

Mabuhay Montreal TV to showcase Filipino community on ICI station

Montreal, September 23, 2013
 Ethnic TV programming is now alive again. Thanks to ICI, which stands for International Channel, or Canal International. This family owned business under the corporate name of Mi-Cam Communications succeeded in obtaining a CRTC license to operate a TV station after five years of working tirelessly with lawyers and government officials. Recognizing that there is a growing population of multi-cultural or ethnic groups in this province, particularly in Montreal, Sam Norouzi, the President of the company who has worked in the television business for several years, and who used to work with Nestor Amba of the local TV Pinoy in the early 90's, knew that the time has come for him to go into this business in a much bigger way.

When ICI TV approached the editor of the North American Filipino Star last July 30th, and offered her the opportunity to produce a weekly show about the Filipino community in Montreal, Zenaïda Kharroubi did not hesitate to accept it and immediately recruited Al Abdon to be the Technical Director because of his extensive experience in video production and photography. Things developed fast as there were already 18 other ethnic groups who have signed up ahead of her to produce their shows. In a matter of days, and after a general meeting of all producers, she signed an agreement to buy air time and was given assurance that she will have the exclusive right to represent the Filipino community in Montreal. Anyone else who will contact them will be referred to Zenaïda Kharroubi, now the Executive Producer of Mabuhay Montreal TV under the corporate name of Filcan TV Productions, Inc. which was



The Mabuhay Montreal TV crew: Standing behind (L-R): Al Abdon - Technical Director, Amy Manon-og - Interviewer/Reporter, Marianne Steffany Alberto - Host/Reporter, Fely R. Carino - Roving Reporter, Derwin Collantes - Program Host. Seated (L-R): Maria Criselda C. Alzate - Host/Reporter, Tenne Rose Dayandante - Program Host, Zenaïda Kharroubi - Executive Producer & President - Filcan TV Productions, and Remy Monteagudo - TV Account Manager.



MMTV Crew at work: Clockwise: Fely R. Carino, Amy Manon-og, Maria Criselda C. Alzate, Derwin Collantes, Tenne Rose Dayandante, Marianne Steffany Alberto, Remy Monteagudo, and Zenaïda Kharroubi. Photo taken September 23, 2013 during the weekly meeting.

incorporated on August 1, 2013 for the sole purpose of this community TV programming.

Invitations to join the Mabuhay Montreal TV crew started quickly and

were enthusiastically accepted by those who recognize the big potential of the television project. The success of such a project depends on having a good team work based on

professionalism, integrity, goodwill, and a predisposition to do community volunteer work which will eventually be compensated proportionately, and equitably at the right time. Since August 1, 2013, weekly meetings have been held to coordinate, discuss, and review details for the first episode due to be broadcast on October 17, 2013, Thursday at 7:00 P.M. on ICI TV, on Videotron Channel 16/616 HD, and on Bellnet Fibe Channel 216/1216HD.

Besides the Filipino Canadian show going under the name "Mabuhay Montreal TV", there are 18 other ethnic groups that will broadcast their shows in 15 different languages. ICI TV will officially launch on October 15, 2013 via the above named channels. Eventually, ICI will probably be available via satellites. That still remains to be determined in the near future.

Mabuhay Montreal TV crew has been very busy over the past three weeks covering community events and other subjects of interest to the Filipino community. Everyone is motivated to contribute to the production of a good show worth watching not only for its entertainment value but most importantly for its educational content – each time people watch the show, they will gain some knowledge about our heritage, traditions, business and professional careers, music, art, inspirational stories of Filipinos who started as a newcomer and succeeded to be in a profession they were trained for back home, and stories that have made a positive impact on our community be it in volunteerism, heroism, innovation, sportsmanship, entrepreneurship. In short, the Mabuhay Montreal TV is designed to

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Aussi/Also

Quebec's Charter of Values is the question of the day

Will the Charter become law? Although the PQ party is in the minority, it is not certain whether there is enough opposition to defeat the bill. Meanwhile, Pauline Marois is able to deviate from the main issue of the day - the economy - according to most experts' opinion. Many wonder if this is part of the strategy to avoid being called upon to do something about unemployment, immigration, uncertainty of the political situation which drives businesses away from Montreal.

For the past several weeks, the Charter of Values is a topic of discussion in the media. A big majority of people appear to be against the Charter although at the

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Filipino-Canadian running for councillor in Darlington

by W. G. Quiambao

The candidacy of Erik Hamon, a Filipino-Canadian, is generating interest and excitement in Darlington riding, home of many Filipinos. Hamon, who was born and raised in Montreal, is young, dynamic and most of all, bilingual, a must in Quebec.

"I decided to run to do something for the community in NDG.," said Hamon. "It bothers me to see on television the dilapidated buildings in Côte des Neiges. Residents in Côte des Neiges have a right to live in good living conditions."

For the past five years, Hamon has been working as a real estate broker in Côte-des-Neiges, NDG. Prior to this, he worked as a political organizer as well as adviser at Montreal city hall. In both instances, he was responsible for all of cultural communities at city hall including Montreal's official observance of Martin Luther King, Jr. day. He is also involved at Montreal City Council's Resolution supporting the Chinese community's efforts to seek redress for the head tax.

His work with the cultural communities has brought him to the borough of Cote-des-Neiges, NDG, where he has decided to run as a councillor in the district of Darlington under the Coalition of Montreal party.

Hamon is also involved, and active in non-profit volunteer work. For the



last four years, he has volunteered for the Montreal SPCA and has organized its participation in the city's St. Patrick Parade. Past volunteer work includes being a member of the organizing committee of the Taste of the Caribbean food festival and being a member of the programming department of the Montreal Comic.con.

"If elected, I'd like to encourage members of the city's cultural communities, particularly the youth, to involve themselves in civil service."

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A quarrel among thieves

Featured opinion reprinted from
Global Balita

Making life worth living

By Ellen Tordesillas
Malaya

The speech of Sen. Jinggoy Estrada may not be as explosive as expected but the public is benefitting from it because we are getting a bigger and more realistic picture of how rotten the system is, and how "tuwid na daan" is being drawn with crooked lines.

Estrada is one of three senators (the two others are Senators Ramon "Bong" Revilla and Juan Ponce-Enrile) charged with plunder in connection with the anomalous use of their PDAF as allegedly operated by Janet Lim Napoles.

Estrada, in his 90 minute speech, never denied his involvement with Napoles' scam. His complaint was, why only the three of us?

It is distressing because what we are seeing is a quarrel among thieves. But we console ourselves with the wise words of old folks that "When cattle rustlers quarrel, the farmer gets back his cow."

Are we going to get back our cow? That all depends on the public's vigilance.

We are most interested with the disclosure of Estrada that after the Senate overwhelmingly for the conviction of then Supreme Court Justice Renato Corona, a priority crusade of President Aquino to reform the justice system in fulfillment of his campaign promise to eliminate corruption in government, those who voted to convict were given P50 million each.

Estrada related instances when the Priority Development Assistance Program was used as "carrot" by Malacañang under Aquino, just like what Gloria Arroyo did, whenever they want something from members of Congress like the ouster of then Ombudsman Merceditas Gutierrez (she was eventually persuaded to resign in exchange for not filing charges against her and for her to get her full retirement benefits); the Sin Tax bill, and the Reproductive Health bill.

Estrada said: "Here now, Mr. President, as our people must know, are some ugly facts and information on the PDAF that our people must know and which I challenge anyone to deny."

His most important disclosure: "Hindi na tuloy tuloy nakapagtataka ng kumalat ang balita na ang mga kongresista at mga senador ay inalok din ng PDAF para siguraduhin ang impeachment at conviction ng dating Punong Hukom ng Korte Suprema.

"Hahayaan ko na ang taong bayan ang gumawa ng konklusyon kung ito ay totoo o hindi, pero ito ang aking maidadagdag sa kwento — after the conviction of the Former Chief Justice, those who voted to convict were allotted an additional 50 million pesos as provided in a private and confidential letter memorandum of the then chair of the senate finance committee. Saan galing ang pinamigay na pondo? I am sure alam ni Secretary Abad ang sagot sa tanong na ito. At

sigurado din ako na hindi unilateral decision ni senate president Drilon ang pamimigay ng 50 million pesos kada senador."

Here are the names of the 20 senators who voted for the conviction of Corona: Edgardo Angara; Alan Peter Cayetano; Pia Cayetano; Franklin Drilon; Francis Escudero;

Jinggoy Estrada; Teofisto Guingona III;



Jinggoy Estrada delivering his explosive speech (Sama-sama na tayo lahat. Thanks to Inquirer for photo.)

Gregorio Honasan; Panfilo Lacson; Lito Lapid;

Loren Legarda; Sergio Osmeña III; Francis Pangilinan; Aquilino 'Koko' Pimentel III; Ralph Recto;

Ramon Revilla Jr.; Vicente Sotto III; Antonio Trillanes IV; Manuel Villar; and Juan Ponce Enrile Jr.

The three who voted for the acquittal of Corona were Joker Arroyo; Miriam Defensor-Santiago; and Ferdinand Marcos Jr.

P50 million times 20 is P1 billion. We believe that's our money. We also would like to know how it ended up in the hands of senators and how it was spent.

Reactions of senators and Malacañang to the P50 million revelation of Estrada:

Budget Secretary Florencio Abad: Illogical. Absolutely, completely not true. As far as I'm concerned, we did not bribe the lawmakers.

Former Sen. Panfilo Lacson: I confirm the P50-million "incentive" that was allegedly given to senators who voted to convict then Chief Justice Renato Corona. Drilon told us about it in a caucus.

Senate President Franklin Drilon: That is not true. I have yet to see that letter mentioned by Sen. Estrada.

Sen. TG Guingona: I got additional P50 million but it was not connected to Corona conviction.

Sen. Pia Cayetano: I don't know anything about it.

Sen. Alan Cayetano: I didn't get paid for voting to convict Corona.

Communications Secretary Ricky Carandang: I do not know exactly what senator Lacson was referring to...there are many things coming out now. Some of them may be true. Some of them may not be true. (Source: Pinoy Global Balita)

Editorial

Do we really need a Charter of Values?

These past few weeks, the media has been covering demonstrations, both pro and against, the plan to introduce a new Charter of Values when the National Assembly resumes. Those who are against it argue that it goes against Canadian Charter of Rights and Freedoms while those who are in favor point out that there is a need for it to underscore the separation of the State and the Church. But do we really need to have this charter? Are there enough good reasons to warrant the introduction of such a charter? Why is it necessary to prohibit doctors, nurses, police, court staff, civil servants, teachers, daycare workers and others on the public payroll from wearing religious clothing while on the job? For obvious reasons, performance of any job does not depend on one's religious attire.

Most people are not pleased with the intention of the PQ to introduce a law that will inhibit individual religious freedom. Montreal-area mayors representing nearly 2 million people have rejected it. So have opinion leaders such as Gérard Bouchard and Charles Taylor, who co-authored Quebec's report on "reasonable accommodation" of minorities five years ago. So have Prime Minister Stephen Harper, Quebec's two most prominent MPs, Thomas Mulcair and Justin Trudeau, and provincial Liberal opposition leader Philippe Couillard.

If we can ask Pauline Marois a question, about her motivation in bringing the charter into Quebec politics, her only reason is to introduce secularism in government. According

to those who focus on the prospects of an election, she is supposed to have her an eye on convincing more Quebecers to support her government. However, according to the latest surveys, it seems that she is losing rather than gaining as the Liberals are now increasing their support and may form a majority government. Will she listen to the people and retreat the bill now that she sees the negative impact it has on her party? Will this be her strategy of showing that she listens to the people and therefore may win more votes for the independence movement? It is hard to say what is really her goal. Besides spending valuable taxpayer dollars in promoting the Charter, there seems to be no value to be derived in having such a charter. In fact, the only result of such a charter may be court challenges against its implementation in the public sector and if the private sector is included, the louder and stronger will be the protests because it is clearly against the Canadian Charter of Rights and Freedoms.

No one seems to know the reason why the PQ decided to plan for this charter of values. From all accounts, there is no need for it. We have managed to keep the Church and State separate for a while now. There seems to be no sign of going back to the old days when the Church was so powerful over the people's daily life.

We wish that the government would focus more on the economy rather than on spending money on a charter that no one wants.

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From Page 1 Mabuhay Montreal

raise awareness of a community that is focused on building an important legacy for all generations to come.

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mabuhaymontreal.ca which is under construction but will be available soon. You can also watch the weekly episodes after its broadcast on this website.

We will keep you posted through the North American Filipino Star. Other ad packages will be offered which will give businesses the benefit of some discounts when they advertise in three media – TV, newspaper and website. You can have a link to our website to yours for more effective advertising.

New ethnic TV station ICI begins over-the-air transmission

August 22, 2013 at 3:35 am
Posted in Montreal, TV

Test signal currently being transmitted by CFHD-DT (ICI) on Channel 47.1

Montreal's tenth over-the-air television station has begun transmitting.

CFHD-DT, which wants to operate under the brand International Channel/Canal International (ICI) but is in some legal trouble with Radio-Canada over that, announced via its Facebook page and its Twitter account that it was on the air as part of its testing phase and would be airing promotional videos soon.

The 5,500-watt signal, broadcasting from a Bell-owned tower near the police station on Remembrance Rd., is showing a partially blurred time-lapse cityscape video, with the callsign, an email address and the station's logo at the bottom. The signal has no audio. The station is broadcasting on Channel 47.1 in 1080i high definition.

Station manager Sam Norouzi, who has been very busy the past few weeks, tells me that the station should launch some time near the end of September or early October. Part of the delay is because he needs to coordinate with cable providers Videotron and Bell (Fibe) to ensure carriage on their systems. Because it's an over-the-air channel, ICI will be carried on both cable systems' basic packages, without a per-subscriber fee.

Norouzi said there hasn't yet been discussions with satellite TV services or out-of-market cable systems about carriage, so the station will launch without carriage on those systems at first.

When it does air, ICI will carry programming in 15 languages for 18 ethnic groups, with most of its programs produced by independent

groups that purchase airtime and sell their own advertising. He said his family's production company Mi-Cam Communications, as well as independent producers he's working with, have hired a lot of freelance camera operators who have been busy shooting footage (including the recent Montreal Italian Week), and "the team is growing every day."

"It blows my mind the quality of the stuff we're shooting," he said. Unlike the kind of stuff seen on CJNT during the Canwest days, programming on ICI will be in high-definition, and have superior technical quality, he said.

ICI is being helped through financial, technical and other assistance from Channel Zero and Rogers, who offered it so that the CRTC would approve Rogers's purchase of CJNT and its conversion into an English-language station that's now part of the City network. Rogers is giving the station more than \$1 million in funding for programming, and Channel Zero, in addition to providing free master control services for five years, has offered to loan up to \$1 million to the station.

Rogers also offered up to 200 hours a year of free programming from OMNI, its ethnic network. Norouzi said at first he didn't think he'd be using much OMNI programming. Now he says he's looking at adding three programs from OMNI (but not the daily newscasts).

Norouzi said much of the past few weeks have been spent on technical aspects, including installing the antenna (and having to fix it after it was accidentally dropped and broken during installation). "I'm going to write a book eventually about all the adventure," he said jokingly. "In the past two weeks, things have progressed very rapidly."

(Adrian Wyld/CP)

The federal government might be talking about consulting lawyers and threatening a lawsuit over the Parti Québécois' controversial charter of values.

But what about the senior cabinet minister from Quebec?

He says he's not too bothered by it.

Denis Lebel, who is the Conservatives' Quebec lieutenant, was asked in an interview Tuesday what it was that upset his government about the religion plan.



Quebec Lt. Governor Denis Lebel

"There's nothing that upsets me in there," Lebel told The Canadian Press.

This is while his colleague Jason Kenney, the minister for multiculturalism, has posted a picture of himself on Twitter wearing a turban to protest the charter.

The government also says it will consult Justice Department lawyers should the PQ plan pass the legislature and, if necessary, will launch a legal challenge if it's deemed to violate minority rights.

But Lebel says it's too early to get exercised.

"We'll respect provincial jurisdiction, let people make their choice and, after that, we'll see — we'll make sure Canadians' rights are respected," Lebel said.

Asked whether the idea appeared constitutional Lebel replied, "I'm not a lawyer. Is this the actual text that they'll vote on in the national assembly? Nobody knows."

The PQ government has not actually tabled a bill yet. It promises to table one in the fall based on a preliminary plan it recently laid out.

The plan, in its current form as advertised, would forbid people with Sikh, Muslim and Jewish headwear from holding government jobs, along with Christians wearing larger-than-average crosses.

Since the current plan has insufficient support from the legislature's other parties, the PQ has two basic options: water it down in the bill, or stick to its guns and run an election on the idea.

So far the PQ has shown little desire to water it down. In fact, the government has hinted it might even toughen the plan by narrowing its five-year opt-out clauses for institutions.

Although several polls suggest the plan has considerable support in Quebec, there has been vigorous opposition and many prominent Quebecers have spoken out against it. The pro-charter side is pushing back.

A former Supreme Court judge has joined the pro-charter cause. A pro-secularism group that held its first event Tuesday said its 60 members include retired justice Claire L'Heureux-Dubé.

Some members of the Rassemblement pour la laïcité held a news conference, without the ex-judge present, to explain their support for the PQ plan.

Religious headgear that would be banned for public servants under proposed Quebec values charter

A diagram from the charter of Quebec values website illustrates what would be banned religious symbols for public employees. (Government of Quebec)

The group's supporters include L'Heureux-Dubé, former student strike leader Martine Desjardins, union leaders, and members of minority communities who oppose religious accommodation.

Leila Bensalem, an Algerian-born

teacher at a multi-ethnic school in Montreal, applauded the PQ initiative. She said the list of demands for religious accommodation at school is growing, from halal food to separate gym classes for boys and girls.

"We are literally bombarded, day after day and week after week, by demands for reasonable accommodations," she said Tuesday.

"We've been asking ourselves for years, 'When will someone finally stand up and put an end to these hot potatoes in schools?'"

She said religious clothing is the first way fundamentalists begin to exert their influence.

"That veil is an ideology... The fundamentalists, when they establish an Islamic republic, the first thing they ask from Muslim women is to wear the veil," Bensalem said.

"It's like the flag they want their women to wear. They represent fundamentalism... Even if they say, and they keep saying, 'It's my choice,' they forget to say this is the only choice they have."

L'Heureux-Dubé was not at Tuesday's event. However, in an interview this year with Radio-Canada, she expressed concern about women covering their faces.

The judge also argued that while certain rights are fundamental, like the right to life and equality, other civil liberties "can be reduced" in a "free and democratic society."

L'Heureux-Dubé, 86, was appointed to the Supreme Court by ex-prime minister Brian Mulroney in 1987. She was the second woman ever named to the high court and she served until 2002.

The question of whether the PQ plan would ever pass the constitutional test has been a matter of some contention.

The PQ says its plan was studied, and endorsed, by provincial Justice Department analysts, although there have been reports that the government ignored legal advice it didn't like.

The government is also under pressure to show any feasibility studies for its plan — such as the scope of the problem it's supposed to be responding to, and what the impact would be on people and institutions.

Attempts to reach L'Heureux-Dubé this week were unsuccessful, and the Rassemblement pour la laïcité said she was travelling outside the country.

(Canadian Press)

From Page 1 Charter
beginning they were in favor of it.

Values charter doesn't upset Harper's Quebec lieutenant

Denis Lebel, the Conservatives' Quebec lieutenant, says Canadians' rights will be respected

Quebec lieutenant Denis Lebel says nothing about the PQ's proposed charter of Quebec values upsets him.

Watch the Mabuhay Montreal TV weekly show at 7 p.m. starting October 17, on Videotron Channel 16/616 HD Basic Channel 47

Lawyer asks Magallanes to retract story about Sarmiento

by W. G. Quiambao

Fred C. Magallanes, editor in - chief-and publisher of the Filipino Forum, has been asked to retract his article about Budz Sarmiento.

In the July 16 to August 15, 2013 issue of the Filipino Forum, Magallanes wrote the following: "They had a valid excuse but they were disqualified because it's in that stupid Comelec rule written by Bernardo ("BS") Sarmiento, who was caught stealing garbage bags from a Montreal hospital and kicked out for sexual harassment."

Sarmiento's lawyer sent Mr. Magallanes a demand letter asking that he retract said statement and that failure to do so would entail Mr. Sarmiento to undertake legal proceedings for defamation of character.

Magallanes' style of reporting had landed him in hot water in the past. The list of Filipino leaders he has allegedly defamed over the years includes: James de la Paz, Au Osdon, Benny Parial, San Tino, Zenaida Kharroubi, then-Philippine Ambassador to Canada Pacifico Castro, Mount Royal MP Irwin Cotler and lately, Fr. Jess Dimafilis, the parish priest of St. Kevin's Church on Cote des Neiges Road.

In the July-August 2013 issue of the Filipino Forum, Magallanes wrote, "According to Irwin Cotler, member of Parliament, former minister of justice and solicitor general, it would require following the process in the old FAMAS Constitution and Bylaws for the ratification of the new one last February



19, 2011 to be legally adopted. I don't buy the argument that the ratification was legalized by a 58-5 votes. It can't be ratified by 39 percent of regular FAMAS members," Mr. Cotler said. When Cotler was asked if he made such statements, he denied that he did.

Here is what the former minister of justice wrote in his e-mail to this writer dated September 12, 2013:

"In reply to a request for comment from the Filipino Star about the re-publication of quotations attributed to me in the Filipino Forum's July-August 2013 edition - repeating false quotations published two years earlier in June 2011 regarding the FAMAS constitution - I reiterate, once again, that no such interview took place with

the Filipino Forum; that I made no such comments with regard to the FAMAS constitution (a constitution I had not even read); that I do not use such language as attributed to me (e.g. "bogus"); and finally, that I would never make such comments so as to interfere in the internal affairs of any community. Indeed, it is a long-standing policy of mine not to interfere in the internal affairs of any community - particularly the Filipino community whose friendship I value so much. Accordingly, I so notified the Filipino Star following the publication of the false quotations attributed to me both in June 2011 and again in July 2013, underlining as well that I would not wish for this matter to escalate as the friendships and the people involved - and the well-being of the Filipino community - are much too important."

More than a decade ago, Marlene Balderama, a FAMAS contestant for the Miss Philippines-Montreal, was accused by Magallanes of stealing the money of the association. The truth is that Balderama delayed turning over the sale of tickets because of the controversy in the pageant's results. Magallanes was asked to retract his story but he published an erratum in his paper instead of outright retraction. In the December 2005 issue of the Filipino Forum, he wrote, "Why did Robles run?" "Some Filipino and non-Filipinos are saying that he was paid to run. The payment was big enough to block votes from going to somebody else but big enough to make him win,"

they said. Page 4, "If Robles did not run, his vote would probably go to Randhawa and the latter would have won by 16 votes," said a Jewish Canadian woman who did not want to be identified. When asked by the Commission on Elections who his source was, Magallanes could not name her.

In the same year, Magallanes was found guilty by the Quebec Press Council, not only once but twice, for breaches of journalistic ethics when James dela Paz, whom he had been defaming, lodged a complaint against him.

Following are excerpts from the Quebec Press Council's decision: "According to the Council, to characterize the plaintiff (de la Paz) as a 'usurper' and to make the comment 'Applebaum should be careful. He might be polluted by the sins of de la Paz,' in the Filipino Forum was to pass negative judgement on the plaintiff which should, at the very least, have appeared in an article identified as an opinion piece."

The Council's findings further stated, "The Council observes that on several occasions the respondent Magallanes did not make the necessary distinctions between a news report and an opinion piece, and that he publishes opinions and comments in news reports. The two journalistic styles are confounded, constituting a major breach of the responsibility of the press to achieve impartial news in keeping with facts and events."

PERSONALITY OF THE MONTH

Rillo - a man of conviction

by W. G. Quiambao

Flor Rillo probably holds the distinction of being the only FAMAS officer who has served the association for eight consecutive years.

For his dedication and commitment to his job, Rillo was presented a Plaque of Recognition by the outgoing FAMAS 2011-2013 Executive Board last month.

In 2007, Rillo served as the vice president of the late Albert Floresca and in 2010, as vice president of Claro Bermudez. A few months after Bermudez was elected as FAMAS president, four of his directors moved to another province. They were never replaced. Before the end of 2009, Bermudez lost his job. He accepted a job offer in Africa.

"Claro thought that he could still act as president for as long as he wanted," Rillo said. "I had to ask him to give me a mandate to act as president. As his vice, I couldn't do much. For example, if the Hydro bills arrived, the collector wouldn't talk to me."

To make matters worse, the remaining directors were not performing their duties anymore. Only Rillo, together with Manny Lagasca, held the fort while Bermudez was in Africa. They were determined to serve the community by keeping FAMAS operational in the best way possible.

"Unlike the time of Au, we had no daily volunteers then," explained Rillo. "For example, Manny and I had to go to the



FAMAS President Au Osdon presents a plaque of appreciation to Flor Rillo while Ramon Vicente, treasurer, looks on, August 25, 2013.

center to open the door for the French students on the weekends. And in the afternoon, we had to wait till the last person left to close the center."

In 2009, Rillo ran for presidency against Au Osdon but he

lost. Rillo wasn't a sore loser. It never crossed his mind not to cooperate with the Mabuhay Team though he is from Samahang Makabayan Team. He would help the new members of the

smoothly.

Rillo's conviction was put to a test in 2011. When the Samahang Makabayan Team lost the election to Mabuhay Team and staged a couple of days' protests and held placards in front of the center, Rillo was flayed by the Samahang Makabayabn for not joining his teammates. He was branded as a turncoat.

"Why should I join them?" asked Rillo. "What they were doing wasn't right. The messages on the placards were disgusting. They should not hate Au. She was declared as the winner by the Comelec. In Canada, everybody has a right to appeal. The Samahang Makabayan didn't use that right."

From 2009 to 2011, Rillo continued to serve as an ex officio of FAMAS. He was always available whenever his services were needed.

"I'm serving the community, not anybody else," he explained.

Rillo was recently appointed by Osdon and Julie Parado as member of the Board of Trustees. That appointment by the two community leaders is a validation of his excellent services to the community.

A man of a few words, Rillo is a member of various prestigious organizations which include The Order of Knights of Rizal, Lions International Club, Lodge #137 and Karnap Shriners.

Executive Board to the CREP to introduce them to the person responsible for offering French classes. To prepare for the Pista sa Nasyon, he would go with them to the city hall to get a permit. He made it easier for the new board to function

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Questions & Answers
About Our Environment

Dear EarthTalk: Is it true that American kids are going through puberty earlier today than in previous generations, and are there any environmental causes for this? -- Paul Chase, Troy, NY

Research indicates that indeed Americans girls and boys are going through puberty earlier than ever, though the reasons are unclear. Many believe our widespread exposure to synthetic chemicals is at least partly to blame, but it's hard to pinpoint exactly why our bodies react in certain ways to various environmental stimuli.

Researchers first noticed the earlier onset of puberty in the late 1990s, and recent studies confirm the mysterious public health trend. A 2012 analysis by the U.S. Centers for Disease Control and Prevention (CDC) found that American girls exposed to high levels of common household chemicals had their first periods seven months earlier than those with lower exposures. "This study adds to the growing body of scientific research that exposure to environmental chemicals may be associated with early puberty," says Danielle Buttke, a researcher at CDC and lead author on the study. Buttke found that the age when a girl has her first period (menarche) has fallen over the past century from an average of age 16-17 to age 12-13.

Earlier puberty isn't just for girls. In 2012 researchers from the American Academy of Pediatrics (AAP) surveyed data on 4,100 boys from 144 pediatric practices in 41 states and found a similar trend: American boys are reaching puberty six months to two

years earlier than just a few decades ago. African-American boys are starting the earliest, at around age nine, while Caucasians and Hispanics start on average at age 10.



American girls and boys are going through puberty earlier than ever, though the reasons are unclear. Many believe our widespread exposure to synthetic chemicals is at least partly to blame. Credit: Christiana Care, Flickr

One culprit could be rising obesity rates. Researchers believe that puberty (at least for girls) may be triggered in part by the body building up sufficient reserves of fat tissue, signaling fitness for reproductive capabilities. Clinical pediatrician Robert Lustig of Benioff Children's Hospital in San Francisco reports that obese girls have higher levels of the hormone leptin which in and of itself can lead to early puberty while setting off a domino effect of more weight gain and faster overall physical maturation.

Some evidence suggests that "hormone disrupting" chemicals may also trigger changes prematurely. Public health advocates have been concerned, for example, about the omnipresence of Bisphenol A (BPA), a synthetic chemical in some plastics, because it is thought to "mimic" estrogen in the body and in some cases contribute to or cause health

problems. BPA is being phased out of many consumer items, but hundreds of other potentially hormone disrupting chemicals are still in widespread use.

hormonal effects a priority.

Parents can take steps to reduce our kids' so-called "toxic burden": Buy organic produce, hormone- and antibiotic-free meat and dairy and all-natural household cleaners. And keep the dialogue going about healthy food and lifestyle habits so kids learn how to make responsible, healthy choices for themselves.

CONTACTS: CDC, www.cdc.gov; AAP, www.aap.org.

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Knights of Rizal propagate teachings of national hero

by W. G. Quiambao

About 150 members of the Order of Knights of Rizal from the United States, Canada, Europe and Asia attended the 4th Canada Regional Assembly at the Hyatt Regency Hotel from Aug. 31 to Sept. 2. The theme of the convention was What Freedom Means to Me ?"

The Order of the Knights of

Saturday, included processional, invocation and acknowledgement of Chapter delegates. In the afternoon, the group of delegates spent four hours touring the city. Among the places they visited were MacKenzie King Park where the bust of Rizal was installed, Queen Mary Rd. where a park was named after the Philippines' national hero, St. Joseph Oratory and



THE 4TH CANADA REGIONAL ASSEMBLY Top Brass front row from left: Sir Hildebando Limon, KGOR - Deputy Supreme Pursuivant, Sir Reghis M. Romero II, KCOR - Supreme Commander, & Sir George Poblete, KGCR, Canada region Commander. Standing from left: Lady Cory Calatin, Lady Jovy Collado, Sir Flor Rillo, KCR, Lady Romero, Lady Esphi Balansi, Lady Grace Balansi, Sir Bert Abiera, KCR, Sir Rey Balansi, KCR, Montreal Chapter Commander.

Rizal is a fraternal organization that upholds the idealism of the Philippines' national hero. The Order of the Knights of Rizal, Montreal Chapter, was started

the Olympic Stadium.

The Commanders Ball started at 6 p.m. One of the highlights of the program was the presentation of



A group photo of all Montreal Chapter knights with the ladies and guests from other chapters after the awards ceremony.

by Bert Abiera in 1999, after the Philippine Centennial Celebration.

The formal opening ceremony of the convention on the first day,

Canada Region Awards, Some of the recipients are the following: Distinguished Silver Star Medals Rey Balansi James de la Paz Distinguished Service Medal

Bert Abiera

Award of Merit (Plaque)

John Linden, Flor Rillo, Ed Valdez

Lifetime Member - Plaque

Bert Abiera

Awards of Merit

Ex Mayor Pierre Bourque, Ex Borough Mayor Michael Applebaum, Ex Councillor Saulie Sajdel, Councillor Marvin Rotrand

On the second day, Sunday morning,, guest speakers talked about the teachings and works of Rizal. Among them were CDN Councillor Marvin Rotrand (What Were Dr. Rizal's Ideas of Attaining Freedom for One's Country) and Eddie Limon (Dr. Jose P.I Rizal's Ideas About Freedom`).

More interesting and informative topics were discussed in the afternoon. Reghis Romero, Supreme Commander, said that in school, children were asked how much they know about Rizal - his date of birth, his date of death, his middle name . . Unfortunately, the knowledge of children is displaced. He urged that the teachings of Rizal be put into actions, faithfully and effectively, with the help of Filipino leaders and local politicians. .

Romero was followed by Judge Tom Rodriguez who talked about How Can We Preserve Our Rights to Life, to Liberty and Pursuits of Happiness. Many were moved when he said, `Freedom is a gift from God and nobody can't take it away from you, Freedom is dangerous when one doesn't know how to use it,. Freedom doesn't mean the right to incite action or write or distribute obscene materials. Freedom doesn't mean to improve yourself at the expense of other people and indulge into action that will hurt others."

The last speaker was Lucien Spittael, a Belgian married to a Filipina. He talked about the Unknown Rizal's Objects, Letters and the Wrong Names of Rizal's Girl Friends. Some of the items and objects shown on slides were: newspaper clippings about the murder of the mother of Juan Luna, Rizal's best friend, lamps, tables, chairs, sketches.

The Gala Night, where the guests were required to wear formal attire started at 7 p.m. Some of the guests were Senator Tobias Enverga, CDN Borough Mayor Lionel Perez, CDN Concillor Marvin Rotrand.

A play, Dr. Jose P. Rizal Trial by the New Jersey Chapter was shown and Rigodon de Honor was performed by Cleveland Chapter.

Third day, Sunday, meeting with the Supreme Commander and Rededication and Rizalian Pledge were held in the morning.

In the afternoon, photo opportunities took place before the delegates left.

The next convention will be held in Cleveland next year.

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- 1) Politics without principles
- 2) Pleasure without conscience
- 3) Knowledge without character
- 4) Wealth without work
- 5) Commerce without morality
- 6) Science without humanity
- 7) Worship without sacrifice

(Reprinted from Isaac Goodine's book, "Leaders Leading Leaders")



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Sigma Upsilon-Upsilon Lambda Knights and Ulphans, Fraternity-Sorority, North America Chapter Celebrates 40th anniversary in Montreal

IBY: KNIGHT DONDON GOMEZ

The North America Chapter of the Sigma Upsilon-Upsilon Lambda (SUUL) Knights and Ulphans, Fraternity-Sorority, celebrated its 40th foundation day anniversary, on Saturday, August 17, 2013, at the Ruby Rouge Restaurant, Clark Street, Montreal, Quebec, Canada.

At 7:20 p.m., the emcee for the evening's festivities, Knight Dondon Gomez, ushered in the 160 guests who took their assigned seats. Mrs. Rolynda E. Villan (Montréal) who delivered the welcome address spoke on behalf of Knight Belino Bong Villan. The Panday Tinig Choral Ensemble of Montreal, conducted by Paul Imperial and accompanied by pianist Edith Fedalizo, thereafter sang the national anthems of the Philippines and Canada. Everyone remained standing as Marivic Aplao, Panday Tinig member, recited the Invocation. This was followed by the singing of the Tagalog version of the Lord's Prayer, Ama Namin, by the Panday Tinig.

Dinner was served at 7:45 p.m. Entertainment numbers were provided by Neldred Fuentes, an ulphan, who sang Set Fire to the Rain and Proud Mary, accompanied by Russian-born guitarist, Mark Gauterman. Meanwhile, Tess Berja, a former Panday Tinig singer, rendered two Tagalog songs – Sapagka't Ikaw ay Akin and Sapagka't Kami ay Tao Lamang.

Speaking on behalf of Knight Rey Abing (California), Supreme Knight of North America, Knight Jan Michael Veloso (Toronto) introduced the Sigma Upsilon-Upsilon Lambda.

The evening's emcee, Knight Dondon Gomez, presented the history of the SUUL organization. It is to be noted that the sixteen founders of SUUL had prepared the history and constitution and by-laws of the organization. Sir Knight Antonio Casalmir, one of the SUUL founders (California) could not make it to Montreal. His proxy, Knight Gomez, is the organizer of the Alpha Omega chapter, Bayugan City. He is a former Supreme Knight, Omicron chapter, Xavier University, Ateneo de Cagayan, Cagayan de Oro City and Alpha Chi Chapter, Jose Rizal University, Manila.

Thereafter, the Knights and Ulphans were individually presented to the audience. Knight Jaime Veloso (Toronto) explained about connection of the SUUL philosophy of helping and brotherly love to its theme song, "No Man Is An Island". "Everyone needs everyone.

Respect towards one another is the right way to live, that permeates every aspect of our lives." (Article V, Section 5, SUUL constitution). The Knights and Ulphans then sang their theme song, "No Man Is An Island".

Knight Lyndon Dizon (To) said that the SUUL fraternity song has guided its members' way of living- respect for humanity, fraternal tradition and culture, code of ethics, wisdom, loyalty and integrity. "These values", he said "have become the framework for SUUL's knights and ulphans in maintaining honesty and discipline. The lyrics of the song reflect SUUL's love for peace, order

accompaniment on guitar and piano, respectively.

All the knights and ulphans and their guests enjoyed the dancing intermission that ensued.

The atmosphere of excitement and hilarity suddenly changed to a more serious tone when the emcee, Knight Dondon Gomez, introduced the guest speaker, Ms. Edith Fedalizo, who provided the inspirational message for the evening. Known to the Montreal community as the pianist and coordinator for the Panday Tinig Choral Ensemble, Ms. Fedalizo is a nurse and an educator and is involved in various community



Oath taking ceremony of the new members inducted into the fraternity

and unity – all of which bring us in harmony with the world."

Marlaw Teves (Toronto) read the Sigma Upsilon-Upsilon Lambda creed for the knights and Jhing Badbad (Vancouver) for the ulphans. Knight Ramil Alcano (North Carolina), former Supreme Knight, North America chapter, delivered the pledge of allegiance. Roger Perez (Windsor) proposed a toast and asked the crowd to 'cheer' by saying "Happy SUUL 40th Anniversary".

Ulphan Gialane Gulane (Montreal) said introductory words before the knights and ulphans sang their song of thanks. "Thanksgiving is a time when we come together with families to celebrate unity, family bonding, traditions and express thankfulness to the almighty God for the blessings and benevolence, keeping them safe, providing everything they have been through His grace", she said. The knights and ulphans then sang the country gospel song "Thank You Lord For Your Blessings on Me". Jowen Soguilon, and Ulphan Mary Ann Vicencio, both of Panday Tinig, provided the

organizations such as the Filipino Nurses' Association of Quebec, where she serves as the Director for the Education committee. She spoke of "bayanihan" and how it can make a difference in the lives of the people being helped. She emphasized the need to continue the philosophy of "bayanihan" not only for the present, but for the future. "The challenge for you now, is how you can continue this concept of "bayanihan" through your children and their children's children. If so, then this would be a much better world", she said. Not a drop of a pin could be heard. Everyone listened to Fedalizo's inspiring words.

Thereafter, the Panday Tinig serenaded the audience singing Amigos Para Siempre, a song about the gift of true friendship; The Impossible Dream – a song of perseverance towards reaching a seemingly impossible dream; and No Man Is An Island – SUUL's theme song.

Toddlers Lyndsay Blair Ramo Soria, Jeffrey R. Soria, Ryan and Kaithleen Aranas handed to Ms. Edith Fedalizo, guest speaker, and to Ms.

Zenny Kharroubi, publisher and editor, Filipino Star, a bouquet of flowers. Ms. Kharroubi had made it possible to publish an article about SUUL in the Star's August issue.

The fun part of the evening started with a dance number performed by ULPHANS King Doria, Robie Cena and Vina Veloso.

Thereafter, in random order, sixteen ladies were crowned as Ms. SUUL Ambassadors of Goodwill, starting with Ms. Erlyn Gascon; Five SUUL Baronesses: Ms. Marceline S. Corpuz, Ms. SUUL International; Ms. Robie Cena, Ms. SUUL World; Ms. King Doria, Ms. SUUL Congeniality; Ms. Vina Veloso, Ms. SUUL Universe and Ms. Maya Ubalde Perez, Ms. SUUL North America. These ladies turned over their crowns to Ms. Lilibeth Flores Arevalo, Ms. SUUL International 2013; Ms. Vilma Alcantara, Ms. SUUL World 2013; Ms. Janet Bautista Lim, Ms. SUUL Universe 2013; Ms. Lyndsay Blair R. Soria, Ms. SUUL North America; & Ms. Norina Alcorido Queenville, Ms. SUUL Congeniality 2013.

The following are the knights and ulphans pioneering batch in Montreal: Knights Jong Castillo, Franco Madriaga, Darwin Ramo, Jonathan Palacios, Edison Taguba, Benjie Aranas and John Wacnisen Corpuz. Ulphans: Leonie Piscos, Jacqueline Uy, Theresa Pasiolan, Gelyn Gao-ay, Gialane Gulane, Norina Alcorido Queenville, Mary Ann Vicencio and Neldred Fuentes.

There were plenty of photo opps. The 40th anniversary party for the SUUL knights and ulphans ended at 12:18 in the morning.

We acknowledge the presence of the visiting SUUL knights and ulphans from the United States and Canada, including their friends and families.


It is with deep appreciation to SUUL's former supreme minister Jojo Agnes, 2007-2010 (Philippines) and to current supreme minister, Sir Knight Pete Amomonpon, Fresno, California, that I, Knight Dondon Gomez, was granted the authority to organize SUUL in Montreal and elsewhere in Canada. I dedicate this expansion project to the 16 founders of the Sigma Upsilon-Upsilon Lambda, who started the organization in August 16, 1973.

To all Knights and Ulphans, MABUHAY ANG SIGMA UPSILON UPSILON LAMBDA FRATERNITY & SORORITY. IN UNITY WE STAND. DIVIDED WE FALL!

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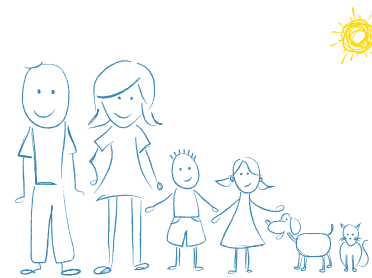


Fresh flowers given to the guest speaker, Ms. Edith Fedalizo, and to Ms. Zeny Kharroubi for being the guest of the 40th anniversary of the Sigma Upsilon-Upsilon Lamda Knights and Ulphans, held at the Ruby Rouge on August 17, 2013.



Knight Dondon Gomez who was the party's emcee surprised all the ladies by randomly giving them artificial flowers. Lita Pealane is one of those who was picked to get flowers.

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Beginners Guide to Use your First DSLR (Digital Single Lens Reflex Camera)

One day you decided to buy a good camera. Its been your wish ever since you've seen photographers with big cameras, long lenses and posing people at every location you see. You get tired of using your small RF camera and decided to be in the big leagues! You go to Future shop or Best Buy since they always have been receiving flyers and their

for the shooting modes. Your mode dial may have the letters 'A, S, P, M' (instead of Av, Tv, P, M), yet they all function in the same way. Below, I have given each abbreviation for the given mode.

Aperture Priority (Av or A)

Aperture priority can be thought of as a 'semi-automatic' shooting mode. When

mean that a large distance within the scene is in focus, such as the foreground to the background of the landscape below.

Whereas a shallow depth of field achieved by using a large aperture (small f-number) would produce an image where only the subject is in sharp focus, but the background is soft and out of focus. This is often used when shooting portraiture or wildlife, such as the image below, to isolate the subject from the background:

So when using aperture priority, you can get complete control over your depth of field, whilst the camera takes care of the rest.

Shutter Priority (Tv or S)

Similarly to aperture priority, this is another 'semi-automatic' shooting mode, though in this instance, you as the photographer set the shutter speed and the camera will take care of the aperture. The shutter speed, measured in seconds (or more often fractions of a second), is the amount of time the shutter stays open when taking a photograph. The longer the shutter stays open, the more light passes through to the sensor to be captured.

You would select a short shutter speed if you wanted to freeze a fast moving subject, such as shooting sports, action or wildlife, for example: You would use a long shutter speed if you wanted to blur a moving subject, for example water rushing over a waterfall (slower shutter speeds will require you to put the camera on a tripod to ensure the camera is held steady whilst the shutter is open)

So whilst you worry about what shutter speed you need for a given photograph, the camera will determine the appropriate aperture required to give the correct exposure.

Aperture and shutter priority shooting modes may be semi-automatic, meaning that some may deride their use because they're not fully manual, however they are incredibly useful modes to shoot in that

can give you enough creative control to capture scenes as you envisage them.

Program (P)

Program mode is almost a halfway house between the semi automatic modes of aperture/shutter priority and full manual control. In program mode, you are able to set either the aperture or shutter speed, and the camera will maintain the correct exposure by adjusting the other one accordingly, i.e. as you change the aperture, the shutter speed will automatically change, and vice versa. This gives you additional freedom that using either aperture priority or shutter priority cannot give without switching between shooting modes.

Manual (M)

Manual mode is exactly what it sounds like, you are given full control over the exposure determination, setting both the aperture and shutter speed yourself. There will be an exposure indicator either within the viewfinder or on the screen that will tell you how under/over exposed the image will be, however, you are left to change the shutter speed and aperture yourself to ensure you achieve the correct exposure.

These controls are the basic tools for creative pictures. If you like taking portraits, the best subjects are your family. Don't use flash at the beginning. Learn existing light photography. It will give you rich colour and intensity.

If you're interest is landscape go to St. Joseph Oratory or the Old Port. There are plenty of buildings, pebbled stones, railroads, ships, the Old Clock and maybe Jacques Cartier Bridge. Fall is the best time to start working on your color compositions. Red leaves make attractive subjects. Go to the Laurentians and take family pictures with the autumn trees as your background. You will be surprised at the result of your shots.

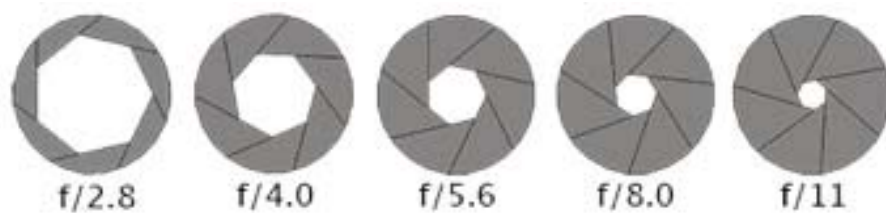
Happy Shooting
Al Abdon



promotions are attracting. The fun part is after unpacking it from the box, you are intimidated by the number of buttons and dials, and by the thickness of the manual, it can be very tempting to put the manual down, flick it onto 'Auto' and start shooting. Using Auto mode is not bad but

this is selected, you as the photographer set the aperture and the camera will automatically select the shutter speed. So what is aperture and when would you want to control it?

The aperture is the size of the opening in the lens through which light is allowed to pass whenever the shutter is



If your desire is to make your shots more creative, then learn these basic topics.

1. Shooting modes

The best place to start is with shooting modes. The shooting modes will most likely be found on a dial labelled with 'auto, Av, Tv, P, M' and maybe more. Selecting a shooting mode will determine how your camera behaves when you press the shutter, for example, when 'auto' is selected, the camera will determine everything to do with the exposure, including the aperture and shutter speed. The other modes, 'Av, Tv, P, M', are there to give you control:

Don't worry if your mode dial looks a little different; different manufacturers use different abbreviations

opened – the larger the aperture, the more light passes through.

The aperture is measured in 'f-stops' and is usually displayed using an 'f-number', e.g. f/2.0, f/2.8, f/4.0, f/5.6, f/8.0 etc, which is a ratio of focal length over diameter of the opening. Therefore, a larger aperture (a wider opening) has a smaller f-number (e.g. f/2.0) and smaller aperture (a narrower opening) has a larger f-number (e.g. f/22). Reducing the aperture by one whole f-stop, e.g. f/2.0 to f/2.8 or f/5.6 to f/8.0, halves the amount of light entering the camera.

Aperture is one of the most important aspects of photography as it directly influences the depth of field – that is, the amount of an image that is in focus. A large depth of field (achieved by using a small aperture large f-number) would

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HOW CAN WE PRESERVE OUR RIGHTS TO LIFE, TO LIBERTY AND THE PURSUIT OF HAPPINESS

Speech delivered by Sir Tom D. Rodriguez, USA Regional Commander on Sept. 1, 2013 at the 4th Canada Regional Assembly held in Hyatt Regency Hotel

Good afternoon to everyone. We hear this phrase all the time, and I quote: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness."

Who among you believe that this phrase is found both in the U.S. Constitution and the Declaration of Independence? How many of you believe that it is only found in the Declaration of Independence and not in the U.S. Constitution? It is only found in the Preamble of the Declaration of Independence, however there is a similar line, "Life, liberty or property," in the U.S. Constitution. It is also similar to a line in the Canadian Charter of Rights: "life, liberty, security of the person." This morning, Sir Salvador Cabugao, mentioned these rights in his speech, "What Individual Freedom Means to Me."

The phrase can also be found in Chapter III, Article 13 of the 1947 Constitution of Japan, and in President Ho Chi Minh's 1945 declaration of independence of the Democratic Republic of Vietnam. The Fifth Amendment and Fourteenth Amendment to the U.S. Constitution declare that governments cannot deprive any person of "life, liberty, or property" without due process of law.¹ You might be interested to know that Wikipedia mentioned that the U.S. Constitution has had a considerable influence worldwide on later constitutions. International leaders have followed it as a model within their own traditions. These leaders include Benito Juarez of Mexico, Jose Rizal of the Philippines and Sun Yat-sen of China.² Life, liberty and pursuit of happiness – these are the rights foremost at the minds of those who declared independence from Great Britain. The founders based the government on the premise that individual freedom and liberty are foremost and the welfare of the country is improved when



individuals are free. 3 But what does it mean to us today? What are the rights, responsibilities and expectations of citizens in the Philippines, in Canada, in Europe, in America or elsewhere in the 21st Century?

When I was informed that the theme of the 4th Canada Regional Assembly is, "What Freedom Means to Me," what resonated in my mind is what I heard in our class in the law school I graduated from - the University of the Philippines, and that is freedom does not give me or you the right to shout "fire" in a crowded theater where there is no fire or while I am free to move my hands, it stops where it hits the nose of someone beside me."

"The great men who wrote these early governmental documents recognized the authority of God. Their documents address rights in a manner that makes it clear they understand the rights come from God and not a government. The Declaration of Independence eloquently acknowledges this when it says, "that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of happiness."⁴

What does unalienable rights mean? Unalienable rights refers to the idea that humans have certain rights because they are humans and these rights are given by God and cannot be taken away by man or government. 5 A while ago, Sir Reghis Romero said that in Dr. Rizal's letter to the young women of Malolos, he admonish them to teach their children love of honor, honesty in

deed, love and respect for fellowmen and respect for God.

Based on the facts that the founders recognized on the authority of God, and that Rizal himself taught that we should have respect for God, please allow me then to quote the Bible, (The Book of Life) in Galatians 5: 13, (NIV) "You my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love." Avoid unclean living. Verse 17 enumerates the sinful nature such as sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, and the like.

"Freedom does not give us the right to do what we please, but to do what pleases God. When we do what pleases God, fear, anxiety, and guilt are replaced by peace, forgiveness, and liberty." 6

So, how can we preserve our rights to life, liberty and the pursuit of happiness?

(1) Don't forget the responsibilities that go with the exercise of these freedom.

"Freedom is dangerous in the hands of those who don't know how to use it. That's why criminals are confined in prisons with barbed wires, steel bars, and concrete barriers. Or consider a campfire that is allowed to spread in a dry forest. It quickly becomes a blazing inferno." 7 For example, in Jan. 2001, a motorist driving along 1-8 in San Diego County flicked a cigarette butt onto the center median, sparking a fire that eventually burned more than 10,000 acres, destroyed 16 homes and charred 64 vehicles. 8 Unchecked freedom becomes a blazing inferno. Unchecked freedom can create chaos. Like a raging fire, freedom without limits is dangerous. But when controlled, it is a blessing to all. 9

Freedom of speech, for example, does not include the right: 10

To incite actions that would harm others (e.g., shouting "fire" in a crowded theater.)"

Schenck v. United States, 249 U.S. 47 (1919)

To make or distribute obscene materials. Roth V. United States, 354 U.S. 476 (1957)

To burn draft cards as an anti-war protest.

United States v. O'Brien, 391 U.S. 367 (1968)

To permit students to print articles in a school newspaper over the objections of the school administration. Hazelwood School District v. Kuhlmeier, 484 U.S. 260 (1988).

Of students to make an obscene speech at a school-sponsored event.

Bethel School District #43 v. Fraser, 478 U.S. 675 (1986).

Of students to advocate illegal drug use at a school-sponsored event. Morse v. Frederick, 551 U.S. 393 (2007)

(2) "Live as free men, but do not use your freedom as a cover up for evil. (1 Peter 2: 16 NIV). Peter tells us how to live our lives. (2:17). (a) Show proper respect to everyone; (b) Love the brotherhood. In our own Code of Ethics as Rizalian, it says that we should maintain a tolerant and understanding attitude towards our fellowmen. When we do this, most of the social problem could be solved. (c) Fear God. The fear of the Lord is the beginning of wisdom; Again our Rizalian Code of Ethics says, we must be truthful and honest in thoughts and in deeds. (d) Honor the King." Show respect for your government.

(3) Do not use your freedom in the pursuit of happiness by enriching yourself at the expense of others. In the book, "Rizal is my President – 40 Leadership Tips from Jose Rizal," Napoleon Almonte said, "Earn your money honestly. Rizal could have amassed wealth through backdoor deals. With his stature and influence, he could have easily promoted his personal interests. After all, his family, peers and benefactors lent him money for his advocacies.

But money had no power over Rizal. He did not allow it to corrupt him. Knowing the value of work, Rizal chose to earn his keep honestly. In Europe, he worked as an ophthalmologist. When he was exiled in Dapitan, he farmed, fished and engaged in trading.

Leaders must always conduct

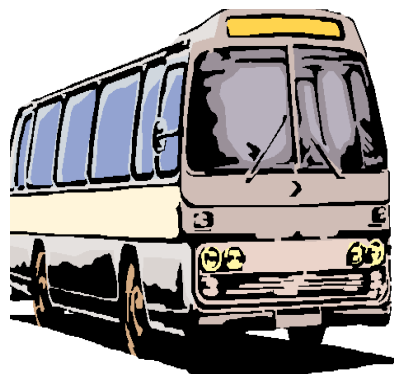
See Page 23 Sir Judge Rodriguez

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Happy 90th Birthday to Sally Cerin

Saturday, September 7, 2013 - Crowley Arts Center



The celebrant with Zeny Kharroubi



Sally is flanked by her daughters, Mel on the left and Betty Corpus on the right.



Betty Corpus hugs her beloved mother, Sally



Sally Cerin poses with her family - grandsons, daughters, nephews, and great grandson. (photo by Al Abdon)



Sally poses with some of her guests, one group at a time, from left: Siony Nueva, Primi, Edna Lorenzo, daughter Betty, Susan Yamat, Jane, Zeny Kharroubi, and Michel Milmore.

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50 Years Later, King's Voice Still Resonates

(Posted on August 29, 213) The 50th anniversary of Martin Luther King's 'March on Washington' – its full name was the March on Washington for Jobs and Freedom – is a poignant and important moment of remembrance and reminder for us all, of the universal struggle for equality still being fought today, and of the courage and commitment of a human rights hero whose "I Have a Dream" speech has been immortalized in history. I speak of this milestone event and the person at its core not only because of their historical significance, but because of the impact of that day, that march, and that speech on me personally. Indeed, I am proud to say that I was present in Washington on August 28th 1963, and the day's images and voices have left an indelible impact not only on my memory but on my being.

The day itself was an incredible experience, as all those present can attest. Mahalia Jackson's stirring spirituals electrified the crowd, and her rendition of "We Shall Overcome" has become my own private national anthem, as my family well knows. Bayard Rustin – the legendary civil rights leader – was the organizational genius behind the March, and his strategy of non-violent mass protest has endured as a model for effective citizen advocacy today; I had the pleasure of subsequently meeting and working with him, and I am pleased that he has just received (posthumously) the U.S. Presidential Medal of Freedom. I recall as well John Lewis – then a young 23-year old young black leader, and now a leading U.S. Congressman – calling for freedom. Appropriately, "Let Freedom Ring" is the name of this week's commemorative events. Martin Luther King's speechwriter, Clarence Jones – whom I recently met at a conference – told me that the famous "I

have a Dream" portion was actually improvised by King at Mahalia Jackson's suggestion, a fact not apparent to those of us hanging on King's every word.

I attended the rally then as a young law student of 23 – and then-editor of the McGill Daily – who had earlier that year written about Martin Luther King and the civil rights struggle. I stood in the crowd of 250,000, which the man standing next to me referred to as "the brotherhood of humanity" while humming "We Shall Overcome".

Even 50 years later, Martin Luther King's voice still resonates and impacts me today.

We all stood with strangers rapt with attention as King told of his dream of an America where his four little children would one day live in a nation where they would not be judged "by the colour of their skin but by the content of their character".

In his unique melodious and spiritual voice, he spoke movingly: "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'" King spoke of the Constitution as a promissory note.

He continued – and I can still hear these words as if they were just spoken yesterday – "I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.[...] I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice."

Though speaking primarily to the American reality of racism and the



Hon. Irwin Cotler, MP, Mount Royal

struggles of the civil rights movement, King's message was a universal one of common cause wherever we may be – of the struggle against racism, against hate, against injustice – and the struggle for human rights, for human dignity, for respect and recognition.

Ultimately, King's lesson is one that we have sought to – and need to – internalize in Canada in terms of developing a culture of human rights in place of any culture of racism, or hate, or contempt. Indeed, Martin Luther King Jr. ought to be seen as metaphor and message of this struggle, of his recognition that we are all one human family; that we have all been created in the image of God, and that this is the foundation of equality; of the dignity of difference, recognizing as well that respect for the inherent dignity of the human person requires respect for the equal dignity and equal worth of all persons; that this is what human brotherhood is all about; that the struggle for human rights and human dignity, for equality and respect, are, in the most profound and existential sense, the struggle for ourselves. For in what we say

– or more importantly, in what we do – we make a statement about ourselves as a people; we make a statement about ourselves as people.

Clearly, inequality, discrimination, racism and hate are still with us, whether it be the plight of the Baha'i in Iran, the Copts in Egypt, violated women in the Congo, or gay rights in Russia, or even in our own country with the tragic inequalities that still haunt many First Nations and minority communities.

On this 50th anniversary, let us recall that Martin Luther King Jr. – like Nelson Mandela, who later invoked him as well – was the embodiment and expression of the long march toward freedom, of the great struggle of the 20th century for equality, for human dignity, and for the brotherhood of man – a struggle that continues today.

Martin Luther King was l'espoir and l'esprit – the hope and inspiration – of one of the great moral, political, legal, and spiritual uplifting projects of the 20th century. He was the architect of the politics of inclusion, of equality, of respect, of recognition – not only for black Americans – not only for America – but for all of humanity. As he expressed in the immortal words of his Letter from a Birmingham Jail – also 50 years ago, in 1963 – words we ought to recall, affirm, and act upon – particularly on this most momentous occasion: "Injustice anywhere is a threat to justice everywhere." May this clarion call to action – as memorialized in the "I Have a Dream" speech – inspire us as we continue to strive towards realizing King's vision in the next 50 years and beyond.

Irwin Cotler is the Liberal Advocate for Rights and Freedoms, former Minister of Justice and Attorney General of Canada, and the first recipient of the Martin Luther King Jr. Humanitarian Award. Facebook

FAMAS Executive Board 2013-2015 proclaimed General Assembly held at the centre

by W. Quiambao

The FAMAS Executive Board 2013-2015 was formally proclaimed last Aug. 25 at the FAMAS Community Center. Each one of them was warmly welcomed by the outgoing president, Au Osdon, and her board members. The Mabuhay Team 2013 candidates, supporters and members of the Comelec were also on hand to greet the new officers. Special guest was Howard Liebman, chief of staff to Mount Royal Liberal MP Irwin Cotler.

"Mr. Cotler sends his greeting to the new executive board," said Liebman. "He is not involved in the Filipino politics, only in the Filipino unity," he emphasized, obviously referring to the question of one guest if it was true that Cotler said what was recently reported by another community newspaper.

The new members of the FAMAS Executive Board proclaimed by Comelec Chairman, Dick Ribaya are the following:

President - Nida Quirapas
Vice President - Internal - Dante Tabamo
Vice President - External - Romeo Remegio
Secretary - Joseph Gonzales
Treasurer - Corazon S. Aberin
Auditor - Fortunata Floresca

Accountant - Angeliita V. Ramos
Public Relations Officer - Reytenardo Ballares
Leah Baldelovar - Director for Education, Social & Cultural Affairs
Director for Membership - Danny Florentino
Director for Youth and Sports Development - Jessica Narciso
Director for Outreach Services - Terry Esguerra
for Special Projects - Carmelita Cuizon

Shortly after the proclamation and picture takings, the new set of officers left the center to proceed to the MacKenzie King park where they continued celebrating their victory with their jubilant supporters.

Following the brief proclamation, a General Assembly was held. Those in attendance were given copies of the Financial Statement and the directors talked about their accomplishments during their term. Included in the General Assembly was the question-and-answer period after Ramon Vicente, Jr. distributed and read the Financial Statement. Among those raising questions were Dick Ribaya, Amy Manon-og and Julie Parado. The General Assembly was in order, proving that everybody was satisfied with the Mabuhay Team reports.



The newly elected members of FAMAS Executive Board partly shown here as the Comelec chairman called their names to be officially proclaimed led by Nida Quirapas, on the right.



Mr. Howard Liebman is flanked by the Comelec Committee members after he spoke and extended Hon. Irwin Cotler's greetings to the community during the proclamation and general assembly held on August 25, 2013 at FAMAS Center.

Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Entertaining on Thanksgiving Day weekend



Expectations run high on Thanksgiving. The food needs to be perfect, the table should look beautiful, and the company should be, to put it kindly, well-behaved.

The scope of this meal requires planning to pull things off without a hitch. Begin as early as possible to think about everything you'll need to accomplish by the big day, then sit down with a calendar and make a plan for when it will all be done.

Plan Your Meal

Choose recipes appropriate for the occasion, and make sure that you have a list before going shopping in order not to forget any ingredients.

Choose your table decor

Consult some books, magazines, or do your research on the internet to get some ideas on how to decorate your table. It is easy and economical if you use stuff that you already have around the house.

Some examples of table decor made of common objects found in a home are shown below:

Many other table decorations can



Use candles of different sizes and shapes, some fall foliage that is abundant at this time of the year



A basket full of little pumpkins, lime, and flowers is easy to assemble



Vases of similar texture and color, but different shapes can make a nice decor.

be found on the internet.

Prepare thanksgiving prayers ahead of time
Saying grace before meals need not be long, but should be meaningful. If your guests are not familiar with the way you say grace, prepare enough copies for everyone to read.

The following prayers are easy to say and memorize:

Let us pause before we eat and think about the ones in need of food and shelter and of love, please bless us all dear God above. Amen.

Dear Lord, thank you for this food. Bless the hands that prepared it. Bless it to our use and us to your service, And make us ever mindful of the needs of others. Through Christ our Lord we pray. Amen.

How to roast a turkey

Cooking a turkey is actually surprisingly easy. To prepare the turkey for roasting in the oven, first remove the giblets (and save for gravy or stuffing). Next, rinse the bird inside and out and pat dry with paper towels.

If you are stuffing the bird, stuff it loosely, allowing about 1/2 to 3/4 cup stuffing per pound of turkey.

Brush the skin with melted butter or oil. Tie drumsticks together with string (for stuffed birds only).

Ingredients:

- 1 (12 pound) whole turkey
- 3/4 cup olive oil
- 2 tablespoons garlic powder
- 2 teaspoons dried basil
- 1 teaspoon ground sage
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups water

Directions

Preheat oven to 325 degrees F (165 degrees C). Clean turkey (discard giblets and organs), and place in a roasting pan with a lid.

In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan, and cover.

Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven, and allow to stand for about 30 minutes before carving.

PREP 15 mins

COOK 3 hrs 30 mins

READY IN 4 hrs 15 mins

It is customary to have pumpkin pie during the thanksgiving dinner. In anticipation of Halloween, pumpkins are sold everywhere.

Here is a simple recipe for pumpkin pie



Pumpkin Pie

Ingredients:

- 1 egg
- 1 tablespoon all-purpose flour
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 1 1/2 cups pumpkin puree
- 1 1/2 cups evaporated milk
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 2 tablespoons light corn syrup
- 1 recipe pastry for a 9 inch single crust pie

Directions

Preheat oven to 450 degrees F (230 degrees C).

Add the sugar gradually to the pumpkin puree. Beat well an stir in the flour, salt and spices. Stir in the corn syrup and beat well. Stir in the slightly beaten egg, then slowly add the evaporated milk, mixing until well blended. Pour the batter into the unbaked pie shell.

Bake at 450 degrees F (230 degrees C) for 10 minutes then reduce the oven temperature to 325 degrees F (165 degrees F) and continue baking pie for an additional 30 minutes or until a knife inserted into the mixture comes out clean.

Gilmore College Students & Teachers are cordially invited to attend a Thanksgiving Fellowship Dinner on Saturday, October 12, 2013 - 6 p.m. Call 514-485-7861

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FILIPINO STAR

SHOWBIZ GOSSIP

Megan Young crowned Miss World 2013

First Filipina in history to win prestigious pageant



Megan Young of the Philippines, smiles after being named Miss World 2013 during the grand final of the pageant in Nusa Dua, Bali, Indonesia, Saturday, Sept. 28, 2013.

Megan Young just made Philippine history by winning the crown at the Miss World 2013 held in Bali, Indonesia on Saturday, September 28.

The 23-year-old actress is the first Filipina to win the Miss World since the pageant's inception in 1951.

Young had been primed to win after she advanced to the semi-final round last Friday. She won in the fast-track events at the 2013 Miss World beauty pageant.

Young, 23, thanked her fellow Filipinos immediately after she won the title.

"Salamat sa mga kababayan ko. Mahal na mahal ko kayo [Thank you to all my fellowmen. I love you all]," she said.

Young waved to an ecstatic crowd as the triumphant music played.

Miss France was the runner up while Miss Ghana took the third place.

Megan was born in the USA before moving to the Philippines when she was 10. Currently studying Digital Film making, Megan has been appearing on screen since the age of 15, starring in films, TV shows, and as a presenter. Megan has ambitions of moving behind the camera in the future, taking the role of director after gaining

experience and finishing her qualifications. In her spare time she enjoys playing video games, she says she has and always will be a Harry Potter fan, and that she is "guided by my heart... I think and speak from it."

Young also won the Top Model Challenge Event, which made people believe she got the Miss World title in the bag. Young is the first Filipina to capture the elusive title since the longest-running pageant was created in London in 1951.

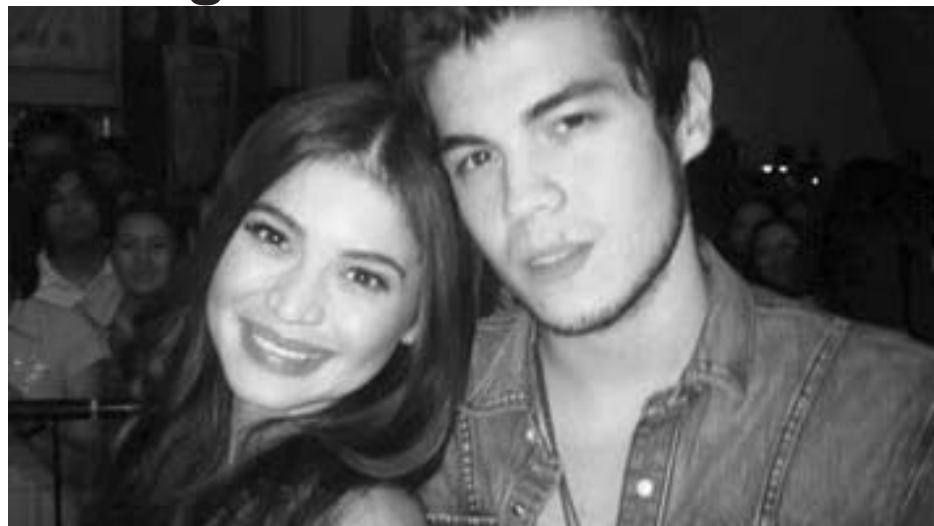
Other candidates who entered the semi-final round were Miss Netherlands Jacqueline Steenbeek, Sports; Miss Brazil Sancler Frantz, Beach Fashion (Balinese Beach Fabric); Miss India Navneet Dhillon, Multimedia; and Miss Nepal Ishani Shrestha, Beauty With A Purpose.

Young also placed in challenge events of Beach Fashion, fifth; and Multimedia, fourth.

The Fil-Am actress has been one of the favorite candidates to win in this year's edition of Miss World beauty contest, alongside with candidates from Brazil, Ukraine, Indonesia, France, Australia and Indonesia. A total of 127 candidates joined this year's pageant. ■



Anne Curtis on settling down: Who is PNoy's new love interest?



Anne Curtis with her beau, food blogger ood blogger Erwan Heussaff

This after her sister, Jasmine Curtis-Smith, said that she wants to see Anne walking down the aisle.

"Huwag naman muna, not yet. Definitely not anytime soon," said Anne, who is currently dating food blogger Erwan Heussaff.

Anne said that she is just happy that her family is close to Erwan, the brother of her celebrity friend, actress and model Solenn Heussaff.

"It's always a great feeling when you know that your family loves the person you love," she said.

In a previous interview, Erwan said he and Anne are in no rush to tie the knot, adding that they are "still young."

"I think what we have is really cool



Anne's sister, Jasmine

and really strong. We are really happy with each other. It's an understanding relationship, we're both from completely different industries and I think that's why it's working so well," he said.

"We are busy and we are in love, so it's good," he added. ■



Mariness "Kim" Ledesma (left) linked with President Aquino

Beautiful and Kind.. This is how a co-worker at the Department of Interior and Local Government described attorney Mariness "Kim" Ledesma, 29, President Benigno S.C. Aquino's reported new love interest.

"Maganda siya at mabait. Magaling makisama kahit mababa [lang ang katungkulan mo] at kahit hindi kayo close, expect mo na ngingitian ka niya," Liza, an employee at DILG, told GMA News Online in a phone interview on Tuesday.

"Atty. Kim," as her co-workers called Ledesma, is a member of the Liberal Party and currently works under DILG Undersecretary Rafael Antonio Santos.

"Crush ko nga siya kasi maganda

siya e," Liza added.

On Sunday, The Philippine Daily Inquirer in a column "Biz Buzz" named Ledesma as "the present apple of the President's eye."

The report noted that Ledesma graduated cum laude from the Ateneo de Davao University law school.

Quoting a source, the report said: "I hear they're very serious about each other."

No comment

Sought for comment, DILG Secretary Mar Roxas told reporters: "I don't discuss the President's personal life. That's his life." ■

Derek on Cristine's sex video rumor: "So what?"



Derek Ramsay

"It's not true!" was Derek Ramsay's emphatic response to rumors that his girlfriend Cristine Reyes and her ex-boyfriend Rayver Cruz had a sex video on the Internet. A recent blast of spam text messages from anonymous phone numbers claimed that the video could be viewed in the provided link.

"My friends and I got the text message, too. I just laughed it off, and didn't even bother opening it. I

knew it was a text blast," Derek told reporters during a recent media gathering for Dunkin' Donuts, which he endorses. "[Cristine and I] didn't talk about it because there was no need to. I don't even know if she's aware of it."

And even if there was, indeed, such a sex video circulating online, Derek confidently declared that he couldn't care less. "It doesn't matter; past is past," he said, adding that he

had nothing to say to those spreading the gossip, and that he trusted Cristine fully.

Cristine seemed just as unperturbed. "It's weird nga. But wala naman," the actress told Inquirer via SMS.

Derek—who swore he would never date anyone from show biz again after breaking up with actress Angelica Panganiban—"ate his words," by confirming a romantic relationship with Cristine in August. They starred in the 2011 movie, "No Other Woman."

Very busy girl

While things are going well for the couple, the 36-year-old hunk said their hectic schedules have been preventing them from spending more quality time with each other.

The actor volunteered that the shoot of their coming Viva movie, Elwood Perez's "My Trophy Wife," had been put on hold because Cristine was "very busy with her own projects."

For his part, Derek will soon be doing two shows for TV5: "For Love or Money" with Ritz Azul and Alice Dixson, and a yet untitled drama that will also star Angel Aquino, Mylene Dizon and Yul Servo.

Network-building

Show biz insiders insist that Derek hasn't been getting the same amount of exposure since signing a three-year contract with the Kapatid network last year, but the actor said

he was not really after fame.

His job, he stressed, was to "portray characters and help build the network."

"I'm working like a horse... We can't deny that ABS-CBN and GMA 7 are the bigger networks ... their stars get more exposure here and abroad. But I'm not doing this to be famous. I'm here to entertain, and I hope that we gain more viewers," Derek said. "I'm working very hard, and I'm glad that TV5 is making me do so. I don't want to sit idly and just get paid."

He added that money wasn't an issue. "At the end of the day, 'yung pera puwede mong kitain, but to make a name for yourself is more meaningful. I want to give back and help TV5 grow from a small to a big network. That would make me feel more fulfilled."

Does he get disheartened when he hears news about the network's huge losses? "You can't have a successful network overnight. They're still here, grinding away and trusting their talents. I admire them for that. How can you not respect a company that perseveres?"

Derek is currently promoting the Dunkin' Donuts contest, "A Day with Derek," which runs from October 1 to November 30. Three winners will get the chance to hang out with Derek and do a host of activities. ■

Showbiz Gossip *Continued from p.17***Ai-Ai apologizes to Aquino over presidential meddling rumor****Ai-Ai Delas**

"The President has his hands full with the country's problems. Why should I bother him with my love life?" said Ai-Ai de las Alas, who recently apologized to President Benigno Aquino after Malacañang had to address a rumor that the President was meddling with the comedienne's court case.

"This is embarrassing. I don't think P-Noy (Aquino's nickname) even asks about his sister's (TV host Kris Aquino) relationships. This issue is nakakatawang nakakaasar," Ai-Ai said during a media gathering for her latest movie, "Kung Fu Divas."

Ai-Ai married businessman Jed Salang on April 3. They separated a month later, with Ai-Ai accusing Jed of beating her up. In June, Ai-Ai filed a court case against Jed for violating Republic Act No. 9262, or the Anti-Violence Against Women and Children Act of 2004.

Traumatized

The accusation that P-Noy was helping Ai-Ai with her court case was allegedly made by Jed's lawyer Joel Ferrer. "Next time he talks with the press, he should pray and think hard first," Ai-Ai said of Ferrer. "Like me, he should be very careful. I think he is forgetting that his client was given a gag order."

In June, Malacañang denied that members of the Presidential Security Group (PSG) had been assigned to the comedienne. During the press conference, Ai-Ai clarified that her two bodyguards were not members of the PSG, but personal employees. "Pinapasweldo ko sila. They protect me," she said.

Ai-Ai admitted she was still recovering from heartbreak and wasn't at all ready to fall in love again. "I was traumatized. I still cry at night, not for the person who broke my heart but because of this situation I am in."

She added, "I'm only 40 percent healed. I have a long way to go. I'm giving myself two or three years to rest. I'm not ready for anything yet, although I go out on group dates. I

enjoy eating out with friends."

To keep herself busy when not working, the "Toda Max" mainstay said she frequented the gym, played badminton and watched movies. "I also like trying out different night spots. My friend Direk Wenn (Deramas, film and TV director) told me, 'If you're going through something, you have to make extra effort to feel better. You should go out and socialize.'"

She claimed to have learned a lot from the experience. "I've realized that God has a big plan for me and that His time is the perfect time. He will give me what I need when I really need it," Ai-Ai told Inquirer. "What I went through strengthened my faith. There was a time when I questioned His intentions. Only recently did I acknowledge that I knew what I had to do all along, but was just too stubborn. I had to learn the hard way."



Ai-Ai, right (with Marian Rivera in their coming movie *Kung Fu Divas*), says she hasn't fully recovered.

Overprotective

She said her children, Sancho, Sophia and Niccolo, were now overprotective of her as a result of her failed marriage. "Sancho told me, 'We will really give the guys who will show interest in you a hard time.' With the three of them, I imagine, having a screening committee. I can't date those who flunk the test."

Ai-Ai added, "My wounds are deep, but I'm trying to move forward. While it's easy to forgive, I admit I'm having a hard time forgetting."

Directed by Onat Diaz, "Kung Fu Divas" also features Marian Rivera, Edward Mendez, Gloria Diaz, Bianca Manalo, Precious Lara Quigaman, Nova Villa and Roderick Paulate. It will be shown in theaters starting Oct. 2. ■

Enchong plans to have a break from teleseryes

Enchong will work on a film after his TV series "Muling Buksan ang Puso."

Enchong Dee will go on a six-day vacation with his family after his last taping for ABS-CBN's teleserye "Muling Buksan ang Puso."

Dee's family will go on a Beijing and Mongolia tour before he starts working on a film with Star Cinema and Skylight.

The young actor said that he will not accept offers for TV series while he is working on the film.

"Kasi ang dami-dami nating artista ngayon and I think it's about time na sila naman," said the Kapamilya actor, who is already in the industry for seven years.

This surprised some entertainment writers present at the press conference held Thursday night, September 26.

"May gagawin akong pelikula, tapos alam ko naman na may susunod akong gagawin kaya okay lang ako," he shrugged.

Entertainment (Article MRec), pagematch: 1, sectionmatch: 1

He added: "Kasi no'ng sinuma total ko, 'yong airing lang, hindi 'yong taping, parang lagpas siya isang taon na nasa primetime na ko."

"So I'm happy and blessed, siguro naman masyado namang madamot na ako na lang palagi 'yong bumibida."

Before his current drama series "Muling Buksan ang Puso," Enchong was Maja Salvador's leading man in ABS-CBN's defunct TV series "Ina, Kapatid, Anak." ■

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Bruno Mars to sing at halftime of Super Bowl

Grammy-winner Bruno Mars will perform at halftime of the Super Bowl.

The National Football League made the announcement ahead of the kickoff of games on Sunday, with Mars joined by FOX co-host Terry Bradshaw and analyst Michael Strahan in Times Square.

The league's championship game will be played Feb. 2 at MetLife Stadium in East Rutherford, New Jersey.

Mars is one of pop music's top acts, with several No. 1 hits including his most recent, "When I Was Your Man."

The 27-year-old singer-songwriter-producer was honored for best male video and choreography for "Treasure" at the MTV Video Music Awards last month.

Halftime shows have drawn more than 100 million television viewers in the United States in past years.

Bruno Mars was born Peter Gene Hernandez on October 8, 1985, in Honolulu, Hawaii, and was raised in the Waikiki neighborhood of Honolulu.

Bruno Mars, is an American singer-songwriter and record producer. Raised in Honolulu, Hawaii, by a family of musicians, Mars began making music at a young age and performed in various musical venues in his hometown throughout his childhood. He graduated from high school and moved to Los Angeles, to pursue a musical career. Mars produced songs for other artists,



Bruno Mars at the 2013 MTV Music Awards

joining production team The Smeezingtons.

Mars had an unsuccessful stint with Motown Records, but then signed with Atlantic in 2009. He became recognized as a solo artist after lending his vocals to the songs "Nothin' on You" by B.o.B, and "Billionaire" by Travie McCoy, which were worldwide hits, and for which he co-wrote the hooks. He also co-wrote the hits "Right Round" by Flo Rida featuring Ke\$ha, and "Wavin' Flag" by K'naan, allowing him to work with an assortment of artists from various genres. Mars' debut studio album, Doo-Wops & Hooligans (2010) peaked at number three on the Billboard

200,[3] anchored by the worldwide number-one singles "Just the Way You Are", "Grenade" and the hit single "The Lazy Song". The album was nominated for seven Grammy Awards, winning Best Pop Vocal Performance for "Just The Way You Are". His second album, Unorthodox Jukebox (2012), peaked at number one in the United States.[4] The album spawned the international hit singles "Locked Out of Heaven", "When I Was Your Man" and the moderate hit success "Treasure". In addition to his solo music, Bruno has collaborated with numerous other artists, notably being featured on the worldwide hits "Lighters" (with Bad Meets Evil) and "Young, Wild & Free"

(with Snoop Dogg and Wiz Khalifa).

Mars' work has earned him numerous awards and accolades, including a Grammy Award, an American Music Award, a Billboard Music Award and a BRIT Award. Since the beginning of his career as a singer, in 2010, Mars has sold 10 million albums and 58 million singles worldwide. Although as a songwriter, producer and singer, his total single download sales surpass 100 million worldwide. He has achieved a total of five number one singles on the Billboard Hot 100 chart and six top ten singles, including first place with "Just the Way You Are", which sold 12.5 million copies and contributed to Mars becoming the best-selling digital artist in 2011.

He is the son of Peter Hernandez and Bernadette "Bernie" San Pedro Bayot (died June 1, 2013).[8][9] His father is of half Puerto Rican and half Jewish (from Hungary and Ukraine) descent, and is originally from Brooklyn, New York. Mars' mother immigrated to Hawaii from the Philippines as a child, and was of Filipino, and some Spanish, descent. His parents met while performing in a show, where his mother was a hula dancer and his father played percussion.[11] At the age of two, he was nicknamed "Bruno" by his father, because of his resemblance to legendary professional wrestler Bruno Sammartino. ■

Raymond Gutierrez open to discuss issues about his family, when needed

Raymond Gutierrez, one of the hosts of TV5's "Showbiz Police" has no qualms talking about his family especially if it's about good news.

With regards to his twin brother and former Kapuso Network primetime king Richard Gutierrez whose career is said to be in limbo at the moment; Raymond declared that he will be an asset to TV5 or to any network. Before Raymond, her eldest sister, actress and TV host Ruffa Gutierrez was the first to sign a deal with TV5. It's yet unseen if Richard would follow suit.

The entertainment press and Richard's fans are curious with whom he'd sign up.

Raymond has a simple advice to his twin: Go where the work is.

"Kung saan maganda ang ilalatag sa yo," he remarked "Si Chard kasi marami na siyang nagawa at kayang mga gawin. So not only is he an actor for soap operas. He has done documentaries, reality shows and musical varieties. Mas malawak ang range niya kaysa akin."

Raymond pointed out that the months Richard took off from showbiz did his brother good. He described him to be more relaxed and even more excited to return to work.

According to him, Richard worked for more than 11 years with GMA-7. If he wasn't doing soap operas he was



Raymond Gutierrez

doing documentaries, reality TV shows, movies, etc.

"He is happier now and hindi mukhang pagod," quipped Raymond.

With regards to "controversies" about the Gutierrez family, if ever his siblings or even parents would be the "showbiz issues" their show will tackle, he has no problem with that. He also revealed that his contract with TV5 doesn't have a clause that stipulates he could not or should not talk about "family issues."

"If my family is involved in an issue and we have to talk about it then so be it," expressed Raymond.

He added he won't have a hard time too since it's all about knowing when to be a brother or a son and to be a professional TV host.

"I know my role and I know what to portray and kung merong mga instances na kailangang pag-usapan yung sa family, then I really have to discuss it. But if it's not my place to talk about it then hindi rin ako mag-comment on their behalf," he related.

Aside from Richard and Ruffa, family members in showbiz are Eddie Gutierrez, Annabelle Rama, Ruffa, Elvis and Ritchie Paul. And Raymond knows that his family would understand the

nature of his job at "Showbiz Police."

Raymond added: "We grew-up in this industry so we know how the game works. We know how it works and alam naman nila. Maiintindihan nila. And I've been doing showbiz talk show for how many years now and marami na ring pinagdaanan ang family ko. So marami na akong napagdaanan as a TV host."

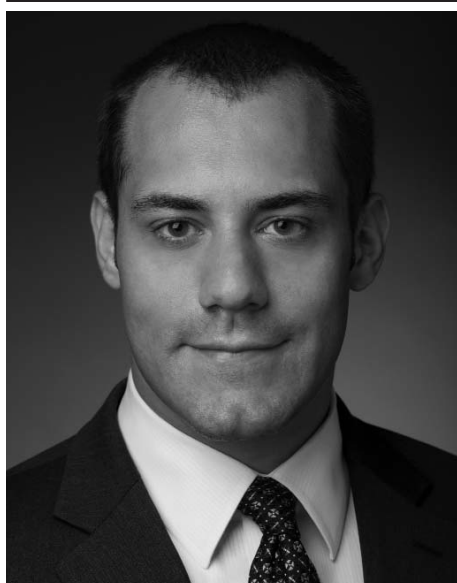
So how different is Raymond in "Showbiz Police?"

"I will try my best to be fearless. You know it's a work in progress. Hindi pa rin ako sing tapang or sing sanay ni Nay Cristy or direk Joey pero siguro through time we'll see," he remarked.

As for the show, he said that compared to his past showbiz talk show, "Showbiz Police" is more serious.

"We're taking it to a new level. We have to be a little bit fearless so parang yun yung direction...I think it also showed in our first episode that I'm ready to ask the serious questions," said Raymond.

"Showbiz Police" is part of TV5's Weekend Do It Better primetime block and it airs every Saturday at 6 p.m. Headlining the show with Raymond Gutierrez are Cristy Fermin, Cong. Lucy Torres-Gomez, filmmaker Joey Reyes with Divine Lee, Dina Castro and MJ Marfori as the three Showbiz Police Angels. ■



With Wine, Emotion Matters

By David White

Wine enthusiasts are always looking for an experience that's completely arresting -- a wine that stops you in your tracks, makes the room go silent, and just pulls you into the glass. Sometimes, those wines are expensive -- perhaps opened at an extravagant wine dinner where everyone brings a bottle to impress. Other times, they're ordered at a restaurant when one hands the list back to the sommelier, requests an adventure, and is blown away by the results.

I'm electrified when these experiences happen with wines made by friends. I'm hardly alone in this sentiment.

A few weeks ago, Steve Matthiasson, a top vineyard consultant in Napa Valley and one of Food & Wine Magazine's 2012 Winemakers of the Year, was asked about the wines that

most excite him.

"Wines made by friends are number one," he declared. "If it's made by a friend, it tastes better."

I first met Steve and his wife last February over lunch at their small vineyard in Napa. I sought them out after enjoying their 2010 white blend at a restaurant in San Francisco, and after our lunch together, I became an evangelist for their wines.

The Matthiassons' entire portfolio is absolutely stunning. But it'd be disingenuous to claim that emotion doesn't play a role in my appreciation for their wines. The fact is, there's an emotional component to wine appreciation -- and that shouldn't be ignored.

Emotion is why wines almost always taste better at a winery than they do at home. It's why enjoying a special bottle with a special someone is more meaningful than enjoying it alone. It's why a sommelier's recommendation is almost always a hit, especially if her passion is palpable.

Just as emotion can make a wine taste better, it can also make a wine taste worse.

In late August, one of Italy's most famous winemakers, Fulvio Bressan, penned a racist tirade on Facebook against his nation's first black government minister.

Outrage came quickly. Within days, the Italian reviewer at The Wine Advocate, the world's most influential wine guide, announced that she would omit Bressan's wines from future tastings.

That decision, while laudable, wasn't necessarily needed -- the racist comments spread far and wide across the world of wine. As wine writer Alder Yarrow wrote, "Bressan's wines will never taste the same again." One can safely assume that most consumers

agree with Yarrow.

Over Labor Day weekend, one of my closest friends came to visit from Los Angeles with his fiancée. They brought me a bottle of Grenache from Beckmen Vineyards, a small winery located in Santa Barbara County.

The reason? They visited Beckmen on their third date -- and enjoyed a bottle of the winery's Grenache over lunch. Once my friend realized that he had met the girl he was going to marry, he promptly purchased several cases of the wine.

How that Grenache tastes to others is irrelevant. Every time they open a bottle, they'll remember the butterflies they felt for one another on their third date. And it will always taste delicious.

David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Palate Press: The Online Wine Magazine.



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The North American Filipino Star Photo Gallery



A beautiful day for the annual apple picking picnic of Gilmore College International students and their family with friends and neighbors, Sunday, September 15, 2013 at the biggest apple orchard in Quebec. Alberto Santos (extreme left) invited over 20 people to join the picnic. He is looking forward to another tour to see the autumn leaves.



Sitting and enjoying the picnic, sharing food, smiling for the souvenir photo of a wonderful day are students and their friends.



Taking a break to pose for another souvenir with Ben Bade, Armie Tula, Zeny Kharroubi, Edna Lorenzo, Manoj Bhandar, Paul François, Wimble Paraiso, Maryglo Valiente, Crisitna Pa-ac with Casandra, Malica, Arlene Manalo, and two friends of Maryglo (2nd & 3rd from left).



Jo Magali Kardenas Tan with husband Vincent Tan are first timers in apple picking trips. Welcome to Gilmore College annual picnic.



Posing in front of the orchard's marker - L-R: Desiree Fernando, Arlene Manalo, Edna Lorenzo, Zenaida Kharroubi and Wimble Paraiso.



Manoj Bhandar caught climbing the apple tree. In the foreground are: Bert Santos with three members from his group whose names are not available at press time.



Photo taken by Vincent Tan showing the nice playground in the orchard. It's really a nice place to visit every apple picking time in September around the 2nd Sunday.



Photo: supporting victims of crimes (1) -- Sen. Tobias Enverga, Jr. joins MP for Etobicoke Centre, Ted Opatz (5th from right), Minister of Justice and Attorney General of Canada Peter MacKay (7th from right) after a consultation and roundtable discussion with stakeholders and advocates on the rights of victims of crimes. Minister MacKay conducts the consultation and discussion across the country to gather directly input from victims' groups, victims' advocates, police, lawyers and all stakeholders within the system. The information will be used in formulating a victims' bill of rights to improve Canada's justice system and give victims more effective voice in the system.



TEN YEARS WALKING FOR CHARITY - A MILESTONE! Senator Tobias Enverga, Jr. and his wife, Rosemer, walk anew with an estimated 2,300 participants at the ANCOP Walk 2013 in downtown Toronto, Sunday, August 25, 2013. It was their 10th year in the annual fundraiser for ANCOP International Canada. ANCOP (Answering the Cry of the Poor) is a charitable organization aimed at building communities for the marginalized sectors of society in the Philippines and other third world countries. ANCOP also provides scholarships for poor, but deserving students in those countries. Sen. and Mrs. Enverga, through the Philippine Canadian Charitable Foundation (PCCF) – a charity organization they founded, have so far forwarded \$27,500 since last year to ANCOP, which funds go toward the construction of 20 houses at a village in Paranaque City that ANCOP Canada is developing. (Office of Sen. Tobias Enverga, Jr.)



Chief Blair and Senator: Sen. Tobias Enverga, Jr. (C, Ontario) and Toronto Police Chief William Blair after the announcement in Toronto by the Conservative federal government on the allocation of close to \$250,000 in funding to help the Scarborough Family Justice Centre provide services that will ease the trauma for victims of family violence. The announcement was made by Minister of Justice and Attorney General of Canada Peter MacKay on Wednesday, August 14, 2013. MacKay said that in 2011, police reported almost 95,000 victims of family violence in Canada. The Scarborough Family Justice Centre is a pilot project being operated by Victims Services Toronto, in partnership with Toronto Police Services and community organizations. It aims to provide a more victim-focused and victim-friendly approach to criminal justice and social services intervention. For example, the Centre will ensure that each victim is provided with an advocate for support, counseling, case management, case co-ordination and consistent, timely access to information about the criminal justice process.



L-R: MP Roxanne James, MP (C, Scarborough Centre), Minister of Justice and Attorney General of Canada Peter MacKay (who is also the MP for Central Nova), Alma Benemerito of the Toronto Police Services and Sen. Tobias Enverga, Jr. (C, Ontario) at the Toronto Police Services Board, August 14, 2013. Photo was taken after Minister MacKay announced the allocation by the Conservative government of close to \$250,000 in funding to help the Scarborough Family Justice Centre provide services that will ease the trauma for victims of family violence. The Scarborough Family Justice Centre is a pilot project being operated by Victims Services Toronto, in partnership with Toronto Police Services and community organizations. It aims to provide a more victim-focused and victim-friendly approach to criminal justice and social services intervention. For example, the Centre will ensure that each victim is provided with an advocate for support, counselling, case management, case co-ordination and consistent, timely access to information about the criminal justice process.



Taken during the Knights of Rizal gala night at the Hyatt Regency Hotel, September 1, 2013: L-R: Filipina Star Editor Zenaída Kharroubi, Councillor Marvin Rotrand, Sir Lucien Spittaël from Belgium, and Candidate for Montreal Mayor, Marcel Côté.

From Page 11 Judge Rodriguez

themselves with integrity, especially where money is concerned. By being incorruptible, they will earn the public's trust and carry out their duties with a clear conscience."¹¹

(4) Have self-control. I was watching a TV presentation two weeks ago. The speaker said that to maintain freedom, one must have self-control. He gave an example of King David, who was powerful and very close to God, but fell into disgrace because he didn't have self-control. He was tempted to covet the wife of another, and then had her husband murdered.

In conclusion, I would like to leave this message to you. The author is unknown. "Life is Like Coffee." (Video presentation)

A group of alumni, highly established in their careers, got together to visit their old college professor. Conversation soon turned to complaints and stressed in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups: porcelain, plastic, glass and crystal, some plain looking, some expensive, some exquisite. He told his guests to help themselves to the coffee. After everyone had a cup the professor, said: If you noticed all the nice looking expensive cups have been taken up, leaving behind the plain and cheap ones.

While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup adds no quality to the coffee. In most cases it's just more expensive, and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup. But you consciously went for the best cups... and then you began eyeing each other's cup.

Now consider this.... Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain life and the type of cup we have does not define, nor change the quality of life we live. Sometimes... by concentrating only on the cup, we fail to enjoy the coffee. Savor the coffee, not the cup.

The happiest people don't have the best of everything, they just make the best of everything.

Live simply, speak kindly, care deeply, love generously.

The richest person is not the one who has the most, but the one who needs the least.

Life is like coffee.¹²

Freedom is a choice. Are we using our freedom to indulge in sinful nature or to cover up evil or are we using our freedom to serve one another in love? How do we preserve our right to life, liberty and the pursuit of happiness? Live simply, speak kindly, care deeply and love generously. An internationally known speaker, Zig Ziglar said, "Most

people who fail in their dreams fail not from lack of ability but from lack of commitment." Yesterday morning, Sir Reghis said that we should have a commitment to our Order to propagate or evangelize faithfully and effectively the timeless and enduring teachings of Rizal. Sir Dr. Winston Magno yesterday also ended his talk on "moral education" that is knowing what is right or wrong. Sir Eddie Limon a while ago said that we should not only standby but stand up to profess and to put into action Rizal's teachings. Therefore, I challenge the delegates to this Assembly including myself to commit ourselves in preserving our right to life, liberty and the pursuit of happiness by not using our freedom to indulge in sinful nature or to cover up evil, by fearing God, by not using our freedom to enrich ourselves at the expense of others, and by having self-control. Thank you so much for listening and God bless us all.

Footnotes

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