

Pacquiao retains WBO title

Geno Mrosko on Nov 13, 2011
 11:30 PM EST MANILA, Philippines - Filipino boxing icon Manny Pacquiao retained his World Boxing Organization (WBO) welterweight title with a 12-round majority decision victory over rival Juan Manuel Marquez of Mexico Saturday night (Sunday morning in Manila) at the MGM Grand Garden Arena in Las Vegas.

Dave Moretti and Glenn Trowbridge gave the bout to Pacquiao, 115-113 and 116-112, respectively, while Robert Hoyle saw it as a 114-114 draw.

It was a controversial finish to the epic trilogy between Pacquiao and Marquez, as none of the three fights ended decisively.

Marquez seemingly took control of the fight in the middle rounds as he rattled Pacquiao with his superb counterpunching ability.



Juan Manuel Marquez and Manny Pacquiao exchange blows during the WBO world welterweight title fight at the MGM Grand Garden Arena on November 12, 2011 in Las Vegas, Nevada. (Photo by Ethan /Getty Images)

Pacquiao, meanwhile, seemed frustrated as he was unable to get into any rhythm throughout the fight.

In the end, however, Pacquiao was able to land enough power shots in the later rounds that swayed the fight to his favor.

"I clearly won the fight," Pacquiao said in the post-fight interview. "I got hurt a couple of times, but I'm very careful."

"We have to accept that my opponent is not easy. He is a good fighter and it's not easy, but I won the fight," he added.

Pacquiao's coach, Freddie Roach, admitted afterward that he did not expect the fight to even go the distance.

"I was surprised. I predicted 5 or 6 rounds. I was way off," Roach said. "I thought Manny edged it out in

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Commemorating Ampatuan massacre's 2nd anniversary



IN MEMORIAM Catholic priest Fr. Robert Reyes blesses the ground where some of the 57 massacre victims were found on Nov. 23, 2009, at Ampatuan town in Maguindanao province. **JEFFREY MAITEM/INQUIRIR MINDANAO**

MANILA (Reuters) November 13, 2011 - A crude bomb exploded on Wednesday near a memorial for 58 victims of the Philippines' worst election-related violence hours before the start of a rally to commemorate the attack two years ago, police said.

Two bombs were found and safely disarmed near the massacre site in Ampatuan town, in the southern largely Muslim province of Maguindanao, said provincial police chief Marcelo Pintac, adding that no one was hurt and the blast caused minor damage.

The bomb was aimed at scaring people away from the commemoration of the 2009 ambush on an election-campaign convoy, he said.

"It was meant to disrupt the activity," Pintac said of the blast.

The other two devices, one made out of an artillery shell and the other from a mortar bomb, were left where they would be easily found, he said.

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Editorial

When will the culture of impunity end?

The gravity of the case of the Ampatuan massacre, also referred to as Maguindanao massacre, has led to the declaration by the world community, after a conference in Beirut of the International Freedom of Expression Exchange – a network of human rights and free speech groups with representatives on all five continents —to mark for the first time November 23rd as the International Day to End Impunity. On the second anniversary of the massacre, there are fears that the case may take even 100 years or more to resolve. This is evidently a sign of how the culture of impunity is deeply embedded in a corrupt country like the Philippines. Impunity is a legalistic word that essentially means “to escape punishment.” In the lexicon of modern human rights it is used to describe situations in which serious crimes can be committed in the knowledge that they will not be investigated or brought to trial. When criminals or corrupt authorities can intimidate assault or murder their opponents without fear of prosecution, they are said to do so with impunity.

The culture of impunity that prevails over the Philippines today does not only target journalists. Even when democracy was declared restored in 1986 under the leadership of then President Cory Aquino to the present leadership under her son, the incidence of: “salvage victims”, extrajudicial killings, enforced disappearances, institutionalized land grabbing, development aggression, prevalence of poverty, graft and corruption in government, or of crimes against the people remain concrete evidence that impunity exists and is against the Filipino masses.

In spite of the dangerous environment where journalists work and live, it is amazing to know that there are still members of the media who courageously continue to do their job. It is therefore an excellent idea to set aside November 23 as the International Day to End Impunity. This day may make us reflect on what we can do to prevent the tragedy of the Ampatuan massacre from ever happening again. “The day will be a platform to demand that the journalists’ killers do not go free, and to ensure that our colleagues working in countries with continuous and

rampant impunity feel that their work is valued and their life is treasured,” said the Committee to Protect Journalists (CPJ).

What can one do? Does everyone have a role to play in ending this culture of impunity? How do we make sure that such a tragedy in Maguindanao does not happen again?

It may not seem easy to do anything at all if we adopt an attitude of apathy or lack of interest in politics, and anything related to it. Most people may not find any reason to show concern for things that took place in such a remote region from our point of view but it has always been proven that whatever happens in one part of the world always has a way of affecting us wherever we are. Moreover, it is often said that what we do not know may end up hurting us. Hence, it is for our own good that we get involved in maintaining our democratic way of life and help preserve the freedom of the press.

According to one writer, there are many things one can do. “Defend democracy, fight impunity, link up, document cases of harassment, of corruption, raise public awareness. Promote media literacy, Launch a comprehensive ethics campaign. Work to improve economic conditions of journalists.” Even if we cannot possibly do everything that this write suggests, we can protect democracy by exercising our right of suffrage in order to elect the best candidate who will represent our interests in government. In fact, the rampant corruption in the Philippines has always been attributed to the election of dishonest politicians. Perhaps, if we begin to be more interested in learning more about the real issues than taking a cursory interest in elections, we may have a better government.

The horror of the massacre of 57 people in Maguindanao will never be forgotten and may haunt us for a long time. We want to see the Aquino government do what is necessary to let justice prevail without delay. We hope that having set aside November 23rd as the International Day to End Impunity may help the cause of eradicating corruption and the culture of impunity that goes with it.

Zenaida Ferry Kharroubi

Letter to the Editor

Montreal, November 15, 2011

Ms. Zenaida Ferry Kharroubi
The North American Filipino Star
Chief Editor and Publisher
Montreal, Quebec

Dear Ms. Kharroubi:

In view of the clamor to publish my letter to Mrs. Warlina Basbacio, president of UPS, and in order that it be transmitted for the information of our community, I hereby authorize you to insert said letter in the Filipino Star.

Believing that the present leadership of the UPS is deviating from the main objective for which it was created, somebody should really take time to point out such deviation, and make more sensible measures to better serve the seniors whether they are members of our association or not.

Once again, thank you for your attention to this request and most of all, thank you for serving the community with so much dedication and integrity.

I am wishing you all the best.

Sincerely yours,

Reuben T. Santos

(Editor's Note: Mr. Santos' letter to Ms. Basbacio is reprinted in its original format below).

Oct. 29, 2011

Ms. Warlina Basbacio
U.P.S. President
6666 Clanranald
Montreal, Quebec
Dear Ms. Basbacio,

This is to call your attention that attending the U.P.S. monthly socials is becoming less informative than ever before with guest speakers with no particular meaning that concern seniors. And worst we have the same speaker for a number of years now

that nobody seem to listen anymore with the messages he is trying to convey.

Having said this and for several years now, U.P.S. is focused of having a speaker or speakers with no meaningful message and issues that concern most of the seniors in the hall.

You and your people in the executive board may not be aware of this, but U.P.S. is turning out to be heavily penetrated by the people with political color and agenda and it is turning out to be a political party than a senior association that happened to be the foundation of its existence. And this should not be encouraged to happen by you or/and by your executive board that U.P.S. should be used as a political vehicle by people with political agenda

With this in mind and as a U.P.S. member of many years, I strongly recommend that U.P.S. should consider inviting for a monthly social a guest speaker to start with a doctor who specialize in senior health, lawyers on senior rights, financial advisors/consultants about investment, accountants regarding taxation, a sociologist about social service, physical therapists, educators, among others instead of self styled and self serving so called community leaders with political and business agenda to boot.

I am encouraging you and your executive board to do something new and change the monthly social format in line with the senior's mentality, concern and needs.

Thank you for your kind attention with regards and best wishes.

Sincerely yours,

Reuben T. Santos

P.S. Should you wish to read this letter to your executive board, please do so with my permission and pleasure. And please note that I intend to disseminate the letter above by email to all members of the U.P.S. whose email address are available to me.

Reuben T. Santos



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Tory candidate's government salary a secret

Saulie Zajdel has a new job. No, he was not elected last May to the House of Commons as the MP for Mount Royal. After a spirited campaign for the Conservative Party, the longtime Montreal city councilor and executive committee member failed to unseat incumbent Liberal Irwin Cotler. Several months later, though, Zajdel was hired by the Conservative government to do some of the things he said he would do if he were elected. How do we know he has a new job? We read about it in a Montreal weekly that supported his bid to unseat Cotler. We tried to find out more about this reward to a losing candidate by contacting the office of Heritage Minister James Moore, Zajdel's new boss. Our questions were straightforward: What are his functions, salary and duration of his mandate? The answer, as supplied by Moore's aide, Sébastien Gariépy: "We do not comment on internal staffing issues." So much for transparency. The official also declined to supply an office phone number so Zajdel could be interviewed. Back to the weekly newspaper. Zajdel said he'll be working as a regional adviser for "community outreach and relations—going out into the community, in Montreal, in the anglophone and allophone communities, ensuring that what the government is doing is understood." He also was going to determine how his government can "help the communities and municipalities" apply for programs under Canadian Heritage. Sounds like Zajdel has been appointed to be a privileged channel, supplanting the role that the elected MP and his staff should be able to do. Surely, Cotler, a distinguished law professor, Stéphane Dion (St. Laurent),

equally distinguished political science professor and former Liberal Party leader, and former astronaut Marc Garneau, who has a PhD in electrical engineering, and their staffs are capable of understanding which programs are available and communicating same to city councils and community groups.

This appointment has every appearance of setting Zajdel up as a parallel MP, minus the public mandate, a patronage appointment that is a slap in the face to voters who rejected Tory candidates as they exercised their democratic rights.

Of course, all governments reward their friends, but that does not diminish the fact that it undermines the will of voters in Mount Royal who chose someone else. The Zajdel appointment lays bare the Harper government's moral deficit.

Essentially, Zajdel is being paid to make the kind of connections and obtain discretionary funding that can only help pave his path to Parliament if he decides to take another run at the riding.

Postscript: The Ottawa Citizen reported last month that a federal government program to help boost security at synagogues and mosques approved a far greater share of applications from ridings represented by Conservative MPs. Nearly half of all applications to the pilot program coming from Conservative ridings were approved, but only 28 per cent of projects in opposition ridings got the green light, funding records show, the report said. The majority of the rejected applications came from synagogues and Jewish organizations in Mount Royal, represented by Liberal MP Irwin Cotler.

(Senior Times Editorial, Nov. 2011)

COMMUNITY CALENDAR

December 2011

3 -	1:30 - 4:00 p.m.	Philippine Trade Mission from Cagayan/Isabella/Batanes FAMAS Building - 4708 Van Horne Exhibition of products Open forum to all interested entrepreneurs
3	- 10 am - 4 pm	FAMAS BAKE SALE 4708 Van Horne Proceeds for Children's Christmas Party
10	- 9 am. - 2 pm	FAMAS Christmas Party 6767 Cote des Neiges
10	1- 5 p.m.	GILMORE OPEN HOUSE 5320-A Queen Mary
10	5 - midnight	GILMORE CHRISTMAS PARTY 5320-A Queen Mary RSVP - 514-485-7861
31	6 pm - midnight	Philippine Foundation of Montreal New Year's Eve Party CARING AT 514 626 7635 OR NORMA AT 514-695-3740.

COOPERATIVE NEWS

Getting the word out

Now that we have almost finished setting up the Marché Coop at its new location, we have to focus on getting the word out to as many members as possible to encourage them to come and shop. The biggest challenge is in getting the new telephone numbers and addresses of members who signed up during the previous administration in 2005 to 2007. Even those who signed up with the new administration are not easy to contact as most of them have moved but never bothered to advise us. We are therefore appealing to them to call us at 514-485-7861 to give us their new coordinates.

Perhaps, it will be a good idea to use social media in contacting members who have been out of touch. But as everyone knows, this requires time - there are over 200 fully paid members, and around 500 people who made \$10 or \$20 payments. After five years of having no communication from these members, it seems quite clear that we are just wasting our time, and we need to do other things to make the cooperative viable.

As we have announced previously, we must recruit new members and get them interested in learning about cooperatives. One member expressed interest in recruiting members but did not know what to say to people and explain why cooperatives are good for the community. Obviously, this is a common problem - not many people understand that cooperatives can create jobs, help newcomers in integrating into the community, and become a community resource to promote entrepreneurship. Another problem is language. Cooperatives operate mostly in French, and since most Filipinos speak only English, it is difficult to do networking with other

cooperatives. Recently, I attended a workshop about using the website to promote the cooperative. I found out that there are many other cooperatives in different areas. I was overwhelmed with the prospect of getting to know them all and finding out information on how they operate their cooperatives. I will be attending more seminars in the future and will surely take the opportunity to learn more about good practices that made cooperatives succeed.

Realizing how important it is to make people understand why cooperatives are good for the community, I will be holding seminars even to 5 prospective members at a time. I will also be willing to travel and speak to different associations during their gatherings, and answer all their questions about cooperatives. Moreover, I will be inviting them to come and meet other members of the cooperative at Gilmore College International every last Sunday of the month.

Many amazing marketing ideas are available because of the power of the social media and the internet. Our cooperative has its own domain name, marchecoop.com. Some members suggest that they would like to shop on line. This can be done but the question is - what about delivery service? Will members be willing to pay for it for the convenience of shopping from home?

We shall explore this possibility but we need our members' feedback.

We also remind everyone to participate in our membership raffle. Sign up and be a member to have a chance to win a \$100 gift certificate.

Call us for more information at 514-485-7861.

Zenaida Kharroubi

The North American Filipino Star

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From Page 1 Ampatuan

Among those who attended the ceremony was provincial governor Esmarel Mangudadatu, who lost his wife and several relatives in the attack. Thirty-three media people were also killed.

The convoy was travelling on a mountain road to witness Mangudadatu's wife filing her husband's papers for a May 2010 election when gunmen struck. Victims were taken down a dirt road and shot and buried in mass graves. Some were buried in their vehicles.

Mangudadatu was standing against a powerful political clan run by the Ampatuan family.

The government has filed murder charges against 196 people, including former provincial governor Andal Ampatuan and his four sons. About 80 people have been arrested but only 64 are on trial, including the primary suspect who is one of the sons, Andal "Unsay" Ampatuan.

The U.S. ambassador to the Philippines, Harry Thomas, said people around the world were closely

Baguio media launch twin events on massacre anniversary

End Impunity Alliance calls on P-NOY to prosecute GMA for human rights violations

BAGUIO CITY -- Media groups here are set to commemorate the second anniversary of the now infamous Ampatuan Massacre on November 23, also the International Day to End Impunity, with a tree-planting activity at the Convention Center premises, and a torch parade and prayer rally at the foot of Session Road here.

The local chapter of the National Union of Journalists of the Philippines and the Baguio Correspondents and Broadcasters Club (BCBC) are organizing the twin commemorative events, which would gather not only members from the media but the public as well. 0

Earlier, NUJP-Baguio-Benguet Chapter launched a round-table discussion on impunity.

Several similar activities are also expected in major cities nationwide, besides the mobilizations in Manila and Quezon City.

Some 58 persons figured in the Ampatuan Massacre in Maguindanao in November 23, 2009. Thirty-two of those killed were journalists.

In a related protest action today in Quezon City Cristina Palabay, convener of the End Impunity Alliance, said, "While we welcome the issuance of arrest warrants to former Pres. Gloria Macapagal Arroyo and Gov. Andal Ampatuan Sr. on charges of electoral fraud, we demand that they be charged for grave human rights violations they committed while in power.

Palabay said President Noyon Aquino must "strike while the iron is hot," referring to the recent

watching the legal proceedings into the "appalling act of violence".

"The prosecution of this case is seen ... as demonstrative of the Philippines' commitment to upholding the rule of law and protecting human rights," Thomas said in a statement.

Those attending the commemoration lit candles and released white balloons and doves. They called on the government to take steps to resolve the case quickly.

The Ampatuans ruled Maguindanao for nearly a decade and were supporters of former President Gloria Macapagal Arroyo.

On Friday, Arroyo and the elder Andal Ampatuan were charged with electoral sabotage in connection with accusations of rigging 2007 Senate elections in Maguindanao to favour Arroyo's allies. Both denied the accusations and moved, through their lawyers, to dismiss the cases.

Arroyo, a two-term president from 2001 to 2010, was arrested last Friday on charges of electoral fraud. (Reporting By Manuel Mogato; Editing by Rosemarie Francisco)

hospital arrest against the former president.

The activity builds towards the International Day to End Impunity on November 23.

Palabay said "the numbers under the nine-year GMA regime are appalling--1,206 victims of extrajudicial killings, 206 cases of enforced disappearances and thousands more unsolved human rights violations, including the Ampatuan massacre. The perpetrators of these crimes must not go unpunished."

Meanwhile, Mrs. Edita Burgos, convener of the End Impunity Alliance and mother of disappeared activist Jonas said, the surviving kin of human right violation victims will not stop the quest for justice until human rights violators are made to be accountable for their crimes. She added, "and until our lost loved ones, who are victims of enforced disappearance under GMA's Oplan Bantay Laya, are surfaced. We hope that the cases pending before the courts will prosper and not become a futile pursuit for justice."

Civil cases for alleged human rights violations filed against GMA are still pending in the courts. Among these is the damage suit filed by the "Morong 43" for their illegal arrest, detention and torture. Another pending damage suit was filed by the United Church of Christ in the Philippines (UCCP) in June 17, 2011. GMA was charged in the case for killings, torture, liquidation, harassment and illegal detention of UCCP members.

"It is our fervent prayer that the case filed by UCCP will be heard next. Gloria Macapagal-Arroyo should answer for the crimes committed during her administration. Justice must be served for our slain



Memorial mass held on the hill where the massacre took place.

compatriots. We should all be vigilant and ensure that the Aquino administration pursues these cases and prosecutes GMA and other human rights violators," said UCCP Secretary General Reuel Marigza.

Marigza further explained that "impunity persists and gross human rights violations brazenly continue because those who should be held accountable for these crimes are still scot-free."

"Impunity prevails. To date, there are already 55 victims of

extrajudicial killings under the P-Noy administration, including the recent assassination of Fr. Fausto "Pops" Tentorio. There is no letup on military operations that target human rights defenders and whole communities. The killings of human rights defenders, ordinary citizens and journalists, among others, should stop," Palabay said. #

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From Page 1 Pacquiao .

the last 2 rounds."

Roach added that Marquez clearly had Pacquiao's number, and said that they will still have to work on figuring out how to fight against counterpunchers.

"He fell into that old trap that he did in the first two fights," Roach said.

According to CompuBox, Pacquiao threw 578 punches and landed 176, while Marquez connected on 138 of 436 punches. Pacquiao also connected on 117 of 274 power punches, while Marquez landed 100 of 254 power punches.

"Four opponents" Marquez, however, is



Manny Pacquiao shows his championship belts in four divisions.

convinced that he has been robbed of victory three times now against Pacquiao. The Mexican boxer was confident that he won the trilogy bout, raising his hands in triumph when the

On the Occasion of the International Day to End Impunity

Bayan Canada Statement
November 20, 2011 - Canada
Reference: Joey Calugay, Secretary General
Email: bayan.canada.noc@gmail.com

On November 23, 2011, it will have been two years since the massacre of 58 people including 32 journalists in the hands of the Ampatuan warlord clan, one year since the death of botanist Dr Leonard Co and his companions in the hands of the Philippine military, and one month since the murder of Italian priest and anti-mining activist, Fr. Fausto Tentorio and a farmer named Ramon Batoy. Fifty four political killings, eight enforced disappearances and a year and several months after President Aquino took power, what now comes to mind when we think of this administration? Why the creation of more paramilitary groups to protect foreign mining and the painfully slow progress in bringing to justice powerful elites like the Ampatuans and the Arroyos?

It becomes more crystal clear now that the Aquino administration is no different from the past regimes. Its policies mimic that of the past administrations, trying its best to

bell sounded after the 12th round. "It's hard when you are fighting against the fighter and the judges as well," Marquez said. His trainer, Nacho Beristain, called the result of the fight "a joke." "The real winner is right here, Juan Manuel Marquez," he said. Marquez and Pacquiao battled to a draw in their first meeting in 2004, while Pacquiao eked out a split decision victory in their 2008 rematch. Very few analysts gave Marquez a chance of victory in the third match, as most expected his age to finally catch up with him. The Mexican boxer stunned the over 16,000 fans in attendance as he fought superbly against his Filipino rival, with neither fighter giving an inch throughout the bout.

Because of the result of the match, Marquez told reporters that he is now contemplating retirement. "I need to sit down with my family and my camp and make a

sound original and yet managing to sound like a bad karaoke song, sung over and over again; the administration betray the same lack of political will to gain justice for the victims of human rights violations and their families and to punish the perpetrators, and this administration's state security forces continue in their attacks on unarmed civilians.

Aquino's solution to the growing unrest and popular opposition towards destructive foreign mining is to train, arm and deploy civilian militias to protect mining interests, including Canadian mining operations. This exposes how Aquino's concern for the safety and security of foreign interests override that of the safety and security of the Filipino people.

This subservient Am(eric)an-boy and his government recently hosted US Secretary of State Hilary Clinton and signed the Manila Declaration reaffirming the Mutual Defense Treaty (signed sixty years ago) as the "foundation for US-RP relations for the next 60 years and beyond." BAYAN Canada knows full well that the foundation of US-RP relations is one rooted in colonialism through bloody subjugation, repression and unequal treaties. All previous, present and future national security plans (Oplan Batay Laya, Oplan Bayanihan, etc...) under a

decision about whether to continue in this sport," he said. He seemed bitter about the judges' decision, adding, "If I drop him, they are going to pick him up and give him the fight again. I don't know what else I need to do."

Taking control After a feeling-out period in the early rounds, Pacquiao was able to hurt Marquez in the closing seconds of round 3. A powerful right hook from the Filipino shook the Mexican, but unlike in the first two fights, Marquez was able to stay on his feet.

Marquez then seemed to take control of the fight in the middle round, beginning with the 5th when he staggered Pacquiao with a series of punches. He outboxed the Filipino fighter through the 7th round, but Pacquiao bounced back with a barrage of shots late in the round.

Although he was the older man, Marquez was able to keep up with Pacquiao throughout the 12 rounds. He was able to evade majority of Pacquiao's attacks and used his counter-punching to hit the Filipino with right straights and hooks to the body and head. Pacquiao became more active in the later rounds. Although he was not able to find a good rhythm, Pacquiao landed power punches that caused Marquez to clinch. Rematch?

After 36 rounds of boxing and with no clear winner to the trilogy, Top Rank chief executive officer Bob Arum is thinking of putting on a 4th bout between Pacquiao and Marquez.

"I am bound and determined to find a definitive winner once and for all. If both fighters agree, I'd like to do the rematch in 2012," he said.

subservient Philippine state will only result in further human rights violations as the mercenary Philippine army does the bidding of US imperialism.

While extra-judicial killings continue unabated, the culture of impunity can be witnessed by the state's coddling of the perpetrators and the lack of protection for civilian casualties in the State's all out war against the people (especially the war in Mindanao), which in all hypocrisy the current regime has coined as "all-out-justice." In fact, one witness and two relatives of the victims of the gruesome Ampatuan massacre have already been killed while the other witnesses and victims' kin either face threats to their own lives or are offered multi-million cash in exchange for withdrawing the charges against the powerful Ampatuan clan. Meanwhile, the recent arrest of former president Arroyo only came after she twice attempted to leave the country, manipulating her appointees in the Supreme Court to overturn any decision on her travel ban. We are certain that no action would have been done had there been no uproar from the people. Still, the charges of fraud falls short of holding her accountable for her role, as commander-in-chief, in the more than one thousand political

Pacquiao is leaving the decision to his promoter. "I can fight any fighters as long as there's no problem with my promoter. It depends on Bob Arum," Pacquiao said. It remains to be seen if Marquez is willing to fight Pacquiao a fourth time, as the former is contemplating retirement after what he considers is another robbery. This boxing dream. Bob Arum, promoter extraordinaire, has a fourth fight against Marquez on his brain.

Star-divide "It was a great, great fight. I had Manny, but it was close, so why not bring them together again in May? It makes a lot of sense to do that."

That's what Arum told Yahoo! Sports shortly after the conclusion of last night's contest. It may not be the most popular sentiment, but it does make a measure of financial sense.

Wouldn't you pay \$60 to watch Marquez give it one more go to see if he could finally finish the job?

Then again, Juan Manuel, as noted previously, is hesitant to accept an immediate rematch against his arch nemesis. That's because he's so utterly heartbroken at how each time he's stepped inside the squared circle with Pacquiao, he's been denied victory.

Not just by "Pacman," though -- by the judges, too. Emotions run high after such a physically -- and mentally -- exhausting endeavor. But Marquez seemed steadfast in his refusal to even think about a fourth fight and it's difficult to blame him.

killings under her administration and the various graft and corruption scandals involving her family.

This bloody, blundering business must end immediately. History shows us that our hope resides in the power of the people and not in the idle promises of powerful political elites or on the moribund system based on the extraction of wealth through exploitation, oppression and repression. We must dismantle the violent structures that plague the people and together build a society based on justice, lasting peace and true freedom. This is the dream which drives ordinary citizens in the world today to occupy, to take to the streets, organize, resist and rebel in the face of unprecedented repression. And while the peoples of the world struggle for this dream, we, the Filipino people, including those far away from home, will surely do our part to make it a reality.#

Stop the political killings! Dismantle paramilitary groups in the Philippines! End impunity now!

BAYAN Canada is a progressive alliance of Filipino groups and organizations from coast to coast and a member of the International League of Peoples Struggle (ILPS)



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Dear EarthTalk: How clear (or not) are the links between the rising incidents of cancers around the world and the prevalence of synthetic chemicals in modern society? -- Alberto Buono, Lee, MA

With the World Health Organization hinting that cancer could unseat heart disease as the leading cause of death around the world, it's no surprise that per capita cancer incidence is on the rise globally. In fact, cancer is the only major cause of death that has continued to rise since 1900. While it might depend on whom you ask, most researchers now agree that environmental factors—including exposure to chemicals and pollution—play a significant role today in determining who gets cancer and who doesn't.

A blue ribbon panel of cancer experts initially convened by President



Most researchers now agree that environmental factors - including exposure to chemicals and pollution - play a significant role today in determining who gets cancer and who doesn't. Credit: Thinkstock

George W. Bush researched hundreds of studies and concluded in 2010 (in its 240-page report, "Reducing Environmental Cancer Risk: What We Can Do Now") that our exposure to chemicals, pollution and radiation is to blame for the uptick in cancer deaths. "The American people—even before they are born—are bombarded continually with myriad combinations of these dangerous exposures," the panel reported. "With the growing body of evidence linking environmental exposures to cancer, the public is becoming increasingly aware of the unacceptable burden of cancer resulting from environmental and occupational exposures that could have been prevented through appropriate national action."

The panel cited grim statistics about cancer's march, noting that 41 percent of Americans will be

diagnosed with cancer at some point in their lives, with 21 percent likely to die from it. Cancer researchers fear that our reliance on chemicals is the main culprit, as borne out by hundreds of studies.

To wit, a 2000 study involving the examination of health records of more than 44,000 pairs of twins across Scandinavia found that "inherited genetic factors make a minor contribution" in causing most cancers but that "the environment has the principle role in causing sporadic cancer." A 2010 UK study, whereby researchers investigated the level of chemical exposure of more than 1,100 women during their employment history, found that those study subjects who had been exposed to various industrial chemicals and airborne hydrocarbons were at least three times more likely to get breast cancer later on than women with little or no exposure in their backgrounds.

Not everyone agrees. Writing in Forbes magazine, Henry I. Miller and Elizabeth Whelan of the industry-friendly American Council on Science and Health argue that the findings of the presidential panel are based on politics not science: "If the authors had only bothered to consult a standard textbook on cancer epidemiology, they would have learned that lifestyle factors such as

smoking, obesity, excessive alcohol consumption and overexposure to sunlight—not chemicals in air, water and food—are the underlying causes of most preventable human cancers."

While few today would doubt the health risks of such personal lifestyle factors, the President's cancer panel nevertheless concluded that "the burgeoning number and complexity of known or suspected environmental carcinogens compel us to act to protect public health," and urged President Obama to use the power of his office to "remove the carcinogens and other toxins from our food, water and air that needlessly increase health care costs, cripple our nation's productivity, and devastate American lives."

CONTACTS: President's Cancer
www.filipinostar.org

P a n e l ,
deainfo.nci.nih.gov/advisory/pcp/;
American Council on Science and Health, www.acsh.org.

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Dear EarthTalk: I heard that species of flora and fauna are dying at a growing rate globally. How is this calculated and which types of species are dwindling faster? - - Colin Gooder, Franklin, NC



Eminent Harvard biologist E.O. Wilson says that fully half of the planet's higher life forms could be gone within 100 years, joining the dodo bird, sketched here, which has been extinct since the 17th century and whose fate was directly attributable to human activity. Credit: Thinkstock

Researchers believe that the rate of species loss currently underway is 100-1,000 times faster than what was normal (the so-called "background rate" of extinction) prior to human overpopulation and its negative environmental effects. But thanks to overhunting, deforestation, pollution, the spread of non-native species and now climate change, we are likely in the midst of the sixth mass extinction in the geologic history of the world. The previous mass extinction, 65 million years ago, wiped out the dinosaurs and other species; the previous one, 250 million years ago, killed off 90 percent of all species on the planet.

While the current mass extinction might in reality not be that bad—only time will tell—eminent Harvard biologist E.O. Wilson predicts that the rate of species loss could top 10,000 times the background rate by 2030, and that fully half of the planet's higher life forms could be gone within 100 years. This jibes with statistics from the non-profit International Union for the Conservation of Nature (IUCN)—keeper of the global "Red List" of endangered species—which currently considers 37.8 percent of the world's already classified species

to be threatened. Of course, this is far from the whole story, as biologists think that we have only classified 10 percent or less of the world's total number of plant and animal species.

Which types of species are being hit hardest? An analysis of IUCN statistics from 2008 found that of the world's fauna (animals), invertebrates (animals without backbones, such as earthworms, shellfish and insects) were suffering the most, with 40.5 percent of those classified considered threatened. Next hardest hit were fish species, with 36.6 percent threatened, followed by reptiles at 30.5 percent and amphibians at 30.4 percent. Meanwhile, 20.8 percent of mammal species were threatened and 12.2 percent of birds.

More shocking was the statistic that some 70.1 percent of plant species are at risk. However, a more recent (2010) study found that only 22 percent of the world's classified plants are actually facing extinction. This finding has led analysts to question conservationists' estimates in regard to animal species loss as well.

In lieu of any direct way to measure the rate of species loss, conservationists have relied on reversing the so-called "species-area relationship," whereby scientists tally the number of species in a given area and then estimate how quickly more show up or evolve as viable habitat increases (or decreases in the case of reversing the concept). But lately this method of tracking and predicting species losses has been criticized for generating overestimates. "The overestimates can be very substantial," argues UCLA evolutionary biologist Stephen Hubbell, "...but we are not saying [extinction] does not exist."

However many species may be dying, it's clear we are in the midst of another mass extinction, and if you believe 70 percent of biologists, unlike previous mass extinctions humanity is most likely the cause. Conservationists remain optimistic that we can marshal the resources to turn the tide—and we'll need to if the planet is to remain habitable for our species, given our own dependencies on the world's biodiversity.

CONTACTS: E.O. Wilson Biodiversity Foundation, www.eowilson.org; IUCN, www.iucn.org; "Species-area relationships always overestimate extinction rates from habitat loss," www.nature.com/nature/journal/v473/n7347/full/nature09985.html.

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Union Montreal celebrates its 10th anniversary, reviews accomplishments

Montréal, November 7th 2011 – Union Montréal Convention was held on November the 5th at Cégep André Laurendeau in LaSalle. Mayor Gérard Tremblay and his team celebrated their 10 years' anniversary with more than 450 members who

different city councillors such as M. Marvin Rotrand, city councillor in Côte-des-Neiges – Notre-Dame-de-Grâce; M. Michel Bissonnet, Mayor of Saint-Léonard; M. Frantz Benjamin, City councillor in Saint-Michel; Mrs. Andrée Champoux, City councillor in



Mayor Gérard Tremblay receiving a standing ovation and applause of members of the Union Montreal Party, after he delivered his speech outlining all the accomplishments of his administration at Cégep André Laurendeau in La Salle, November 5, 2011.

came to show their unconditional support to the party.

The members debated and adopted different resolutions, some of them were from the Union Montreal's Diverse Origins Communities Commission such as the creation of the 'Place de Montréal' where flags of diverse communities

Verdun and Ms. Monica Ricourt defended those resolutions mentioning the importance of making sure that our newcomers are well integrated in Montréal.

Mayor Gérard Tremblay delivered a vivid 45-minute speech in which he thanked his team for all their achievements and reminded



A view of the audience listening to the debates of propositions before they were passed by the members.

will be flown, a place where diverse communities will highlight events that are important to them and make their history known by the host culture. Other resolutions that were adopted included the enhancement of Information dissemination tools one of which will allow English versions of city documents, the strengthening of the city of Montréal socio-professional integration programs and the establishment of an ethnic media assistance fund in cooperation with the Ministry of Immigration and Cultural Communities to ensure the survival and growth of these media that play a crucial role in the integration of newcomers.

M. Lam Chan Tho, the president of the Commission and

everyone, that all those successes were made possible by Union Montreal. He also talked about Montreal's diverse communities saying that : "In 2017, people from around the world will notice that in Montreal, people from 120 diverse communities are able to live in harmony and peace..."

Information: Benita Nisaro, coordinator of the diverse origins communities Commission and ethnic media, coordinator for ouest boroughs organization – Tél: (514) 906-1340 – Fax: (514) 906-1338 – bnisaro@unionmontreal.com – www.unionmontreal.com

San Tino, new head of the Bicol Association of Quebec

By B.udz Sarmiento

MONTREAL – The new set of officers of the Bicol Association of Quebec has the distinction of being the first group of local community leaders to be sworn into office by the newly-appointed Philippine ambassador to

San Tino, a registered nurse and a former president of FAMAS, was acclaimed president of the BAQ, a local Filipino association that boasts of more than 400 members and growing.



San Tino, newly inducted president of the Bicol Association of Quebec, shakes hands with Au Osdon, FAMAS president while other officers look on. Photo by Budz Sarmiento

Canada Leslie B. Gatan.

inducted into office were San Tino, president; Domingo Tayoto, Vice-President; Tenne Rose Dayandante, Secretary; Merly Nunez, Treasurer; Merle Valiente, Auditor; Amador Yanto, PRO; Adolfo Boy Nicolas, Bus. Mgr.; Directors: Marilyn Mendoza, Vilma Nasol, Patrick Gotera and. Ellen Arroyo (not in picture).

Ambassador Gatan, a former employee of the Department of Science and Technology (DOST), is an Ibanag from the province of Isabela. He became the first person to come from the DOST to reach an ambassadorial position when he was appointed chief of mission in October 2006.

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Any Which Way . . .

Bernardo "Budz" Sarmiento
 berniesarmiento@hotmail.com.

Au Osdon did not, will not, resign as FAMAS president

Jonathan of Delphi: Rude, arrogant and flatulent

THE FOOLISHNESS HAS TO END – I don't mean to usurp what is supposedly the responsibility of the Public Relations Office of FAMAS, but I feel that it's about time that the nasty rumor that Ms. Aurora Osdon has resigned from FAMAS presidency was quelled.

There's absolutely no truth to the report that Ms. Osdon quit her post to give way to Cesar Manuel, the penalized presidential candidate of the Samahang Makabayan. I don't think she will ever vacate her post unless there's a court order that she has to. But in order to have a court order, Manuel has to file a lawsuit against Ms. Osdon and the current Executive Board, and then win it after spending a fortune because no matter how many times Dahiroy proclaims his penalized candidate as the president, Manuel is not the president despite their black propaganda. Osdon is, and will be until August 31, 2013, barring, as I reiterated, court order.

It seems to me that Manuel and his gang have been desperately pulling all the tricks to grab the FAMAS presidency from Ms. Osdon. They should have already realized by now that they are hurting not Ms. Osdon and the current Executive Board but the entire community whose condition they presumptuously want to ameliorate in the first place.

Words of advice to my fellow FAMAS members: Don't believe any story about Ms. Osdon, or anyone else in the Executive Board, having resigned from her post unless it came from FAMAS Public Relations Office. Manuel is not the president despite his supporters' pronouncement that he is. Reportedly, Dick Dahiroy doesn't pass up any opportunity to introduce Manuel as the president of FAMAS at the applause of his intoxicated supporters. Is it not time that they gave up and cooperated with the Executive Board rather than spend their time and energy on divisive and quixotic activities? Don't they have brains to guide them to the right path? Or their brains have been so corrupted by alcohol they don't function properly anymore?

ALLEGEDLY LIVING ON PIRATED DVD's – Along with some trusted friends, I was at Buffet Vichy on Newman Blvd. in La Salle in the evening of November 4th covering for this newspaper the reunion of UP alumni living in Montreal and suburbs. To my pleasant surprise, my second eldest daughter was also at the restaurant as part of a group throwing a despedida (farewell) party in honor of a family that would relocate to Ottawa.

At one point my daughter asked

me, "Do you know Sam Milby?" I replied, "I've heard about him. Why?" My daughter: "Well, he and other entertainers from the Philippines are there in the other room. Maybe you like to take their pictures." Me: "Am I allowed to take pictures?" My daughter: "I guess so. Many people are already taking pictures." Me: "OK, I will go there later."

Eventually, I went to the room where Sam Milby and his group that included popular comedienne Pokwang were in. They were signing autographs for their adoring fans. Without any interruption, I was able to take a couple of good pictures from as close a distance as I could position myself at. I was about to snap my third shot when a guy approached and arrogantly told me, "Do you have an invitation?" I calmly said, "No, I don't. I didn't know that I needed one." In an even haughtier way, he said, "You need an invitation to be able to take pictures." I said, "I am sorry, I didn't know that" and then I turned around and walked toward the exit. As if he wasn't satisfied with my answer and apology, he went on and asked, while pointing at the camera I was holding, "Whose camera is that?" "Mine," I answered. He repeated, "You need an invitation." "You told me that already. I said I didn't know. That's why I apologized to you."

I was on my way out after acknowledging my honest mistake when I felt that this guy was unnecessarily pushing me. I looked at him and told him, "You don't have to push me. I know my way out." But instead of easing up, he pushed me even harder. That's what got my goat and I angrily asked, "What do you really want?" He replied in Tagalog, "Hindi kita kailangan" (I don't need you). I answered him back in a more forceful way, "I don't need you, either." His arm stretched and index finger scornfully pointed at me, Mr. Arrogant ordered his security man, who was nearby, "Palabasin mo nga ito" (Will you send this guy out). The security man, also a Filipino, didn't do as told, presumably because he knew I was right all along. Mr. Arrogant kept on shouting invectives as I was walking away. I didn't take it kindly so I went back and yelled at him for the last time, "Ang yabang mo! Nabubuhay ka lang naman sa paggawa ng mga

pirated DVDs!" Suddenly, he kept quiet, perhaps realizing that I – or somebody else, for that matter – might report his alleged illegal activity to the authorities.

At this point, Gina Medina, the FAMAS Director of Membership and likely associated with Mr. Arrogant, came up to me and asked what was going on. I told her what was going on. When I asked her what his name was, she said, "Jonathan." Ms. Medina then told me to just shrug it off because Jonathan was really like that as if to say that it was fine for him to disrespect me because he was habitually disrespectful to anyone anyway. I disagreed with her because in my mind that kind of despicable behavior should not be overlooked or condoned whether or not it is innate or habitual of him to be arrogant. I insisted that somebody had to tell it to his face.

***** **VICE-PRESIDENTIAL ALSO-RAN COULDN'T TELL A EULOGY FROM A POLITICAL SPEECH**

– Save the part absolving the late Albert Floresca from accusation that he sold during his term as president of FAMAS for his personal benefit the tents that belonged to the Association as maliciously published in the there's-nothing-like-it Filipino Forum, Mel Domingo's eulogy to Floresca was more a harangue than a eulogy, and thus was very inappropriate to the occasion. Domingo's speech would have been apt in a political rally but definitely an upsetting faux pas in a funeral tribute to the deceased.

I heard and saw many people in the church outwardly dumfounded, sighing in disbelief, shaking their heads in disapproval, and presumably praying that Domingo would stop speaking, or, at least, change the premise of his speech because it was embarrassingly out of place. Well, what can you expect from the guy who has been recklessly incriminating himself by telling Filipinos who care to listen that he didn't actually sign any electoral document required of a candidate in the last FAMAS election and yet asked, fraudulently it now appears, FAMAS members to vote for him, and who, in apparent ignorance of the protocol concerning the use of

See Page 10 Any Which Way

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Halloween

Malabo ang tiyak na petsang pinagmulan ng Halloween na ipinagdiriwang natin ngayon. Isinulat ng mga historyador na panahon pa ng mga Celtic sa kalakhang Europa umiral ito.

Sa pista ng Samahain (bigkasing sah-wen) noon, makikita na ang iba't ibang kasuotan at pagbibigayan ng mga kendi na katumbas ngayon ng 'trick or treat' at 'costume party.'

Ginawang Halloween ang Samahain. Ayon sa mga iskolar, pagkatapos masakop ng mga Romano ang paganong Celtic, nagsimula ang Halloween upang ipagdiwang ang naging buhay ng mga Kristiyanong nagbuwis ng buhay at tinuringang mga martir. Nagiging malinaw ngayon ang pagdiriwang natin sa Pilipinas na kung tawagin ay undas tuwing ika-1 ng Nobyembre bilang Araw ng mga Patay at ang sumunod na araw naman ay 'Araw ng mga Kaluluwa.'

Sa halos tatlumpong taon kong paninirahan dito sa Hilagang Amerika ay masaya kong inaantabayan ang pagsapit ng Halloween dahil sa mga batang nakamaskara at akay ng mga magulang na halos piring ang mga mata, taglay ang lalagan ng kendi na malilikom sa pagbabahay-bahay. Dumalang ang eksenang ito nang atakihin ang Twin Towers sa Lungsod ng New York noong Setyembre 11, 2001.

Dito nagsimula ang labis-labis na pag-iingat ng mga bansa sa sunod-sunod na mga babala at pananakot ng mga terorista sa kanilang planong makagawa ng kaguluhan. Kabilang sa mga banta ay ang paglalagay di-umano ng maliliit na karayom sa mga tsokolateng ipamimigay sa mga bata. At may mga teroristang magpapanggap na magulang ng mga batang akay ngunit ang tunay na pakay ay manmanan ang isang pamamahay at malaman kung may katandaan na ang nakatira dito.

Sa kabila nito, tuloy pa rin ang ganitong mga pagdiriwang. Ang mga bata ay nananapatan sa mga piling kakilala at kamag-anak.

Ang mga kawani ay

pumasok sa opisina na suot ang kostyum maliban sa maskara. Kabutihang-loob at mga ngiti ng parokyo ang sinusuyo nila.

Ipinid muna natin ang paksang ito sa iwan kong nakakatakot na tanong.

Bakit higit na marami ang nagsusuot ng bihis demonyo kaysa bihis anghel?

Mahal na Pechay (Hailey),

Nakita ko ang litrato mo sa Filipino Star at magkakaroon nga ng kontrobersiya sa ating pamilya.

Dahil sa mahal kita at malaki ang malasakit ko sa iyo ay tinawagan ko si Lelong Bert. Mabilis at madiin ang paliwanag niya na ang kasuotan mo noong nakaraang Halloween ay gawa lamang ng iyong pagkapilya sa edad mong 'yan. Paglaki-laki mo raw ay magiging maldita ang kapalit ng pilya pero pagdating mo nang hustong gulang ay ikaw na ang masusunod kung ano ka.

Ang suot ko naman ay ang paborito ng Daddy A.J. kong bida sa comics, si Spiderman. Bigay ito ng Ninong Bryan ko. Walang dapat ipaliwanag—bida agad.

Nag-treat or trick ako pero sa mga kamag-anak lang. Ang dami na nga nila kaya masuwerte tayo at apo sa tuhod na tayo.

Balita ko ay dumalo ka naman sa Open House ng FAMAS. Ang tapang mo nga raw kaya pala inilagay sa isang litrato mo sa fridge ni Lelong, "Keng leon keng tigre eku tataktak, keka pa!"

Ano kaya? Sa Disyembre ay magkita tayo at sabay tayong lumabas sa pahayagan.

Chat lang tayo, okey?

Nagmamahal,

Kuya Pichu (Aiden)



Alamat ng Tatlong Ganid

May tatlong masasamang loob na araw-araw ay magkakasabay na humahanap ng kanilang biktima sa pandurukot, panggagantso o paniliinlang. Magtatanghali na ay wala pa silang napupuntirya nang biglang bumulaga sa kanilang nilalakaran ang isang nakangiti at nakatingalang bilog na bilog na piso.

Gaya nang napagkayarian nila na bawat kitain ay paghahatian nang walang lamangan ay mabilis nilang hinati ang suwerte. Madaling umabot ang kuwenta na bawat isa ay may parteng tatlumput' tatlong sentimo.

Sa hindi mahating isang pera nagpatayan ang tatlo at napabuntong-hininga ang mundo nang tatlong ulit.

FCCSC, The New Look

Reported by Bert Santos

The Fil-Can Chess & Social Club, under the new leadership of Federico "Peter" Tan held its first social event last 5 November, 2011. Pastor Glenn Opendo led prayers for the invocation and Mel Domingo

outside of Montreal. So far three past tournament champions have made the grade. Another meeting on boards is underway dubbed the Albert Floresca Memorial Award Tournament to seek the completion of the dream team.



L-R Mel Villanueva (tournament director); Alex Sy (trophy donor); Peter Tan (acting president on board 4); Boy Nicloas (actg vice-president on board 2); Jojo Aguirre (1st prize captain of the winning team on board 1) and Nick del Rosario (club treasurer on board 3), Photo by Budz Sarmiento

called the roll of the September and October birthday celebrants. Ed Vasquez, as usual, emceed the program.


The evening was highlighted by awarding of trophies to the winning team of the most recent group tournament. Forming a dream team is in the process to represent the club

Although not emphatically stated in his first speech to the club, Acting President, Peter Tan made a statement in my interview that he will make the club free of politics to concentrate more on the objectives in developing the skills of the present members and recruiting neophytes. .

DR. EMILIA ESPIRITU

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From Page 8 Any Which Way
 the Philippine flag, erroneously thought that it was appropriate to lower the Philippine flag in front of the FAMAS Center to half mast as a tribute to a deceased person of no national, not to mention exceptional, significance as to deserve such an honor? Ironically, and perhaps laughably, he is the same guy who would like to be a vice-president of the oldest and largest association of Filipinos in Montreal and suburbs because of his mistaken belief that he could do a better job than the incumbent.

Going back to Domingo's much-delayed and posthumous defense of Floresca, he – or anyone else among Floresca's staunch supporters, for that matter – should have defended him long time ago against the Forum's baseless accusation of selling those tents for himself, not more than five years later and not during a Requiem Mass. Perhaps, they assumed that it would play out or the accuser in question would stop on his own casting aspersions on Floresca. Obviously, that was a wrong assumption. In fact, the accuser became worse over time. But in fairness to Domingo, who was the vice-president in Floresca's administration in 2006, and despite his terrible sense of timing, his effort to clear Floresca of any wrongdoing is better late than never and ought to be appreciated.

What is funnier still is the fact that the pseudo-journalist who inexorably maligned Floresca and the person who vehemently, albeit posthumously, defended him against accusation of misappropriation are now part of a ragtag group that has been relentlessly ganging up on Au Osdon, one of the very few truly competent FAMAS presidents the Association has ever had, and pressuring her to step down in favor of a mediocre, incompetent, childish and leadership-challenged man. No wonder the Filipino community in Montreal is derided by its counterparts in Ottawa, Toronto, Winnipeg and Vancouver.

Reportedly, the Woman of the Year awarded Julita Parado got so angry at Domingo for exhuming the almost forgotten issue about the tents that she was heard blurting out "Buwisit iyang si Domingo. Bastos! Pati ang patay hindi na iginalang." Floresca was on the long string of community leaders that Magallanes and Janus-faced Parado had demonized over the years. Domingo, himself, is also on that string. So are Salvador Cabugao, Dick Dahiroc, Flor Rillo, San Tino, Chris Bautista, Myrna Maranan-Francisco, Zeny Kharroubi, Shinette Khoury, Au Osdon, James de la Paz and, of course, your present company. Some of us may be bitterly on one side of the political fence and some on the other, but all of us, at one time or another, were victims of Magallanes' and Parado's venomous pens. Sadly, though, a few of us seem to have short memories and lack delicadeza (propriety) as they are now closely associated with those twin evils of the community oblivious of the fact that they were once severely maligned by those two.

DAHIROC LIVES UP TO HIS 'DICK' NICKNAME AGAIN

Dick Dahiroc, widely known for his cruddy remarks and canine but ridiculous devotion to Tagalog language, made a fool out of himself when he approached me while I was taking pictures during the Requiem Mass intended for the late Albert Floresca last October 22 at St. Kevin's Church. Dahiroc audaciously demanded that I stop taking photos because, according to him, I was disrespecting the deceased and violating the sacredness of the mass by walking all over the place taking pictures. Lest I would actually be disrespecting not only the deceased and his bereaved family but also all the other people attending the Mass, I refrained from making a scene and restrained myself from rebuking him right there and then despite the great temptation to do so. Instead, I went on to take a lot more pictures even more aggressively. Dahiroc, perhaps sensing that he could not have his way with me, went back to his seat among his Makabayan abettors and never bothered me again. He saw me outside the church later on when the Mass was over, and I expected him to confront me why I didn't stop taking photos as he demanded, but he did not.

THE LOCAL VERSION OF "ALI BABA AND THE FORTY THIEVES"

It was a very close call for the legitimate FAMAS Executive Board, and I am referring to Au Osdon and the other COMELEC-induced members of said board. The more than \$30K that Ms. Osdon and her previous executive board worked so hard to accumulate and save over two years were almost taken away by a gang led by an unemployed slacker.

According to reports, Cesar Manuel and his band of merry men went to the bank where the FAMAS fund was deposited and, armed with a fascicle of documents which they passed off as legit, purportedly told the bank authority that they were the duly-elected officers of the Association. To consummate their little scheme, Manuel reportedly requested the bank to transfer said fund to a new account under his name.

To their credit, the same bank authority, keenly appreciating that something was amiss, appropriately decided to freeze the account instead until the issue was settled. Almost immediately after learning of the attempted "theft," Au Osdon, Ramon Vicente, Alex Sy and Shinette Khoury rushed to the bank with all their credentials and supporting documents to rectify the confusion. As should be the case, the fund is now restored to its former status, but even more strictly guarded from predatory and fraudulent members of the Association.

CESAR MANUEL PRONE TO COMMIT FRAUD

Cesar Manuel's ambitious journey to FAMAS presidency seems to be defined by fraudulent activities on his and his closest advisers' parts.

Supported by a diverse group of loyal allies and manipulative opportunist, he started his journey to presidential perdition through virtual buying of votes by paying the

membership registration fees of hundreds of people, with or without their knowledge, who were listed on the old data base that might have been smuggled out of the FAMAS Center, presumably to assure his victory. He then allowed or condoned premature campaigning during a community event in Long Sault, Ontario. When he and his slate were accused and subsequently found guilty of that particular election rule violation, he and his running mates refused to recognize the guilty verdict handed down by the COMELEC and conveniently called it biased in favor of their opponents. They further argued that those rules were undemocratic, invalid and unenforceable.

They are the people who have been claiming to be the better leaders than Aurora Osdon and the rest of the current FAMAS Executive Board and who can do more for FAMAS, practically minimizing what Ms. Osdon had done during her previous term. They are the people that chartered accountant Salvador Cabugao, who was looking for decency sometime ago, wants to be, or is now, associated with. At first, I didn't understand why he would rather be with those sleazy guys than with Au Osdon and her company. I think this is why: In the kingdom of the blind, the one-eyed is the king. Figure it out!

WHATEVER HAPPENED TO BUDDY CABUGAO?

The story that the former honorary consul made a scene during the latest UPS social at St. Kevin's Church Social Hall on November 13th has been making the rounds in the community. Mr. Cabugao's very strange behavior only lends credence to the perception that association with Cesar Manuel and his

gang is detrimental to one's mental health. They might have given the former consul too much to drink that evening. I would be the least surprised if one of these days, he would only speak in old-fashioned Tagalog, and a bona fide member of the Hypocritical Society of Montreal and Suburbs. A while ago, he was looking for some decency. It's ironic that he can't now find it even in himself.

A VERY USEFUL REQUIREMENT

In light of what Cesar Manuel and his cohorts did to FAMAS, there should be a law that will require any person or group of persons who would like to register their association with the appropriate government agency in the Province of Quebec or, at least, in the City of Montreal, to have their application published in at least three major or widely-circulated newspapers in the City of Montreal for a minimum of three consecutive weeks before such application is approved. I believe that such requirement will prevent any illegal registration like what Cesar Manuel did with FAMAS. Similar laws are already in existence with regard to applications for marriage and land title.

A few weeks ago, Manuel and his hooligans fraudulently registered FAMAS under their own names to make it appear that they were the duly-elected officers of the Association using Manuel's personal postal address on Bourret as its main office. As proof of their made-up legitimacy, they presented to the registering officer a copy of there's-nothing-like-it Filipino Forum where Manuel was depicted as the putative president of FAMAS. God knows what else they submitted as evidence of their make-believe entitlement.

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Ask the Video Guy
Al Abdon

What are Portable Storage Devices?

We have seen and heard on the market about USB storage, compact flash, PC cards and dozens of terminology all related to computers, cameras and other devices that make your life easier. I myself have been confused with all this array of format and most often get mixed up with terminologies. Well, in order to make life simple, it is best to classify each of these devices and describe them so when you want to buy or borrow a

devices. It has been designed to standardize the connection of



120PX Compact Flash 512mb

computer peripherals, such as keyboards, pointing devices, digital cameras, printers, portable media players, disk drives and network adapters to your personal computer that communicate and supply electric power.

It is also used on other devices, such as smartphones, PDA and video games console. USB has effectively replaced a variety of earlier interfaces, such as serial and parallel ports as well as separate power charges for portable devices.

USB Flash Drive is a mass storage device that you connect to your computer's USB port to store files. Normally it can contain large amount of files from 1gig to 64gig at the time this article is written. Prices vary with the brand names or manufacturer. A 4gig flash drive starts at \$19 to \$45 depending where you buy it from and not all suppliers carry all the available types of flash drives. I bought a 64gig flash drive online at Future Shop for \$129 plus tax.

A Memory card or Flash card is an electronic flash memory data storage device used for storing digital information. They are commonly used in many electronic devices, including digital cameras, mobile phone, laptop computers MP3 Players and video game consoles. They are small, re-recordable, and able to retain data without power.

Wait a minute, this sounds confusing. Flash Card, Flash Drive, Memory Card, USB Drive? Well at first. The bottom line is they are all storage devices. The only difference is what type of device you use. For example, when I want to transfer files from one computer to another, I can either use a

USB Flash Drive or Memory Card. They all store your files depending on the capacity of your drive. What makes these devices different are the ports. If you want to download a file from your computer to your memory card but your computer does not have a slot that fits it then you need a memory card reader which is another device that has different slots to fit all your memory cards.



USB Flash Drive

There are different types of memory cards. They are:

PC Card – Developed in the 80's, these cards are seldom used today. They are bulky and not all computers have a generic slot for them.



Card Reader

Compact Flash (I,II Extreme Pro) – commonly used with brand name cameras. It has a large volume of storage and can be used with HD camcorders. The prices vary with the brand and its speed to transfer files. A Sandisk Extreme CF 8gig at 50mb costs \$89.00 compared to Sandisk Extreme Pro CF 128gig at 100mb that costs \$1400.00!

Smart Media (SM/SMC) - is a flash media standard owned by Toshiba with capacities ranging from 2 MB to 128 MB. Smartmedia memory cards are no longer manufactured.

Memory Stick - is a removable flash memory card format, launched by Sony in October 1998. It describes

the whole family of Memory Sticks. In addition to the original Memory Stick, this family includes the Memory Stick PRO, a revision that allows greater maximum storage capacity and faster file transfer speeds; Memory Stick Duo, a small-form-factor version of the Memory Stick (including the PRO Duo); and the even smaller Memory Stick Micro (M2). In December 2006 Sony added the Memory Stick PRO-HG, a high speed variant of the PRO to be used in HD Video and still cameras. Memory Stick cards can be used in Sony XDCAM EX Camcorders.

SD Cards - Secure Digital (SD) is a format developed by the SD Card Association (SDA) for use in portable



120px Memory card and including adapter

devices. The SD technology is used by more than 400 brands across dozens of product categories and more than 8,000 models, and is considered the de-facto industry standard.

There are other storage cards that have been sold in the market such as:

- Multimedia Cards
- Mini SD Cards
- XD-Picture Cards
- Intelligent Stick
- NT Cards

These are all memory card formats that are used to store video, photo and common document files. It all depends on your device.

From now on, you can be confident to use the proper terminology when asking for a Flash Drive.

Have a flashy shopping holidays.

Al Abdon
Hollywood Junkies Video



Memory Stick front and back

storage media, you know what proper words to say.

We begin with the terminology of USB. USB which stands for Universal Serial Bus was an industrial standard developed in 1990 that defines the cables, connectors and protocols used for connection, communication and power supply between computers and electronic



The Philippine Foundation of Montreal cordially invite you to a New Year's Eve Bash at the Marriot Hotel Court Yard Hotel on Cote Vertu/TransCanada on Dec. 31, 2011. The evening will start with cocktails, followed by sit-down dinner with wine, coffee/dessert. Midnight champagne to toast the New Year and sweet table. Cost \$90/person. It is a pleasure to have your company. For information, please call CARING AT 514 626 7635 OR NORMA AT 514-695-3740.



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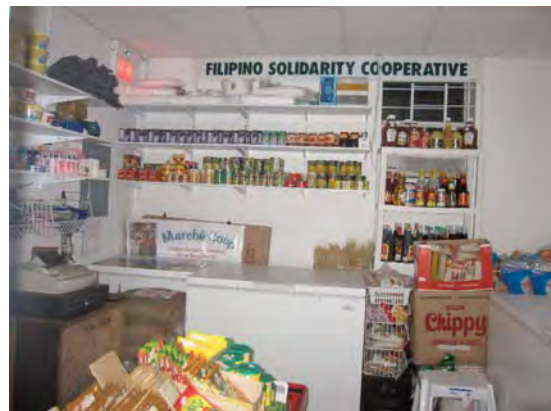
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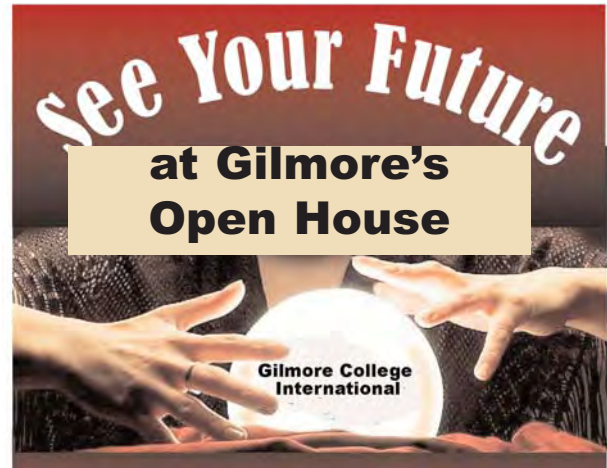
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Gilmore College International students participated in the Educational Day of the FNAQ (Filipino Nurses Association of Quebec) held last October 23, 2011 at 6767 Cote des Neiges, Montreal. Photo shows: standing from left: Laura Dizon, Marilou Hechanova, Edison Taguba, Grace Calvo, Annie Signey, Joesie Bingayen, Giselle Arellano, Vilma Lagonilla, Mildred Mendoza (PAB students), and Sophie Toledo (PAB instructor). Seated from left: Clarice Mackay, Edith Fedalizo, Zenaïda Kharroubi (Gilmore College faculty and administration), Gene Magalit, FNAQ President, Shirley Cabrera, FNAQ Director Const. & By-Laws, and Amy Manon-og, Gilmore College International PAB Instructor.



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SNOWDON





MENUDO



Ingredients
 300g pork loin, cubed
 200g pig liver, cubed
 3 cloves garlic, minced
 1 small onion, finely chopped
 1 large potato, cubed
 1 medium carrots, cubed
 1 small red bell pepper, chopped
 2 pieces hotdog, sliced
 85g raisins
 227g tomato sauce
 2 tbsp liver spread
 3 tbsp lime juice
 4 tbsp soy sauce
 3 tbsp cooking oil
 1/2 cup water
 2 bay leaves
 a dash of pepper
 a dash of salt

How to cook:

1. Marinate the pig liver in lime juice and soy sauce. Set aside.
2. In a casserole, heat 3 tbsp cooking oil. Saute garlic and onion until fragrant.
3. Add pork loin and let simmer until tender.
4. Add hotdog, potato, carrots, red bell pepper, raisins, bay leaves, tomato sauce, water and leave for 15 minutes.
5. Add the liver including the marinade. Let simmer for 5 minutes.
6. Add liver spread and leave for another 10 minutes. Stir occasionally.
7. Season with salt and pepper.
8. Serve hot.

Estimated cooking time: 1 hour
 Mechado Ingredients:

- * 1 kilo of beef cut into chunks
- * 1/8 kilo of pork fat cut into strips
- * 4 onions, peeled and quartered
- * 5 medium potatoes, quartered (optional: fried)
- * 1 medium sized carrot, sliced in 1/2" sections
- * 2 red bell pepper, sliced
- * 2 cups beef stock or 2 bouillon cubes dissolved in water
- * 3 bay leaves (laurel leaves)
- * 1/4 -cup vinegar
- * 2 cups tomato sauce or 1/2 cup tomato paste
- * 1 cup soy sauce
- * salt & pepper to taste

Mechado Cooking Instructions:

- * Cut an incision on the beef chunks and insert a pork strip in the middle (mitsa)
- * In a casserole, combine the beef (with the fat), tomato sauce, soy sauce, bay leaves and beef stock. Bring to a boil and simmer until the beef is almost tender
- * Add the vinegar and let boil for a minute or two
- * Add the potatoes, onions, carrot, and bell pepper
- * Let simmer until potatoes and carrots are cooked - occasionally stir to thicken sauce
- * Serve hot with white rice

Beef Mechado Cooking Tips:

- * Pressure cook the beef with the beef stock for faster cooking time.
- * Fry the potatoes before adding to the casserole.
- * Add 2 to 3 tablespoons of olive oil and stir when the mechado dish is almost done for added flavor

PINAKBET



Cooking time: 35 minutes

Pinakbet Recipe Ingredients:

- * 1/4 kilo pork with fat, cut into small pieces

- * 2 Amapalya (bitter melons) sliced to bite size pieces
 - * 2 eggplants, sliced to bite size pieces
 - * 5 pieces of okra, cut in two
 - * 1 head garlic, minced
 - * 2 onions, diced
 - * 5 tomatoes, sliced
 - * 1 tablespoon of ginger, crushed and sliced
 - * 4 tablespoons bagoong isda or bagoong alamang
 - * 3 tablespoons of oil
 - * 1 1/2 cup water
 - * Salt and pepper to taste
- Pakbet Cooking Instructions - How To Cook Pinakbet:

- 1). In a cooking pan, heat oil and fry the pork until brown, remove the pork from the pan and set aside.
 - 2). On the same pan, saute garlic, onion, ginger and tomatoes.
 - 3). In a casserole, boil water and add bagoong.
 - 4). Add the pork in the casserole and mix in the sauteed garlic, onion, ginger and tomatoes. Bring to a boil and simmer for 10 minutes.
 - 5). Add in all the vegetables and cook until the vegetables are done, careful not to overcook.
- Add Salt and pepper, as desired, to taste. Best serve hot with plain rice.

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Social Community Events



Winners of the costume contest during the Halloween fund raising party organized by the Daughters of Isabella at St. Malachy's, October 30, 2011. On the right is Amy Manon-og in Zoro costume.



Halloween Party costume contest organized by the Academy of Martial Arts Shown with the winners (extreme left: Jacqueline Uy, and on the extreme right is Annabelle Allosa, Gilmore College student and an active martial arts practitioner.)



Annabelle Allosa (seated at the center) held her birthday party at her residence and invited students and teachers from Gilmore College International on Sunday, November 6, 2011.



The newly-inducted officers of the BAQ led by San Tino (sixth from left) with the new Philippine Ambassador to Canada Leslie B. Gatan (on Tino's left) and FAMAS President Aurora Osdon (second from right) in front of the FAMAS Center (Photo by Budz Sarmiento)



The North American Filipino Star management gave a bon voyage dinner at La Pacini for Budz Sarmiento and other contributors to the newspaper. Shown here from left: Al Abdon, Willie Quiambao, Budz Sarmiento, Zeny Kharroubi, Bert Santos and Reuben Santos. Photo taken on November 17, 2011.



The newly-inducted officers of the Bicol Association of Quebec (BAQ), seated, from left, Tenne Rose Dayandante, Merle Valiente, Merly Nunez, Marilyn Amaro; standing, from left - Amador Yanto, Patrick Gotera, Doming Tayoto, San Tino, Adolfo "Boy" Nicholas and Vilma Nasol (Photo by Budz Sarmiento)



First dance lesson for Gilmore College International students being taught by Volvick Edouard, (on the right) former instructor from Arthur Murray Studio. Photo taken November 6, 2011.



Birthday celebrant Menchu Baluyot (seventh from left) with guests that include Filipino Star staffers Budz Sarmiento and Willie Quiambao, extreme left and extreme right, respectively

FILIPINO STAR SHOWBIZ GOSSIP

Maricel re-starts acting career, admits making mistakes



Maricel Soriano started in showbiz at six years old and, through the years, proved to the world that she truly deserves the crown "Diamond Star."

The Storm in Maricel's Life: Maricel Soriano was understandably nervous when she faced members of the entertainment media Sunday, Nov. 13, during a break in her new movie's pictorial.

It was her first time to sit down with a few members of media following that huge media scandal in July pointing to her as the tormentor of two former housemaids.

The case has remained pending, but the actress continues to remain non-committal on the subject. She spoke in generalities when asked to comment on the spate of personal issues that hounded her recently.

Using the term "unos" (storm) that hit her at her weakest, Maricel said it all started with the death of her mother, Linda, in 2010.

"There are things that are difficult to accept and deal with, but we have no choice in this life but to face them," she said in a rather formal tone.

It helped that when she said so, she was wearing a formal black gown with slits on both sides, her costume for that afternoon's pictorial held at Lily Monteverde's former residence on Valencia St., Quezon City.

While avoiding the issue of the harassment charges and physical threats leveled against her by her two former helpers, Maricel said she's facing "nang buong ningning" the battle she's currently embroiled in. "Gusto ko lang magpakatotoo," she said without elaborating. "Basta 'yun na 'yun," she emphasized.

At one point, but still speaking in

general, Maricel admitted she had made many mistakes in her life. Sorry, but that's as far as she would go on the subject.



Maricel Soriano and Gabby Concepcion lead the cast of 'Yesterday, Today and Tomorrow,' from left: Solenn Heussaff, Lovi Poe, Carla Abellana, Dennis Trillo and Paulo Avelino.

Maricel's 40th Year: Keeping herself on track, Maricel announced she's marking her 40th year as an actress this year. She started as a child actor in the 1970s.

She said she has been blessed to have been assigned another lead role in "Yesterday" by her long-time producer and movie mother, Lily Monteverde.

Maricel recently signed a management contract with Vic del Rosario, who's reportedly fielding her in a TV comedy series in early 2012.

What about a reunion comedy series with Cesar Montano, with whom Maricel co-starred in the highly successful "Kaya ni Mister, Kaya ni Misis" series back then? ■

Janelle improving, vows to seek justice for slain boyfriend Ramgen



Young actor and aspiring politician the late Ram Revilla was laid to rest Nov 2.

After undergoing a facial reconstruction surgery, the girlfriend of late actor Ramgen Revilla, Janelle Manahan, is doing good.

Janelle survived the night of Oct. 28 when Ramgen was murdered by hired killers. According to reports, she obtained a gunshot that entered below her left eye and exited through her right neck. This resulted to four fractures on her left and right cheeks, nose and jaw.

"Mas mabuti na po ang pakiramdam ko ngayon although physically weak pa po ako so kailangan ko ng tulong from simply sitting down, standing up. Emotionally naman po, so far I'm trying to be strong on my own. They say I might need a psychiatrist, if gusto ko," she said through a letter exclusively obtained by "The Buzz," Nov. 20.

Her father, Julius Manahan, earlier told ABS-CBN News that "sabi ng mga doctors, magkakaroon lang ng scars pero magagawan daw ng paraan," pertaining to Janelle's facial condition.

In the same "The Buzz" report, the actress aired her grief over reports claiming that Ramgen's siblings Ramona and RJ Bautista are pinpointed as masterminds behind the murder.

"Nasaktan ako [nang] malaman ko at patuloy na nasasaktan everytime na napapanood ko sa news... Alam ko kung gaano kamahal ni Ramgen ang pamilya niya. How clean his intentions are at kung gaano siya kabuti bilang tao," Janelle said.

The former "Star Circle National Teen Quest" finalist also asked the Revilla family to seek justice for Ramgen.

"Mahal na mahal kayo ni Ramgen. Sana wag kayo titigil hangga't hindi nahahanap ang hustisya na nararapat para sa kanya."

In an earlier report, Janelle related that she dreamt of the late actor and admitted that she misses him so much.



Janelle Manahan, Ramgen's girlfriend, is still recovering from the wounds she received, but is doing better.

She also wrote a poem for Ramgen.

Addressing her boyfriend, whom she was supposed to marry in 2013, Janelle said: "I will always love you! Thank you sa lahat-lahat. I will never forget you."

As soon as she gets better and is able to speak, Janelle vowed to do everything to help the family of Ramgen seek justice.

"Never ako titigil till I find you justice! You didn't deserve to die that way kaya ilalaban kita no matter what it takes," she said. ■

Charice resumes work after mourning her father



Charice's first show after a sad life's chapter happened Nov. 19 in California, USA.

Charice announced via Twitter her "comeback."

"Looking forward to seeing everyone at my show in SF," she posted Nov. 8.

The show, "Handog Pasasalamat: The Thanksgiving Concert," held at San Francisco Bay Area, is her way of expressing gratitude to supporters.

"Hi everybody. Thank you for all of the support and condolences. This has been a difficult time. But, my family and I are healing," Charice said in another Twitter post.

Charice will be back in the Philippines on Dec. 2 for a concert at the Newport Theater of Resorts World Manila. ■

The 19-year-old singer proved she is indeed a strong soldier like what her late father wanted her to be.

Ruffa not a relationship wrecker, answers all issues in interview

Following John Lloyd Cruz and Shaina Magdayao's joint interview about their alleged breakup, it is Ruffa Gutierrez's turn to say her piece in an effort to clear her name.

In her tell-all interview aired on "Paparazzi Showbiz Exposed" Nov. 6, Ruffa stood by her first statement that she didn't send a text message to John Lloyd first.

Shaina earlier claimed that she did send a text message to Ruffa but only to reply to the latter's first message to John Lloyd.

Who texted whom first?

According to the "Paparazzi" host, during Vina Morales' birthday concert (Ruffa, Shaina and John Lloyd were all present), she received a text message from John Lloyd's number dawn of Oct. 18 at exactly 1:33 a.m. that read "Shut up."

Ruffa replied at around 1:45 a.m. with "Excuse me?"

A reply was sent, still using the same number at 1:46 a.m.: "Shut Up! What do you want from me?"

Ruffa showed the thread of conversation from her phone to her co-host Mo Twister.

Several curse messages followed. Ruffa thought, "I already knew after all of the curse messages that I got na hindi si John Lloyd yun. Kasi si John Lloyd never sent me any messages na nagmumura."

"The person that was sending me messages kept calling me Sharmaine (Ruffa's real name) and hindi naman Sharmaine ang tawagan namin... Babe. That's why sinabi ko... So sabi ko, 'Babe, is this you?' Parang, gusto ko lang malaman kung siya yun. Obviously, it wasn't," Ruffa detailed.

Ruffa then related another incident proving she didn't send a text message to her ex-boyfriend.

"Siguro mga 15 minutes before I received the first message, there was a slight commotion towards the right part of the room. Pagtingin ng pinsan ko, at pagtingin ko, binubuhay na si



John Lloyd palabas ng Republik by four bouncers. The brother of John Lloyd and Shaina [were] also there and nakikita namin na tulog na siya.

"Ibig sabihin lasing na lasing na siya. And I've spent time with John Lloyd, I know pag nalalasing siya, pag binubuhay na siya palabas ng club, tulog siya until the following day. So sinong papadalan ko ng message, multo?" Ruffa said.

Describing how she felt upon receiving those nasty messages, Ruffa said, "Siguro na-bother ako nung text na 'f-king nothing... Stay the f-king hell away from us!'"

"You know naman, how dare you to say naman na 'stay away from us' when wala naman akong ginagawa? You know, yun ang pinakamasakit na

pinapalabas niya, na hanggang ngayon naghahabol ako. First of all, wala akong kailangang habulin. Kanyang-kanya na si John Lloyd."

Morning of the same day, Ruffa received an apology from John Lloyd.

"John Lloyd called me the next day. He first sent a message: '9:16 am, 'Can you take a call? I'm really sorry about last night. Hindi kita dapat idinamay sa problema ko. I hope you can give me a chance to fix this. I'm really sorry please give me a chance... sad face.'"

"So I replied, 9:16 a.m. I said, 'Please call me... sad face,'" Ruffa related, adding she was just surprised when she found out the John Lloyd and Shaina joint interview aired on "The Buzz."

Ruffa: 'I am not flirting with John Lloyd'

After being dragged to the John Lloyd-Shaina brouhaha, the former beauty queen maintained, "I am not a relationship wrecker!

"If you look back in the past, ako nga yung dinobol time. I'm not flirting with John Lloyd Cruz."

Ruffa also revealed being in a relationship at the moment.

"I'm inspired right now and, yeah, with someone else. And just like I was loyal to John Lloyd during our time, I'm also loyal to this person. So there's no way that I can flirt with him when I'm with someone else.

"Kung meron silang career na inaalagaan, ako naman may mga anak ako na dapat proteksyunan. I've been through so much in my life. I'm not bitter at all, I'm just so happy I'm back here in the Philippines. I'm free, I'm working again, but for me I'm doing this for my kids," she said.

Message to John Lloyd, Shaina

Hoping that her interview could lead to the issue's closure, Ruffa gave her message to John Lloyd and Shaina.

"John Lloyd, maraming salamat at klinear mo yung pangalan ko sa issue na 'to. And kagaya ng sinabi ko sa iyo noon, I'll be the happiest person pag ikaw talaga maging lalakang-lalake in the true sense of the word. Good luck.

"Shaina, you have nothing to worry about. I'm really sad that you thought I was disrespecting your relationship, but it's not the case. And I just wish you would tell the truth next time because you know, and I know, and John Lloyd and everyone knows that I was not the first to text. So, I hope after this interview, 'wag ka na ring magsalita. Pero kung gusto mong magsalita pa, I challenge you na ilabas mo yung cell phone ni John Lloyd at ipakita sa publiko kung ano ba talagang tine-text ko. Kasi alam ko sa sarili ko wala akong tine-text." ■

John Lloyd addresses alcohol issue; refuses to retaliate against Ruffa



John Lloyd Cruz avoids taking a swipe at Ruffa Gutierrez, who alleged about his alcohol problem

John Lloyd Cruz has finally addressed the issue raised against him by ex-girlfriend Ruffa Gutierrez—alcoholism.

In a report posted by Marie Lozano on "TV Patrol," Nov. 23, she noted that, "Kuwela sa kusina si John Lloyd Cruz

habang ipinapamalas ang kakayahan niya sa paggawa ng pizza. Hindi man lang mababakas kung apektado ang box office king sa mga intriga sa kanya."

"Natuon ang pansin kay John Lloyd matapos ang pag-amin nila ng girlfriend na si Shaina sa problema sa kanilang relasyon kung saan nakaladkad ang pangalan ni Ruffa Gutierrez. Sinundan pa ito ng tell-all interview ni Ruffa Gutierrez. Blow by blow na ibinunyag ng aktres ang relasyon, break-up at naging problema umano nila ni John Lloyd, ang babae at alak. Ngayon matapos ang matagal na pananahimik hinarap ni John Lloyd ang media."

On the issue of alcoholism, the actor explained that "never naman ako hindi naging healthy living."

He added that he's not a party person.

"Actually, alam mo hindi naman talaga ako gumigimik, 'yung mga

gimik like clubbing or going to the bars, hindi naman."

"Pinili ni John na 'wag nang himayin at sagutin punto por punto ang banat sa kanya. Mananatili daw siyang maginoo at hindi magsasalita ng makakasakit sa iba," Marie reported.

"Siguro ganoon ako pinalaki," the actor noted.

John Lloyd explains that it is not in his nature to retaliate.

"Hindi naman ibig sabihin pagka binato ka ng bato o 'pag may ginagawang masama sa 'yo o kapag inaagrabado ka dapat gumanti ka. At all times naman parang you try to do what's best, what's good, 'di ba? 'Yung hindi makakaapak sa iba o 'yung hindi makakasira sa iba."

Ruffa, in a no-holds barred interview on "Paparazzi," Nov. 6, revealed John Lloyd's alcohol problem.

"Let's first go to the problem na

sinabi niya sa akin na ayun, 'Hindi mo magugustuhan 'pag nakilala mo na ako.' And I said, 'Ano 'yun?' Then sinabi nga niya sa akin na, 'I drink a lot, hapon pa lang minsan umiinom na ako.'

"And of course coming from a relationship so volatile [and] abusive, ang sagot ko sa kanya, 'You can drink all you want till you turn blue, I don't care.' Pero naging problema 'yun, kasi there were times na we would go out, bigla na lang siya nakakatulog. Binubuhay siya palabas ng club, siyempre nahihiya naman ako. So that was our main problem," Ruffa shared.

When asked for a message for Ruffa, John Lloyd did not oblige.

"Wala po akong gustong sabihin kahit kanino. Nasabi ko na 'yung gusto kong sabihin."

"Tumanggi na ring magbigay ng detalye si John Lloyd sa estado nila ni Shaina na kababalik lang mula sa Amerika," Marie reported. ■

Showbiz Gossip *Continued from p.17***Cristine says she's ready to marry Rayver****Cristine Reyes & Rayver Cruz**

Actress Cristine Reyes said she wants to settle down five years from now.

"Gusto ko five years from now pero depende pa din po 'yan," Reyes said.

Reyes, who is now at the peak of her career and is in a relationship with actor Rayver Cruz, said she is now ready to marry.

But her manager and sister, Ara Mina, won't allow her because of her work.

"Alam nila open ako doon. Actually, sabi ko ngayon na, gusto ko nang mag-asawa. Kasi

dream ko talaga ang happy family. Pero alam ko hindi pa pwede, kailangan ko pang magtrabaho. So work, work, work, Save, save, save. Tapos after five years or seven years, saka na [ang kasal]," she said.

The actress admitted that as early as now, she sees Cruz as the man that she will marry.

"Opo (nakikita kong siya na) kasi po ayaw ko ng papalit-palit ng lalaki. Kasi ang mommy ko, tinuturo sa akin 'yon, na pangit daw 'yung ganoon. So sabi ko, okay, edi si Rayver na. Gusto ko eh 'yung gusto din ng mommy ko kasi 'yung kapag ayaw nila, pangit ang kinalabasan. Ito gusto niya. Di ba sabi nila, mother knows best," she said.

Reyes also noted how Cruz accepted her for who she is.

"Opo (nararamdaman ko siya na) kasi pinakaimportante talaga 'yung tanggal ka at mahal ka talaga," she said.

Last September, Reyes and Cruz celebrated their first anniversary as sweethearts. ■

Lovi Poe gushes over Jericho Rosales**Lovi Poe**

Lovi Poe is excited to finally get the chance to work with her all-time celeb crush Jericho Rosales.

"It's super great experience. Super galing ni Echo. As in, hands down, galing. Super galing niya," Lovi generously praised co-star Jericho in an interview during the photo shoot on Nov.13 for the film "Yesterday Today Tomorrow."

The daughter of the late Fernando Poe Jr., who has expressed her desire to work with Jericho ever since she started in the industry, admitted that she was star struck while working with him.

Apparently, she also got carried away in some of their scenes, saying, "Oo, actually, I feel like watching him."

Lovi and Jericho's movie, "Yesterday Today Tomorrow," is an

official entry to the Metro Manila Film Festival.

The 22-year-old actress further narrated her experience in working with her much-adored co-star.

"He's really good. Super funny siya sa set.

"Tapos, kapag seryoso, wala e...parang natural lang talaga sa kanya. He doesn't need any much motivation or anything," said the former "My Neighbor's Wife" star.

Lovi, who has been doing a number of sexy roles of late, likes her wholesome role in the film. According to her, there will be no love scene in the film between her and Jericho.

**Jericho Rosales**

The young actress explained, "Wala talaga, for a change. This time lang, walang masyadong sexy scenes on my part.

"It's really cool. Finally, I am doing something different naman." ■

Venus Raj now plans to embark on a singing career

After successfully transitioning to talk show hosting, Miss Universe 2010 fourth-runner up Venus Raj has admitted that she is preparing to embark on yet another career—singing.

As of the moment, Raj is busy with lessons meant to prepare her for this undertaking.

"Ginagawa ko talaga ang lahat ng pagpa-practice at lahat ng voice lessons para naman mag-improve ang aking boses," said she in a recent interview on ABS-CBN News.

Apparently, Raj has been quite passionate about singing even as young girl. Her fantasy was recently stirred when she was tapped to perform alongside singers Christian Bautista and Jericho Rosales. Though she enjoyed the experience, Raj admitted that she has a long way to go in proving herself a capable singer.

"Kailangan maging handa muna ako bago ako sumabak [ulit]," she added.

Among the dreams Raj has harbored is to record an album, and to hold her own concert. Most of all, she wants to perform alongside other recording artists.

**Venus Raj is set to fulfill another childhood dream**

The 23-year-old did not cite a particular name saying, "Sana may iba pang dumating [na pagkakataon], at sana 'yung talagang ano, 'yung feeling ko na feel na feel ko ang pagkanta 'pag kasama ko itong taong ito," she said.

Earlier, Raj expressed her interest in acting. Subsequently, she had a short stint in the fantasy series, "Mutya."

Raj currently co-hosts the early morning program show, "Umagang Kay Ganda." She also appears as

occasional host and performer on "ASAP Rocks!" and "Happy Yipee Yehey."

Just recently, she has been named the new Ambassadors for



Children's Rights and Welfare of the Department of Social Welfare and Development (DSWD).

DSWD Secretary Corazon Soliman said that they chose Raj for the post because the beauty titlist herself came from humbling beginnings.



Raj affirmed this in a statement saying, "Coming from a poor family, I went to school with merely one peso as my baon. What some people don't realize is how big the impact of cash grants to very poor families. I believe that with the role, I can inspire children to dream."

Prior to making a name for herself as a fashion model and beauty queen, Raj was a hardworking student who grew up in a modest hut in the rice fields of Camarines Sur. She graduated with honors from college. ■

Psychic's reading on Kris Aquino, Manny Pacquiao, Nora Aunor



Mhon Co discovered his gift at 6 but only explored it at 8

Few can guess that Mhon Co, the resident "psychic" of several titles under the Risingstar Printing Enterprise, actually honed his gift by telling the fortune of his passengers when he was still a cab driver.

"Sabay na para doble ang kita. Hinatid ka na, hinulaan pa kita," he quipped in a recent interview.

Turning serious, he added that he discovered his gift at age six but only---and reluctantly at that---explored it two years hence. His very first "clients" were his classmates in San Beda College.



Claudine Baretto & Raymart Santiago

Better known as Bro. Mhon, he also claims to be a Feng Shui expert and life coach.

As expected, Co was asked to give a reading of several local showbiz personalities. Though he said he has good track record---including predicting Pres. Joseph Estrada won't finish his term, Sen. Ping Iacosa would enter politics, and the downfall of the Marcoses---he reminded the press that only God knows for sure what's in store for the future and that predictions are just meant to "guide" people.

Here are some of Co's

predictions: Kris Aquino will run for politics and maybe against Vilma Santos for a top post in Malacanang; Marian Rivera and Dingdong Dantes will not end up married; Manny Pacquiao would still win in his rematch with Juan Manuel Marquez "but it will be Pacquiao's bloodiest fight;" Claudine Baretto and Raymart Santiago will not recover the P5 million they allegedly lost recently; German Moreno could have health problems next year; former president Gloria Macapagal Arroyo would be able to leave the country; Ramona Bautista is "somewhere in Europe;" and Nora Aunor will not recover her singing voice.



German Moreno

Co advises people to rely on their gut feel when it comes to trusting psychics.

"You'll know the real one dahil iba ang pakiramdam at iba ang advice nila. Yung sa akin, lagi kong iginigiit na importante ang pamilya at hindi ako mag-a-advise ng ikakasira nun.

"Plus, ang totoong psychic, hindi naniningil at kung magturing man ay maliit na halaga lang."



Kris Aquino

Co claims that the late Jojo Acuin has given him "blessings" to continue what the later has started. As Acuin's "heir," Co even holds office in the same one the former had. He claims to have not a few actor and politician clients. ■

Fellowship and Friendship aims to provide guidance and counselling to young Filipinos

By W. G. Quiambao

When Pastor Orland T. Racacho noticed the problems of the Filipino youth in Cote des Neiges in the late 70's, he and his wife, Lucy, coordinated a guidance and counselling program for some young people in the CDN-NDG boroughs in cooperation with CLSC and Lavioie Elementary School.

"There are problems of

guidance and counselling to Filipino students and young people who are new in the community," said Pastor Racacho. "The main objective is to promote mental health among the Filipino youth, assist them in career opportunities, promote genuine camaraderie, help them integrate into the mainstream of Canadian society and provide fellowship



CDN/NDG Mayor Michael Applebaum (right) cutting the ribbon during the dedication and opening of the Fellowship and Friendship Filipino Youth Centre on Sunday, 13th November 2011 as Rev. and Mrs. Orlan Racacho look on. (Photo taken by Budz Sarmiento)

delinquencies and use of drug," said Pastor Racacho. "I don't blame anybody in particular. The parents are stressed. They don't know where to go and they don't know who to talk to."

To pursue their mission, they founded Fellowship & Friendship, a non-profit organization dedicated to provide a program of activities for the Filipino youth.

Because of the recent acquisition of the Pomerantz House at 3737 Van Horne Avenue, Pastor Racacho and his wife are able to conduct their activities. A space in the school has been designated for the Fellowship & Friendship Centre, a special outreach mission for Filipino youth of the community which is open every Saturday afternoon. The youth will be guided to help them develop self-worth and character building. The theme is focused on Impacting Young Lives for a Better Tomorrow.

The Friendship & Fellowship Centre is directed by Pastor Racacho, a psychology graduate and former director of the therapy at the Douglas Hospital, with the assistance of his wife, Lucy, a retired nurse, Medianera "Medy", a retired officer, serves as a volunteer coordinator.

"The centre will provide

to promote wholesome attitude towards their peers, parents and respect to authorities and ultimately help them into a spiritual understanding of divine truth, the love and fear of God."

Pastor Racacho further explains that the concerns of the FF are to encourage the Filipino youth to concentrate on their studies and excel in their chosen careers; to inform and educate the Filipino youth about mental health and the consequences of a delinquent behaviour that could eventually lead to mental illness; to challenge the Filipino youth to channel their energies to constructive and wholesome activities.

"To implement the FF's program, we contact authorities and Filipino associations, publicize through the media, lectures and conduct social activities," said Pastor Racacho.

Activities provided by FF every Saturday afternoon include: education games, social interactions and a fun time activity such as table tennis or "ping pong".

For more information call 450-466-8711 or email: oracacho@yahoo.com



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Personality profile of the month Baluyot's passion is making people laugh

by W. G. Quiambao

A fan of Paul Baluyot asking him for an advice sent him this letter: "I have a co-worker named Steve, who is a first class A jerk. He is a peevish little dork who seems to be ruled by an obsessive jealousy of other people who are better at their jobs than he is. I feel like Steve is waging a one-man campaign against me and it is really bringing me down. What shall I do?"

Baluyot was quick to give this advice: "Give Steve a taste of his own medicine. When it feels like too much for you to handle, take a deep breath, find yourself a quiet part of your mind where you feel inner peace. Then in that quiet place, wish him trouble type of misfortunes like his ear getting bitten off by a daytime prostitute, losing a hand in a meat grinder or getting his penis ripped off by an elevator door. I hope my advice will prove to be useful and that you will find comfort knowing that someday, Steve will die."

Sick? Gross? Nope. Baluyot is just being funny. Known to be an expert on everything and nothing, he is the adviser columnist of FlipSides, a group that consists of Montreal comedians who create amazing and hilarious videos. He is also a stand up comedian who recites a fast-paced succession of humorous stories called "bits" and one liners which constitute what is typically called a monologue, routine or act.

"I have two brothers and one sister," said Baluyot. "They're all charismatic. That's why I was always looking for attention from my mother and Lola. I always made them laugh to get their attention. Sometimes, I'd dress up like Michael Jackson, sing and dance to entertain them. In high school, my favourite was public speaking. I like to be in front of people."

Baluyot explained that that there are no formal school for comedians to study. It takes pure talent for someone to be a comedian.

"It's fun but it's not easy," said Baluyot. "Stand up comics are expected to deliver a steady stream of laughs. They are always under pressure to deliver. If they can not make the audience laugh, they could be harassed or booed."

He added that stand up comedians usually perform in comedy clubs, bars, colleges and theatres where there are no restrictions on where their craft can be performed.

Baluyot used to host variety



shows when he was at John Abbot College, Dawson College and Concordia University where he opened for Rex Navaretti, the most successful Filipino stand up comedian in Los Angeles. He also has performed not only in colleges and universities in Ontario and Ottawa but also in comedy clubs in Montreal like Montreal Comedy Works and Montreal Comedy Nest. He has travelled to the Philippines where he performed for about a month in Manila and Quezon City.

"Although I can't speak Tagalog well, I cheated by picking up few sentences like 'Magandang gabi' and 'Maraming magandang dalaga rito', Baluyot said. "Everyone was nice. Filipinos are very hospitable."

Baluyot, whose favorite stand up comedian is George Carlin, a famous American stand up comedian in the 60s, gets his materials from real life experiences. For example the title of his show in Montreal last summer was The Froud to be a Pilipino Show. It was in reference to many Filipinos who have difficulty in pronouncing 'b' and 'v' and 'p' and 'd'.

A versatile artist, Baluyot is not only a stand up comic.

"I used to write poems, scripts," said Baluyot. "I'm also an actor. But I'm still young at acting. I'm still learning. It's a kind of offshoot from doing stand up comedy. I'm expanding my horizon. I did a bit of acting in Concordia University. I'm also a filmmaker making short films featured in Actra Short Film Festival."

He will travel across Canada in 2012, from January to February.

Add him to your twitter "@PaulBComedie" or on Facebook. Readers can also check www.flipsidecoemdy.com.

Deadline for entries to the New America award, February 9, 2012

The Society of Professional Journalists is pleased to accept entries for the 2011 New America Award. Given by the nation's largest and most broad-based journalism organization, this prestigious award honors public service journalism that explores and exposes an issue of importance to immigrant or ethnic communities living in the United States.

Read about last year's winner, "Civil War Kids: Young Somalis in Minnesota," series, by Minnesota Public Radio News.

To be eligible, work must have been published or broadcast during

the 2011 calendar year. SPJ welcomes nominations from media outlets, journalists, community and issue advocacy groups, individuals and others concerned with ethnic issues.

Entries for the New America Award must be postmarked by Wednesday, Feb. 9, 2012. There is no entry fee.

For more information, please contact Lauren Rochester at (317) 927-8000 ext. 210 or lrochester@spj.org. Sincerely, Abby Henkel, SPJ Communications Coordinator

FAMAS' Open House is a day to remember

by W. G. Quiambao

They were all good signs - passersby looking at the scary sight of a hearse and tombstones in front of the FAMAS Community Centre and others simply having fun posing for souvenir pictures beside the hearse. The transformation of the FAMAS place into a haunting place caught the attention of

Scariest).

Since it was Halloween, the children were not the only ones having fun but also the adults. The adults who were judged best for their costumes were: Joy Bernal (The Cutest), Al Abdon (The Scariest), Best Costume (Shinette Khoury), Best Original



Halloween celebration and open house at FAMAS. Shown here are some officers and members led by Shinette Khoury (3rd from the left). Photo by Budz Sarmiento

the public. The efforts of the FAMAS Executive board, ex vice president Shinette Khoury who provided the hearse and Pagsibol young leaders who set the face-painting booth paid off.

The Open House held last October 30 was a day to remember. About one hundred people, children and their parents and FAMAS members and even non members who attended the event, were warmly welcomed by the Executive Board. The event was more like a family affair - relaxed and friendly.

The excited children, who all came in colourful and unique Halloween costumes from monster to tiger, enjoyed eating candies and popcorn and playing games like musical chair.

The following children who were specifically cited for their costumes were: Zoe Matic (Best Costume), Nethon Goldemberg (Best Original), Jordan Goldemberg (The Cutest) and Khahil Bernal (The

(Monique Regacho).

Being the hosts, the members of FAMAS Executive Board came in costumes too: Au Osdon (Arab Woman), Alex Sy (Monster), Gene Santander (Prince of Zorrow), Ramon Vicente (Cowboy), Melle Lugod (Miss Diana Ross), Joan Junio (Darna), Gina Medina (Bird), Rose Marie Arellano (Wicked Witch) Alia Razul (Lady in Red), Al Obdon (Scary Bear) and Debbie Resurrection (no costume).

Letting their hair down to show their crazy dance moves for fun were Vicente, Abdon, Arellano and Khoury.

Osdon, president of FAMAS, gladly thanked all those who attended and invited their family and friends to the following events next month:

December 3- Bake Sales, FAMAS Center, 10 a.m. to 3 p.m.

For more information, call FAMAS at 341-7477.

CALLING ALL LIVE-IN CAREGIVERS - \$10,000 in scholarships available

Toronto, Ontario -- A total of \$10,000 is available for those who are, or were previously, live-in caregivers to apply for the 2011 UFCW Canada Migrant Workers Scholarships Program.

After a phenomenal response last year that generated over 4,000 applications from migrant workers from around the globe, the UFCW Canada Migrant Workers Scholarships program has expanded by offering 20 scholarships of \$500 each.

Live-in caregivers who entered Canada to work under the Temporary Foreign Workers Program are eligible to apply. The applicant can nominate his or her children, grandchildren, sisters, brothers, nieces, and nephews. The Nominee

child may be living in any country, can be of any nationality, must be between 4-25 years of age, and must be attending or hoping to attend an educational institution. A live-in caregiver applicant can send in as many nominees as she or he wants but a separate form must be filled out and sent separately.

Hurry! Application deadline is December 31, 2011 at 5:00 p.m. Application forms in Pilipino and English are available online at www.ufcw.ca/migrantscholarships. You can also mail a completed application form to:

UFCW Canada Migrant Workers Scholarships 2011
300-61 International Boulevard, Toronto, Ontario, Canada, M9W 6K4
Only those accepted to receive the scholarships will be notified via registered mail or email by March 31, 2012.

The Impending Death of Wine Snobbery

By David White



Americans enjoy wine. Last year, we surpassed France as the world's largest wine-consuming nation. But too often, we're intimidated by it.

Wine Enthusiast's Steve Heimoff recently wrote about the "poison" of wine snobbery "that continues to make so many Americans wary of wine." As he explained, "[Consumers] can sense it, like a 'Don't come in here, you don't belong' exclusionary velvet rope."

Fortunately, this is changing -- fast. Across the country, Americans are embracing wine. For evidence, look no further than your closest Olive Garden.

With 721 locations nationwide, it's no surprise that the restaurant chain serves more than 600 million breadsticks and 165 million bowls of salad each year. But the restaurant also serves more wine than any other chain in the United States. In 2006, Olive Garden sold more than 500,000 cases of wine.

In part, Olive Garden sells so much wine because it takes education seriously. As wine economist Mike

Veseth has written, "many restaurants expect that their wait staff will pick up wine knowledge -- Olive Garden really works at it, by providing literally hundreds of thousands of hours of training." The restaurant also gives away free samples, where legal. In 2006, it gave away 30,000 cases of wine, which equates to 4.5 million pours.

These efforts demystify wine. It's no wonder why Veseth has described Olive Garden as "the optimistic future of American restaurant wine."

Another company - CellarTracker! - is also combatting the poison of wine snobbery.

In 2003, Eric LeVine, a Microsoft executive, built a data-management program for his wine cellar. When he showed the program to some friends, they begged him to share it. So he put the program online, where friends could track their personal inventories and share tasting notes. LeVine then decided to make his program available to everyone, for free.

Today, about 500,000 people visit CellarTracker each month, and nearly 2,000 wines are reviewed on the site each day. This means CellarTracker users review more wines in just six days than Robert Parker, the world's most well known wine critic, reviews in an entire year.

The site isn't just used by wine junkies -- about 90 percent of its visitors aren't registered. As wine writer Jeff Siegel once wrote, "this means people aren't going to CellarTracker to mark off a wine after they drink it; they're going to CellarTracker to read wine reviews written by amateurs."

This runs counter to so much of

what's sacred in the wine world. We're supposed to decide what to drink based on the advice of prominent wine critics - not mere amateurs.

It's about time. Last time you visited a new restaurant, you probably logged onto Yelp before leaving. Before your last vacation, you probably spent some time perusing TripAdvisor. Book purchasers are more likely read the reviews of amateurs on Amazon than seek the advice of New Yorker's literary critic.

Wine consumers are no different. We still need advice, of course, and professionals are still important. But today's consumers are also comfortable turning to local specialists, like the staff at Olive Garden, and knowledgeable amateurs, like CellarTracker users, for advice.

This also helps explain why neighborhood wine shops are more important than ever before. Across the country, specialty wine shops are taking off. Many don't post reviews from wine magazines, as they see scores as an impediment to interacting with consumers. So instead, they pay attention to consumer preferences, offer food-and-wine pairing advice, and steer customers toward interesting wines.

The list goes on. Hip sommeliers are also combating wine snobbery, as are enthusiasts of local wine, from the farmers who grow the grapes to the bloggers who cover the movement.

The impending death of wine snobbery is welcome. Wine has been with us for millennia, so wine appreciation shouldn't be reserved exclusively for the connoisseurs.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Wines.com, the fastest growing wine portal on the Internet.

Canadian Wine

Canadian wine is produced in mainly southern British Columbia and southern Ontario. There is also a growing number of small scale producers of grapes and wine in southern Quebec and Nova Scotia. The two largest wine-producing regions in Canada are the Okanagan Valley of British Columbia and the Niagara Peninsula of Ontario. Other wine-producing areas in British Columbia include the Similkameen valley, the Fraser Valley region near Vancouver, southern Vancouver Island and the Gulf Islands. Other areas in Ontario include the shores of Lake Erie and in Prince Edward County.



Vineyards near Lake Okanagan in British Columbia

The Canadian wine industry also vinifies imported grapes and juice. These products are labeled Cellared in Canada and are not required to conform to the strict Vintners Quality Alliance content regulations.

Icewine, which can be produced reliably in most Canadian wine regions, especially the Okanagan Valley, is the most recognized product on an international basis. Canada produced 75.9 million litres of wine in 2002 (0.3% of world production).

Source: Wikipedia

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CFCAQ conducts drug addiction seminar

by W. G. Quiambao

Joseph, whose parents hail from Cebu, had a good upbringing. He dreamed to be an accountant but his dream was ruined when at the age of fifteen, he was introduced to drugs by his friends. His addiction was just recreational but he lost control of himself. Drugs became his priority in life.

"It was like having a bottle of

Trevor, 33, was about 17 years old when he started using marijuana. His addiction was not overnight. It was progressive. He crossed the threshold when he could no longer function without alcohol and cocaine for ten years.

"I ruined my relationship with my family and friends," said Trevor. "I lost my job. My mother was paying for my rent. I lived on the streets. I



James de la Paz, CFCAQ president (6th from the left) poses with participants of the seminar. Rey Balansi (3rd from left) of the Knights of Rizal, assisted in the presentation of certificates.

beer," said Joseph. "After one beer, you want some more."

He confided that he was not the only one in pain but also his family. Despite this, he had an illusion that he could control his addiction. Everything would be okay. Instead, drugs brought him to a place where there was a despair - no light, no future, no hope. His mother cut him out from her life and sent him to rehab out of love.

"That was the best thing that had happened to me," said Joseph. "I got back my family- my father, my mother and even my nephews and nieces. I couldn't describe my feelings when I heard them say 'Tito is back'.

Joseph still sees the sickness and disease of drug addicts. He believes that it is through the grace of God that he is not in the same journey anymore. What he does now is to convey a message that there is still a glimmer of hope for them. If I can do it, they can do it too, he said.

Cognizant of the drug problems that affect Filipinos in the community, the Council of Filipino-Canadian Associations of Quebec, in collaboration with Pavillon Foster, a private rehabilitation centre, conducted a drug addiction seminar on November 4 at 6767 Cote des Neiges. In attendance were two PF counsellors, about 30 community members and four former alcoholics and drug addicts who unabashedly shared their touching and moving stories.

"They need help," said James de la Paz, president of the CFCAQ. "There's nothing embarrassing about it. What is important is for them to seek help. Recognize they have problem."

Pavillon Foster, established in 1964, is funded by the Ministere de la Sante et des Services sociaux to provide rehabilitation and social integration services to the English speaking people in Quebec.

couldn't function without drugs."

His family wanted him to stop using drugs but everytime he tried it, he failed. Finally, he begged his parents to find support for him. His mother contacted Pavillon Forest where he was treated as an outpatient for 28 days.

"I found out that there were solutions to my problem there," said Trevor.

Trevor, who has been living with his wife and 3-year old kid, has been sober for three years now.

Johnny was fourteen when he started experimenting with drugs. He was living in misery everyday. There was always fear. He was drinking alcohol, using needle and sometimes, weeds. There were mornings when he would wake thinking where to get money to buy drugs. It was an obsession. There was no rule in his life. He would rob his family, his friends, anybody.

"Everything good was taken from me," said Johnny. "It's amazing what addiction could do to prove that I wasn't an addict. I was in denial. I couldn't accept myself."

The spiritual awakening came when his brother died of overdose. He went to Ontario to seek help. It has been three years since he has been rehabilitated.

"Cocaine Anonymous is a place that I was looking for," said Johnny. "I know that the addicts there have suffered and cried like me. But I found a place. It's a miracle. Maybe, there is God. Maybe, there isn't. What happened to me was a gift from God. I felt I was a human being again."

Nathalie Ordonea, a Filipina and one of the two PF counsellors, explained the warning signs how to tell that a person is addicted to drugs. "There are changes in academic performance like poor grades. There are changes in social circle, changes

in personal priorities, changes in behaviour and moods and physical signs like weight loss, fatigue, etc."

Stephanie Leblanc, a PF counsellor, gave the following advice to the families and friends of drug addicts: "Listen without judging, show love and affection, be involved like asking question about your teens daily and weekly activities, spend time with your teen and be informed."

Get help for yourself."

PF offers services like Adult AOD (inpatient and outpatients), Adult Problem (inpatient and outpatient), Youth AOD and Problem Gambling (outpatient) and Entourage (outpatient).

For more information, call Pavillon Foster 514 327-3469 (51354)

UP alumni share memories

by W. G. Quiambao

Some are alumni of the University of the Philippines in the 50s, 60s and in the 70's but they still got together for an informal gathering. The event was organized by Denie Guloy, a columnist of the Filipino

finally, St. Mary's where I stayed for 16 years."

Zavalla, who has never married, moved to Ryada, Saudi Arabia in 1988 and retired in 2009.

Evelyn Nava, who helped coordinate the event, has fun



A souvenir photo of UP alumni who shared a buffet supper at Vichy Place in LaSalle on Friday, November 4, 2011. Photo courtesy by Budz Sarmiento of the N.A. Filipino Star.

Forum, on November 4, at Buffet Vichi About 25 alumni, including some members of their families attended.

"This is the second time we're doing this," said Guloy. "The first one was in 2008."

Many of them shared memories of their days at UP.

Carmen Zavalla, a graduate of nursing in 1957, recalls that there

memories when she was a student. She graduated in 1966 with a BSN degree. "I wasn't an intelligent student," Nava humbly said. "But I made it. It took hard work."

In Canada, she worked as a nurse at Maimonides Hospital and Montreal Neurological Hospital. She now lives in Cote St. Luc where once in a while, she works as a volunteer.

Raul Peralta, who lives in



Raul Peralta and his family taken during the UP alumni gathering at Vichy Place, November 4, 2011. Photo by Budz Sarmiento.

were only 21 students who graduated then.

"Originally, there were 35 nursing students but some of them shifted to another course," recalled Zavalla. "We're busy then. We had no time to get involved in any extracurricular activity. We finished the course in 4 years, instead of 5 years."

Zavalla went to work in the USA. When her visa expired, she moved to Canada in 1966.

"I worked at the Jewish General then Montreal General and

Brossard, has a degree in Business Economic and MBA. He works in the Finance Department of International Civil Aviation.

"I'm from Nueva Ecija so I had to board in Manila," explained Peralta. My first taste of freedom was in college. I had lots of good friends in the dorm and I did what typical college students did.

"We plan to do this again in 2012," said Guloy. "We're planning to organize something big."



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