

Duterte aide warns: 'No emergency powers, no reform'



Photo shows an example of the heavy traffic problem in the Philippines

Jamaine Punzalan, ABS-CBN News Posted at Jun 21 2016 10:47 AM | Updated as of Jun 21 2016 11:19 AM
 AMMANILA - President-elect Rodrigo Duterte can only provide band-aid solutions if he fails to secure emergency powers to solve the traffic nightmare in Metro Manila, incoming Justice Secretary Vitaliano Aguirre said Tuesday.

Aguirre said that without emergency powers, halt orders may be issued against the measures that shall be proposed by incoming Transportation Secretary Arthur Tugade to ease traffic flow in the metropolis.

This in turn will prevent the Duterte administration from introducing extensive reforms, he said.

"Kapag wala po iyang emergency power na iyan... talagang mahihirapan sapagkat anumang move na gagawin niya [Tugade] diyan sa Department of Transportation and Communication, siguradong sa korte babagsak. Mga TRO ang haharang sa kanya," Aguirre told radio dzMM.

"Iyung talagang may kabuluhan at far-reaching na reforms

See Page 4 - Emergency Powers

CPP Expansion may be centre stage, but Liberal changes to OAS may have the bigger impact

Andrew Allentuck | June 20, 2016 CBC News

The stage is set for big potential changes to the Canada Pension Plan, but off in the wings other changes are already being made to our national programs. In the March budget, the Liberals reset the start date for Old Age Security to 65, marking a major shift from the policy of other prosperous countries in the Organization for Economic Cooperation and Development, most of which are delaying state pensions — not making them available to relatively younger people.

The issue is who is going to pay for cost of living for people who have the luck — and the social burden — to live longer. Unlike CPP and the Quebec Pension Plan, which are funded by individual contributions, OAS is paid out of general revenues.

Four years ago, the Conservative government instituted a

Ontario and Quebec finance ministers at odds over CPP changes



Finance Minister Bill Morneau speaking to the press

plan to gradually increase the OAS eligibility age to 67 from 65, a change that was expected save the federal government \$7.1 billion a year. But there was a cost. Cutting two years of OAS

spending would have increased the number of 65- and 66-year-olds living below the official poverty line to 17 per cent from six per cent. The payout rates for the Guaranteed Income Supplement are a matrix of various situations — marital status being the primary one — but the baseline GIS for a single person receiving full OAS (\$570.50 per month as of June 2016) adds as much as \$773.60 per month. For seniors who need it, going without those sums for two years is a serious matter.

There are two sides to the age reset. One is government budget management, since health care improvements and improving life styles are increasing life expectancy and thus the odds of drawing OAS for longer. The other side is social equity — in other words, who pays. The older a person has to be to qualify for a state

See Page 4 CPP Changes

OP. ED.

Digong's Bounty Killers

In the 1880s, the United States' western and southwestern territories had become known as the "Wild, Wild West," where gunslingers ruled and bounty killers abounded. One of the most popular movies that memorialized the bloody history of the "West" was the 1957 movie, "Gunfight at the O.K. Corral." It was so popular that several remakes were made years later, including two versions that were released almost simultaneously: "Tombstone" and "Wyatt Earp," where the good guys — led by Wyatt Earp — fought the bad guys known as the "Cowboys."

What's interesting is that Wyatt Earp, his brothers, and a reputed gunslinger named John Henry "Doc" Holliday — a dentist who preferred pumping slugs than pulling teeth — went after the "Cowboys" wearing U.S. Marshall badges, which gave them implied authority to kill the bad guys. They're sort of an earlier American version of the modern-day British screen licensed-to-kill agent, "007."

Fast forward to May 9, 2016. Davao City Mayor Rodrigo "Digong" Duterte won the presidency by a landslide. He ran on a promise to rid the country of criminals and drug dealers within six months. But he didn't present a plan on how to fight crime and stop the flooding of drugs into the country. He merely said that he'd kill 100,000 criminals and throw their bodies into the Manila Bay to make the fish fat. He might not mean it literally, but that would send shivers down the spines of criminals.

Ronald-dela-Rosa And to make sure that everybody in the criminal underworld gets the message, he picked his most trusted law enforcement officer and friend, Chief Superintendent Ronald "Bato" dela Rosa, to be the top honcho of the Philippine National Police (PNP).

Indeed, if Wyatt Earp had his Doc Holliday, Digong has his Bato dela Rosa. Wyatt Earp did not stop until all the Cowboys were killed. Duterte gave Bato six months to finish the drug dealers. And Bato said, he's ready.

Wanted: Dead or Alive

Wanted-dead-or-alive To rid the country of criminals and drug lords, Duterte offered bounties for their capture, dead or alive, preferably dead. At a rally, he told his cheering followers, "If they are there in your neighborhood, feel free to call us, the police or do it yourself if you have the gun. You have my support." "If he fights, and he fights to the death, you can kill him," he added. He promised them monetary reward ... and a medal. "I will pay, for a drug lord, five million pesos if he is dead. If he is alive, only 4.999 million," he said, laughing.

He told around 500,000 followers during his thanksgiving party in Davao City: "Corruption must stop. I would have to ask about three generals diyan sa (Camp) Crame to resign. Do not wait for me to name you in public because I will only humiliate you." However, he refused to name the three generals.

Digong's KKK

Duterte's cabinet appointees.

But Duterte is not only after drug dealers, corrupt generals and police officers. He's also after corrupt government officials including Cabinet Secretaries. Yep, he's not going to spare anybody. The question is: Does he have the political will to punish erring political allies, particularly his friends and classmates whom he appointed to cabinet positions? Which reminds me of President Aquino's KKK (Kaibigan, Kaklase, Kabarilan), many of whom had erred but he didn't have the courage to fire them.

Aquino loved to say, "Heads will roll" but nothing happened, which only proved that political ties are like the Gordian Knot, you cannot untie it with bare hands. But Alexander the Great knew better that he could do it with a sword and he did it. It worked. Could Duterte do it? Or should I say, "Would he do it?" Perhaps he should ask all his appointees to submit undated resignation letters that he could accept

anytime at his pleasure.

Hang 'em high

Hangmans-nose One of the things he'd like to accomplish during his presidency is to urge Congress to restore death penalty by hanging, which was abolish in 2006 during Gloria Macapagal-Arroyo's presidency. It's interesting to note that if the death penalty were restored, it would also restore death penalty for the crime of plunder. This would certainly make lawmakers — particularly those involved in the pork barrel scam — cringe in terror just at the thought of being hanged for plundering the people's money. They'd probably invoke their "Christian beliefs" as pretense for objecting to the restoration of the death penalty.

Needless to say, Duterte would be faced with strong opposition from all quarters. But while the people might be ready and willing to fight — and kill — the drug dealers, it doesn't seem like they're as enthused with the idea of stamping out corruption, which is ingrained in every facet of the people's lives. In essence, what took centuries to take root in our society, would probably take as much time to uproot, if not longer... if ever.

Benevolent dictator

Duterte-assault-rifle.2 But while Duterte is confronted by a strong defiance to make drastic changes to the Filipinos' way of life, he can start by enforcing strict discipline to his official family — that is, rule with an iron hand — while showing compassion for the "common tao."

There is a term for that: benevolent dictator. However, benevolence over time can turn into abuse of power, which was the pitfall of a lot of leaders who had succumbed to the same vice — corruption — that they vowed to eradicate. As Lord Acton said more than century ago: "Power tends to corrupt, and absolute power corrupts absolutely." It was true then, it is still true today.

P50-million bounty

D u t e r t e - a n d - d e l a - R o s a - crosshairs Faced with such a dilemma — damn if he does and damn if he doesn't — Duterte may have to bite the bullet and do the best he could to fight corruption, regardless of who gets hurt,

friend or foe alike. The irony of this is that it is harder to punish a friend than an enemy. You can always make new enemies anytime. But building friendships takes a lifetime, which makes one wonder: How many friends would Digong still have left at the end of his presidency? And how many enemies would he have hung by then? Wouldn't that be the true measure of his promise to kill the drug lords and hang the plunderers?

But the drug lords are taking Digong's threat seriously. Bato dela Rosa disclosed the other day during a TV interview with Karen Davila that he received information from the grapevine that the drug lords have put a P50-million bounty on the heads of Digong and himself. He said that the initial bounty they offered was only P10 million for each and there were no takers, which makes one wonder: How high would the bidding go? But right now, bounty killers have already eliminated some drug dealers. And the six-month deadline Digong gave Bato to finish the work has yet to begin.

Yep, Digong's bounty killers are already at work. Welcome to Tombstone, Philippines.

(PerryDiaz@gmail.com)

How will the new Philippine president tackle the South China issue?

June 14, 2016 | Opinion

By Mark Valencia

South China Morning Post One of the first foreign policy tasks for Philippine President-elect Rodrigo Duterte's administration will be to set a policy on its dispute with China over features, space and resources in the South China (West Philippine) Sea. He could continue the hardline, confrontational policy of his predecessor Benigno Aquino, make subtle adjustments to it or turn over a new page in Philippine-China relations. These options are each replete with real and potential pitfalls. He and his advisers must carefully explore them, and their costs and benefits.

What are the options and their implications?

First, the policy choices may vary with the details of the highly anticipated decision of the Permanent Court of



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Arbitration regarding the complaints against China's claims and actions in the South China Sea filed by the Philippines under the 1982 United Nations Convention on the Law of the Sea.

Last October, in a unanimous decision, the court announced that it has jurisdiction to hear seven of the Philippines' 15 complaints. Thus, the Philippines "won" the first round of its case. But this and even a decision favourable to the Philippines may turn out to be a Pyrrhic victory both for it and for stability and peace in the South China Sea. China refused to defend itself before the court, arguing – as it still does – that the court has no jurisdiction. It also stated that, as far as it was concerned, the initial award was "null and void". Beijing has since repeatedly said it will not adhere to an adverse decision.

Even with a majority of court "awards" in favour of the Philippines, several issues are likely to remain. If the court finds that China's nine-dash line – which is at the core of the complaints – does not have any basis in international law, it could still rule that one or more of the features China claims are legal "islands" entitled to continental shelves and exclusive economic zones. If the court does not address this issue directly for all the features claimed by China, then China can still make and pursue such claims. In that case, legal and political uncertainty would reign in the South

China Sea, violent incidents would be likely to proliferate and the Philippines would be deprived of China's investment, trade and largesse.

Even if the verdict is entirely in the Philippines' favour, it might then re-engage China in negotiations using the verdict as leverage to obtain an equitable resolution of the issues. In the campaign, Duterte was "all over the diplomatic map" on this issue. At one point he declared, "I will go there [to the Spratlys] on my own with a jet ski, bringing along with me a flag and a pole, and once I disembark, I will plant the flag on the runway and tell the Chinese authorities, 'Kill me'." But he has also said several times that he would enter a dialogue with China. "I would say to China, 'do not claim anything here and I will not insist that it is ours'. If you want joint ventures, fine, we can get the gas and the oil. I believe in sharing." On another occasion, he said, "You want to talk? OK. You want joint exploration? OK. You don't claim it and we won't claim it."

Duterte has expressed concern about the Philippines bringing the legal case against China in the first place, arguing that a ruling China won't accept is not worth much: "I have a similar position as China's. I don't believe in solving the conflict through an international tribunal." He has also said that if China

See Page 13 - South China Sea



EMBASSY OF THE REPUBLIC OF THE PHILIPPINES
AMBASSADE DE LA RÉPUBLIQUE DES PHILIPPINES
OTTAWA, CANADA



Message

Filipinos all over the world mark the 118th anniversary of the declaration of Philippine independence day ever so hopeful that the cumulative gains afforded by our freedoms will ripen into inclusive and equitable prosperity.

We owe it to our revolutionary heroes to preserve for the next generation the legacies that cost the former their very own lives. Today, our vibrant nation enjoys robust economic growth, marked improvements in government accountability and the liberties of a sovereign people.

As we celebrate Philippine independence day in Canada, we ought to also cheer unsung heroes, including parents toiling for their children to someday make their mark as Filipinos and good citizens of our planet. Just as we endeavor to keep our families indivisible, so should we remain united in contributing to our country's progress. There is no duty too hefty for the heart of a patriot or a challenge that can break our grit.

Sa buong pamayanang Pilipino sa Canada, isang mainit na pagbati sa paggunita ng ating Araw ng Kalayaan!

Mabuhay ang Pilipino!

Petronila P. Garcia
PETRONILA P. GARCIA
Ambassador

Ottawa, 12 June 2016

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From Page 1 - Emergency Powers

ay hindi magagawa kaagad kapag wala iyang emergency power na iyan sapagkat sa napakatagal pong panahon natin iyang napabayaan."

Proposed emergency powers would allow the national government to supersede injunction orders against measures that could resolve the traffic crisis. The emergency powers will be effective for as long as two years.

With the additional powers, the government can also trump local government ordinances, favor direct contracting over public biddings for transportation-related projects, open private subdivision roads to traffic, and remove transport terminals and public markets located on busy highways.

Traffic in the metropolis is costing the country about P3 billion a day, or about 0.8 percent of gross domestic product, according to government figures.

Compounding the problem are flood-prone roads, neglected transportation infrastructure and rundown trains in the capital that Duterte had dubbed as a "dead city." Aguirre said he received Monday night the draft of a bill seeking emergency powers, which was penned by Duterte's legal team headed by Atty. Sal Panelo.

Tugade earlier said the bill will

From Page 1 - CPP Changes

pension, the longer time he or she may work and contribute to state and private pensions and, of course, the shorter the time that he or she will draw down funds.

In most OECD countries the birth rate has declined, which will eventually reduce the number of workers able to pay for the social benefits of non-workers.

"Our complaint with the present (Liberal) government's policy on OAS is that it is just kicking the problem forward," says Dan Kelly, president and CEO of the Canadian Federation of Independent Business. "The Trudeau government is refusing to acknowledge that demographics are changing. They are demography deniers."

Generational shift is at the heart of the problem of who pays and who benefits, Kelly notes.

"They are sucking more money out of those who are working and giving more to those not working," he says.

Living longer is a global phenomenon and is evident in the 34 prosperous countries that make up the OECD — mostly in Europe, but also Canada, the U.S., Australia, Chile and Israel. Most are advancing the start date for non-contributory state pensions from the early- and mid-60s, as they are now, to the late-60s and early-70s.

The Trudeau government is refusing to acknowledge that demographics are changing. They are demography deniers.

The Harper government's change to age 67 was in line with those plans, though it had yet to affect

be submitted as soon as the 17th Congress opens next month.

The Metropolitan Manila Development Authority (MMDA) also welcomed Duterte's plan to declare a traffic crisis and seek emergency powers. MMDA Chairman Emerson Carlos said additional powers would allow government to hurdle legal hindrances in the implementation of its traffic management programs.

"Marami rin po talaga tayong mga balakid bago makapagpatupad ng mga programa kasi po ang ipinairal natin dito sa traffic management, hindi lang behavior modification ng ating mga motorista."

"Mayroon po tayong hinihinging mga intervention at kung minsan, mayroon din po tayong hindrance para makapagpatupad po ng iba nating programa," Carlos said in a separate dzMM interview.

But he also stressed that emergency powers would be futile if the public would not cooperate with government programs. "Willing din po dapat ang mga road user to try and accept ang mga programa na gustong ipatupad."

**"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."
— Winston Churchill**

anyone, since its phase-in wasn't set to begin until April 2023: Individuals born in 1958 would have seen a few months' delay before getting OAS and those born Feb. 1, 1962 or later would have been pushed to age 67 to get OAS.

There's enough data to befuddle otherwise sound minds, but we can break down the issues into three main concerns.

First, there is absolute cost. Back in 2012, Canada's Parliamentary Budget Office projected that the price tag for benefits for the elderly would rise massively — from \$36 billion then to \$142 billion in 2037. But close to 250,000 people leave the labour force to retire each year, says Graham Mayes, chief investment strategist at Exponent Investment Management Inc. in Ottawa.

"The rate of leaving the labour force is expected to rise to 400,000 in five to six years," adds Mayes, formerly a pension researcher with a chartered bank and now a pension planner with a private equity firm. But, even with more people leaving the labour force and ceasing to pay taxes as workers, the total cost of OAS will only be 3.2 per cent of GDP, the PBO says.

The second issue is social equity. David MacDonald, an Ottawa-based economist with the Canadian Centre for Policy Alternatives, notes that adding two years to the OAS gate would have hit people living in poverty hardest, the bottom fifth of seniors ranked by income.

"Income support programs for adults before age 65 are less generous than programs for those over 65," he says. "The shift back to 65 does not put so large a burden on public budgets as a similar move in other countries. The reason — we have strong contributory

plans in the Canada and Quebec Pension Plans. So the cost increase by staying at 65 or reverting to 65 is not as substantial as it would be in other countries."

Call it the Canadian way, a mix of national pension styles. We have the non-contributory state pension, OAS, which one gets by being at least 65 and having resided in Canada after the age of 18 for a qualifying period of at least 10 years and as many as 40 years. We have the state contributory schemes in CPP and QPP, which people ultimately access by their own contributions.

Not to mention the range of private plans. There are defined-benefit plans, albeit a declining number, that are now found mainly in government and some large businesses and crown corporations. There are employee defined-contribution company plans. Then there are RRSPs and other forms of registered plans and, the latest innovation, tax-free savings accounts, which are not retirement plans per se but are similar for those who use them for that purpose.

Our mix of plans reduces its overall cost by tax recovery in OAS, CPP, QPP and all pensions and savings accounts other than TFSAs. Financial services companies lament that Canadians don't save enough for retirement, but thanks to our complex blend of public and private pension schemes, they don't have to.

The third issue in this web of pension programs is a fundamental problem in finance. Interest rates in major markets have fallen and, in cases such as Japan, Germany and Switzerland, gone negative. Given that most pension programs — aside from plans like OAS that are funded out of general revenues — need a certain amount of income to pay benefits, very low interest rates balloon the capital required. A DB pension obliged to pay

\$1 billion to retirees each year needs \$10 billion of government bonds if bond interest rates are 10 per cent (rules require a high proportion of default-proof government bonds for backing). If interest rates are only two per cent, then the fund needs \$50 billion in its coffers to pay that \$1 billion tab. That is why so many company pension plans are underfunded.

When interest rates rise back to historical norms — say five per cent a year for 10-year government bonds and a few per cent more for investment grade corporate bonds — the pension fund muddle and demands that government do more for the elderly will abate. Until that happens, Ottawa will have a harder time balancing its budget without following the lead of most OECD members and postponing the qualification age for state pensions paid out of general revenues, Canadians will have to work harder to build up retirement savings, and social equity issues will divide the probably prosperous in retirement from the probably not. ■

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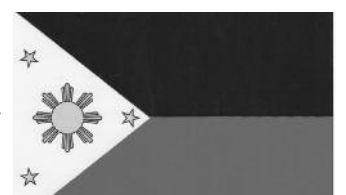
Avec les hommages de David Birnbaum,
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Best wishes from
DAVID BIRNBAUM
MNA for D'Arcy-McGee

& Parliamentary Assistant to the Minister of Education
and the Minister of Higher Education

**"Sa Araw ng Kalayaan"
118th Anniversary of
Philippine Independence Day
June 12, 2016**



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Happy 118th Philippine Independence Day!



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PENSION SHIFT

OECD NATIONS' STATE PENSION ACCESS AGES SAMPLE BY COUNTRY

Country	Present age for pension start	Future age for pension start	When change happens
Belgium	65	67	By 2030
France	65	67 in stages	By 2023
Denmark	65	67	By 2022
Germany	65 years 3 months	67	By 2029
Ireland	66	68	By 2028
Hungary	62 years 6 months	65	By 2022
Japan	60	65	By 2025
Netherlands	65 years 3 months	67	By 2024, then indexed to life expectancy
Poland	65 years, 7 months for men	67	By 2020, women same 2040
Spain	65 years 3 months	67	By 2027
United States	66	67	By 2027
United Kingdom	62 men, 66 women	66	2020 then to 68 in 2046

SOURCE: OECD

NATIONAL PC

On March 29th, the Conservative party released their 2012 budget and the big news is the announced changes to Old Age Security (OAS). This change was one of the government's worst secrets as Stephen Harper announced that changes needed to be made to OAS at the World Economic Forum earlier this year.

budget does not make any new changes to CPP

Changes to the age of eligibility

The biggest news is the gradual change in the age of eligibility from age 65 to 67. This change will be implemented in 2023.

What is not changing

There was some suggestions that the government should lower the OAS clawback threshold which would affect higher income retirees but there will be no changes to the OAS clawback.

This means that this change will not affect those Canadians who are 54 or older as of March 31, 2012.

Canadians are effectively being given 11-year notice and then 6 years to gradually implement the change.

CPP also underwent significant changes of it's own so the current

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Quebec students launch petition after history exam leak



By Steve Rukavina, CBC News
Posted: Jun 16, 2016 12:48 PM ET
Grade 10 students across Quebec are calling on the province's education ministry to rethink its decision to disqualify an essay question on their final history exam after the answer was leaked online.

Students have launched a petition just one day after writing the mandatory exam, which they must pass in order to graduate from high school.

'It raises the question whether this type of exam — sending out these sealed packages to schools — is the right way of evaluating kids in 2016.' - Suanne Stein Day, chair of Lester B. Pearson School Board
"That's the exam you work for for two years," Olivia Hicknell, a grade 10 student at Beaconsfield High School, told CBC News.

"They tell you that the history exam is what you need to graduate, it's what you need to do well, it's what you need to get a good job in life."



Quebec Education Minister Sébastien Proulx says he's still trying to get to the bottom of the leaked exam answer. (Jacques Boissinot/Canadian Press)

The essay question counted for 25 per cent of the mark.

The online petition calls on the government to consider either:

Counting the question.
Giving students all the points for the question.
Allowing students to rewrite the exam.
If a student fails after the essay question is disregarded, allowing that student to pass nonetheless.
Education Minister Sébastien Proulx told Radio-Canada Thursday morning that the ministry was trying to figure out how the exam answer leaked

online the night before the exam.

The Chemin-du-Roy School Board in Trois-Rivières has confirmed one of its students was involved.

Sébastien Proulx
Quebec Education Minister Sébastien Proulx says he's still trying to get to the bottom of the leaked exam answer. (Jacques Boissinot/Canadian Press)

Confusion on social media

Hicknell said rumours of the leak and the disqualification of the answer started to spread on social media hours after the exam Wednesday afternoon, when someone posted an internal Education Ministry memo.

The memo said that due to a "breach of confidentiality," question 22 on the exam would be cancelled, and the final mark would be calculated based on the other answers, most of which were to short-answer questions.

"My friends texted me saying they were crying. It was crazy, because they didn't want it to be cancelled. They wanted this to count," Hicknell said.

The confusion among students and parents was heightened after another letter started circulating online, this one suggesting the entire exam result would be cancelled. The second letter turned out to be a fake.

Some students have told CBC they saw all the answers to the exam online, but weren't able to say when they were posted. Those posts have since been deleted.

Herzliah High School student Adam Ben David told CBC he doesn't think it's fair to discount the essay question.

"I spent a week, maybe more, studying for this exam, and to have your mistakes on the short answer questions count for a lot more than they might originally is very hard to hear," Ben David said.

"Now you're just basing the mark off short-answer questions where you circle a letter or you write a couple of words down, but the true understanding of history — you get to

Ministers McCallum, Joly, and Bibeau mark World Refugee Day



Ottawa, June 20, 2016 — The Hon. John McCallum, Minister of Immigration, Refugees and Citizenship; the Hon. Mélanie Joly, Minister of Canadian Heritage and the Minister responsible for Multiculturalism; and the Hon. Marie-Claude Bibeau, Minister of International Development and la Francophonie, today issued the following statement:

"As we Canadians go about our lives today, we should pause to consider those around the world whose daily struggles are infinitely more desperate.

"Today, an unprecedented 65 million refugees, over half of whom are under the age of 18, have been forced from their homes. On average, a refugee will spend 17 years of his or her life in exile.

"It is easy to forget that those fleeing unrest and danger are no different than many of us who have no such concerns. Most refugees led ordinary lives before their ordeal began. What they now seek so desperately is a return to what they knew before: shelter, employment, the warmth of friends and family and schooling for their children.

"This is why Canada is investing abroad to support millions of refugees to provide them with the protection and assistance they need. Women and girls are especially vulnerable as they live in often dire and dangerous situations. Our government is committed to empowering them by giving them access to a quality education, reproductive health services and

that part in the essay," Ben David said.

Not the first leak

Suanne Stein Day, chair of the Lester B. Pearson School Board, told CBC that many students are upset.

"It raises the question whether this type of exam — sending out these sealed packages to schools — is the right way of evaluating kids in 2016," Stein Day said.

For Lorraine Normand Charbonneau, president of the Quebec Association of School Principals, it's a tipping point.

"Ever since social media became

ensuring that they receive the protection they need to live their lives free of fear.

"In the last year, our country has also welcomed refugees by the tens of thousands. For everyone in our society who was part of the government's Welcome Refugees initiative, the experiences of recent months have warmed hearts and re-affirmed our values as a nation.

"While we continue to welcome these individuals into our country, we now have an added responsibility: to ensure they transition successfully to life in their new home.

"Canada will continue to stand with and support millions of refugees abroad while welcoming thousands more to their new homes. This is what Canada is about: compassion, openness and diversity. These are the values we should honor on this World Refugee Day."

— 30 —

For further information (media only), please contact:
Media Relations
Communications Branch
Immigration, Refugees and Citizenship Canada
613-952-1650
CIC-Media-Relations@cic.gc.ca

popular, it seems we have this problem every year," she said. "This is why it's important for the ministry to sit down with partners and find a solution."

"In the End, we will remember not the words of our enemies, but the silence of our friends."

Martin Luther King, Jr.



Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

HINDI PA RIN LUBUSANG TANGGAP NG LIPUNAN ANG LGBT

Gumimbal sa iba't ibang panig ng daigdig ang balitang pamamaril ni Omar Maheen sa Pulse, isang gay bar sa Orlando, Florida. Mahigit na 50 and namatay, mahigit na 53 ang nasaktan. Karamihan sa mga ito ay miyembro ng LGBT (lesbian, gay, bisexual, transgender). Bagamat ipinanganak si Maheen sa New York, pinalaki siya ng mga magulang na Afghanistan. Isa siyang muslim.

"Hindi relihiyon ang dahilan kaniya niya ginawa ang pamamaril, "sabi ng ama ni Maheen. "Sumiklab ang galit niya nang makitang naghahawakan ng kamay at naghahalikan ang dalawang lalaki na nakikita ng kaniyang maliit na anak."

Ang massacre ay nagpapatunay na ang homosexuality ay problema pa rin sa ating makabagong lipunan. Hindi nagpahuli ang mga Montrealer sa pakikiisa sa mga tao sa Western world sa pag-condemn sa tinatawag na homophobic mass murder. Sa Montreal, naglamay ang mahigit na 100 miyembro ng LGBT sa Parc de l'Espoir sa Gay Village. Ang nagsagawa ng lamay ay Diversite, Genres et Sexualities du Forum Social Mondial Committee. Isa rin sa mga gumawa ng lamay ay ang Montreal Pride and Collectif Carre Rose. At bilang pakikiisa at pakikiramay din sa mga pamilya ng biktima ng massacre, ipinataas ni Mayor Denis Coderre ang rainbow flag sa harap ng city hall.

Sinabi ni Francis Cavanagh, isang bartender sa Bar Aigle sa gay village, "What happened proves that homophobia is not a thing of the past."

Tama si Cavanagh. Sa kabila ng makabagong lipunan, hindi pa rin lubusang tanggap ng mga tao ang homosexuality. Sa Pilipinas, isang Amerikano ang pumatay sa isang Pilipinong transgender sa Olongapo noong 2014. At kamakailan, isang Pilipinong transgender ang pinaslang ng isang Taiwanese.

Nang kapayanamin ko si Adriana Lima o Jerrieval Mark Garcia, first runner up sa katatapos na FAMAS Miss Gay Montreal, sinabi niya ang dahilan kung bakit siya sumali sa pageant, "I want to promote LGBT, diversity and uniqueness of each one of us."

Maganda ang sagot ni Lima. Magiging payapa at madali tayong magkakasundo kung matututuhan nating tanggapin at yakapin ang pagkakaiba ng bawat isa atin - ano man ang kulay, ano man ang relihiyon at ano man ang kasarian. Walang diskriminasyon. Walang hatred.

HANGA AKO SA ISANG TAONG MARUNONG KUMILALA NG KANIYANG PAGKAKAMALI

Minsan ay may isinulat ako sa Star na hindi nagustuhan ng isang kakilala. Nag-email siya sa akin at may binitawang ilang masakit na salita. Hindi ako masyadong nasaktan dahil alam kong hindi toto ang paratang niya sa akin. At alam kong hindi siya masamang tao. Pinabayaan ko na

lamang siya. Matagal kaming hindi nagkita at nang magkita kami uli kamakailan, kinamayan niya ako at humingi siya ng paumanhin sa kaniyang mga sinabi noon. Humingi rin ako ng paumanhin dahil siguro, may pagkukulang din ako. Ang mahalaga, inamin niya ang kaniyang pagkakamali. Bihirang tao ang gumagawa noon. May respeto ako sa kaniya.

UGALING PILIPINO

Ang mga Pilipino ay may masasama at may magagandang ugali. Ang isa sa mga masasama nating ugali ay ang paggiging mapagtanim. Noong bagong dating ako sa Canada, kapag may nakasagutan ako sa opisina, matagal bago maalis ang galit ko. Pero napuna ko na para na lamang akong luku-luko. Kinabukasan, kapag nagkita kami ng nakasagutan ko, kakausapin ako na parang walang nangyari. Bihira sa kanila ang nagtatanim ng galit.

Ang mabuting ugali natin ay ang paggiging hospitable kapag nagpunta tayo sa bahay ng kaibigan, lalo na kung may handaan. Karamihan sa kanila ay lumaki sa probinsiya. Dala pa rin dito ang paggiging maasikaso. Minsan, naanyayahan ako sa bahay ng isang kababayan mula sa Pampanga. "Kuya, tubig." "Kuya, ulam," - wala siyang tigil sa pagaasikaso. Gusto ko ang ugali nating ito na hospitable pero minsan, sa mga batang lumaki rito, naa-annoy sila. Hindi sila sanay. Nang umuwi raw sa Pilipinas ang pamangkin ko na ipinanganak dito, hindi niya naintindihan ang ugali natin na masyadong hospitable. Nang magpunta sila sa isang bahay, hindi mapakali ang host - "Try this food." "Have this." "Can I offer you any thing?" Pag-uwi raw ng pamangkin ko sa bahay, tinanong niya ang kaniyang mga magulang, "I already told them that I don't feel like eating, why do they insist? That's crazy."

Kung minsan, kung sobra ang isang bagay, hindi rin siguro mabuti.

KAUNTING KAALAMAN SA TAGALOG

Parang simple lamang ang grammar (balarila) sa Tagalog pero kung minsan, mahirap din. Sa mga

ordinaryong tao, mahahalata ito sa pagasasalita o pagsusulat. Tulad ng sabi ko noon, walang perpekto sa English. Wala ring perpekto sa Tagalog. Ang sinusulat kong ito ay kaunting kaalaman na maaaring makatulong sa mga bumabasa.

Ang mga sumusunod ang karaniwang pagkakamali ng ibang mga Pilipino: Ang paggamit ng salitang tulad ng "naka" -

Pormal na gamit - Nakatatawa - Naka (unang pantig (first syllable) at tawa - salitang ugat (root word). Ang salitang ugat ang inuulit. Halimbawa, naka-iinis, naka-tatakot
Impormal na gamit - Nakakatawa, nakakainis, nakakatakot

PAGGAMIT NG :

Pam - kapag ang sumusunod na salita ay nagsisimula sa B, P. Halimbawa - (pam-bansang awit, pam-pagana ng pagkain)

Pan - kapag ang sumusunod na salit ay nagsisimula sa d, l, r, s, t. Halimbawa - (pan-disal, pan-lalake, pan-regalo, pan-samantala, pan-trabaho).

Pang - kapag ang sumusunod na salita ay nagsisimula sa ibang letra, bukod sa d, l, r, s, t at b, p. Halimbawa - (pang-gayuma, pang-harana).

PAGGAMIT NG "ng" at "nang"

Ginagamit ang "ng" na ang katumbas sa English ay "of". Bahay "ng" kaibigan ko (house of my friend). Laruan "ng" bata (toy "of" a child).

Ginagamit ang "nang" kapag sinasagot ang mga anong na "paano" at "kailan". Halimbawa - Tumakbo "nang" mabilis, Kumanta nang "malakas", "Nang" umalis siya, "Nang" magsimula siyang mag-aral.

PAGGAMIT NG "daw", "raw", "doon", "roon"

Ginagamit ang "daw" at "doon" kapag ang nauunang salita ay nagtatapos sa consonants. Halimbawa - umalis "daw", may business "doon"

Ginagamit ang "raw" at "roon" kapag ang nauunang salita ay nagtatapos sa vowels. Halimbawa - bata "raw" ang asawa, nagpunta siya "roon" ■

Muhammad Ali in Philippine history



In this Sept. 18, 1975, file photo, Philippines President Ferdinand Marcos, left, applauds as challenger Joe Frazier, right, makes some remarks about world champion Muhammad Ali, second from left, during their call on Marcos at the Malacanang Palace in Manila, Philippines.

Muhammad Ali may have been laid to rest last Friday (American time), but his legacy will surely live on.

He died on June 3, after suffering from Parkinson's disease.

The American boxer has visited the country twice, and both were historic events.

His first visit was on October 1, 1975, when the historic "Thrilla in Manila" happened at the Philippine Coliseum, now known as the Smart-Araneta Coliseum.

It was his third and last bout with Joe Frazier, and luckily, a lot of Filipinos were able to preserve some memorabilia from that event.

On Friday, June 10, the Muhammad Ali Legacy Art Exhibit was opened in Ali Mall in Cubao, Quezon City.

One of the most precious

memorabilia in the exhibit is Ali's autographed gloves owned by radio personality Danee Samonte. This is a prized possession since Ali's ability to write was hindered by his illness.



Sports analyst and commentator Ronnie Nathanielsz was able to preserve some photos of Muhammad Ali on his visit here in Manila.

Aside from the memorabilia, the mall itself where the exhibit is happening is historical.

On the photos exhibited, it was narrated how the mall ended up being named after Ali.

After the "Thrilla in Manila," Ali was invited by the Aranetas in their Bahay na Puti, and there Jorge L. Araneta promised that he would name a mall after him.

The next year, Ali returned to the country to lead the opening of the Muhammad Ali Mall, now popularly known as Ali Mall in Cubao, Quezon City, which was the first air-conditioned mall in the country.

The Muhammad Ali Legacy Art Exhibit is open until the end of June. ■



Ask the Video Guy

Technological Tidbits
by

Al Abdon

What's in a name? '4K' versus 'UHD'

In August 2012, the Consumer Electronics Association introduced the term Ulyta High Defenition, partly defined as resolutions of "at least 3,840x2,160 pixels". The idea was to replace the term 4K This is the term now used by most other TV manufacturers too, who seem interested in covering all the buzzword bases at the expense of brevity.

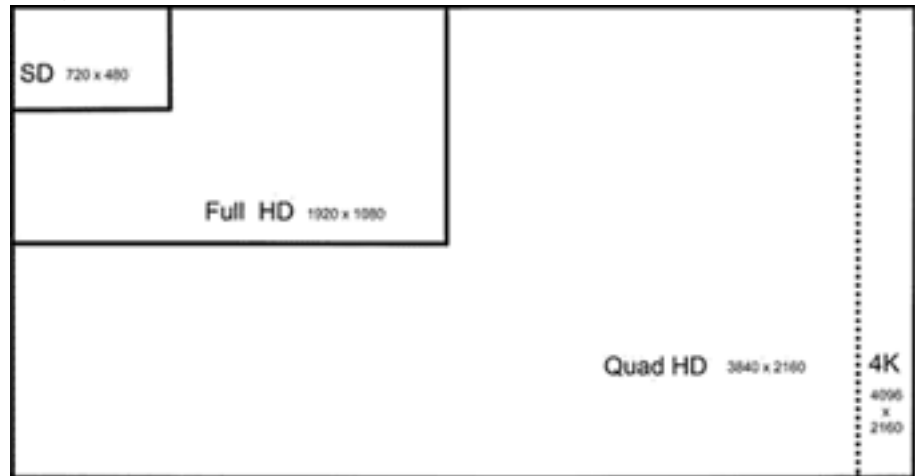
In practice, you will often see UHD used interchangeably with 4K, whether describing TVs, source devices, accessories or content.

Digital resolutions:

The latest in a line of broadcast and media resolutions, 4K is due to replace 1080p as the highest-resolution signal available for in-home movies and television.

With the arrival of 4K there are four main resolution standards for use in the home: standard definition (480p/540p) , high definition (720p), full high definition (1080i/p) and ultra high definition (2160p).

Sharp's UD 4K television Sharp When used in a home context, 4K/UHD means the TV's screen has a minimum resolution of 3,840 pixels wide and 2,160 pixels high, making it the equivalent to two 1080p screens in height and two in length. This resolution was originally known as "Quad HD," and it's used by basically every 4K TV.



While 4K is relatively new, high definition (HD) itself has been with us for about a decade, and is the format used in Blu-ray movies and HD broadcasts. There are three main versions of HD: full high definition 1080p (progressive), 1080i (interlaced), and 720p (also called simply "high definition").

Despite the existence of HD and 4K, many television programs, online videos and all DVDs are still presented in standard definition, loosely defined as 480 lines.

The beginnings of digital cinema and 4K

When George Lucas was preparing to make his long-promised prequels to the "Star Wars" movies in the late '90s, he was experimenting

"Menace" partly in HD, George Lucas shot "Attack of the Clones" fully digitally in 1080p. The industry needed a resolution that would work if the audience were sitting closer than the optimum "one-and-a-half times the screen height", and found it required that resolution to be higher than 1080p.

The Digital Cinema Initiatives (DCI) was formed in 2002 with the goal of setting a digital standard and based on these efforts, two new resolutions came about: a 2K specification, and later in 2005, the 4K format.

The first high-profile 4K cinema release was "Blade Runner: The Final Cut" in 2007, a new cut and print of the 1982 masterpiece. Unfortunately, at that time very few theaters were able to show it in its full resolution. It would take one of director Ridley Scott's contemporaries to truly drive 4K into your local cineplex.

Director James Cameron arrives at the premiere of "Avatar" on Dec. 16, 2009, in Los Angeles. ROBYN BECK/AFP/Getty Images

for any 4K TV going forward

The Redray player plays 4K movies shot on Red cameras Red Meanwhile, movie camera maker Red announced its own Redray player last year which plays movie in the proprietary RED format. As an adjunct to this it announced a partnership with the Odemax Web site for consumers to download compatible 4K films.

Conclusion

Will the extra resolution offered by 4K make movies better? You could argue that it depends on the format of the original film. For example, "The Blair Witch Project" and "28 Days Later" were both shot with standard-definition camcorders, and there would arguably be little extra benefit to buying either movie in a 4K native format over a DVD -- depending on the quality of the scaler in your brand-new 4K screen, of course.

Even with reference-quality native 4K



Are 4K televisions future-proof?

Most of the companies which sell TVs in the US market--both major and minor--have committed to releasing 4K displays in 2014, with most of them existing as "premium" offerings. There were dozens of new 4K screens on offer from entry-level 50-inchers to the ridiculously opulent 105-inch curved TVs from LG and Samsung. But compared to 1080p TVs they still demand a premium.

One feature that many of the announced screens were touting was compatibility with HDMI 2 One of the many benefits of the new standard is that it will enable a higher data rate than HDMI 1.4, the current standard.

While there is no content yet that can take advantage of this higher 4K frame rate -- apart from PC games -- we consider HDMI 2.0 a must-have

material, however, a 4K-resolution TV or projector won't provide nearly the visible improvement over a standard 1080p model that going from standard-def to high-def did. To appreciate it you'll have to have sit quite close to a large screen -- sort of like being in the front few rows of a movie theater.

But whether it's 4K or 8K, you can bet that manufacturers haven't run out of cards when it comes to marketing the next "must-have" feature in the coming crops of televisions. ■

AL ABDON
HOLLYWOOD JUNKIES

Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

Crispy Fried Pork with tomatoes and shrimp paste(Binagoongan)



Binagoongan Baboy

Ingredients:

- 600 g (1 lb 5 oz) boneless pork belly, skin on
- 1 onion, quartered
- 6 cloves garlic, smashed
- 3 bay leaves
- 2 tbsp fine salt
- 1 tsp whole black peppercorns
- vegetable oil, for deep-frying
- 1 handful chilli leaves (optional)
- steamed rice, to serve
- Guisado bagoong

- 250 g (9 oz) cherry tomatoes
- 60 ml (2 fl oz/¼ cup) vegetable oil
- 6 cloves garlic, crushed
- 1 onion, finely chopped
- 2 tbsp sauteed shrimp paste (bagoong alamang)
- 1 long green chilli
- 2 red bird's-eye chillies, thinly sliced on the diagonal

Instructions

To par-cook the pork, place it in a large, deep saucepan and pour in enough cold water to cover. Bring to the boil over high heat, skimming any scum from the surface. Add the onion, garlic, bay leaves, salt and peppercorns. Reduce the heat to low, cover, and cook for 1 hour, or until fork-tender. Transfer the pork to a shallow dish and allow to cool. Strain the cooking liquid, discarding the solids, and reserve 250 ml (8½ fl oz/1 cup) to make the sauce. Discard the remaining cooking liquid.

To deep-fry the pork, fill a large, deep saucepan or wok one-third full of vegetable oil and place over medium-high heat until the oil reaches 180°C (350°F). Pat the pork dry using paper towel and cut into 2 cm (¾ inch) wide lengths, then into 1.5 cm (½ inch) pieces. Working in batches, gently lower the pork into the hot oil and deep-fry for 3 minutes, or until the meat is golden and the skin is crisp (ensure the oil returns to 180°C between each batch). Remove with a slotted spoon and drain on paper towel. Break pieces in half and set aside.

To deep-fry the chilli leaves, if using, return the oil to 180°C. Deep-fry the leaves for 20 seconds or until crisp. Remove with a slotted spoon and drain on paper towel.

To make guisado bagoong, halve five of the tomatoes and reserve. Cut the remaining tomatoes into quarters. Heat the vegetable oil in a large saucepan over medium heat. Add the garlic and cook for 30 seconds, or until fragrant, then add the onion and cook for 4 minutes, stirring until soft. Increase the heat to medium-high, add the quartered tomatoes and cook, stirring and mashing them for 10 minutes, or until completely broken down and starting to caramelise. Add the sautéed shrimp paste and cook, stirring, for 2 minutes.

Stir in 190 ml (6½ fl oz/¾ cup) of the reserved pork cooking liquid, bring to the boil, then add the deep-fried pork belly, green and red chillies, and the reserved tomato halves. Cook for 3-4

minutes, or until the pork is warmed through. Add the remaining pork cooking liquid according to your preferred finish of wet or dry.

Transfer the binagoongan to a serving bowl, garnish with fried chilli leaves, if desired, and with steamed rice.



Lumpia (Spring rolls)

Ingredients

- lumpia wrappers
- 1 pound ground beef
- 1/2 pound ground pork
- 1/3 cup finely chopped onion
- 1/3 cup finely chopped green bell pepper
- 1/3 cup finely chopped carrot
- 1 quart oil for frying

Make sure the lumpia wrappers are completely thawed. Lay several out on a clean dry surface and cover with a damp towel. The wrappers are very thin and the edges will dry out quickly. In a medium bowl, blend together the ground beef and pork, onion, green pepper and carrot. Place about 2 tablespoons of the meat mixture along the center of the wrapper. The filling should be no bigger around than your thumb or the wrapper will burn before the meat is cooked. Fold one edge of the wrapper over to the other. Fold the outer edges in slightly, then continue to roll into a cylinder. Wet your finger, and moisten the edge to seal. Repeat with the remaining wrappers and filling, keeping finished lumpias covered to prevent drying. This is a good time to recruit a friend or loved one to make the job less repetitive!!

Heat oil in a 9 inch skillet at medium to medium high heat until oil is 365 to 375 degrees F (170 to 175 degrees C) Fry 3-4 lumpia at a time. It should only take about 2-3 minutes for each side. The lumpia will be nicely browned when done. Drain on paper towels. ■

LOST OBJECT

HP Laptop computer in a black carrying case with important files, portable drive, 2 USBs, cellphone plug and file folders, deposit slips, bank statements, letters, forgotten on the sidewalk of Jean Talon West corner of Cote des Neiges Rd. on Monday, May 23, 2016 at around 11:00 p.m. Call 514-485-7861 or return to Police, Stn 26. **REWARD TO FINDER**

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The North American FILIPINO STAR PHOTO GALLERY



Induction Ceremony of FFCQAQ presided by the Philippine Ambassador Petronila Garcia on Saturday, June 5, 2016, at the CRC Building.



Member associations received their certificates of membership from Ambassador Garcia assisted by Ed Tupaz, FFCQAQ President. (C. Hunter)



Some of the newly inducted FFCQAQ officers pose for souvenir with the Philippine Ambassador (Cristy Hunter photo)



MMTV Global crew pose for souvenir with Ambassador Petronila Garcia (Cristy Hunter Photo)

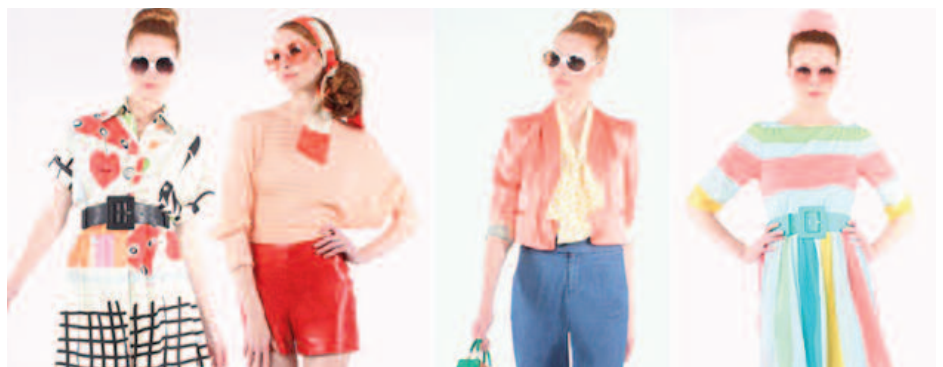


Some of the guests during the induction pose for souvenir with Ambassador Petronila Garcia. (Courtesy photo: Cristy Hunter)



UPS President Warly Basbasio (seated, 3rd from left) displays membership certificate with some of her members present. (C. Hunter)

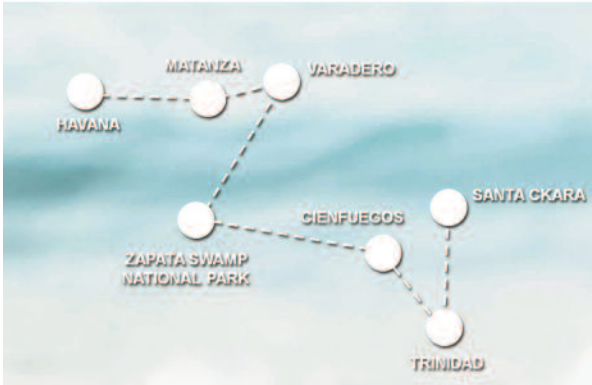
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Dadua bags first FAMAS Miss Gay title

By W. G. Quiambao

They are talented, creative, smart and just like what Pia Alonzo, current Miss Universe, said, "confidently beautiful". But don't make a mistake. These beauties are all men. They're the candidates for the FAMAS first gay beautify pageant held on May 28 at the Hellenic Community.

About 400 people attended the event. The crowd, mostly young, went wild when their candidates were introduced. Wearing flamboyant costumes like made of walis tambo which served as peacock feathers and paper plates which served as breasts of a goddess, the candidates strutted their stuff in front of the crowd.

The preparations for the events were painstaking - from adjusting their fake breasts, taping their waists with wide tape to keep their hourglass figures, applying layer of make ups, walking in high heels to look like real women. After the nerve-wrecking competition which included swim wear, personal interviews and evening gown, the following emerged



Raz Torrado (third runner-up), Jerrieval Mark Garcia (1st runner-up), Joseph Dadua (Miss FAMAS Gay Montreal), Axl Hernandez (2nd runner-up), Cora Santiago-Aberin (FAMAS president) and unidentified guest (partly hidden)

as winners:

FAMAS Miss Gay 2016 - Miss Angola - Leila Lopez (a.k.a Joseph Dadua) Her motto is "Beauty is being the best possible version of yourself on the

inside and out."

1st runner up - Miss Brazil (Adriana Lima, a.k.a Jerrieval Mark Garcia) Twenty-three years old Garcia is working with Sol-sun manufacturing company. She lip zinned and

everybody. She is 23 years old and works with Sol-sun, manufacturing company.

2nd runner up - Miss Venezuela (Tyra Banks, a.k.a Axl Hernandez) At 5'11", Hernandez is a makeup artist at La Baie. Hernandez, who is 22 years old and hails from Taguig, joined the pageant to support FAMAS. She was a hit as a stand up comic that night.

3rd runner up - Miss Philippines - (Marian Rivera a.k.a Raz Torrado. Her motto is "Start by doing what's necessary then do what's possible; and suddenly you're doing the impossible.

The other awards were given to: Miss Popularity (Axl Hernandez), Miss Charity (Jerrieval Mark Garcia), Miss Social Media (Joseph Dadua), Miss Personality (Joseph Dadua), Miss Congeniality (Raz Torrado), Miss Photogenic (Jerrieval Mark Garcia), Best in Creative Costume (Joseph Dadua), Best in Talent (tie between Jerrieval Mark Garcia and Joseph Dadua), Best in Swimwear (Joseph Dadua), Best in Evening Gown (Joseph Dadua), Best in Stage Interview (Joseph Dadua).

YOGA BEAR LAUNCHES FIRST TEACHER TRAINING PROGRAM: LEARN TO TEACH AND TEACH TO LEARN

MONTREAL, QC -

FOR IMMEDIATE RELEASE

June 9, 2016

Yoga BEAR Studio in Côte Saint-Luc, Montreal is one of the many gifts that Maria Kokinasidis—the founder, as well as a main instructor there—has given back to her home community. Open since 2015, the gorgeous studio's unique and colourful lighting system sets it apart, charging the space with energy and focus.

BEAR—an acronym for Body, Environment, Awareness, Reiki—is a verbal illustration of the type of dynamic change-in-action that the studio encourages through its Reiki-infused practices. No other yoga studio takes this approach to training- Reiki and yoga are generally not taught in combination.

Now, for the first time, Yoga BEAR is offering would-be students an opportunity to both expand their existing yoga knowledge as well as share it with others. Beginning on September 17th 2016, the studio's teacher training takes place on Saturdays and Sundays from 8:30 am-5:30 pm (2 weekends a month for a total of 5 months), and offers many paths to aspiring yogis, including instruction on Asana-Hatha, Vinyasa Flow, and Yin (including over 160 contact hours with Kokinasidis), meditation, lectures, and

workshops, with a significant focus on adapting to the needs of students. Upon completion of the 200-hour course, each trainee receives certification for both Hatha 200 hours and Reiki Level 1.

"Variety and change is what surrounds us every moment of our lives," says Kokinasidis. "It's that change you have to harness when you're in a room full of students. Why learn the same Yoga sequence day in and out? Why not learn to teach and write your own programs? Be your own teacher and own it. We can help you own it here!"

Many of Yoga BEAR's head instructors are well known, respected, and loved in the Montreal community: Author and mentor Bram Levinson, Albert Belshak Bissada, and Karen Gozlan among them.

A considerable Early Bird discount is available to those who register by June 30th. A full schedule and rates can be found on the Yoga BEAR website: www.yogabear.ca/en_US/teacher-training/.

In the spirit of giving back, the studio also offers free yoga to anyone over 90, and a 10% discount for bringing in a friend or being a single parent. A single parent herself, Kokinasidis wants others to experience the practical benefits of energy healing, just as she has.

Media contact:

Maria Kokinasidis (instructor, co-founder of Yoga Bear): 514-889-1217

-30-

performed a cabaret dance that reminded the audience of Liza Minelli. She joined the pageant to promote LGBT, diversity and uniqueness of

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Seth Rogen, Aziz Ansari, Nathan Lane, Russell Peters NBA Superstar Blake Griffin and more added to the 34th Edition of the Just For Laughs Festival

Montreal, June 13, 2016 - The Just For Laughs Festival, presented by Videotron in association with Loto-Québec kicks off its one-month countdown to the festival by announcing the addition of Seth Rogen, Aziz Ansari, Nathan Lane, Russell Peters and NBA superstar Blake Griffin to a lineup of 90-plus comedians.

THIS SUMMER, JUST FOR LAUGHS IS HAVING A BIG SAUSAGE PARTY!

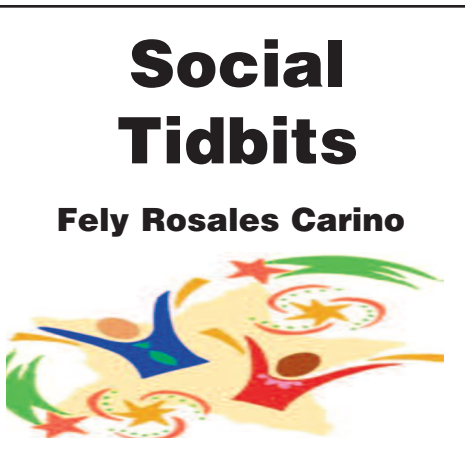
Seth Rogen is coming back to Just For Laughs for the special screening of the much-anticipated movie Sausage Party, the first ever R-rated CG animated film. One sausage (voiced by Rogen) leads a group of supermarket products on a quest to discover the truth about their existence and what really happens when they are chosen to leave the grocery store. The film

features the vocal talents of a who's who of today's comedy stars: Seth Rogen, Kristen Wiig, Jonah Hill, Bill Hader, Michael Cera, James Franco, Danny McBride, Craig Robinson, Paul Rudd, Nick Kroll, David Krumholtz, Edward Norton and Salma Hayek. The film is directed by Conrad Vernon and Greg Tiernan, with a screenplay by Seth Rogen, Evan Goldberg, Kyle Hunter and Ariel Shaffir, and a story by Seth Rogen, Evan Goldberg and Jonah Hill. The producers are Megan Ellison, Seth Rogen, Evan Goldberg and Conrad Vernon. Sausage Party hits theatres Aug. 12, however Montrealers will be able to catch a special screening on July 30, 8:30 pm at Imperial.

YOUR NEXT NETFLIX BINGE WILL TAKE PLACE AT JUST FOR LAUGHS

Aziz Ansari, Noël Wells, Kelvin Yu and Alan Yang are coming to Montreal this summer for a Master of None cast panel at JFL ComedyPRO. The Netflix original series Master of None, created by Ansari and Parks and Recreation writer Yang, follows the personal and professional lives of Dev (Ansari), a 30-year-old actor in New York who has trouble deciding what he wants to eat, much less the pathway for the rest of his life. Ambitious, funny, cinematic and both sweeping in scope and intensely personal, Dev's story takes him through subjects as diverse as the plight of the elderly, the immigrant experience and how to find the most delicious pasta for dinner. The Master of None cast panel will take place on July 30, 4:00 pm at The Hyatt Regency

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Social Tidbits

Fely Rosales Carino

Last May 28, 2016 the Knights of Rizal held its first local commander's ball in Montreal. It was held at the Saint Kevin's Social Hall, Cote des Nieges. At the same time, the Ladies of the Knights of Rizal launched their first project of the year. After waging a Ginang Maria Clara contest, the winner was crowned that very night. Eventually, this was dubbed as the Knighting and Coronation night. Twelve new members were initiated: Mr. Joe Siaotong, Mr. Celso Batanga, Mr. Angelito Posadas, Mr. John Posadas, Mr. Allenjo Paul Carlos, Mr. Arthur Flores, Mr. Ronnie Pelaez, Mr. Arthur Antonio, Mr. Thierry Kharl Oneal, Mr. Lodevico Soria, Mr. Manny Cea, and Mr. Ed Dumandan. In addition, four members were elevated to Second Degree: Sir Dan Azuelo, Sir Ali Ansay, Sir Rey Racadio, and Sir Nixon de Vera. The program began with the entrance of the flag bearers: Sir Ramon Posadas, Sir Gerardo Osis, Sir Mario Pantaleon, Sir Rolando Villanueva, and Sir Benjamin Balaus. The Philippine National Anthem was led by Sir Rowel Pangilinan while the Canadian NatiAnthem was led by Lady Fatima Deguetera. The Pledge of Allegiance was read by Sir Gerry Danzil. The Invocation was given by Sir Dario Boco while the Welcome Address was delivered by Sir Felix de Luna. Group singing of Ang Bayan Ko was performed by the Knights of Rizal, the Kababaihang Rizalista, and the Ladies of the Knights of Rizal. What a delight to see these three groups sing their heart out!

There were also six new members of the Ladies of the Knights of Rizal, namely Lady Fatima Deguetera, Lady Elvie Osis, Lady Jovita Diladia, Lady Josie Boco, Lady Eleanor de la Paz, and Lady Vita Ramosasion. Inspirational messages were shared by Sir Salvador

Cabugao, Sir Bert Abierra, Sir Minister and Consul General Eric Tamayo, Sir James de la Paz, Sir Mayor Russell Copeman, Sir Ray Balansi and Sir Gerry Danzil.

The Coronation Event began with the entrance of cute flower girl Alyssa Kyara Zacarias followed by flower bearers Graciela Bandola, Ava Antonio, Alexa Estero, Chloe Revilla, Alyssa Sison, and Ericka Cabico. Crown Bearers were Emmanuel and Christian Zacarias. They sprinkled flowers on the red carpet to pave the appearance of 3rd Princess Ginang Maria Clara Nellie Nicolas escorted by Ernie Nicolas, 2nd Princess Ginang Maria Clara Maulinda Salang escorted by Mr. Sol Amranian, and 1st Princess Ginang Maria Clara Brouillette escorted by Mr. Mike Brouillette.

Soon after came the regal walk by 2016-2018 Ginang Maria Clara Margie Soriano Zacarias of the Ladies of the Knights of Rizal escorted by Sir Paterno Zacarias. The crowd cheered as they proceeded to the throne. She received her crown from Sir Minister and Consul General Eric Tamayo and FAMAS President Mrs. Cora Aberin.

The Seniors of West Island and Suburbs (SWIS) was the first to commemorate the 118th anniversary of the proclamation of Philippine Independence by the then-President Emilio Aguinaldo. The party was held June 3rd, 2016 the Olympia Hall, Casa Grecque, DDO. I am sure that the 700,000 strong Filipino diaspora in different parts of Canada consider this a must by way of celebratory importance because our forefathers fought hard to obtain our freedom. Mr. Roger Ajero, SWIS Chairman and wife Neri went a-traveling so the event chairmanship fell into the capable hands of Mrs. Connie Favro and Mrs.

Lucy Salazar. Both made their debut Welcome Addresses. The invocation was given by Mrs. Mary Bangalan. The guest speaker, Minister and Consul General Eric Tamayo and introduced by Mrs. Elvie Maximo, took the opportunity to inform the public about the almost peaceful conduct of elections back home, the economic plans of the new administration, and the acquisition of the new embassy in Ottawa. Likewise, another guest speaker Mr. Frank Baylis, Member of Parliament for Roxboro-DDO elicited applause when he told of the admirable contributions of Filipino Canadians in enhancing the cultural fabric of Canada. He also began and ended his speech in Tagalog! The entertainment portion of the night was taken care of by SWIS Choreographer Mrs. Lita Bote. She beautifully blended two folkdances into one, thereby making the number Tinikling Plus. The dancers performed as pros, performing with ease and admirable grace! The dancers were: Mr. & Mrs. Val Zarate, Mr. & Mrs. Felix Salazar, Mrs. Neri Ajero, Mrs. Connie Fabro, Mrs. Nita Advincula, Mr. Ike Bas, Mr. Nards Alberto, and Mr. Greg Guerzon, who came out in a "ba-ag" costume, prancing in a very authentic Igorot dance. Highlight of the evening was the awarding of plaques to all the deserving SWIS officers by Chairman Ajero, assisted by Mr. Frank Baylis.

Community leaders in attendance were: Mr. James de la Paz, past President of FFCAQ and Council of Filipino Canadian Associations of Quebec (CFCAQ); Mr. Gerry Danzil, President of CFCAQ; Mr. Felix de Luna, Chapter Commander of KCR; Mrs. Cora Aberin, FAMAS President; Mrs. Estela Tablas, President of the Pangasinan Association; Mrs. Svetlana Suarez, FAMAS Vice President; Mr. & Mrs. Ramon Vicente of Filipino Canadian of West Island (FCAWI); and Miss Trans Liganor, President of the Filipino Canadian Teacher's Association of Quebec (FCTAQ).

The United Pilipino Seniors (UPS) under President Mrs. Warly Basbacio and her Executive Board held their proclamation of Independence June 4, 2016 at the St. Kevin's social hall, Montreal, Quebec. The party started with the parade of colors with the following participants: Mrs. Elvie Pansoy (UPS 2014 Miss Philippine Independence), Mrs. Vicky Abergas

(UPS 015 Miss Philippine Independence), Mr. Ed Tupaz (FFCAQ President), Mrs. Siva Thavarajah and Mr. Joe Suarez. Mrs. Dolly Brouillette sang the two national anthems after which Mrs. Luzviminda Mazzone gave the Invoaction. There were short messages by Honourable Anthony Housefather (MP, Town of Mount Royal) and Mr. Salvador Cabugao (President Council of Canadian Filipino Associations of Canada). Flower girl Alyssa Bison and crown bearer Kent Sidamon signaled the entrance to the dance hall of Queen 2016 Menchu Cea, escorted by her brother Emmanuel. Honourable Anthony Housefather did the honours of crowning the Queen. UPS First Princess is Mrs. Leonora Soriano and the UPS Second Princess is Mrs. Remy Caberto. The outgoing Queen 2015 is Mrs. Vicky Abergas. The Royal Court was a sight to behold, what with their regal bearings and intricately designed gowns. The revolving trophy was later presented to the Queen by President Warly Basbacio and Mr. Salvador Cabugao. What a delightful evening!

June 5, 2016 was a red letter-day for the Federation of Filipino Canadian Associations of Quebec (FFCAQ) at the 6767 Cote des Neiges Communioty Center. Philippine Ambassador to Canada, Honourable Petronila Garcia came all the way from the nation's capital to induct the officers. Inducted were: Mr. Edegardo Tupaz, President and Chairman of the Board; Mrs. Luzviminda Mazzone, Vice President Internal and Vice Chairman of the Board; Mrs. Zenaida Manaog, Secretary; Mrs. Josefina Faustino, Assistant Secretary; Mrs. Shirly Gattoc, Treasurer; Mrs. Haydee Trinidad, Assistant Treasurer; Mrs. Ella Reyes, Auditor; Mrs. Cristy Hunter, Director of Communications; Mr. Alfonso Abdon, Director of Education and Leadersip; Mrs. Warly Basbacio, Director of Human Rights; Mr. Rex Tuquero, Director of Immigration and Employment; Mrs. Nenita Licayayo, Director of Philippine Studies and Library; Mrs. Lorenza Tolentino, Director of Seniors; Mrs. Edwina Cedilla, Director of Social Services and Philippine Relief; Mr. Arwin Allana, Director of Sports; Mrs. Remedios Monteagudo, Director of Trade and Commerce; and Miss Ellison James Pula, Director of Youth.

From Page 3 South China Sea

would finance and undertake certain rail projects in the Philippines, he would "shut up" about Philippine claims in the South China Sea.

At one point, Duterte said he would hold bilateral talks with China on the issues if seeking a multilateral resolution does not produce results within two years. "If negotiations will be in still waters in one or two years, I will talk to the Chinese." Most recently, he called for multilateral talks involving rival claimants as well as the US, Japan and Australia. A multilateral approach is probably a non-starter as China insists on negotiating these

issues bilaterally and would certainly oppose involving "outside" powers. Moreover, China may simply wait out the two years, thinking that it can eventually dominate the Philippines in bilateral negotiations.

There are problems with the dialogue option. If the Philippines re-enters bilateral negotiations, it will severely undercut Vietnam and the US, which have strongly and publicly supported its arbitration against China. Others, like Indonesia, will be highly unlikely to file similar complaints. In that case, China's policy of amand to at least "freezing" the disputes. However, his pro-dialogue position could change dramatically if China publicly or physically challenges the Philippines.

Then, Duterte's macho traits are likely to drive policy.

Along these lines, Duterte has also said he will tout the Philippines' alliance with the US to get China to accept the Philippine position. To this, China has replied that it will not tolerate "blackmail". Either Philippine position should be of concern to US policymakers. Re-entering dialogue may undercut the US-Philippine alliance, the US "rebalance" to Asia, and the US apparent attempt to form a block to blunt China's assertiveness in the South China Sea. Also, accommodating China would probably cool the Philippines' warming ties with Japan. But the last thing a new US president needs is an unpredictable

president of an ally rattling the US sabre at China.

This situation is likely to get more "interesting" as China, the Philippines and its supporters digest the forthcoming decision and its implications and the Duterte administration takes charge of the Philippines' South China Sea policy. Indeed, hold onto your political hats; it's likely to get rather stormy in the South China Sea.

Mark J. Valencia is an adjunct senior scholar at the National Institute for South China Sea Studies, Haikou, China

FILIPINO STAR

SHOWBIZ GOSSIP

Little boy with big dreams



Isaac Zamudio

Remember he who wowed audiences and coaches alike with his rendition of an After Image song in Season One of "The Voice Kids?"

Well, Isaac Zamudio may have only reached as far as the battle rounds in that competition but he is bent on continuing his journey to becoming a professional performer.

"Okay lang naman po sa akin na hindi ako napili doon," the 13-year-old said in an interview. "Hindi naman ibig sabihin nu'n ay wala akong talent. Siguro hindi ko pa talaga time nu'n."

No hard feelings whatsoever,

doon ka mag-focus..."

Isaac is inspired by the support of his family and friends. "Kung wala sila hindi ko magagawa 'yung mga ginagawa ko ngayon," he said.

For now, Isaac is trying to help his family financially by doing live performances occasionally. He recently performed at GFOXX International Inc. Philippines' first year anniversary celebration.

GFOXX International is a network marketing company into basic nutritional supplements including products said to promote weight management and personal



Isaac actually treasures his stint on the show as "marami akong natutunan sa maikling oras na naging part po ako ng 'The Voice.'"

Isaac maintained there's no way he is going to stop singing. "Tuloy lang ako sa pagkanta hanggang sa maabot ko ang pangarap ko dahil gusto ko makatulong sa pamilya ko," he said.

Despite the wealth of good singers around, Isaac is confident he will make his mark in the local music industry someday, somehow.

"Kailangan alam mo lang kung saan ka ba magaling at kung saan ba bagay 'yung voice mo (then)

hygiene. It is led by President and CEO David Tan and VP John Ernest Fernandez, with Philip Co as chairman of the board and Wilson Chua as member.

Isaac aims to join other singing competitions someday.

"Sa ngayon, focus muna ako sa pag-aaral ko. Nasa Grade 8 ako ngayon sa Mandaluyong High School. 'Pag nakatapos ako, tuloy tuloy ko na tutuparin ang pangarap ko maging singer para lalo ko pa matulungan pamilya ko," he said. ■

Filipino fans of Christina Grimmie pay tribute to their idol



Cristina Grimmie

Slain 'The Voice' singer Christina Grimmie has a huge following here in the Philippines, and she was ultimately loved by her Filipino fans.

As a farewell to Christina, Team Grimmie Philippines organized a small tribute for the Youtube superstar.

Grimmie was shot dead on June 11 at a concert venue in Orlando, Florida. The gunman was identified as Kevin James Loibl.

After a week of her death, the former 'The Voice contestant' was laid to rest. A private funeral attended by

close family and friends was also held. The funeral service was reportedly paid by Christina's 'The Voice' mentor, Adam Levine.

Filipino fans of Grimmie gathered at the Luneta Open Air Auditorium and held a memorial for Christina, Saturday afternoon.

Although they're still in pain from the sudden passing of their idol, pinoy fans of Grimmie happily 'let go' of her as they send out balloons to the sky. Fans also offered prayers and songs for her.. ■

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Kristine Hermosa tries hand at comedy



Kristine Hermosa

Kristine Hermosa is excited to expose a bit of her funny side via GMA-7's newest sitcom "Hay, Bahay!" co-starring her husband Oyo Sotto, her father-in-law Vic Sotto and comedy actress Ai-Ai delas Alas.

"Masyadong madrama ang buhay, bawasan natin," she said.

The actress admitted she has long wanted to dabble in the genre.

"Kahit noong nagda-drama pa ako, gusto ko na talaga comedy," she said. "Kasi para siyang pahinga para sa akin, ang bigat kasi 'pag drama ginagawa mo 'di ba?"

Kristine is yet to adjust being back on the grind, admitting to experiencing separation anxiety with her kids.

"Yung mga bata ng first taping day, naiyak. Naiyak din ako. Of course, panibagong adjustment para sa amin lahat," she said.

Kristine and Oyo have three kids. She is also four months pregnant now.

Oyo, on the other hand, likes the idea of working with his wife. "Masaya ako kasi magkasama na kami sa bahay tapos pati sa trabaho," he said.

Many are surprised that Kristine is doing a sitcom on GMA considering she's been identified with

another network.

She cleared however, "Matagal na po akong walang kontrata sa kanila. Hindi na ako pumipirma talaga."

Kristine properly informed the other network about her plans prior.

"Okay naman. Sabi nila, 'Kung saan daw ako masaya.' So, ibig sabihin naiintindihan naman nila," she said.

She revealed declining many offers from the other network following an appearance on "Noah" in 2010.

"Sabi ko I want something na hindi ko masyado masa-sacrifice 'yung time ko with family. And hindi ko mapapabayaang ang obligasyon ko bilang nanay at asawa," she said.

"Hay, Bahay!" is perfect for Kristine. Aside from their more relaxed schedules, it is a comedy show where she gets to work with her family members.

"Iyon nga, something na iba naman. Something na hindi naman puro iyakan. Tapos kasama ko pa ang asawa ko at father-in-law ko, so mas masaya," she said.

"Hay, Bahay!," directed by Bibeth Orteza, also stars Jose Manalo and Wally Bayola. It starts airing on June 19. ■

Despite power outage, Boy George pulls off magnificent PH show



As the recent concert of the Culture Club began to pick up pace, it hit a wall.

Culture Club, the '80s' gender-bending new wave group from the United Kingdom, had just finished suffusing the air with the funky bassline and burnished synths of "Move Away," and was about to sashay into the next song—when the band vocalist, Boy George, excused himself from the stage for what seemed an oddly-timed costume change.

There was a technical problem, it turned out—a fan belt in the power source supplying electricity to the stage had snapped. But good thing, drummer Jon Moss pointed out, percussions could sound just as good unplugged, then proceeded to deliver

thumping solos on the skins.

For a moment, he succeeded in entertaining—and distracting—the fans at the Smart Araneta Coliseum. But when it became clear that the trouble was not going to be resolved anytime soon, the dozen or so musicians and backup vocalists, including Moss, guitarist Roy Hay and bassist Mikey Craig, retreated backstage, turning the audience's spirited cheers into anxious murmurs.

"Boy George has not walked out on us, right?" a worried woman beside us blurted out. The restless chatter would continue for 35 more long minutes, before an announcement saying that the show would resume "in a while," elicited a collective sigh of relief.

When at last Culture Club

reemerged onstage, the fans—raring to sing, their feet itching to move—greeted them with emphatic roars.

The frontman, who had ditched his black and white opening outfit for an ensemble of black, mustard and silver, made sure to apologize and thank the crowd for its patience, and showed everyone that there was no wall he couldn't break with his music.

The 55-year-old singer-songwriter, whose real name is George Alan O'Dowd, wasted no time picking up where he left off.

He soldiered on with a Caribbean-tinged arrangement of "Everything I Own" by Bread, staying faithful to the atmosphere created by the band's opening salvo of midtempo dance ditties like "Church of the Poison Mind," "It's a Miracle" and "I'll Tumble 4 Ya."

Before long, everyone was singing, clapping, dancing down nostalgia lane: "Miss Me Blind," "Time (Clock of the Heart)."

As one would expect from the eclectic quartet, Culture Club offered a melange of musical styles: There were rock, soul, disco, pop and funk; there were lots of brass, with an equal serving of sass.

Boy George's reggae proclivities, on the other hand, was most prominent in the hit song "Do You Really Want to Hurt Me," whose carefree vibe mirrored his laid-back presence onstage.

Boy George's vocals sounded mighty solid throughout the show (mounted by Royale Chimes).

However, gone was the androgynously sweet tone of his early years, replaced by a deeper, more textured sound that was best appreciated and put more gravity in "Victims," an emotional ballad on a tumultuous romance.

Bathed in darkness, Boy George let the song soar, with a duo of fervid gospel singers lifting it even higher with their surging vocals.

The night's most awaited number, as expected, was Culture Club's biggest international hit, "Karma Chameleon," which announced its arrival with that catchy, unmistakable passage of harmonica. In an instant, the crowd rose to its feet and erupted into deafening cheers.

Another standout performance was "War Song," which vacillated between somber and dramatic, and joyous and festive. It wasn't in the group's standard set list for this ongoing world tour, but on that night, an exception was made.

And in light of the recent spate of tragic events around the world, particularly the Orlando mass shooting that left Boy George feeling "devastated," the song exuded a sense of urgency and relevance.

The lengthy delay did take a toll on the concert; it ate up the group's time, and thus, a handful of songs had to be scrapped.

Still, the Culture Club ended the night on an ecstatic note, by way of "Bang a Gong (Get it On)." ■

Showbiz Gossip *Continued from p.15***Love, celebrity-style****Aga Muhlach and Charlene Gonzales**

Nobody in this world is immune to love's pull. While most of us fall in and out of love without being hounded by media, celebs are not so fortunate, with their love lives scrutinized by the minute.

Here, we tackle several love-related issues involving some of the industry's more popular celebs including those who continue to fight for their love despite ups and downs and those that, sadly, have seemingly thrown in the towel.

Aga Muhlach and Charlene Gonzales

Sometime 2014, rumors on Aga Muhlach and Charlene Gonzales

calling it quits surfaced in media. Allegedly, it was due to the former's infidelity.

Aga was quick to deny speculations, telling PEP, "We're all good, no worries."

Last month, Aga greeted Charlene on her 42nd birthday with a touching message, sharing how his mother Anita Aquino, once described Charlene as the best thing that's ever happened to him.

"Binigay na ng Panginoon ang kaisa-isang dalangin ko para sayo. Hindi ang pera at kung ano mang matiryal na natatamasa mo ngayon, (kundi) ang dalangin ko noon pa na makatagpo at makapag-asawa ka ng

**John Lloyd Cruz and Angelica Panganiban****Bea Alonzo and Zanjoe Marudo**

babae na hihigitan pa ang pagmamahal na binigay ko sayo. Huwag mo siyang pababaya! Habang buhay kang magpapasalamat sa ating mahal na Panginoon ha?"

John Lloyd Cruz and Angelica Panganiban

They called it quits after four years of bliss.

John Lloyd casually confirmed the breakup last March, sharing in an interview he is "single na single."

Angelica didn't mind at all.

She said on "Gandang Gabi Vice," "Wala akong bitterness. Wala akong ill feelings na kahit kanino. Hindi talaga (ako galit sa kanya). Kasi

Bea Alonzo and Zanjoe Marudo

An emotional Zanjoe confirmed reports he has called it quits with Bea in an episode of "Tonight With Boy Abunda" early this year.

The two were together for more than five years.

Last year, both admitted they are having problems in their relationship but that they are "working it out."

It was for naught. If anything the two remain friends.

Maja Salvador and Gerald Anderson

Many predicted early on that their romance wouldn't work and two years later it proved true.

**Maja Salvador and Gerald Anderson**

'di ba, hindi niyo na na-save 'yung relationship niyo as a couple, why not save your relationship bilang magkaibigan?"

The two are yet to divulge the reason for the breakup. Both insist they're still good friends.

"Nag-uusap kami," Gerald maintained. ■

Blessings in disguise

Experiences both good and bad have helped Enchong Dee become a better actor.



Enchong Dee

Enchong Dee takes his acting career seriously knowing that fame and fortune are fleeting. He has become more careful in accepting projects, preferring those he thinks will prove beneficial to him in the long run.

In an interview, Enchong admitted this is a far cry from how he was before, when he would accept anything and everything thrown his way.

"Ngayon kailangan na nating pag-isipan maigi 'yung ino-offer sa atin, kailangan 'yung makakabuti sa career," he said.

The mindset was influenced by his recent breakup with girlfriend of two years, Samantha Lewis.

"Na-realize ko, I am not getting younger so, kailangan pagbutihin ko pa 'yung craft ko," he said. "I can't keep on doing kung ano ang nakasanayan ko. Kailangan madagdagan ang kaalaman natin."

Enchong doesn't see himself staying long in the industry. "Hangga't may nanonood sa akin go lang," he said. "Pero kapag medyo tumanda na po ako siguro magrelax na lang ako."

This early, Enchong is already preparing for his eventual retirement from showbiz, having established a restaurant called Peri-Peri at the SM Megamall.

The De La Salle University graduate revealed he has long aspired becoming a successful businessman.

"Napakabait lang talaga ng industriya sa akin pero ito talaga ang pangarap ko, tinutupad ko lang gawin," he said.

Following "Lila," a film that

screened as part of Sinag Maynila last April, Enchong is now headlining "I Love You To Death" opposite Kiray Celis for Regal Films, Inc.

Enchong and Kiray became close while doing the film, to the point he became "clingy" with her.

Indeed, the 27-year-old hunk enjoyed working with Kiray especially since he finds her passionate with her craft.

"Masarap ka-trabaho 'yung mga ganoong tao, 'yung committed sa work, 'yung talagang binibigay 'yung 100 percent nila."

"Kasi sa film, patay na patay 'yung character ko sa kanya, eh kapag 'di ko ginawa 'yung paglalambing sa kanya off-cam baka hindi magtranslate onscreen," he explained.

"I Love You To Death" revolves around the story of Gwen (played by Kiray) whose birthday wish is to find a man who is madly in love with her. Tonton (Enchong) will be the man who fulfills the wish of Gwen.

Directed by Miko Livelo, the movie also stars Janice de Belen, Betong Sumaya, Michelle Vito, Devon Seron, Trina Legaspi, Shine Kuk, Paolo Gumabao, Jon Lucas Christian Bables, Nico Nicolas and Dino Pastrano, among others.

"I Love You To Death" opens in theaters nationwide on July 6.

What's next for Enchong?

"Well, I will be hosting 'AgriCOOLture' on the Knowledge Channel," he shared. "Fans could also look forward to the TV series I will be doing with Bea Alonzo...abangan." ■

Sarah blocks off 2 months for vacation, recuperation



Sarah Geronimo

Popstar Princess Sarah Geronimo has finally broken her silence on the cancellation of her scheduled appearance on "MTV Music Evolution."

Earlier, she also begged off from coaching duties on the current season of "The Voice Kids Philippines."

In an ABS-CBN News report, Sarah admitted she has some health

issues.

"Okay naman (ako ngayon). Hindi naman po siya malalang sakit. Hindi na lang po ako magbibigay ng details pero inaayos naman po," she said. "Kailangan lang i-improve 'yung health. Kailangan lang bigyan ng atensyon kung bakit nahihirapan sa ganito or sa ganyan."

She didn't elaborate save to say she might take time off from work.

"Magkakaroon lang ng bakasyon...this month of July hanggang sa August, magbabakasyon lang... Baka po may out of the country rin. Pahinga lang," she shared.

In any case, Sarah hopes that upon her return, she would be able to do more movie and TV projects.

She also wants to rejoin "The Voice Kids Philippines."

Sarah only has praises for her replacement on the show, Megastar Sharon Cuneta.

"Napanood ko 'yung pilot episode, masaya. Siyempre nami-miss (ko 'yung show) pero I'm happy na si Ms. Sharon ang nandoon," she shared, adding, "Napaka-refreshing makita ni Ms. Sharon na lumabas 'yung napaka-youthful na side niya, napaka-humble, napaka-charming kung paano niya kausapin ang mga bata. Natural lang." ■

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Mayor Erap and the beauties of Manila



One of these 33 aspiring contestants will be crowned as Miss Manila 2016 on June 24, which will cap the Araw ng Maynila festival celebration. The beauty contest is now on its third year after Manila Mayor Joseph 'Erap' Estrada revived the pageant.



Mayor Estrada with Miss Manila 2015 Kaycie Lyn Fajardo

It was truly an afternoon of beauty and elegance as the 33 candidates for Miss Manila 2016 gathered for the pageant's press presentation at the Manila Diamond Hotel last June 15.

Now on its third year under the helm of Manila Mayor Joseph "Erap" Estrada, Miss Manila 2016 is the consolidated effort of the City of

Manila, MARE Foundation and Viva Live to crown the woman who will be the epitome of a true-blooded Manileña; one who is not only confidently beautiful but possesses genuine care, compassion and concern for the City of Manila.

The event saw the Manileña beauties all poised in their blue and orange swimwear as they paraded at

the poolside of the hotel. The gorgeous ladies were then able to formally introduce themselves at the event proper at the Diamond Ballroom of the hotel, where they also answered a few questions from members of the press. Also present at the event were Viva Live, Inc.'s president Vic del Rosario,

MARE Foundation chairperson and pageant director Jackie Ejercito, reigning Miss Manila Kaycie Lyn Fajardo, Jonas Gaffud, chief of Manila Tourism Liz Villaseñor and Councilor Jerianne Ejercito-Peña.

For this year's roster of candidates, Jackie said that the bar has been raised high in terms of training, qualifications and screening of the candidates. The pre-pageant event revealed several achievers from the batch, which includes several cum laudes, scholars and student leaders, as well as working professionals. Additionally, the ladies underwent training under the supervision of Jonas.

The pageant's Grand Coronation Night will be held on Araw ng Maynila, June 24, 7 p.m. at the Philippine International Convention Center (PICC) with hosts Edu Manzano and KC Concepcion, and a later telecast on TV5. Proceeds of the pageant will benefit MARE Foundation, a non-profit institution. The winner will receive P500,000 and a contract with Viva, as well as the opportunity. ■

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Food safety tips for barbecuing

Many Canadians love to barbecue all year round, but especially when the weather starts to get warm. As with any type of cooking, it's important to follow safe food handling guidelines to prevent harmful bacteria from spreading and causing foodborne illness.

At the store

When you're at the grocery store, buy cold food at the end of your shopping. Raw meat may contain harmful bacteria and so it is important that it be kept separate from other grocery items to avoid cross-contamination. You can put packages of raw meat in separate plastic bags to keep meat juices from leaking onto other foods. Always refrigerate perishable foods within one to two hours, especially in warm weather. For longer transport times, consider bringing along an insulated cooler to hold your perishables.

Storing raw meat in the refrigerator

At home, store raw meat in the refrigerator immediately after you return from the grocery store. Freeze raw poultry or ground beef that won't be used within one to two days. Freeze other raw meats if they won't be used within four to five days.

Marinate meat in the refrigerator, not on the counter. If you want to save some of the marinade to baste cooked meat or use as a dipping sauce, make sure to set some aside in the refrigerator that hasn't touched uncooked meat. Don't use leftover marinade that has been in contact with raw meat on cooked food.

In the cooler

If you are storing your meat in a cooler before barbecuing, make sure that the cooler is kept cold with ice packs. Keep the

cooler out of direct sunlight and avoid opening it too often, because it lets cold air out and warm air in. Ensure that your meat products are well sealed and that ice water doesn't come in contact with stored meat products. This can lead to cross-contamination with other items in the cooler. You may also want to use two coolers, one for drinks (as it may get opened more often) and another one for food.

Whether you are storing the meat in the refrigerator or a cooler, always remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Bacteria can grow in this temperature range. In as little as two hours in this range, your food can become dangerous.

Avoiding cross-contamination

To avoid potential cross-contamination and the risk of foodborne illness, follow these steps:

Make sure to keep raw meat away from other foods, including vegetables such as lettuce and tomatoes. You can do this by packing meats separately or by making sure they are wrapped separately, so that juices don't leak out onto other foods.

Use separate utensils, cutting boards, dishes and other cooking equipment when handling raw and cooked meats. For example, do not place cooked meat on the same plate used to bring the raw meat to the BBQ. Raw juices can spread bacteria to your safely-cooked food and cause foodborne illness.

Wash your hands carefully with soap and warm water for at least 20 seconds before and after handling raw meat.

Clean all your cooking equipment, utensils and work surfaces, and then sanitize them with a mild bleach solution, in the following manner:

Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labelled spray bottle.

Spray the bleach solution on the

surface/utensil and let stand briefly.

Rinse with lots of clean water and air dry (or use clean towels).

Did you know?

The metal bristles on your BBQ brush can become loose over time and get stuck to the grill during cleaning. This could result in the bristles getting transferred to the food and potentially being swallowed. Make sure to inspect your BBQ brush before each use and throw it away if you notice that the bristles are loose or stuck to the grill.

Thawing

Plan ahead. Thawing of meats should be done in the refrigerator, not on the counter. Sealed packages can be thawed in cold water. Microwave defrosting is acceptable if the food item is placed immediately on the grill. Meat should be completely thawed before grilling so that it cooks more evenly.

Cook thoroughly and use a digital food thermometer

Bacteria such as E. coli, Salmonella and Campylobacter are killed by heat. Raw meat must be cooked properly to a safe internal temperature (see chart below) to avoid foodborne illness. Colour alone is not a reliable indicator that meat is safe to eat. Meat can turn brown before all the bacteria are killed, so use a digital food thermometer to be sure.

To check the temperature of meat that you are cooking on the barbecue, take it off the grill and place it in a clean plate. Insert the digital food thermometer through the thickest part of the meat. For hamburgers, you should insert the digital food thermometer through the side of the patty, all the way to the middle. Make sure to check each piece of meat or patty because heat can be uneven.

Remember to always clean your digital food thermometer in warm, soapy water between temperature readings to avoid cross-contamination.

Internal Cooking Temperatures

You can't tell by looking. Use a digital food thermometer to be sure!

Food Temperature
Beef, veal and lamb (pieces and whole cuts)
Medium-rare 63°C (145°F)
Medium 71°C (160°F)
Well done 77°C (170°F)

Pork
Pork (pieces and whole cuts) 71°C (160°F)

Poultry (e.g. chicken, turkey, duck)
Pieces 74°C (165°F)
Whole 85°C (185°F)

Ground meat and meat mixtures (e.g. burgers, sausages, meatballs, meatloaf, casseroles)
Beef, veal, lamb and pork 71°C (160°F)

Poultry 74°C (165°F)
Egg dishes 74°C (165°F)

Others
Others (e.g. hot dogs, stuffing, leftovers) 74°C (165°F)

Keep hot food hot
Remember to keep hot food hot until served. Keep cooked meats hot by setting them to the side of the grill, not directly over coals where they can overcook.

Serving food

Use a clean plate when taking food off the grill. Remember not to put cooked food on the same plate that held raw meat. This prevents it from being re-contaminated by raw juices.

Leftovers




















Cool food by using shallow containers, so that it cools quickly. Discard any food left out for more than two hours. On hot summer days, don't keep food at room temperature for more than one hour. Remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). When in doubt, throw it out! (Source: Government of Canada - canadahealth.ca)

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Ethel Tugna (March 2011)



PAB-PSW Nursing aide graduates, Batches 8 and 9. Ceremony held at La Cucina on Sherbrooke West, October 7, 2012. First row: From left to right: Annabelle Allosa, Ethel Tugna, Teachers: Terry White, Amy Manon-og, Director-General, Zenaida Kharroubi, Teachers: Edith Fedalizo, Josefina Toledo, and Lourdescita Lubang. Standing: Grace Calvo, Vilma Lagonilla, Mildred Mendoza, Giselle Arellano, Marilou Hechanova, Edison Taguba, Anne Signey and Joesie Bingayen.



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