

Provocative political issues fire up first French-language debate



Bloc Quebecois Leader Gilles Duceppe, Conservative Leader Stephen Harper, NDP Leader Tom Mulcair, Green party Leader Elizabeth May, and Liberal Leader Justin Trudeau during the French-language leaders' debate Thursday, September 24, 2015 in Montreal hosted by CBC News. (google images - cbcnews.ca)

The Canadian Press
OTTAWA — Some of the most touchy subjects in Canadian politics — minority rights, climate change and Quebec sovereignty — had their airing during a lively and edgy French-language debate Thursday.

The broadcast, hosted by Radio-Canada and La Presse, featured one of the most heated exchanges of the election so far, on the controversial question of Muslim women who cover their faces.

Overall, the debate featured an ebb and flow of interesting alliances and clashes depending on the policy subject on the

floor.
Conservative Leader Stephen Harper and the Bloc Quebecois' Gilles Duceppe had both run provocative television ads expressing the controversial position that women who wear the veil should be made to remove it during the ceremony.

"We're talking about a fundamental question, it's the question of equality between men and women in our society," said Duceppe, who promised the Bloc's first bill in the Commons would be to extend a ban on the veil to other areas, such as public servants.

Although NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau are going head to head for seats in Quebec, they wound up on the same page on the issue — they didn't think a woman should be told how to dress.

"I understand it's a question that makes many people uneasy, but for me, the state is there to defend minority rights, and to defend the rights of women," Trudeau said.

That led to a tense moment during the debate that featured Harper and Mulcair facing each other directly, gesticulating with their hands and nearly yelling.

"Mr. Mulcair, I will never tell my young daughter that a woman should cover her face because she is woman. That's not our Canada, that's not acceptable for me," Harper said.

"Attack the oppressor, don't attack the woman, Mr. Harper ... have the courage to do that," Mulcair said. "But it's not by depriving these women of their citizenship and their rights that you're going to succeed in helping them.

See Page 4 French debate



Pope Francis, center, shares a laugh with President Barack Obama, second from right, and first lady Michelle Obama, right, after arriving at Andrews Air Force Base, Md., on Tuesday, Sept. 22, 2015. (Source: AP photo)

Pope Francis scorecard: liberals take away biggest wins from pontiff's US visit

Expectations among American Catholics were high for the pope's first visit to the US. Those on the liberal wing of the church hoped that Francis would focus on his signature themes of poverty and climate change; conservative Catholics were looking for papal reinforcement of their opposition to abortion and same-sex marriage.

On the plane to Washington DC from Cuba, Francis sought to play down the notion that he was a leftwing pope. He told reporters he "may have given the impression of being a little more to the left, but it would not be a correct interpretation." His doctrine was the doctrine of the church, he said:

"Nothing more, nothing less."

During his historic six-day trip, however, the pope's words — accompanied by powerful symbolic gestures — are likely to have boosted liberal Catholics and disappointed conservatives. On the six key themes of his tour, the bottom-line score is a clear liberal win.

Refugees and immigrants
What he said

Almost his first public words on US soil

See Page 3 - Pope Francis

Why bleed the poor with taxes?

ON DISTANT SHORE
By Val G. Abelgas

BENIGNO S. Aquino III was elected to the presidency largely on the promise to lift the people from poverty by curbing corruption and on the perception that his administration would be pro-poor. The President, in fact, casually refers to the people as his "bosses." And yet, recent actions by his administration tend to show the opposite – that he doesn't care at all about the interests of the common people.

Just recently, the Bureau of Customs raised the customs clearing fees imposed on 40-foot containers carrying balikbayan boxes by P40,000 effective August 1 and another P60,000 effective October 1, which would bring the total fees from the previous P80,000 to P180,000 per 40-foot container, the size of choice of many balikbayan box forwarders.

While Commissioner Bert Lina insists that the fee is being charged to balikbayan box forwarders, we all know that most of these added costs would be passed on to the balikbayan box senders in the form of increased prices per box. The poor overseas

Filipino workers, who ironically have been hailed as "modern day heroes" by this hypocritical administration, and other overseas Filipinos who send \$25 billion in foreign remittances annually to boost the Philippine economy must now dole out an additional \$5 to \$10 per balikbayan box that they send to their loved ones in the Philippines.

Lina insists there is no additional tax on the contents of the balikbayan boxes. But what would you call the additional fees if they were not taxes? If they go to government coffers, by any other name those fees are taxes imposed on the hapless OFWs and the struggling balikbayan box forwarders. If they go elsewhere other than government coffers, that's another story.

In addition to the increased fees, Lina initially ordered 100-percent examination of the balikbayan boxes to curb smuggling through the boxes. But President Aquino had to stop him from enforcing this following outrage by OFWs expressed in social media. Lina was targeting additional collections of P600 million in customs duties from these balikbayan box items beyond the P10,000 value exempted from taxation, an amount set during the time of President Marcos when the peso-dollar exchange rate was probably just P20 to \$1.

See Page 3 Why bleed the poort

Letter to the Editor

Dear Editor:

I have been involved in politics directly and indirectly for over 25 years and a frequent contributor to print and electronic media. I have rarely seen journalistic ethics as weak and unprofessional as I have witnessed recently in the Filipino Forum. In the last edition of the Forum, I was appalled at how many mistakes, inaccuracies and fabrications surfaced in a front page article. Montreal's Filipino community is a dynamic and vibrant community. They certainly deserve better than this misinformation.

When I was elected to the Quebec National Assembly for the first time in 1989 I worked very closely with the community. I formed a political party to defend minority rights. Many of my close collaborators and friends from the Filipino community worked very hard with me, including Bert Abiera who founded the Filipino Star. When I was mayor of Cote Saint-Luc, and we built a new gymnasium, one of the first people I called was Ed Tupaz, head of the Filipino Federation, about organizing a large basketball league for the community which is thriving to this date.

I was a frequent speaker at community events for years and am proud about my close association with the community. A front page article in the last edition of the Forum referred to an unknown CBC poll in Mount Royal, giving my opponent a lead in the riding. It also criticized Senator Tobias Enverga, who campaigned with me recently. The reaction of everyone who met him that weekend was extremely positive with considerable adulation. Mr. Enverga is a leader in the community and an inspiration to Canadian Filipinos. The article also inaccurately criticized the Conservative

Party on immigration, when in fact annual immigration from the Philippines to Canada has increased by 125% under the Conservatives with an average of over 30,000 permanent residents coming to Canada from 2006-2014 compared to 13,000 a year from 1994-2005 when the Liberals were in power. This Government has also initiated an unrepresented comprehensive free-trade agreement with the Philippines and shown leadership in providing military and humanitarian relief after typhoon Haiyan. Canada was at the forefront of the international relief effort and Canadians gave generously to help the people of the Philippines recover from this catastrophe.

No other Government has been a better friend to the Filipino community.

Equally troubling in the last edition of the Filipino Forum was the series of nasty and misguided attacks in other articles in the paper against certain individuals in the community. These are men who have given countless hours to the community in a volunteer capacity for decades. The community deserves better than that. I look forward to collaborating with the community to help minimize any of the damage that may have been caused.

The community also needs stronger representation. It needs strong voices on its behalf. I vow to stand up for the community as a Member of Parliament as I have in the past. I also remain focused on what matters most to all communities: the economy. The economy is a #1 priority and that's why we're campaigning on a positive plan for the next four years that will create jobs, lower taxes, and keep our budget balanced.

Yours truly,

Robert Libman

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From Page 1 Pope Francis

were to introduce himself as “the son of an immigrant family”. During his trip, Francis repeatedly raised the issue of migration, referring both to refugees fleeing war and persecution, and those seeking a better life for themselves and their children.

He told Congress:

On this continent, thousands of persons are led to travel north in search of a better life for themselves and for their loved ones, in search of greater opportunities. Is that not what we want for our own children? We must not be taken aback by their numbers, but rather view them as persons, seeing their faces and listening to their stories, trying to respond as best we can to their situation.

He urged lawmakers and citizens to reject a “mindset of hostility”.

In Philadelphia, he told around 24,000 people at Independence Hall that immigrants brought “many gifts” to their new nations. Addressing “members of America’s large Hispanic population”, the pope urged: “Do not be ashamed of what is part of you, your life blood.”

What he did

After addressing Congress, Francis spoke to a crowd of tens of thousands in Washington DC, in his native Spanish. Using a language he shares with so many immigrants to the US was a powerful gesture of solidarity.

Later, Francis accepted a letter from

five-year-old Sophie Cruz, the daughter of Mexican immigrants, who broke through security along the mall in Washington. The letter asked him to call on US lawmakers to pass comprehensive immigration reform so she and her family could stop living in fear of deportation.

The pope also met immigrant families at Our Lady Queen of Angels, a Catholic school in East Harlem, New York.

Score

Liberal win

Climate change
What he said

Francis repeated a call “to avert the most serious effects of the environmental deterioration caused by

human activity. I am convinced that we can make a difference and I have no doubt that the United States – and this Congress – have an important role to play. Now is the time for courageous actions and strategies.”

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Later he told the UN: “Any harm done to the environment, therefore is harm done to humanity. The ecological crisis, and the large-scale destruction of biodiversity, can threaten the very existence of the human species.”

He also said that the world’s poor were the disproportionate victims of climate change, linking two of his key themes: the environment and inequality.

What he did

SeePage 4 Pope Francis

From Page 2 Why Bleed the Poor?

The question being asked by the OFWs and lawmakers is why target the lowly OFWs for additional revenues for the government and turn a blind eye on the people who smuggle, almost casually and on a daily basis, highly taxable items such as oil, rice, used cars, corn, sugar, garlic, cigarettes and almost everything else?

The same question may be asked of the administration’s recent tax initiative that seeks to increase the Value Added Tax on goods from 12 to 14 percent. The VAT is the equivalent of the sales tax in other countries and even the existing 12 percent VAT is already higher than those imposed in any state in the United States!

Malacanang said it would seek the 2-percent VAT increase if Congress passes a measure that would lower income tax rates. The legislation aims to lower the tax rates to make up for the erosion of the people’s income through the years because of inflation. The Palace was objecting to the lower income tax measure because, it said, it would result in loss of government revenues of P30 billion annually.

But, as correctly pointed out by administration ally Rep. Miro Quimbo, chairman of the House ways and means committee, why is the administration complaining about a

P30-billion loss when it has not spent P500 billion of the appropriated budget this year? “So what is the impact of the P30 billion that it is talking about?” Quimbo asked.

Aquino’s allies in Congress must be so frustrated with the administration’s hypocrisy that they are now speaking out their mind. House Speaker Sonny Belmonte, who has in recent months shown his independence, said Congress would push the measure that calls for the lowering of income tax rates from 32 percent to 25 percent to increase the purchasing power of Filipinos.

Isabela Rep. Rodolfo Albano III and Pasig City Rep. Roman Romulo also opposed the DOF’s proposal for a VAT increase.

“The rich would not mind a two-percentage-point increase in VAT. It is the middle class, employees and the poor who will suffer,” Albano said.

“Increasing VAT to 14 percent will be an added burden to the working class, especially to the poor, which comprises the bigger chunk of society since it will mean corresponding increases in the cost of goods and services,” Romulo added.

Just as the freight forwarders would pass on the customs fees to the OFWs, the producers and service providers would only pass on the added VAT costs to customers. “That

is why there is a VAT portion in your monthly electricity bill or mobile phone bill,” Romulo said.

Quimbo also noted that salary wage earners are 100-percent compliant of tax payments while highly paid professionals such as doctors, lawyers and engineers are only 40-percent compliant, while only 31 percent of business owners are paying taxes.

Under the House proposal, corporations and executives earning P10 million and above would be taxed 33 percent in individual income and corporate taxes but they would be given tax incentives for safety nets.

Why is Malacanang opposing such an equitable proposal? Why target the poor – Aquino’s alleged bosses — and be lenient on the wealthy?

If Aquino were really serious about his “kung walang corrupt, walang mahirap” campaign slogan – that’s what it really is – and his “daang matuwid” policy, how come government losses from smuggling, tax evasion and other corrupt activities have increased many times over during his tenure than in the previous administrations?

Why is this government so driven to increase revenues at this time? Why does it want to bleed the poor when it cannot even spend the hundreds of billions appropriated by Congress to spur economic growth and hopefully give more and better-paying jobs to Filipinos? Why squeeze the poor dry and yet let smugglers and tax evaders go unchecked? Aquino’s “bosses” are waiting for answers.

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From Page 1 French debate

"You're playing a dangerous political game."

Green party Leader Elizabeth May called the issue a "fake debate" that has nothing to do with important questions on climate change, unemployment and the economy.

"For women's rights, where is the inquiry on missing and murdered aboriginal women?" she asked.

Other lively moments came during a discussion on constitutional issues, where Trudeau challenged Mulcair's position that a simple majority in a referendum would be enough for Quebec to separate from Canada.

"Mr. Trudeau says it will take much more than simple majority, but he refuses to say how much," Mulcair said.

Trudeau said Mulcair's own party constitution would require more than just 50 per cent-plus-one of voters to remove "new" from the name of the New Democratic Party.

"A prime minister should fight for the unity of the country, and it won't surprise anyone that's what I intend to do," said Trudeau.

On climate change, most of the firepower was directed at Harper, whom his rivals slammed for not doing enough to reduce greenhouse gases.

Duceppe also took his shots at Trudeau for not opposing the Energy East pipeline project that will run through the province.

On the pipeline issue, Harper accused his rivals of not being in favour of replacing foreign oil with Canadian oil.

"That's false!" exclaimed Duceppe, who was backed by May. "That oil is neither consumed, nor refined in Quebec."

The leaders also debated the plight of Syrian refugees, and Canada's military mission in the region.

Again, Harper was criticized by the four others for not doing enough to bring in refugees. Duceppe pointed out that the military helped bring thousands of people fleeing Kosovo into Canada in a matter of weeks 15 years ago.

But the Bloc leader agreed with Harper once more, on the military mission.

"There are moments in history when we have to intervene militarily... We can't just knock on the door of the Islamic State and say, 'we're here to bring humanitarian aide,'" said Duceppe.

But that was followed up by a particularly prickly moment between Duceppe and Harper, the two leaders who have spent the most time together in the Commons, over

Canada's sale of military vehicles to Saudi Arabia.

Duceppe challenged Harper on why that continued, even while it was believed the Saudis were helping ISIS.

Harper responded that Saudi Arabia was an ally

"So Saudi Arabia is a big ally. Oh good, I've taken note," shot back Duceppe.

This first French-language debate could be key for Trudeau and Mulcair in particular.

The Conservatives managed to win a majority government in 2011 with only five seats from the province, as they cleaned up in Ontario and held on in their western strongholds.

But for the math to work for Trudeau, his campaign needs to tick off a healthy number of ridings in Quebec on election night.

The stakes are arguably even higher for Mulcair, whose base of support is firmly rooted in the province. In 2011, the NDP vaulted into official opposition status when they swept the province under Jack Layton. The NDP held 54 of the 75 seats in Quebec when Parliament was dissolved.

Three different pollsters suggested Thursday that New Democrat support may be beginning to wane. The party is not yet a force in the critical Greater Toronto Area.

"Overall, it's fragile," pollster Jean-Marc Leger said of NDP support. "It's really fragile in Quebec."

The leaders' debate is the third of the campaign but the first to be nationally televised by the major networks. It is also the first to include five party leaders, adding May of the Greens and the Bloc's Duceppe to the mix.

It also marks the beginning of an intense nine-day period that will see three leaders' debates in all, two in French and one predominantly in English.

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From Page 3 Pope Francis

To the incredulity of US television commentators, the pope's choice of vehicle for his US tour was a Fiat 500L. "I wouldn't put my dog in a car like that," said one pundit. The modest car, dwarfed by secret service SUVs, was a symbol of an environmentalist pope.

Liberal win

Inequality
What he said

Francis repeatedly spoke about the poor and the marginalised. Those "trapped in a cycle of poverty ... too need to be given hope. The fight against poverty and hunger must be fought constantly and on many fronts, especially in its causes."

But the pope also spoke of "the many thousands of men and women who strive each day to do an honest day's work, to bring home their daily bread, to save money and – one step at a time – to build a better life for their families."

He softened earlier trenchant criticism of capitalism as "the dung of the devil", instead describing business as a "noble vocation" that could be a "fruitful source of prosperity". And he accidentally omitted a section of his speech to Congress in which he warned politicians not be a "slave" to the economy or finance.

What he did

After addressing the most powerful legislature in the world, the pope had lunch with more than 300 homeless people at a Catholic Charities meals programme, in another symbolic gesture. He was too busy shaking hands and posing for selfies to eat his own lunch.

Religious freedom
What he said

Analysis Obama and the pope defend 'religious liberty' – but where and for whom?

Francis's White House speech appeared to focus on domestic religious freedoms while the president sought to extend the issue globally, in what some religious advocates believe to be another sign that Obama is 'anti-Catholic'

The pope raised the issue of religious freedom several times during his trip, touching on an issue that has become a flashpoint between the Obama administration and faith campaigners over same-sex marriage and contraception provision.

Efforts to build a just society should "respect [Catholics'] deepest concerns and their right to religious liberty. That freedom remains one of America's most precious possessions," he said. "All are called ... to preserve and defend that freedom from everything that would threaten or compromise it."

In Philadelphia, Francis denounced discrimination against religion. "Religious freedom certainly means the right to worship God, individually and in community, as our consciences dictate," he said.

What he did

Francis made an unscheduled visit to the Little Sisters of the Poor community in Washington in a clear gesture of support for their long legal battle over Obamacare. The order of Catholic nuns, which runs 30 nursing homes across the country, are fighting the requirement under the Affordable Care Act for employers to include contraception provision in health insurance.

Conservative win

Family
What he said

Francis seemed to allude to same-sex marriage when he said:

"I cannot hide my concern for the family, which is threatened, perhaps as never before, from within and without. Fundamental relationships are being called into question, as is the very basis of marriage and the family."

In Philadelphia, the city hosting the Catholic church's World Meeting of Families, he ditched a prepared speech in favour of spontaneous acclaim for "families who bring up their children to grow and to move forward. Who create, who develop a society of truth, goodness and beauty."

Pope Francis didn't say 'abortion' – and that's what conservative Catholics need to hear

Anthea Butler

The speech, released later by papal aides, made only a passing reference to marriage as a union between a man and a woman. Significantly, the text said: "Perfect families do not exist. This must not discourage us. Quite the opposite. Love is something we learn; love is something we live; love grows as it is 'forged' by the concrete situations which each particular family experiences."

Throughout his trip, the pope barely touched on the issue of abortion. In addressing American bishops in Washington, he said attention should be paid to the "innocent victims of abortion" and in his speech to Congress he spoke of "our responsibility to protect and defend human life at every stage of its development".

What he did

Perhaps it's more significant what Francis didn't do. He did not bless any newly-wed couples nor did he visit any pro-life groups. But neither did he consciously meet lesbian or gay



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Sources:

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Main contenders for 2016 Philippines presidency



Manuel Roxas gestures as he briefs the foreign press in Manila on October 7, 2011 (AFP Photo/Jay Directo)

Philippine President Benigno Aquino named Interior Minister Manuel Roxas on Friday as the candidate he will support in the May 9, 2016 presidential election.

The following are the leading contenders for the post:

MANUEL "MAR" ROXAS, 58

A scion of the old, landed rich from the central Philippines' sugar-baron country, US-educated Roxas is a grandson of the country's first post World War II president, who also had the same name.

Untainted by corruption, unlike many Filipino politicians, he is a close friend of Aquino and is seen by many as a safe pick to carry the torch of the latter's reformist presidency.

Despite marrying a celebrity television presenter, the former investment banker lags behind in the polls and often comes across as bland and boring. He lost the 2010 vice presidential election to Jejomar Binay, one of his potential rivals in the upcoming election.



JEJOMAR "JOJO" BINAY, 72

Though currently leading polls, the feisty septuagenarian's popularity has recently been dented by allegations he illegally enriched himself and built a family dynasty during his 20-year tenure as mayor of Makati, Manila's financial district.

Short and dark-skinned, Binay has been described in jest as the Philippines' Barack Obama, the first black US leader. In the 1980s the self-made orphan and trained lawyer represented the victims of human rights abuses perpetrated during the rule of late dictator Ferdinand Marcos.

A close ally of Aquino's late mother, the democracy icon Corazon Aquino, Binay is relishing a potential rematch with the incumbent's preferred successor Roxas, whom he beat in the 2010 vice presidential election.

MARY GRACE POE LLAMANZARES, better known as GRACE POE, 46



The former Philippine film censor was Roxas' rival for Aquino's endorsement, and toppled Binay from the top of the polls in June. US-based for over a decade until her return to the Philippines in 2004, she is seen as a refreshing new face in a country weary of corruption.

Dumped at a church as a baby and adopted by popular Filipino film action hero Fernando Poe, who died shortly after losing the 2004 presidential election, the younger Poe was a surprise top vote-getter in the 2013 senatorial ballot.

She has yet to make her views known on many major issues, and foes brand her as inexperienced. They also insist she has not lived in the country long enough to satisfy a 10-year residency rule for presidential candidates. (Yahoo news)



Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

PAGKATAPOS NG HALOS DALAWANG TAON, MAY KAUNTING BALITA TUNGKOL SA DONASYONG IPINADALA SA MGA BIKTIMA NG BAGYONG YOLANDA

Noong Agosto 25, isa ako sa mga tumanggap ng kopya ng email na galing sa FAMAS. Ang naka-attached na sulat ay galing kay Jess Agustin, Program Officer ng Development and Peace. Tinanggap nga raw ang \$25,000 na ipinadala ng FAMAS at may report si Jess kung saan ginamit ang donasyon tulad ng pagbibigay ng emergency relief sa mga nasalanta ng bagyo. Humihingi siya ng paumanhin kay Nida dahil naantala ang sagot niya sa sulat ng huli noong Enero 5, 2015. Nagkaroon kasi ng pagbabago sa pamumuno ng organisasyon dahil natapos na ang panunungkulan ni Michael Casey bilang Executive Director. Isa pa, kamakailan lamang ibinigay kay Jess ang sulat ni Nida. Kung ang petsa ng sulat ni Nida ay Enero 5, 2015, ang ibig sabihin ay noon lamang siya nagtanong sa Development and Peace kung ano ang nangyari sa mga pera at kahon na nalikom para sa mga biktima ng bagyong Yolanda noong 2013. Napressure kasi kamakailan si Nida nang may magtanong kung ano nga ang nangyari sa donasyon. Walang mang sulat na ipinakita ang FAMAS na nagsasabing natanggap ng mga biktima ng kalamidad ang mga donasyon. Ang sabi ni Nida noon "Basta ipinadala na namin."

Ang mga tao sa atin komunidad na nagbigay na donasyon ay may karapatang magtanong. Sana, noon pa sinabi ng FAMAS sa Development and Peace na i-acknowledge ang tinanggap na donasyon upang mailathala sa the North American Filipino Star o the Filipino Forum ang acknowledgement receipt. Hindi rin maiwasan ng mga tao ang magtanong kung talagang buong \$25,000 and nalikom ng FAMAS – walang labis, walang kulang. Ang sabi ng isa, "Baka na-und off. Kung may sobra, baka ginamit ng FAMAS sa administrative expenses." "Eh 'yung sinasabing tatapatan ng Canada kung magkano ang nalikom ng FAMAS?" Ang sagot na naman ng isa, "Baka ang Canada ang nagpadala ng direktso sa Pilipinas."

Para sa tinatawag na transparency, maganda sana kung inilathala ng FAMAS ang lahat ng pangalan ng mga nagbigay at kung magkano ang ibinigay. Tulad ng sabi ko, sa Gazette, pagkatapos ng Yearly Christmas Funds, inilalathala nila ang mga pangalan ng nagbigay, kahit \$1.00 or \$5.00. Kung may gustong ayaw ilathala ang pangalan, inilalagay ng

Gazette na anonymous. Nag-abala at naghirap ang mga tao sa ating komunidad na magbigay ng donasyon, ganoon din sana ang ginawa ng FAMAS. Nag-abala at nagsikap sana sila na kunin ang mga pangalan ng nagbigay ng donasyon para ilathala sa diaryo at magpasalamat.

Bago nangyari ang bagyong Yolanda, nagkaroon ng kalamidad sa Pilipinas. Bagyong Undoy yata. May isang grupo ng Pilipino, FAMAS o Federation, na nagbigay ng donasyon sa Development and Peace. Nakalitrato pa sa front page ng the Filipino Forum. Hindi ko matandaan ang halaga. Pero may nagtanong sa Development and Peace kung totoo ang halagang nakalagay sa Forum. Ang sagot ni Michael Casey sa nagtanong ay dummy cheque lamang ang iniabot ng grupo sa Development and Peace dahil hindi pa tapos bilangin ang tunay na talagang nalikom. Bakit nagmamadaling magpalitrato ang nagbigay ng donasyon? Para sa publisidad? Paano kung sumobra ang halagang nalikom sa halagang nalathala sa the Forum? Saan dinala ang mga koleksyon na nakalaan para sa mga biktima ng kalamidad?

Lagi natin sinasabi ang salitang transparency. Sa susunod, hanggat maaari, kailangan talagang magkaroon ng transparency. Walang nag-aakusa pero may karapatan ang mga tao na magtanong kung sino ang mga nagbigay ng donasyon at magkano ang ibinigay, at kung tinanggap ng mga pinagpadalhan ang donasyon.

ANO NGA BA ANG BALAK NG BAGONG FAMAS EXECUTIVE BOARD UPANG MAGKAPERANG ASOSASYON BUKOD SA PAGTITINDA NG TIKET?

May ipinamigay na sulat si Bert Abiera na nagtatanong kung may balak na gumawa ng ibang paraan ang Executive Board ng FAMAS 2015-2017 upang magkaperang asosasyon. Pareho ang iniisip namin. Ang Bb. Pilipinas, Bb. Munting Pipinas at membership fee ay tradisyon na ipinagpapatuloy na lamang ng mga nakaraang FAMAS Executive Board. Mabuti naman at itinutuloy ng FAMAS ang mga ito pero sana ay umisip din ng ibang paraan ang EB dahil sagad na ang mga tao sa komunidad sa pagbili ng tiket sa mga asosasyon. Sabi nga ng isang senyor, "Napupunta lamang sa pagbili ng mga tiket ng asosasyon ang pension ko." Totoong kailangan ng FAMAS ang pera kaya kailangan mag-isip ang Executive Board ng proyekto.

Halimbawa, bakit hindi itinuloy ng administrasyon ni Nida ang iniwang proyekto ng administrasyon ni Au Osdon? Ito ay ang Pagsibol na tungkol sa Youth Leadership Program. Ang proyektong ito ay galing sa Mabuhay Team kaya walang nagtuloy. Pulitika ang dahilan. Sabi naman ni Bert, "Walang marunong gumawa ng project proposal o tamad gawin ito." Kahit mga \$2,000 o \$3,000 lamang ang sakaling makuha ng FAMAS sa proyektong ito, pera rin iyon. Hindi ko sinasabing madali at may katiyakan na makakukuha ng kahit anong grant ang FAMAS kapag nag-apply nito pero dapat subukan gawin ito ng Executive Board. Kung nagagawa ito ng mga ibang lahi, lalo na ang mga itim, bakit hind magawa ng mga Pilipino?

Pinakikinabangan tayo ng gobyerno pagdating ng eleksyon kaya pakinabangan din natin sila.

Pero totoo ang sabi ni Bert na hindi lalapit ang gobyerno sa FAMAS. Ang FAMAS ang dapat lumapit sa gobyerno. At dagdag ko pa, "Hindi basta magbibigay ng pera ang gobyerno kung walang ipakikitang project proposal ang FAMAS.

Kailangng mag-isip at kumilos na ang Executive Board.

SALAMAT SA IYO FRED DAHIL PAMINSAN-MINSAN, NAAALIW AKO SA MGA ISINUSULAT MONG KATHANG-ISIP AT TINATAWAG MO AKONG MR. QUIAMBAO

Nitong August issue ng Forum, isinulat ni Fred Magallanes sa aditoryal niya, "Mr. Bert Abiera, former FAMAS president, said Willie Quiambao is July-born and around 65 years old."

Bago isinulat ni Fred iyon, nagkuento na sa akin si Bert na ilang beses ngang tumawag sa kaniya si Fred at nagtatanong ng mga impormasyon tungkol sa akin. Nagtatawa kami dahil ang ginawa ni Bert, binigyan niya ng mga maling impormasyon si Fred. Siguro, para mai-demanda at matalo na naman si Fred. March ang birthday ko, hindi July. At isinulat din ni Fred na \$45.00 lamang ang ibinabayad sa akin sa bawat article na sinusulat ko bilang free lancer sa Gazette mga ILANG BUWAN lamang maraming taon na ang nakalipas. Mali na naman. Natatandaan ko na \$100.00 bawat article ang ibinabayad sa akin ng Gazette noong 1995 at halos dalawang taon akong nagging free lancer dito. Yamang si Fred ma rin ang nagbukas ng isyu ng pagsusulat ko sa diaryo kaya ibibigay ko ang gusto niyang marinig: Si Fred, nagtrabaho raw sa isang newspaper sa Calgary. Ang totoo, sabi ng ibang Pilipino, superintendent o janitor siya. Walang masama dahil marangal na gawain ang maging janitor pero ang masama ay magsinungaling. Ikinahihiya niya ba ang pagiging janitor? At upang insultuhin naman si Zeny, isinulat niya na ayon sa kanyang distributor, 1,000 lamang ang sirkulasyon ng the North American Filipino Star (sabi ni Fred ay napakahabang pangalan). Ang balita noon, karamihan sa mga advertisers ni Fred ay inilalagay lamang ni Fred nang walangpahintulot ng mga ito upang lumabas na marami nga siyang advertisers. Kung minsan, ayon din sa balita, kung \$150 ang halaga ng

kalahating pahina ng advertisement, ibibigay niya ng \$75.00). Ang tama lamang sa isinulat ni Fred sa kaniyang editoriyal ay hindi ako binabayaran ng NAFS sa pagsusulat dahil volunteer lamang ako. Volunteer ako dahil gusto ko ang pagsusulat at naitutuwid ko ang mga kasinungalingan at kayabangan sinasabi niya tulad ng dating governor siya ng Leyte, marami siyang dump truck sa Pilipinas, ghost writer siya ni Imelda Marcos, adviser daw siya ni dating Philippine Ambassador to Canada na si Francisco Benedicto.

Sa kabila ng mga kasinungalingan ni Fred, napahanga niya ako nang nabatiin niya ako sa aking kaarawan (kahit mali ang buwan). Maalalahanin pala. Ang totoo, matagal ko nang gustong magpasalamat kay Fred. Una, naaaliw ako sa mga nakatatawag kathang-isip na isinusulat niya tungkol sa akin at mga ibang Pilipino. Pansamantala akong nakalilimot sa aking problema dahil para niya akong dinadala sa sarili niyang daigdig na ginagalawan. It's a fantasy world. Pangalawa, kahit hindi magkalayo ang aming edad, isa siya sa paminsan-minsan ay tumatawag sa akin ng Mr. Quiambao. Musika sa aking pandinig iyon. Ang isang tumatawag sa akin ng Mr. Quiambao ay si Ed Vasquez. Nang tanungin ko si Ed kung bakit lagi niya akong tinatawag nang Mr. Quiambao, seryoso ang sagot niya, "Paggalang ko sa iyo."

Sana, ganoon din si Fred as akin.

KANSER NG LIPUNAN SI FRED

Noong Sept. 11, hindi ko inaasahan ang pagtawag sa akin ni Robert Libman, kandidato ng Conservatives sa MP, upang mag-alay ng tulong para mahinto ang paninira ni Fred sa akin, kay Zeny Kharroubi at Senator Tobias Enverga. Nabasa niya ang isinulat ni Fred Magallanes sa Aug. issue ng Forum. Hindi makapaniwala si Robert na may ganoong uri ng manunulat sa ating komunidad. Sinabi pa ni Robert na dapat ay sagutin ni Zeny ang mga libelous articles na isinusulat ni Fred. Ipinaalam ko kay Robert na kamakailan lamang ay natalo nga si Fred sa libel case na isinampa ni Budz Sarmiento kay Fred.

Dahil sa ginawa ni Fred tungkol sa akin, kay Zeny, Senator Enverga at dahil sa pagtawag ni Robert, nahalungkat ko tuloy ang mga sulat na ipinadala ni Fred sa Quebec Press Council at nabasa kong muli ang mga kasinungalingang pinagsusulat niya. Halimbawa, noong Jan. 2005, nagreklamo si James de la Paz sa QPC dahil sa walang tigil na mga atake ni Fred. Sumulat ang QPC kay Fred sa kaniya at ganito niya ipinakilala ang sarili: I have been the publisher and editor-in-chief of the Filipino Forum for twelve years. The newspaper has a circulation of 10,000." Pero noong Nov. 16, 2005, iba na naman ang sinabi ni Fred sa QPC, "The Council erroneously criticized me for not resorting to an outside reporter who would be more impartial in writing about Mr. de la Paz. The Council did not take into account that it is a SMALL community

newspaper, there are not several reporters on staff to write various articles. In fact, I write approximately 90% of the newspaper articles. I do NOT HAVE EMPLOYEES to write articles at my disposal.” Ito ang bahagi ng sagot ni James, “Just below the name of the newspaper, you will notice that it reads The No. 1 Filipino Newspaper in Canada. The list of subscription is as follows: CDN district , 13,000; South Shore, 2,000 copies; West Island, 1,000 copies; Chinatown, 500 copies; NDG, 1,000 copies; churches meetings, 1,000 copies. And in his editorial box, he has 9 writers listed – Paul Magallanes, Pierre Magallanes, Beverly Ann Gregorio, Julie Parado, Frederico Pascual, Minda Mazzone, Francis Fox, Denie Guloy.” Dagdag pang isinulat ni Fred, “In fact, when Mr. de la Paz or a member of his family have (sic) accomplished something positive, the Filipino Forum has written positive articles.” Lalo nang nagkabuko-buko si Fred nang ipadala ni James ang kopya ng isinulat ni Fred sa Forum na ang park sa Clanranald na si James ang nag-lobby upang ibigay ng city hall ay “small park where the dogs defecate on.”

Sa dami ng mga kasinungalingan ni Fred, hindi niya matandaan ang mga sinasabi niya.

Ang isa pang kuento si Fred na parang alamat na kuentong-bayan na nagpapasalin-salin kapag napag-uusapan ng mga Pilipino sa mga pagtitipon ay ito: Noong 1976 Olympic sa Montreal, may picnic sa Beaver Lake ang mga Pilipino at kasama ang isang manunulat na Pilipinong galing sa Pilipinas. Nang malaman ito ni Fred, kinausap kaagad ang Pilipino upang magyabang. Nagkuento si Fred na kaibigang matalik niya si Tony Siddayao, isang sikat na sports writer sa Pilipinas. Lingid sa kaalaman ni Fred, naghahagigkikan ang mga Pilipino sa paligid niya. Bakit? Ang taong kausap ni Fred ay si Tony Siddayao. Name dropper si Fred. Ang isa pang sinasabi niya na kilala at classmate pa ay si Miriam Defensor Santiago. Ang mga ito ay sa panaginip niya lamang nangyayari. Mga kathang-isip niya na nangyayari sa sariling niyang daigdig.

Kayo ang humatol – kasinungalingan, kayabangan o kahibangan ba ang mga sinasabi at sinusulat ni Fred?

At ito pa ang isinulat ni Fred na nagpapatunay na talagang hindi niya alam ang kaniyang sinasabi. The North American Filipino Star should dump Willie Quiambao before he sinks the Star. It’s circulation collapsed because of its consequence.” Unang-una, siya na rin ang nagsabi na volunteer ako. Sabi nga ni Bert Abiera, “Paano mo idi-divorce and taong hindi mo naman asawa” Pangalawa, hindi ako mag-aatubiling sabihin ito na parang sirang plaka para malinawan lamang ang nalalabuang pag-iisip ni Fred : “ Kung ako ang dahilan kaya bumababa ang sirkulasyon ng NAFS, bakit may nagsasabi sa akin, tulad ni Elvie Maximo, Amy Chantengco, ama ng stand up comic na si Paul Baluyot na binabasa nila ang mga sinusulat ko dahil tama, may katuturan at inspirational. At marami rin ang

nagpapasalamat sa mga ko nai-feature ko sa Personality of the Month column ko tulad ni Jacinta Panganiban (dating caregiver at ngayon ay successful insurance broker), Rick Aquino (community leader na sinabi sa akin na natututo siyang magbasa ng Tagalog dahil sa kolumn ko) at ama ng batang si Alexi Cachero (promising hockey player) . Pangatlo, ito ang nakatatawa dahil lagi niyang sinasabi na dinudumihan ko ang kaniyang reputasyon at diaryo. Noon ko pa sinasabi na paano ko dudumihan ang isang bagay na madumi na na parang putik. Napatunayan ng Quebec Press Council na lumabag si Fred sa journalistic ethics at natalo siya sa libel case na isinampa sa kaniya ni Budz. Hindi pa ba sapat ang mga ito upang tawagin na marumi na ang reputasyon ni Fred at ng kaniyang diaryo? Hindi na maaaring maging malinis ang mga ito. At kung sakaling hindi na ako nagsusulat sa Star (iyon ay hindi dahil sinabi niya kay Zeny i-

dump ako kundi umalis ako ng kusa), maligaya na rin ako dahil naibunyag ko sa mga bumabasa ang mga kasinungalingan ni Fred at naituwid ko ang mga maling balita niya na tulad ng FAMAS general assembly pakatapos ng eleksyon at komento ni Irwin Cotler na nagsasabing illegal ang general assembly ni Au Osdon noon.

Ang sabi ng iba, wala nang hiya at wala nang kinatatakutan si Fred. Mali iyon dahil tao rin si Fred na katulad natin - may pusong nagdurugo, may damdaming nasasaktan at nahihiya, may luhang tumutulo at may takot na nararamdaman.

Bakit ko nasabi ang mga ito? Nang mahatulan si Fred na magbayad kay Budz, bakit sumunod din siya? Takot siya. Nang sumabog ang balitang natalo si Fred sa libel suit ni Budz, bakit nagsumbong kaagad siya sa abogado niya? Nahihiya siya. Nang puntahan siya sa bahay ni Conrad St. Pierre, Commission on Election representative, upang tanungin kung

saan niya nakuha ang balitang binayaran si Alex Robles para tumakbong konsehal at kung bakit siya naglagay ng unauthorized political advertisement ng dating mayor na si Pierre Bourque, ang una niyang tanong, “Will I be put in jail?” Takot siya. Tuwing makikita ko siya sa korte dahil ako ang kinatawan ni Budz sa dapat ay mga hearing nila, naririnig ko ang sabi ng isang abogado, “He looks so sad.” Para siyang basing sisiw.

Sa madaling salita, ang ipinakikita ni Fred na na hindi siya nababahala sa mga nangyayari sa kaniya ay panlabas na anyo lamang. He is just a putting on a brave face.

Tulad ng sabi ko noon, patuloy na ginagawa ni Fred ang mga paninira sa atin dahil pinababayaang natin siya. At tulad ng sabi ni Robert noong Sept.11 nang tumawag siya sa akin, handa siyang tumulong upang mahinto ang ginagawang pagmamalabis ni Fred.



Congratulations to the 2015 -2017 Board of FAMAS.

We look forward to working with you in serving the community

Mayor and Councillor's office:

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Russell Copeman
Mayor
Borough of Côte-des-Neiges — Notre-Dame-de-Grâce

Marvin Rotrand
City Councillor
District of Snowdon



Ask the Video Guy

Technological Tidbits
by

Al Abdon

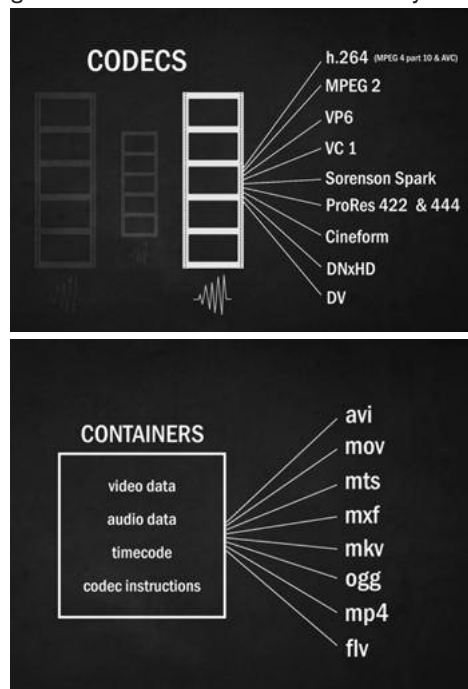
MOVIE FILES TERMINOLOGY MADE SIMPLE

Making home movies use to be a simple procedure - you'd buy a 8mm or Super8 camera; Sound or without sound; or if you were really industrious, a 16mm camera and shoot and edit your movies.

In the 1980s, shooting and editing movies got only slightly more complicated with the introduction of VHS, VHS-C and Betamax. When video went digital though, everything went out the window. Suddenly there was a bewildering array of video formats - .wmv, .asf, .rm, .mov, .mpeg, for compressing files, - and on top of that, many of these standards had their own substandards (MPEG-1, MPEG-2, etc.)

Containers and Codecs

Possibly one of the most confusing things about digital video formats is the idea that there's a "container" and "codec" - You might think it's enough to make you yearn for the days when you could just put a tape in the camera and start recording, but you'd be wrong. Twenty years ago everybody was watching movies the same way - either on a screen via a projector, or on a television set. Today many, many more options exist and people are taking advantage of them all - from high-end HD video with surround sound shown in a top of the line home theater, to video streaming from a cellphone - video is everywhere and having a grasp of the various formats will ensure that your video gets where it needs to in the best way.



An Analogy

Trying to figure out exactly what containers and codecs are can be a little bewildering because it's a very technical subject. You can think of containers as a type of publication: a hardback book, a glossy magazine, a newspaper, a pamphlet, a gum wrapper - all of which can contain words and other things like photographs, or cartoons, and yet each one works in a different way. Think of the codec as the way of displaying the information you want

in your publication. You can, for example, print War and Peace on Bazooka Joe bubble gum wrappers, but it will take thousands and thousands of them and nobody will want to read it that way; in the same way you can put your vacation footage on an uncompressed DV format, but you won't be able to stream it over the web. Similarly, you likely want your copy of War and Peace to be beautifully bound in hardback, but that's not the proper container for a takeout menu someone's going to shove in your mail slot. Words with drawings could properly be placed in a comic book, or a hardback book, or a newspaper, but the images in an art catalogue or high-end fashion magazine require heavy-weight glossy paper to reproduce properly. Every video application has a proper codec and container. To add one more layer of complexity: both codecs and containers go in and out of style - so a format which was popular a few years ago, may be something few people are using today.

Lossy vs Lossless Compression

Usually, when video data is compressed some of it is lost. Video compression software works by looking for redundancies in a frame (such as one bit of blue sky next to another bit of blue sky) and representing the redundancies together. At very high rates of compression this becomes obvious, but at lower rates it's difficult for people to notice. There arises a desire in every movie maker to try to use lossless formats, which preserve all the original data, but the compression ratios aren't good enough (yet) to make them practical. Choices at the moment are to use the highest quality compression available for your intended purpose and to have multiple versions of your files for multiple uses (i.e. one file for web-streaming, another for disk-based distribution, another for standard definition DVD, another for Blu-ray, etc.).

Edit and Distribute in the Highest Quality

The highest quality video format is going to be the format you captured your video in. While digital files do not degrade in quality during copying, every time they are compressed with a "lossy" compression they lose data, so converting your uncompressed DV formatted files even into a high quality MP4 will result in a loss of quality. While it's necessary to compress files in order to be able to share them, you should avoid re-compressing any more than you have to. Keep your master files in the original format; edit, and create versions at whatever sizes necessary - but always from the originals. Don't burn a DVD from a file that's already been compressed into a low resolution file for streaming over the internet, instead create a separate, high resolution, file from your editing software. A lot of the work in deciding how to compress video files can

be done by your video editing software. Most consumer editing software today will have presets for various methods of distribution the software's video compressor will use, such as DVD or even iPhone video, - your DVD burning software could automatically know which format to use in order to make a DVD that will play on home theaters.

Containers

We'll take a look at some containers and then at some codecs. A video's file extension usually refers to the container. A few containers have codecs that they almost always use and other containers are often used with many different codecs.

Audio Video Interleave (.avi)

Developed by Microsoft and released with Windows 3.1 way back when false teeth were still made out of wood, AVI files have been a work horse of digital video. Although its popularity has been waning, lots of legacy video in AVI can be found all over the web. More recently, AVI has been abandoned for Microsoft's WMV (Windows Media Video).

One of the most maddening things about AVI today is that the format doesn't allow for specifying an aspect ratio, so a 16:9 AVI video may start displaying at 4:3 - this is less of a problem if your player allows you to manually select aspect ratios. If you're watching in the non-pro version of QuickTime though, you'll have to learn to live with people being unusually narrow.

Advanced Systems Format (.asf)

ASF is a proprietary Microsoft container that usually houses files compressed with Microsoft's WMV codec - to make things confusing, the files are usually designated .wmv and not .asf. The ASF container has the advantage over many other formats that it is able to include DRM (Digital Rights Management), a form of copy protection.

QuickTime (.mov or .qt)

QuickTime was developed by Apple and supports a wide variety of codecs. It's a proprietary format though and Apple decides what it supports.

Advanced Video Coding, High Definition (AVCHD)

AVCHD is a very popular container for data compressed with the H.264 - it comes to us through a collaboration between Sony and Panasonic as a format for digital camcorders. It's a file based format, meaning that it's meant to be stored and played back on disks or other storage devices (such as compact flash drives or SD cards). It supports both standard definition and a variety of high definition variants from 720 to 1080p. The latest version (AVCHD 2.0) also supports 3D as well as some high frame rates.

Flash Video (.flv, .swf)

Flash was originally created by a company called Macromedia which was acquired by Adobe in 2005. Flash has been around for a while and comes in multiple versions, some better than others. Older Flash video often uses the Sorenson codec, newer Flash uses H.264. It's an extremely widespread container format used for streaming video across the web. Its major downside is that it will not play on iOS devices such as iPads or iPhones, a conscious decision made by Apple CEO Steve Jobs who famously called Flash "buggy" and blamed it for problems with the Apple Operating System. Jobs opted to skip Flash support in the belief that the HTML5 standardization of video display would solve streaming problems. (HTML5 and the way it handles video are beyond the scope of this article, but you can read about it here:

Codecs that are Also Containers

As if things aren't confusing enough, some containers have codecs with the same

name.

MPEG-1

MPEG-1 is used almost exclusively for Video Compact Disks (VCD), which are extraordinarily popular in some parts of the world but never caught on in the U.S. - the video quality is substantially lower than DVDs.

MPEG-2 (H.262)

MPEG-2 is a container format, but there is also a codec of the same name, which most people call H.262, so that it's not so confusing. Though a world where we call something H.262 is already more confusing than it ought to be. MPEG-2 is used for DVDs and pretty much nothing else with the exception of broadcast High Definition Television (HDTV).

Codecs

Windows Media Video (.wmv)

Once it was realized that the Internet was a delivery vehicle for things like video, people started trying to come up with ways to share video that wouldn't take up a lot of bandwidth and disk space. One of the big advances was the idea of "streaming video" - where your computer downloads only a part of a video and begins to play while the download continues - this means you don't have to wait two hours for a movie to download before you can start watching. Over the years the WMV format has grown to include support for high definition 720 and 1080 video. To make things complicated, files that end in .wmv are usually stored in an .asf container.

H.264

Not only do you need to call the MPEG-2 compression codec H.262, you have to keep from confusing it with H.264, which is used to compress Blu-ray disks as well as lots of web video. One of the very nice things about H.264 is that you can use it at very low and very high bitrates. The H.264 will send highly compressed low resolution video across the web and then happily encode your high definition movie at super high bitrates for delivery to a High Definition television. This is a very common codec for camcorders and digital video cameras. Its container is AVCHD.

Switching Between Formats

It's possible to convert video from one format to another by using a video format converter such as the Kigo Video Converter, which is available for both Macintosh and Windows for \$40. If you do transfer your old AVI files to more popular MP4 files, remember that re-compression causes degradation, so don't delete the originals, archive them somewhere.

What's the best video format?

While there isn't one "best video format", there are best video formats for particular jobs. Things to be aware of when choosing a video format, apart from the intended audience, (Will they be watching video streaming over the Internet? Do they have a fast connection? Do they have a DVD player? Do they have a Blu-ray player?), are the longevity of the format and how widespread it's adoption. Flash, for example, is a very popular video format and its distributor, Adobe, will probably be around for a while. On the other hand, at the moment Flash doesn't play on Apple's popular iPad or iPhone. Currently, a good bet for a forward-looking, high-quality, versatile video format is H.264, aka, MPEG-4/AVC (Advanced Video Coding), though it really needs a better name. H.264 is supported by a number of important players including Microsoft, Apple and Adobe, though in early 2011 Google dropped support for H.264 from its Chrome browser citing the desire to use only open-source (i.e. non-patented, royalty free) standards. ■

Phiippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi



Chicken Curry

- Ingredients :
- 2-3 tbsp. oil
 - 3 potatoes, peeled, quartered and fried
 - 1 lb. chicken, cut into serving pieces
 - 3 cloves garlic, minced
 - 1 large onion, quartered
 - 1 tbsp. patis (fish sauce)
 - 3 tbsp. curry powder
 - salt and pepper
 - 1 cup water
 - 1 red bell pepper, cut into big squares
 - 1 green bell pepper, cut into big squares
 - 3 celery stalks, cut into 1-1/2" long
 - 1 cup coconut milk or evaporated milk (Measurements For Cooking)

Cooking Procedures :

Pan fry potatoes. Set aside. In the same pan, fry chicken pieces and brown a little. Add garlic and onion. Sauté for a few minutes until soft. Pour in patis and season with curry powder, salt and pepper. Stir for 2 minutes. Add water. Cover and bring to a boil. Lower the heat; add celery, bell peppers and fried potatoes. Simmer for 3 minutes or until half done. Add milk and stir occasionally. Cook for another 7 minutes (or lesser when using evaporated milk because the liquids will curled). Remove from heat. Serve hot.



Ginisang Munggo

- Ingredients
- 1½ cups Mung beans
 - 1 tbsp garlic
 - ½ lb pork, thinly sliced
 - 2 cups spinach
 - 1 pc medium sized tomato, chopped
 - 1 medium sized onion, chopped
 - 5 to 8 pcs medium sized shrimp (optional)
 - 2 tbsp fish sauce
 - 24 ounces water (for boiling)
 - 1 pc beef cube or 1 teaspoon beef powder (for flavoring)
 - ½ cup crushed pork rind (chicharon)
 - ¼ teaspoon ground black pepper
- Instructions
- In a pan, put-in the water and bring to a boil. Put-in the Mung beans and simmer until becomes soft (about 35 to 50 minutes). On a separate pan, sautéthe garlic, onion and tomato. Add pork. Cook for 5 minutes. Put in the beef cube and fish saucel 'simmer for 10 mins or until the meat is tender. NoteL. If necessary, you may add water to help make the met tender but make sure to add more time to simmer. Add the shrimp. Stir and then cok for 2 minutes. Pour the cooked beans. Stir and then simmer for 10 minutes. Add the spinach and pork rinds (chicharon) Sprinkle the ground black pepper. Serve hot. Share and Enjoy!

Roasted Squid

- Ingredients
- 3 pieces medium to large squid, cleaned
 - 1 cup soy sauce
 - 1 large tomato, diced
 - 1 large sweet onion, diced
 - 3 pieces dried Thai chili
 - ½ piece lemon or 2 pieces calamansi salt and ground black pepper to taste
- Instructions
- In a large container, combine onion and tomato. Add some salt and pepper and mix well. Stuff the squid with the onion and tomato mixture. Add more if necessary. Grill the squid for 6 to 8 minutes per side. Transfer to a serving plate. Serve hot with dip. Share and Enjoy!



Buko Pandan Salad

- Ingredients:
- * 8 leaves of Pandan – (well washed and cleaned)
 - * 5 Buko – Grated to strips
 - * Water – approx. 10 cups
 - * 3 small cans of cream
 - * 1 medium can of condensed milk
 - * 2 bars of gulaman
 - * 1 3/4 cups sugar (you can add more)
 - * 1 cup kaong (optional)
- How To Make Buko Pandan Salad – Preparation Instructions:
- 1). Boil water together with 8 pandan leaves that are individually twisted to break the fibers and expose the juice. Simmer for 20 minutes.
 - 2). Before adding 2 bars of gulaman, make sure you remove the pandan leaves and check if the remaining water is equal to 8 cups – 1 bar of gulaman is good for 4 cups of liquid. If it is not 8 cups, less will mean hard gulaman and more than 8 cups will result in mushy soft gulaman.
 - 3). Ensuring gulaman is well-dissolved stir well.
 - 4). Add sugar while mixing. Do this for 5 minutes.
 - 5). Pour through a strainer into cooling trays. Wait till it cools and hardens, then put in fridge.
 - 6). Meanwhile, mix the grated buko with the 3 cans of cream and 1 can of condensed milk.
 - 7). Add the kaong (optional).
 - 8). Get gulaman and cut it into 1 cm cubes.
 - 9). Mix with buko mixture.
- Best served after refrigeration/cold.

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The North American FILIPINO STAR PHOTO GALLERY



Cesar Manuel (extreme left) poses with his family and friends during the Munting Mutya pageant at the Hellenic Community Center, September 19, 2015.



The winning candidate declared as the Munting Mutya ng Pilipinas-Montreal, 2015, Kathleen Parissa Pedram, poses with her mother and other participants. In yellow, Svetlana Suarez, pageant organizer and chairperson.



A nice day. Sept. 20, for Gilmore College annual apple picking at Denis Charbonneau, Mont St. Gregoire. A record breaking number of 50 people came with their families - students and their friends. We enjoyed a surprise tourist bus sent instead of a school bus. Thanks to Autobus Galland. Next year, see you at Hemmingford.

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2nd Anniversary of Mabuhay Montreal TV

26th Anniversary of Gilmore College, and Gilmore College Inauguration and Blessing and Open House

Date: Saturday, October 24, 2015

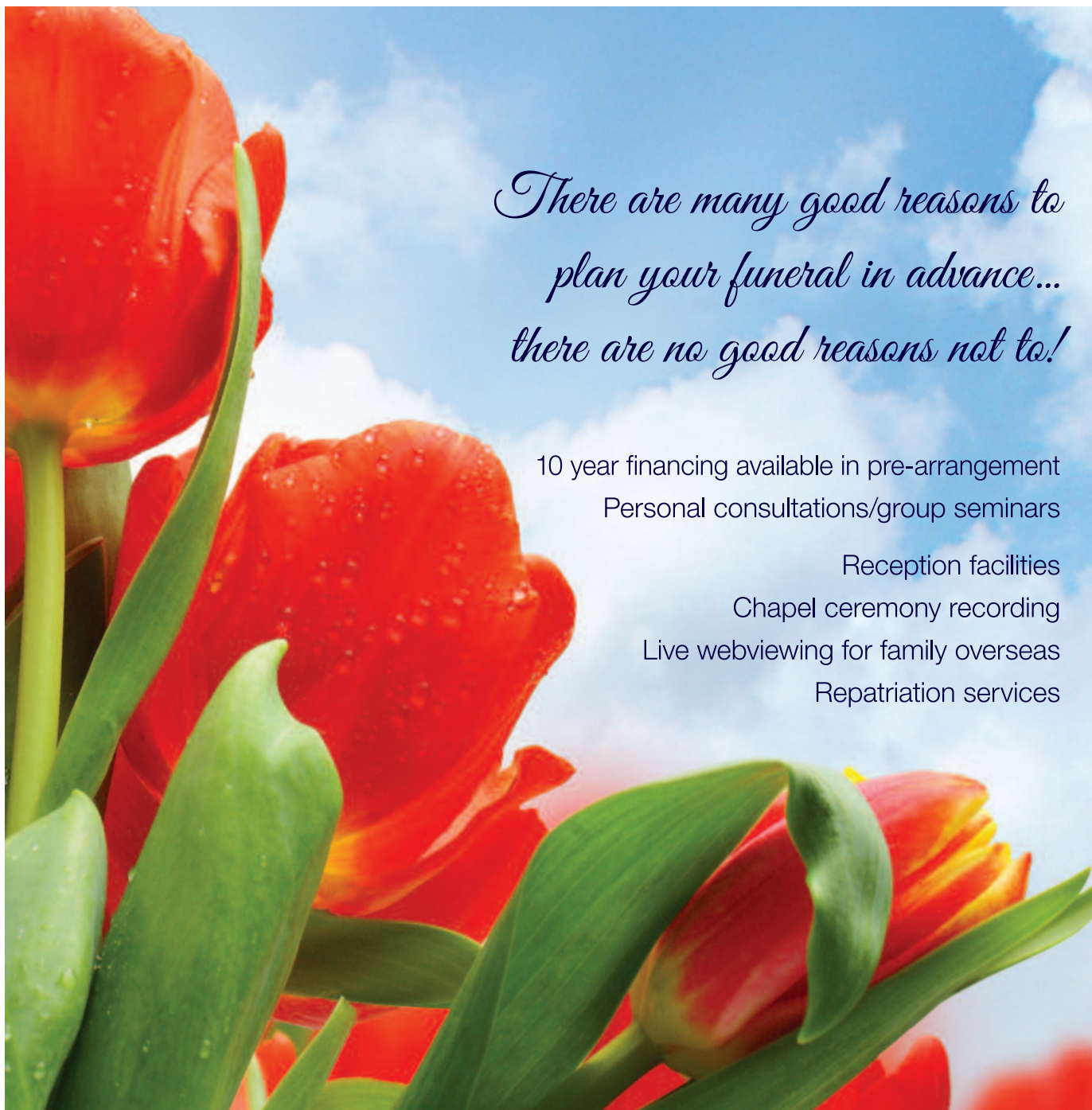
Open House - 3:00 to 5:00 P.M.

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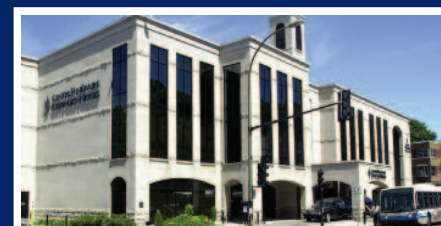
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Social Tidbits

Fely Rosales Carino



The month of September started with a bang. The opening salvo was the Robles –De la Paz Wedding, Mark and Shirling. The nuptial was officiated at Thomas Church in Verdun, Quebec.

Let me talk about the bride. All brides are beautiful on that special day. On September 12, 2015, Shirling looked lovely, stunning and beautiful. She radiated what she felt. Her non-stop told everything, on the other hand, Mark looked handsome and dapper. His bearing exuded confidence as if he was the on top of the world.

During the wedding entrance, the little ones stole the show, cute Veronica De la Paz Vitbrun, wore an attractive gown. She did her job well even going back to spray some flowerets in the path she missed Ring bearer Andrei James De La Paz Vilbrun and arras bearer Liam Ryan dignified in their mini barongs.

After the wedding ceremony and the photo session that followed, guess proceeded to the East community Center Social Hall in Pierrefonds Quebec for the reception. The place was dressed in pink. Each table décor was assigned a European country that the couple has visited during their Pamana Dance Tour. And under an extra large bulb wrapped in decorative fine paper was the picture taken in that place. So, it's table wasn't numbered, rather each was assigned a European place the couple have visited during their Pamana Dance Tour. I heard that Mark proposed to Shirling while on the tour during a Pamana performance in Portugal. How romantic.

Guest was predominantly the young one-the Pamana Dancers. Dance instructors/choreographers in the guest list were Albert Gutierrez, Letty Bulatano, and Norma Vohra. Among the crowd were Mr. and Mrs. Marvin Rotrand, Mrs Jacqui Rotrand draped herself in an off-white black ensemble which she changed into a lovely short formal in the evening. Aside from the radiant bride, Rose De La Paz, the bride's mom was easily the best dressed that evening. She wore a deep red strapless gown that sparkled when the rhinestones hit the lights, Ditto with the matron of honor, Shirling's sister Mayerling. She looked regal in a fitted dark red gown. My vote for the best hairdo went to Verayda Lyn Bermejo. Her modern cut style that we can only see in the covers of beauty

magazines.

At the present time, Mark and Shirling are honeymooning in Europe revisiting the countries where they dance their hearts out during their Pamana Performances.

During mealtime, we almost forget to go get out foods because we were occupied laughing at Felix De Luna's stories of mangkukulams. The noisiest table-table Zagreb (Italy) belonged to us. Dario and Claire Bucu, Reggie and Cherry Villamor, Felix De Luna, Jerry and Linda Dancil, Ray and Esphe Balance, and yours truly.

For entertainment, the folk dances chosen were Singkil and Tinikling. Although we see these folk dances quite often, we do not get tired watching them maybe because of the elegance and grace of the dancers and for sure, for the sentimental reasons too, they remind us of dear Philippines, and during the father and daughter dance, there wasn't a dry eye when father James and daughter Shirling sobbed while dancing. Mark danced with his mom sans the tears-just smiles of joy!

August 29, 2015 was a red-letter day for the Members of the Philippines Cordillera Cultural Associations of Montreal (PCCAM). Their celebration was divided into two parts. Saturday the 29 was the evening soiree to choose the Mr. and Miss Cordillera. Guest speaker was Senator Tobias Enverga. Contestant represented Kalinga Ifugao, Benguet and Mountain province, the contestants displayed their elegance and grace in performing their native dances. Eventually, the Mr. and Miss Cordillera was won by the Ottawa group. The following day was the staging of the Third Grand Kanyaw and Watwat Festival. The Ganza Pattong was played a lot. Native dancers invaded the parade grounds every time the ganza was played. Guest speaker was Philippine Ambassador of Canada, Hon. Petronila Garcia; She was very pretty in blue.

By the way, have you heard the Cordillera hymn? It starts with "cradled by majestic mountains" and ends with "striving to build a brighter dawn for our children to call their own." The words moved people on different regional booths. They remind us of our own Philippine countrysides. Everyone got sentimental.

The second week of September was

really a month for picnics. During this month, McKenzie king park was a favorite venue. It was there where newly elected Famas president Mrs. Cora oberin held her victory party. It was also where the UPS president Waryl Basbacio held her monthly picnic, and it was where NDP candidate for Parliament, Mr Mario Rimbao held his birthday party.

Seen playing Chess earnest last Pista sa Nayon, Grand Kanyaw, Watwat Festival and in almost every community events are members of the chess club headed by the Chess president Manny Lagasca. When they are playing, there are in their own world-busy thinking. I approached them during their games and hardly noticed me. They are concentrated and committed. President Manny Lagasca reported that they won the championship against Kingston and Ottawa last July 19 during Long Sault tri city tournament. God for you guys. Congratulations.

Mr. Almario Bamba of Roger Pilon, D.D.O.P.O blew another candle last September 19, 2015. He chose "The Keg" steak house to receive his guests. Present were wife Puring, Maria K, June, and yours truly. Maria K gave another party for him a week earlier. Present in addition to the above were Mr. Carlito and Thelma Arlegere Bonne fete Mar!

In Memororian to our dear friend Grace Yip. She was just a community leader up to the end. We'll miss her bubbly personality. Her sunny disposition was very infectious. May she rest in peace!

The 31st. annual awards night for the Benevolent and Scholarship Society of Quebec (PBSSQ) was held last Saturday, September 12, 2015 at the Schofield Hall, Town of Mont-Royal, Quebec.

Warmest felicitations came from the following; Phillippine Ambassador to Canada Petronila Garcia, Senator Tobias Enverga, TMR MP Erwin Cotler, Snowdown City councilor Marvin Rotrand, Cote St. Luc Mayor Anthony Housefather and NDP candidate for Parliament Mr. Mario Rimbao.

The program started with the welcome address of the evening emcee Mrs. Cynthia Puray Pacheco. The PBSSQ president Dr. Hermie Pelausa gave her greetings. Next was Mrs. Amy Manon-og's invocation. The entertainment members were "Fiesta" performed by the Salinggawi Phillipine Arts Organization and "Ballet" performed by the United 26 Dance Company. Ambassador Garcia intervned in her keynote address her invitation for "Winter Escape 3" a fun trip to Philippines involving visits to beautiful resorts and establishments.

Before I mentioned the awards let me also introduce the panel of judges; Mrs. Amy Manon-og, clinical instructor, West Island Career Center Health Program, Lester B. Pearson

School Board, Mr. Vircel Comm Credit Manager Retail Risk Management, TD Bank Financial Group, and Mr and Mrs. Trans Liganor former teacher, St Kateri School, and QAFT Director of sports.

Now comes the awardees: The Benevolence Award went to Mr. and Mrs. Dante Juliana Tabamo-they have been active in different Filipino Organizations especially the Filipino Association of Montreal and suburbs, The Pangasinan Association of Quebec, the Filipino Teachers Associations of Quebec, the Alcalenians of Montreal and Suburbs, Order of the Nights of Rizal, Order of the Nights of Columbus. The Community Service Award went to Mrs. Sharon Mc Googan she had completed her Nursing profession at Dawson College. Many for her selflessness effort and commitment to her family, friends and community have thanked her. And here are the awarded for academic Achievements: For Elementary Awardees we have Jamie Jane Estopa studying at Ecote de Cinq Continents. One among many awards she received was the Most Valuable Player (MVP) award when she represented the province of Quebec at 2013 Brick Invitational Hockey Tournament. She is also a member of the All Star Team too compete in Bolzano, Italy this year. Another elementary awardee is Jewel Rae Gonzalez studying at Bedord. Among her prized possessions is two medals, 2012 QAFT Student Award for best results in her academic achievements and another was 2013 Hockey Cosom medal for sustained effort. High School scholars are Joshua Bolofer studying at Ecole Secondaire Mont Royal. One of his award was 2015 Music fest Canada prix de excellence. Another High School awardee is Jesicca Mae Navar who studies at Ecole Seciondaire LA Voie one award she was proud of was 2010-2011 Prix d'excellence en français. Now comes the University scholar the first one is Jorge Manuel Antonio who is studying at McGill University School of Nursing. One award he is proud of is having been selected to 2013 PBSSQ top CEGEP. College Scholarship another awardee is Jacqueline Bolofer who studies at Uniersité de Montreal. She is on the top 2014-2015 Dawson College Honor Roll.

To end the PBSSQ soiree, let me just mention that President Dr. Hermi Pelausa and Ambassador Petronila Garcia wore identical lovely cocktail "panuelo" The founder, Mrs Natalie Pelausa was striking red lace gown. DR. Gene Santander went Chinese in a lovely red jacket and Linda was in a stylish black with embedded white pearls, Mrs Chantal Espinosa was in her usual lovely friendly self. This time we missed Mr. Fredie Espinosa's vocal renditions of his signature songs. ■

PERSONALITY OF THE MONTH

Agustin inspires people, with cancer or no cancer, all over the world

By W. G. Quiambao



Nalie Agustin

Nalie Agustin, who graduated with a degree in Communication and Cultural Studies at Concordia University, seemed to have everything going on well for her – good health, promising career, wonderful boyfriend. Until one day in 2012.

“I felt mass in my left breast while taking a shower,” she said. “I mentioned it to my family doctor who examined me and told me that it’s just a cyst. However, she gave me a referral paper to book an ultrasound just in case.”

But her mother, Tess, said, “Being young, she took it for granted.”

One test led to another. In July of that year, after a battery of tests, she heard the 3 dreadful words in her life, “You have cancer,”

“I was diagnosed with stage 2b breast cancer with 2 tumor in the left breast and one in the lymph node. My cancer is hormone positive, HER2 negative and I don’t carry the BRCA 1 gene.”

Agustin was a force of nature. Treatments began immediately with 16 rounds of chemotherapy and full mastectomy, 29 rounds of radiation. During these treatments, she lost her long black hair, eyelashes and eyebrow. But she decided not to hide anything.



Nalie Agustin

Months passed, seasons changed and relationship ended. She got the ultra sound only in 2013.

Instead, she told family and friends of her breast cancer. She even walked outside without a wig.

What was inspiring was that cancer did not stop her from doing the things she wanted to do. When she was feeling low, she thought of all the things she loved worth fighting for. “Breast cancer can happen to anybody. But I’m determined to live my dream and discover what the world has to offer.

“I never let cancer take a bit of my soul,” she continued. “How did I do that? By doing what I wanted to do and by seeking what made me happy.”

She started to blog in 2013 when she was diagnosed with cancer at the age of 24. “Writing became a therapy as my story inspired people around the world. It turned into passion. Having cancer is life changing. But I didn’t want it to change me – the fun, active social person, full of energy that I was known to be.”

Whenever there are setbacks, she would hold on her dreams. She will look forward to them and count the days she could make them true. In 2014, she finally finished all the treatments. Having a cancer has thought her a few things in life: 1. Being positive – It doesn’t mean always being happy. We all get sad, angry and emotional. But being positive can help conquer your fears and achieve dreams. 2. Helping someone is the most fulfilling and rewarding aspect of life. She found that we’ll feel fulfilled when we know that we’re making a difference in the world or in someone’s life in our own special way. 3. There’s always something good that comes out of bad. It can be discovered if you accept your misfortune. Don’t deny it.

Nalie has been writing and recording her journey and sharing it with people for 3 reasons: 1. Inspiration – Life is not defined by what to you but how you react to it. 2. Aspiration – Never let anything stop you from achieving your dream, not even cancer. 3. Awareness – Let me be proof that breast cancer is not just se an old woman disease. Even the healthiest

people are not exempted.

Her inspirational stories caught the attention of the media. For example, she did an interview with Christine Long for CTV Montreal. Inspired by Agustin story, Long shaved her head for breast cancer awareness month in Oct. 2013 at Virgin Radio Shave to Save fundraising event. Long used Agustin’s stories to represent all women who were diagnosed with breast cancer. Furthermore, in 2013, CBC Day Break Radio Fenning invited her to her first interview on CBC Daybreak. The Run for the Cure was fast approaching then and Team Nalie had already raised over \$20,000 for the Quebec Breast Cancer Foundation.

On October 4, she’s doing the CIBC Run for the Cure benefitting the Quebec Breast Cancer Foundation at 9:00 a.m. at the Maissonneuve Park and expected to raise \$5,000. She’s doing this for three reasons: To give HOPE to all those fighting breast cancer today. It’s her duty to show them how far she has gone, if I can do it, they can do it too. 2. To set GOALS and surpass them. If she can run 5k with a cancer treated/beaten up body 3. To CELEBRATE. She wants everybody to get together as a family and celebrate life. It’s the only time she get to meet and greet everyone who’s had their back throughout the years and thank them for helping her cross the finish line.

“To me, the beauty of life is about goal digging, not gold digging,” she joked. “It’s the excitement when ticking off the boxes on your bucket list. And realizing that there really isn’t anything we can’t do – and while treatment were dreadfully effective, I’m convinced that my family, friends and positive attitude are what truly got me through.

Through Nalie’s cancer journey – post journey – she hopes to inspire people to never give up, live their life to the fullest, and remind them how lucky they are to be “them”. ■

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FILIPINO STAR

SHOWBIZ GOSSIP

Philippines teen singing sensation Darren Espanto back in Calgary



Darren Espanto, a 15 year-old from Calgary is being hailed as an international singing sensation.

It's a "how I spent my summer vacation" story few Calgary kids can top.

Home after a nine-month whirlwind tour promoting his smash debut album, 14-year-old singer Darren Espanto is enjoying some rare downtime ahead of early-October hometown concerts in Calgary and Edmonton.

"It's really nice to be back," he said.

"I've been relaxing, catching up with my family and my friends — it's so nice to be back in my hometown."

The former St. Cyril school student's rise to fame has been nothing short of meteoric.

Entering the spotlight last June as a contestant and eventual first runner-up on The Voice Philippines, the unassuming, handsome Calgary-born teen quickly became a world-wide sensation.

Dubbed "The Total Performer" by the Voice judges, seemingly anything Espanto touches these days turns to gold.

Or platinum, in the case of his best-selling album.

Released shortly after performing for Pope Francis during the pontiff's January visit to the Philippines, his self-titled debut album "Darren" received world-wide acclaim.

Most recently, an impromptu performance covering Sia's hit Chandelier during an interview at a Manila radio station has, in less than two months, garnered over 3 million views on YouTube.

When he's not on stage or buried in studios, he's hard at work on his second album, which is giving him a chance to finally show off his songwriting chops.

Espanto's visit home isn't all play and no work, however.

His hometown "mini-tour" kicks off on Saturday, Oct. 3 for a show at Edmonton's Radisson Convention Centre, followed by a stop at Calgary's Jack Singer Concert Hall the next night.

He'll be joined on stage by Thor, a Filipino singer considered equal parts mentor and brother — and somebody Darren can't wait to show around Calgary.

"I'll definitely bring him downtown, we'll go on road trips — maybe even out to Banff," he said.

Almost as soon as the curtain falls in Calgary, Espanto will be back on a plane to the Philippines to kick off a four-month long road tour.

But for now, he's prepared to just put it all aside and enjoy being a kid in Calgary.

"It's been very humbling," he said. "I'd say I'm pretty blessed." ■

Cristine Reyes, altar-bound



Cristine Reyes

Kapamilya actress Cristine Reyes is now engaged to her boyfriend Ali Khatibi. Cristine proudly announced her engagement on social media and posted a photo of her hands, showing the engagement ring. The photo also shows the hands of Ali and their daughter Amarah. She simply captioned the photo with

"Engaged."

Ali and Cristine reportedly became a couple in March 2014. Cristine has been less visible on screen after giving birth to their firstborn in February. Many fans expressed their happiness and congratulated the couple. ■

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Thea Tolentino: Getting There



Thea Tolentino

After five years in show business, Thea Tolentino has finally purchased a car – pre-loved, as they call it, and one that comes with a story.

In the May 17 episode of "Wowowin," host Willie Revillame gave the actress P300,000. He explained that the budding actress, whom he commended for her humility, deserved to realize her dream of owning a car.

"Hindi pa siya masyadong (laspag)," she said of the vehicle. "Maarte 'yung (dating) may-ari, gusto maayos palagi."

The car was in Laguna as of interview

because she has no parking slot at her condo, neither a driver.

For work, she borrows her mother's car. "Sumasabay po ako sa kanya tapos nag-ta-taxi."

Like many people, Thea is frustrated with the worsening traffic situation in the city. "Kaya tinatamad na 'ko lumabas e, sobra 'yung traffic eh," she said.

Her next goal is to buy a new house.

"Naghahanap ako ng apartment kasi 'yung nanay ko natatakot na 'pag (dumating) 'yung lindol, nasa (condo) building ako," she said. ■

How Coco Martin spent his first million



Coco Martin (left) with Boy Abunda

Multi-awarded actor Coco Martin revealed that he spent part of his first million pesos on a jeepney for his father.

In an interview with Boy Abunda in "Tonight with Boy Abunda" on Monday, Martin recalled that his father used to drive his aunt's jeepney. But her aunt decided to shift to another business, prompting her to sell the vehicle.

Upon hearing his aunt's plan, Martin expressed interest in buying the jeepney before it is sold to another person.

"Pinilit ko talaga. Rumaket ako ng rumaket hanggang sa makaipon ako. Tapos binili ko 'yong jeep na 'yon para makabiyahe 'yong papa ko," the actor said.

Martin also recalled his first acting experience in a TV commercial, wherein he got paid P8,000. However, he revealed that it was not a good experience.

He said the director of the TV commercial yelled at him.

"Actually talagang napahiya ako. Sinigawan niya ako. Siguro mino-motivate niya ako, pero hindi ko makuha eh. Hindi ko pa naiintindihan ang acting noong mga panahon na iyon eh," Martin said.

The 33-year-old actor, who was first discovered by award-winning independent film director Brillante Mendoza, is now starring in the teleserye version of Fernando Poe Jr.'s "Ang Probinsyano." ■

Saab Magalona admits pressure on children of celebrities



Saab Magalona

Carrying famous last name has many advantages but it also comes with pressure and big responsibility.

Johnny Walker's newest ambassador Saab Magalona is aware that comparisons with her late father

Francis Magalona and sister Maxene is inevitable.

"Of course, there's extra pressure to be at par (with them). Especially with me, it's hard to be under their shadow. With my sister, she started way younger and I've always been compared to her," Saab said.

Regardless of other people's opinions, Saab pursued her passions.

"I stopped doing TV work but somehow you still see (me) doing different things. When I was doing TV work, it was taking a lot of my time. Now being in a band, writing, radio work, I'm not just boxed in. I think I found the right formula to succeed on my term," she said.

Saab has been making waves as vocalist of the band Cheats, and as radio DJ and blogger. She's also part of the play "No Filter."

"The thing is, you just have to find your own thing. I don't wanna be compared to her kasi I don't wanna compete with my best friend, my sister," she said.

Saab also said some people's criticisms against children of celebrities are hurtful, as some don't recognize their talents.

"Feeling ko lang it's hard kasi people say sikat ka because of your last name. It's very difficult to overcome that and it discourages you. It's not my fault I was born into this family," she said.

As a fellow child of celebrity, Saab says she understands where dancer-producer Gab Valenciano, son of Gary Valenciano, is coming from when he recently said on social media that he felt unwanted by the local entertainment industry.

"Some people you work with in showbiz, they do become very toxic. I felt like I don't wanna subject myself to that kind of environment, when it doesn't bring out the best in me," she said.

Gab has been getting recognitions since moving to the US.

"I applaud him for finding his happiness," she said.

Saab said she gets proper

treatment from people in showbiz. However, she's not spared from the bashers.

"In many cases nga, kasi they respect my Dad, they really pay attention to me and make me feel welcome. It's just really the comments online when I was just starting pa lang. I guess I've already proven myself na I'm not your usual showbiz girl who will not say how I feel. I guess I've also earned the respect of my followers. Kung ayaw mo ako, I'll block you," she said.

It has been seven months since Saab got married, which she said is her "best decision" in life. Having a new endorsement, a radio gig and a play, things are going well for Saab.

"It's super cool. It's Johnny Walker. I feel like I'm the chosen one. Not everyone gets this opportunity. They believe I embody someone who walks with joy. It's great because it's true. I'm a happy girl," she said. ■

Showbiz Gossip *Continued from p.15***Dingdong Dantes eager to fulfill daddy duties****Dingdong Dantes**

Dingdong Dantes is excited to meet his little princess with Marian Rivera set to deliver their firstborn in November.

On Instagram recently, the first-time dad took pictures of himself buying stuff for the child. He has also been preparing to carry out daddy duties. For Dingdong, shared parenting is the least a husband can do for the wife who carried their child for nine long months.

"It should be that way kasi hindi mo naman mapapantayan 'yung pagdadala niya ng bata," said he. "The least you can do is kahit papano, maging kapareho o mahigitan mo man lang 'yung mga chores na kinakailangan (para sa bata)."

Though he has no experience in taking care of babies, Dingdong is positive he'll eventually learn the do's and don'ts in meeting the needs of an infant. "Pag nandyan na ('yung baby), wala nang dahilan para hindi ka maganahan eh," he pointed out.

Unlike other celebrities who send their children abroad, Dingdong wants his to study and pursue a career in the Philippines.

"Isa sa mga bagay na gusto kong matutunan niya ay 'yung kanyang sense of nationalism. Malaking bagay na magkaroon siya ng saysay sa pamamagitan ng pagiging aware niya sa kasaysayan (nating mga Pilipino).

"Siyempre, 'di ba, 'yun ang isa sa mga kayamanan natin – kung saan tayo nanggaling, kung bakit tayo nabuo. It's part of our history. Kaya we (and she) should be proud sa sariling atin."

He cleared, though, that, ultimately, she'll have the freedom to choose and decide for herself.

"(But) we will present everything na alam namin na decent, morally good and 'yung alam naming magandang path...."

NO JOKE

Dingdong has been consistent with his decision not to pursue a career in politics. When reports surfaced that he's part of the senatorial line-up of Senator Grace Poe, the Kapuso actor was quick to reiterate he is not running for any position in the 2016 elections.

He is flattered, however, that people have been supportive of the idea.

That said, he maintained, "These things have to be taken seriously. Hindi naman siya 'yung basta-basta lang pwedeng tanggapin. It's a matter of dedicating oneself (to the job) and it's really no joke. What is at stake is the country you are serving. Para sa'kin, mas mahalaga na gawin mo muna 'yung kailangan mong gawin."

COME TOGETHER

Dingdong is active on social media but he is keeping it in check, noting, "Nowadays, hindi na tayo nag-uusap, tingin na lang tayo nang tingin sa social media. Kunwari 'pag may gathering, mas madalas ka pang tumitingin sa telepono mo. Tapos wala ka ng kamalay-malay na nandu'n na lahat 'yung atensyon mo parati."

We asked Dingdong for his take on the traffic situation in Metro Manila and he smiled, saying it's hard to stay positive about it. Still, he maintained that instead of complaining, each one should do his part to alleviate the situation.

"Kailangan nating tanggapin na it's a community problem. Hindi lang naman siya talagang problema ng isang tao na sisihin natin kung bakit. Kasi kahit papa'no, may kagagawan din naman tayo dyan –

sometimes we do not abide by traffic rules, sometimes we park in the wrong places... 'yung solusyon hindi kaya ng isang tao. Kailangan lahat ng sectors should come together to solve this." ■

Kim Chiu reveals ex-boyfriend cheated on her**Kim Chiu**

"Etiquette for Mistresses" star Kim Chiu admits she was cheated on in the past.

During her appearance on the ABS-CBN late night talk show "Gandang Gabi Vice" aired Sunday, Kim revealed that she experienced having an ex-boyfriend cheat on her.

"Nangyari na ba sa iyo 'yun, na nangaliwa ang boyfriend mo," Vice Ganda asked Kim.

The ABS-CBN star answered to the affirmative.

"Hindi naman natin mapagkakaila. Hindi naman lingid sa kaalaman," she added.

"Oo, totoo 'yung sinasabi nila nung iyak ka nang iyak na, hindi,

pagtatawanan mo lang 'yan. Doon ako naniwala na kaya pala pagtawanan. Katangahan pala 'yung ginawa mo," Kim further said.

"Hindi [ako nasaktan]. It's part of growing up, the pain," she said.

The 25-year-old actress refused to confirm if her revelation pertained to Gerald Anderson.

However, Kim said she only had one past relationship.

Kim and Gerald, who met as contestants on the ABS-CBN reality show "Pinoy Big Brother: Teen Edition" in 2006. The two reportedly broke up in 2010. ■

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Gabby to daughter KC: Listen to your heart, heed instinct



Gabby Concepcion with daughter KC

Gabby Concepcion has never been the type to intrude on her daughter KC Concepcion's love life and he's not about to change his stand.

The subject was brought up at a recent press conference wherein Gabby was asked to comment on news that KC is back on the dating game months after her reported breakup with actor Paulo Avelino.

Apparently, Gabby and KC rarely talk about her love life whenever they're together.

"Adult naman na siya at sa buhay naman ng isang tao ay dumarating na siya na ang magde-decide kung ano gusto niya," he said.

What's more important to him is for KC to find someone who will appreciate her even behind the cameras.

"But I will always be there sa mga bagay na ginagawa niya at kung ano ang paniniwala niya," Gabby added.

The actor said he's always

told KC to not just listen to her heart when it comes to love. "Use your mind also and, basically, follow your feelings, your instinct," he said.

Gabby also addressed the reported issue between KC and her mom Sharon Cuneta. Recall that in June, Sharon expressed frustration over a sexy photo of KC, saying she is hurt every time she sees her daughter in daring pictorials.

"Personally, open-minded naman ako sa arts and all that," Gabby said.

"Siguro kung bata pa siya eh, makikialam talaga ako."

He believes KC knows what she is doing. "Sa tingin ko hindi naman siya nakakasakit ng tao. Kanya-kanyang paniniwala 'yan at kay KC, I believe that's how she interprets her art," Gabby explained.

Is he ready to see KC walk down the aisle?

"Anytime. She is of the right age naman na." ■

The joys of traveling according to Solenn



Solenn Heussaff

Solenn Heussaff is known to dabble in many things but if there's one constant in her life, it is her love for travel. Whether personal or work related, Solenn enjoys discovering new places. Some of her favorite destinations are Batangas, Palawan and Negros Occidental, noting the diverse natural wonders these places offer.

Of course, the matter isn't new to her social media followers, with Solenn actively posting pictures of her many adventures.

One would think Solenn always has a trip planned but in reality, she does it randomly. Same goes with how she picks places to visit. "I just Google," she said in a recent chat. "Hindi ako 'yung type na mag-e-effort to study where to go talaga."

Though she has been all over the world, Solenn has a soft spot for her mother's native land.

"As half-Filipino, I feel the need to familiarize myself with my

country. I always thought the best way to do that is by traveling. That way, I get to know the culture firsthand. Plus, I also help others learn from what I discover," she related.

One of her most recent discoveries is Siquijor.

"It's very beautiful. There's a lot of beautiful scenery, it's very clean. As in napakalinis talaga 'yung city nila. There's a lot to do—there's hiking, there's trekking, you can even camp overnight, tapos may mga beach pa. You can rent a scooter and go to the falls—na new to me actually kasi iba 'yung kulay. It's so beautiful and so worth going to at napaka-bait ng mga tao dun," said Solenn.

The TV host-model-actress-singer downplayed notions about Siquijor supposedly inhabited by witches and other dreaded creatures. "Wala, buhay pa naman kami ngayon 'di ba? Lahat ng mga pamahin and 'yung mga mystical stories tungkol du'n sa Siquijor, eh hindi naman talaga totoo. Parang takot lang ang iba pumunta doon kasi sa mga kuwento and all. Pero wala."

The 30-year-old also attested to the beauty of several other places in the Visayas. "I've been to places like Bacolod, Dumaguete, et cetera. I have been there so many times na, like around 20 or 30 times already, and sobrang magagandang places sila," said she.

Her zeal for traveling will be heightened further as host of a new travel show.

"This is an opportunity not just to travel around the Philippines, but to show Filipinos and the rest of the world how beautiful our country is, that it is really the island of our dreams," she shared. ■

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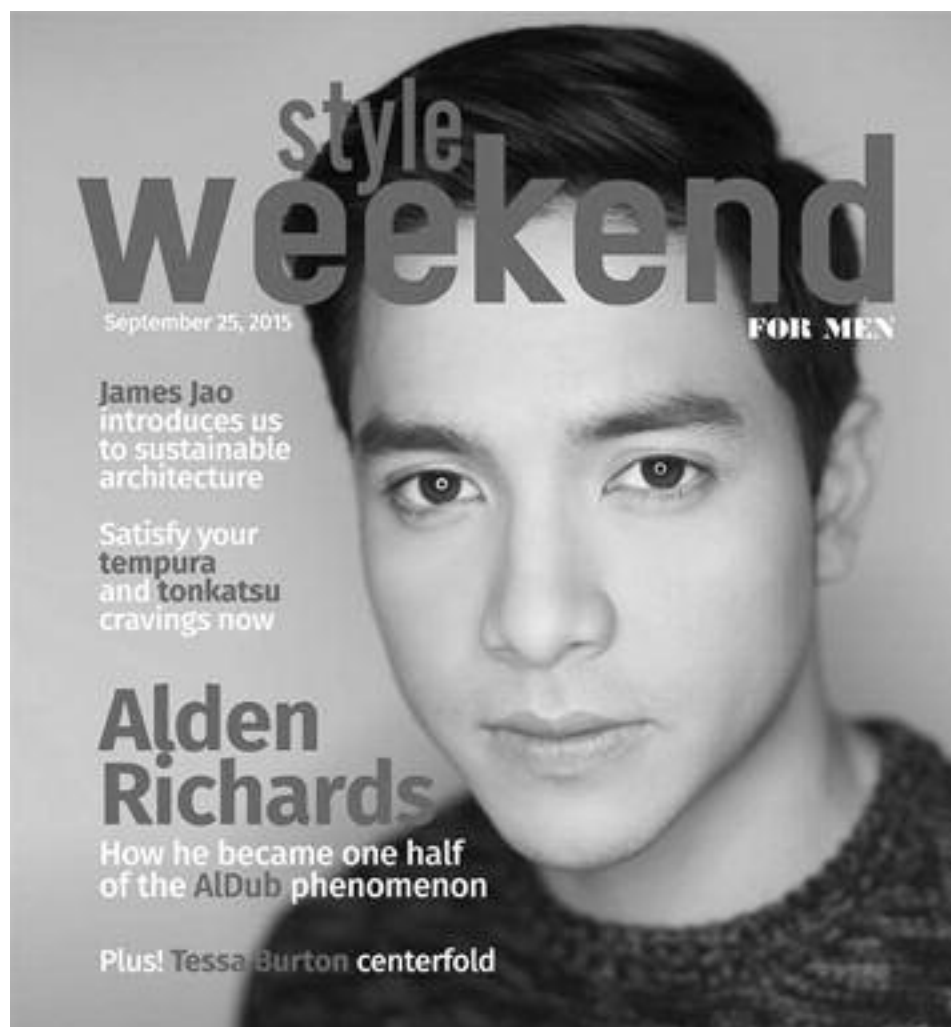
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A star is born

Alden Richards: How he became one half of the AIDub phenomenon



Cover of September 25, 2015 issue of Style Weekend (For Men)

Alden Richards doesn't like wasting time—his or anyone's. Although he arrived late for his cover shoot, he was quick to apologize about it. He then said his pleasantries to everyone, before walking straight to the makeup chair to be groomed. Once the shoot began, he was in work mode. The reason for him being a bit behind schedule was because he had to attend a flag ceremony at his hometown and at the same time be given an award. "It was a recognition of sorts as one of the icons for arts in Sta. Rosa, Laguna," explains Alden. This has been Alden's life for the past few months— hectic but with its rewards.

It wasn't always happy and sunny for Alden, though. A native of Sta. Rosa, Laguna, he worked his way up to where he is right now. He had been rejected from one audition to another and was close to giving up his dream of becoming an actor. What drove him to keep moving forward was a promise made to his late mother that someday he will be on TV. Clearly, he kept his word. Having been in several soaps on GMA Network like *Alakdana*, *Tween Hearts*, *My Beloved*, *One True Love*, *Indio*, and *Carmela*, Alden steadily kept his stride toward what is now a phenomenon on Philippine TV.

It started when Alden joined the Philippines' longest running noontime show, *Eat Bulaga!* "I didn't have a regular thing going on, so before I left for the US for a concert around May of this year, GMA Artist Center asked if they could get me as

one of *Eat Bulaga!*'s guest hosts for a month before I left the country. *Natuwa sila siguro sa performance ko because pagbalik ko from the States, they got me again to co-host, until they finally made me a regular Dabarkads,*" explains Alden. But things changed drastically with Alden's career trajectory when an amusing and funny girl by the name of Maine Mendoza aka Yaya Dub joined the show, and that's when KalyeSerye was born.

Coined by *Eat Bulaga!* host Joey de Leon, KalyeSerye is a 30-minute improvisational piece within the show's segment called "Juan For All, All For Juan." AIDub—the portmanteau of Alden and Yaya Dub's names—lead it, as well as Yaya Dub's superior Lola Nidora, portrayed by comedian Wally Bayola. "No one thought that it would be this big. This wasn't planned. No one knew na ganito ang mangyayari sa KalyeSerye, which is a good thing because sometimes the unexpected things are the ones that work," says Alden.

Alden and Maine have an inexplicable chemistry on screen—it's raw and it's genuine. According to Alden, KalyeSerye has a plot but no script, so they work around what is given to them each day. "The kilig is very authentic. Maine and I don't see each other, we don't text, and we don't communicate in real life to retain the mystery of the tandem. The only way that we communicate is through the split screen, through the Dubsmales that we do, as well as

the fan signs," explains Alden. "KalyeSerye is very relatable, especially Maine's character, Yaya Dub, because she's a free-spirited and happy person. She loves to make faces; she really does it naturally, hindi trying hard." Alden adds that KalyeSerye is the viewer's break from all the stress of bad traffic, confusing politics, and daily mundane life, and that people find it amusing and relaxing when they watch the segment. "It's their time to laugh and let go of the problems that they have, just for that moment."

Acting has always been a huge part of Alden's life, but he admits that he still has a lot to learn. A bit of a perfectionist, he acknowledges getting disappointed with himself whenever he thinks he didn't give his all in a particular scene, but he has learned that once he's relaxed and doesn't overthink things, he just surprises himself with what he can accomplish. His motto: Never stop learning because you're only in competition with yourself. "I do the things that I do, not to be better than someone else; I do things for myself and for the people who matter because they give me such inspiration and motivation. I really don't like competing with anyone, that's what I don't encourage in my daily life because that will get you nowhere. It's better to just constantly work on improving yourself," admits Alden.

Since he now reports to GMA for *Eat Bulaga!* from Monday to Saturday, and for Sunday Pinasaya every Sunday, his routine starts at the break of dawn. Alden wakes up at 5am, says a quick prayer, and then heads straight to the shower. "I avoid checking my social-media accounts. Wala munang phone," he says. He proceeds to the gym at 7:30am and works out for two hours—just enough time for him to get ready for the noontime show. "If I don't have any commitments after, I go straight home. I spend time with my family and my

dogs. I love my dogs!" he shares.

With his hectic schedule, Alden makes sure to make time for his family. "Our favorite activity is to go to Christian worship every Sunday. Sometimes we go on road trips to Quezon or Baguio or wherever they haven't been," he says. He owes his overwhelming success to his late mom, who dreamt of this for him until she passed, as well as to his supporters. He admits, "Ang artista, ang buhay niyan mga fans. Naniniwala ako na kung walang fans, walang artista. No words can really express how grateful I am to the supporters who believe in me and what I can offer. I love inspiring them and giving them joy. They're the ones who keep me going whenever I feel tired. It's a really big deal for me whenever they tweet or post good things on social media, or when they make certain hashtags trend."

Speaking of hashtags, as of press time #AldubMostAwaitedDate on Twitter gathered over 12 million tweets, making it the highest number of tweets in the Philippines within 24 hours. Meanwhile, the new McDonald's TV commercial featuring AIDub reached more than 1.6 million tweets on the day it premiered.

No one knows how long people will continue supporting KalyeSerye and the AIDub tandem, but one thing is for sure: They've launched great things for Alden. Aside from getting one endorsement after another, he'll be dropping an album next month under GMA Records.

"I'm a very family-oriented guy; I just want to see my family healthy, and my grandparents to live longer. I would also like to see my supporters continuously be as engaged as they are now. I hope that they will never change," says Alden of his present situation. "I'm looking forward to more blessings that will come my way, but at the moment, I am very content. This is more than what I asked and prayed for." ■

Heart 'proud' as Chiz announces VP bid



Sen. Francis 'Chiz' Escudero and Heart Evangelista

Actress Heart Evangelista was the picture of a proud wife Thursday at Club Filipino where her husband, Sen. Francis "Chiz" Escudero, announced his vice presidential bid.

Dressed in a simple white blouse, the actress sat among the throng gathered at the event, looking

at Chiz with a twinkle in her eye as he declared, "Tinatanggap ko nang buong tapang ang hamon ni Sen. Grace (Poe) na maging katuwang niya."

She hardly made a peep, content in nodding when Chiz promised a government with "heart."

Heart was more forth coming on social media, however, posting a photo of both her husband and Grace, captioning it, "I am so proud of you my sweetheart. God bless you and Sen. Grace!"

Several showbiz personalities were on hand at Chiz's declaration of candidacy. They included Lovi Poe and her boyfriend Rocco Nacino, Tim Yap and Grace's mother, Susan Roces.

Note that Heart's mother, Cecilia Ongpaucio, was also present at the event, seated right next to Chiz's mother, Sorsogon 1st District Representative Evelina Escudero. ■

Manny Pacquiao happy to move on from Floyd Mayweather



"I'm OK. Whether there is a second [bout with Mayweather], it's not a problem," he said. "I heard he has retired, so it doesn't matter."

For his next fight, he said he will take on any other contender, "because I do not choose my opponents."

Pacquiao also said he was waiting to see if US boxing authorities will sanction Mayweather for taking an IV drip after the weigh-in for their fight in Las Vegas.

Punishment seemed unlikely, as Mayweather has been supported by the US Anti-Doping Agency, to which he disclosed the infusion beforehand.

Pacquiao's camp was critical of anti-doping authorities who did not allow him to take medication for his rotator cuff injury before the fight. On Mayweather's IV, he said: "What I want to know and clarify is if he committed an offense, how will the rules be applied?"

Pacquiao refused to disclose his plans for next year's elections in the Philippines. He told reporters he will soon announce whether he will run for re-election or governor of his province, or seek a seat in the Senate. ■

Manny Pacquiao said he was comfortable with news of Floyd Mayweather's retirement.

Manny Pacquiao doubts he will have a rematch with Floyd Mayweather because his old adversary says he will quit boxing.

Mayweather beat Pacquiao in boxing's richest fight in May, and after the American defeated Andre Berto

last week for the 49th win of his undefeated career, he said he will retire.

"Boxing is not my focus because I can only fight next year, to give my shoulder a rest," Pacquiao said on Wednesday.

Pacquiao is still rehabilitating the right rotator cuff that was injured before the fight, and had surgery for afterwards. As a congressman in the Philippines, he said he was focused on building houses for the homeless in his home province of Sarangani.

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PAB-PSW Nursing aide graduates, Batches 8 and 9. Ceremony held at La Cucina on Sherbrooke West, October 7, 2012 Standing (from left) Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba and Annie Signey. Seated from left: Grace Calvo, Annabelle Allosso, Eithel Tugna, Lourdescita Lubang and Joesie Bingayen. (Photo by: Budz Sarmiento)