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Trudeau speaks before EU



Whole world benefits from a strong EU, Justin Trudeau tells MEPs

Canadian prime minister gives rousing speech at European parliament a day after MEPs pass Ceta trade deal

Daniel Boffey in Strasbourg
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Canada's prime minister, Justin Trudeau, has told MEPs the European Union is vital to the world's peace and prosperity, in a rousing speech that appeared to distance him from the United States under Donald Trump.

Speaking in both English and French, Trudeau told the European parliament that the EU was an unprecedented model for cooperation and that an effective European voice on the global

See Page 4 Trudeau speaks

Canada PM: will not halt illegal border crossing despite opposition

OTTAWA (Reuters) - Canada will continue to accept asylum seekers crossing illegally from the United States but will ensure security measures are taken to keep Canadians safe, Canadian Prime Minister Justin Trudeau said on Tuesday.

Conservatives want Trudeau's center-left Liberal government to stem the flow of asylum seekers from the United States because of security fears and a lack of resources to deal with them.

The number of would-be refugees crossing into Canada at isolated and unguarded border crossings has increased in recent weeks amid fears that U.S. President Donald Trump will crack down on illegal immigrants, and photos of smiling Canadian police greeting the migrants have gone viral.

"One of the reasons why Canada remains an open country is Canadians trust our immigration system and the integrity of our borders and the help we provide people who are looking for safety," Trudeau told parliament.

"We will continue to strike that balance between a rigorous system and



Gallery: Fleeing to Canada accepting people who need help."

Immigration Minister Ahmed Hussen also said Canada would continue to honor the Canada-U.S. Safe Third Country Agreement, which requires it to turn back refugees if they make asylum claims at Canadian border

crossings with the United States. Refugee advocates have argued this drives asylum seekers to cross illegally at isolated locations, risking their lives in frigid weather.

See Page 4 Illegal crossing

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Philippine News, Opinion Editorials

Digong's 'neutral' foreign policy

PerryScope
By Perry Diaz

President Rodrigo "Digong" Duterte made a big splash in the international scene by declaring that he was pursuing an "independent" foreign policy. Then he declared his "separation" from the U.S.; threatened to terminate military treaties with the U.S. and proposed defense alliance with China and Russia. The world



leaders did not bat an eye. But when his campaign against drug lords turned bloody – more than 3,000 drug pushers and users in less than 60 days – U.S. President Barack Obama indicated some concerns. Digong didn't take it too well and called Obama "son of a whore." Obama nonchalantly ignored him, saying: "I have seen some of those colorful statements in the past. Clearly he's a colorful guy."

But the newly inaugurated U.S. President Donald J. Trump took a different tact. He called Digong while he was still president-elect and they talked for several minutes. He praised Digong on his campaign against illegal drugs, saying he was doing it the "right way."

There seems to be great expectations from a Trump presidency, which could give U.S.-Philippines relations some room for "reconciliation" particularly now that Obama has left office.

On the international scene, expect a great deal of geopolitical movements in an emerging multi-polar world order with the U.S., Russia, and China competing for dominance in world affairs.

Sino-American conflict

While Trump seems comfortable with Russian President Vladimir Putin, he has irked Chinese President Xi Jinping when Trump questioned the "One-China" policy that has maintained U.S.-China relations on an even keel for the past four decades. Trump made it known that he is not committed to the "One-China" policy. "Everything is under negotiation, including One-China," he said. Beijing angrily responded, saying that the "One-China" policy is "non-negotiable."

Trump also accused China of currency manipulation and unfair trade practices.

In addition, he questioned China's reclamation of seven reefs in the South China Sea and building militarized artificial islands around them.

With the Senate expected to confirm Trump's nomination of Rex "T-Rex" Tillerson as Secretary of State, the situation in the South China Sea could spiral into a war between the U.S. and China. During his Senate confirmation hearing, Tillerson likened China's illegal occupation of several reefs in the Spratly archipelago to Russia's annexation of Crimea. He said that the White House needed to send China a "clear signal" that such activities had to stop. He also said that the U.S. would defend "international territories" in the strategic waterway and block China's access to these islands.

Tillerson's blunt warnings and proposed actions did not dwell too well with Beijing who told Washington to tread carefully "to avoid harming the peace and stability of the South China Sea." Declaring that China has "irrefutable" sovereignty – China used the term "indisputable" before – over the disputed islands, China's state-owned media warned that any attempt to prevent China from accessing her interests in the region would risk sparking a "large-scale war." Interestingly, China had already deployed "significant" weapons systems, including anti-aircraft and anti-missile system, on these islands.

U.S.-Philippines alliance

Meanwhile, the newly Senate-confirmed Secretary of Defense, Gen. James "Mad Dog" Mattis, will be going on a three-day visit to Japan and South Korea on February 1 to reassure them of Washington's commitment to the security of the volatile Asia-Pacific. There are 28,500 American troops in South Korea and 50,000 in Japan.

But while Japan and South Korea welcomed the deployment of U.S. forces to their countries, the Philippines was wary of American presence in the Philippines, which has three defense agreements with the U.S., including a Mutual Defense Treaty. President Duterte whose hatred of the U.S. has led him to distance from the U.S. and got closer to China and Russia, wants to get rid of all foreign troops out of the country within two years and that he was willing to revoke base-hosting agreements with the U.S.

Last January 26, the Philippines' Defense Secretary Gen. Delfin Lorenzana – concerned that the Philippines will be caught in the middle of a U.S.-China conflict in the south China Sea – said in a press briefing, "I'm waiting for my counterpart,

Secretary Mattis. I'd like to talk to him to get his sense about these [security] policies because he will be the one to implement that."

Then he said something that was never mentioned before: The Philippines should "maintain neutrality in its foreign policy." Huh?

Neutrality and mutual defense

Lorenzana said, "We are very wary. Let's see. We will think very hard if it

should they decide to leave. He also said construction of facilities may start anytime as construction costs were already included in the U.S. fiscal year of 2017.

Lorenzana also reportedly said, "Aside from Cooperation Afloat Readiness and Training (CARAT) and Philippines-U.S. Amphibious Landing Exercise (PHIBLEX), other military exercises with the U.S. troops will continue."

Now, that's a total turnaround in just a



will be implemented by the US, those pronouncements that they will prevent the Chinese from retaining these islands. We will react accordingly when the time comes, when they will start to do that... We might be caught in the middle." Then he added, "In the first place, how can they [Chinese] prevent them [Americans] from going there? They [Americans] are already there.... We will have to discuss with the National Security Council if and when the Americans will really come to the South China Sea and implement those pronouncements." There is not much that the Philippines could do to stop a U.S.-China conflict in the South China Sea. However, if war breaks out between the U.S. and China, the U.S. could invoke the Mutual Defense Treaty (MDT) and the Philippines would be expected to come to her aid. And this was what Lorenzana was trying to avoid when he mentioned a "neutral" foreign policy.

But in a press conference on January 27, Lorenzana said the U.S.-Philippines Enhanced Defense Cooperation Agreement (EDCA), which allows American troops to build facilities in Philippine military bases – is "still on."

"According to the Pentagon, they will start constructing some facilities in the EDCA chosen camps... Basa Air Base, Bautista Air Base in Palawan... I think the first they will develop is Basa... with a runway and put up facilities also for their troops. Mga imbakan nila ng mga gamit nila kung nandito sila [It will be a storage for their equipment here]," Lorenzana said, adding the American troops could come back anytime

day – from pursuing a "neutral" foreign policy to total commitment to implementing EDCA and continuing with joint military exercises, particularly the Balikatan or shoulder-to-shoulder joint exercises.

Which makes one wonder: Did Trump call Digong secretly in the middle of the night reassuring him of Uncle Sam's commitment to the security of the Philippines? Or was it just a "guni-guni" (imagination) during one of Digong's sleepless nights? Or did Japanese Prime Minister Shinzo Abe make good of his pledge of \$6.88 billion aid package when they had breakfast at Digong's private residence in Davao City? And didn't Abe and Digong agree that the Philippines, Japan, and the United States would work cooperatively together? That's a lot of questions but the answers are clearly manifested in recent geopolitical movements that translate favorably to the mutual benefit of the Philippines and America. Isn't that what "mutual defense" is all about?

The bottom line is: "Neutrality" and "mutual defense" are mutually exclusive. They cannot be applied together; it's either one or the other. If Digong wants to pursue a "neutral" foreign policy, he has to terminate all defense agreements with the U.S. and start buying warships, submarines, and fighter jets for the defense of the Philippines.

(PerryDiaz@gmail.com)

Peace must be patiently pursued

ON DISTANT SHORE

By Val G. Abelgas

NPA-camp-2After five failed attempts under five presidents at ending the communist insurgency in the Philippines, peace seemed to be within grasp under the Duterte administration. In fact, less than two weeks ago, government peace panel chairman Labor Secretary Silvestre Bello III was so confident of a final peace agreement with the National Democratic Front when he announced in Rome that the peace talks "are breaking new ground and gaining traction towards finally achieving peace in the country."

Bello expected the draft proposals of the two parties to be "initiated" before the third round of the peace talks ended on January 25.

The two sides were discussing the most relevant, yet most contentious, agenda in the talks, which Bello called the "heart and soul" of the peace effort, which is the Comprehensive Agreement on Socio-Economic Reforms (CASER), tackling genuine land reform, national industrialization and the expansion of social services.

No agreement was reached on the government's proposed bilateral ceasefire in Rome, but the two panels were expected to tackle the issue in The Netherlands on Feb. 22-27.

Then last week, things suddenly headed south. First, the military reported that three soldiers were killed by a group of armed men believed to be NPA rebels in Malaybalay City in Bukidnon.

Earlier, the NPA announced that it would lift its ceasefire on Feb. 10 following disagreements on the release of 400 political prisoners while also accusing the government of moving troops into

territories it held.

Over the weekend, a few days before NPA's scheduled lifting of its unilateral ceasefire, President Duterte jumped the gun on the insurgents and announced the lifting of the government's six-month unilateral ceasefire. Within hours, Duterte said he was ending the peace talks and ordered government negotiators to come home.

Duterte then ordered the arrest of NDF peace negotiators once they set foot in the country.

"Come home because you're wanted and upon your arrival, I will arrest you and place you back in prison. If you don't want to go back, you're fugitives. I will cancel your passports and I will inform the international police for an international warrant (for you)," Duterte fumed. He said he now considered the NPA a terrorist group.

Even the negotiating panels of both sides were shocked. They were apparently optimistic they could reach agreement soon on ending the longest active insurgency in the world, which has lasted 45 years.

The shift was swift.

On Monday, soldiers arrested NDF consultant Ariel Arbitrario and a liaison officer, Roderick Munsayac, in Davao City. The Armed Forces of the Philippines resumed its offensive against the rebels while the Philippine National Police announced that it would arrest 12 NDF consultants — couple Benito and Wilma Tiamzon, Vic Ladlad, Afelberto Silva, Alfonso Jazmines, Alfredo Mapano, Loida Magpatoc, Pedro Cudaste, Ruben Salota, Ernesto Lorenzo, Porferio Tuna, Renante Gamara and Tirso Alcantara.

Every president since Cory Aquino tried and failed to reach a peace agreement with the communist rebels.

Since then, over 40 rounds of talks have been held but each were stalled by contentious issues on the release of political prisoners and the CPP's inclusion in terrorist lists, not to mention social-political issues. The current talks were also stalled by these same issues.

Both the government and NDF panels expressed hope that the peace talks could continue, especially since they have reached accord on some very difficult issues. But the sides they were representing don't seem to reflect their desire for peace.

While previously giving sympathetic ear to the rebels no other president has ever shown, Duterte's mood suddenly swung to the other extreme, calling his erstwhile friends "terrorists and criminals," and threatening to jail all of them. He showed frustrations over what he deemed unreasonable demand of the NDF to free 400 political prisoners and over the killing of the three soldiers allegedly by the NPA.

"I tried my best to make peace with everybody. These communists, they are spoiled brats. It's as if they are in the government when they make demands," he added. Duterte conceded that he could not fulfill his campaign promise to end the communist rebellion during his six-year term.

The NDF, on the other hand, said the military could have killed the three soldiers to pin the blame on the NPA and to provoke Duterte to call off the peace talks. That is a very serious allegation that the AFP quickly denied.

It is no secret, of course, that the military is wary of any peace negotiation with the rebels and sources are saying that key AFP officers reiterated as much to Duterte during his rounds of military camps. Others are suggesting that Duterte may be fearful of a military coup if he gave in to the rebels' demands, particularly on the release of the 400 political prisoners.

The road to peace that seemed so smooth until about two weeks ago now has become even more difficult to traverse, and the peace that seemed within our grasp suddenly seemingly out of reach.

But both the government and the NDF must not give up hope and do their best to convince Duterte and the rebels in the field to agree to let them pursue peace, however bumpy the road is.

It took four straight years of negotiations between the government of Colombia and the Revolutionary Armed Forces of Colombia (FARC) to end the latter's 52-year insurgency. But in the end, they agreed to call for peace. The Colombian government, the FARC rebels and the people of Colombia were all fatigued by the fighting and they resolved it was time to stop the war and start building peace.

This can happen in the Philippines, too. Everybody has to be patient in pursuing peace and give it a chance.

(valabelgas@aol.com)

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From Page 1 Trudeau speaks

stage was not just preferable but essential.

"You are a vital player in addressing the challenges that we collectively face as an international community. Indeed, the whole world benefits from a strong EU," he said.

Justin Trudeau says it's not Canada's duty to 'lecture' Trump on immigration. Trump, whom Trudeau met in Washington this week, has questioned the value and future of the EU.

Responding to Trudeau's appearance, the British Labour MEP Seb Dance tweeted: "Trudeau, unlike our PM, showing you can remain a key ally without being obsequious and criticise them openly when you think they're wrong."

Speaking 24 hours after the European parliament passed the Comprehensive Economic and Trade Agreement (Ceta) between Canada and the EU, Trudeau also said his country and Europe had shared values and needed to provide leadership.

"We know that in these times we must choose to lead the international economy, not simply be subject to its whims," he said.

Ceta is seen by many in Canada as important to reduce its reliance on the

From Page 1 Illegal Crossing

Amnesty International and other groups are pressuring the Canadian government to abandon the agreement, arguing the United States is not safe for refugees.

Canadian police said on Monday they had bolstered their presence at the Quebec border and that border authorities had created a temporary refugee center to process the asylum seekers.

The number of people making refugee claims at Quebec-U.S. border crossings more than doubled from 2015 to 2016. Last month, 452 people made claims in Quebec compared with 137 in January 2016.

The influx is straining resources in the western prairie province of Manitoba and in Quebec, where taxis drop asylum seekers off meters away from the Quebec-U.S. border, the Canada Border Services Agency (CBSA) said.

The right-leaning Conservative opposition have called on Canadian authorities to hand illegal immigrants over to U.S. authorities, but Hussen said Canada can honor its refugee agreement with the United States while helping asylum seekers who enter the country illegally. (Reporting by Andrea Hopkins; Editing Cynthia Osterman

HEMMINGFORD, Quebec: Canadian police said on Monday they have

US as an export market.

However, Trudeau acknowledged the fears that many have about the impact of globalisation and the breakdown of protections on the public sector.

Canada and the EU needed to ensure the trade deal – which is set to come into force within months – worked for everyone, he said. "If we are successful, Ceta will become the blueprint for all ambitious, future trade deals. If we are not, this could very well be the last. So make no mistake, this is an important moment for us."

Donald Trump's strange handshake style and how Justin Trudeau beat it

At a press conference after his speech, when asked about his recent visit to the White House, Trudeau said that while there may be differences in "perspective or ideology" he believed the US shared the same goals.

In reference to his talks with Trump, Trudeau said: "We were very much focused on what we are going to do to help the middle class and help those working hard to join it."

Trudeau will next visit the German chancellor, Angela Merkel.

bolstered their presence at the Quebec border and border authorities have created a temporary refugee centre to process a growing number of asylum seekers crossing from the United



A mother and child are taken into custody by the Royal Mounted Police. ABC news

States.

The Canada Border Services Agency (CBSA) said at a news conference that it has converted an unused basement into a refugee claimant processing centre. Both the border agency and the Royal Canadian Mounted Police (RCMP) are reassigning staff from other locations in the province, as needed, to accommodate rising demand.

The CBSA said the number of people making refugee claims at Quebec-U.S. border crossings more than doubled between 2015 and 2016. Last month 452 people made claims compared to 137 in January 2016, the agency said.

The influx is straining police, federal



European Council President Donald Tusk, Canadian PM Justin Trudeau and European Commission President Jean-Claude Juncker before signing Ceta Reuters



Prime Minister Justin Trudeau with the German Chancellor Angela Merkel.

government and community resources from the prairie province of Manitoba, where people arrive frostbitten from hours walking in freezing conditions, to Quebec, where cabs drop asylum-

busiest border crossing. Police identify them and ensure they are not a threat or carrying contraband.

They are then transferred to the CBSA for fingerprinting and further questions. If anyone is deemed a threat or flight risk, they are detained. If not, they can file refugee claims and live in Canada while they wait for a decision

"It's touching, and we are not insensitive to that," Bryan Byrne, the RCMP's Champlain Detachment Commander, told reporters near the border. "Some of these people had a long journey. Some are not dressed for the climate here."

Asylum-seekers cross illegally because Canada's policy under the Canada-U.S. Safe Third Country Agreement is to turn back refugees if they make claims at border crossings. But as U.S. President Donald Trump cracks down on illegal immigrants, Amnesty International and refugee advocacy groups are pressuring the Canadian government to abandon the agreement, arguing the United States is no safe haven.

On Monday the city of Montreal, Quebec voted to declare itself a "sanctuary city," making it the fourth city in Canada to protect illegal immigrants and to provide services to them. (Writing by Anna Mehler Paperny in Toronto; editing by Diane Craft)

- Reuters

Prime Minister Trudeau concludes successful visit to Washington to meet with President Trump

Washington, D.C., United States of America
February 13, 2017

The relationship between Canada and the United States is unique and unparalleled. We have the longest, most peaceful, and mutually beneficial partnership of any two countries, forged by shared geography, common interests, and one of the largest and most comprehensive economic relationships in the world. Millions of good middle class jobs depend on that relationship.

The Prime Minister, Justin Trudeau, today concluded his first official visit with the President of the United States, Donald J. Trump.

During the bilateral meetings, the two leaders covered various areas of mutual interest, including trade and investment as well as national, continental, and international security. They discussed their shared focus on how to build stronger economies where the middle class, and those working hard to join it, have greater opportunities to succeed and prosper. They also discussed how the relationship has created jobs for our citizens and opportunities for our businesses.

The two leaders then took part in a Women in Business Executives roundtable, where they announced the creation of the Canada-United States Council for Advancement of Women Entrepreneurs and Business Leaders. This initiative will help empower women-owned businesses, and further contribute to economic growth and competitiveness in both Canada and the U.S., as well as enhance the integration of our two economies.

Following the roundtable and a luncheon hosted by President Trump, the two leaders released a joint statement and held a media availability session.

Quote

"The partnership enjoyed by Canada and the United States has been essential to our shared prosperity and security, and has long served as a model for the rest of the world. I had a productive meeting with President Trump and members of the U.S. administration, and I look forward to working together to create more opportunities for the middle class on both sides of the border."
—Rt. Honourable Justin Trudeau, Prime Minister of Canada

Quick Facts

Prime Minister Trudeau also held two additional meetings, one with the Speaker of the House of Representatives, Paul



Trump and Trudeau share a laugh as Trudeau arrives at the White House. (Andrew Harnik/Associated Press)

Ryan, and the other with Senate Majority Leader, Mitch McConnell.

Canada and the United States share the largest trading relationship in the world. Bilateral trade between the two countries was valued at over \$885 billion in 2015, and Canada is the largest secure supplier of energy to the U.S.

Canada is the number one export destination for 35 American states, and bilateral trade and investment supports millions of jobs on both sides of the border. The two countries share the longest, secure border in the world, over which 400,000 people and \$2.4 billion worth of goods and services cross daily.

Justin Trudeau and Donald Trump struck an amiable, conciliatory note after face-to-face meetings Monday, acknowledging the unique nature of the Canada-U.S. relationship and the need to keep trade moving across a shared, secure border.

Prior to their joint news conference, the two sides issued a joint statement on shared priorities that seemed to suggest the first in-person encounters between the prime minister and the U.S. president had gone well.

"America is deeply fortunate to have a neighbour like Canada," Trump said.

Trump and Trudeau participate in a joint news conference in the East Room of the White House on February 13, 2017

"We share the same values, we share the love — a truly great love — of freedom.... American and Canadian troops have gone to battle together, fought wars together and forged the special bonds that come when two nations have shed their blood together."

While the two leaders stressed shared interests, their contrasting views were also

on display. Responding to questions from reporters, Trump defended his refugee and immigration orders, saying that "we cannot let the wrong people in."

Trudeau, on the other hand, said Canada continues to "pursue our policies of openness."

With files from the Associated Press

Trudeau's Europe trip dominated by trade and Trump

PM issues warning about future of free trade
By David Cochrane, CBC News Last Updated: Feb 18, 2017 1:39 PM ET.

During the black-tie dinner at city hall in Hamburg Friday, Prime Minister Justin Trudeau gave a speech encouraging business and political leaders to bring long-term thinking to trade deals.

David Cochrane is a senior reporter in CBC's Parliamentary bureau.

Justin Trudeau ended his European visit with a keynote speech at a black tie dinner during which he warned an audience of Germany's business and political elite that corporate practices had to change if future trade deals were going to be possible.

Speaking to a sea of tuxedos and ball gowns — and wearing a tuxedo himself — Trudeau sharpened his now familiar pitch to help the middle class.

"For business leaders, it's about thinking beyond your short-term responsibility to your shareholders. You have an equally important long-term responsibility to your workers, their families and the communities that support you," Trudeau said.

"Whether you're a business or a government, it's time to realize that this anger and anxiety we see washing over the world is coming from a very real place and it is not going away."

Trudeau talks NATO spending, populist anger, during Germany trip
Justin Trudeau brings pro-trade pitch to conflicted Europe

The speech to the annual St. Matthew's Dinner at Hamburg's luxurious city hall underscored Trudeau's reason for making

this trip. The prime minister wanted to lean in hard on his pro-free-trade message, and pitch progressive trade deals as the solution to middle class economic anxiety, rather than the cause.

He did this primarily by highlighting what he sees as the benefits of the Comprehensive Economic and Trade Agreement between Canada and the European Union.

But every sales pitch on this trip came with the warning that ordinary people had to benefit from deals like CETA or future trade deals would be impossible.

"If we are successful, CETA will become the blueprint for all ambitious future trade deals. If we are not, this could very well be one of the last," Trudeau said in a speech to the European Union Parliament in Strasbourg.

An important ally

Trudeau has a strong ally in that argument in German Chancellor Angela Merkel — a political relationship that becomes more important for Canada each day. In a conflicted and divided Europe, Merkel is a champion of free trade.

The two leaders met for a casual dinner in a Berlin restaurant on Thursday night. On Friday — after their formal meeting — they presented a strong defence of CETA as anti-CETA protestors demonstrated across the street.

"It is not just about trade, but also about social conditions, consumer protection and about many areas that set a standard for the future of agreements to come," Merkel said through a translator.

The pair presented a common front on a contentious issue. But it's a conversation that is influenced by many factors.

After their meeting, Trudeau and Merkel visited the site of the Berlin Christmas market where a Tunisian asylum seeker rammed a truck into a crowd killing 12 people in December.

Attacks like it have many Europeans arguing for tighter borders. Right-wing populism is on the rise across the continent and countries — including Germany — face difficult elections this year.

The EU parliament voted 58 per cent to support CETA the day before Trudeau arrived in Europe. But there is still strong opposition to the trade deal in both right wing and left wing parties.

Labelled 'the anti-Trump'

Trudeau's hope is that Canada's efforts on issues such as trade, the environment and refugees can offer some reassurance to skeptical Europeans. And while that message got noticed, it also got interpreted in ways the prime minister may not have intended.

Friday morning Die Welt, one of the Germany's major national papers,

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See Page 12 Trudeau's Europe



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DEFYING AGE: My Secret

"You never age," said most of my guests who attended my recent birthday celebration. Seemingly, everyone wanted to know my secret since, apparently, I don't look like someone who is approaching his 50's. I would be happy to share my secret. However, we are all different from each other. What works for me may not work for you. I could eat constantly without gaining weight, or keep my old waistline without hitting the gym.

Nevertheless, there is one thing we have in common as we age. Our skin undergoes a

number of changes as the years go by. Epidermal cells don't slough off as easily. Skin doesn't retain as much moisture. The production of collagen which provides skin firmness, strength, and elasticity starts to decrease. As a result, the skin becomes less smooth and less taut.

It is similar to what happens to an old rubber band. It loses elasticity. As a result, when gravity tugs on the skin, it sags instead of bouncing back. Fine lines form around the eyes, deepened lines appear at the corners of the mouth and across

the forehead, and skin in various places starts to hang down.

So whether or not it works, I take collagen supplement daily along with a good diet while avoiding a diet high in sugar. Moisturizing twice a day is also essential. I use an anti-aging moisturizer containing hyaluronic acid, which is one of the premier hydrating ingredients for skin, even for oily, sensitive, or breakout-prone skin. Clinical studies have shown that hyaluronic acid's moisture-binding characteristic is exceptionally important when it comes to skin aging. One of the qualities of youthful skin is its ability to hold water and retain a balanced amount of moisture. As we age, our skin loses the ability to maintain this vital, plumping moisture as well as it once did. The result is visible loss of firmness, pliability, and diminished appearance of plumpness and suppleness.

But the single biggest cause of damage to skin as we age is not aging itself; it's sun

exposure. Over the years, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. When these fibers break down, the skin begins to sag, stretch, and lose its ability to go back into place after stretching. So while sun damage to the skin may not be visible when you're young, it will definitely show later in life. Thus, I avoid the sun, or I use a sunscreen with an SPF of 30 or higher if I had to stay outside.

Exercising the skin through exfoliation can also be beneficial. By exfoliating, dead layers of skin are removed and the skin is shocked into production of new cells which helps stimulate new collagen production. I use a regular exfoliating scrub like Neutrogena, and I undergo diamond peel treatment every two months.

While "my secret" to looking young is seemingly daunting, it is actually simple. It is nothing but a combination of good skin hygiene, good nutrition and wearing SPF that helps keep my skin healthy.





Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

ANG LOVE-HATE RELATIONSHIP NI TRUMP AT NG MEDIA

Nagkaroon ng pagtatalo tungkol sa dami ng mga taong dumalo sa inagurasyon ni Donald Trump sa National Mall, Washington. Ayon kay Trump at ng kaniyang press secretary, 1.5 million ang dumalo pero sinabi ng isang reporter, 250,000 lamang.

Patuloy ang love-hate relationship ni Trump at ng media.

Mahal ng media si Trump dahil kahit mabuti o masama ang isulat nila tungkol sa huli, bumbenta ang diaryo. Kapag nasa telebisyon siya, lalo sa CNN o FOX, tumataas ang ratings ng programa. Subalit't galit din ang media sa kaniya dahil siya raw ay mayabang at bastos. At hindi nila gusto ang mga patakaran niya. Bukod sa mga ito, nahihirapan silang magsulat tungkol sa kaniya dahil kalimitan, pawang kasinungalingan at walang batayan ang kaniyang pinagsasabi. Kung may sinabi siya ngayon, iba naman ang sasabihin niya kinabukasan o sa ibang araw. Halimbawa, iginigiit niya noon na hindi ipinanganak sa Amerika si Barack Obama. Pero inamin niya rin na mali siya. Sa kabilang dako, galit siya sa media dahil may kinikilingan daw ito. Lagi raw binibigyan ng media ng maling interpretasyon ang kaniyang sinasabi. Ayon sa media, sinabi niya ito, "All Mexican immigrants are rapists." Subalit't may isang Puerto Rican propesor ang nagtanggol sa kaniya. Ganito raw ang talagang sinabi niya, "When Mexico sends its people, it's not sending the best. Instead, it's sending people with lots of problems with us and they're sending those problems with us. They bring drugs. They bring crimes. They bring rapists, though some are good people." Kung galit si Trump sa media, mahal din naman niya ito. Ang media ang nagbibigay ng libreng publisidad sa kaniya. (Dati siyang reality star sa The Apprentice.) At ang media ang nagbibigay ng paghanga at papuri na lagi niyang kailangan. Sinabi ng mga psychologist na kailangan niya ang mga ito dahil narcissist siya.

Hindi na gumaganap sa reality show si Trump. Totoo na ang ginagampanan niyang papel bilang pangulo ng malaking bansang Amerika. Gampanan sana niya nang mahusay ang sinumpaang niyang tungkulin. Ganoon din sana ang media. Dapat ay wala silang kinikilingan.

GINALIT NI TRUDEAU ANG MGA ANGLOPHONE

Nagsampa ng tatlong reklamo ang mga anglophone laban kay Prime Minister Justin Trudeau sa Commissioner of Official Languages dahil sa pagsagot niya sa French sa mga anim na taong nagtanong sa kaniya sa English.

Nangyari ito sa isang town hall meeting sa Sherbrooke.

"Since we're in Quebec, I'll answer you in French," said Trudeau. I dinugtong niya pa na sinagot niya ng English ang katanungan sa French noong nasa Ontario siya.

Nalimutan na yata ni Trudeau na noong eleksyon, marami ang bumoto sa kaniya na mga anglophone na naniwala sa kaniya. At nalimutan niya na ang kaniyang ama, dating Prime Minister Pierre Elliot Trudeau, ay itinuturing na nagtayo ng official bilingualism in Canada. Nahaharap siya ngayon sa paglabag sa Official Language Act na nagsasabing "Canadians have a right to communicate with and receive services from federal institutions in either official languages."

Makalipas ang ilang araw ay nagbago si Trudeau ng nono nang tanungin siya ng isang reporter tungkol sa nangyari.

"So yes, may be I should have answered partly in English and partly in French," sabi niya.

Pero marami nang anglophone ang sumama ang loob kay Trudeau. "Bumoto ako ng liberal noong nakaraang eleksyon pero sa susunod, magdadalawang isip na ako." Sabi naman ng isa, "Paano niya mapromote ang bilingualism kung ayaw niyng magsalita ng English?"

ISYU SA MISS UNIVERSE KUNG GAGAMIT NG INTERPRETER O HINDI ANG ATING BB. PILIPINAS SA Q&A

Nagkaroon ng isyu sa Miss Universe 2017 kung dapat bang gumamit o hindi ng interpreter ang Bb. Pilipinas na si Maxime Medina sa nakaraang Miss Universe pageant. Nakapagsasalita naman ng English si Maxine na isang interior designer. Pero sa send-off press conference, napansin ng mga mapagmasid ang mga ilang kamalian niya sa paggamit ng grammar at pagbigkas ng mga salita. Pero sang-ayon ako sa kaniyang English mentor na hindi naman declamation contest ang Miss Universe. Kagandahan pa rin ang pinag-uusapan, katangiang taglay ni Maxine (Isa siya sa mga anim na naging finalist). Ang mahalaga, maipahayag ni Maxine ang nais niyang sabihin.

Hindi naisip ng mga bumabatikos kay Maxine sa paggamit niya ng maling grammar na ang mga Amerkano nga na English na ang lengguahe, nagkakamali pa rin sa grammar. Napakingan na ba nilang nagsalita ang mga ito ng "I don't want no more" o "Repeat it again." May libro ako kung saan nabasa ko na maski ang dalubhasa sa English, nagtatalu-talo sa mga tamang paggamit ng grammar. Walang perfect. Minsan, nagbabagubago ang tamang paggamit ng grammar sa paglipas ng panahon. Siguro,

nagsasalita ng Tagalog na isa sa mga pangunahing wika sa Pilipinas ang bumabatikos kay Maxine. At sa mga mambabatikos na ito, natatandaan ba nila ang balarilang Pilipino? Alam ba nila ang gamit ng daw, raw, din, rin, ang pagbaybay ng mga inuulit na salita tulad ng paru-paro. Bakit nila pipintasan ang mga maling grammar ni Maxine sa English na hindi naman niya pangunahing lengguahe?

Tulad ng dati, madali nating makita ang kamalian ng iba, pero ang sa atin, hindi. Ganoon tayo.

DAPAT DING KAAWAAN ANG PUMATAY SA MGA BIKTIMA NG PAMAMARIL SA MOSQUE

Sinabi ni Imam Hussein Guillet sa libu-libong nagtitipon sa libing ng mga biktima ng pamamaril sa Quebec Convention centre, "There is one victim that none of us want to talk about. His name is Andre Bissonnette, the alleged shooter. Somebody planted ideas in his head more dangerous than bullets. This little kid did not wake up one morning and say 'Today, instead of going to a picnic or watching the Canadiens, I will go and kill some people at the mosque. It does not happen that way.' Dagdag pa ni Guillet, "What happened is that day after day, week after week, month after month, unfortunately, certain politicians, certain reporters, certain media were poisoning our atmosphere by spreading misinformation about Muslims."

Naniniwala ako kay Guillet. Kung minsan, walang taong likas na nasama. Nakagagawa ang isang tao ng mga bagay na hindi mabuti dahil sa mga kasamaang itinatanim natin at ng lipunan sa kaniyang isip. Bakit nagkakaroon ng racism, discrimination at homophobia? Dahil din sa atin, sa lipunan at kapaligiran.

BAKIT TUMIGIL NA ANG

PAGHAHANAP KAY FELIX SA \$250 NG TRI-CITY PICNIC?

Marami ang nagtatanong kung bakit biglang tumigil na ang paghahanap kay Felix Reyes, dating pangulo ng FFCAQ, sa \$250 na kinita raw ng Tri-City picnic. Halos isang taong isinusulat ang bagay na ito. Sabi ng Quebec Press Council, excessive relentless harassment nga ito. Dahil sa ganitong pangyayari, nalagay si Felix sa kahihyan sa mga kamag-anak, kaibigan at kakilala.

Nang itanong ko kamakailan kung nakita na nga ba ang nawawalang \$250 dahil nakapagtataka at biglang natigil ang pagsusulat tungkol dito, ngumiti at biglang tumawa nang malakas si Felix.

"Hindi muna ako magsasalita tungkol dito," makahulugang tugon niya. "Maghintay ka na lamang. Malapit na."

Ano kaya ang ibig niyang sabihin?

THANKLESS JOB ANG PAGGIGING VOLUNTEER SA KOMUNIDAD

Malapit na ang eleksyon ng FAMAS. May isang aktibong miembro ng komunidad ang nagtanong sa isang dating director ng Mabuhay Team kung tatakbo uli ang team na ito sa eleksyon. Gustong sumapi ng nagtanong sa Mabuhay Team. Pero ang sagot ng napagtanungan, "Naloloka ka ba?"

Tahimik na ang buhay namin. Kung weekend, nagpupunta na lamang kami sa party o picnic. Walang bumabatikos sa amin. Walang intriga."

Hindi na kumibo ang nagtanong. At hindi ko masisisi ang napagtanungan. Sa ating komunidad, kahit gawin mo ang lahat, pipintasan at masama ka pa. Masakit iyon lalo na sa mga volunteer o opisyal ng mga asosasyon na walang hangad kundi talagang makapaglingkod sa komunidad. Minsan, thankless job ang pagiging volunteer.

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Technological Tidbits
by

Al Abdon

CAMERA MOVES

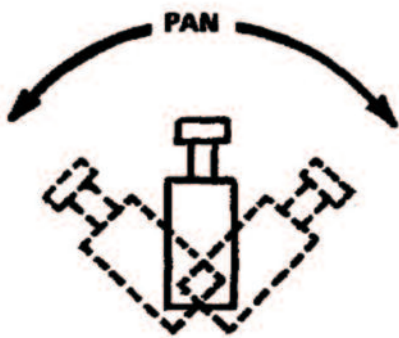
From the Expert Video Pro

Camera moves can make your project look super professional or incredibly amateurish depending on how well you use them.

Professional videographers usually follow this one rule of thumb: when it comes to camera movement, it must be motivated. Because it looks cool, is usually not a valid reason for using tricky camera moves. Instead, you can use making what you shoot look bigger, smaller, or even scarier. You should use camera movement to tell your story better and to enhance the viewer's experience.

We'll break it down movement by movement so you will know how to execute each shot and why you might use it. We've also divided the column into 3 easy to follow sections: Mounted camera creates the move, Camera and operator or devices move together, and Only the camera lens moves.

PAN



How: Move the camera horizontally left or right. Ideally, you should use a tripod for a smooth effect. To be a great "panner", practice the shot several times at several speeds before you feel comfortable with it.

Why: To follow a subject or show the distance between two objects. Pan shots also work great for panoramic views such as a shot from a mountaintop to the valley below.

Rule: Always start on a still shot, begin the tilt, and finish on a still shot. Practice first. Look at the scene as the tilt reaches the middle portion between top and bottom of the tilt.

TILT

How: Moving the camera up or down without raising its position.

Why: Like panning, to follow a subject or to show the top and bottom of a

stationary object. With a tilt, you can also show how high something is. For example, a slow tilt up a Giant Sequoia tree shows its grandness and enormity.

Here's a good tip. In general, when you tilt up and shoot an object or a person they look larger and thicker. The subject looks smaller and thinner when you tilt down.

Rule: Always start on a still shot, begin the tilt, and finish on a still shot. Practice first. Look at the scene as the tilt reaches the middle portion between top and bottom of the tilt. If there is nothing worth seeing, then the tilt isn't worth shooting.

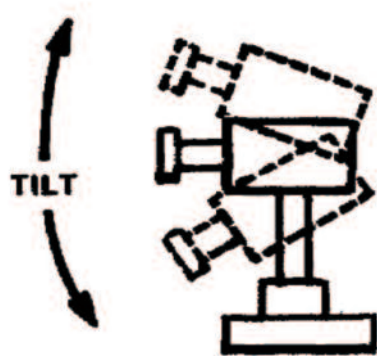
Pedestal

How: Not tilting, but physically moving the height of the camera up or down, usually on a tripod.

Why: You pedestal the camera up or down to get the proper height you prefer. If you want to get "eye to eye" with a six-foot-six basketball player, you would pedestal up. While shooting a flower or a small child, you would pedestal down to their level.

Dolly

How: The camera is set on tracks or



wheels and moved towards or back from a subject. A dolly is also a noun, describing a train track contraption used for a dolly (verb) shot or a device attached to a tripod. A wheelchair, because it has large wheels, rolls smoothly, and has a seat for a videographer, works quite well as a dolly, but you can also use a rolling cart or even a skateboard.

The purpose is to follow an object smoothly to get a unique perspective. In some movies directors combine the dolly and a zoom shot for a real sense of doom. To do this, the camera lens zooms into the subject at the same time as the camera physically dollies out, and the person in the shot remains the same size, but the background appears to move. It's difficult to master smoothly, but done right, the shot conveys a real sense of tension and feeling of vertigo.

Floating Stabilizer Device

How: The device straps to the photographer and the camera is mounted by a series of metal joints controlled by gyroscopes. These machines are quite complicated and a real Steadicam can cost several thousand dollars. But you can buy an inexpensive alternative that uses counterweights to get a Steadicam-like effect. It is used to follow an object through twists and turns. Although the dolly is great, its movements are limited. With the stabilizer, you can follow someone through hallways, doors and around rooms.

Crane or Boom

How: This works and looks similar to a construction crane. It is used for high sweeping shots or to follow the action of your subject.

Why: Gives a bird's eye view. It looks as if the camera is swooping down from above. Movie directors use this for street scenes so they can shoot from above the crowd and the traffic, and then move down to eye level.



Handheld

How: You hold the camera without tripod, monopod or other device. Professional cameras are large and rest on the user's shoulders. This balances the camera and keeps shaking to a minimum. Because of their size, most consumer cameras can't rest on your shoulder, so you'll need a few tips to shoot steady well-executed handheld shots.

Why: Due to the spontaneity of the action, many news crews and most documentaries use hand-held shooting techniques. Sometimes, it is used in TV shows and movies. Notice that in horror or action movies they often use hand held shots when something bad is about to happen.

Rule: When shooting handheld, do not zoom in! The more you zoom in, the shakier the shot gets. It is better to move closer to your subject and shoot with as wide of a setting as you can. Handheld is best when you are shooting someone or something that is moving. It looks very bad when shooting landscapes, buildings, or stationary objects.

Zoom

How: You press a lever or rocker to zoom in or out. This lever controls the lens mechanism inside the camera. Usually, the harder you press on the lever the quicker the zoom. Some camcorders have only one zoom speed whereas others allow you to

zoom manually by turning a ring on the lens. A zoom lens gives you the option of having both telephoto and wide-angle lens in one camera. You use the telephoto lens when you zoom in, bringing objects closer to you. There is less visible area around your subject, and distant objects are compressed. Zooming the lens out gives you the wide-angle shot and more of your subject and surrounding areas are visible. Depth perception is also changed, and the size and distance between objects is more pronounced.

Why: To bring objects at a distance closer to the lens, or to show size and perspective.

Rule: Continuous zooming in and out is annoying to viewers. Don't zoom while shooting unless the scene calls for it. Use a tripod if you zoom. Start on a still shot, then zoom smoothly, and end your zoom on a still shot. Practice first. Look at the scene as the zoom reaches the middle portion between the closeup and wide angle. If there is nothing worth seeing, then the zoom isn't worth shooting.

Rack Focus

How: Focus on one object, like an actor's face, and have everything behind him out of focus. Then adjust the focus so his face becomes blurred and the actress behind him becomes clear. In this movement, you are changing the focal length so that one subject will go out of focus while the other comes into focus. The two subjects must be at a correct distance from each other and from the camera for this shot to work.

Why: You are actually making a transition similar to an edit by constructing two distinct shots. You often see the rack focus in dramas and soap operas, changing focus from one actor's face to another during their conversation or tense moments.

Rule: Use a tripod. A rack focus looks bad if the camera is shaky.

Get Out and Play!

Now that you have learned the basic anatomy of camera movement remember this: the best and most versatile shots of all are the standard wide, medium and close-up stationary shots. However, well-executed camera movements are the icing on the video-cake. They add style, feeling and depth to a project. Although we have given you several reasons why you would use each camera movement, these are certainly not the only motivations for moving the camera. Like any artist, you can invent your own reasons for using camera movements. Play around. Experiment. Be an artist. And watch movies, TV and even commercials with the sound off, to see how the camera movement plays out. You'll quickly see how one shot motivates the next and you may begin to predict the next shot or the following sequence. Eventually, with minimum effort, you may be on par with the pros.



Recipes for the Art and Love of Cooking

Compiled by Zeny Kharroubi

Popular and delicious Pinoy food



Pork Sisig

Pork Sisig is a popular appetizer that originated from the culinary capital of the Philippines : Pampanga. This delicious dish can also be categorized

as a main dish. Pork Sisig was invented by the late Lucia Cunanan. She is popularly know as Aling Lucing – the sisig queen. Originally, pork sisig is composed of chopped pigs face (snout included) and ears with a generous amounts of chicken liver. Hundreds of sisig variations are available today ranging from the original pigs face (maskara) ingredient to a more healthy seafood concoction such as squid, tuna, milkfish (bangus), and mussels.

Sisig is a Filipino dish made from parts of pig's head and liver, usually

Ingredients
 2 lbs pigs's head parts (face, snout, cheeks, and ear)
 1/4 lb liver (chicken, pork, or beef)
 1 tablespoon garlic; minced
 1 medium size onion; chopped
 3 chili peppers (siling labuyo) chopped
 3 calamansi fruits; sliced
 Salt and pepper to taste
For Boiling Ingredients

2-3 cups water
 1 cup pineapple juice
 1 teaspoon of whole black peppers
Optional Ingredients

1/4 lb tongue
 1/4 lb heart
 1/4 lb pork belly
Pork Sisig Cooking Instructions

Boil pig's heads parts in water, pineapple juice, and whole black peppers until tender. Grill pork's head parts, and liver. You can use skewers to grill chicken livers. Chop the grilled pig's parts and liver into about 1/4 inch sized cubes. In a sizzler platter or skillet over high heat, sauté garlic. Add and stir-fry the pig's parts and liver. Quickly remove from fire when meat starts to render fat. Season with salt and pepper to taste. Serve and garnish with chopped onion, chili peppers, and slices of calamansi fruits.

INGREDIENTS
 3 pounds chicken (legs, thighs or whole) cut up into serving parts
 1 medium onion, peeled and sliced



Chicken Bistek

4 to 5 cloves garlic, peeled and minced
 3 to 4 peppercorns, cracked
 juice of 2 lemons
 1/4 cup soy sauce
 1 tablespoon oil
 1 cup water
 2 tablespoons liver spread
 salt to taste

INSTRUCTIONS
 Wash chicken and drain well. In a bowl, combine chicken, onions, garlic, peppercorns, lemon juice and soy sauce. Massage marinade into meat and marinate in the refrigerator for about 1 hour. Drain chicken and squeeze excess liquid. Reserve marinade and aromatics. In a wok or wide skillet over medium heat, heat oil. Add chicken and reserved onions and garlic from the marinade. Cook, stirring regularly, for about 7 to 10 minutes or until chicken is lightly browned and juices run clear. Add reserved marinade and water and bring to a boil. Lower heat, cover, and continue to cook for about 30 to 40

minutes or until chicken is cooked through and sauce is reduced. Add liver spread and stir to dissolve. Cook for about 3 to 5 minutes or until sauce

Oxtail Kare-Kare (Beef stew)

is thickened. Season with salt to taste. Garnish with sliced onion rings, if desired. Serve hot.

Ingredients
 2 pounds oxtail, cut into serving size water
 1 banana heart
 2 large eggplant, ends trimmed and cut into 1-inch thick
 1 bundle long beans (sitaw), cut into 3-inch lengths
 1 bundle pechay, ends trimmed and leaves separated
 1/4 cup rice flour
 1-1/2 tablespoons annatto powder
 1-1/2 cups chunky peanut butter
 1 tablespoon oil
 1 medium onion, peeled and sliced thinly
 4 to 5 cloves garlic, peeled and minced
 2 tablespoons fish sauce
 salt and pepper to taste
 shrimp paste

INSTRUCTIONS
 Rinse oxtail under cold, running water and with a knife, trim excess fat. In a deep pot, place oxtails and enough water to cover. Over medium heat, bring to a boil, skimming any scum that accumulates to top. Lower heat, cover and simmer, adding more water as needed to maintain 6 cups, for about 2 to 3 hours or until oxtails are easily pierced with a fork. Drain oxtail, reserving about 6 cups broth.

Peel and discard the outer, fibrous skin layers of banana heart until you reach the lighter, softer core. Trim off stem and discard. Cut banana core into half and into fourths. In a bowl of cold salted water, place cut banana and soak for about 15 to 20 minutes. Using hands, squeeze to release bitter sap. Rinse with cold water and drain well, discarding liquid.

In a pot over medium heat, bring about 4 cups water to a boil. Add banana heart and blanch for about 1 minute. With a slotted spoon, remove from liquid and set aside. Add eggplant and blanch for about 1 minute. With a slotted spoon, remove from liquid and set aside. Add long beans and blanch for about 1 minute. With a slotted spoon, remove from liquid and set aside. Add pechay and blanch for about 30 seconds. With a slotted spoon, remove from liquid and set aside.

In a skillet over medium heat, add rice flour and cook, stirring occasionally, until lightly browned and toasted. In a

See Page 12

Kare-kare

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The North American FILIPINO STAR PHOTO GALLERY



MMTV Crew with friends and family: Left to right (standing) Tenne Rose Dayandante, Cristy Hunter, Jovy Narvas, Reymund Faustino, Mrs. Faustino, Alpha Gumboc, Michael Davantes, Fred Narvas, Laurisse Cruz and Derwin Collantes. Seated from left: Fely Rosales-Carino, Zenaida Kharroubi, Amy Manon-og, and Al Abdon. Photo taken during a surprise birthday party last March for Z. Kharroubi, Executive Producer.



Souvenir photo of Natasha Nuguid's 18th birthday last May.



From left: Buddy Cabugao, Dario Boco, I. Czuzoj-Shulman, H. Brownstein, James de la Paz, Gerry Danzil, CCFAQ president. Photo taken during the Immigration seminar, February 11, 2017.



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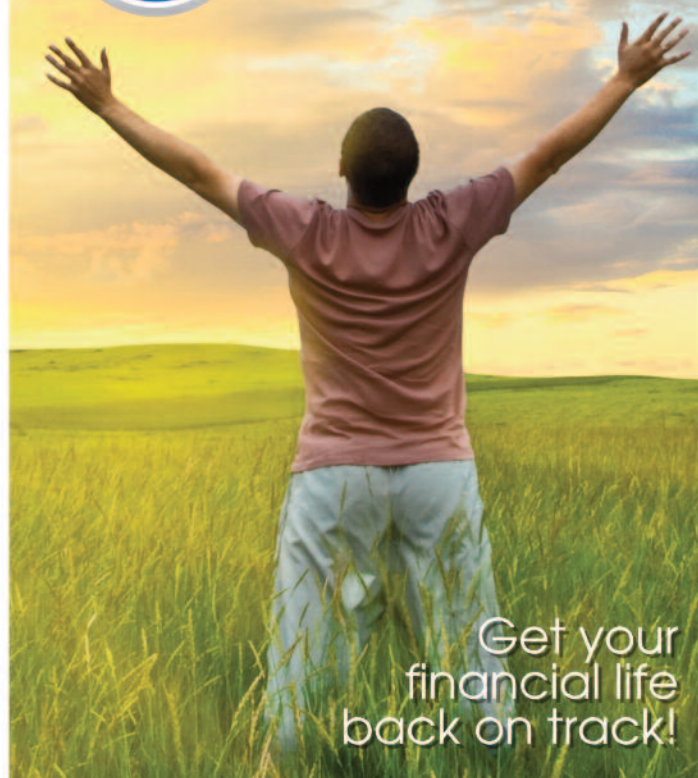
Manny married father of 1 child, owed \$44 887.....	settled at \$200 x 60 mth
Mary and Alain family of 4, owed \$49 526.....	settled at \$190 x 60 mth
Danny single, salary being garnished, owed \$37 322.....	settled at \$150 x 60 mth
Anna married family of 4, owed \$110 417.....	settled at \$150 x 60 mth
Kathy and Lucien family of 4, owed \$80 640.....	settled at \$525 x 60 mth
Zilendo single father of 2 children, owed \$67 000.....	settled at \$100 x 60 mth
Robert married, owed \$148 525.....	settled at \$475 x 60 mth
John single, owed \$59 700.....	settled at \$200 x 60 mth

"Ako'y isang ina na may asawa at 2 anak. Problemang masyado ang utang namin, tuwing lingo, tumatawag ang bangko at naniningil ng bayad, ang sueldo namin ay para ibayad sa utang ng credit cards. Sa wakas, tumawag kami sa 4 Pillars at nang makausap namin sila, guminhawa agad ang aming pakiramdam sapagka't binigyan kami ng solusyon. Nabawasan ang utang namin at ngayon, wala na kaming problema at nag-umpisa kami sa panibagong pagtatayo ng aming credit.

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COMMUNITY NEWS

CCFAQ HOLDS IMMIGRATION SEMINAR

W. G. Quiambao

Joemer Gredona and Maritess Abanto are happy that they attended the immigration seminar at 6767 Cote des Neiges last Feb. 11. It was sponsored by the Council of Canadian-Filipino Associations of Quebec headed by Gerry Danzil.

"At least, the questions that have been in our mind were answered by the immigration lawyers for free," said Maritess. "It's better than asking other people who give different answers."

visa - were answered by Brownstein and Isabel Czuzoj-Shulman, who works for Anthony Housefather in Ottawa.

Another interesting question came from a caregiver who wanted to know if the immigration could expedite the processing of her husband's application for immigrant visa that had already been filed. She is pregnant now. While waiting for her husband, other option for her is to sponsor her mother. "Can I send a letter to the immigration inviting my mother to come here?" she asked. The other woman lawyer, who works for Anthony Housefather in Ottawa,



Listening intently to the speakers are Fely Rosales Carino and Willie Quiambao who are part of the audience seen here.

Joemer's question was, "Can I sponsor my 3-year illegitimate son?"

He had a previous relationship with a woman when he was in the Philippines. When he filled up the immigration application form, he did not specify that he had a son. He was not aware of it. The woman with whom he had a relationship did not tell him that she was pregnant. Now, he wants to sponsor his young son because of the many opportunities, like education and medical help, that Canada can provide him.

Herbert M. Brownstein, an immigration lawyer, answered, "Yes. All you have to do is explain to the immigration why you failed to mention in the application form about your son. Of course, you have to prove that you are the father. For example, you can show the birth certificate as a proof. It also helps to mention that since learning of your son, you have been supporting him financially."

Various inquiries - from sponsoring family members that included spouses, children and parents to applying for international student

explained, "You can't speed up the processing of your husband's application for permanent visa. All you can do is wait because the processing time is shorter and faster now. But you can get your mother by sending a letter to the immigration explaining that you need her to look after your baby while waiting for your husband."

A concerned caregiver who already has a permanent status here wanted to know if she could sponsor her children, ages 21, 23 and 25 years old. "Children up to 19 years can be sponsored," said Brownstein. "Perhaps, the immigration rules will change next year. In the meantime, I will make some inquiries."

The immigration seminar was one of the many services offered by the CCFAQ to serve the Filipino community.

For other services, like computer class, offered by the CCFAQ, please contact Gerry Danzil at (514) 651-4288 and James de la Paz at (514) 577-7787.

cook, stirring occasionally, until lightly browned. Add fish sauce and cook for about 2 to 3 minutes.

Add the remaining 5 cups of reserved broth and bring to a simmer. Add annatto water, rice flour mixture and peanut butter mixture, stirring well to combine. Season with salt and pepper to taste. Continue to simmer for about 10 minutes or until it begins to slightly thicken. Add blanched vegetables and cook for about 2 to 3 minutes or until heated through and tender yet crisp. Serve hot with shrimp paste on the side.



First Row back: 1) Ravi Pattanshetti, 2) Leo Dela Torre, 3) Rosemary Faiwornu, 4) Farnaz Rashidi Asl, 5) Stefi Caltedera, 6) Dyan Ferrer, 7) Loida Blas, 8) Guerdy Pierre Louis, 9) Jocelyn Licudan, 10) Joyce Ann Padilla, 11) Aizza Jastia Pacardo, 12) Norman Dale Sevilleja, 13) Ferdinand Paraan. Second Row back: 1) Patrick Jorel Perico, 2) Khristine Marie Chiu, 3) Ma Luisa Piccio, 4) Vinu Wilson, 5) Reman Innocencio Altar. Sitting: L-R 1) Milagros Aquino Gobeil-Director Membership, 2) Cresconia Asuncion Fernandez- Treasurer, 3) Criselda Canlas Alzate-Secretary, 4) Grace Diaz Ocampo-Director Continuing Education & Program, 5) Corazon Diaz Abdon-President, 6) Linda Eguico Espallardo- Chair Committee on Election, 7) Eloisa Piccio De-Vice President, 8) Magdalena Belleza Calcetas- Founder. Photo taken on February 11, 2017 during the JAC and OIIQ Exam Review held at 6767 Cote des Neiges in Montreal. Speakers were: Mary Grace Ocampo, RN, of the Montreal Neuro Hospital, and Criselda Alzate, RN CHSLD and FNAQ Secretary, who passed the OIIQ 2016 Board Exam. Photo by Al Abdon.



From L to R: Rufina Hizon, Conchita Cachero, Magdalena Pagkalinawan, Rosalia Verceluz Tran, Fely Bisares, Valent Lloyd-Hughes, Nancy Karidis. In the back: Al Abdon (instructor), Ed Tupaz (FFCAQ President)

From Page 5 Trudeau's Europe

splashed Trudeau across its front page and called him "the anti-Trump." It's a label Trudeau has downplayed as he seeks to build a positive relationship with the new U.S. president.

Trudeau never raised Donald Trump's name in any of his prepared remarks. But every time he was asked about the controversial president he offered assurances that it will be possible to work with Trump.

During a news conference with Antonio Tajani, the president of the European Parliament, Trudeau even praised Trump's stated desire to help the American middle class — even though that promise is based heavily on protectionist sentiment and the literal building of walls.

"What I saw from the American president was a focus on getting things done for the people who supported him and who believe in him, while

demonstrating that good relations with one's neighbours is a great way to get things done," Trudeau said in Strasbourg.

A bridge between continents

Trudeau has a lot riding on maintaining a good relationship with Trump and it appears Europe does as well. Tajani argued that for reasons of geography, history and personality, Trudeau can act a bridge between the continents.

"I think the relations between Europe and Canada are very, very important for paving the way for better relations between the European Union and the United States of America. They are friend. We want to work with the Americans," Tajani said.

That final point illustrates the versatility of Trudeau's well-worn message about helping the middle class. He can repeat it standing next to politicians as different Donald Trump and Angela Merkel and find common ground with both of them.



Social Tidbits

Fely Rosales Cariño

Celebration! Celebrations! Rain or shine, they bring nostalgic memories and offer opportunities for friends to see each other again.

First at bat is the lovely 60th birthday celebration of Marissa Matue! Front and center were husband Robert and children DJ, Timothy, Michael, and Joanna. This event was well attended by friends from the First Filipino Baptist Church of Montreal (FFBCM) and the Living Waters International Fellowship (LWIF). The venue was held at the Dollard Community Center. The long table boasted of scrumptious food, something expected due to the legendary cooking of Mariz (former owner of Mariz Restaurant on Decarie Boulevard)! The tasty selections included the favorite lechon as well as the delectable sushi offered by Timothy (a restaurant owner himself) and the appealing cupcakes by Cioneth (the celebrant's sister). Mariz was gorgeous in her sequined black gown, matched only in style by daughter Joanna's fitted cocktail dress. Robert, as well as family and friends, gave their loving tributes through speeches and songs. This was no doubt the best part of the evening that brought tears of joy to some and laughter to others.

This event also showcased a family of singers: DJ and wife Vernie sang Endless Love, Timothy sang Tomorrow, and even grandson Daniel offered a song. Equally touching was Robert's loving words to his wife of 34 years! It should be noted that Vernie's voice is swoon-worthy and brought applause whenever she sang. This lady (also the Emcee) can sing! Special mention is the Hawaiian presentation choreographed by Joy Carrasco and performed by the ladies of the FFBCM! Aloha! This led to an audience participation where both the ladies and the gentlemen swayed their hips to the tune of sentimental favorites, Pearly Shells and Tiny Bubbles. Later came a wow-moment: the memorable offering of 60 roses to Mariz! Pastor Rene Saquing, brother of the celebrant, gave his inspiring message and in closing, Mariz gave a touching rendition of Close To You.

Another birthday lady is Josie Francisco, who celebrated her 50th at St. Michael's and All Angels Church social hall at Cabot Street in Pierrefonds. No doubt she enjoyed her day amidst the presence of friends and the abundance of delicious food. The party started with her entrance wearing a beautiful yellow gown. After the dinner, the program began with a cowboy dance, performed by Andrea

Ruga, Lorna Alano, Yoly Gatón, and Nilda Ala. Among the musical entertainers were Adelle & Rod Saquing and Pastor Bong Antiporda. This triple singers will surely be at home in any singing competition! And easily the most notable part of the evening was the long distance call to her loved ones in the Philippines. Wow! Pastor Rene Saquing presented his uplifting message while yours truly was the Emcee.

Let's go to the Ati-Atihan festivities. The Senor Santo Nino De Cebu group celebrated their 33rd Anniversary with a Fiesta and Sinulog party on January 15, 2017 at the St. Kevin's Catholic Church, Cotes Des Neiges, Montreal. This is always a community celebration when Santo Nino statues are blessed. A high mass was celebrated by Father Herbert Schul, assisted by Reverend Fathers Lawrence McEachen, Arul Jayaraj, and Jamil Josph. The Magnificat Choir with pianist Ingrid Salvador performed their usual best. During the grand entrance of the Carusa on the way to the altar, the following served as Faithful Navigators, SK Mar Tolentino, Knights of Columbus, San Lorenzo Ruiz Assembly and Rudy Vilan of the group Lady Fatima. The Carusa Beares were: Anthony Ramos, Alfonso De La Cerna, Roger Quenneville, and Teodorico Sorono Jr. Prayer of the Faithful was performed in different languages by Gail Castillo (Bisaya), Erlinda Penalosa (Tagalog), Christine Pasillos (Spanish), Christian Omictin (French), and Stepanie Sorono (English). The entertainment portion was performed by the following Fil-Can Singing Idols: Mark Simbulan, Youssef Aguire, Christine Toca, Aaron Dalangin, and Reyna Omictin. Group performers were: Kababaihang Bisaya Performing Artists (KBPA), Bisaya Women's Group of Montreal (BWGM), Munting Mutya Lakan, and Mutya Ng Pilipinas, Montreal. The festivities began with the National Anthems sung by the Panday Tinig Chorale Ensemble with Edith Fedalizo as pianist, and Paul Imperial as the conductor. It ended with the Sinulog Dance and the singing of the Santo Nino Hymn. The organizing committee was led by Mrs. Marlene Biraó Schacter and Mrs. Natalie Pelausa. Louise Omictin and Raul Marababol (Emcees) should be congratulated for a job well done.

Another Ati-Atihan extravaganza was staged by the Aklan Association of Montreal (AAM). Their Ati-Atihan Festival 2017 was titled Viva Kay Sr. Sto Nino, held also in St. Kevin Social Hall. After the Filipino and Canadian

anthems came the welcome address of AAM President Sally Carillo, invocation by Father Artemio Calaycay, vocal rendition of Adiva Ross, Sadsad's beautiful dance performance, intermission numbers by the Bautista cousins and the Mutya and Munting Mutya Ng Pilipinas. Everyone enjoyed the inspirational speech given by Mr. Mario (MJ) Rimbao, Fleet Operator of Fednav International Limited. The display of tribal dances, tribal songs, traditional weapons were a sight to behold! The procession was accompanied by the enticing sound of the drums! One cannot help but participate in this well beloved ritual! The success of this anniversary was mainly due to the collaboration of AAM President Sally Carillo and the rest of the Executive Board of the Aklan Association namely Chris Bautista (VP), Michella Arceno (Sec.), Naomi Rompe (Asst. Sec.), Jennel Andres (Treasurer), Alice Panado (Asst. Treasurer), Celyn Bitong (Auditor), Rando Ruance (Business Manager), Rommel Arceno (PRO), and Peace Officers Roll Andres, Jhay Rompe, Nino Padalhin, Jimmy Bautista Sr, and Romy Talabucon. The advisers are Father Art Calaycay (Chairman) and members Jun Fernandez, Jolly Reyes, Evangeline Roance, Djaba Arguisola and Mr. Larry Panado. Both Ati-Atihan parties were televised, courtesy of MMTV Program Manager Al Abdon and yours truly (MMTV Reporter).

February 11, 2017 saw the Federation of Filipino Canadian Associations of Quebec (FFCAQ) throwing a Gangster's Valentine Dance at the Centre de Ressources Communaitaires (CRC) on Cotes Des Neiges, Montreal. Most guests came in gangster attire (hence the name!). The program began with an

inspirational message by President Ed Tupaz. The floor was always full of dancers due to the fantastic selections of DJ Dennis. Couples who deserved a second look as the Costume Award were announced were Ed & Tess Tupaz, Fred & Jovy Narvas, Robin & Cristy Hunter, Nico & Minda Mazzone, Hans & Adoree, John & Lilia, and Felix & Lucy Salazar. But if you ask the crowd, for the ladies, the runaway winners were Tess Tupaz and Ciony Nueva. Valent Lloyd Hughes and Menchu were among those who had energy for non-stop dancing. The place was looking every inch a valentine-decorated hall, thanks to Monique Regacho (Happy Birthday, Monique!), Fred Erguisa, UPS President Warly Basbacio, and other FFCAQ officers.

I also want to give a shout out to Hannah Lewis, the lovely daughter of Bill and Betty Lewis, who celebrated her sweet 16th birthday party at the Holiday Inn, Pointe Claire, West Island. Hanna looked stunning in her two sequined and fitted ballgowns, a pink and a black. Nothing could match her charming countenance and beautiful smile, especially when her father Bill claimed the first dance. Half of the dancing hall was occupied by her high school friends from John Rennie High School in Pointe Claire. Her friends spoke of her enthusiastically; two of them even sang for her. Highlight of the night was the presentation of 16 roses to the celebrant. The program was prepared by Jonah, assisted by Andrea. The Emcee for the evening was Rod Saquing and Pastor Rene Saquing, in his favored role, delivered the inspirational message.

Blessings to all!

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FILIPINO STAR

SHOWBIZ GOSSIP

All's well with Anne



Anne Curtis-Smith

Anne on finding the one: 'You just know. Actually I can't explain it eh basta you just know lang.'

Anne Curtis is, no doubt, one of the more successful stars in Philippine showbiz today, making gigantic waves with hit TV shows, critically acclaimed blockbuster films, hit albums and sold-out concerts at some of the country's most prestigious venues.

This year marks Anne's 20th year in the business and the Kapamilya star shares she will be busier than ever.

"My gosh, parang ang tagal-tagal ko na pala sa industriya," she said, seemingly amazed.

Asked how she will celebrate the milestone, Anne said she hasn't thought about it yet.

"We'll have to do some planning for that, because it's really pretty big, isn't it? Twenty years in the industry. It just went by so fast, but yeah, I'll have to do some planning," she shared.

Anne recently got engaged to long-time boyfriend Filipino-French chef and model Erwan Heussaff but no wedding date has been announced yet.

"It's a big, hectic thing," she noted. "Parang as soon as you get engaged, you don't realize kasi na 'Huh, 10 months to go na lang pala,' and it keeps going by so fast. So nakaka-stress but at the same time, I know it's going to be a love-filled year."

Anne celebrated her 32nd birthday last Feb. 17.

Her birthday wish? "A smooth sailing year for all of us."

The one

Throughout their six-year relationship, Anne and Erwan have kept their personal lives private. Last November, though, the two announced their engagement on social media through a romantic montage of their trip to the U.S. Anne, who consistently said in previous reports that she's not ready to settle down yet, revealed she's actually surprised with Erwan's proposal.

"I always thought na it's going to happen in another year pa, na I'm not ready yet kasi there so many things I want to do pa eh, wala pa siya sa bucket list ko," she said.

But why did she say yes? Anne shot back: "He's the one."

"You just know. Actually I can't explain it eh basta you just know na lang," she said. "So nu'ng nag-propose siya, sobrang hagulgot ako nu'n."

Full circle

Did you know Anne was discovered while eating at a fastfood restaurant?

Her journey to stardom began exactly 20 years ago at a Jollibee store along Boni Avenue in Mandaluyong City.

A 12-year-old balikbayan visiting relatives from her mother's side, Anne was discovered by a talent scout at the venue.

No wonder then that when the food company offered her to become its newest endorser, she immediately accepted.

"Ang tagal kong inantay 'to, ito na lang kasi ang kulang sa buhay at sa career ko. Para akong naging bata ulit. I am super duper happy," Anne added. ■

What Gerald Anderson loves most about Bea Alonzo



Bea Alonzo and Gerald Anderson

Love songs fill the running playlist of actor and athlete Gerald Anderson. His girlfriend, actress Bea Alonzo, also runs 5k.

"She's very strong," Gerald said of his lady love.

Unfortunately, the lovebirds are not together this Valentine's since Gerald has to work in Bacolod, but he assured his fans that he and Bea are there to support each other.

According to him, the two of them became a couple after touring the world together for their various projects for ABS-CBN. From the United States,

to Canada and Belize, the two bonded after their shows and from there, they fell in love with each other.

"In spite her stature and achievements, when you get to know her as a person, she is really so poised and refined. She's really a princess inside," Gerald told Philstar.com of why he loves his girlfriend so much.

The Kapamilya actor can be seen with ex-girlfriend Kim Chiu and good friend Jake Cuenca in the upcoming soap opera, "Ikaw Lang ang libigin." ■

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Sunshine: I'm in a much better place now



Sunshine Dizon

Just a coincidence. That's how Sunshine Dizon responds to comments that her reel life seems to mirror what's going on in her real life.

Sunshine is the lead star of the GMA 7 afternoon drama *Ika-6 na Utos* (taking after the Sixth Commandment: "Thou shall not commit adultery"). It's another take on the favorite teleserye and movie theme — marital infidelity — a subject that viewers naturally think Sunshine knows only too well.

"As they say, they thought it was patterned after (what happened to me). But no, it's not. It's similar in a way in that it's the same situation, but it's totally different from what happened to me," the 33-year-old Kapuso star told *The STAR* in a recent interview.

Sunshine's shocking separation from her husband of six years, which stemmed from cheating allegations, played out in the news and tabloids last year. With her *Ika-6 na Utos* role as the betrayed wife Emma Fuentabella, there's really no escaping the

comparisons.

In the series, her character has already shed her martyr self and is in fight mode, as she seeks custody of her child being kept away from her by her husband, airline pilot Jerome Fuentabella (Gabby Concepcion) who is now living with the other woman Georgia Ferrer (Ryza Cenon).

In real life, Sunshine has become less "combative," dropping her charges (one for the Anti-Violence Against Women and Their Children Act of 2004, and the other for concubinage) against husband Timothy Tan, who had also issued a public apology in December.

"It was a very hard and painful decision that I had to make, dropping the cases against my ex-husband but more than anything else I'm a mother. I still have two kids who need their father. I had to make that choice for them," explained the mother of two, ages five and four.

Sunshine, however, added, that "my fight doesn't end there. I'm still planning other things. I just don't want to talk about it."

Nevertheless, the drama actress was surprised by the amount of messages she received via social media about her situation.

"(I received) a lot. I get personal messages telling me that they love watching the show, or saying that they've gone through similar situations, or their parents went through similar situations, and then they also tell me, they look up to me."

Sunshine continued, "Sometimes, it's heartbreaking also to read their stories. There are so many women who are suffering silently. Parang they look up to me, in some ways like, 'She fought for something.' I actually don't understand it, why I'm being put in that kind of pedestal, if you might say. But if my story helps them in any way, if it gives them hope, then I'm OK with that."

Amidst all the upheavals in her personal life, Sunshine considers her career as her saving grace. "It keeps me focused, it keeps me busy. Work has really been my salvation, especially with all the crazy things happening in my life.

"It's good that I'm able to focus my energy on doing something good. I've always loved my craft so, you know, just do good and be better at it," she said, adding that she has always been drawn to challenging, unconventional projects, never mind if the storyline might be a little too close to home. "It's work for me, a job that I have to do. I just do my best to separate my real life from work."

When asked where she draws her strength to weather through her marital storms, Sunshine said, "Some people would say, hey you're so strong. Honestly, I have my bad days... You know, it's just a matter of deciding on what to

do each day. For example, today, I'm feeling depressed, so what will I do tomorrow? Will I just sleep the whole day, or do nothing but cry?"

"Why would I waste what's left of my life, when it's already there, you can't do anything about it, it's broken, you can't piece it back together. So, instead of dwelling on it, and feeling sad and depressed, I just choose to be positive about it, and just push through with my life.

"I'm no robot that doesn't feel anything, but I just choose to channel my energy wisely... I acknowledge that yes, it's painful, yes it's bad, yes it's ugly, but you know, I still have a choice to make it beautiful. That's what I try to do every time."



Sunshine readily admitted that she still has many questions in her mind, foremost of which is why she has to go through this experience. "I just want to believe and I'm very hopeful, kumbaga parang ordained (like it's somewhat ordained), lahat 'to binigay ng Diyos dahil may plano Siya, mas may malaking plano Siya para sa akin. I just have to pass it gracefully. In spite of all the ugly things that have happened last year, I'm still here. I feel that I'm in a much better place right now." ■

New mom Rufa Mae says her life is now complete



Rufa Mae Quinto with her daughter Alexandria

Welcoming her first child was beginning to become a far-fetched dream for Rufa Mae Quinto — that is, until she met husband Trev Magallanes early last year.

Nearing 40, Quinto started to lose hope of starting her own family. But just months after she and Magallanes began dating, she happily announced her pregnancy. "Gusto kong magpasalamat sa lahat ng sumporta sa akin dahil ang tagal ko po itong inantay. I wasn't expecting this," she told ABS-CBN News' Mario Dumaul in an exclusive interview on Wednesday. "Thank you Lord at nakahabol pa."

Quinto gave birth on Friday to a healthy baby girl named Athena Alexandria, via cesarean section. She described the experience as harrowing, but was quick to add that the pain of childbirth was worth it.

"Sacrifice lang din talaga pero



Alexandria Athena Magallanes

kapag nakita mo iyong anak mo, sobrang ligaya na ibang klase," she explained.

Talking about how it gave her life a new perspective, a beaming Quinto added: "Ibibigay mo talaga lahat para sa anak mo lalo na at kung matagal-tagal mo nang inaasam-asam. Pero ang sarap talaga at kumpleto na iyong buhay

ko."

By her own admission, however, the first few days of being a new mom was far from smooth sailing. She shared that she had difficulty producing enough breast milk for her baby daughter, prompting some of her celebrity friends to help out.

"Halos mag-away na kaming mag-asawa kasi ayaw niyang painumin ng kung kanino lang galing na (breast milk). Siyempre gusto niya breastfed, pero ako, ayaw ko lang magutom (iyong anak ko)."

She joked: "Napra-praning ka na rin. Mapupunta ka sa post-partum kung hindi mo napakain iyong anak mo." ■

Showbiz Gossip *Continued from p.15***Catching up with Christian****Christian Bautista**

Balladeer Christian Bautista is not yet planning on marrying non-showbiz girlfriend Kat Ramnani, deeming the matter something farthest from his mind at the moment.

In fact, he and Kat don't even talk about it. (Tayo na lang mag-usap bro!)

"Sabi ko dati, 30 years old mag-aasawa na ako. Eh 35 na ako ngayon. (laughs) So I don't know. I really don't know. If the time comes I'll let you know," Christian said. ('Di kita papayagan, chos!)

That's not to say he doesn't love Kat. "Makikita niyo naman 'yan," he said. "Nasa Instagram naman namin yan. We are more than a year now." (Isama mo naman ako sa IG mo bro!)

The multi-awarded performer is busy with his international singing career. He currently enjoys a wide fan base in Indonesia. (Taray! Ako nga kahit si Aling Dionesia di ako knows!)

"I really enjoy going to Indonesia, singing for them. It's because of 'The Way You Look At Me' talaga. Mga 10 years ago doon in-invite nila ako to sing. Parang si Sir Jose Mari Chan, hanggang ngayon ini-inivite pa rin du'n dahil sa 'Beautiful Girl.'" Christian shared. (Pa-invite mo rin ako!)

He admires Indonesian music. (Sana ako mahal mo na ko

bro!)

"When you listen to their music, ang ganda ng melodies. Maraming rock and then marami sila, 200 million ang population. Meron silang niche in music. Meron silang Java Jazz festival, merong jazz, R&B. Meron pa rin 'yung old folk songs. Hanggang ngayon very expansive ang music nila."

His experiences in Indonesia inspire him to become a better OPM artist. (Ikaw ang nag-i-inspire sa'kin bro!)

"It's a challenge 'di ba? Na kami as artists dapat mag-produce kami ng world-class OPM songs talaga. Kahit pa sabihin ng iba na 'Hoy, support n'yo OPM,' kung hindi naman maganda ang nilalabas, 'di rin masusuportahan. I believe na talaga dapat laging world class ang nilalabas natin," Christian explained. (Ako ata wa-class!)

Christian has been expanding his horizons in the acting department. He has appeared on several TV and movie projects. He is currently part of Jennylyn Mercado's GMA series "My Love From The Stars."

"Number one pa rin sa puso ko ang singing pero I also love acting kasi nag musical theater na din ako. Iba nga lang itong TV acting. I always say I'm still a work in progress." (Sana may progress sa ating dalawa, bro!) ■

Sarah G starts filming new movie with John Lloyd**Day 1 of shooting**

Sarah Geronimo has started filming her first movie in two years, "Dear Future Husband."

The pop star will be paired with John Lloyd Cruz in the romance flick to be directed by Theodore Boborol, who helmed "Vince & Kath & James," the highest-grossing film of the 2016 Metro Manila Film Festival. Both were photographed on set on Thursday, with Geronimo wearing a wedding gown for one of the scenes. Not much is known yet about the new

movie other than it would be the fourth time Geronimo will play a lead role opposite Cruz.

Geronimo did, however, previously hint that her role will be more mature than her previous outings with Cruz, and that it will tackle the hardships of starting a family.

"Iwas na sa medyo pabebe. Galing na tayo doon. Doon na tayo sa iyong angkop na sa mga edad namin," she said. "Galing sa title mismo ng pelikula na 'Dear Future Husband,' siyempre dadating sa buhay natin na gusto din natin magkaroon ng sariling pamilya."

The movie will be under Star Cinema. It has been confirmed that it will not be a continuation of Geronimo and Cruz's trilogy of romance movies, namely "A Very Special Love" (2008), "You Changed My Life" (2009), and "It Takes A Man and A Woman" (2013). Geronimo's last film was with Piolo Pascual, 2015's "The Breakup Playlist."

For his part, Cruz was last seen in "Ang Babaeng Humayo," the acclaimed revenge drama from Lav Diaz that won the highest prize at the 73rd Venice International Film Festival.

Pia Wurtzbach dares you to look straight in her eyes**Pia Wurtzbach**

Critics be damned — Pia Wurtzbach has been unafraid to flaunt her enviable figure on Instagram. And the beauty queen showed no signs of slowing down on Thursday as she undoubtedly sent the pulse of her followers racing when she shared a sultry selfie.

The 27-year-old struck a pose for the camera during some much-deserved downtime after passing on her Miss Universe crown to the current titleholder, France's Iris Mittenaere.

"Tanning Thursdays," she wrote to go with the post.

In an earlier batch of photos that

caught the attention of her nearly 4 million followers, Wurtzbach tried out Instagram's new slideshow function by sharing shots of her giving fans her best sultry gaze.

Taking a break before she resumes work under New York-based talent management company IMG Universe, Wurtzbach has been freely spending her time and enjoying it with family and boyfriend Marlon Stockinger.

Three days ago, she shared an adorable shot of her young niece with the Filipino-Swiss racecar driver, saying: "Lara that's MY boyfriend not yours." ■

Nadine on relationship with James: We've grown



Nadine Lustre & James Reid

It seems it was only yesterday when James Reid professed his love for Nadine Lustre at the Araneta Coliseum to mark their first major concert together.

It was also on that same day that the two revealed that they made their relationship official on February 11, 2016.

Unlike their fans who were eagerly counting the days prior to their anniversary, Lustre admitted she did not notice that she and Reid have already been together for one year.

"Ang bilis nga eh. Nung nag one year, sabi ko, February 11 na? Kasi binabati nila ako na, 'Tomorrow na, tomorrow na.' Sabi ko, anong tomorrow na? February 11 na pala. Super bilis. I'm really happy," she said in an interview on Wednesday.

Within that span of time, Lustre proudly shared that she and Reid have matured individually and as a couple.

Asked what's next for them following the ABS-CBN series "Till

I Met You," Lustre said: "Ako I will be doing Luster muna, the perfume. James is finishing his album and then after, siguro I'll be finishing my album na rin as well. Meron din po kaming tour this March sa States."

Unlike last year, Lustre said both of them were given by their management some time to rest.

"Talagang Viva is giving us a break din kasi siyempre from what we did last year, medyo sunud-sunod din, so Viva wanted to give us a break. Pahinga po muna," she said.

Just recently, Lustre and Reid traveled to Japan together as they celebrated their first year as a couple.

The popularity of the power pair continues to rise thanks to their two remarkable series, "On the Wings of Love" and "Till I Met You." Their relationship has also been relatively controversy-free, with Reid even saying that there's a possibility he could settle down with Lustre sometime in the future.

Jasmine Curtis-Smith excited for big sis Anne's wedding



Jasmine Curtis-Smith (left) and Anne Curtis.

Her closeness to big sis Anne Curtis is known to many, but how does Jasmine Curtis-Smith actually feel now that her "ate" is getting married?

Entertainment reporters caught up with Jasmine Curtis-Smith—at a press conference for the commercial release of her movie, the Cinema One Originals 2016 entry "Baka Bukas"—where the actress gamely talked about how excited she is for the next chapter of sister Anne's life.

Despite busy schedules, an upcoming wedding and a married life ahead, Jasmine is sure nothing much will change about Anne, herself and the rest of their family.

"Kilala ko si 'ate', hindi siya yung tipong, dahil lang may bago na siyang pinagkakabisihan or ini-invest yung time niya," she said.

(I know my big sister very well. She's not the type who will change just because of new priorities on which she invests

time.)

She further says that even though her big sis has always been working, Anne has never lost time for the family, which has always been her big sister's priority.

"Never naman siya talagang nawalan ng time for family (she never really had no time for the family, ever) and if we ask for it, she [would] always make room for us," Jasmine said.

"I don't think much will change. It's really just the status," she added.

If there's one thing that would change, Jasmine believes that their family would be a lot closer, especially since they will have a new family member in the person of Anne's soon-to-be-husband, Erwan Heussaff.

"He's always been very involved. Every time I hang out with ate, he's been very unfiltered when it comes to [our relatives]," Jasmine shared. ■

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Not easy being Jamie Rivera



Jamie Rivera

It's not easy being Jamie Rivera, the Inspirational Diva behind the popular songs *Tell the World of His Love*, *Heal Our Land*, *Tanging Yaman*, *We Are All God's Children* and others.

"It takes effort," she admits at the presscon of *All About Love*, her Valentine dinner show at the Grand Ballroom of Hotel Sofitel on Monday, Feb. 13, 7 p.m.

The singer-songwriter is just being self-effacing. Away from the spotlight, Jamie is what an inspirational diva should be: Gentle, patient, compassionate. She has her own charities, and her manager Ming Tinana won't run out of stories about how Jamie has helped her in sickness and in health.

But Jamie would be the first to junk her "saintly" image. The devoted mom admits seeing red when her only child, Reine, makes a mistake.

"You can't always be gentle with your child. He or she tends to go overboard when you're too soft. You have to have tough love," Jamie goes on.

Jamie's tough love has kept the 21-year-old Reine on the straight and narrow path as a student in a prestigious university abroad for some time now.

Her daughter's overseas stay has made Jamie an empty nester for a few years now. Besides visiting Reine ("my biggest inspiration") every now and then, Jamie fights loneliness by keeping herself busy.

She wants to do her share in bringing new songs into a revival-ridden music industry by writing original music for her and local singers to interpret (Jamie wrote *We Are All God's Children* for the 2015 visit of Pope Francis to the country, among many others).

This time, her target isn't so much the churchgoers who go for inspirational songs, but the many millennials who love pop music. This way, Jamie not only reaches out to the

younger ones, she can also break away from the inspirational mold that has boxed her in for years.

For starters, Jamie singled out the South Pacific song *Some Enchanted Evening* (who knows she might sing it in her concert?) as a good reminder for millennials.

"Most of them are in a hurry to find love," Jamie notes. "They get frustrated just because they can't find a boyfriend or girlfriend. That's not how love goes. Love comes in different ways, and at the right time."

Jamie advises millennials to take their time because "the right person will come at the right time."

For all you know, she adds, Mr. or Miss Right is just next door, in the adjacent room, or at the dinner table eating and laughing with you.

Jamie herself walks the talk. She admits that she began looking for a husband after she returned from Miss Saigon, where she played Kim in the West End production of the popular musical.

"I gave birth after. Since my priority changed, I wrote songs about the family," recalls Jamie.

Then, she decided it was payback time. Jamie offered to write a song for Pope Francis' visit to the Philippines in 2015. The result was the stirring *We Are All God's Children*.

This year, Jamie is celebrating her 30th year in the business, and she rightfully feels blessed. Many of her contemporaries, failing to reinvent themselves the way she did, are no longer in the industry.

"I tell myself to count my blessings. I tell myself to ignore anxieties and insecurities because they don't come from the Lord. It comes from someone who wants to pull you down," says Jamie.

Still, Jamie knows human frailty can strike any time. So she doesn't fault people for feeling down and out. It is at these times, she points out, that people can develop strength of character.

"It's okay to not feel good, because this is how you become strong. It also means you're still human," Jamie states.

What matters most is that you dream big, and you know where your talents come from the way Jamie does.

"Everything comes from God, so everything should go back to the Lord. I won't be around anymore if He didn't give me the voice, the songwriting talent and the physique as instruments to reinvent myself," she points out.

This spirit of gratitude has sustained Jamie, not only in her 30 years as singer-songwriter, but in her role as wife and mother. It will continue to sustain her, as she goes on aiming for the best in everything she pours her heart and soul into. ■

Double madness for diamonds



Diamonds fail to outglitter Liza Soberano's beauty

Liza Soberano must have made Enrique Gil ecstatic.

For Liza's 19th birthday last month, Enrique came bearing with three gifts, two of them now public knowledge, the trip to Japan for her entire family and a Chanel Boy Flap Bag. But the last item will have to remain confidential unless either or both are ready to disclose.

"It's easier to buy diamond than to find that style (of bag)," Enrique shared to his jeweler, Carl Deo Fider of Tessera Jewelry, about the high-ticket black diamond quilted Chanel Boy Flap Bag he gifted Liza for her Harry Potter-themed birthday bash.

In many ways, these gestures tell how he values his lady love, for sure, an ultimate expression of its truth. But behind the issue is the little-known fact Enrique gives multi-carat sparkling diamonds to himself such as a recent acquisition of a two-carat sparkler as revealed by his jeweler.

Instead of buying current model road machines that depreciate, Enrique, who has also this thing for gold bling blings like diehard rappers, invests in diamonds that appreciates faster than real estate. Shrewd investor. He can wear his asset and keep it, too.

Widely known as Marian Rivera and Heart Evangelista's madness, diamonds are also Liza's and Enrique's. They look stunning on her, complementing her classic contemporary beauty and making his decidedly handsome features stand out at the 2016 Star Magic Ball.

A semi-drop three-carat diamond earrings accented her simple floor-length soft lavender gown with intricate embroidery, long plunging illusion neckline and a V-shaped bare back. Co-designed with Michael Cinco, the elegant styling made her emerge as the Ball's Best Dressed Female. She fell so in love with the ear dangles that she decided an outright purchase.

Enrique as escort wore a diamond bow tie ring with three carats total diamond weight set in 14-karat white gold with matching diamond finger ring.

With such exquisite taste, Enrique must have imbibed it from his mother, former stewardess now businessperson Bambi Gil, who has such fine taste she collects art works like Russian icons. Liza gushes when she admits he continues to amaze her.

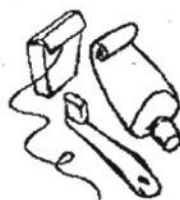
What is the third gift? Clue: We're told it celebrates their madness.

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Benjamin Alves: From honor student to actor



'I don't want people to get the misconception na dahil Summa Cum Laude ako eh mayaman ako, or because I speak English na I came from a privileged family. Pinaghirapan ko lahat.'

Having graduated Summa Cum Laude at the University of Guam, Benjamin Alves could have been part of any academe. But his passion led him to a totally different profession – acting.

Benjamin's initial attempt to enter showbiz didn't pan out. It was only after finishing school that he made strides.

"I didn't want that resentment in me na hindi ko sinubukan (uli). I was graduating from college when I came here and I didn't know what I'm going to do after college. 'Babalik ba ako or hindi?' I came back May 2012," he said.

The English Literature graduate always gets asked why he went into acting instead of pursuing a Masters Degree or the academe. The reply is template: Benjamin has always wanted to do acting.

"We moved to Guam when I was six. Wala kasing media doon eh. There are stage actors pero walang TV or movie industry sa amin. Nagau-audition ako for acting but I'll always end up being crew, which was fine. I ended up doing arts din, background sa theater. Mahiyain talaga ako noong bata ako, I still am. I've always wanted to do it."

His cousin, actor Piolo Pascual, also inspired him.

"I think I was 10 or 14 years old na nababalitaan ko na si Kuya Piolo was slowly gaining traction with his acting. I wasn't able to meet him that time kasi I was still very young. Bihira kami makauwi kasi ang mahal ng pamasaha.

"When I graduated in high school, I was able to take a vacation. I was supposed to enter college but I ended up not going. I was supposed to join the army but didn't. Nakapagusap kami ni Kuya Piolo,

during The Hunks time, got inspired and I was able to watch 'ASAP' that time," Benjamin recalled.

For greater good

While he didn't end up as professor, Benjamin is happy to use his degree and education in some ways. He is grateful to have been chosen again to help out with the GMA Network's Excellence Award, which recognizes outstanding students in



academics and leadership.

"What we do is welcome any of the students from any university that

is in Communication and Engineering to apply for this award. There's a cash prize for the top finalist and plaques for the rest from GMA. Madami po sa nagta-trabaho sa GMA ay awardee ng GMA Excellence Award. Makikita niyo talaga ang focus at dedication nila dahil naging awardees sila," he said.

Benjamin inspires students with his stories, especially having finished his studies with honors. He encourages everyone to study hard and reach for their dreams amid life's challenges.

"This year, I want to make the finalists tell their stories. Hindi para i-padding 'yung accomplishments nila. Although mahirap makahanap ng accomplishments, it's really not the accomplishments that set them apart.

"I don't want them to get the misconception na dahil Summa Cum Laude ako eh mayaman ako, or because I speak English na I came from a privileged family. Pinaghirapan ko siya. The reason I graduated Summa – I wouldn't be able to afford college kung hindi ako nag-honor student or scholar," he said.

As GMA Network Excellence Award ambassador, Benjamin is involved with the selection process. He also helps in providing awareness about the campaign especially through social media. He will tour the country to search for candidates, and he will be part of the panel. ■

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Gilmore College International provides immigrants the tools for a successful career change. The training and the skills that I learned gave me the confidence to work as a nursing aide. Adele Lascano (October 2009 graduate)



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