebec were viewed as both puzzling and disturbing. It was puzzling because the increase was so minimal that it would not prevent anyone from getting a university education. It was disturbing because the rights of other students who wanted to go on with their studies were not respected and the laws seemed to have been completely ignored. The same group of students are now vowing to demand free university education. Will the government again give in and make university education free? On what grounds will the move for free university education be based on?

Before answering these questions, we believe it is important to examine the different sides of the debate – both those who are for and those against free university education. A lot of literature has been published and talk shows conducted on the subject. A general idea seems to be more focused on the question of who should be paying for it and where the revenue to finance the universities should come from.

As far as the first question is concerned, the answers are not easy to understand although we all know that government services are funded from the taxes everyone pays. Presumably, the issue seems to boil down to the way the government in power spends public funds, and priorities it establishes during its term. In other words, the management of funds becomes an ultimate reason why we can either have an economy, or waste in government spending. It also becomes obvious that there are certain values that come into play, for example, does the government value education and really believes it to be an investment in the future of the country? Or does the government think it is more beneficial to give subsidies to big corporations because they create jobs? If one reflects on these two questions alone, it becomes difficult to give any definitive answer without having done enough research to compare the benefits derived from having a well trained manpower with that of having corporations creating jobs for the country. At first glance, it seems like the proverbial question of which should come first – the chicken or the egg? Evidently, a debate on the universality and access to higher education as a right, and not a privilege, requires a closer look at both

sides in order to develop some insights that may lead us to the correct or judicious answer.

Proponents of free university education cite the fact that there are about 20 countries already providing free or nominal fee university education. Why can we not do the same in Quebec? They also say that it is a question of political will and not a financial one because if the government chooses to spend money on education rather than on big corporations, it has the power to do so. They also cite the wastes in government such as bureaucrats earning huge salaries and heads of universities receiving huge payouts and retirement packages. These arguments lead us to ask the question: How should we pay our government bureaucrats and senior executives running government corporations? Perhaps, the public should be given a clue as to how they establish the pay scales. Teachers in public schools are paid according to scholarship but there is a cap to the salaries of those in the highest category equivalent to a doctorate degree holder.

The arguments presented by those who are against free university education often cite that Quebec has the lowest tuition fees in the country, and perhaps in the world, if we do not consider those where university education is free. They also say that Quebec has the lowest percentage of the youth opting for university education. An editorial writer cites UBC president Stephen Toope's remarks that there are "costs to too cheap tuition. If students don't have a financial stake in their education, they are less likely to devote themselves seriously to studies, wasting their own time and the resources of an already strained post-secondary system." This statement reminds us of the state of our CEGEP education system which began in the 1960's. Students do not pay tuition in these publicly funded colleges. Critics have pointed out there are many problems in these institutions. They say that it might be a wise move to abolish them and just add another year in high school to prepare students for university education. This may not be a bad idea as it may lead to the improvement of primary and secondary education.

Economists have cited the need for a well-educated population for many reasons. Not only do we need a

## LETTER TO THE EDITOR

September 6, 2012

To the Editor

As a former high school teacher, the beginning of September always meant back-to-school.

For students, it's a time for many new things at school. It can also be a time for new experiences: becoming more independent, going to a different school or moving out on their own.

Now, as a parent of two-grown children, I am looking at the back-to-school season differently, reflecting on what I might have done to help them better prepare for school.

I realize now that back-to-school is the perfect time to have a frank conversation with children about the importance of managing their personal finances, especially if they are moving out on their own for the first time.

The Agency I lead, the Financial Consumer Agency of Canada (FCAC), was established in 2001 to help Canadian consumers gain a better

understanding of financial products and services such as credit cards, bank accounts, mortgages and investments. Since that time, FCAC has become a pioneer in creating clear, simple publications and easy-to-use web tools that give consumers objective, reliable help when they make financial decisions.

The Government of Canada has given FCAC the mandate to foster financial literacy. The Agency continues to develop innovative resources for students and all Canadians to help them strengthen their knowledge, skills and confidence to make responsible financial decisions. They are available at [itpaystoknow.gc.ca](http://itpaystoknow.gc.ca).

Our commitment to Canada's youth is to give them the tools they need to increase their ability to understand, analyze and navigate the financial marketplace with confidence not only for the new school year, but also for the rest of their lives.

Ursula Menke  
FCAC Commissioner

skilled work force for our knowledge-based economy but we must also have an enlightened citizenry who must be well informed in order to exercise their right of suffrage wisely. The trend is to have more education than less in view of the advancement of technology and science. Our survival in this world lies in a well-educated population. Therefore, we must find an equitable way to make it affordable, even if it cannot be completely free. Just like other things in life, a balanced approach is the best way to proceed.

This means that we have to study the issue more objectively and determine the best possible way to finance our universities without burdening a single group of taxpayers. A symposium on education is projected to be held in the near future. We hope that everyone who participates will have done his homework and present valid arguments either for or against free university education. ■

Zenaida Ferry Kharroubi

## THE NORTH AMERICAN FILIPINO STAR

Montreal, Quebec, Canada

5320-A Queen Mary Road  
Montreal, Quebec H3X 1T7

Tel.: 514-485-7861

E-Mail: [market@filipinostar.org](mailto:market@filipinostar.org)

Published by: Filcan Publications, Inc.

Zenaida Ferry Kharroubi

Chief Editor & Publisher

W.G. Quiambao

Community News

Al Abdon

Alberto Baens Santos

Columnists

Sam Kevin

News & Layout Editor

Bert Abiera

Founder

Bernardo Sarmiento

Opinion Editorial

*The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.*

**ALL-IN ONE MOVING & TRANSPORT INC.**  
Residential & Commercial  
Local & Long distance  
SPECIAL FOR  
Toronto - Montreal - Calgary - Saskatoon  
Edmonton - Vancouver & USA  
Tel: 514-825-4779 - 416-826-5113  
Email: [info@allinonemoving.ca](mailto:info@allinonemoving.ca)  
web: [www.allinonemoving.ca](http://www.allinonemoving.ca)



Send your Boxes Door to Door to Philippines

**GRAND OPENING**

**PROMOTION**

**More info: 514-400-1271**

[www.allinonemoving.ca](http://www.allinonemoving.ca)

[allinonemoving@yahoo.com](mailto:allinonemoving@yahoo.com)

[www.filipinostar.org](http://www.filipinostar.org)

**Share Ride** Montreal to Toronto  
EVERY DAY  
Toronto to Montreal



**Sustainable development a core concern for the Borough of Côte-des-Neiges—Notre-Dame-de-Grâce**

Montréal, 21 September 2012 – The Borough of Côte-des-Neiges—Notre-Dame-de-Grâce took the opportunity, on "In Town Without My Car" Day, to present its Local Plan for Sustainable Development. The event

green and healthy environment. For 2012-2013, the Borough intends, among other things, to implement a system preventing certain municipal vehicles from operating at slow speeds and to install on its territory an electric



Queen Mary Road and Decarie Boulevard overpass where the temporary picnic tables and trees were installed and City of Montreal employees distributed flyers and brochures to the public

took place in the presence of Mr. Lionel Perez, councillor for the district of Darlington and responsible for environmental files.

The Local Plan for Sustainable Development falls in line with the Montréal Community Sustainable Development Plan 2010–2015 and confirms the commitment to the environment already undertaken with the Green Plan adopted in 2008. This local plan is composed of five orientations, eight goals, and some fifty concrete actions to be undertaken by various Borough departments and that will make the environment one of its priorities.

"This local plan is a measure of our determination to pursue our intervention strategy in environmental matters and to take concrete steps to bequeath to our future generations a

vehicle charging station. The creation of small green spaces also remains a priority," said Mr. Lionel Perez.

The Local Plan for Sustainable Development will be submitted for approval at the next Borough Council meeting on Wednesday, October 10th.

On "In Town Without My Car" Day, the Borough also took the opportunity to green up boulevard Queen Mary at the corner of Décarie through the temporary installation of trees, potted plants, park benches, and greenery. The goal of this installation is to help raise awareness as to the value of urban spaces automobiles currently fill. In this same spirit of sustainable development, the Éco-quartiers held information sessions on urban agriculture, slow speed vehicle operation, composting, and the emerald ash borer.

**Tremblay-Applebaum administration adopts municipal action plan for senior citizens**

**Senior-citizen friendly city process**

Montréal, September 20, 2012 – The Montréal Executive Committee today adopted the first municipal action plan for senior citizens, which was developed as part of the Municipalité amie des aînés plan devised by the Québec ministère de la Famille et des Aînés.

"Our actions for senior citizens already make Montréal an inclusive city that is more respectful of the needs of the community and more accessible than ever. But we plan to go even farther with the municipal action plan, by promoting active ageing and the full development of Montréal senior citizens within the community," said Mayor Tremblay.

"The seven major commitments and some 100 hundred actions included in the action plan reflect our decision to improve city programs, services and activities, to provide a more accessible, safe and diversified environment for senior citizens," said Jocelyn Ann Campbell, member of the Montréal Executive Committee responsible for social and community development, family and senior citizens.

Last May, Montréal made public a municipal action project aimed at senior citizens. On June 12, members of the community and especially senior citizens were invited to attend two public meetings and voice their opinion regarding the action plan project. Also in February 2012, four consultation



**Business Hours**

Monday - Tuesday  
11:00 AM - 7:00 P.M.  
Wednesday  
Thursday-Friday  
2:00-6:00 PM  
Saturday  
12:00-5:00 P.M.  
Sunday  
1:00-5:00 P.M.  
or By appointment

**Marché Coop**

**FILIPINO SOLIDARITY COOPERATIVE, INC.**  
**5320-A Queen Mary Road (near Decarie Blvd.)**

(accessible by Snowdon Metro, Busses 17, 51, 166)

Telephone: **514-485-7861**

E-Mail: [filipinocoop@gmail.com](mailto:filipinocoop@gmail.com)

Website: [marchecoop.com](http://marchecoop.com)



**Gift Certificates for all occasions, and 72 kinds of Phone cards available**



**Product Specials**

Valid for October 1 - 10, 2012



**Sotanghon**  
79¢ each



**Savoy coconut cream** - \$1.49



**Redpath Brown Sugar**, - \$1.99



**Glutinous Rice Elephant 4 lbs**  
\$3.99



**Filipino Dentist**  
**DR. GENE SANTANDER**  
DENTAL SURGEON/CHIRURGIEN DENTISTE  
5165 Queen Mary Rd., Suite 304  
Montreal, Quebec H3W 1X7

**TEL. (514) 484-3110**



From Page 1 Miss Earth Canada

competition. Suzette Hernandez was awarded the Best in Swimwear and one of the five finalists.

The result of the pageant, based on swimwear, evening gown and interview is as follows:

1st runner up - Cynthia Loewen, La Salle, Ontario

2nd runner up - Angel Bhathal , Winnipeg, Manitoba

From Page 1 International Peace

with the theme entitled "Une Paix durable pour un futur durable." (A Sustainable Peace for a Sustainable Future). The first 4 words of the UN Charter are: "To maintain international peace."

The ceremony which started the Pacifest was held at City Hall at 11 a.m. From this moment on, Montreal became a participant in the big wave of peace on a planetary level. Mayor Gerald Tremblay gave the signal that launched the observation of One

3rd runner up - Suzette Hernandez, Vancouver, B. C.

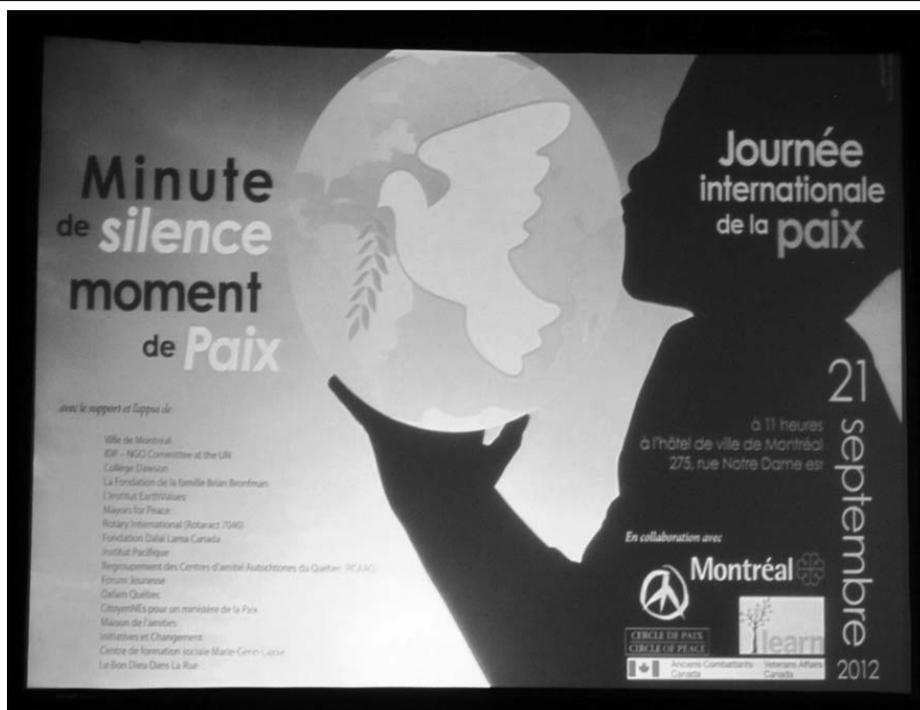
4th runner up - Chanel Beckenlehner, Caledon, Ont.,

The Miss Earth Canada' mission statement is to promote environmental awareness among the youth and raise their quality of involvement.

This year marks the tenth anniversary of Miss Earth Canada pageant under Rosotro (Ronaldo Soriano Trono ) Productions.

This annual day consecrated by the United Nations General Assembly permits us to demonstrate our common will to work towards the dissemination of Culture of Peace in the world and to the protection of our values that help it to thrive) declared Mayor Tremblay.

On the same day, "l'Autobus de la Paix" was at the Plaza of the United Nations in New Yoirk in order to assist in the ceremony of the "Student Obevrance." It was a unique



The backdrop of the International Peace Day ceremony held on September 21, 2012 at City Hall Place d'Honneur on 275 Notre Dame West, Montreal.

**Minister Kenney Supports the Faster Removal of Foreign Criminals Act**

Ottawa, September 24, 2012 — The Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism, today urged Members of Parliament to support the legislation to expedite the removal of foreign criminals from Canada and to enhance the safety and security of Canadians.

"We have introduced a law that will stop foreign criminals relying on endless appeals in order to delay their removal from Canada during which time they continue to terrorize innocent Canadians, We believe all parliamentarians should support this law" said Kenney. "Canadians are generous and welcoming people, but they have no tolerance for criminals and fraudsters abusing our generosity."

The Faster Removal of Foreign Criminals Act, focuses on three areas which would:

1. Make it easier for the Government to remove dangerous foreign criminals from our country;
2. Make it harder for those who may pose a risk to Canada to enter the country in the first place; and
3. Remove barriers for genuine visitors who want to come to Canada.

Through the Faster Removal of Foreign Criminals Act, the Government is delivering on its commitment to streamline the process to deport convicted criminals by limiting their access to the Immigration and Refugee Board's Immigration Appeal Division. This will reduce the amount of time certain criminals may remain in Canada by up to 14 months, reducing their chances of committing more crimes on Canadian soil.

Another change in the

proposed legislation would ensure that foreign nationals who are inadmissible on the most serious grounds - security, human or international rights violations, or organized criminality - will no longer be able to delay their removal by applying for a program that is meant for cases deserving of humanitarian and compassionate consideration. This change is consistent with the government's no safe haven policy.

Other amendments to the Immigration and Refugee Protection Act to protect the safety and security of Canadians include a new Ministerial authority to refuse temporary entry in exceptional cases, and increased penalties for those who try to cheat the system.

In contrast, the legislation will facilitate the temporary entry of low-risk individuals who would have previously been refused entry because one of their family members was deemed inadmissible for non-security reasons, such as health.

"These measures are tough but fair," said Minister Kenney. "We want an immigration system that is open to genuine visitors, while at the same time prevents the entry of foreign criminals and denies them the ability to endlessly abuse our generosity."

These amendments, which would update the Immigration and Refugee Protection Act and our immigration program, complement the recent measures in the Protecting Canada's Immigration System Act as well as the Action Plan on Perimeter Security and Economic Competitiveness.



Mayor Tremblay speaking to some Canadian Peacekeepers after the ceremony

Minute of Silence - Moment of Peace - in the company of numerous cities around the world that also celebrated this event in their time zones. Montreal, being at the epicentre, the ceremony will be diffused directly on LEARN Quebec, Peaceday.tv. and UN TV.

"Nous sommes réunis aujourd'hui pour sensibiliser chacune de nos collectivités à l'importance de prendre le parti de la Paix. Cette journée annuelle consacrée par l'Assemblée Générale des Nations Unies nous permet de manifester notre volonté commune de travailler à l'instauration d'une Culture de la Paix dans le monde et à la défense qui lui servent d'assises.(We are united today to sensitize everyone of our community about the importance of taking part in the promotion of Peace.

occasion for our youth ambassadors of 18-35 years old, the only Canadian Youth delegation who assisted in the ceremony of the ringing of the Bell of Peace in the ocmpany of the Secretary General M. Ban Ki-Moon as well as other Messengers of Peace, namely, Ishmael Beah, Michael Douglas, Jane Goodall and Forest Whitaker.

"Cercle de Paix" is a non-profit organization founded in 2004. Its mission is to promote September 21, the International Peace Day in the United Nations and to raise awareness of all citizens about their stakes in non-violence thereby allowing the development of the Culture of Peace as defined by UNESCO. "Cercle de Paix" is a member of Pathways to Peace and the Culture of Peace Initiative.



**Dung Le**  
514-738-2516

**Assurances Tony Chiu, Inc.**  
Casualty Insurance Broker

**INSURANCE FOR HOUSE, CAR, BUSINESS, PROFESSIONAL LIABILITIES**

**Cases with cancellation, interruption, legal complication ... are welcomed.**

Representing these companies:

205 Viger Ouest, Suite 110  
Montreal, H2Z 1G2

**Tel.: 514-861-3939 Fax: 514-861-2472**


## Minister's answer shocks Karygiannis

OTTAWA – The Honourable Jim Karygiannis, Member of Parliament for Scarborough-Agincourt and Liberal Critic for Multiculturalism, was shocked by the answer from the office of the Foreign Affairs Minister. Mr. Karygiannis has written to the Foreign Affairs Minister, John Baird, requesting the Canadian government contact the Egyptian government with respect to a list, which includes the names of two Canadians, of people accused of participating in the production of the video, 'Innocence of Muslims'.

found guilty, they claim the punishment could be death. There is also a danger that the court could offer a reward to anyone who either kills them or returns them to Egypt. They believe they have been targeted because they are members of the Coptic Orthodox faith and have spoken out against the persecution of Coptic Christians in Egypt.

"As usual, Members of Parliament, who are working on behalf of their constituents, are being stonewalled." Mr. Karygiannis stated.



MP Jim Karygiannis (left) and Nader Fawzy speaking to the members of the press

The comment from the Minister's Press Secretary was:

"I'm not sure it does anyone any good to discuss these issues publicly. We'll certainly be working on this issue privately with the Egyptians."

"I cannot believe that the Minister's office wants the two Canadians to be quiet – their lives may be on the line," said Mr. Karygiannis. "Why does Baird want to muzzle Canadians who fear for their lives?"

The names of Nader Fawzy and Jacques Attalla, both Canadian citizens, have been placed on a list, issued by the Egyptian Government, as being involved with the movie 'Innocence of Muslims' in its production, promotion and distribution. Mr. Fawzy and Mr. Attalla refute these allegations and say they have no association whatsoever with the movie.

"What does 'working on the issue privately' mean? What assurances do they have that the government will be working on this with the Egyptians?" Mr. Karygiannis asked. "If discussions do happen, will we get regular updates on the progress or lack thereof?"

Mr. Fawzy and Mr. Attalla claim the list has been sent to the court. If

"Once again, Harper and Baird are letting Canadians down. They don't seem to know how to protect Canadians, so they are trying to sweep it under the rug."

Mr. Fawzy is a single parent with three children. Today, Mr. Fawzy visited 42 Division of the Toronto Police Services to give his statement with respect to the threats against him.

"I am worried about my children. I wish the Conservative government would respect me." Mr. Fawzy said before his meeting with the police. After his meeting Mr. Fawzy said "The police said they will increase patrols in my neighbourhood and around my house. I want to thank Mr. Karygiannis for his help."

"The police are taking this matter seriously." Mr. Karygiannis stated. "I wish the Conservative government would. The Government's silence speaks louder than words."

-30-

Contact:  
Margot Doey-Vick, Media Relations  
Office of the Hon. Jim Karygiannis, P.C.,  
M.P., Scarborough-Agincourt (613)992-4501 or (416)321-2405

## Persistent Failure to Tackle Malnutrition Putting Millions of Children at Risk, Warn Two Leading Charities

September 20, 2012

TORONTO, ONTARIO-- (Marketwire - Sept. 20, 2012) - Save the Children and World Vision are calling for political promises to be urgently translated into actions to avert the deaths of millions of undernourished children, 2.3 million of whom died in 2011 alone.

The two organizations have launched a Nutrition Barometer which assesses governments' political, legal and financial commitments to tackling malnutrition in the 36 countries where 90 per cent of the world's undernourished children live. Almost a quarter of these countries have shown little progress in tackling this silent crisis.

"The Nutrition Barometer released today is a way to assess and hold governments accountable in terms of their political and financial commitment to end child malnutrition," said Save the Children CEO Patricia Erb. "I will be in Bangladesh visiting our nutrition and health programming next week. Bangladesh, one of the poorest countries, has shown significant improvements in child mortality, health and nutrition. Through political will they have demonstrated that by investing in health, by targeting the poorest and by working closely with grassroots organizations, they are on the road to ending preventable child deaths in a generation."

Strikingly, India appears at the bottom of the list despite experiencing strong economic growth in the past few years. At the other end of the spectrum lies Peru which have shown strong political resolve and committed growing resources to fight child undernutrition, achieving results.

World Vision and Save the Children are calling on world leaders gathering in New York for the UN General Assembly summit to take urgent measures to tackle child undernutrition. They warn that unless promises are translated into swift action, the ambitious commitment made at the World Health Assembly earlier this year to reduce the number of stunted children by 40 per cent, by 2025, will not be met.

World Vision Canada's Elly Vandenberg said: "Every child deserves the best start in life. Combatting child malnutrition demands good governance and multi-sectoral strategies backed by long-term investments. As Minister Fantino heads to his first UNGA, we are counting on Canada to keep pushing other countries for accountability on this issue. Hungry children need concrete commitments delivered, not empty promises."

Crucially, the accountability report identifies opportunities for governments to fulfil their promises. Specifically, the new barometer suggests that good governance can play a key role to achieve success in fighting child undernutrition, as reflected in 13 countries representing over a third of the sample.

The report reveals Peru has demonstrated excellent legal and political commitments matched by strong financial investment. As a result, the proportion of children suffering from

chronic undernutrition in 2011 has fallen to 19.5 per cent from 23.8 per cent two years earlier, even though in some regions over half of children still suffer undernutrition.

In India, on the other hand, child undernutrition levels remain persistently high - around 42 per cent according to the last official survey in 2005/6 - due to issues including inadequate spending on health and nutrition, wide economic and social inequality and weak political commitment, though the authorities' commitment to tackle child undernutrition is now strengthening.

The barometer warns that it takes time to translate political and economic commitments into results, which explains why actions to tackle the child undernutrition crisis need to be adopted urgently.

2012 has been a critical year for action on nutrition with global leaders reaffirming their commitment to tackling malnutrition at the G8 and the London Hunger Summit. The 36 countries in this report are capable of saving millions of lives and preventing the number of stunted children by some 64 million by 2025. But this requires political will and commitments, followed by decisive action.

Link to report:  
<http://www.savethechildren.ca/document.doc?id=230>

Notes to editors:

The Nutrition Barometer will be launched at the UNGA in New York on Wednesday, 26 September, at 8am at Sentry Centers (730 3rd Ave). This event will be co-hosted by Save the Children CEO Jasmine Whitbread and World Vision CEO Kevin Jenkins.

The Nutrition Barometer aims to provide a snapshot of national governments' commitments and progress in addressing children's nutrition. It builds on existing indices such as the Global Hunger Index (GHI) produced by the International Food Policy Research Institute (IFPRI) and the Hunger Reduction Commitment Index (HRCI) released by the Institute of Development Studies. It analyzes commitments made by each country's government to fight undernutrition and attempts to understand how these commitments move with children's nutrition status.

The figure of 36 countries accounting for 90 per cent of the world's malnourished children being able to reduce the number of stunted children by some 64 million by 2025 comes from research carried out by Save the Children.

**Go placidly** amid the noise and haste, and remember what peace there can be in silence. **As far as possible**, without surrender, be on good terms with all persons. **Speak your truth** quietly and clearly. **Listen to others** even the dull and the ignorant for they too have their story. **Avoid loud and aggressive persons**, for they are vexations to the spirit. **If you compare yourself** to others you may become vain and bitter, for always there will be greater and lesser persons than yourself.

From Desiderata (Author Unknown)

### Little Learners Home Day Care

3770 Van Horne

(near Pharmaprix Cote des Neiges)  
Montreal, QC H3S 1R8

2 Hot Meals & Snacks provided

Educational Activities for Early Childhood Development

Reliable, Professional Care

Call Susan 514-654-1404



# EARTH TALK

Questions & Answers  
About Our Environment

Dear EarthTalk: What is the scientific consensus on all the extreme weather we've been having—from monster tornadoes to massive floods and wildfires? Is there a clear connection to climate change? And if so what are we doing to be prepared?

-- Jason Devine, Summit, PA



**In a poll conducted by Yale University, four out of five Americans reported personally experiencing one or more types of extreme weather in 2011, while more than a third said they were personally harmed by one or more of these events. A large majority of Americans believe that global warming made several high profile extreme weather events worse**  
Credit: iStockPhoto/Thinkstock

Extreme weather does not prove the existence of global warming, but climate change is likely to exaggerate it—by messing with ocean currents, providing extra heat to forming tornadoes, bolstering heat waves, lengthening droughts and causing more precipitation and flooding.

"A changing climate leads to changes in the frequency, intensity, spatial extent, duration and timing of extreme weather and climate events, and can result in unprecedented extreme weather and climate events," reports the Intergovernmental Panel on Climate Change (IPCC), an independent group of leading climate scientists convened by the United Nations to provide the world with a clear scientific view on the current state of knowledge in climate change and its potential environmental and socio-economic impacts.

While most scientists don't dispute the link between global warming and extreme weather, the once skeptical public is now starting to come around—especially following 2011, when floods, droughts, heat waves and tornadoes took a heavy toll on the U.S. According to a poll conducted by researchers at Yale University's Project on Climate Change Communication, four out of five Americans reported personally experiencing one or more types of extreme weather or a natural disaster in 2011, while more than a third were personally harmed either a great deal or a moderate amount by one or more of these events. And a large majority of Americans believe that global warming made several high profile extreme

weather events worse, including record high summer temperatures nationwide, droughts in Texas and Oklahoma, catastrophic Mississippi River flooding, Hurricane Irene and an unusually warm winter.

The IPCC wants world leaders to err on the side of caution in preparing their citizens for extreme weather events that will likely become more frequent; earlier this year they released a report entitled "Managing the Risks of Extreme Events and Disasters to Advance Climate Change Adaptation" to help policymakers do just that. The report is

considered a must read in coastal, arid and other especially vulnerable areas.

As for the U.S. government, the National Oceanic and Atmospheric Administration (NOAA) tracks weather and storms, while the Federal Emergency Management Agency (FEMA) deals with the impacts of extreme weather and other disasters. But critics would like to see Congress and the White House do more to increase Americans' preparedness. "The U.S. [in 2011] experienced a record fourteen weather-related disasters each in excess of a billion dollars—and many more disasters of lesser magnitudes," reports the non-profit Climate Science Watch (CSW). "Yet the U.S. has no national climate change preparedness strategy; and Federal efforts to address the rising risks have been undermined through budget cuts and other means." CSW and others are calling for the creation of a new cabinet-level agency called the National Climate Service to oversee both climate change mitigation as well as preparedness for increasingly extreme weather events.

CONTACTS: IPCC report, [www.ipcc-wg2.gov/SREX/images/uploads/SREX-SPMbrochure\\_FINAL.pdf](http://www.ipcc-wg2.gov/SREX/images/uploads/SREX-SPMbrochure_FINAL.pdf); Yale Project, <http://environment.yale.edu/climate/files/Extreme-Weather-Climate-Preparedness.pdf>; FEMA, [www.fema.gov](http://www.fema.gov); NOAA, [www.noaa.gov](http://www.noaa.gov); Climate Science Watch, [www.climate-science-watch.org](http://www.climate-science-watch.org).

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine

([www.emagazine.com](http://www.emagazine.com)). Send questions to: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).  
S u b s c r i b e : [www.emagazine.com/subscribe](http://www.emagazine.com/subscribe). Free Trial Issue: [www.emagazine.com/trial](http://www.emagazine.com/trial).

EarthTalk®  
E - The Environmental Magazine

Dear EarthTalk: I've always suspected that perfumes and colognes must not be too healthy simply because of the way the smell of most of them bothers me. Am I correct? Is there information available on this issue?

Lucinda Barry, Minneapolis, MN

Ahhh...the sweet smell of petrochemicals! The Environmental Working Group (EWG) reports that, while many popular perfumes, colognes and body sprays contain trace amounts of natural essences, they also typically contain a dozen or more potentially hazardous synthetic chemicals, some of which are derived from petroleum. To protect trade secrets, makers are allowed to withhold fragrance ingredients, so consumers can't rely on labels to know what hazards may lurk inside that new bottle of perfume.

"A rose may be a rose," reports EWG. "But that rose-like fragrance in your perfume may be something else entirely, concocted from any number of the fragrance industry's 3,100 stock chemical ingredients, the blend of which is almost always kept hidden from the consumer."



**The Campaign for Safe Cosmetics commissioned independent laboratory tests that revealed 38 secret chemicals in 17 leading fragrances. To protect trade secrets, makers are allowed to withhold fragrance ingredients, so consumers can't rely on labels to know what hazards may lurk inside that new bottle of perfume. Credit: PhotoDisk/Thinkstock**

The Campaign for Safe Cosmetics, a coalition of over 100 groups seeking transparency about chemicals in cosmetics, commissioned independent laboratory tests that revealed 38 secret chemicals in 17 leading fragrances. The top offenders?: American Eagle Seventy Seven topped the list with 24, followed by Chanel Coco with 18 and Britney Spears Curious and Giorgio Armani Acqua Di Gio each with 17.

"The average fragrance product tested contained 14 secret chemicals not listed on the label," reports EWG, which analyzed the Campaign's data. "Among them are chemicals associated with hormone disruption and allergic reactions, and many substances that have not been assessed for safety in personal care products." EWG adds that

some of the undisclosed ingredients are chemicals "with troubling hazardous properties or with a propensity to accumulate in human tissues." Examples include diethyl phthalate, a chemical found in 97 percent of Americans and linked to sperm damage in human epidemiological studies, and musk ketone, which concentrates in human fat tissue and breast milk.

EWG explains that ingredients not in a product's "hidden fragrance mixture" must be listed on the label, so makers disclose some chemicals but "lump others together in the generic category of 'fragrance'."

EWG blames the U.S. government in part, pointing out that the Food and Drug Administration "has not assessed the safety of the vast majority" of secret chemicals used in spray-on products such as fragrances. "Fragrance secrecy is legal due to a giant loophole in the Federal Fair Packaging and Labeling Act of 1973, which requires companies to list cosmetics ingredients on the product labels but explicitly exempts fragrance," reports EWG. As such, the cosmetics industry has kept the public in the dark about fragrance ingredients, "even those that present potential health risks or build up in people's bodies."

For more information, check out EWG's May 2010 "Not So Sexy" report, available on the group's website. Also, EWG's SkinDeep database serves as an evolving source of information on the ingredients (and their health risks) in thousands of cosmetics and related

products widely available on store shelves.

CONTACTS: Campaign for Safe Cosmetics, [www.safecosmetics.org](http://www.safecosmetics.org); EWG's "Not So Sexy," [www.ewg.org/notsosexy](http://www.ewg.org/notsosexy); Skin Deep, [www.ewg.org/skindeep](http://www.ewg.org/skindeep).

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine ([www.emagazine.com](http://www.emagazine.com)). Send questions to: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).  
S u b s c r i b e : [www.emagazine.com/subscribe](http://www.emagazine.com/subscribe). Free Trial Issue: [www.emagazine.com/trial](http://www.emagazine.com/trial).



**Beyond the Pale**  
with Bernardo Sarmiento

**Until now they are still carping over 2011 election result**

In a pensee that could have been cribbed from the old editions of his yellow newspaper, a local editor-in-chief/publisher and his twin female columnist wasted yet another few feet of valuable newsprint by recycling their respective litanies of their most outrageous and greatest pet peeves. Edition after edition that fraternal twins keep on doubling down and dumping their journalistic dung on all the people, particularly FAMAS President Aurora Osdon and other members of the FAMAS Executive Board, whom they and their gang of marauders have been salivating to topple for over a year now. But in a classic case of good prevailing over evil, they have since failed at every turn despite their best effort, including fraudulently registering FAMAS to make it their own. Whoever advised them to do that is patently stupid.

No one outside of their mob is credulous enough to buy their palpable lies. Even some members of the Samahang Makabayan have become so fed up with the couple's bizarre and intemperate tirades against Au Osdon and the rest of the Mabuhay Team that they have started to distance themselves from those two. I surmise that those former supporters have finally realized that they were merely being used by those twin evils to fulfill the latter's sinister plan.

In many respects, the editor-in-chief/publisher is like Wile E. Coyote who never misses a chance to run roughshod over Ms. Osdon's Road Runner, but can't trounce the wise bird no matter what kind of artifice of diabolical ingenuity he uses on them. It is obvious that relentless publishing of malicious accusations and red herrings in his newspaper is an exercise in futility. It really amazes me why he doesn't get it. Obsessiveness must have impaired his mind.

Noticeably, James de la Paz, for many years the object of the wicked editor-in-chief's fixation, hasn't been as maligned lately as he used to be despite his being the current chairman of the FAMAS Board of Trustees. It's either he is scared to mess up with James or hethat Au Osdon, because of her perceived passivity, is a milksop and therefore relatively easier prey

to aim his crosshairs at.

According to Dictionary.com, "fixation" is (1) Psychoanalysis - a partial arrest of emotional and instinctual development at an early point in life, due to a severe traumatic experience or an overwhelming gratification. (2) a preoccupation with one subject, issue, etc.; obsession: All his life in Montreal, Mr. Editor-in-Chief/Publisher has had a fixation on community leaders, particularly Au Osdon and James de la Paz, who have adamantly, sensibly and silently rebuffed his groundless accusations.

Fixation and narcissistic personality disorder have atrophied the brain of this phony UP-Diliman alumnus. Such affliction seems to have made him a loonie, and I don't mean the Canadian dollar coin. What a waste of talent! As an editor-in-chief and publisher, he could have served as a catalyst for unity in our community. Apparently, he rather draws wedge between the sitting FAMAS Executive Board and the rest of the community, and serves as rogue provocateur for the losing candidates in the last FAMAS election for no other reason but to have in their control the association, the FAMAS Community Center and, more importantly, its funds.

More than a year has passed since the last FAMAS election in August of 2011. It's high time that he grew up and behaved his age. He should stop selling snake oil, act like a genuine journalist, and then devote his time, energy and resources to doing something truly worthwhile, like helping out in promoting harmony among various groups in the Filipino community rather than divide it with baseless accusations. His being an editor-in-chief, and a publisher to boot, behooves him to be more responsible. He is getting older; he should make it his legacy.

\*\*\*\*\*

**Selecting outstanding members of FAMAS is like opening a can of worms**

There's a suggestion to give

honor and recognition to a certain number of FAMAS members who have rendered over the years exceptional services to the association with their unselfish devotion, talents, creativity and valuable resources. It is intended to be a part of the celebration marking the 50th founding anniversary of FAMAS in 2013.

In principle, I am not against it. In fact, I think that it's a very good idea. Nevertheless, given the immaturity, partiality, vindictiveness, power-hungriness, selfishness and hypocrisy of many leaders and members, particularly those who are avowedly against the present administration, such a proposition would only do more harm than good to the already divided association. From my point of view, such a proposal, if carried on, would only lead to a huge controversy. And that would surely mar what is supposed to be a celebratory and momentous occasion.

Not only that, it is also proposed that the panel of judges to be tasked to choose the most deserving of said honor and recognition be composed of the publishers of various local Filipino community newspapers. It's fundamentally a plausible idea except that one of the publishers whom the proponent referred to is not known for fairness, objectivity, honesty, decency and even maturity. What that publisher is quite known for is his boorishness, relentless lying, outrageous accusations, lousy judgment, wickedness, obsession, fixation, narcissistic personality disorder and crass misrepresentation of the facts, among other things. In other words, he doesn't have the moral ascendancy to be a member of that important panel. Conventional wisdom will tell you that a person with unstable mind is not fit to judge.

\*\*\*\*\*

**Do I know you?**

As innocuous as that question may seem to be, it had hurt the feelings of a number of people. Not by itself, but only, and especially, when SC (as in Secret Consul) used it as greeting to his visitors doing business with him as an honorary diplomat. To the dismay of the people who came to his office for some consular business during his term, SC would receive them with his condescending trademark greeting of "Do I know you?" as if to say that he would not be so inclined to help them out if he did not.

SC is a chartered accountant who has his own private accounting business. Keen observers saw a pattern that SC, the accountant, was not as welcoming to those people who were not already doing accounting business with him as those who were. In short, one had to patronize SC, the accountant, first before SC, the diplomat, would attend to the former's problems. Among those whom SC had slighted are Rey Balansi, the Grand Knight of the Montreal chapter of the Order of the Knights of Rizal, and a businesswoman whose business is located on Victoria Avenue near corner Van Horne. There are many other people who were offended by his unfriendly signature remark, but they would rather stay anonymous lest their lives would get muddled unnecessarily.

\*\*\*\*\*

**Kicking me out of the COMELEC is at the top of her priority**

One particular member of the FAMAS Board of Trustees (BOT) is obsessed with, and bloodthirsty for, my expulsion from the FAMAS Committee on Elections (COMELEC). Presumably, she's convinced that as long as I am a member, let alone the chairperson, of said statutory committee, she and her cohorts cannot

have their way in the next election like they didn't have their way during the last one. They resorted to illegal registration of hundreds of people as members of FAMAS to shore up support for their candidates. They were so unabashed in their illegal activities that they began campaigning several days before the official campaign period could even start. They seemed quite comfortable at the thought that members of the COMELEC were pushovers that they could impose their will on at any time. They miscalculated the resolve of the committee to be resolute, fair and judicious.

During the last FAMAS election season, they encouraged their candidates to register as many people as they could, and paid for their membership fees. Virtually, that was vote-buying. Then they jumped the gun on campaigning by handing out to prospective supporters their campaign materials prematurely. But when their candidates were charged and eventually found guilty of those violations after a fair hearing, they cried foul, and unjustly accused the COMELEC of bias in favor of their opponents. And as if they are not idiotic enough, they even have the chutzpah to tell everyone that it was the COMELEC that broke the rules.

On the very first meeting of the BOT several months later, she didn't waste any second in raising the issue about the COMELEC, particularly its chairman. James dela Paz, the BOT Chairman, had barely banged the gavel to open the meeting when she almost immediately brought up what to her was a top priority - my expulsion from the COMELEC.

For more than a year now, she has been trying her utmost to make it as a cause célèbre. Indeed, it was the very first thing that came out of her big mouth. It is a very clear indication of how desperate she is to see me expelled even for the flimsiest of reason. Thanks to the presence of sensible members of the BOT, she didn't go very far in her avowed quest to have me removed from the COMELEC.

Actually, I can resign from the COMELEC any time, and most likely I would have already done so had it not been for this particular trustee's impertinence. Since her deadly disease is just in remission, I decided that it would be nice if I make her life a little more worthwhile by serving my full term as chairman. So, the sadistically-inclined woman has the chance to enjoy me till 2016 when my mandate ends, unless, of course, I change my mind, and get out of the proverbial kitchen sooner anyway. In any case, I intend to keep my options open. If I have to get out of the COMELEC, it has to be on my own terms, or only for cause and beyond reasonable doubt.

The BOT has adopted a Code of Ethics. Is this BOT member not violating that code by writing in her column something detrimental to the objectives for which the BOT was created or privileged information on the board? It looks like conflict of interest. She can't have it both ways. BOT Chairman Dela Paz should look into this.

\*\*\*\*\*

**Enjoy the serenity and beauty of nature when you visit the Abbey at St. Benoit du Lac It's the Abbey's Centennial Year.**

**Join the educational tour organized by Gilmore College International on Saturday, October 20, 2012**

**Departure: 8:00 AM**

**Assembly: Plamondon Metro (Van Horne Exit)**

**Return to Montreal: 5:00 P.M.**

**Call 514-485-7861 for details**

Collège  
**GILMORE**  
International  
**5320-A Queen Mary Road**  
(between Decarie and Coolbrook) Snowdon Metro  
Montreal H3X 1T7  
www.gilmorecollege.com

**Join Gilmore Dance Club and stay in shape.**

**Call us for more details 514-485-7861**

# 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

**Advertise your business  
in the  
North American  
Filipino Star  
Call 514-485-7861**



## Need Money?

Do you have a full time job?  
If yes, call (514) 344-1499

**AND GET CASH NOW!**

**Good & Bad Credit Accepted**





# Ask the Video Guy

**Al Abdon**

## A creative way for composing couples

No matter what their skill level is, most photographers do everything they can to avoid cheesy, awkward and generic couples portraits. It reminds me of those olden days when we use to go to Luneta and take pictures with our Kodak Brownie film cameras. Pose naman diyan! Just like a firing squad poses, the typical background is the Rizal Monument, the Grand Stand, the sunset in Manila Bay and the Manila Hotel. But there are a few creative elements to think about while you're at the location and also when editing your images that will make them a bit more special.

### A Tip for Getting Started

First, you have to use an interchangeable lens camera. I often use a zoom 70-200mm as a standard and I am completely satisfied with it. If you're new to couples portraiture, or your subjects are a bit self-conscious, it's good to start the shoot with a longer lens. This allows you to stand back and allow the couple to interact normally with each other, which means that you can get some great natural shots that you may struggle to capture if you were right in their face. Of course you will be getting some close shots of your couple later in the shoot, but this is a good way to warm up and break the ice with your subjects.

### LOCATIONS

Locations don't have to be iconic or super amazing. It's surprising how often the most unsuspecting backyard or building can actually be quite a creative setting. Things to look out for are texture, form and pattern. Integrating these elements can also lend in telling a story about the couple, and create a narrative in your images.

### Trees and Foliage:

It always popular among couple to choose the botanical garden especially the Chinese Garden. I often discourage people because of the distance and the cost of parking and entrance fee. Why not just choose MacKenzie park or

Victoria Park at Westmount.

There are so many portraits out there that use trees in uninspiring ways – people sitting on branches, or peeking around the trunk at each other. To me, these fall into the “cheesy” category. But there are ways you can use trees as a creative and textural element in your composition, without dominating the narrative. Framing couples in the branch formations or space around the tree allows it to be important in the composition without distracting from the couple. This is particularly effective if you stand quite far back from your subjects. Also, if the canopy is quite bushy, or it has interesting leaves and flowers, the textures and patterns of these elements can be used as a background if you position your couple in front.

This is the same for foliage. Bushy, full foliage with pattern and texture makes a great background. Depending on the look you're going for with your subjects, using a smaller aperture to keep the foliage in focus creates a dynamic graphic element in the composition, while a larger aperture softens the background and



creates a dreamy feeling.

### Buildings:

I love shooting in Old Montreal. I could walk a couple of kilometers and be selective among the different elements of a shots.

I enjoy using buildings, indoor and outdoor, as a framing device. Doorways, archways and windows are great to position your couple in and give the composition a dynamic aspect. It can often given the image balance and symmetry, and can be applied to both indoor and outdoor sessions. Carefully positioning yourself and your couple in front of these elements can produce great graphic compositions, and if there are lots of doorways and archways around, then you'll have lots of options for differing shots. Interesting details and patterns in the architecture – such as light fixtures or support beams – can be positioned

to interact with your couple and create a bold visual impact.

Varying your own position is also very effective – standing far back and capturing full length, or angling yourself from the ground upwards can produce different moods and aesthetics. Also keep a look out for textures in buildings – whether it is brickwork, peeling paint or corrugated iron. Similar in the way you can use foliage as textural backgrounds, building textures can add mood and wistfulness to your image.

I hope these tricks could make a difference to your shooting style. Again I always emphasize that practice makes perfect.

Al Abdon

Hollywood Junkies Video & Photo  
hollywoodjunkies@videotron.ca

## CONCORDIA TOURS & TRAVEL

1071 St. Urbain, Suite R06, Montreal H2Z 1Y6 (Head Office)  
8080-A Taschereau Boulevard, A-7, Brossard, QC J4X 1C2 (South Shore)  
For information or reservations: Contact 514-485-7861



Short tours from one day to 10 days in Canada and U.S.A.

International Flights to any country

Give us your departure and return dates to give you a reasonable quotation.



Weekend trips - every Saturday departure

## RESTAURANT

### LA MAISON NEW KUM MON

**6565 Côte-des-Neiges Road**  
(near Corner Appleton)  
**Montreal, QC**

**5047 Henri Bourassa Est**  
**Montréal, QC H1G 2S1**  
**Tel.: (514) 322-3133, 322-3130**

**Bean Curd Seafood Soup**  
**1/2 Crispy Chicken**  
**Salt and Pepper Pork Loin**  
**Stuffed Bean Curd with Shrimps**  
**Sauted Seasonal Vegetables**  
**Steamed Rice**  
**\$45.95**  
**4 persons**

**Fish Maw Seafood Soup**  
**Baked Lobster with Ginger**  
**Seafood with Chinese Broccoli**  
**Salt and Pepper Cuttle Fish**  
**Fried Sea Bass Fish**  
**Steamed Rice**  
**\$68.95**  
**4 persons**

**Bean Curd Soup**  
**1/2 Crispy Chicken**  
**Shrimp Cake with Chinese Broccoli**  
**Sweet and Sour Pork**  
**Seafood with Bean Curd in Hot Pot**  
**Salt and Pepper Squid**  
**Fried Sea Bass Fish**  
**Steamed Rice**  
**\$75.95**  
**10 persons**

**Fish maw seafood soup**  
**2 Baked Lobsters with Ginger**  
**Seafood with Eggplant in Hot Pot**  
**Stuffed Bean Curd with Shrimp**  
**Seafood with Chinese broccoli**  
**Fried Sea Bass Fish**  
**House Fried Rice**  
**Special Fried Noodles**  
**\$145.95**  
**10 persons**

**FREE DELIVERY**  
**Minimum order of \$10**  
**Delivery hours:**  
**11:30 a.m. - 3:30 p.m.**  
**5:00 p.m. - 11:00 p.m.**

**514-733-6029**  
**514-733-1067**  
**For party menu, call Kenny**

## DR. EMILIA ESPIRITU

CHIRURGIEN DENTISTE / DENTAL SURGEON

5790 Cote des Neiges Rd Suite A-024  
MONTREAL, QUEBEC  
H3S 1Y9



PHONE: 514-340-8222 (4077)  
E-Mail: dr\_e\_pin@yahoo.ca



**PRESS RELEASE**  
For immediate release

**DOMINIQUE RANKIN, MEDICINE MAN**

Originally from Abitibi, T8aminik Rankin (as his name is written in the Algonquin alphabet) is an Algonquin hereditary chief. The real name he was given at birth is Kapiteotak - also his spiritual name. In 2006, he was admitted to the small circle of 49 recognized medicine men in Canada, thereby becoming an "Elder," fully recognized by his peers. He was once Grand Chief of the Algonquin Nation, and today devotes himself to teaching Algonquin culture to his peoples as a way of reconnecting them with their routes. He also shares his knowledge with people of all origins who are interested in learning about the simple, profound philosophy of his ancestors. He is an ambassador for the message of peace from the Anishinabeg peoples. He also co-wrote an autobiography with Marie-Josée Tardif, *On nous appelait les Sauvages* (They called us "savages"), a vibrant account of the appalling era of Native residential schools, and also a call for forgiveness and reconciliation.

Space for Life Lecture Series  
**The Circle of Life**  
A First Nations Vision of Nature

**Montréal, September 27, 2012** - The Space for Life invites you to a lecture by Dominique Rankin, Algonquin hereditary chief medicine man, on *Anicinape MatisiBin, the Circle of Life*, a central First Nations concept. On **October 10 at 7 p.m.**, at the Montréal Botanical Garden, Mr. Rankin will speak about the close bonds between human beings and Mother Earth and our modern-day imperative of not only protecting biodiversity but also preserving and taking care of our bodies, hearts and minds.

**INSIDE THE CIRCLE IS LIFE!**

For Native people, the Circle of Life is a powerful symbol that represents all the essential elements that make up life. Together, these elements form a whole and are constantly interacting with one another: the four races of humankind - yellow, red, black and white - make up a single huge family circle; the cycles of life and the seasons that follow one another; the four cardinal points, represented by four sacred spirits, the Turtle, the Eagle, the Bear and the Buffalo, stand for the Feminine, Balance, Strength and Peace, respectively. Human beings are an integral part of this Circle and must never hold themselves apart from it, although people today increasingly tend to forget about or deny our powerful bonds with Mother Earth and its biodiversity. If Mother Earth suffers, we also suffer. This harmony - essential to life - is the basis of traditional Native medicine: within the Medicine Circle, health depends on maintaining the proper balance between the body, heart and mind. By protecting biodiversity, we restore this harmony with nature. This means that we have to take care of not only our bodies, but also our souls, because nothing can be separated from the oneness of life.

**Montreal student protest calls for free tuition**

September 22, 2012 (The Canadian Press) One of Quebec's three biggest student groups is championing the idea of free university education, now that tuition hikes are officially off the table.

Several hundred people supporting that cause took part in a rally and march on Saturday in Montreal - a regular occurrence on the 22nd of each month since the start of the Quebec student crisis in the winter.

The march started in Park Lafontaine and headed down Berri Street, then west through downtown. It was over by 4:30 p.m. ET.

The more vocal student group CLASSE says free education is entirely achievable, a position that isn't promoted by the province's two other groups, the federation of college students, or FECQ, and federation of university students, FEUQ.

LECTURE

*ANICINAPE MATISIBIN, LE CERCLE DE LA VIE (THE CIRCLE OF LIFE)*

WHERE: Montréal Botanical Garden

WHEN: October 10, 2012, at 7 p.m.

ADMISSION: Adults: \$16 / Seniors (65+): \$15 / Students: \$12.25

Tickets available through [lavitrine.com](http://lavitrine.com)

Parking: 4101, rue Sherbrooke Est (pay parking) Pie-IX

(The lecture will be in French)

This ticket gives you access to the lecture, the new *Gardens of Light* fall event and special Halloween activities at the Botanical Garden and Insectarium, only on October 10, 2012.

Now that the province's new Parti Québécois government has scrapped the increase in post-secondary tuition fees that prompted widespread protests and a student strike against the previous Liberal government, CLASSE is proposing free education altogether as a long-term goal. Free tuition?

Quebec student group CLASSE laid out a proposal in May for how to make tuition free in the province. In most EU countries, tuition is either free or a nominal fee. See here for a comparison.

Quebec currently has the lowest tuition in the country for students who come from the province. Students from elsewhere in Canada pay more than double the amount, though.

The new PQ government has said it favours indexing tuition to inflation.

At least 20 countries in Europe charge no or only nominal fees for post-secondary education, including countries like France, the Netherlands and Sweden, where university tuition is free.

Montreal police reported two arrests, saying projectiles were launched in Saturday's demonstration. An officer suffered a knee injury, police said. Police also used pepper spray on some people in the protest, and CBC video shows a constable aggressively shoving a photographer and then using his baton to strike a man playing drums.



**Thank You From the Family of  
Bing Bernas (1932 - 2012)**

In this sad and trying time, the support of the entire Filipino community has meant a great deal to us. There are simply no words to express our thanks for your love, kindness, friendship, generosity and prayers.

Please join us at the 40th Day Mass celebration at Saint-Kevin's Church on

**Wednesday, October 3rd at 7PM.**

Reception to follow in the church basement.

# STAR PHOTO GALLERY

Gilmore College International Annual Apple Picking Picnic



Apple pickers expressing their cheerful moods in the playground of the Fromages du Verger (Fromage de Brebis), rue de la Pommeraie, St. Joseph du Lac, September 16, 2012 (Photo taken by Budz Sarmiento).



The girls are smiling for the camera while Magnolia Camat waits patiently for the signal to go into the Vergers La France for apple picking - Edna, Arlene, Juvy, and their friends.



Photo taken at the playground of the Fromagerie in St. Joseph du Lac (second stop over of Gilmore's annual apple picking picnic, September 16, 2012)



Photo shows Gilmore College students and their family waiting in a line to pay for their bags of apples. (Photo taken by Budz Sarmiento)



Posing and smiling for the camera: Mina, Edna, Arlene and her guests while waiting to get into the Vergers La France orchard, September 16, 2012. (By Budz Sarmiento)

## Trip to the Abbey St. Benoit du Lac organized by Gilmore College International

When: Saturday, October 20, 2012  
Departure: 8:00 A.M. sharp  
Assembly place: Plamondon Metro  
Van Horne Exit  
Return to Montreal: 5:00 P.M.  
Donation: \$22 Below 12: \$17



Filipino Solidarity Cooperative picnic at Beaver Lake, August 26, 2012. Not all members are in photo as they had left earlier before photo was taken. (Courtesy: Budz Sarmiento)





**Renee Omlas**  
Scotia Tagapayo

**“Si Renee ay tumulong sa pagbukas ng pintuan ng aming bago pag-umpisa sa Canada.”**

Ang Programa TamangPagumpisa® ng Scotiabank<sup>1</sup> (*Scotiabank StartRight® Program*), espesyal na dinisenyo para sa mga bagong dating, ginawang mas madaling manirahan sa Canada. Hayaan ang isa sa aming aming mga tagapayo na may kaalaman ipakita sa inyo kung paano.

**TamangPagumpisa Dito.** Hanapin ang inyong pinakamalapit na sangay ng Scotiabank. Bisitahin ang [scotiabank.com/startright](http://scotiabank.com/startright) o tawagan ang 1-866-800-5159.

Programme   
**BonDebut**  
de la  **Banque Scotia**<sup>MD</sup>  
POUR LES NOUVEAUX ARRIVANTS

PAGBABANGKO • PAGTATAGUYOD NG KREDITO • PAG-AARI NG INYONG BAHAY • PAG-IIPON

© Nakarehistrong mga tatak pagkalakal ng Bangko ng Nova Scotia (Registered trademarks of The Bank of Nova Scotia).  
1. Ang Programa TamangPagumpisa ng Scotiabank (*The Scotiabank StartRight Program*) ay nilikha para sa mga imigrante na Lumapag sa Canada mula sa 0-3 na taon sa Canada, mga Mag-aaral na Internasyonal at mga Dayuhang Manggagawa.

## PERSONALITY OF THE MONTH

### Panganiban is reaping the fruits of hard work

by W. G. Quiambao

There's a saying that hard work does pay. Just ask Jacinta Panganiban, who used to work as a caregiver but now is working as a financial security adviser and mutual funds representative. She'll say the saying is true. But her rise to success is a long and arduous journey.

"I know that I still have a lot of things to do but at least, I've accomplished my two goals," Panganiban said. "I got out from being a caregiver and I've finished my studies which was disrupted when I left the Philippines."

Panganiban and a partner opened an auto supplies and motorcycle parts business in 1994 in Santiago, Isabella, Cagayan Valley. Although the business was prosperous in the beginning, the partnership didn't do well in its fourth year.

"The business flopped," Panganiban said with regrets. "As a result, I'd serious financial problems. The burden was put on my shoulders."

She worked as a caregiver in Hong Kong, but she was unhappy there. For the first year, she was crying because of the vicissitude of life she was experiencing. She was a university scholar at the University of the East, taking up Commerce (Accountancy), and co-owner of a thriving business. No one expected that she would become a caregiver, taking care of children and scrubbing floors.

She thought of going to Canada but she balked at the idea. Canada is too far from the Philippines. What would happen if I get sick or I decide to go home? she asked herself. She changed her mind when a friend told her of the many and great opportunities waiting for her in Canada. She applied as a caregiver in Canada in 2002

From the beginning, she encountered setbacks. The processing of her application as a caregiver was delayed because of the outbreak of SARS (Severe Acute Respiratory Syndrome). Then, upon arrival in Canada in 2004, she found out that her prospective employer was no longer available. Fortunately, it didn't take long before she found an employer. She made an arrangement with her employer that she would not take days off as long as she could study. Her employer agreed.

"The common misconception among the caregivers is that they can't study," said Panganiban. "They can study as long as they meet the requirements of the government. Some of them are authorization signed by their employer and CAQ for studies and student permit from federal and provincial governments."

Panganiban enrolled at CDI College in downtown and took Financial Management. She juggled her hectic schedule. From 9 a.m. to 1 p.m., she went to school and from 3

p.m. to 10 p.m., she worked as a caregiver. She was drained, physically and financially. She was down to 95 pounds. She had to scrimp because her earnings were spent to defray her



tuition fees.

"I figured out that I'll lose three to four years earnings but it's a good investment," said Panganiban. "The rewards will be great as soon as I've finished my studies. I'll make more money."

When she finished her Certificate in Financial Management course in 2006, she applied for permanent residency but she was refused. She had to complete the 24-months' work requirement. While waiting for her application for residency to be approved, she enrolled as an international student at McGill University and took a Certificate in Accounting and Certificate in Management. She had four more courses to finish the two programs when she transferred her credits to John Molson School of Business (Concordia) to obtain her Bachelor of Commerce, major in Accounting.

Five months before completing the required two years of employment within a specified period of time, she was fired by her employer.

"My agent told my employer that I'd be leaving as soon as I've finished my contract," said Panganiban. "My employer believed my agent."

The processing of her application for permanent residency was delayed again. Meanwhile, she found an employer who allowed her to work and encouraged her to continue her studies and pursue her dream.

"I wanted to prove to my former employer who dumped me like a garbage that I could survive," said Panganiban. "And I wanted to prove that I've a place in Canada."

After she finally became a permanent resident in 2008, she stopped working as a caregiver and focused on her studies. She applied for loans and bursaries. In 2010, she started working with an insurance company

She got her diploma (Bachelor of Commerce, major in Accounting) in 2011. In addition, she passed her Financial Planner board exam last

June 15 and now, she is a fully certified Financial Planner. She is still a CPA-CGA candidate and fulfilling her PPP at McGill University.

"I'm telling my story to inspire the kids and caregivers," said Panganiban. "I want them to get away from being caregivers. Sometimes, they tell me - 'It's easy for you to say because you're not in our position.' I understand them. But they've to stop making excuses. They've to stop looking for someone to blame. I've a family too in the Philippines. I tell them to be patient. When I finish my studies and find a better job, we'll benefit."

Panganiban mentioned that she attended the Career Expo where she met Filipino leaders and professionals like Amir Billones who have the same wish for Filipinos: to pursue a higher education.

"My goal now is to set a foundation to send educational materials from Canada to the Philippines so we can be more internationally competitive," said Panganiban.

### Lions International continues its mission of service to local communities

by W.G. Quiambao

"Hot dog for \$1.00, Sir. It's for a good cause," offered Myrna Maranan to the passers-by in front of the Loblaw's at the corner of Cavendish and St. Jacques. A man and his young son gladly bought not only hot dogs but also a can of 7 Up. Another woman just donated \$1.00.

On Sept. 8 and 9, from 10 a.m. to 3 p.m., members of the Lions Club International (Montreal Westward Chapter), did a fundraising for Reclaim, an organization that offers services to help meet the needs of individuals who



Photo shows some members and officers of the Lions Club. Standing from the right: Jojie Perez, Danny Ganas, Winnie Villegas, (4th and 5th unidentified guest) Rose Rillo, Flor Rillo, (8th & 9th unidentified) and Myrna Maranan-Francisco. Front row: from the right: Willie Quiambao, Star columnist, and Ben Bade, newly elected president of the Lions Club, and an unidentified guest.

want help with reading, writing and basic math.

Lorraine Demers, a Reclaim staff, said, "Lions has been helping Reclaim for seven years by doing a barbecue fundraising. We promote literacy and Lions has been a big help to us."

When the members of the Lions finished selling hot dogs at about 3 p.m., Ben Bade, newly inducted

president of the club, proudly said "We made about \$600 for two days. Not bad for the efforts of our members who are all volunteers."

For almost 100 years, Lions Club International is the world's largest service club organization, with more than 1.3 million members in more than 45,000 clubs all over the world. Its mission is to improve the communities. It has volunteers for many different community projects such as caring for the environment, feeding the hungry and aiding seniors and the handicapped. It also helps victims of natural disasters by providing immediate needs such as food, water, clothing and medical supplies.

On May 24, Myrna Geniza, club secretary of Lions in the Philippines, wrote to Dino Pugliesee, former president of Lions (Montreal Westward): "I am very happy to inform you that we received the two balikbayan boxes last May 18, 2012 that you sent to our club for the Sendong victims in our city. The boxes are still intact because majority of our members attended the Multiple District Convention M-301 IN."

Lions International Club (Montreal Westward Chapter) has about 7 chapters in Montréal and suburbs. It holds five projects every year, the biggest is the Big Band Dance usually held in the West Island in November. For the occasion, the club generates an income of about \$6,000. Other source of income is bowling tournaments. In addition, it receives gift certificates and food from its sponsors. The gift certificates and food are then given to the needy.

The club has only eleven members, six of them are Filipinos - Ben Bade, Danny Ganas, Amado Lozano, Flor Rillo, Myrna Maranan and Winnie Villegas. Meetings are held every 1st and 3rd week of the month to discuss its

projects. Contrary to the misconception of others, Lions International Club (Montreal Westward Chapter) members are recruited not based on their income but on their commitment to serve the community.

The policy seems to be working well because the club is operating smoothly with its hardworking and dedicated members.

# Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

We are pleased to inform our readers that most of the ingredients (except fresh chicken) in the following recipes can be purchased from the Filipino Solidarity Cooperative (Marché Coop) located on 5320-A Queen Mary Road and they are on sale from October 1 to 10, 2012. Please see page 3 for the ad.

## Sotanghon Guisado (Fried Vermicelli Noodle)



### Ingredients

- 1/2 lb vermicelli noodles (sotanghon)
- 1 lb chicken
- 1 cup celery, chopped
- 1 1/2 cups onion, diced
- 1 teaspoon whole peppercorn
- 4 cups water

- 1/4 cup annatto water
  - 2 to 3 tablespoons garlic, minced
  - 1 cup onion leeks, chopped
  - 2 tablespoons fish sauce
  - 1/2 cup carrots, julienned
  - 2 tablespoons cooking oil
- Cooking Procedure

Pour water in the cooking pot and apply heat. When the water starts boiling, add celery, 3/4 cup diced onions, whole peppercorns, and chicken. Simmer for 40 to 60 minutes then turn off the heat and let cool. Remove the meat from the chicken using your hands. Discard the bones and skin. Set aside. Filter the liquid using a strainer and set aside. This will be the chicken broth. Soak the noodles in water until it becomes soft. Heat a clean wok or cooking pot and

pour-in cooking oil. When the oil is hot enough, sauté garlic and the remaining 3/4 cup diced onions. Add-in chicken and cook for 2 minutes. Pour-in annatto water and chicken broth then bring to a boil. Stir-in the carrots and half of the chopped onion leeks. Cook for 3 minutes. Add the noodles and fish sauce then cook for another 2 minutes. Transfer to a serving plate and top with remaining onion leeks and place lemon or calamansi slices on the side. Serve hot. Share and enjoy! Number of servings (yield): 4

## Chicken Curry with Coconut Cream



### Ingredients

- 4 tbsp vegetable oil
  - 3 onions, sliced
  - 100g/3 1/2 oz plain flour
  - 1 tsp ground cumin salt and freshly ground black pepper
  - 3 chicken breasts, cut into chunks
  - 1 daikon (mooli), peeled and cut into thin batons about 7.5cm/3in long
  - 100g/3 1/2 oz coconut cream,
  - 200ml/7fl oz chicken stock
  - 100ml/4fl oz Greek-style yoghurt
  - 2 tsp curry powder
  - 2 tsp peas
- To serve
- jasmine rice
  - 1 lime, juiced
  - coriander leaves
  - 1 pomegranate
- Preparation method

Heat half the oil in a heavy-based frying pan and fry the onions over a low heat for 20 minutes, or until they soften and become golden-brown.

Meanwhile mix the flour, cumin, salt and freshly ground black pepper in a bowl until well combined.

Dredge the chicken in the seasoned flour. Heat the remaining oil in a separate frying pan and fry the chicken for two minutes on each side. Remove the chicken from the pan and set aside.

Place the mooli into the same pan as the chicken and cook for two minutes, stirring all the time.

Add the coconut cream, chicken stock, yoghurt and curry powder and bring to the boil. Add the chicken pieces, caramelized onions and peas and cook for a further five minutes.

Pour over the lime juice and garnish with coriander leaves and pomegranate seeds.

## Glutinous Rice Cake (Biko)



### Ingredients

- 2 cups glutinous rice (aka sticky rice or malagkit)
- 1 1/2 cups water
- 2 cups brown sugar
- 4 cups coconut milk
- 1/2 tsp salt

### Cooking Procedure

Combine the sticky rice and water in a rice cooker and cook until the rice is ready (we intentionally combined lesser amount of water than the usual so that the rice will not be fully cooked)

While the rice is cooking, combine the coconut milk with brown sugar and salt in a separate pot and cook in low heat until the texture becomes thick. Stir constantly.

Once the rice is cooked and the coconut milk-sugar mixture is thick enough, add the cooked rice in the coconut milk and sugar mixture then mix well. Continue cooking until all the liquid evaporates (but do not overcook).

Scoop the cooked biko and place it in a serving plate then flatten the surface. Cut into slices as shown above, topped with "latik" (see below for the steps in making this delicious topping that adds aroma and flavor to the cake).

## How to make "latik"



- Ingredients:
- Coconut cream (1 can)

### Preparation:

1. Heat a saucepan and pour-in the coconut milk.
  2. Bring the coconut milk to a boil.
  3. Continuously stir until most of the liquid evaporates. This will take about 12 to 15 minutes per cup of coconut milk.
  4. When the texture turns gelatinous, lower the heat and continue stirring. Oils should be separating from the milk at this stage.
  5. Continue stirring until brownish residues are formed. Turn off the heat and place the latik in a container. You can use this right away to top your favorite rice cake or place it in the fridge for a week or so.
- (From: Panlasang Pinoy website)

### BUSINESS HOURS

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

**Pork loin**  
Approximately  
15 lbs

**2.79 lb**

Half or Whole  
pork  
Cut & Wrapped

**1.79 lb**

Fresh Pork Belly  
with skin

**3.29 lb**

**Beef**  
Blade steak

**3.99 lb**

Boneless Pork  
shoulder - \$2.89 lb

Fresh Pork Leg

**1.99 lb**

Beef  
short ribs

**3.49 lb**

Pork Spare Ribs

**2.29 lb**

Special Fresh  
Frozen \$1.79 lb

**Fresh Belly**

**3.29 lb**

Pork Head  
\$12.00 each

Home smoked  
meat

**7.99 lb**

Regular smoked  
bacon

**4.99 lb**

Ground Pork  
Special 2.49/lb

St. Chrysostome St. Remi St. Edouard

83 Covey Hill, Hemmingford QC J0L 1H0  
Tel.: (450) 247- 2130 or (450) 247- 3561

- Frozen pork blood
- Fresh liver
- Pork skin

**Goat Available on order**

# FILIPINO STAR SHOWBIZ GOSSIP

## Karylle's international career in full swing



**Karylle is set to be seen on the Singaporean TV series 'Point of Entry'**

After a hit Pan-Asian TV series and nomination in a renowned international television festival, it can be said that TV host-singer Karylle's international career is soaring to new heights.

Apart from "Kitchen Musical," Karylle will be seen next in the Singaporean action-drama series "Point of Entry," according to a Push report posted on Tuesday.

The "It's Showtime" mainstay will be joined by Singaporean casts Carl Ng, Fadhila Samsudin and Bernard Tan in the series. Karylle's tweets revealed that she has flown to Singapore last Sept. 20 and is slated to return to country over the weekend. She would be taping in Singapore for nine days and she'll be shooting here in the country for four more days.

This isn't Karylle's first time to work in Singapore. She has, in fact, stayed there for a few months while she was working on her international acting debut on "Kitchen Musical" along with other Pinoy actors like Christian Bautista, Thou Reyes and New York-based stage actor Arthur Acuña.

Meanwhile, another source of happiness for Karylle is the continuous recovery of her mother Zsa Zsa Padilla, who has not only

lost the love of her life, Comedy King Dolphy, but has also recently undergone a major surgery to have a polyp removed from her kidney.

Karylle noted that the Divine Diva's month-long break in the US really did her good.

"Siyempre it was for check up and surgery pero more than that, it was a nice escape. She was there for a month. It was a breath of fresh air for being able to walk around, nagpapasyal-pasyal," said she.

Although Zsa Zsa already has gone back to "ASAP XV" the past weekend, Karylle hopes for her mom to take things slow for now.

"Wala munang patakbo-takbo; siguro very relax lang," the singer added.

Coming right on the heels of the successful "Dolphy Alay Tawa: A Musical Tribute to the King of Comedy," where she also performed together with the entire Quizon clan and the biggest stars from all three major TV networks, Karylle expressed her gratitude to the family of the late Comedy King.

"They always stress na kapatid nila ako. 'Di ko ma-explain ang tuwa na nararamdaman ko," Karylle quipped.. ■

## Zsa Zsa braves life without Dolphy



**Zsa Zsa revealed that she has made it a habit to 'talk' to Dolphy everyday 'over coffee'**

The past two months could very well have been the most challenging period in actress-singer Zsa Zsa Padilla's life.

Not only did she have to overcome the debilitating grief of losing the love of her life, Dolphy, last July 10 due to multiple organ failure, Zsa Zsa also had to get past the torment and worry of undergoing an operation to remove a polyp, which was thankfully diagnosed to be benign.

Amid the trials she's had to face, Zsa Zsa remains resilient

"It started when Dolphy really got sick and I had to protect my family. Siguro 'yung mga nanay ng tahanan, sorry Kuya Boy [Abunda], pero we're really a lot stronger than men," said the Divine Diva in a taped interview aired on "The Buzz" on Sunday.

She added, "Parang [kapag may nangyari sinasabi namin] hindi, kailangan itataguyod ko ang pamilya ko."

The Days After

Although theirs may have been an unconventional love story, the Comedy King's passing allowed the nation to witness the great love they have shared.

## Newest YouTube sensation hails from Bukidnon



**Youtube sensation Roel Manlagit**

With his video garnering almost a million hits on YouTube, Roel Manlagit, a teenager from Valencia City, Bukidnon, is now the latest singing sensation on cyberspace.

A fan posted Roel's display of his singing prowess on YouTube. He was singing Whitney Houston's "I Will Always Love You" outside an

appliance store in his native province.

In a report posted by "TV Patrol," Sept. 24, it said that Roel's house was hit by flood in December, which was why the boy would go to his neighbor's place to practice singing.

"Kasi po nasira po ang aming TV at CD [player] sa baha po," he said in the episode.

The boy's father, Roger Manlagit, shared that the teenager learned to sing on his own.

"Proud ako sa anak ko," he said.

To augment his family's income, Roel joins amateur singing contests in Bukidnon. He would use his cash prizes for the reconstruction of their damaged house.

Roel plans to join the next audition of "Pilipinas Got Talent." ■

For the first time, Zsa Zsa divulged how she went through with her life after the veteran comedian was laid to rest at The Heritage Park on July 14.

"Mahirap Kuya Boy kasi unang uwi ko sa bahay, galit ako. Sabi talaga sa akin ni Karylle na ang stages of grief ay pabalik balik 'yan.

"Naging madali para sa akin 'yung acceptance kasi siyempre may bargaining pa 'yan na sana humaba pa 'yung buhay niya, ganito, ganyan. Tapos accepted mo na pero mayamaya in denial ka na naman," she began.

For all the love that she felt for her partner of two decades, Zsa Zsa shockingly confessed that she was initially overcome by anger during the first few weeks after the burial.

"Kay Dolphy nagagalit ako. Actually galit ako pero hindi ko maintindihan kung bakit, pero directed sa kanya," said she.

She explained later on that it was the kind of fury that's actually intertwined with longing. "The next day [parang ang nararamdaman ko] 'Bakit hindi ka pa umuwi?' Parang ganon pala 'yon, in denial ka pa rin."

"Para palang meron kaming LQ [lover's quarrel.] You know how it is, right, na parang, 'O, 'wag muna tayong mag-usap,'" she related.

Sadly, Zsa Zsa then realized she was waiting for him to say something like, "'Uy bati na tayo.' At 'Uy mag-usap na tayo.' Hinihintay ko talaga. Parang ganon."

In the end, although she admits to still miss him every once in a while, Zsa Zsa says she has somehow come to terms with the fact that he's never coming back.

For what it's worth, she's happy to have learned a lesson from his passing.

"Magpakatatag talaga. Take good care of yourself. Kahit ano pa 'yung pinagdadaanan mo sa buhay," shared Zsa Zsa. ■

## KC still picking up the pieces



**Almost a year after breaking up with Piolo, actress KC is still undecided about plunging into a new relationship**

KC Concepcion is in no hurry to get into a relationship with French suitor Pierre Emmanuel Plassart.

Apparently, she is yet to "pick up the pieces" from when she broke up with actor Piolo Pascual last year.

"Nandoon kasi ako sa time in my life kung saan I need to pick up the pieces. Ang daming nag-iba, simula nu'ng last year so I'm taking things one step at a time," the actress-TV host explained in an interview with "Umagang Kay Ganda."

That said, the Mega-daughter

acknowledged that she and Plassart are off to a good start.

"Mayroon namang pinapakitang maganda na parang he's serious about what he wants out of this," Concepcion said.

"Nakilala ko siya wala pa siyang kaalam-alam tungkol sa isa't isa. I didn't know who his family was. He didn't know kung ano ginagawa ko, kung saan ako galing, anong bansa ba ako galing so maganda ang umpisa. Wherever that takes us, ang sa akin maganda ang umpisa," she added.

The 27-year old said it also helps that her parents approve of Plassart.

"Of course. And kay Mama siya una nagpakilala actually," she said.

"Siyempre kapag humarap naman ang lalaki sa akin o sa pamilya ko, it means a lot to me," she added.

Concepcion sees no problem about having a long distance affair with Plassart should love blossom between them.

"I guess it's hard, you know, but at the same time if you really want it to work then it'll really happen," she said.

For now, Concepcion does not want to think that far.

"Wala pa doon," she said. ■

## Sam Milby: time away from local showbiz was worth it



**Sam holds on to his Hollywood dream**

Kapamilya star Sam Milby does not regret trying his luck in Hollywood despite having to pass up on some lucrative opportunities in local showbiz and risking his level of popularity here.

In a recent press conference for an endorsement, the singer-actor acknowledged that in an industry as competitive and dynamic as showbiz, there will always be newcomers. What's important, he added, is he gives his best and is thankful for the blessings and projects that come his way.

Sam was supposed to play Bea Alonzo's leading man in the hit Star Cinema film "The Mistress," but the role eventually went to her perennial onscreen partner, John Lloyd Cruz.

"A lot of people feel na nanghihinayang kasi ang ganda ng movie. But ako, I think the experience that I had in the States, I don't regret it. I think it was something I needed," he related.

The Fil-Am actor flew to New York early this year to embark on a series of auditions for a number of major US networks. His more than three-month stay in the Big Apple opened his eyes to the culture and trends in the American entertainment industry. The experience likewise humbled him, since he went through those auditions just like any other actor.

There is no better time to try out in the States than now since, "they're looking for a lot of diversity in Hollywood," said Sam.

The Asians, he related, "had their time na eh. 'Yung mga Chinese... na sumikat, and the Koreans right now, sobrang lakas eh. So I'm, hoping in some way— there's a lot of half-Filipinos na sikat na dun sa States—I'll be one to carry the Filipino flag."

Although he's yet to fully reap the fruits of his Hollywood efforts, Sam is grateful that even after seven years in showbiz, projects continue to come. The former "Pinoy Big Brother" housemate was cast in a soap opera opposite young superstar Judy Ann Santos ("Against All Odds"), as well as a Star Magic movie, and an indie under the direction of Adolf Alix, Jr. ("Death March"). ■

## Sharon Cuneta comments on Charice's 'outburst'



**Charice chastised a number of seemingly unruly audience members on 'X Factor' last weekend**

Sharon Cuneta has defended "X Factor" Philippines judge and mentor Charice's emotional rant on the show's live elimination episode aired Sunday night.

In a couple of tweets posted shortly after the show, Sharon wrote, "Guys if you wanna fight for Charice that's ok. But I'm glad to know Charice knows how to fight for herself. She's brought nothing but pride to this country."

"And may I just say that I am not at all close to Charice. We don't text, we don't talk, we haven't had

the chance. I just feel for her cos I am a performer too," she clarified.

In said episode, Charice turned emotional after her remaining wards KZ Tandingan and Allen Sta. Maria were put on the chopping block, with the latter eventually getting axed. In a YouTube video posted by user ChariceMusicVideos, it may be observed that a number of audience members mocked and laughed at the young international star as she gave Allen her farewell message on stage.

This prompted a tearful Charice to say, "I'm sorry. Everybody should stop. This is not a joke,

okay? I've been holding this for a long time, and this is not a joke. Congratulations sa lahat ng nakapasok, pero please, this is Allen."

Turning to Allen, the singer-judge said, "No matter what, sabi ko sa'yo kanina, nakarating ka dito, but this is not the end okay? I will love you all the way."

At this point, audience members can be heard cheering and clapping as Charice and Allen hugged. ■

**SHOWBIZ GOSSIP continued p.18**

# Dental Clinic

**Dr. Rosario Ambayec, D.D.S.**  
Chirurgien Dentiste / Dental Surgeon

**Comprehensive Gentle Dental Care for The Whole Family**

- > ☰ Open Tuesday to Saturday.
- > > Days & Evenings.
- > > By appointment, Accept emergencies.
- > > Free parking for your convenience.

☎ (514) 731-6479

3535 Côte Ste. Catherine, Suite 1, Montreal, Quebec H3T 1C7  
(corner Côte des Neiges)

## EXPECTING A BABY?

### Are you a new Mom or Dad?

Join our **unique program** today and receive **Free** stuff (money-saving coupons, special offers, gifts, along with Pregnancy and Parenting information)

Please call **514-552-3235**

**Showbiz Gossip** *Continued from p.17***Bea On John Lloyd, Shaina: 'Hindi ako puwedeng pumagitna'****Bea respects her friendship with John Lloyd and Shaina**

Amid her thriving career and colorful love life, Bea Alonzo finds herself caught between two people with a not-so-pleasant past: her best friend Shaina Magdayao and her perennial leading man John Lloyd Cruz.

Although Bea was taken aback when sought for comment regarding the ex-lovers, she managed to divulge on "The Buzz" on Sunday that the respective conversations she had with John Lloyd and Shaina about their failed romance were inevitable.

She did stress though that "kung ano kasi 'yung sa kanila, sa kanila."

Bea also opted to be impartial about the matter.

"I mean, I talk to Shaina about it, pero kung ano 'yung sinasabi niya sa'kin, hindi ko naman sinasabi kay Lloyd. Si Lloyd rin naman, we talk about it sometimes, pero hindi ko rin naman ipinaparating kay Shaina. Kumbaga, pareho ko silang

nirerespeto as individuals, as my friends. So hindi ako puwedeng pumagitna doon," she explained.

John Lloyd and Shaina called it quits months ago after a controversial, almost two-year relationship. And it seems that they are not on excellent terms to this day.

"Hindi kami nagkikita, hindi rin kami nagkakausap. To be honest, I can't say na we are friends," John Lloyd said in his "Kris TV" interview along with Bea a few weeks ago.

"Well 'pag nakikita ko siya, naghihi naman ako," he added, but was left speechless when host Kris Aquino queried if Shaina would reply to him.

Award soon?

Meanwhile, Bea admitted her desire of winning a major acting award as well as bagging the Box Office Queen title, what with the positive feedback she's been receiving for her performance in "The Mistress," a film that celebrates the 10th anniversary of her onscreen partnership with John Lloyd.

"Hindi ako magpapaka-plastik. Ang sarap makakuha ng box office and best actress [awards]. Pero mahirap pa rin kasing umasa. Ang hirap nung expect ka nang expect, 'yun pala hindi naman ikaw. Pero siyempre magiging sobrang saya at makukumpleto 'yung kaligayahan ko kung makakatanggap ako ng ganung award, na sa 10th anniversary pa ng love team. Parang milestone sa amin 'to," she said.

Bea is no stranger to awards, with two Best Actress trophies from Gawad Pasado as well as a handful of nominations from other award-giving bodies. She was crowned Box Office Queen in 2007 for a previous blockbuster film with John Lloyd, "One More Chance." ■

**Gerald dismisses girlfriend rumor****Rumor goes that Gerald has now set his eyes on Shaina Magdayao**

Gerald Anderson has denied tab reports alleging that he is currently in

a relationship with a non-showbiz girl who's purportedly the daughter of a well-off jeweler from Cebu.

The rumor mill has apparently been abuzz that this is the reason Sarah Geronimo's mother Divine did not totally approve of the actor when he was wooing the pop star.

In a report by PEP posted on Sept. 21, Anderson was quoted as saying, "Ayoko nang sagutin 'yan kasi hahaba pa 'yan, pero wala akong girlfriend ngayon."

He further claimed that having a girlfriend isn't among his priorities, saying, "Hindi naman ako lalabas para maghanap pa, darating 'yan nang kusa."

Anderson remains optimistic despite the outcome of his relationship with Geronimo.

"Dati ko pang sinasabi sa inyo

'yan—walang regrets, walang pagsisisi. Dapat laging positive ang outlook natin sa buhay.

"Maraming challenges and pagsubok sa buhay, maraming problema na mangyayari sa atin, pero kailangan nating magdasal kay Papa God and, yun, positive outlook. Mas maraming may problema

ngayon kaysa sa atin," he was quoted as saying.

Meanwhile, the report confirmed that the supposed third movie team-up of Anderson and Geronimo after "Catch Me I'm In Love" and "Won't Last a Day Without You" has already been shelved. ■

**Jessica Sanchez: 'I'll definitely come back'****Jessica Sanchez**

There are a millions of reasons for Fil-Mexican singer Jessica Sanchez to return to the country, on top of her list, however, is to be with her "loud" Pinoy fans anew.

The "American Idol" runner-up, who has been on tour for months now, couldn't help but compare the kind of followers that welcomed her in her "other" homeland.

"Over here is definitely different

from the (United) States," said Jessica on Wednesday.

Aside from noting that there's a "bigger crowd" here, the 17-year-old diva-in-the-making also didn't miss that Pinoy Blujays, her fans' name, are "much louder" compared to her American fans.

"They're amazing, they're like we have your back nonstop," said she, adding, "That's why I love them and I don't mind coming back any time."

Although this is her first visit to the Philippines, the "Fairytale" singer was nevertheless warmly received by her Kababayans.

"The people here are amazing. I feel at home," Jessica described.

Of the many experiences she had in the country, a couple of shows for the Pinoy fans, a series of guest appearances in shows, and a couple of product endorsements, Jessica says it's the culture that amazed her the most.

"I haven't been able to really learn much here because I have been working but I'll definitely come back," she stated.

Jessica flew back to the US on Sept. 27. ■

**Apl.de.ap donates schools in Cagayan De Oro****Apl.De.ap**

There seems to be no end to the efforts of Black Eyed Peas member apl.de.ap in giving back to the Philippines.

After donating music and computer rooms in his hometown Pampanga last year, the global pop superstar recently turned over school buildings, which he had helped fund, in barangays Balulang and Iponan, Cagayan de Oro, according to an ABS-CBN News report.

As iamninoy-iamcory Movement's special ambassador for education, the Fil-American musician had chosen the two devastated barangays by Tropical Storm "Sendong" last year to be the beneficiaries of funds raised by his "We Can Be Anything" (WCBA) campaign.

The newly-completed two-storey,

four-classroom school buildings are in fulfillment of a promise he made earlier this year upon visiting the provinces.

During his February trip, apl or Allan Pineda Lindo Jr. in real life, was brokenhearted to find out that several infrastructure, including schools, were flooded and destroyed. Prior to the two Cagayan de Oro classrooms, apl had turned over four newly-constructed classrooms at Pugaan Elementary School in Iligan City.

"I hope that instead of getting discouraged to go to school, they take these unfortunate events as a challenge for them to study harder," he was quoted as saying in a Sunstar report published on Wednesday.

He added, "If poverty is not a hindrance to one's dream of success, then, even the strongest of typhoons should not stop us from learning."

Knowing that there's still "a lot to improve" about the country's perennial problem of not having sufficient classrooms to house the ballooning student population, apl remains positive that it's not an entirely unsolvable dilemma.

"I remain hopeful that if we continue to work together with various sectors in making education accessible to the less fortunate, then. ■

## Ex-presidential date Grace Lee weathers high profile entanglements



**Grace Lee: roller-coaster ride**

TV host Grace Lee did a lot of growing up this past year—a roller-coaster ride that saw her gaining sudden fame due to her widely reported romance with President

Aquino.

The Korean TV personality admitted: "I learned that when we go through trials, we should remember, and rely on, the things we already believed in when we were younger."

The resulting fame and controversies could have been dizzying. She said it was important for her to stick to the values that her parents had instilled in her.

"I realized that God would not put someone in your life without a purpose," she told the Inquirer during the launch of her latest endorsement deal, with Korean restaurant Chef's Noodle. "I also found out who my real friends were. Lastly, I learned that it's always important to love yourself first."

People-pleaser that she was, she tended to prioritize others' happiness before her own. Now she makes it a point to strike a healthy balance in all her personal relationships. "I wouldn't want to lose my identity," she said.

As if the Presidential scuttlebutt wasn't enough, she figured in a nasty

feud with former radio colleague Angelicopter early this year, too.

She noted that 2012 is a dragon year and those born in the year of the dog, like herself, are believed to be at a disadvantage. "But I don't think that was being unlucky. I must've matured 10 times over this year. I became more understanding and acquired restraint."

Through all the drama, she insisted, she remained optimistic. "I'm still a hopeless romantic." She has learned to be "less angry, more forgiving" as well.

In the past year, she was deluged with intrigues left and right. "All sorts of rumors came out. My family and even people I loved in the distant past were dragged into the fray."

**Current focus**

She recalled gasping upon seeing the May-June cover of Look magazine (published by Inquirer Hinge), which declared: "Before, During and After the President." "My initial reaction was: OMG [Oh, my God]!"

But in the end, she conceded that the cover blurb aptly summed up the hectic year that was. "It's true naman."

These days, she'd rather focus on good news. For starters, she moved to TV5 after five years in GMA 7.

She is now part of the morning show "Good Morning Club" on TV5 and anchors (with Martin Andanar) the newscast "Andar ng mga Balita" on Aksyon TV (TV5's Filipino news channel).

She was convinced to make the big switch because TV5 allowed her to go beyond "lifestyle and entertainment" and tackle hard news.

"I am now training under the team of (TV5 news head) Luchi Cruz-Valdes," Lee said.

Coincidentally, it was Valdes who interviewed Lee at the height of the brouhaha over the Presidential romance early this year.

On top of her TV work, a new website is in the works (www.graceleemania.com), too. ■

## Zac Efron on loving the Philippines, possibly marrying a Filipina



**Zac Efron joins the growing list of international celebrities that endorse Philippine brands**

- Ear-splitting cheers welcomed Zac Efron as he took to the stage at the SM Mall of Asia Arena on Sept. 29 during his packed fan conference for local clothing brand Penshoppe.

Easily a charmer, especially to the ladies both young and old, Zac, known for his roles in films such as "High School Musical," "Hairspray," and "The Lucky One," has endeared himself further to Filipinos with his first-ever trip to the country and his interest in local culture.

A few days prior to the fan conference, Zac flew to the province of Albay in Bicol region. He rode the ATV to

explore the famous Mayon Volcano, and found his current "favorite food"—balut, or fertilized duck egg.

His runway walk proved to be just the appetizer during the fan conference. The main course was his sit-down interview with Asia's King of Talk Boy Abunda, in which the Hollywood heartthrob opened up about himself, his craft and his heart.

Zac described his short Albay vacation as "unbelievable," and the Filipino people "so nice!"

"You make me feel so at home. I just wanna move here!" he exclaimed, spawning frenzied cheers from fans.

The singer-actor's deep fondness for the Philippines is rooted in his father David's stories about his trips here. So when the Penshoppe offer came, Zac jumped at the opportunity to travel to the country.

Asked to describe himself in three words, Zac declared, "I can do it in four: I love the Philippines!"

**Pinoy for Mrs. Efron?**

One of Zac's most famous relationships was with Filipino-American Vanessa Hudgens, his leading lady in "High School Musical." Asked if his preference for a type of girl has changed, Zac made the ladies swoon with his answer.

"I think she's Pinoy. She might be out here somewhere. She might be all the way at the top, right there," he said, pointing to his fans at the upper section of the venue.

Turning 25 on Oct. 18, Zac admits

that settling down is already in his mind.

"Maybe my wife is here somewhere," he mused, rousing more thunderous cheers from the fans.

**Career transitions**

For now, though, Zac looks forward to doing more films for his fans. He feels highly indebted to "High School Musical," his breakout film in 2006 that he considers "the most amazing experience in my life."

"[The best thing about it] was the many friends that I made, the relationships that I made, and another best part about it was that it allowed me to travel the world and come to places like here and meet all of the fans whom I owe so much. I love you guys," said he.

He gradually crossed over to more mature roles over the years. This year, he's cast alongside Matthew McConaughey, Nicole Kidman, and John Cusack in Lee Daniels' "The Paperboy," which competed at the 2012 Cannes Film Festival.

Zac described Nicole as "amazing" and "one of the loveliest people in the world."

**Fans and fame**

While other artists confess to feeling uncomfortable with stardom, Zac seems to take it all in stride.

"It's awesome! You guys rule! I love being up here," Zac said.

"There are certain things that fame has taught me. It has taught me to really appreciate my family above all things, love my work, and the most important thing in the world is your fans. That's

why it's so nice to be able to come here and meet you guys. You're the only good thing about fame. All of you. You put a smile on my face every time I see you," he added.

Zac obviously makes sure to reciprocate the appreciation to his fans. When some screamed "I love you Zac!" in the middle of his interview, he responded, "I love you back!" And for his meet-and-greet with 100 lucky fans conducted after the Q&A, Zac gamely signed autographs, posed for photos, did quick chats, and gave them warm, tight hugs.

Here are some other revelations from Zac:

\*He was a "good student" who got "good grades" and "loved to sing and dance."

\*He was a prankster when he was a kid. He'd most likely channel his prankster side if he were invisible for a day. "I'd probably go like kicking a goal during a soccer game," he said.

\*On a bad day, Zac would "do something crazy, [like] go bunjee jumping."

\*If he could get a second job, it would be "an airplane pilot."

\*His favorite book is J.R.R. Tolkien's "The Lord of the Rings."

\*Zac considers the directors he had worked with, as well as James Dean, and Paul Newman, as his biggest influences.

\*His favorite song is Eagles' "Hotel California." ■



Law office of  
**Monica Lee**

**We accept legal aid mandates**

Member of Quebec Bar Association

**Dedicated to fighting for your best interest.**

**Practice areas**

**Family law**

- Divorce
- Custody & Child support

**Immigrating to Canada**

- Skilled workers and professionals
- Family Class Sponsorship
- Temporary workers
- Humanitarian and Compassionate Considerations

**Contact**

(514) 482-2297  
monicalee@bellnet.ca  
www.monicaleeavocate.com

5115 Trans-Island suite 236  
Montreal (Quebec) H3W 2Z9



**Showbiz Gossip** *Continued from p.19***Heart makes peace with Marian, keeps friendship with Daniel****Heart Evangelista**

Heart Evangelista has finally ironed out her misunderstanding with Marian Rivera.

The kiss-and-make-up scenario reportedly took place during the "Dolphy, Alay Tawa" musical tribute at the SM Mall of Asia Arena recently.

Heart skipped specifics in her interview with "Startalk," but expressing her general willingness to patch things up with those she had a tiff with in the past.

"When there's an opportunity and mukhang okay naman ang lahat – mararamdaman mo naman kung tama 'yung timing – then not a problem if you approach.

"In time darating talaga na magiging okay ka sa lahat ng mga

nagkaroon kayo ng conflict in the past. As long as you're a very humble person and everything like that, then everything will follow..." she said.

In a separate interview, Marian, though seemingly evasive to discuss the matter ("Ay naku 'wag na nating pag-usapan 'yan!"), did affirm, "Basta okay kami... Wala namang problema."

Heart and Marian's reconciliation came 15 months after their reported feud, which erupted during their Ilocos Norte shoot for the "Temptation Island" remake. The conflict, Heart had claimed, stemmed from her supposed project with Dingdong Dantes, the latter's boyfriend, which later on got shelved.

Also at the "Dolphy, Alay Tawa" event, Heart crossed paths with her ex-boyfriend, Brazilian-Japanese model-actor Daniel Matsunaga. It was likewise an amiable encounter.

Although their love story ended on a sad note last summer, Heart is happy to have remained friends with Daniel.

"It's nice kasi it's not all the time that you can be really good friends with an ex-boyfriend. And more than anything, he's also a good, good friend of mine. Nag-umpisa kami as friends and we will remain friends," she said.

Daniel also values everything he had shared with Heart.

"Friends kami. We still talk. We had a long relationship... so there's no reason for being mad or having any bad feelings. I'm really happy for her life now," Daniel said in a separate interview.

The two began dating in 2010 but called it quits more than a year after. Heart cited "cultural differences" as reason for the split. ■

**Hayden considers working with Katrina, Maricar**

**Hayden on re-entering showbiz: 'Ready na ako hindi lang in terms of skill and knowledge about showbiz and acting, but also 'yung character-wise...'**

Hayden Kho has put his controversial past behind him and is even willing to work with Katrina Halili and Maricar Reyes on TV or in film.

"I think so. Yes, yes, yes. I'm very ready [to work with them]," Kho, who recently inked a management deal with

Growl Entertainment, told ABS-CBNNews.com in a report posted on Sept. 21.

Recall that in 2009, Kho and a number of women including Halili and Reyes, figured in a sex video scandal with Halili filing a lawsuit against him which was dismissed due to "insufficient evidence" a year and a half later. The same controversy led to the revocation of Kho's medical license by the Professional Regulation Commission this year.

Kho has apparently been working on mending his relationships with the aggrieved parties "kahit naman before" and away from the public eye.

"Yung iba nakausap ko, 'yung iba nagka-ayos kami, so I think okay na. Isang bagay naman kasi sa 'kin, mabilis akong makalimot, I really have poor recall," said he.

Meanwhile, Kho leaves things up to God where his license is concerned.

"Kung tingin ni Lord kailangan ko 'yun para ma-fulfill ko 'yung purpose ko as a person, mababalik niya naman sa 'kin 'yun eh, wala namang dahilan para

hindi niya gawin.

"Pero kung hindi ko kailangan para magawa ko 'yung purpose ko, hindi ko rin siya hahanapin," he was quoted as saying.

Iza said her relationships "helped me grow as a person, as an individual."

"I've been lucky na marami 'yung mga serious relationships ko. Kahit sometimes may heartbreaks siya, minahal naman ako ng mga lalaki. Wala namang outright na inalipusta ako or sinaktan ako. So maswerte ako," she shared. ■

**Manny Pacquiao refuses to comment on rumored network switch; starts training in General Santos**

**Manny Pacquiao says his new haircut means the start of serious training for his fight against Juan Manuel Marquez**

Rumors have been swirling that Manny Pacquiao is already planning to switch networks but this is something he does not seem ready to clarify.

"No comment. Thank you. Salamat," he said on "TV Patrol," Sept. 25 when asked about it.

But what he's sure of is winning his fight against Juan Manuel Marquez. Conversely, he also seems to be open to the possibility of running for vice president.

"Kung ano ang will Niya, thy will be done," he remarked.

Pacquiao has started his official training at the General Santos City Sports Complex as revealed in the "TV Patrol" Sept. 26 episode. He was shown running for 30 minutes around the oval with his wife Jinkee and brother Bobby.

"Ipagdasal natin si Manny,

suportahan para manalo uli tayo sa laban," Jinkee said.

In all seriousness of his training, the People's Champ nevertheless found time for some levity. In fact, he busted out the "Gangnam Style" dance move, along with some of his fans.

That aside, Pacquiao showed his fast fist in shadow boxing. He also played basketball and volleyball.

Coach Buboy Fernandez believes that Pacquiao's training should not be very rigid. He noted, though, that in two weeks the champion pugilist would be in his best condition.

"The more na mas marami ang ginawa ni Marquez na dirty tricks [like] 'yung inaapakan ang paa niya, 'yun ang kailangan naming resolbahin," Buboy said.

"Magaling si Marquez sa counter-punch kaya hindi tayo puwedeng magkumpiyansa. Kailangan nating [maging] mabilis," Pacquiao said.

After his training, Pacquiao went to his mansion in GenSan to get a haircut, a style that is called "Oasis."

"Palatandaan [ito] na we're going to start serious training," he said about his new hairstyle.

After filing his certificate of candidacy on Oct. 2, Team Pacquiao will fly to the US to do more extensive training to prepare him for his fight against Juan Manuel Marquez. ■

**Derek finds a new girl?**

the spotlight. He has apparently learned from his high profile relationship with Angelica, in which they had to endure a string of controversies in the six years they were together.

Meanwhile, Derek has also happily related with PEP that he has resumed communication with the comedienne-actress "through email."

He adds, "We communicate, but we're both busy with our schedules. Tapos na ito, seven months na ito. We're both happy, she's happy," said he.

Angelica is rumored to be in a relationship with John Lloyd Cruz.

Although they now lead separate lives, Derek assured in his interview with "Ang Latest" that, "Ang friendship namin ni Angel started six years ago, and until now magkaibigan kami."

Their recent brief Twitter correspondence after Angelica has won Best Supporting Actress at the 60th FAMAS Awards also seems to be another proof that they are on better terms now.

"When I found out the news, first thing I did was... tweet her. Like I said, we don't hold anything against each other. So I congratulated her and she said thank you," Derek recalled. ■



## Demystifying the Pomp and Circumstance of Wine Service

By David White

Restaurant wine programs are better than ever before.

Once upon a time, high-end restaurants felt obligated to employ snooty sommeliers, most of whom pushed expensive, predictable wines that were easily found at your local liquor store.

Today, though, high-end restaurants are staffed with hip sommeliers who are better described as wine educators, eager to discuss the interaction of wine with food and share their recent discoveries.

Most traditions associated with wine service remain, however.

When dining virtually anywhere, your server will formally present you with the bottle you've ordered, making sure the

label is facing upwards. After opening the wine, she'll present you with the cork. Finally, she'll pour you a small taste of the wine and wait for your approval.

Knowing what to do -- and when it's appropriate to reject a wine -- can be nerve-racking. But it needn't be. Here's all you need to know.

Checking the label is easy. It's presented simply to confirm that the server has pulled the bottle you ordered - so check the producer, variety, and vintage. Mistakes can and do happen, especially when restaurants are busy.

Inspecting the cork is almost as simple.

For starters, there's no need to smell it. Instead, check to see if it's streaked or drenched with wine. If it is, the wine might be heat-damaged, as heat causes wine to expand and push against the cork. But you'll need to smell the wine to make sure, as it could also mean that the bottle was overfilled. Also check to see if the cork is crumbly. If the wine is relatively young, this could be a sign of improper storage -- and the wine could be oxidized. Again, you'll need to smell the wine to make sure.

Note that if a cork is covered in little white crystals that look like sugar, there's nothing to worry about. It's simply tartaric acid, a natural byproduct of wine, and those crystals are tasteless, odorless, and harmless.

Analyzing the wine comes next. So give the wine a swirl to help release its aromas and stick your nose in the glass. Most flaws can be detected by your nose alone, but don't hesitate to also taste the wine.

If the wine is affected by TCA, or cork taint, the fruit will be masked by aromas reminiscent of wet cardboard or a damp basement. A 2005 study by Wine Spectator found that this flaw impacts

about one in 15 bottles.

If the wine has been exposed to high temperatures or is oxidized from poor storage, it will likely seem flat, with muted aromas and minimal flavor. Sometimes, oxidized wine can give off aromas of caramel, candied almonds, and dried fruits.

If you think your wine might be flawed, give your glass to the server and solicit her opinion. If she's familiar with the wine, she'll be able to let you know if something is off. And if she's not familiar with it, she'll probably trust your judgment or have someone with more expertise come to the table.

If the wine is in good condition, tell your server. She'll then pour it for everyone at the table.

Keep in mind that the taste isn't poured to find out if you like the wine. If it's simply not to your liking, there's a good

chance the restaurant won't take it back. That said, restaurants value customer service. So don't hesitate to explain to your server why you dislike the wine. The restaurant might replace the bottle.

Of course, the best way to avoid ordering a wine you won't like is to chat with the sommelier or server beforehand, to get a sense of what you should expect. Alternatively, you could find a wine that's available by the glass and ask your server for a small sample.

Ordering wine at a restaurant is fun -- it's an opportunity to try unique wines and elevate your meal. So don't let the pomp and circumstance of wine service intimidate you.

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.



**JHO**

Association québécoise du transport et des routes

**AQTR**

AU CŒUR DES TRANSPORTS

**École De Conduite**

---

**Driving School**

1871 St. Louis Suite 7, St. Laurent QC  
 Tel: (514)439-7373 Fax: (514)439-7374  
 Email: jhodrivingschool@gmail.com



Association des Écoles de conduite du Québec (AECQ)

WWW.AECQ.NET

**We Offer:**

- **New Program = 24 hours theory (2hrs during weekdays/weekend) + 15 hours Actual Driving.**
- **Payment plan for the New Program**
- **Exchange Licence for New Immigrant**
- **Accompanying Driving w/ Different packages.**



**Driving with Confidence.....**

**The 1<sup>st</sup> Filipino Certified Driving School in Montreal**

**Classroom & Road Instructions / Techniques in Road test.**

# The North American Filipino Star Classified Ads

**ADVERTISING**

**Classified Ads**

most economical way to advertise! send text to: filipinostar2@gmail.com for price quotes or call 514-485-7861

**ART OF DRIVING**

Art de Conduire  
 Certified Driving School  
 514-419-8280 Cell: 514-815-2873  
 artofdriving@yahoo.ca  
 4755 av. Van Horne Suite 106  
 (Plamondon Metro)  
 Mr. Reza, Certified Instructor

**BEAUTY SALON**

**COIFFURE MERIAM**

**Elle et Lui**, 22 years experience  
 Call for appointment **514-777-9743**  
**5865 Decarie Boulevard**  
 (between Bourret & Van Horne)  
 Montreal, QC H3W 3C9

**CAREGIVER NEEDED**

Mature gentleman with movement disorder requires caregiver/attendant during overnight hours 11:00pm - 7:00am for therapeutic muscle relaxation and light duties. Experience not necessary as full training provided. This is a full time employment. Location Sherbrooke/Atwater area. Salary \$30.00/hour. Please e-mail qualifications and prior work background information. **rsands1965@yahoo.ca** or **FAX (514-630-2671). 514-458-3325.**

**CLEANERS**

Office cleaners for West Island, car needed, work Mon-Fri after 6 pm  
 Michael call 514-624-3437

**COMPUTER LITERACY**

Tuesday evenings 6 to 9,  
 Windows 7, Internet, etc.  
 6-hour package \$79 + taxes  
 Call 514-485-7861

**DRIVING**

**Licensed driving instructor**  
 Complete driving course, 24 hrs theory & 15 hrs road practice, \$25/h.  
 Exam car available.  
**Jason 514-691-1816.**

- Exam Car available
- One hour practice, \$25 only  
**KHALIL, 514-965-0903**  
 5775 Victoria, Suite 105  
 Cote Ste. Catherine Metro

Qualified, experienced instructors  
 Payment plan available  
**Call 514-998-9604 or (514) 509-9390**  
**Paul Driving School**  
 "We are patient"  
**4781 Avenue Van Horne #200**  
 Montreal, QC H3W 1J1  
 Plamondon Metro

**3D VR Driving School**

3D VR Driving School  
 Recognized Driving School;  
 Operated by Dr. Xu  
 Professional + Patient + Responsible + Trustworthy  
 Theoretical & practical courses; Unique online learning for passing the knowledge test easily; High passing rate. Exclusive training makes you drive well and spend much less money! You will find giant differences after comparison!  
 1495 Rue MacDonald (Metro Côte-Vertu)  
 St-Laurent, H4L 2A8  
 www.3dvrd.com 514-678-8989

**FOR RENT**

**CDN area near all facilities, 5 1/2 upper duplex, equipped with stove & fridge, washer & dryer heated, with large living room**  
**Immediate occupancy**  
**Call 514-738-4835 to visit**

**LANGUAGES**

ESL, Toefel, French, Spanish, Mandarin, Filipino (Tagalog)  
 Small groups of 6 per schedule  
 Tuition fees tax deductible  
 Private college centrally located near Snowdon metro, bus 17, 166  
**Call 514-485-7861 to register**

**LAUNDROMAT**

**PALABAHANG PILIPINO**  
**LMKD Buanderie et Nettoyeur**  
**5865 Decarie Boulevard**  
**(Between Bourret & Van Horne)**  
**Open 7 days**  
**Drop off laundry service**  
**Call Meriam or Lacson**  
**Tel. 514-777-9743**

**PSW/PAB COURSE**

On-going enrollment for new schedules  
 weekday evenings, and weekends,  
 100% job opportunity in nursing homes or hospitals, intensive training taught by professional nurses,  
 Tuition fees are tax deductible, budget payment plan, free placement service and referrals to prospective employers  
**Call 514-485-7861**

**TECHNICIAN**

**Having computer problems?**  
**Call (514) 770-4066, 342-3066**  
**An experienced Filipino computer technician can come to your place at a very reasonable rate**

# Pinoy Int'l Peace Prize winner Kesz: Changing the world 'one heart at a time'

A 13-year-old boy with a heart of gold from Cavite City is the first Filipino to win the prestigious International Children's Peace Prize from KidsRight Foundation.

Carlos Valdez, better known as Kesz, received the award—regarded as the Nobel Prize for children—at the Ridderzaal in The Hague, Netherlands on Sept. 19.

No less than 1984 Nobel Peace Prize winner Desmond Tutu handed Kesz the Nkosi, a sculpture showing a child's power to move the world.

For Tutu, who's also the patron of KidsRights and the International Children's Peace Prize, Kesz is "a new voice for the voiceless."

"I am so honored to represent the Filipino kids and my homeland the Philippines! Salamat po O Dios sa lahat lahat!" Kesz exclaimed on Twitter, Sept. 19.

A six-minute video on Kesz's life and work shown before Nobel Peace Prize laureates, Dutch leaders, and other dignitaries revealed the reason for his victory.

"To thousands of children, Kesz is a great inspiration. He is an inexhaustible source of hope. He is their hero. That is why he's the rightful winner of the International Children's Peace Prize 2012," a voice-over said.

Kesz and two other finalists, Amina from Ghana and Anwara from India, were chosen from a pool of about a hundred entries.

At a young age, Kesz has established Championing Community



Peace prize winner Cris "Kesz" Valdez with Archbishop Tutu.

Children or C3, a volunteer group that goes around underprivileged communities to teach children about proper hygiene, nutrition, as well as their rights. He likewise spearheaded gift-giving to children who were adversely affected by Typhoon Sendong in Cagayan de Oro last year.

His helpful heart manifested as early as age seven. For his birthday then, Kesz distributed colorful boxes containing toys, snack foods, and goodies to other children. This gave rise to his project, "Gifts of Hope"—one person's act that eventually multiplied as the number of volunteers

increased.

"Wala po akong perang maibibigay, pero meron po akong pagmamahal na puwedeng ibahagi sa iba," he said in the video presentation.

According to [childrenspeaceprice.org](http://childrenspeaceprice.org), Kesz and his team have already helped more than 10,000 children and have disseminated 5,000 "hope gifts."

ABS-CBN News reported that Kesz received a P5 million worth prize. But he clarified through his Twitter account, "...wala pong cash prize akong natanggap. College scholarship po ang ibibigay sa akin at

platform for advocacy."

Before Kesz became a modern-day young hero, he was an abused child who was forced to beg for alms and scavenge at a dumpsite. He is said to have been "saved" by 2009 CNN Hero Efen Peñaflores and Club 8586 founder Harnin "KB" Manalaysay, who served as Kesz's mentors.

"Siguro may plan po talaga 'yung Lord po para tumulong din po sa mga nangangailangan po, maging inspiration po sa'kin 'yung dating buhay ko po," he told "Bandila" in an interview aired Sept. 20.

Kesz related his motto in the video presentation: "We can change the world one heart at a time."

"Gusto ko rin pong maranasan ng mga bata 'yung mga naranasan ko po na ginamot po 'yung mga sugat ko po, at minahal po nila ako. Kaya gusto ko pong ibalik po 'yun sa mga bata po," he added.

Patrick Krens, KidsRight marketing manager, told "Bandila" in a separate interview that Kesz's story "is rather exceptional and especially when we look at where he came from."

Launched in 2005, the International Children's Peace Prize is presented every year to "an exceptional child, whose courageous or otherwise remarkable acts and thoughts have made a difference in countering problems, which affect children around the world," according to its official website. ■

## Vilma Santos-Recto receives presidential Lingkod Bayan Award

President Benigno "Noynoy" Aquino III conferred the Presidential Lingkod Bayan Award on Batangas Governor Vilma Santos-Recto in a simple ceremony held at the Rizal Hall in Malacanang.

Governor Vilma was honored for her contribution in securing the safety of Taal Lake and her health programs in Batangas. The awarding coincided with the observance of the 112th anniversary of the Civil Service Commission.

She was accompanied to the awarding ceremonies by her husband senator Ralph Recto and sons Luis Manzano and Christian Recto.

A report on [abs-cbnnews.com](http://abs-cbnnews.com) on the same day noted that the Lingkod Bayan award is the highest honor given by the Civil Service Commission.

The actress-politician dedicated her public service award to her constituents in Batangas.

"Hindi ko po kayang mag-isa. Lahat ng Batangueno atin po ang karangalang ito at maraming-maraming salamat po sa suporta," she said on "TV Patrol" on Sept. 19.

The report also said that Governor Vilma looks to the possibility of acting alongside Nora Aunor and Coco Martin. "Ba't naman hindi, maganda

naman 'yon," was quoted.

The other awardees were the late DILG Secretary Jesse Robredo, whose award was accepted by his daughter Aika; Marilou Dungog and Major Harold Cabunoc.

Dungog was cited for her selfless contribution in helping the fishermen of Subic.

"Ako 'yung na-assign sa karagatan na hindi marunong lumangoy. Naibsan naman po lahat ng pagod magmula doon sa pagtanggap ng community at pagbibigay nila ng halaga sa akin," Dungog said.

Major Harold Cabunoc was honored for his unwavering effort in convincing rebels to embrace a new life.

"Lagi naming hinihikayat na talikuran na itong pakikipaggyera sa pamahalaan dahil ang solusyon sa problema ay hindi sa pamamagitan ng armadong pakikibaka," he said.

Among those who helped the government in assessing the 300 honor's program nominees this year were ABS-CBN president Charo Santos, economist Cielito Habito and Ombudsman Conchita Morales. ■

## Jessica Sanchez, Manny Pacquiao top Google most-searched list



"American Idol" Finalist Jessica Sanchez and pugilist Manny Pacquiao were among celebrities that made it to Google Philippine's most-searched list from February to September this year.

Search for Sanchez' name surged last May after she lost to eventual "AI" champ, Phillip Phillips. Similarly, search for Pacquiao's name jacked up when he lost to American boxer Timothy Bradley.

Topping both, however, is Former Chief Justice Renato Corona. Corona's search popularity spiked last May after he was found guilty of betrayal of public trust for failing to declare his full assets and net worth.

The late Interior and Local Government Secretary Jesse Robredo also made it to the list, with searches

relating to his name spiking in August.

Robert Blair Carabuena, the human resources manager of Philip Morris that earned the ire of many when he was caught on camera assaulting a Metro Manila Development Authority traffic officer, also made it to the list.

Others mentioned are Ramon Tulfo as well as celebrity couple Raymart Santiago and Claudine Barretto. The trio tangled over a misunderstanding in an airport last May.

Comedy King Dolphy also made it to the list, as with lawmakers Iggy Arroyo and Miriam Defensor-Santiago. Designer Monique Lhuiller, whose creations were used by top Hollywood stars in the recently concluded Emmys, also made the cut.

Several gadgets also made it to the list including the Nexus 7, the iPhone 5 and Samsung's Galaxy S3.

Songs that made it to the list include, "Call Me Maybe," "Payphone" and "Gangnam Style."

The list, as produced using Google Insights for Search, monitors what's popular on the web.

The device shows how many searches were made for the certain term entered, relative to country and the total number of searches done on Google over a certain period of time. ■

# Student Perspectives

**Learning as a life-long process  
Career choices  
Personal and Professional  
Development**

## How I chose a school that meets my personal needs

I am currently attending the office system technology program offered at Gilmore College. My academic background consists of a college diploma in social science. I also tried to continue my studies at two universities but that did not go well. When I realized that my academic expectations were not being met I decided to quit.

One day I realized that I was lacking in some computer courses and decided to open the Yellow Pages directory and review schools offering computer courses. So, I started calling every college, university, academy, and institution as advertised. One by one they all said the same, thing. "You can see our school's full brochure on line. Once you have selected the programme that meets your needs you can see the admissions office to pay the fees and receive your schedule. Your professor will provide you with the remaining course details." In other instances, I was merely put on hold, and then transferred to a pre-recorded tape recording that barely introduced the school and its office hours,

Then I came across Gilmore

College, a school I never heard off before, therefore, I thought it was a relatively new school. I called Gilmore and spoke with Mrs. Kharroubi, the college's founder. I finally received real feedback.

Mrs. Kharroubi spent close to twenty minutes on the phone with me, describing all the courses and programs offered at her college. She also gave me an interview and invited me to a tour of her college.

When I was at her college, Mrs. Kharroubi assured me that her school was very flexible with everyone's personal schedules and that should we miss a class or two, it is possible to have a catch-up session. I was really impressed. I went back and signed up for the office system technology program offered at Gilmore College.

I am glad to be a Gilmore student. I am enjoying my courses here because the college provides not only academic training but also good human relations. For this purpose, extra-curricular activities like apple picking, sugaring off parties and dancing are part of its socio-cultural calendar

Mina T.

## Looking forward to the 25th year anniversary of Gilmore College

It was November 1, 1989 when Gilmore College International opened its doors under the old name Gilmore Business Institute on 4246 Girouard Avenue in NDG. It was a day unrecorded because no one had a camera but it was nevertheless unforgettable and etched in my memory.

Many kinds of students and teachers have passed through the doors of my school. They came for different reasons - to learn another language, either English, French, Spanish, Mandarin, Russian, or Filipino. They came to learn how to type, to do accounting, or how to work in an office, in a small or big company as an international trade consultant or how to work in a nursing home or hospital. Teachers from different countries also came, some of them worked for a short time but others also stayed longer for at least two or three years. Then they moved on to bigger schools.

Now that the silver anniversary of the school I founded is coming soon, I would like to have some way of recording the thoughts, feelings or sentiments that people have about education, their career choices and life's challenges. Maybe there is a connection that can be traced back to their experience of studying at Gilmore College, or maybe they have

something else to say that will inspire, or motivate their friends to aim for better things in life by continuing their education which can be achieved in different ways, formally or informally.

My plan is to publish a yearbook that will include the articles that they will send through this column which started with the newest student at Gilmore College, Mina T. who wants to remain anonymous. Her testimony is typical of the verbal ones I have received over the years. I would like to receive more written testimonials from all the past and present students. They will be published in this column every month, similar to the Personality of the Month column. I hope that my students will not disappoint me by sending in their brief articles regularly. I also wish to ask all Gilmore alumni, and teachers, if they can start sending a brief write up about themselves by answering this question: What have you done since leaving Gilmore College many years ago? or What is your goal for the next five years after studying at Gilmore College?

If there is a sufficient number of responses, I shall have a Gilmore yearbook that will be released in time for the 25th anniversary to be celebrated on November 1, 2014 at a venue to be announced in due time.

Zenaida Ferry Kharroubi



**6430 Victoria Avenue, Montreal, QC  
Telephone: 514-733-7816**

**Prices valid from  
September 30, to October 7, 2012**



**Del Monte Spaghetti Sauce  
259 g - 79¢ each**



**Oishi Crackling 50 g  
3/\$2.00**



**Thai Gold shrimp head on  
size 60-70 - 2/\$9.49**



**Chicken drumstick - \$1.39 lb**



**Del Monte Spaghetti Sauce  
560 g - \$1.79 each**



**Dutch Baby condensed milk  
\$1.99 each**



**Squash - 59¢ lb**



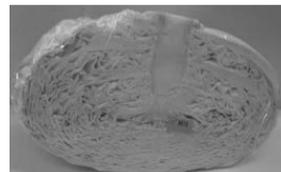
**Pork with skin - \$1.59 lb**



**Frozen grated purple yam  
\$1.99 each**



**Imitation Crab Meat 2.5 lbs - \$2.99**



**Cabbage - 49¢ lb**



**Spectra Canola oil 3L  
\$5.79 each**



**Lorin's Vinegar 1L  
\$1.29 each**



**AA1 Galunggong  
\$3.99 each**



**C2 Green Tea 1.5L  
\$1.59 each**



Collège  
**GILMORE**  
International

**5320-A Queen Mary Rd.**  
(between Decarie & Coolbrook )  
**Tel.: 514-485-7861**  
[www.gilmorecollege.com](http://www.gilmorecollege.com)



## 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)

### PROGRAMS AND COURSES

- International Trade - C.I.T.P. (Certified International Professional)
- Office Technology - Administrative Assistant
- Personal Support Worker/PAB - Nursing Aide
- Early Childhood Education - Daycare Asst.
- Second Languages - English, French, Spanish, Mandarin, Filipino (Tagalog)
- Micro-computer courses - Keyboarding, Microsoft Office, Simply Accounting
- Seminars - Writers helping writers, Cooperative Education, Entrepreneurship
- Gregg Shorthand - English & French
- Bookkeeping & Accounting - Accounting Technician
- Other courses on request



PAB students pose with their teachers during an orientation session at St. Margaret CHLD in Westmount. Standing from left: Ethel Tugna, Annie Signey, Janet Haydock, Lourdes Lubang, Annabelle Allosso. Not in photo: Joesie Bingayen. Seated: PAB/Nursing aide instructors: Edith Fedalizo, Amy Manon-og, College Director Zenaida Kharroubi, PAB/Nursing Aide instructors Clarice Mackay, Sophie Toledo. Not in photo: Terry White, PAB/Nursing Aide instructor.

#### Accounting course taught by a C.A. (Chartered Accountant, Frank McInnis)

A fast and easy way to understand how to do your own financial reports required by the government.

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

Pre-requisite to the course is an understanding of Microsoft Excel

Course fees: \$195 + taxes (covers materials)

Course consist of two 6-hour small group lessons plus one home assignment. Tax receipts and certificate will be given at the end of the course.



### FOREVER LIVING PRODUCTS

ALOE VERA PRODUCTS PARA SA LAHAT  
SINCE 1978

TOP OF THE LINE HEALTH, BEAUTY, BODY CARE  
PRODUCTS & SONYA COSMETICS

**NORMA DE LA CRUZ LARROZA**  
FLP MANAGER

**CALL ME: 514-303-3804 (MTL)**

**1-877-703-3804 (TOLL FREE: QUEBEC, CANADA AND USA)**

