

Montrealers welcome the new Philippine Ambassador to Canada



Hon. Petronila Garcia, the first female Philippine Ambassador to Canada, is flanked by MMTV crew at the reception organized by FAMAS on Thursday, September 18, 2014. From left are: Consul Florida Mayo, Fely Rosales Carino, Al Abdon, Zenaida Kharroubi, Hon. Petornila Garcia, Terry White, Derwin Collantes, Remy Monteagudo, and Amy Manon-og.. See story on Page 4.

Philippines gets \$2.38B investment from Europe

European leaders pledged \$2.38 billion (P124.6 billion) in investments to the Philippines during President Benigno Aquino III's visit to the continent, GMA News TV Live reported Saturday.

A total of \$908 million had already been secured for investments in various businesses in the Philip-pines that include information technol-ogy, transportation, manufacturing, and infrastructure projects. An estimated 58,000 Filipinos is expected to be employed in the manufacturing industry alone. In his departure speech, Aquino said he and the

Economic Development Cluster will try to get more investments by explaining how conditions in manufacturing, information technology-business process outsourcing, and various projects under public-private partnerships have improved.

Aquino also intends to convince European leaders how Philippine maritime conditions have become better and allay their fears of illegal, unreported, and unregulated fishing.

During his European trip, the

See Page 18 - European investments



Filipinos in Madrid, Spain wave the Philippine flag as they await the arrival of President Benigno Aquino III on Sunday, September 14. Aquino is in Spain as part of a four-country European visit. Joseph Morong, GMA News

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Op. Ed.

Taking No for an Answer

It's an overused phrase but it's true: Insanity is doing the same thing over and over again, but expecting different results.

And, on these terms, there's no one crazier in Canadian politics than Quebec separatists.

The Scottish referendum might have seemed close. But the polls consistently told us the "no" side would win and they did – with 55.3% of the vote.

For others, this should be a cautionary tale. But this latest lost independence bid hasn't stopped Quebec separatist politicians who flew across the pond to observe the referendum from getting all excited.

As Parti Quebecois MNA Martine Ouellet told QMI Agency: "At the beginning the Yes side was polling at 30%. They finished at 45%. The Yes side ran a structured and organized campaign, and were incredibly positive. They also did a great job of using social media to their advantage."

Don't get your hopes up. A few tweets aren't going to fire up the Quebec youth – most care more about their future economic well-being than Quebec nationalism.

As we argued in Thursday's editorial, regardless of outcome the Scottish movement shouldn't inspire Quebec separatists. Even had it passed, the economic complications would have made it more trouble than it was worth.

In fairness to the Scottish movement, they at least knew exactly what they wanted.

Here's the question that appeared on the ballot: "Should Scotland be an independent country?" Pretty clear, isn't it?

Here's the 1995 Quebec referendum question: "Do you agree that Quebec should become sovereign after having made a formal offer to Canada for a new economic and political partnership within the scope of the bill respecting the future of Quebec and of the agreement signed on June 12, 1995?"

No one still really knows what that means.

And Quebec's separatists have been so flaky with such things over the years that Jean Chretien even had to pass a Clarity Act just to tell them not to talk with their mouths full, so to speak.

The Scottish independence movement was not a sign that Quebec should give it another go. If they do, results will be even more dismal for the separatists than they were in 1995.

Comparing and contrasting the past two Quebec referendums on sovereignty with Thursday's Scottish independence referendum and the one Catalonia is planning in Spain for November provides some food for thought:

The question: That the Scottish referendum question is simple and clear — six words: "Should Scotland be an independent country? — should put pressure on Quebec sovereignists to be similarly clear in any future referendum here. Also, the fact that the question was put to the British government beforehand for its approval is also significant. It sets a precedent, for a role for the federal government here, as in fact the federal Clarity Act provides for. On the other hand, Canada can't ignore the fact that Britain's willingness to recognize a simple 50-per-plus-one majority will resonate in the international community, despite the Clarity Act's more nuanced insistence on "a clear majority" or "a clear expression of the will of the population."

It's an entirely different story in Catalonia, the northeastern region of Spain that includes the city of Barcelona. Spain says it will not recognize any referendum organized by Catalonia. In fact, Sec. 92 of the 1978 Spanish constitution says referendums are only valid if they are called by the king, proposed by the prime minister of the government and approved by the Spanish parliament. It shows that the right to secession is something that varies, depending on the country. Although the U.S. Constitution is silent on secession rights, the U.S. Supreme Court has consistently interpreted it to mean there is no such right.

The economics: As Postmedia correspondent Matthew Fisher and other political observers have pointed out, both the Yes and No sides in Scotland

agree that the principal reason why there is any referendum at all in Scotland is the belief that independence would give Scotland a lucrative share of North Sea oil wealth. In fact, there is some difference of opinion as to how offshore boundaries would be drawn in the event of Scottish independence; these boundaries affect natural-resource ownership rights. But the most conventional way to determine them would see Scotland get 90 per cent of the petroleum wealth that now flows directly into the central United Kingdom treasury.

The raises an interesting question. What would happen if Quebec had 90 per cent of Canada's petro wealth? How would Quebecers vote in a referendum if, instead of receiving close to \$10 billion in federal equalization payments (an amount equal to 10 per cent of the \$100-billion provincial budget), Quebec was exporting \$10 billion in support to the rest of the country?

In contrast to Scotland and Catalonia, there is no clear fiscal or economic basis for separation in Quebec. In Catalonia, on the other hand, support for separation from Spain has risen from 20 per cent in 2010 to 50 per cent now, as Spain has fallen into a deep and long recession. Independence is seen in Catalonia as a way to break out of recession. And while Catalonia is prepared to accept its share of Spanish debt, cries of "Spain is stealing from us" echo long-standing cries of "It's Scotland's oil" in Scotland.

Without a clear fiscal or economic trigger for separation from Canada, some sovereignists in Quebec are saying Quebec needs to clean up its balance sheet and adopt more business-friendly policies geared to generating more wealth before going back to voters with a third referendum. Parti Québécois MNA and leadership candidate Pierre Karl Peladeau personifies this point of view. But he's not the only one. François Legault, a former PQ cabinet minister, left the PQ a few years ago to co-found the Coalition Avenir Québec, which has explicitly put the national question on deep freeze in order to concentrate in the short term on fiscal and economic challenges. In the last spring's Quebec election campaign, Legault said he would vote No in any referendum held now, but he couldn't bring himself to say he is now a federalist. All he would say is Quebec needs a makeover and until fiscal and economic conditions change, Quebec should leave these fundamental constitutional questions alone.

(Reprinted Editorial: from Toronto Sun - first posted September 20, 2014)

What PNoy Achieved in Europe

BERLIN, Germany - President Benigno Aquino III will be bringing home nearly \$2.4 billion in investments from his 4-nation European trip.

Aquino said they had discussions with a total of 19 companies, adding that all the business entities they talked to praised the economic performance of the Philippines.

"From our engagements in Europe alone, we are expecting around 2.3 billion dollars in investments in the sectors of manufacturing, energy, the IT-BPM sector, infrastructure, transport. Now, 'yung manufacturing, there is a -- kung pwedeng ano 'yung ating paniniwala na huwag mausog -- meron kaming tatrabahuhin bukas na talagang extra effort mag-lobby to set up manufacturing in the Philippines, really major," he said.

The investments are expected to generate more than 55,000 jobs.

The President, meanwhile, expressed gratitude to the European Union for lifting the ban on Philippine carriers.

Philippine Airlines (PAL) has already resumed flights to London, and is negotiating air agreements in France.

In France, the Philippine government signed a new Air Service Agreement, and the Aquino administration's steps taken for compliance to the 1978 Standards of Training, Certification and Watchkeeping (STCW).

Aquino said the problem has been unattended since 2006, requiring a single agency to deal with SCTW in the Philippines. He said under Republic Act 10635, the agency tasked is Maritime Industry Authority (MARINA).

"Ang trabaho nito, now 'yung ipo-professionalize natin itong Standards of Training, Certification and Watchkeeping monitoring system. Tapos ngayon gagawin natin 'yung conflict of interest para 'yung mga kasama sa industry sila rin ang nagsi-certify na name-meet 'yung standard. So 'yung company nila ayaw nila 'di ba may potential na conflict of interest, ngayon hiwalay na. Wala sa industriya, pinipilit nating mai-professionalize

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Ambassador Garcia Launches Winter Escapade 2, Counts on Filipino Communities as Support Base for PH-Canada Relations

29 August 2014 – Signalling her priorities for bilateral relations, Ambassador Petronila P. Garcia reached out to Filipino community representatives from Ottawa and Montreal within days of her assumption of post as the Philippines' top envoy to

The Ambassador recalled recent milestones in bilateral relations, such as the designation of the Philippines as a Country of Focus for Canadian development assistance and as priority market for trade, the high level exchanges including the visit of Prime

voters, and the campaign for Vigan to be named one of the Seven Wonder Cities of the World. The Ambassador seized the occasion to launch the Winter Escapade 2, a unique group tour which she herself will lead on 30 January – 6 February 2015 in the islands of Negros Oriental, Siquijor, Bohol and Cebu. Riding on the success of the first

Philippine Consulates-General to various audiences across Canada.

The meet-and-greet likewise provided the opportunity for the blessing of the Embassy's new multi-purpose hall and showroom by Fr. Pedro Arana of the Assumption Church in Ottawa who also prayed for the success of the



Canada.

At a 'meet and greet' activity on 29 August 2014 at the Philippine Embassy in Ottawa, Ambassador Garcia laid bare her mission to build on the strong foundation of Filipino-Canadian friendship to expand existing cooperation between the Philippines and Canada while facilitating commercial ties between the two countries.

Minister Stephen Harper to the Philippines in 2012, and how bilateral ties have been transformed over the years by Filipinos in Canada, now 660,000-strong.

Ambassador Garcia also called attention to important activities where community support will be productive such as Winter Escapade 2, Team Philippines-Canada's flagship tourism project, the ongoing registration of Filipino overseas



Photo shows the Ambassador delivering her speech while the other officers listen

Winter Escapade in January 2014, next year's Winter Escapade eight-day, seven-night package is expected to attract hundreds of Filipino-Canadian and mainstream visitors as inquiries have been pouring in even before the launching of the tour. Throughout September, details of the tour package will be presented by the Embassy and

Ambassador, her team and mission.

"I come to Canada at a time we are enjoying a renaissance in our relationship and the promise that our shared values will form the basis of creating value – for a better quality of life for all concerned. Let us make it so," Ambassador Garcia stated.

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Montrealers welcome the new Philippine Ambassador to Canada

Montreal, September 18, 2014 - The first female Philippine Ambassador to Canada, Hon Petronila Garcia, was warmly welcomed in Montreal by many community leaders and members of the different Filipino-Canadian organizations at the FAMAS community centre building on Van Horne Avenue in Montreal.

Nida Quirapas, the current FAMAS president, introduced her by reading her biography which highlights her career and accomplishments that include being a member of Mensa. Prior to her deployment in Canada, she was known to be the first woman to be assigned to an Arab country. She served as Philippine Ambassador in Israel and Egypt. Before being appointed for Canada, she was the Assistant Secretary in the Department of Foreign Affairs for Middle East and African Affairs.

Ambassador Garcia delivered a brief speech in which she mentions the deep friendship between Canada and the Philippines. She expressed appreciation for the great humanitarian aid that was given to the Philippines for the Yolanda victims. She mentioned the forthcoming elections in the Philippines and urged the audience to register for dual citizenship in order to participate in

the 2016 elections.

Consul Florida Mayo presented the 2nd Winter Escapade which will be an 8-day tour starting on January 30, to February 6, 2015. She called on Councilor Marvin Rotrand to talk about his experience in the Philippines. He cited all the positive things that happened which included the grand welcome he received from the Mayor of Manila, Joseph Estrada with whom he discussed the twin cities agreement between Manila and Montreal which will be on its 10th anniversary this year. He expressed hope that something will be done to revive or realize this agreement further. He also urged Montrealers to join the tour to have a bigger delegation.

After the presentation, questions and answers followed. The audience was then given the opportunity to meet and greet the new Philippine Ambassador.

Some political leaders present at the reception were: Anthony Housefather, Mayor of Cote St. Luc, Howard Liebman, Chief of Staff of MP Cotler, and Marvin Rotrand, Councilor of NDG.

MMTV covered the event with Derwin Collantes as the camera man and Fely Rosales, MMTV reporter, interviewed the Ambassador.

Philippines and Germany also inked a social security agreement, which entitles Filipinos in Germany and their dependents to the social security benefits of German nationals, and vice versa, Germans in the Philippines will also be entitled to benefits.

"Parang we recognized each other... We recognize and synchronize each other SSS coverage. It will contribute to equality of treatment and eliminate dual coverage amongst others," Aquino said.

LAGUNA DE BAY

During the trip in Brussels, Aquino said he was also able to clarify with the Belgians why his administration did away with the contract with the Belgium-based company for the dredging of Laguna Lake.

He said, during their talk with the Prime Minister of the Kingdom of Belgium, the topic was discussed in passing, noting that the issue was already before arbitration and the Philippine government will be bound by the result.

He said they explained to the Prime Minister the main contention that there is an 18.7-billion project, and basically, it will remove silt from one portion of the lake and move it to another portion of the lake.

"There was no belligerence because again, almost said in passing. So I think they were able to say it, we were able to respond appropriately without causing any tension and conflict."

NAIA TERMINAL 3

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Canada accredits first female Philippine Ambassador

3 September 2014 – Presiding over the presentation of credentials of six (6) newly-arrived Ambassadors to Canada, His Excellency, the Right Honourable David Johnston, warmly received today Her Excellency, Philippine Ambassador Petronila P. Garcia in a stately ceremony at the Rideau Hall in Ottawa.



Ambassador Petronila Garcia presents her credentials to His Excellency, the Right Honorable David Johnston, Governor General of Canada. Photo credit: Sgt. Ronald Duchesne, Rideau Hall @Her Majesty the Queen in Right of Canada represented by the Office of the Secretary to the Governor General (2014)

Ambassador Garcia handed over to Governor General Johnston her letter of credence and the letter of recall of her predecessor, Ambassador Leslie B. Gatan.

In his welcome address, the Governor

Canada, among them more educational partnerships in the fields of agriculture, engineering, environmental protection, educational technology and information technology. The Philippine Ambassador took the occasion to convey the Filipino people's gratitude

for Canada's tremendous disaster relief assistance in the aftermath of Typhoon Haiyan last year, including the deployment of Canada's Disaster Assistance Relief Team (DART) by Canada to the island of Panay. The conversation also dwelled upon the recent designation of the Philippines as a Country of Focus for Canada's development assistance and high-level official exchanges, such as the visit of Prime Minister Stephen Harper to the Philippines in 2012 and the planned reciprocal visit of President Benigno S. Aquino III to Canada in 2015.

"Today, I carried to the Governor General not only my credentials as Ambassador Extraordinary and Plenipotentiary but also the good wishes of President Aquino and the affection of the Filipino people for the entire Canadian nation. My mission is to ensure that Philippine-Canadian friendship will continue to flourish on the back of healthy political and economic relations with the large Filipino diaspora in Canada providing a rich context to pursue our goals," Ambassador Garcia remarked.

Ambassador Garcia, the Governor General of Canada, Senator Tobias Enverga, Jr.



Governor General David Johnston (center) with newly accredited ambassadors of Slovenia, the Philippines, Iceland, Belgium, Togolese Republic and Swiss Confederation. Photo credit: Sgt. Ronald Duchesne Rideau Hall @Her Majesty Queen of Canada represented by the office of the Secretary to the Governor General 2014

General recognized the knowledge and skills that Ambassador Garcia will bring to bear on Philippines-Canada relations, which are largely shaped by people-to-people ties fostered by some 660,000 Filipinos in Canada. He expressed confidence that the Philippines and Canada will benefit from the Ambassador's dedication to building a better world.

Noting that he and the Ambassador find common ground in their legal education, the Governor General hoped to discuss their common interest when time permits and looked forward to new and exciting partnerships between Canada and the Philippines.

During her tête-à-tête with the Governor General, Ambassador Garcia summarized her priorities for growing bilateral ties with

pose with the Ambassador's entourage

Ambassador Garcia was accompanied at today's ceremonies by the Philippine Embassy's Deputy Chief of Mission, Uriel Norman R. Garibay, Minister and Consul General Eric Gerardo E. Tamayo, Minister and Consul Florida Ann Camille P. Mayo, First Secretary and Consul Porfirio M. Mayo, Jr., Consul General Junever M. Mahilum-West of the Philippine Consulate General in Toronto, Consul General Neil Frank R. Ferrer of the Philippine Consulate General in Vancouver, Labor Attachés Leonida V. Romulo and Jaime P. Gimenez as well as the Ambassador's sons Angelo Victor Garcia and Jose Gabriel Reyes.

From Page 2 What PNoy Achieved

itong committee na ito," he said.

ILLEGAL FISHING

Another issue that was dealt by Aquino during his European trip was the illegal, unreported and unregulated fishing.

The Philippines was issued by EU with a yellow card, indicating a warning.

Aquino said there was a 16-item checklist of things that the Philippines has to comply with and fortunately, he said, 14 of the 16 have already been met. The remaining steps are the amendment to the Fisheries Code and the other is manning of the new inspectors.

"So, I think we managed to convey that we are striving really hard to comply with all of these requirements so that our fishing industry and the people benefiting from the fishing industry will not suffer a ban on exports from the Philippines to the EU," said the President.

Aquino said the Philippine delegation also made strides with the signing of a memorandum of understanding between École Nationale D'Administration (ENA), France's most prominent school for public service.

The MOU is between ENA and the Development Academy of the Philippines, which will open up several areas for academic exchange and collaboration, specifically for more expertise, efficiency, and professionalism for civil servants.



IMAGE & FASHION

Michael Davantes
B.A. Specialization in Communication

Get fit this Fall

Fall is a super season for shaping up according to experts. "It is a great time to start a fitness program because you're going to create good habits for the holiday season and the upcoming winter months," says Justin Price, owner of a personal training and wellness coaching. Chris Freytag, a fitness instructor and fitness expert, agrees. "With the change of seasons comes a renewed time to rethink and restart."

Here are 10 ways to start making the most of the season.

1. Take advantage of the weather. Fall season is a great time to exercise outdoors and enjoy cooler temperatures, plus the crisp air and Fall foliage can be a treat for the senses. Discover park trails and take in some new scenery, whether you're walking, biking, or in-line skating. Raking leaves or doing some fall outdoor yard work is also a great way to get the heart pumping, and it's great calorie-burning too.

2. Fall is a great time to learn something new. Take a dance lesson or explore other classes offered at gyms during fall such as yoga and badminton. "Fall is the perfect time to gain new physical skills," Price says, "because you burn fewer calories when you begin a new activity. If you learn something new now, by next summer, you'll have mastered the skill—and you'll burn more calories doing it, just in time for swimsuit season."

3. Get tips from YouTube. There are some good exercises videos on YouTube that could help you get started such as Beginner's Home Muscle

Building and Cardio Workout by Mike Chang.

4. Integrate exercise into your life such as parking farther away from your destination, taking the stairs instead of elevators and taking a walk during your lunch break.

5. Rejuvenate yourself—your body, mind and spirit. Get a massage after your run. Learn to meditate.

Take an art class. Treat yourself not just with exercise but other activities that promote wellness so you can feel good physically, mentally, emotionally, and spiritually.

6. Remember the 30-day rule. "It takes about four weeks for the body to adapt to lifestyle changes," says Price. That's why people who give up on their fitness programs tend to do so within the first 30 days. "Try to stick with a program for a month," Price says. "After a month, behavior patterns will have adapted and it will be much easier to stick with it after that."

7. Strive for the 3 Cs. Freytag calls commitment, convenience, and consistency "the three Cs", and says having all three will lead to a success. "Put in on the calendar, because later always turns into never."

Convenience means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted.

Finally, there's consistency. "I'd rather see a brand-new client work out for 10 minutes a day rather than one hour every

month," Freytag says

8. Exercise family-style. Pick things you can do as a family, like rock climbing, canoeing, or bowling to keep everyone striving for better health and fitness. Some of the local parks even have fitness courses. You could run through together. Set a family weekend to head to a new state park and check out the foliage or go apple picking.

9. Add color to your diet. Fall is a bountiful harvest of brightly colored vegetables and fruits, rich in antioxidants and vitamins. Indulge. Squash, sweet potatoes, pumpkin, carrots, beans, avocados, broccoli, and cauliflower are all great antioxidant-rich vegetables, packed with vitamin A, vitamin C, and potassium, says Price. "Antioxidants

help the body to combat free radicals in the body," says Price, obtained through everything from pollution in the environment to internal stress. "Everything is cyclical," says Price, "so if we eat with the seasons, we're going to be healthier."

10. Find your motivation. Discover what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race or event, and choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class. Creating a challenge for yourself will motivate you, and remember that anything worth having takes work. (Edited from WebMD)

Get Fit Outdoors -- in 30 Minutes

To get fast results, take your workout outside. A study from California Pacific Orthopedic and Sports Medicine found that outdoor exercisers lost an average of 7.43 pounds and 6.17 percent of body fat in eight weeks. That's because outdoors, your body is constantly challenged by inclines, declines, and obstacles, explains Tina Vindum, founder of Outdoor Action Fitness, an outdoor-fitness instruction program in Marin County, California. You'll also improve your mood and boost self-esteem, according to recent research from the University of Essex in England.

Rev up your usual routine by doing this 30-minute workout, developed by Vindum. Try it in your backyard or at a local park -- you'll burn at least 260 calories while firming up all over. Before you get started, make sure to warm up with at least five minutes of power walking or light jogging

To get fit fast, get outside! Blast calories and sculpt every muscle without setting foot in the gym.

By Betsy Stephens

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EARTH TALK™

Questions & Answers About Our Environment

Dear EarthTalk: How is it that some food purveyors are contributing to the destruction of tropical rainforests by ditching unhealthy "trans fats?" -- Billy S., Salem, OR

Most public health advocates applaud efforts by processed food producers, restaurants and fast food chains to get rid of so-called "trans fats"—partially hydrogenated oils added to foods to improve texture and extend shelf life but which can aggravate

results in similar spikes in artery-clogging LDL ("bad") cholesterol and a protein (apolipoprotein B) that distributes it throughout the bloodstream.

Meanwhile, the explosion in palm oil use over the past few decades for biofuels and as a food ingredient and additive has wreaked havoc on tropical rainforest ecosystems across Southeast Asia. Environmental leaders are concerned that even more demand for palm oil could push some endangered species—including orangutans, Sumatran tigers and pygmy elephants—over the brink. "They're losing critical habitat that threatens their survival and that's largely driven by palm oil expansion," says RAN's Barclay.

Higher carbon emissions are another down side. According to the Union of Concerned Scientists (UCS), the tropical peat soils that predominate in

to sit on store shelves at room temperature. The best thing we as consumers can do to keep our arteries and our consciences clear is to dial back our consumption of foods that include palm oil or any other trans fat alternatives. Indeed, there's never been a better time to put down those packaged baked goods and processed snacks altogether.

CONTACTS: FDA, www.fda.gov/Food/ucm292278.htm; RAN, www.ran.org; UCS, www.ucsusa.org.

Dear EarthTalk: I thought that putting ethanol in our gas tanks was going help fight climate change, but lately I've heard reports to the contrary. Can you enlighten? -- Bill B., Hershey, PA

Ethanol and similar "biofuels" made from corn and other crops seem like a good idea given their potential for reducing our carbon outputs as well as our reliance on fossil fuels. But recent research has shown that the federal government's push to up production of corn-derived ethanol as a gasoline additive since 2007 has actually expanded our national carbon footprint and contributed to a range of other problems.

U.S. corn producers started ramping up ethanol production in 2007 as a result of President George W. Bush's Renewable Fuels Standard (RFS), which mandated an increase in the volume of renewable fuel to be blended into transportation fuel from nine billion gallons in 2008 to 36 billion by 2022. Ethanol now makes up 10 percent of the gasoline available at filling stations.

But environmentalists now say that the promise of ethanol has turned out to be too good to be true. For one, there is the issue of net energy produced. According to Cornell University ecologist David Pimentel, growing and processing corn into a gallon of ethanol requires 131,000 BTUs of energy, but the resulting ethanol contains only 77,000 BTUs. And since fossil-fuel-powered equipment is used to plant, harvest, process and distribute ethanol, the numbers only get worse.

The non-profit Environmental Working Group (EWG) warns that continued production of corn ethanol is not only "worse for the climate than gasoline" but also bad for farmers, the land and consumers: "It is now clear that the federal corn ethanol mandate has driven up food prices, strained agricultural markets, increased competition for arable land and promoted conversion of uncultivated land to grow crops."

Additionally, the group reports that previous estimates "dramatically underestimated corn ethanol's greenhouse gas emissions by failing to account for changes in land use," citing a 2012 study documenting the conversion of eight million acres of

Midwestern grassland and wetlands to corn fields for ethanol between 2008 and 2011. "These land use changes resulted in annual emissions of 85 million to 236 million metric tons of greenhouse gases," says EWG. "In light of these emissions, many scientists now question the environmental benefit of so-called biofuels produced by converting food crops."

Given the potential negative impacts of so-much corn-based ethanol, the U.S. Environmental Protection Agency is reportedly weighing a proposal to cut the amount currently required by law to be blended into gasoline by 1.39 billion gallons. If the federal government decides to do this, it could lower U.S. carbon emissions by some three million tons—equivalent to taking 580,000 cars off the roads for a



The explosion in palm oil use, largely to replace unhealthy trans fats in food, has wreaked havoc on tropical rainforest ecosystems across Southeast Asia, pushing some endangered species -- including orangutans like the one pictured here -- to the brink. Credit: Orangutan: Roger Smith; Clearcut: Greenpeace

heart disease. In 2013 the U.S. Food & Drug Administration (FDA) proposed eliminating trans fats altogether, but it is unclear if and when such a change will take effect. In anticipation, many big trans fat buyers have switched to palm oil, much of which comes from former tropical rainforest lands cleared for agricultural production across Southeast Asia.

"The concern is that a lot of companies will switch to palm oil in order to reduce trans fats without thinking more broadly about the health and environmental implications of that," says Bill Barclay, Policy and Research Director at the non-profit Rainforest Action Network (RAN).

Palm oil may be a good substitute for trans fats in that it stays solid at room temperature and is therefore useful as a food additive in things like snack bars. But it isn't much healthier: A 2009 study by the federal Agricultural Research Service found that palm oil "would not be a good substitute for trans fats by the food industry" because consuming either type of fat

Southeast Asia rainforests store huge amounts of carbon.

Clearing and draining these fields to create palm oil plantations releases this carbon into the atmosphere.

Green groups continue to work with palm oil producers and the governments that regulate them to promote more sustainable production and processing and toughen standards for conversion of land to agricultural use, but progress has been slow. A recent commitment by five of the world's largest producers and traders of palm oil to stop clearing "critical forest areas" for one year during a study is a step in the right direction, but there's no telling whether other producers will step up their own expansion efforts to fill the void, let alone what kind of ramped up production will happen when the study is complete.

And while food scientists are working on other alternatives to trans fats that could be greener and healthier, none are as a cheap-to-produce and easy-to-process as palm oil, at least for applications requiring a food product



Credit: Michael Cote
The federal government's push to increase production of corn-derived ethanol as a gasoline additive since 2007 has actually expanded our national carbon footprint and contributed to a range of other problems.

year. Meanwhile, researchers are trying to develop greener forms of ethanol, but none are ready for market yet.

"The lifecycle emissions of ethanol 'from seed to tailpipe' depend on how the ethanol is made and what it's made from," reports the Union of Concerned Scientists (UCS). The best ethanol, they say, can produce as much as 90 percent fewer lifecycle emissions than gasoline, but the worst can produce much more. So there still may be room for ethanol in our energy future, but not if we keep doing it the way we are now.

CONTACTS: Renewable Fuel Standard, www.epa.gov/otaq/fuels/renewablefuels; David Pimentel, vivo.cornell.edu/display/individual5774; EWG, www.ewg.org; UCS, www.ucsusa.org.

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Tagalog Seksyon

Ang opinyon ni Willie Quiambao

Ang ugaling Pilipino

Hanggang ngayon ay pinag-uusapan pa ang mga kaguluhang nasaksihan ng mga delegado ng Canadian Chamber of Commerce of the Philippines at ng mga miyembro ng ating komunidad noong Agosto 17 sa 6767 Cote des Neiges. Ang dahilan ng kaguluhan ay kung sino ang magiging host sa mga delegadong galing sa Pilipinas na nagpunta rito upang dumalo sa kumbensyon ng mga negosyante. Ang naging solusyon: Ang Federation of the Philippine-Canada Trade of Commerce of Quebec ni Grace Yip ay nakatakdang mag-host ng alas-4 ng hapon sa ika-anim na palapag at ang Council on Philippine-Canada Board of Trade ni Al Abdon ay alas-5 ng hapon sa unang palapag.

Naghihintay kaming mga supporter ni Al sa loob ng kuwarto ng unang palapag dahil naantala ang dating ng mga delegado nang bigla kaming nakarinig nang malakas na sigawan at ingay, "Puede ba, tumigil na kayo? Nakakahiya na ang ginagawa ninyo." Nang lumabas kami, nakita nanin na pinapayapa ng mga Pilipino at dalawang security guards na naroon sina Julie Parado at Dick Dahiroc. Ayon sa mga nakakita sa nangyari, nang sa wakas ay dumating si Cora de la Cruz, puno ng mga delegadong galing sa Pilipinas, hinila kaagad siya ni Julie sa kamay at sinabing, "Dito ho sa itaas ang legal na asosasyon," Nang makita naman ito ni Dick, sinabi niya rin kay Cora na "Dito ho sa ibaba ang legal." Sinabi ng mga nakakita sa pangyayari, itinulak pa ni Julie si Jojo. Tinanong ko ang mga nakasaksi kung totoo ito at sinabi nilang totoo. Natanggal pa raw ang sapotos ni Jojo dahil sa tulakan. At hinamon pa raw ni Julie si Jojo, "Pati ikaw, lalaban ka?"

Sa kaniyang talumpati sa unang palapag, nagbiro na lamang si Cora sa nangyaring gulo. Pero pagkatapos ng pagtitipon, ipinagtapat niya sa amin ni James de la Paz na huli nang dumating, na nagulat din siya sa nangyari. Humingi ng paumanhin si James sa hindi magandang inasal ng mga Pilipinong nasangkot sa gulo.

Subalit hindi pa pala natapos ang gulo noong Agosto 17. Nang sumunod na araw o makaraan ang ilang araw, nagkaroon na naman ng higit na nakahihiyang pangyayari. Nasa Citadelle Hotel ang grupo ni Al sa pagpupulong na dinaluhan ng mga delegado at senador. Nang araw at oras na magpunta sa Citadelle Hotel ang mga delegado, nagpunta naman sa city hall ang grupo ni Grace Yip para sa

tinatawag na "book signing" at courtesy visit sa mayor ng Montreal. Lyon ang dahilan kaya walang nakasipot na mga delegado sa city hall. Ipinaliwanag ni Al na ibinigay niya kay Grace ang itenary ng mga delegado sa Citadelle Hotel. Sinabi naman ng grupo ni Grace na bakit tumawag ng alas-9 ng umaga si Cora upang i-cancell ang pagpunta sa city hall kung hindi niya tinanggap ang paanyaya ng grupo ni Grace.

Hindi na mahalaga kung sino ang nagsasabi ng totoo o hindi. Sa bawat pagkakamali ay mayroon tayong natututuhan. Sana ay huwag nang maulit ang mga nangyaring gulo sa 6767 Cote des Neiges at paghihintay ng mga politiko sa wala sa city hall. Sa susunod, kung mayroon pa, mag-usap at magbigayan sana ang mga taong nasangkot sa gulo. Hindi lamang sila ang napahiya kundi nadamay pa ang buong komunidad ng mga Pilipino. Akala ng ibang tao, lalo na ang mga politiko, ganoon lahat ang mga Pilipino. Ang gugulo - walang pinipiling lugar at okasyon.

Ang kasaysayan ng PCC

Noong Agosto 16, nagtalumpati si Julie Parado sa FAMAS center bilang paggunita sa ika-25 annibersaryo ng Pilipino Community Center. Ipinadala niya pa sa email ang kopya ng kaniyang talumpati sa ilang miyembro ng ating komunidad. Isa ako sa nakatanggap.

Ang buod ng maigsing kasaysayan ng PCC na isinulat ni Julie ay ito: Si Norma Villarosa ay nagkaroon ng pangarap na magkaroon ng center nang maging presidente siya ng FAMAS noong 1978-79. Sa kaniyang pamamalakad nabuksan ang FAMAS fundraising account. Naatasan si Nemias Zaldia, isang real estate broker at dating president ng FAMAS, na humanap ng gusali na mapakikinaibangan ng FAMAS. Sinabi ni Julie na naganap ang pagpipirma sa mortgage ng FAMAS noong naging presidente si Marlene. Bakit hindi niya nilinaw na kung sakaling hindi makabayad ang FAMAS sa mortgage, si Marlene ang naglakas loob na parang maging guarantor. Nakasanla ang kaniyang ari-arian. Lyon ang mahalaga. Sa halip, sinabi ni Julie na si Angie ang nagsimula ng Munting Bb. Pilipinas na nagdala ng pinakamalaking pera sa FAMAS noon. Ang totoo, ayon kay Bert Abiera, dating pangulo ng FAMAS, ang Munting Bb. Pilipinas ay copy cat lamang ng fundraising na ginagawa sa Pilipinas at si Norma ang nag-umpisa nito sa Montreal. At nangyari ang pinakamalaking perang naipasok ng Munting Bb. Pilipinas noong administrasyon ni Bert bilang

presidente. Ang papel lamang ni Angie ay ang pagiging chairman ng Munting Bb. Pilipinas noong presidente si Bert. Isinulat din ni Julie na may problema sa rezoning ng nabiling gusali. Bakit hindi niya isinulat kung paano nalutas ang problemang ito at kung sino ang lumutas. Lyon ang mahalaga. Sa halip, isinulat niya uli ang fundraising na ginawa ni Angie

Walang nagsasabing hindi nakatulong si Norma, Nemias, Marlene at Angie na binanggit ni Julie kung paano natupad ang pangarap ni Norma. Pero sino ang mga ito? Maliban kay Marlene ngayon, mga kaibigan ni Julie si Norma, Nemias at Angie. At lahat ng mga naging presidente ng FAMAS, kabilang si Julie at James de la Paz, nag-fundraise. Hindi niya nabanggit ang kakaibang malaking tulong na nagawa ni James upang ma-rezone ang gusaling nabili ng FAMAS. Nang maging presidente si James noon 1995-1997, nilakad niya na ma-rezone and gusali dahil tutol ang mga kapitbahay sa magiging ingay at abalang mangyayari kapag naging center ang dating gusali. Nang panahong iyon, hindi maitatangging malapit si James sa dating mayor ng Montreal, Pierre Bourque, at dating konsehal, Saulie Zajdel, kaya halos wala pang isang taon, napagbigyan ang kahilingan ni James na ma-rezone ang gusali para maging center. Si James din ang nagbayad nang buo sa mortgage ng FAMAS sa kabila ng matinding pagtutol ni Julie at ng mga ibang presidente ng FAMAS. Kung hindi nangyari iyon, tiyak may utang pang binabayaran ang FAMAS ngayon. At kung hindi rin kay James, maaaring hanggang ngayon ay wala pa ang center. Sabi nga ni Dick Dahiroc, dating presidente ng FAMAS, "May pera nga ang FAMAS pero hindi magiging center iyon kung hindi kay James."

Sa maikling salita, ang PCC ay naitayo dahil bahagi tayong lahat - ang mga sumuporta sa fundraising, mga nagbayad ng membership fees, ang mga volunteer na tumulong upang mapaganda ang center tulad nina Pepe Carbon, Nilo Parial at Alex Sy.

Bilang isang presidente ng FAMAS at isang matagal nang miyembro ng komunidad, akala ko ay alam ni Julie ang buong kasaysayan ng PCC. Maraming mahahalagang bagay na hindi isinulat ni Julie. Sa halip, nakatuon lamang siya sa ginawa ng kaniyang mga kaibigan - si Norma at lalo na si Angie. Sa susunod na isusulat niya ang kasaysayan ng PCC, sana, tiyakin niya na tama ang isinusulat niya para hindi nalilito ang mga miyembro ng ating komunidad lalo ng ang mga kabataan at bagong dating.

Ang kasaysayan ng PCC ay parang pelikula o teleserye. May bida, kontra bida, supporting roles at extra. Hindi mabubuo ang pelikula o teleserye kung wala sila. Sang-ayon sa sinabi ko si Bert, kaya lamang, ang sabi niya, depende sa sumulat ng kasaysayan ng PCC noong Agosto 16. Isusulat niya kung ano ang gusto niyang isulat.

Maikling kuwento

Ang Tim Hortons sa Van Horne Ave. at Victoria Ave.

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sa Van Horne Ave. at Victoria Ave., hindi ko maiwasan ang magdaan at tumanaw sa loob ng katabing tindahan, Tim Hortons. Wala na ang mga Pilipinong dati ay nakikita ko roon. Iba na kasi ang may-ari. Hinahanap-hanap ko rin ang mga mukha ng kaibigan at kakilala na may ibat ibang makukulay na karakter. Naging bahagi na rin sila ng aking buhay.

Wala na si Aling P. Una ko siyang nakilala nang nagsisimula akong magsulat sa Gazette. Isinusulat ko ang tungkol sa Santacruz, isang tradisyon na ginagawa sa Pilipinas kung Mayo. Naghahanap ako ng dating nagsasagala sa atin na puwedeng ma-interview. Si Aling P binigay sa akin ng mga Pilipino. Lyon ang naging dahilan ng pagkakaibigan namin ni Aling P. Masaya siyang kausap kapag nakikita ko siya sa Tim Hortons. Nag-iisa siya sa buhay - hiwalay sa asawa, walang anak at kamag-anak sa Canada. Maaga pa lamang ay nasa Tim Hortons na siya. Dala niya ang kaniyang baon na parang nagtrabaho sa opisina. Ngayon, ang balita ko, nasa bahay na siya ng matatanda. Kawawa naman. Dito sa Tim Hortons nangangampaniya ang mga kandidato ng FAMAS kung eleksyon. May mga dating hindi nakakakilala at bumabati sa iyo, pero lalapitan ka kung panahon ng eleksyon. At kapag sinuswerte ka, ibibili ka ng kape. Dito rin makikita ang mga talagang pulitiko tulad nina Irwin Cotler at Lionel Perez. Ang pagkakaiba nila sa mga kandidatong politiko sa Pilipinas, hindi sila nagpapakape o nagpapasigarilyo. At nangangampaniya silang walang bodyguard at walang dalang baril. Ang isang karakter na hindi ko malilimutan ay si Aling L. Anak niya ang kaibigan kong si B. Noong buhay pa si B, ikinukwento niya na hindi sila magkasundo ng kaniyang ina. Minsan, tinawagan ko si B sa teleponong ibinigay niya sa akin. Sa halip na ang unang sabihin ni Aling L ay "hello", tinanong kaagad ako, "Ano ito, obscene call?" "Kaya pala sila hindi magkasundo ng kaniyang anak, mataray," sabi ko. Nang araw na mamatay si B, papalabas ako sa Tim Hortons nang masalubong ko ang kaniyang ina. Nang itanong ko kung saan ibuburo, galit pa na sinabing, "Hindi namin ibuburo. Wala kaming pera." "Talagang may attitude," sabi ko sa sarili ko. Pagkalipas ng ilang araw, naging mabait sa akin ang ina. Nabasa siguro iyong ginawa kong tribute sa anak niya. At inanyayahan pa ako sa Chinatown para sa ika-40 araw ng pagkamatay ni B. At nang ibinigay ko sa kaniya ang litrato ng anak na magkasama kami sa isang pagtitipon, bigla na lamang humagulgol ng iyak. Sana, noong buhay pa ang kaniyang anak, ipinakita niya na ang kaniyang pagmamahal. Hanggang sa mamatay yata ang anak, hindi sila nagkasundo.

Iba na nga ang Tim Hortons. Ang balita ko, ang marami sa mga dating nagpupunta sa lugar na ito ay lumipat na sa Plaza Cote des Neiges o sa Second Cup. Ang iba, hindi ko alam kung saan nagpapalipas ngayon ng oras. Kung saan man sila naglalagi ngayon, tuloy pa rin ang takbo ng buhay. Ang tiyak ko lamang ay may mga magagandang alaalang naiwan sa kanila ang Tim Hortons sa Van Horne Ave. at Victoria Ave.

W.G. Quiambao



Ask the Video Guy

Technological Tidbits
by

Al Abdon

Choosing the Right Camera for You

Buying a DSLR can be a daunting task. Different cameras are more suited to different types of shoots. The most expensive DSLR is not necessarily the best camera for the job. Finding the right DSLR for you can be as simple as thinking about the types of videos you want to shoot and finding a camera that best supports those needs.

HD capable DSLRs have many advantages over traditional HD camcorders. A DSLR with lens can weigh less than two pounds whereas most camcorders with removable lenses are much heavier. The larger image sensors in DSLRs offer greater detail, higher dynamic range and less noise than even many high-end camcorders. There are also more lens options for DSLRs than for camcorders. It can take some added accessories and/or a little bit of time to get used to shooting video with a DSLR, but the results are well worth the effort. Let's look at a few features that define these cameras while also illustrating why they differ from traditional camcorders.

Zoom and Focus

DSLR lenses lack the zoom rocker (controller) typically found on camcorder lenses. It can take some time getting used to twisting a lens ring to zoom. Focus rings on lenses are often small, so using a cinema style follow focus really helps.

Audio

DSLRs don't come with an external microphone, and the on-board mic is usually sub-par for gathering good sound because it's so close to the camera's control mechanism. DSLRs share many audio challenges with smaller camcorders. The onboard mics on DSLRs are not very directional like a shotgun mic. Some DSLRs have only an 1/8-inch mic input and lack phantom power needed for professional shotgun mics. Many DSLRs can't record uncompressed audio which can be a problem if you need to do a lot of filtering or effects in post. A great workaround for this is to record audio to an external recorder and sync the recordings in post.

Many users pair an audio recorder with their DSLR. External audio recorders have manual controls for record and headphone levels which allow you to quickly and easily make adjustments unlike the controls on a DSLR which are in the menu somewhere. If you're interviewing someone at a party and all you hear is them and not the party going on behind them, it's going to sound a

little funny. With your mic and external recorder picking up clean audio, you still have the on-camera mic that will pick up that person and the party going on behind them. You can mix the two in post so that it sounds clear, yet natural.

Handheld DSLRs are really lightweight and small but the design ergonomics make them hard to keep steady. To help stabilize the camera, you can attach a collapsed monopod to use as a grip or you can attach the camera to a rig that can hold accessories like mics and lights as well. Attaching an LCD viewfinder (eyepiece) can make it easier to see when shooting outdoors, and often will make it easier to shoot from more angles. Harder with an APS-C or Micro Four Thirds sensor. You can increase the focal length (size) of the lens used to decrease the depth of field, but you have to have the camera further away to get the same framing which can be difficult if you're shooting in a small area.

If you're shooting a football game, a stage play, or any situation that you don't have freedom to get closer, a large depth of field will allow you to keep more of the action in focus. The larger depth of field makes it easier to keep your camera in focus as well. Here, a Micro Four Thirds sensor with its larger depth of field would be better. With a full-frame or APS-C sensor, you would have to move the camera closer which might not be possible or force you to decrease the aperture size which will make the image darker if you don't adjust the ISO (which can make the image noisy).

The larger the image sensor, the less visible noise there will in the video it produces. It's important to remember that the smaller the image sensor, the smaller and lighter the camera.

Micro Four Thirds cameras are technically not DSLRs at all. They don't have mirrors that drop down to expose the image sensor and take an image, and they don't have optical viewfinders. But that difference only affects taking stills because the mirror stays down on a DSLR when shooting video and the image being shot is only viewable through the LCD screen.

Full Frame DSLRs
Canon EOS 5D Mark III

The Canon EOS 5D Mark III is the follow up to Canon's EOS 5D Mark II which was the gold standard for HD-shooting DSLRs. The 5D Mark III features include 22.3-megapixel sensor, 1080p shooting at 30, 25 and 24 fps, variable audio gain control while recording, record times up to 29:59 minutes and a clean and

uncompressed HDMI output. The 5D Mark III body has a retail price of \$3,500.

Canon EOS 6D

Canon's EOS 6D features a 20.2-megapixel full-frame image sensor. It shares much of the same video functionality as the 5D Mark III such as frame rates, live manual audio control and maximum record time. The EOS 6D does lack a clean HDMI out, but it does have built in Wi-Fi and GPS not found on the 5D Mark III. The EOS 6D has a list price of \$2,000 making it a very cost-effective option for a full-frame DSLR.

Nikon D800

The Nikon D800 has an impressive 36.3-megapixel sensor that can take stills or video in FX format (35mm full-frame) or DX format (APS-C). The D800 features 1080p shooting at 30 and 24 fps, audio peaking display, headphone jack for audio monitoring, linear PCM audio, a clean HDMI output, and both CF and SD card slots. MSRP for the D800 is \$3,000.

Nikon D600

Nikon's D600 can take stills and video in FX and DX formats with its 24.3-megapixel sensor. It has the comparable video features of the D800 as listed above, but trades the CF card slot for a second, and has a retail price of \$2,100.

APS-C DSLRs
Canon EOS 7D

The 18-megapixel sensor of the Canon EOS 7D still offers excellent performance even though now it is a few years old. The EOS 7D's features include 1080p recording at 30, 25 and 24 fps, manual audio control and a magnesium alloy body that is durable and resistant to water and dust. The EOS 7D retails for \$1,500.

Canon EOS Rebel T5i

The EOS Rebel T5i shares the same 18-megapixel sensor with the EOS 7D. Its 1080p frame rates of 30, 25 and 24 are supported as well as manual audio adjustment. Maximum record time is 29:59 minutes. The Rebel T5i has features like Touch AF and Movie Servo AF for continuous focus tracking in video mode that the EOS 7D lacks. Perhaps one of the most useful features of the Rebel T5i is its camcorder-like fold out LCD screen. It does lack a clean HDMI out, but at \$900 the Rebel T5i is an impressive camera.

Canon Rebel T3i

The Rebel EOS T3i shares many of the same features as the Rebel T5i as it was released beforehand with a Rebel EOS T4i. These older models can be found at a discount and might fit your budget better while still providing quality video.

Nikon DS200

Nikon's D5200 has a 24.1-megapixel DX sensor. Its features include 1080p shooting at 30, 25 and 24 fps, uncompressed audio recording, a maximum record time of 29:59 minutes,

a fold out LCD monitor and Mini HDMI output. The D5200 retails for \$800 in black but can also be purchased with a lens kits in red or bronze body colors.

Nikon 3200

A 24-megapixel sensor drives Nikon's entry level D3200 DSLR. It does have uncompressed audio recording and 1080p shooting at 30, 25 and 24 fps. Maximum video record time is 20 minutes. The D3200 comes in red or black and with a starting lens for \$700.

Pentax K-30

The K-30 has a 16.3-megapixel APS-C sensor, and Pentax boasts that the body is fully water resistant. It has on-camera image stabilization, eliminating the need for lenses with image stability which makes older, fully manual lenses easier to shoot with. The Pentax K-30 records 1080p at 30 fps and retails for \$700.

Micro Four Thirds DSLRs
Panasonic LUMIX GH3

The LUMIX DMC-GH3 has a 16-megapixel image sensor and produces astounding video quality that rivals even some full-frame DSLRs. The GH3 features include 1080p recording at 60, 30 and 24 fps, autofocus in video mode, timecode, mic input, Wi-Fi, 3-inch fold-out OLED, and a recordable time of 240 minutes. All of this and more are crammed into a body that's surprisingly small at 5.2-inches wide, 3.7-inches tall and 3.2-inches thick. With a retail price of \$1,300, it's easy to see why the GH3 is so popular.

Olympus OM-D E-M5

The OM-D E-M5 has a 16.3-megapixel sensor housed in a metal body. It records 1080i at 60 fps and has built-in image stabilization. The E-M5 is small at 4.8-inches wide, 3.5-inches high and 1.7-inches thick. The 3-inch LCD screencovers almost the whole back of the camera. The E-M5 has a magnesium-alloy and aluminum build with a SupersonicWave Filter system to reduce dust on the sensor, and costs \$1,000 for the body alone.

Final Thoughts

Whether you need that film look of a full-frame sensor, the large depth of field and small size of a Micro Four Thirds sensor, or the flexibility and affordability of an APS-C sensor, there's a DSLR built for what you shoot.

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Phiippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Lima Beans Recipes

To encourage our readers to buy lima beans which are stocked in the Filipino Solidarity Cooperative located on 5320-A Queen Mary Road, I decided to focus on recipes that are very delicious and healthy. Besides, lima beans can replace meat and cost very little. A 2-lb bag of lima beans is being sold now for \$1.89, special price. If you buy this from the big grocery stores, it will cost \$2.99.

To buy your stock of lima beans and other Filipino products from the Coop, please call 514-485-7861 or 514-506-8753 to be sure that the store is open usually from 11 a.m. to 6 p.m.

The following recipes are easy and simple to prepare. They can be served at any time, even at breakfast and can last in the fridge for a week without changing the taste.

Barbecued Lima Beans

Ingredients:



Barbecued Lima Beans

- 1 lb. dried large lima beans
- 1 tsp. salt

- Sauce:
- 2 tbsp. salad oil
 - 1 c. chopped onion
 - 1 c. ketchup
 - 1/2 c. light brown sugar, packed

- 1 tbsp. Worcestershire sauce
 - 1 tsp. salt
 - 1/2 tsp. dry mustard
 - 6 slices bacon
- Preparation:
- Cover beans with 5 cups cold water. Refrigerate covered overnight. Next day, turn beans and liquid (do not drain) into a 5 quart kettle or Dutch oven; add 1 teaspoon salt. bring to boiling; reduce heat and simmer gently, covered and stirring occasionally, 1 hour, or until beans are tender and liquid is almost absorbed.

Meanwhile, make sauce: in 2 tablespoons hot vegetable oil in large saucepan, saute onion until tender, about 5 minutes. Add remaining sauce ingredients and 1 cup water.

Bring to boiling, stirring; simmer, uncovered, 5 minutes. Preheat oven to 350°. Drain beans; reserve 1/4 cup liquid. In kettle, combine beans 1/4 cup reserved liquid and sauce; mix well. Turn into 2 quart casserole or baking dish. Bake covered, 1 hour.

Meanwhile, saute bacon until crisp; drain on paper towels. Remove cover from lima beans. Arrange bacon over top. Bake uncovered, 10 minutes. Makes 8 servings.



Baked Balcan Lima Beans

- 2 cups giant lima beans (also known as butter beans), soaked overnight
- 1 medium peeled and sliced carrot
- 1 rib sliced celery
- 2 medium peeled and sliced onions
- 3/4 cup + 1/2 cup olive oil
- 2 to 3 cloves sliced garlic
- 1 beef or vegetable bouillon cube
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 2 tablespoons medium hot paprika
- Chopped parsley
- 1 teaspoon cumin
- 1/2 teaspoon pepper
- Salt to taste
- Chopped parsley

Place soaked and drained lima beans in a large Dutch oven or lidded pot. Cover with water and bring to the boil. When white foam rises to the surface, drain and rinse the beans. Return beans to the pot with water to cover. Add carrot, celery, 1 sliced onion, 3/4 cup olive oil and garlic. Cook, covered, until almost done. In a skillet, saute remaining sliced onion in 1/2 cup olive oil until translucent. Add 1 teaspoon salt and 1 tablespoon paprika and cook a few minutes. Transfer to the pot of beans. Add 1 cup water to the skillet, scraping up any brown bits, and add to the beans along with bouillon cube and tomato paste. Return to the boil, adding water as necessary, and chopped parsley. Adjust salt.

Heat oven to 450 degrees. Transfer beans to a wide, shallow pan and top with remaining tablespoon of paprika, cumin, black pepper, and a film of olive oil. Bake, uncovered, until sauce begins to boil, about 30 minutes, adding additional water, if necessary. For best flavor, serve warm not piping hot.



Lima Bean Soup

- 1 pound dry lima beans
- 4 cups water
- 5 carrots, chopped
- 1 leek, bulb only, chopped
- 2 tablespoons minced shallots
- 2 stalks celery, chopped
- 4 cubes vegetable bouillon
- 8 cups water
- 2 tablespoons olive oil

Preparation:

Bring 4 cups of water to a boil. Add dry lima beans, and boil for 2 to 3 minutes. Remove from heat, and allow the beans to sit, covered, for 1 to 2 hours to soften. Drain and rinse until water runs clear, discarding bean water.

In a soup pot, saute vegetables in olive oil until onions and celery are translucent. Add lima beans, and saute for another 2 to 3 minutes.

In the meantime, bring 4 cups of water to a boil. Add the vegetable bouillon to the boiling water, and stir until dissolved. Add broth to the sauteed vegetables and beans. Add remaining water, and allow soup to simmer over a low flame for 1 to 1 1/2 hours. Serve steaming hot.




Lima Bean Cake

- Recipe
- 3 cups of Cooked Lima beans.
 - 9 Tbles of coconut oil
 - 1 cup + 2tbls of honey
 - 6 eggs
 - 2 Tbles of Vanilla,
 - 3/4 tsp of good quality salt.
 - 1 tsp of Bi Carb soda (good quality, and optional)

Mix all ingredients together in a blender or food processor, until well combined. Pour into a greased cake pan. Bake for 40-45 mins on 180C, or a little longer if not quite set.

This cake can be served with Yoghurt mixed with kvass to make it pink, drizzled over the top, and then covered with berries as shown below.





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3.29 lb

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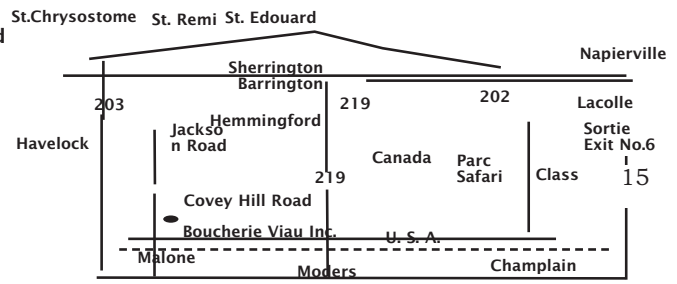
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The North American Filipino Star Photo Gallery



Annabelle Allosa (2nd from left), a nursing aide graduate of Gilmore College International, who has studied martial arts for six years in Montreal, represented the Canadian team in the World Eskrima Championships held in Cebu City, Philippines, and succeeded in winning two silver medals. Other winners: Bianca Hellberg from Broome, Australia, winner of the gold medal, and Ingrid from Darwin, Australia, winner of the bronze medal. There were about 15 countries that participated in this championship held on August 4-9, 2014.



Mr. & Mrs. Jun Contaoe (nee Ethel Tugna, a graduate from Gilmore College in the PAB program) standing behind the children gave their daughter a birthday party on August 23, 2014 at Cuisine de Manille on Victoria Avenue. The party was very well attended and the guests enjoyed a variety of delicious dishes.

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From left: Aldrin Cabanilla, Remayette Danao, Desiree Fernando, Arlene Manalo, Jennifer Lachica, Zenaida Kharroubi, and Sophie Toledo, on their way to the orchard last year.

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The Daughters of Isabella held a spaghetti lunch as a fund raising campaign for their charity work, held in the basement of St. Malachy's Church recently.



Jean Philippe Durocher (4th from left) celebrated his 50th birthday with friends and family on September 6, 2014 at Casa Grecque in Brossard.



Mrs. Warlie Basbacio, was given a bouquet of flowers after her induction as president of UPS (United Pilipino Seniors) during the September social at St. Kevin's Church Hall.



Maryjoy Lizarondo (4th from left) gave a despedida party for her parents in her backyard. Guests pose for souvenir with her Mom, Mrs. Lizarondo (4th from right) and her Dad (in front) who are returning to the Philippines after spending several months visiting Montreal and other parts of Canada.



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Canada Providing Humanitarian Assistance to Vulnerable Women and Children in the Philippines

Canada's support is addressing immediate needs of thousands of conflict-affected people on Mindanao Island

August 10, 2014 — Vancouver, British Columbia — Foreign Affairs, Trade and Development Canada. Today, the Honourable Alice Wong, Minister of State for Seniors, on behalf of the Honourable Christian Paradis, Minister of International Development and La Francophonie, announced funding for the United Nations Children's Fund (UNICEF) for the provision of humanitarian assistance to thousands of conflict-affected women and children on Mindanao island in the Philippines.

Following decades of ongoing conflict on Mindanao, new violence in September 2013 in Zamboanga City displaced thousands of families.

"The many women and children affected by conflict are at increased risk of disease, malnutrition and danger, including child trafficking and gender-based violence," said Minister Wong. "Canada is helping to change that by providing funding to UNICEF for activities that are addressing immediate needs, such as access to safe drinking water,

improved sanitation and hygiene, and improved nutrition."

"Children in Mindanao live in difficult conditions imposed by a conflict for which they are not responsible" said Meg French, UNICEF Canada's Director of International Policy and Programs. "The generosity of the Government of Canada will help children and families gain better access to safe drinking water and better nutrition, and they will benefit from child-friendly spaces where they can regain a sense of normalcy in their lives and have a safe place to play."

"Canada proudly reaffirms its commitment to save lives, alleviate suffering and maintain the dignity of those who are affected by ongoing conflict," said Minister Paradis. "Canada remains committed to assisting the Filipino people and building on our strong relations with the Philippines."

Minister Wong announced the funding at Pinoy Fiesta in Vancouver, the largest Filipino cultural event in Canada.

Quick Facts

- On June 28, 2014, Canada announced funding for the International Organization of Migration

(IOM) to provide humanitarian assistance to conflict-affected people in Mindanao.

- On June 20, 2014, Canada announced funding for the United Nations High Commissioner for Refugees (UNHCR) to provide humanitarian assistance to refugees and vulnerable populations around the world, including funds allocated to conflict-affected people in Mindanao.

- In 2014, Canada confirmed the Philippines as a new country of focus for the Government of Canada's international development efforts.

Related Products

- Backgrounder – Canada providing support to UNICEF in Mindanao

- Speech - Address by Alice Wong, Member of Parliament for Richmond and Minister of State for Seniors, to announce funding for UNICEF in the Philippines

Associated Links

- Canada's work in the Philippines
- Canada's response to Typhoon Haiyan
- Canada's Leadership: Maternal, Newborn and Child Health

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Annie Signey, Josie Bingayen, Ethel Tugna and Annabelle Allosa pose for souvenir of their graduation, October 7, 2012.

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FILIPINO STAR

SHOWBIZ GOSSIP

Derek Ramsay: A father's struggle

Derek says he will do whatever it takes to prove how much he loves his son



Derek on son: 'I want him to look at me the way I look at my father'

Derek Ramsay believes that when it comes to his ongoing legal battle, there's light at the end of the tunnel.

"Life goes on, (this problem) is just a little bump in the road... It's difficult, but I have to be strong," said he in a recent interview.

The actor, who is fighting for his "right to be a father" to his 11-year-old son, is optimistic that he will be able to win his child's affection someday.

"In time, he will see and feel how much I love him," a teary-eyed Ramsay maintained. "I want him to look at me the way I look at my father."

Turn of events

Ramsay admitted he was surprised with how his son acted towards him when they met at the Makati City Prosecutor's Office last week.

The reunion, the actor narrated, was the 5th time he saw his child since they were introduced in 2011.

"Before that, the last time I saw him was months ago. That time, he called me dad and said that that was the best time of his life. I asked him about it at the meeting and he said, 'No, I didn't call you dad and I hate

you,'" he shared.

It brought the actor pain hearing his son insist that he wrote the letter submitted as evidence to the court describing Ramsay as an "evil person."

"At first, I didn't believe he (son) wrote that but when he said yes, I kept my mouth shut the rest of the meeting," he said.

Ramsay added that his parents and sister were also "shocked" at how the 11-year-old acted towards him, saying, "I introduced him to my family (before) and it was all good."

Now, Ramsay only wishes that his son will understand the whole situation when he comes of age. Asked for his message to the kid, Ramsay said: "Please don't close your doors on me, that's all I'm asking you."

Keeping positive

The actor made clear that he is more than willing to shoulder his child's education, even going far as to provide him with a trust fund, as being asked by estranged wife Mary Christine Jolly in connection with the case she filed against him for having supposedly violated Republic Act No. 9262, known as the Anti-Violence

Against Women and Their Children Act.



Derek tries to hold back tears during a recent press conference.

He questioned however, "Bakit kailangang sila (Jolly's camp) ang may hawak ng pera, kung talagang ang bata ang interes nila?"

Still, Ramsay has high hopes that he and Jolly would reach an amicable settlement soon.



"The Amazing Race Season 2" contestants

"I want to be peaceful with her for the sake of my son. I'm just doing what she requests but her requests keep changing," the actor claimed.

Despite Jolly's harsh accusations against him as stated in her affidavit, Ramsay sees no reason for him to speak ill of the former model.

"Nirerespeto ko siya kasi ina siya ng anak ko," he said, adding, "I just have to remain positive in life (even when) a lot of people are trying to bring me down."

Game on

Despite the setback, Ramsay continues to keep himself busy with work.

He will be the host of TV5's returning reality show "The Amazing Race Season 2," which will feature 11 teams.

"This responsibility is given to me, so I'll give it 200%, I'll work with people around me. I'm a team player kaya halimbawa, kung umuulan sa race, nababasa sila, 'di ako magpapayong, sasamahan ko sila," he said.

He maintained that the show is not about him but the racers headlining it, among them Juan Direction hunks Charlie Sutcliffe and Daniel Marsh, Pinay world champs Luz McClitton and Gretchen Albaniel, father and son duo AJ and Jody Capili, and sexy besties RR Enriquez and Jeck Maierhofer. ■

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Marian Rivera's new role: The busy bride

Marian Rivera wants to make sure everything about her wedding day would be perfect

Weddings look fun and embody everything couples desire, but it's no walk in the park.

It's something Marian Rivera has found out firsthand. With only four months or so left before tying the knot with Dingdong Dantes on Dec. 30, the actress is into the nitty-gritty of her special day – on top of her hectic work schedule.

"Mahirap pala mag-prepare (for a wedding), hindi pala biro. Mabusisi... madugo," she said in an interview.

Still, she is enjoying it because she gets to spend more time with her fiancé.

"Pag nag-wa-one-on-one kami ni Dong to finalize details, para kaming sira kasi nag-iiyakan kaming dalawa... kasi sobrang excited namin parehas na parang, after years, finally, eto na tayo," she shared.

The Kapuso Primetime Queen said they already have a venue for the wedding reception but refused to divulge any detail save for her description that it is "malaking-malaki, hindi masyadong malapit sa church."

Note that they will wed at the Immaculate Conception Cathedral in Cubao, Quezon City.

Entourage

DongYan, as their fans call them, will have 20 pairs of principal sponsors. Their goal is to approach 10 more pairs, among them Batangas Governor Vilma Santos-Recto.

Without dishing out names, Marian shared that five Kapamilya actors are invited as guests on their big day, adding, "Magugulat na lang kayo na kaibigan ko sila."



Marian Rivera

The only personality from her rival network that Marian confirmed to be part of her big day was her "Kung Fu Divas" co-star Ai Ai delas Alas, whom she considers "totoong kaibigan ko sa showbiz." Ai Ai will be one of her bridesmaids.

Smiling, Marian fondly shared how Dingdong insisted that he wants to be in charge of the song for her wedding march.

"Sabi ni Dong, 'may gusto akong i-dedicate sayong kanta na maririnig mo siya on the day itself, sa wedding. Sabi ko, 'Ano bang motivation mo sa 'kin, umiyak ako nang bongga?' Pero nakakatuwa kasi may surprise pa rin siya para sa akin," she related.

As for her gown, Marian admitted that she is yet to decide between two established designers. At the very least, the actress is certain that her

makeup will be done by Bambbi Fuentes.

Necessity

Marian needs to attend a confirmation (Kumpil) rite again before her wedding but she is not complaining.

"Nakumpilan na ako, ang problem kasi 'yung pinagkumpilan hindi maalala kung nasaan 'yung record ko. Eh mahigpit ang simbahan kaya uulitin na lang," she said.

Marian added that she need not be baptized again because the church already recognized her baptism in Spain.

Careful

She may be ready to bear a child but Marian is cautious to not get pregnant before her wedding, noting how she would not want to walk the aisle with a baby bump.

"Probinsiyana ako eh, gusto ko pa rin 'yung kinasal muna bago ako magkaanak," she said. "Pero siyempre, kung ibibigay bakit hindi."

Hiatus

The Kapuso actress hopes to take a leave from work second week of December so she could have more time to prepare for the nuptials.

For that, Marian needs to tape her show in advance, especially since her GMA-7 dance show "MARIAN" will have its second season.

"Actually, na-excite ako. Sa Season 2, ganun pa rin, mag-o-opening ako, sasayaw pa rin ako ng mga buwis-buhay dance prod ko. Pero ang maganda, may highlight siya kung saan may dance showdown 'yung mga artista." ■

Robin Padilla to stay in Europe for good?

Robin Padilla is convinced 'change' in the country won't happen anytime soon

Robin Padilla is leaving the country and may opt to live in Europe.

He didn't say exactly when but apparently, he is so frustrated over goings-on here that he wants to leave for good.

Padilla said, "Ayoko na sa Pilipinas, tol! Ayoko na dito. Sawang-sawa na ako sa Pilipinas. Saksakan na ng maraming sinungaling dito sa Pilipinas."

The actor stressed that his mind is set and that he will only return if the situation changes for the better. For one, he claims that the citizens are being taxed too heavily here.

Working here, according to Padilla, is like being held up.

"Hino-hold-up lang ako dito... wala na akong natutulungan, dati may natutulungan pa ako," he lamented.

Padilla cited the case of boxer Manny Pacquiao.

"Ipinakilala (niya) tayo sa buong mundo. Pero halos hinuhubaran siya ng kayamanan at binibigyan ng kahihyan sa kabila ng ibinibigay



Robin Padilla

niyang karangalan," the actor charged.

Padilla has been studying Philippine history in Spain.

Asked why he chose to study there, Robin shared, "Sa Spain, neutral."

Quest for change

Padilla is currently working on

"Bonifacio: Ang Unang Pangulo," an entry to this year's Metro Manila Film Festival (MMFF).

He hopes the film would ignite a "revolution" of change, maintaining that the work will show the "truth" about our history.

"Hindi lang ito basta pelikula. Para sa amin, umpisa ito ng rebolusyon para sa pagkagising ng ating kababayan," he said, adding, "Kailangan mamulat tayo sa katotohanan, ngayon na. Lahat ng tao sumisigaw ng pagbabago, ang sakit na sa tainga, kung sino-sino na lang ang nagpapanggap na makabayan. Paano ka magbabago kung hindi mo naman alam ang totoo? 'Pag nalaman mo na ang kasaysayan natin, that's the time na puwede na tayo magbago."

Padilla aims to enlighten local film audiences on who Bonifacio is, based on the personal accounts of historians and the hero's relatives. He expressed disappointment about past depictions of the Supremo.

"Wala pang naglalabas ng totoo," he claimed, adding, "Ang

pinakamasakit (ay) 'pag pinapakitang mainitin ang ulo ni Andres Bonifacio – hindi totoo 'yun. Ikaw ba susunod ka sa taong mainitin ang ulo? Ibibigay mo ba ang buhay mo sa taong mainitin ang ulo?"

The MMFF 2013 Best Actor has high hopes that "Bonifacio: Ang Unang Pangulo" will attract a lot of moviegoers especially because his popular nephew Daniel Padilla is part of the cast.

The actor emphasized that the film by director Enzo Williams has enough entertainment value to get even the youth interested.

He is also confident that "Bonifacio: Ang Unang Pangulo" will leave a lasting legacy. "Ang mga kalaban kong pelikula, hindi ko naman sila minamaliit, (pero) kasi after two or three years, hindi na pag-uusapan ang pelikula (nila).

"Kami, ang pelikulang ito, patay na akong matagal pero pinag-uusapan pa." ■

More Showbiz Gossip
p.16

Showbiz Gossip *Continued from p.15*

Andi hurt over Jake's kissing photo



Jake Ejercito and Andi Eigenmann

Actress Andi Eigenmann has opened up about the controversial photo of her rumored boyfriend Jake Ejercito supposedly kissing another girl.

Although she had already seemingly called out Jake on Facebook by posting a link to the item and photo that appeared on an entertainment blog site, she spoke to ABS-CBNNews.com Tuesday and said, "Siyempre masakit pero wala tayong magagawa, it happened already."

She shared that she had already spoken with Jake about the story behind the viral picture.

Noting that while she "would really love to forgive" him, Andi, who is still mourning on the death of her father Mark Gil, said she needs space for now.

The 24-year-old single mom is moving on and focusing on things that are "more important to me and deserve my attention and my love."

She added, "I'm not going to dwell on something that shouldn't be important... not waste my time on something that doesn't treat me of

any importance."

Although she keeps her "never say never" attitude because "it's always a matter of choice," the actress pointed out, "If we want to fix things, we can. Pero I guess everything happens in its own time. Right now is not the right time."

Following the issue, Jake once again stirred intrigue on social media after supposedly deleting tweets about not giving up on love.

Fashion Pulis posted a screengrab of one of the purported missing tweet that read: "Bury the past, build a castle where they lay. Be my princess again @andiegengirl." This was apparently originally posted roughly a week ago.

Meanwhile, heartthrob James Reid denied rumors that he is courting Andi after their photos together – along with Bret Jackson, the former's housemate on "Pinoy Big Brother" 2010 edition – circulated online.

"It is actually my friend who is dating Andi," James said on "Aquino & Abunda Tonight," without actually naming which friend he meant. ■

Pinay is 'Ottawa Idol' grand champ



Fifteen-year-old Filipina singer Bernice Reyes was adjudged champion in this year's "Ottawa Idol."

Reyes, whose family migrated to Canada from the Philippines in 2012, always wanted to be a professional singer. She is thankful that "Ottawa Idol" allowed her the chance to fulfill her dreams.

"I think that I will continue singing and use (the win) as an advantage and probably, hopefully, be known internationally someday," Reyes told ABS-CBN Canada News Bureau's Vanessa Merjudio.

During the finale held at the Algonquin Commons Theatre in Ottawa, Canada over the weekend, Reyes sang Whitney Houston's "I Will Always Love You," which earned a standing ovation from judges' Dennis Combe and Dylan Black.

As part of the Top 6, she wowed audiences with her rendition of Celine Dion's "All By Myself." She then belted out "Let It Go" from the movie "Frozen," for the win.

Combe was quite delighted with Reyes' performance.

"Stage presence, singing ability and song choice. When those

three elements come together, I just sit back and enjoy the ride," he said.

Eldon Fox, founder and director of "Ottawa Idol," believes that Reyes could only get better.

"I'm not a music person per se, but I know talent when I see it. And I think she's probably the best voice that we've ever had... imagine



what she's going to be like at 25," Fox said.

Fox also described Reyes' performance as "fantastic" pointing out how she "doesn't miss a note."

As part of her prize, Reyes gets \$2,000 worth of recording time, a meeting with Universal Music Canada, an original song for her to sing and record, an audition to sing the national anthem for an NHL Ottawa Senators game and several appearances on television and radio shows. ■

Vhong Navarro airs concern for his safety

TV host-actor Vhong Navarro, who is set to leave for Canada in the coming days to do a show, has expressed fear for his family's safety with the temporary release of businessman Cedric Lee and mixed-martial artist Simeon "Zimmer" Raz, Jr.

Lee and Raz are among those accused by the popular celebrity of grave coercion and serious illegal detention. They were recently granted bail along with model and co-accused Deniece Cornejo, by Taguig RTC Branch 271 Judge Paz Esperanza Cortes.

"Ako, sinabi ko lahat at meron kaming mga ebidensya. Hindi ako nagluloloko, hindi ako gumawa ng istorya, sinabi ko lahat at meron kaming katibayan," a teary-eyed Navarro claimed on "Bandila."

Navarro admitted that he cried after learning of Judge Cortes' ruling.



Actor-TV host Vhong Navarro appears at the hearing of cases against the group of Cedric Lee and Deniece Cornejo at the Regional Court in Taguig City last May

He said, "Nalungkot, na-depress, naiyak nga ako nu'ng gabi. Hindi ko alam kung sa'n nanggaling 'yung luha,

bigla na lang bumagsak."

"Bumabalik kung ano 'yung naranasan ko du'n sa loob ng condominium –'yung mga paratang na ibinigay sa akin, 'yung pagtututok sa akin ng mga baril, kung ano-ano 'yung mga sinabing puwedeng mangyari sa pamilya ko at sa akin," said he, reiterating his earlier allegations.

While leaving Camp Bagong Diwa yesterday, Lee was supposedly heard saying, "It's showtime!"

Navarro's lawyer, Atty. Alma Mallonga, questioned Lee's remark.

"'Yung sinasabi ni Cedric Lee na pangungutya na 'Now, it's showtime,' anong mararamdaman mo? Parang pinapalabas pa rin na, after all na, ikaw ay nabugbog, ikaw ay na-detine, ikaw ay tinali, ikaw ay na-humiliate, kung ano-anong pinaggagawa sa 'yo, 'yun pala ikaw pa ang may kasalanan," she said on "Unang Hirit." "Tama ba 'yon?"

Cedric Lee released on bail (Photo by KJ Rosales)

Lee's legal counsel, Atty. Howard Calleja, downplayed notions that it was a loaded statement. "Ang 'Showtime' e masayang show naman 'yon. There's nothing kumbaga fearful or threatening (in the statement)," he said.

He explained, "Nandoon naman ako nu'ng nangyari 'yon so I don't think may mensahe 'yon. Siguro kumbaga masaya lang ang tao at siya e kumbaga, nakakuha na ng kanyang liberty or freedom at napagbigyan ang aming bail. 'Yun lang po siguro 'yon."

Calleja also denied insinuations that Lee and Raz received special treatment while detained in Camp Bagong Diwa, with observers noticing that the two both have fresh haircuts. He maintained that inmates at the camp regularly have their hair cut and that there's nothing wrong about it. ■

PERSONALITY OF THE MONTH

Carbon loses FAMAS Bb. Pilipinas title but wins Miss Earth-Quebec

by W. G. Quiambao

Families, friends and supporters of **Antonette Carbon** shook their heads in disbelief when she placed fourth, out of five candidates, in the FAMAS Bb. Pilipinas pageant last April. After all, she did win one major award, Best in Swimsuit, and she had competed in other pageants, not only locally but also nationally and internationally in the past.

"I can't do anything about it," says Carbon, 22, when asked what happened. "I've no control over the decision. It happens. But the experience I had with the Bb. Pilipinas pageant pushed me harder to prepare for the Miss Earth-Canada pageant last August."

Carbon, a Dollard-des-Ormeaux resident, is a registered nursing assistant student at CDI College. "My first beauty pageant competition was the FAMAS Bb. Pilipinas-Montreal in 2008. I was actually pushed by my mother to join. Although I didn't want to join, I'm glad I went through with it. It was the start of something good."

After the FAMAS Bb. Pilipinas-Montreal in 2008, she competed in the Miss Earth-Canada in Montreal the following year.

"Coming from a local pageant, then competing in a national pageant, it was scary," Carbon said. "I was still very young. I was about 17 years old. Not fully experienced in the pageantry world yet. It was very different compared to FAMAS Bb. Pilipinas. I'll tell you that. I felt so small compared to the other girls because they were more experienced, older than I was. But they were the sweetest that they



Antonette Carbon (Photo by Rosotro) made things easier for me."

In 2011, after gaining a bit of experience and self confidence, she joined the Miss Philippines of the World in Toronto, where she came second. She was also chosen as One of the Prettiest Filipinas. After the experience, she admitted that she began to enjoy competing in the pageants. Two years later, she went to Manila, Philippines to represent the Fil-Canada community in the Miss Philippines Earth 2013, where she

won the Miss Congeniality and the Miss Global awards.

"I spent two most amazing months of my life in the Philippines," enthused Carbon. "Honestly, I didn't want to come back to Canada. We were about 48 girls there. I was the only one from Canada, there was one from the West Coast US and the rest from the co-candidates, especially the sisterhood I have with the Miss Fil-West USA and Miss Mabalacat City. I still keep contact with them, and I miss them so much everyday. I even learned a bit of Tagalog there (I can't speak in Tagalog, only understand). Most of all, we're all passionate about changing the environment. I'd a life-changing experience. I've never realized how fortunate I was living here in Canada till I saw the life there. I realized how much I was taking things for granted here."

Despite disappointing experience with FAMAS last April, she competed in the Miss Earth-Canada 2014, a much bigger pageant held at Montreal airport Travelodge Hotel last month. She competed against fifteen other non-Filipino candidates from all over Canada. She won the title of Miss Earth-Quebec. She also won several awards including one of the Top 7 in the essay competition (Beauty for a Cause), One of the Top 3 in the Talent competition,. In addition, she was unanimously awarded the Miss Travelodge Award, The award is given to the candidate which best represented the hotel by charm and personality.

"Honestly, I couldn't believe it," she said. "I was inexperienced. But still, I was honored and blessed for receiving such an award."

During the competition, Carbon was asked, "What would you do if you were sitting in front of Mother Earth?" She basically answered, "I'd ask for an apology on behalf of the people around the world. We are the reason

why the earth is deteriorating more and more. The people in today's society are relying on the government and environmental organizations to do something, but there's just so much or even so little they can do. In my eyes, the environment is of little priority today to the Federal Canadian government. What we don't realize is that we can be, or should I say, we are the start of a change. We don't need to start off big. We can start off doing the little things. For example, we can help preserving water by minimizing our daily water usage or taking the bus or riding a bike instead of driving a car. Water bottles (i.e Maya, Eska, etc.) are also big problems in today's environment, so I strongly encourage using those reusable bottles, canisters with filters instead.

Carbon said that one of her favorite beauty winners who inspires her is Mary Jean Lastimosa, current Miss Philippines title holder. She earned the right to represent the country in the Miss Universe pageant this coming January. Lastimora, one of the early favorites in the upcoming Miss Universe competition, competed twice in the Miss Philippines pageantry before clinching the coveted title. In 2012, she placed as one of the Top 12, and in 2011, she came 2nd runner up.

Carbon, who is finishing her studies in May of next year, plans on continuing her pageantry journey once done with school. She hopes, while crowned Miss Earth-Quebec, to inspire everyone, especially the today's people, to start taking action on environmental awareness.

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From Page 4 - What PNoy Achieved

The issue with Fraport, which constructed the Ninoy Aquino International Airport (NAIA) Terminal 3, was also discussed with the German

tungkol doon sa award."

He said the German government was assured that whatever the outcome of the arbitration, the Philippine government will abide by the court's



President Aquino converses with Federal Chancellor Angela Merkel on Friday at the Federal Chancellery, with the historical Reichstag building in the background, during his visit to Berlin, Germany. Aquino is in his last stop of his four-nation European tour before proceeding to New York. Photo by Ryan Lim, Malacañang Photo

government, said the President.

"Nabanggit rin at sinabi natin na meron tayong mga limitasyon, dalawa in particular, nasa korte natin 'yon, nasa Korte Suprema 'pag kaintindi ko, 'yung

decision.

WEST PHILIPPINE SEA

Another big achievement that Aquino

considered in his European trip is the support that the Philippine government was able to receive from European allies on developments in the West Philippine Sea.

Aquino recalled that in the 2012 Asia-Europe Meeting (ASEM) Summit held in Vientiane, Laos, it was the European Union that supported the Philippine government's stand, which is to settle matters through peaceful means and in accordance with international law.

With this trip and the discussions made with Spain, Belgium, France and Germany, he said there's a deeper appreciation of exactly what the issue is and who are involved.

"Meaning it's not just us and our big brother to the West that says them and Vietnam, but even countries outside the region," Aquino said.

The President also expressed to leaders of the countries he visited, and also to the leadership of European Union, the profound gratitude of the Filipino nation for the help extended to the Philippines when super typhoon Haiyan hit the country in November of last year. (ABS-CBN News)

"People who lack the clarity, courage, or determination to follow their own dreams will often find ways to discourage yours. Live your truth and don't EVER stop!"

Steve Maraboli

From Page 1 - European investments

President also secured Spain's support in the territorial dispute with China over West Philippine Sea.

He told reporters en route to Belgium that Spain – which colonized the Philippines for more than 300 years – offered to become the Philippine "voice" in the European Union (EU) when it comes to debates on the issue of sovereignty.

Aquino's 12-day working visit to Spain, Belgium, France, and Germany cost P31.9 million, covering expenses for transportation, accommodation, food and equipment. – Rie Takumi/VS, GMA News

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