

Philippine President Duterte's ally backtracks on call for 'separation' from U.S.

Duterte's trade minister Ramon Lopez tried to finesse the word, the latest in damage control efforts surrounding the president.

By EMILY RAUHALA The Washington Post
Fri., Oct. 21, 2016

That was quick.

On Thursday night in Beijing, President Rodrigo Duterte called for a military and economic "separation" from the United States. From now on, he told a crowd, it's the Philippines, Russia and China "against the world."

Or not. On Friday, Duterte's own trade minister, Ramon Lopez, sought to "clarify" the comment. "The president did not talk about separation," he told CNN Philippines — apparently trying to finesse the word used by Duterte.

"In terms of economic [ties], we are not stopping trade, investment with America," he said.

But he did not attempt further interpretation of Duterte's remarks and the apparent pro-China shift in the



Philippine President Rodrigo Duterte interacts with reporters during a news conference upon his arrival from a four-day state visit in China. From now on, he said Thursday, it's the Philippines, Russia and China "against the world." (LEAN DAVAL JR / REUTERS)

country's global outlook. "(Duterte) has decided to strengthen further and rekindle the ties with China and the ASEAN region," Lopez said, referring to the Association of Southeast Asian Nations.

The spin-doctoring comes less than 24 hours after Duterte met with Chinese President Xi Jinping, agreed to resume bilateral talks on maritime disputes in the South China Sea, then effectively asked the United States for a divorce. "Your honours, in this venue I announce my separation from the United States ... both in military and economics also," Duterte said.

Philippine President Rodrigo Duterte interacts with reporters during a news conference upon his arrival from a four-day state visit in China. From now on, he said Thursday, it's the Philippines, Russia and China "against the world."

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US Presidential polls: Clinton team warns on complacency as Trump camp admits "We're behind"

Hillary Clinton's increasingly confident campaign has warned against complacency, as new poll numbers suggested Donald Trump may drag Republicans into a rout in just over two weeks time.

In the final days after their televised debates, the candidates have adopted starkly different tactics to reach the more than 200 million Americans who have registered to vote in the election.

While Trump has doubled down with raucous swing state rallies that some have compared to a rock music tour, Clinton is spending heavily on TV advertising and local organising, with an eye toward states in once safely Republican territory.

The strategy could take the candidate well past the 270 electoral college votes needed to win the White House, and marks a turn to helping other Democrats win back control of Congress.

Speaking at a rally in Orlando, Florida on Sunday night, Democratic vice-

presidential candidate Tim Kaine said data from early voting states suggested Clinton was headed toward a "very big and historic win" on 8 November.

However, Clinton campaign aides insisted they had not discounted the risk that Trump could benefit from an unpredictable 2016 electorate, especially in swing states like Ohio where polling remains tight.

"These battleground states are called that for a reason," her campaign manager, Robby Mook, told CNN on Sunday. "They are going to be incredibly close. We don't want to get ahead of our skis here. We are just as focused on Ohio, Iowa, Florida as we have ever been."

Trump advisers acknowledge they are facing an uphill battle, but maintain the country's anti-establishment mood will work in their favour in the final few days.

"We are behind," campaign manager Kellyanne Conway told NBC. "She has some advantages, like \$66m in ad buys



Hillary Rodham Clinton



Donald Trump

just in the month of September. She has a former president, happens to be her husband, campaigning for her, and she's seen as the incumbent."

Conway argued that the electoral map, reshaped by Trump, would benefit the businessman. "Our advantage going in when we're behind one, three, four

points in some of these swing states that Mitt Romney lost to President Obama," she said, "is that Donald Trump is just going to continue to take the case directly to the people.

"He doesn't expect to be able to cut

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EDITORIAL

Do we have grounds for concerns about the administration of President Duterte?

President Rodrigo Duterte has been in office since June 30, 2016 - barely four months ago - and he has already uttered many remarks that are both controversial and shocking to most people. Perhaps, it is his radical style that we are not used to that makes us wonder if the people made the correct decision of electing him as the 16th president of the Philippines.

Although he has remained popular among the people, it is not clear how much longer will it take before the people understand the consequences of his actions, and his seemingly erratic behavior on the international stage. Who will have faith in his government if he continues to behave in such a manner that no one can be sure if he is joking or if he is serious about sudden policy changes? Or are they really policies or just statements he does not really mean?

Many news reports cite the increasing number of extra-judicial killings since Duterte came into power which have alarmed other world leaders. His reaction is typical of his character - instead of justifying what he is doing, he swears and uses expletives. Consequently, President Obama cancelled his one-to-one meeting with him.

There are two opposing views of President Duterte's administration, according to editorial writers - "The adoration of his supporters is matched only by the revulsion of his critics. To them, he is a threat to democracy, a sexist punk, a man for whom nothing is holy. He is the cold-blooded murderer whose respect for human rights is a self-admitted cop-out. He is a symbol, not so much of hope, as of despair, the vote of people so jaded they can no longer tell good change from bad."

In his campaign platform, he promised to eradicate the drug problem in the first 6 months of his presidency but in fulfilling this promise, he has resorted to questionable methods of having many thousands of drug pushers and addicts killed. An analysis of his 100 days presents the harsh reality of "Duterte's obsessive focus on his deadly crackdown on illegal drugs, a hallmark of his three-decade political career, has single-handedly defined his early days in the presidency. It has become his boon and bane and earned

widespread condemnations when he compared it to the Holocaust under Hitler. A rough estimate puts the death toll at about 3,600, including more than 1,300 suspects killed in gun battles with police — an average of 36 killings a day since he took office on June 30.

The scale of the crackdown has been unprecedented, with the police launching more than 23,500 raids so far and arresting 22,500 suspected drug dealers and addicts. More than 1.6 million houses of drug suspects have been visited by police to invite them to surrender and stop using drugs or disengage from the drug trade. About 732,000 addicts and dealers have surrendered, apparently for fear of being killed, overwhelming Duterte and the national police and prompting them to scramble for land and money to build rehabilitation centers."

These staggering statistics pose a question - are they all declared guilty before proving their innocence? Are the leaders of the drug syndicates included in these massive operations?

President Duterte has proven to be a fearless man who speaks his mind without much thought, and makes people believe that he really loves his country and that he really wants to serve the people. But there are known examples of leaders who did not use such violent methods to establish law and order in a province or municipality. Secretary of the Department of Interior and Local Government (DILG) Jesse Manalastas Robredo who died in a plane crash was recognized for good governance in Naga City where he was the mayor for 18 years.

President Duterte's unorthodox ways of governing the country seem to be getting out of hand. Latest reports indicate that the economy is being affected by his unpredictable behavior.

A critic advises: "What the Philippines needs today is for Duterte to end his outrageous tirades, maintain the respect it earned during the Aquino Administration, implement policies that ooze with common sense, and adopt a long-term orientation toward achieving regional peace, stability and cooperation. Whether that can be achieved under Duterte remains highly doubtful."

Evidently, this uncertainty is a good reason to be concerned.

Digong was the Manchurian candidate all along!



Then Mayor Rodrigo Duterte meets with Chinese Consul General Song Ronghua (left) and his party during their courtesy call at Marco Polo Hotel during the presidential campaign. (Credit: Bing Gonzales)

In Philippine elections, presidential candidates are labeled according to their perceived political persuasion or ideological beliefs. However, political persuasion doesn't really matter in Philippine politics because Filipino politicians change their political affiliations to suit their personal objectives. There are the "Amboys" (American Boys). There are the "balimbings" (political turncoats and opportunists). And there are the "Manchurian Candidates" (secretly aligned with China).

The Philippines, which is considered pro-American in every meaning of the word, has always been allied with the U.S., politically, economically, militarily, and culturally (there are five million Filipinos living in the U.S.) since she gained independence from Mother America in 1946. But "independence" from America hasn't really been deeply rooted because of the interdependence of the two countries on matters of foreign policy, economics, and national defense, so much so that the Philippine government didn't see the need for a strong navy and air force to defend her sovereignty and territorial integrity.

With three defense agreements that exist between the two countries - Mutual Defense Treaty (MDT), Visiting Forces Agreement (VFA), and Enhanced Defense Cooperation Agreement (EDCA) - the Philippines feels safe knowing that Uncle Sam would come to her defense against foreign invaders, notably China. And this airtight fusion,

which was sealed with the blood of Filipino and American soldiers who fought side by side during World II, has endured to this day. Indeed, a Social Weather Stations (SWS) survey taken recently showed that Filipinos trust America more than China. It's a testament to the strong ties between the two countries.

It is in this regard that pro-American candidates win in elections. To be perceived as anti-American would be a "kiss of death." Take the case of then Vice President Jejomar Binay who was accused of being a "Manchurian Candidate," which might have been a major factor in his defeat.

Extra-judicial killings

duterte-assault-rifle-1 Indeed, Duterte might have been the perfect "Manchurian Candidate." The fact that he belonged to a minor - hardly heard of - political party and whose ideological beliefs are in the fuzzy shades of gray, Duterte marketed himself as a populist crime-fighter, which the people bought hook, line, and sinker.

Never mind that he had been suspected of allegedly masterminding the extra-judicial killings by the notorious "Davao Death Squad" or DDS - which was oftentimes referred to as the "Duterte Death Squad." Never mind that he was once sympathetic to - or part of - the New People's Army (NPA). Never mind that he had admittedly killed a convicted felon for raping and murdering an

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7159 ch. de la Cote des Neiges
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Zenaida Ferry Kharroubi
Chief Editor & Publisher

Al Abdon
Fely Rosales Carino
Michael Davantes
Columnists

Sam Kevin
News & Layout Editor

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Australian missionary.

He skillfully – and cleverly — walked a political tightrope, avoiding slipping to the right or left, which if he did might have ended his campaign. He was a Don Quixote riding a motorcycle and carrying an assault rifle. And he threatened to ride a ski jet to the Scarborough Shoal and plant the Philippine flag. People could hear “Digong, Digong, Digong...” like tinnitus ringing in their ears. And they could hardly wait to see the 100,000 dead bodies that he promised to dump into the Manila Bay to fatten the fishes.

Kingmaker

FVR and Digong.

But if there was one person who is

On U.S.-Philippine relations, FVR – who was a West Point graduate – said: “Equally discombobulating are the mix of ‘off-and-on’ statements by P. Digong on Philippines-U.S. relations, particularly on security and economic matters.” He also criticized Digong for berating U.S. President Barack Obama, U.N. Secretary General Ban Ki-Moon, and terminating RP-U.S. military exercises. “So what gives??” he asked. “Are we throwing away decades of military partnership, tactical proficiency, compatible weaponry, predictable logistics, and soldier-to-soldier camaraderie just like that?? On P. Du30’s say – so???”

“America has lost!”



The new triumvirate

The new triumvirate: Duterte, Xi, and Putin.

With \$13.5 billion in deals to be signed between China and the Philippines, Duterte couldn’t contain his exuberance. He told the audience: “I’ve realigned myself with your ideological flow and maybe I will also go to Russia to talk to [President Vladimir] Putin and tell him that there are three of us against the world – China, Philippines and Russia. It’s the only way.” Is this the “new triumvirate” that would create a new world order... or should I say, disorder?

Whatever came to his mind to include his Third-World country in the company of China and Russia against the world, reminds me of someone who once said, “It’s like shooting a loose cannon. There is lot of noise, but no substance – and worst of all, no voice.”

Indeed, Digong has been trying very hard to amplify his dissatisfaction against the U.S. But the U.S. is not convinced that Digong has the courage to cut loose from Uncle Sam’s protective embrace. What is Digong going to do when the Red Dragon starts reclaiming the

Scarborough Shoal? What is he going to do when China tows away the old and rusty BRP Sierra Madre that has served as the Philippines’ outpost to protect the Ayungin Reef from Chinese reclamation? What is he going to do when China evicts the Filipino settlers on Pag-Asa Island in the Spratly archipelago? What is he going to do when China declares an Air Defense Identification Zone (ADIZ) over the West Philippine Sea? What is he going to do when China declares a 200-mile exclusive economic zone (EEZ) all around the islands, reefs, and rocks in the West Philippine Sea? What is he going to do when China declares the Recto Bank off limits to Philippine oil and gas exploration? And what is he going to do when China claims the Benham Rise as her territory?

In the final analysis, nobody had any inkling that Digong was the “Manchurian Candidate” all along! And with all the hoopla that his pivot to China has created, the people have to look back at his first 100 days in office – just like what FVR did – and ask themselves: Do we want Digong to pursue a China-centric foreign policy at the expense of a century of building mutual trust between the U.S. and the Philippines?

(PerryDiaz@gmail.com)
(Source: [BALITA-USA] GLOBAL BALITA)



FVR and Digong.

credited for making Digong run for president, it was former president Fidel V. Ramos, or FVR as he’s often called. While Duterte acknowledged that it was FVR who encouraged him to run, rumor has it that on one of his trips to see Digong in Davao, FVR brought with him a huge bag, which he handed to Digong. Apparently, whatever was in the bag, it convinced him to run. As the old adage says, “Put your money where your mouth is,” FVR might have done just that. But of course, it was just tsismis.

But on a more serious tone, FVR criticized Digong in an article he wrote for the Manila Bulletin titled, “Du30’s first 100 days – Team Philippines losing.” He said: “In the overall assessment by this writer, we find our Team Philippines losing in the first 100 days of Du30’s administration – and losing badly. This is a huge disappointment and let-down to many of us.”

Duterte and his new patron Xi Jinping.

In a media interview upon his arrival in Beijing last October 18, Duterte said, “The only hope of the Philippines economically, I’ll be frank with you, is China.” He described his visit as the “defining moment” of his presidency. “Maybe because I’m Chinese,” he said.

But what surprised the public was what Digong bluntly told Chinese and Philippine business people at a forum in the Great Hall of the People in Beijing on October 20. “In this venue, your honors, in this venue, I announce my separation from the United States,” he said. He declared that he had realigned with China, saying: “Both in military, not maybe social, but economics also. America has lost!” Nobody could have been happier than Chinese Vice Premier Zhang Gaoli who was seated a few feet away from Digong at the podium.

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From Page 1 President Duterte

Lopez's damage control is the latest in a string of flip-flops, walk-backs and backtracks that have come to define Duterte's tenure, leaving Filipino and foreign observers unsure where rhetoric ends and real policy moves begin.

Duterte, a longtime mayor, swept to power in June, promising "war" on drug users and criminals. During his campaign he talked about shelving maritime quarrels if China built a railway on his home island, then vowed to ride a Jet Ski to a contested shoal in the South China Sea to plant the Philippine flag in a rebuke of China's

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through the noise and the way we're treated by some, so he's taking the case. He's going to visit all of these swing states many times and we feel that with Hillary Clinton under 50% in some of these places, even though she has run a very traditional and expensive campaign, that we have a shot of getting those undecided voters."

Eric Trump, the nominee's son, echoed these sentiments but rejected the idea that his father was playing to his base of support. ABC host George Stephanopoulos pressed the case, asking whether the businessman might be "in a bubble of your own support". Trump answered: "No, I don't – I don't think so at all."

Some Republicans are sceptical Trump

The Trump Gettysburg Speech: Donald Trump's 'First 100 Days' Speech Not Exactly Lincoln's Gettysburg Address

October 22, 2016 The following is entirely the opinion of Daniel Ketchum and does not reflect the views of the Inquisitr

The hour-long delay in the start of the Trump Gettysburg speech at the Eisenhower Complex today didn't exactly bode well for Donald Trump, the speech, or its contents. While Trump supporters were no doubt hoping for something as stirring as Lincoln's original Gettysburg Address, all Trump delivered was more of the same tired attacks, insinuations, and racism.

In speaking at Gettysburg, Trump was attempting to tie himself and his campaign to his Republican predecessor, Pres. Abraham Lincoln. Unfortunately – in the Donald Trump Gettysburg speech – the parallels don't quite ring true. Certainly, when Trump says "of, by and for the people," he clearly didn't mean the same thing that Lincoln did in the Gettysburg Address. Lincoln and the Trump Gettysburg Speech

In Lincoln's Gettysburg Address, Abraham Lincoln referred to the "proposition that all men are created

claims.

Four months into his tenure, his plans and platform are still in question. Every few days, he makes a comment that could, if pursued, redefine the regional order. The next day, one of his ministers or spokesmen is forced to walk the comment back.

When Duterte threatened to end annual military exercises with the United States, his foreign minister, Perfecto Yasay, was caught by surprise. When the president called for the withdrawal of U.S. Special Forces from the southern island of Mindanao, he did not bother to tell the U.S. Embassy.

can find a way to win. Karl Rove, who masterminded George W Bush's narrow election victories over Al Gore and John Kerry, was sceptical on Sunday that there was enough time left.

"I don't see it happening," he told Fox News. "Maybe it could, but I doubt, in the just over two weeks we've got left and conducting the kind of campaign he is conducting, that he is going to be able to swing one out of every 10 voters."

The Clinton campaign remains confident that it can spare resources on punishing the Republican party for standing with Trump, who has repeatedly broken the norms of American politics and energised once shunned leaders, such as former Ku Klux Klansman David Duke.

"I think in general you're going to hear

equal." But Trump made it quite clear in his own Gettysburg speech that he feels some people are – and should be – more equal than others.

As reported by the Associated Press, Trump once again regaled us with questionable statistics supporting his views about the criminal nature of Mexican immigrants in the United States. As with every other speech he's given on the topic, the Donald Trump Gettysburg speech makes it clear that Trump sees Hispanics as "other." This ties directly to his absurd conspiracy theory that 14 percent of illegals are registered to vote in the United States. This position in Trump's speech no doubt appeals to the racists making up a sizable proportion of Donald Trump's deplorables. But it's not likely to win Trump the independent vote or bring back those Republicans who have abandoned his campaign.

Another major problem with the Trump campaign's attempt to tie the Trump Gettysburg speech to Lincoln's Gettysburg address is that Lincoln would have almost certainly despised Trump's views about Mexico. Trump's attempts to blame Mexico for our drug problems, crime, and unemployment

His slurs span the globe: President Barack Obama, Pope Francis and the European Union, among others.

And so it is again. State Department spokesman John Kirby on Thursday said Duterte's remarks declaring a separation from the United States are "inexplicably at odds with the very close relationship" between the two countries.

"We are going to be seeking an explanation of exactly what the president meant when he talked about separation from us," he said. "It's not clear to us exactly what that means and all its ramifications."

Many Filipinos are also perplexed.

her do more of what she did [in Pennsylvania] in terms of trying to raise the stakes of the down-ballot races," Brian Fallon, a spokesman for Clinton's campaign, told the Guardian after the secretary spent a day supporting the state's Democratic Senate candidate, Kate McGinty.

Fallon said the Clinton campaign wanted to "extend an open hand" to traditionally Republican voters even as it targets the "different strain" within the party that continues to support Trump, despite his offensive remarks about women, immigrants and minorities.

Although many Senate veterans, including John McCain and Kelly Ayotte, have rescinded their endorsements of Trump, he has retained his vociferous base and the muted support of House speaker Paul Ryan and Senate majority leader Mitch McConnell.

Though opinion polls suggest the president remains popular at home, his anti-U.S. rhetoric is at odds with public opinion. The vast majority of Filipinos hold a positive view of the United States; many are skeptical of China. On Friday, the Philippines' former foreign secretary, Albert del Rosario, denounced Duterte's latest move as "unwise and incomprehensible."

"What is unfolding before us must be considered a national tragedy which does not need to happen," he said in a statement.

"It is our earnest hope that this most unfortunate declaration will be corrected."

Fallon said such leaders "should be held accountable in two and a half weeks, for having played a role in Trump's rise and for standing by him even after he's gone around and offended people and shown himself to be completely temperamentally unfit".

The aide said Clinton's campaign would continue to court "reasonable Republicans and independents" who might be willing to defect across party lines.

Trump Jr also told ABC that his father would "100%" accept the results of the election if it was fair.

"I think what my father is saying is, 'I want a fair election,'" Eric Trump said on ABC's This Week. "If it's a fair outcome, he will absolutely accept it. There's no question about that."



wouldn't have gone over well with Lincoln, who opposed the Mexican-American war and felt we stole Mexico's land.

Of course, the Trump Gettysburg speech also ignored statistics indicating that, not only has illegal immigration from Mexico dropped over the last decade, the Obama administration has actually sent more illegal immigrants back to Mexico than did the Bush administration. Whether this is a sound Obama policy or not, it is nevertheless a fact.

Donald Trump's statement in his Gettysburg speech that his goal was to "heal divisions" within the country might have seemed a bit uncharacteristic. Until you realize that, as reported by CNN, Trump would heal divisions by eliminating the people on the other side of the divide, either by blocking their entry into the United States, shipping them off to Mexico, or putting them in jail.

Judge rules that anti-deportations protester is not required to provide fingerprints after arrest

Significant decision opens possibility of stopping all fingerprinting at Montreal's Municipal Court

PRESS POINT: Monday, October 17, 10am
SPVM Centre operationnel sud, 980 rue Guy

Jaggi Singh will be present to answer questions about this decision between 10am and 10:30am in front of the SPVM's Centre-Operationnel Sud (980 rue Guy) where he was originally supposed to be fingerprinted and photographed.

Contact: outrageautribunal@riseup.net / 438-823-7243-

MONTREAL, Monday, October 17, 2016 --

An anti-deportations protester, Jaggi Singh, won a significant court decision this past Friday.

Judge Randall Richmond of Montreal's Municipal Court ruled that Singh was not required to provide fingerprints or photographs in relation to a pending criminal charge. The judgment opens up the possibility to stop all fingerprinting in relation to summary charges, particularly all cases at Montreal's Municipal Court and similar courts across Quebec and Canada.

In his decision, Judge Richmond writes: "I conclude that a defendant cannot be compelled to give his fingerprints for a hybrid offence after the Crown has made an election to proceed summarily." [paragraph 71]

During oral arguments, prosecutor Alexander Tandel, who was defending fingerprinting, stated: "Mr. Singh

is [saying] that for the last countless number of decades, the way the criminal justice system has been working in Canada is faulty. He's asking for the justice system in Canada not to have any ability to control the accused that are appearing on their charges." [cited by CBC Montreal: www.cbc.ca/news/canada/montreal/summary-offences-fingerprints-municipal-court-1.3787342]

In the end, Singh succeeded in making the point that fingerprints and photographs were being compelled improperly for summary offenses, which account for the bulk of criminal charges.

In Singh's words: "Police and prosecutors cannot take fingerprints for summary offenses, ever. It's clear that fingerprinting for anything happening at Montreal's Municipal Court, by way of example, is improper, and the next step is to stop fingerprinting there all together."

Contempt of Court: Legal Clinic By and For Social Movements, which supported Singh's motion, has issued a community advisory providing background information about challenging the practice of fingerprinting and photographs. decision between 10am and 10:30am (Monday, October 17) in front of the SPVM's Centre-Operationnel Sud (980 rue Guy) where he was originally supposed to be fingerprinted and photographed.

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Duterte's enforcer: Philippine police chief has no regrets about drug killings

LA UNION, PHILIPPINES – When Philippines police chief Ronald Dela Rosa gave a rousing speech to his men at a regional headquarters in Luzon, they rewarded him with a gift: a replica of the sword used by actor Mel Gibson in the movie Braveheart.

are at war." Police said Monday they had shot dead 1,375 people in operations since Duterte took office on July 1. They also report a further 2,066 "deaths under investigation," many of which human rights activists attribute to vigilante



Philippine national police chief Ronald Dela Rosa (center) and other police officials wearing Igorot tribe headdresses salute on Sept. 2 during a visit to Camp Dangwa in Benguet province. | REUTERS

The barrel-chested police chief grinned and gave the weapon, which is almost as long as he is tall, a practice swing. A voice on the camp's loudspeaker declared him "the bravest of brave hearts."

Dela Rosa acts as the enforcer for Philippines President Rodrigo Duterte, whose war on drugs has led to more than 3,400 people being killed in just over three months.

Dela Rosa's tour of Luzon, the country's largest and most populous island, was the latest in a series of trips to stiffen the resolve of police officers at the campaign's bloody frontline.

"I have to encourage them to do our job," he told a reporter who accompanied the trip last month. "We


killings. The campaign has sparked outrage abroad, but in the Philippines it has won praise from a crime-weary population and only muted criticism from civil society groups.

In a country where the police are generally despised and feared because of their reputation for corruption and violence, Dela Rosa is popular. After only two months as police chief, the national media is already touting him as Duterte's possible successor, an idea that the president's spokesman Martin Andanar described as "speculative."

Duterte has often called for the killing of

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Designer Junjun Ablaza photography by Raymond C. Ordoñez

ESCAPE: The Ablazablaze 2016 Denim Artwear Show

Exciting wearable art garments by Ablaze artwear and accessories came to life on the runway last October 22, 2016 at Amelia, Alfonso, Cavite. Inspired by his travels across

the world, fashion designer Junjun Ablaza showcased a remarkable collection that exuded playful and imaginative ideas. ■



Andrea Biondo and Johannes Rissler photography by Raymond Ordoñez

From Page 5 Duterte's enforcer

drug dealers. And Dela Rosa has echoed the incendiary remarks. At a speech last month, he encouraged users and pushers to kill drug lords who had grown rich from exploiting the poor.

"You know who are the drug lords here, go to their houses, pour gasoline, set it on fire, show them you are angry at them," he said.

Still, Dela Rosa's close operational knowledge of the drug war could make him a focus if there is ever an independent investigation into the killings, said Rose Trajano, secretary general of the Philippine Alliance of Human Rights Advocates, a nationwide coalition based in Manila. It is unclear, though, whether anyone will be in a position to hold such an investigation.

"He is a good soldier of the president, but there will also be fear in him," she said.

Dela Rosa said he was confident that killings during police operations were legitimate, and that the "deaths under investigation" were mostly the work of drug syndicates. "They are killing each other," he said. In person, Dela Rosa is intense but courteous, and says he is under pressure.

"My worry is that I won't be able to deliver what is expected of me," he said.

Duterte vowed on September 18 he would extend his anti-drug campaign for another six months, but Dela Rosa said he still felt pressed for time.

The biggest obstacles to the campaign, he said, were providing rehab services for the many users of crystal methamphetamine, a highly addictive drug known locally as shabu, and halting its influx from abroad, particularly the flow from China.

More than 700,000 drug users and pushers have registered with the authorities in a process termed "surrendering." But there are very few programs or facilities to help most of them, and local media have reported the killing of scores of people who have registered.

Dela Rosa said the number of drug-war killings would continue to rise. "Every day the number of dead increases," he said. "Every day the arrests increase and those who surrender."

Dela Rosa bristles at the mention of foreign critics. The United States has said it is "deeply concerned" by the killings, while two United Nations experts have accused Duterte of incitement to violence, a crime under international law.

"They're making us out to be killers," said Dela Rosa. "It really broke my heart. We're doing this for the good of the Filipino people."

Before the anti-drug campaign, he said, people were scared to leave their houses. "Now the situation has been reversed. Law-abiding people are going out. Criminals are hiding. See the difference?"

But while other serious crime

has declined, the murder rate has soared, and in some communities residents said police and vigilante killings had made them too frightened to go outside after dark.

Dela Rosa, 54 — whose earliest ambition was to be a boxer — is popularly known as "Bato," after his hometown south of Davao City. It also means "rock" in the national language Tagalog.

His late father was a pedicab driver who could barely afford to send him to school, said Dela Rosa in a tribute on his Facebook page in June.

Davao City is where President Duterte spent 22 years as mayor, unleashing a brutal anti-drugs campaign that the hard-charging Dela Rosa joined as he rose through the ranks of the local police force.

"I liked what he was doing and he liked what I was doing, so we became friends," Dela Rosa recalled. Duterte made him Davao's police chief in 2012.

The Coalition Against Summary Execution, a Davao-based watchdog, has documented 1,424 vigilante-style killings in the city, including 162 in 2012-13 when Dela Rosa was chief.

Asked about the findings, Dela Rosa said: "I will look into that." Adding: "I don't memorize that data."

Duterte appointed Dela Rosa his national police chief over other more senior officers, giving him free rein to roll out Davao's harsh crime-fighting model across the country.

At a police camp in Baguio, in the Philippines' ethnically diverse highlands, Dela Rosa donned a tribal headdress and robe to hand out awards to officers for their anti-drug efforts.

Hundreds of officers asked to take selfies with Dela Rosa, who always obliged. Sometimes only his trademark shaven head was visible amid a scrum of well-wishers.

However, even in the police camps, Dela Rosa is circled by six bodyguards. Drug traffickers, he said, "can kill me anytime."

Dela Rosa said in an interview with popular Philippines talk show host Boy Abunda that he twice tried marijuana at college and got high but decided to stop because it could ruin his future.

In another of his regular television appearances, this time on a show called "Get It Straight," Dela Rosa declined to say how many people he had shot in his police career "because people might say the chief is a killer."

Filipino journalists covering Dela Rosa say they have never seen him smoke or drink. His main hobby is collecting guns.

"He loves guns," said Police Chief Superintendent Aaron Aquino, who served with him in Davao and now commands central Luzon, a region that has clocked up about 500 drug-war killings. "Every time he sees a good gun he buys it." ■

Tagalog Seksyon

Opinyon/Komentaryo ni Willie Quiambao

ISYU PA RIN SA MGA PROPESEYONAL SA QUEBEC ANG FRENCH LANGUAGE

Kamakailan ay nalathala sa Montreal Gazette ang pansamantalang pag-alis sa lisensya ni Amer Omar, isang mahusay na ophthalmologist, simula noong June 30. Ilang beses siyang bumagsak sa French written exam na ibinigay ng Office quebécois de la langue française sa mga propesyonal. Naipasa ni Omar ang oral exam at nakapagsasalita siya ng French at wala siyang problema sa pakikipagusap sa kaniyang mga pasyente. Sa French language charter, ang kailangan ay kaalaman lamang sa French na angkop sa propesyon ng isang tao.

Si Omar ay ang nag-iisang dalubhasa sa retinal at vascular degeneration, pangunahing dahilan ng pagkawala ng paningin, sa Quebec. Bumagsak sa written test si Omar dahil sa grammar mistakes at ang kaniyang salaysay ay 190 salita lamang, sa halip na 200. Subalit matatas magsalita sa Arabic at English si Omar at may professional working proficiency siya sa French.

Hindi naman nag-aapply ng trabaho si Omar bilang manunulat kaya ano ba ang malaking problema kung medyo mali ang kaniyang grammar. At 10 salita lamang ang kulang upang ma-meet niya ang requirement na 200 salita. Higit sa lahat, wala siyang problema sa pakikipag-usap sa kaniyang mga pasyente dahil matagal na rin siyang nagtrabaho bilang ophthalmologist. Bakit hindi isaalang-alang ng OQLF ang kaniyang mahaba at mahusay na karanasan sa trabaho at ang pangyayaring siya lamang ang nag-iisang dalubhasang ophthalmologist sa Quebec? Kung hindi siya mabigyan ng lisensiya, ano ang mangyayari sa kaniyang mga pasyente?

May nagsasabi na may doktor na perpekto nga sa pagsasalita at pagsusulat sa French pero hindi mahusay magtrabaho. May isang hospital akong napuntahan na may mga ilang doktor na hindi matatas sa pagsasalita ng English pero hindi nagkakaroon ng problema. Diskriminasyon minsan ang nangyayari. Sinabi ni James Shea, presidente ng Quebec Community Group Network, "It would be too bad to us to lose a talent to another province." Dagdag naman ni Dr. James Ross, dating nagtrabaho sa Montreal Hospital na ngayon ay nasa Ontario, "The OQLF examiners were not only picky about marking but obsessed with grammar - gender agreement, verb tenses, and so on. I would rather spend

time perfecting my work than perfecting my French."

Sa Quebec ay maraming mahuhusay na doktor at nurses, tulad ng mga Pilipino, na lumilipat sa ibang lalawigan, dahil bumabagsak sa French written test. Kailangan ng Quebec ang mga mahuhusay na propesyonal pero paano sila mahihikayat magpunta rito?

Sa huling balita ay na-renew na naman ng isang taon ang lisensya ni Omar. At kinausap ng College ang OQLF na pagtuunan ng pansin at baguhin ang written test upang maging madali sa mga doktor na kumukuha nito. Sana nga.

ANG PAGHAHAMBING NG MEDYA KAY TRUMP AT DUTERTE

Inaatake ng mga medya ang kandidato ng Republican sa pagkapangulo ng Amerika sina Donald Trump at bagong halal na pangulo ng Pilipinas na si Rodrigo Duterte dahil sa kanilang padalu-dalos na pagsasalita na kadalasan ay nagiging kontrobersiyal at nakapagpapasama sa kanila. Bago mag-eleksiyon sa Pilipinas, napintasan na si Duterte sa sinabi niya tungkol sa isang Australianong missionary na nakidnap at nagahasa. "Bilang alkalde", ayon sa kaniya, "sana, ako ang nakauna." Marami ang nagalit sa kaniya kaya napilitan siyang magsabi na nagbibiro lamang siya. Nang magkomento si Barak Obama sa pamamaraan ni Duterte ng pagsugpo sa droga, minura niya ang una ng "Son of a whore." Hindi ito nagustuhan ni Obama kaya na-cancel ang bilateral meeting nila. Nagbanta naman si Duterte na titiwalag na ang Pilipinas sa United Nations at ininsulto pa ito nang pintasan din ang extra judicial killings sa ating bansa. Nang magsumbong siya sa Russia na nakikialam ang Amerika sa Pilipinas, sinabi raw ng una, "Tutulong kami sa Pilipinas."

Sa Amerika, inaatake rin ng medya si Donard Trump dahil hindi niya muna iniisip ang mga sasabihin bago magsalita. Sa debate nila ni Hillary Clinton, isa sa mga naging mabigat na isyu sa kaniya ang pagiging misogynist, isang lalaking galit sa babae o prejudiced. Mga ilang taon na ang nakaraan, tinawag niya ng Miss Piggy si Alyssa Machado, Miss Universe 1996 mula sa Venezuela, dahil tumaba ito bago matapos ang isang taon na pagiging Miss Universe. Eating machine daw ito.

Tinawag niya rin itong Miss Housekeeping dahil Latina ito na karamihan sa mga babae ay sa bahay lamang. Racist daw siya dahil tinawag niyang murderers, criminals at drug dealers at users ang mga Mehikano. Inihalintulad niya ang Pilipinas sa mga

bansang tulad ng Pakistan, Afghanistan, Iraq, at Syria na ang mamamayan ay hindi dapat papasukin sa Amerika dahil mga terrorista.

Kahit paano, nagpahayag ng lungkot si Duterte sa ginawang pang-insulto at pagmumura kay Obama pero hindi siya humingi ng paumanhin. Si Trump naman ay umamin na nagkamali siya nang sabihin niya na hindi sa America ipinanganak si Obama pero hindi rin siya humingi ng paumanhin.

Pinagsabihan si Duterte ng ilan sa kaniyang mga lagapayo na mag-iingat sa pagsasalita. Si Trump naman ay iniwanan na ng ilan sa kaniyang mga kapartido dahil sa kaniyang mga sinasabi pero tulad ni Duterte, hindi rin siya nakikinig. Maski ang asawa niyang si Melania ay napilitang humingi ng paumanhin sa mga sinasabi ni Trump tungkol sa mga babae.

Mga tao lamang na nagkakamali si Duterte at Trump pero sana ay i-isipin muna nila ang mga salitang binibitawan upang huwag silang mapintasan, lalo na ng medya. Gamitin muna ang isip bago ang bunganga.

DAPAT BA O HINDI NA IPALIBING SI MARCOS SA LIBINGAN NG MGA BAYANI?

Hindi natuloy ang balak ng bagong pangulong Rodrigo Duterte na ipalibing sa Libingan ng mga Bayani ang dating pangulong Ferdinand Marcos noong Sept. 18. Sa halip ay gagawin ito sa Oct. 18 upang higit na mapagaralan ang mga opinyon at argumento ng mga taong sang-ayon at tutol sa balak ng ating pangulo. Umamin si pangulong Duterte na may utang na loob siya kay Marcos dahil naglingkod ang ama ng una sa gabinete ng huli. Idinagdag pa ni Duterte na may karapatan si Marcos na

mailibing sa LNMB dahil dati siyang sundalo at pangulo. Idinagdag naman ng dating pangulong Joseph Estrada, "There is nothing in the existing constitution and by law that bars Duterte in allowing Marcos to be buried in LNMB." At ganito naman ang sinabi ni Salvador Camelo, legal counsel ng pangulong Duterte, "It doesn't distinguish whether a president is good, bad, handsome or ugly. If you're a president, you are entitled to be buried in LNMB."

Ang mga tutol sa pagpapalibing kay Marcos sa LNMB ay kinabibilangan ng dating pangulong Noyon Aquino, mga senador tulad ni Leila de Lima, reporter na si Atom Araullo at maraming aktibista. May nagsabi na ang bayani ay ipinaglalaban ang kalayaan, pinananatili ito at hindi inaalis tulad ng ginawa ni Marcos noong martial law. Marami rin ang nagsasabi, kabilang ang Armed Forces of America, na ang mga kabayanihang inaangkin at ipinagmamalaki ni Marcos ay pawang mga kasinungalingan. Sabi ng AFA na sa 33 medalyang nakasulat sa mga libro na ibinigay kay Marcos, 3 lamang ang totoo. Sa sinabi naman ni Estrada, ito ang sagot ni Benjamin Maynago, alumnus ng San Beda College, batay sa kaniyang pananaliksik, "Marcos can't have a hero's burial because he was dishonorably discharged by the Filipinos in 1986 and the Armed Forces of the Philippines. Idinagdag naman ni Neri Comenas, kinatawan ng Bayan Muna, "The burial is against the directive 289 which states that only people with worthy of emulation will be buried in LNMB." Ano nga ba ang dapat tularan sa ginawa ni Marcos noong martial law?



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Veau



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Ask the Video Guy

Technological Tidbits
by

Al Abdon

The guest speaker from WEVA has this to say on his lecture on basic composition:

BASIC COMPOSITION

Your frame is your canvas — fill it with things that are useful to your story and arrange them in a way that is pleasing to the viewer.

Composition is the art of arranging objects in a frame. There are actually shapes and alignments that people find pleasing, but movie composition also needs to tell a story. The arrangement of your objects and actors in a frame can add to your storytelling by emphasizing some and de-emphasizing others. In a big-budget Hollywood film, the director has the expert input of a director of photography. In smaller budget movies the director often does double duty. "Framing and editing determine the eye path of the viewer. It might not be too much to say that what a film director really directs is his audience's attention." — Alexander Mackendrick "

On Filmmaking

If you're doing everything right, every frame of your movie should be able to be plucked out at random, stuck in a frame and hung on a gallery wall. This is a tall order and few people succeed in it without lots of time, big budgets, great editors and patient investors. Your budget and timeline may keep you from doing this, but there are things you can do from the very beginning to make sure that your movie looks as good as it can.

Video vs Still Photos

The rules of composition are the same for video and photos, but like everything else, it's complicated. Put simply, the aspect ratio — vertical vs. horizontal dimensions — of still camera images is different from the aspect ratio of motion pictures.

The aspect ratio of 35mm film is 3:2, which is why you get a 4x6 inch print. The aspect ratio of most video is 16:9, which is much wider and not as tall. Since most small-budget movies are shot on 35mm DSLRs — yes, I know about your iPhone and your GH4 — this aspect ratio is a bit of an affectation left over from cinema. In the old days, you were actually exposing less film, but today you're just cropping the top and the bottom out.

A 16:9 frame means that landscapes look fantastic but putting a single person in the frame is more challenging. For the most part, people are vertical objects and most of your frame is going to be empty.

So what do you fill the empty space with? That's composition.

Moving frames

One other obvious thing that affects the composition of a movie frame is the fact that things are not only moving in it but sometimes through it and often your camera frame itself is moving. This means lots of rehearsal. Actors moving through a frame have to hit their marks at extremely predictable times, and your camera operator needs to accommodate motion through the frame and motion of the frame all the while keeping a pleasing arrangement that drives the story.

The rules — or more exactly, guidelines — of composition hold true for film, painting and still images alike. All this said, can you get a book about still image composition and use it as the basis of your movie composition? Absolutely. The rules — or more exactly, guidelines — of composition hold true for film, painting and still images alike.

The Rule of Thirds

If you leave here with one thing, it should be the rule of thirds. It's the fundamental rule of composition. Divide the screen into thirds with four lines — like a tic-tac-toe game — your objects of interest should fall at the intersection of two of these lines. Some cinematographers are more rigid about it than others, but it's very possible to find a movie whose every shot does not deviate from this.

We mentioned before that people are vertical and movie screens are horizontal — this means that to get a person in a frame you need to either make them very small, or crop them. Both of these are perfectly acceptable. Let's take a look at Ridley Scott's "Blade Runner." In this closeup of Harrison Ford, Scott and Cinematographer Jordan Cronenweth have chosen to chop him off at the shoulders and the top of the head to put his eyes at the intersection of the top horizontal line and the right vertical line of our imaginary tic-tac-toe board.

Unlike in the real world, in cinematic and photographic composition, you can chop the top of someone's head off with impunity. This is not true of people's chins — chins need to stay in the frame unless you crop an equal portion of the top of the head.

The eyes are the important thing. We look at people's eyes. We instinctively look at what other people are looking at. We have a deep down belief that the person inside a body is accessible through the eyes — and this is universal. When your cat or your dog wants to communicate with you, they

look at your eyes — and they haven't read any psychology books. When framing a shot, if the eyes are in focus, you can get away with a lot of other things not being in focus.

In this shot from "Raiders of the Lost Ark," Harrison Ford returns, here seen completely in silhouette with the exception of his right eye, looking wary, which, along with his distinctive hat brings personality to the shot. Also notice the out of focus white areas on the left and right, these serve to help balance the frame. "Balance the frame?" you ask

Balance and Symmetry

Imagine your frame as a shadow box that you're putting items into and that sits on a fulcrum in the center. Balancing the left and right sides normally gives off a feeling of harmony, and an unbalanced frame one of tension. While going counter to the rule of thirds, sometimes completely symmetrical framing with the object of interest in the exact center can be used extremely effectively.

Some directors are slaves to symmetry and when used properly, it can be extremely powerful. One of the most arresting users of symmetry was Stanley Kubrick, who put the rule of thirds in the back seat and replaced it with an on obsessive adherence to center framing and symmetry, giving us some incredibly powerful images that depict order so perfect it becomes somewhat menacing.

Depth of Field

CNW, Toronto, Canada – October 6, 2016

The newest generation of smoke and carbon monoxide alarms are here, helping to solve the three most common issues consumers have with their alarms: where to install them, false alarms, and the need to replace batteries.

As Canada's number one alarm manufacturer, Kidde relied on extensive research to derive its new range of "Worry-Free" products. Homeowners will find a recommended install location for each model right on packaging; advanced sensors to help reduce false alarms; and a sealed, tamper-proof, 10-year lithium battery that lasts for the entire life of the alarm that never needs to be changed. Worry-Free alarms also come with an end-of-life chirp to notify you, 10 years after installation, when the entire alarm needs to be replaced.

"It doesn't matter whether they are plug-in, battery powered, or hardwired into a home's electrical system, smoke and carbon monoxide alarms do not last forever. In fact, the National Fire Protection Association (NFPA) recommends smoke alarms be replaced every 10 years and carbon monoxide alarms made prior to 2009 should also be replaced," says Carol Heller, Home Safety Specialist with Kidde Canada.

Most Canadians are familiar with the advice to change the batteries in their alarms with the changing of the clocks, however that is only part of the equation. It is dangerous to install fresh batteries into old alarms because while they may sound when being tested, that does not mean an alarm's sensors are

The camera can emphasize what's important and de-emphasize other things by using depth of field (DOF) — the area of a shot that's in focus. Depth of field can either be deep, meaning everything's in focus — like the Kubrick image from "2001" — or it can be shallow, meaning few things are in focus — like both the shots of Harrison Ford from "Blade Runner" and "Raiders of the Lost Ark." Also notice, in the closeup of Ford from "Blade Runner," the use of the out of focus building in the background to balance the frame.

Conclusion

There are lots of books on composition, but a really good way to study is to watch good movies. Websites like Film-Grab.com show representative frames from dozens of movies, allowing you to see the themes of composition across entire films at a glance. How are your favorite directors using depth of field? How rigorously do they adhere to the rule of thirds? How do they use centered subjects to create tension or use leading lines to guide your eye? Pay attention to composition while you're watching movies and television — what items are in the frame and why? What do they add to the story? What are the background objects adding to the mood of the scene?

Be a perpetual student of cinema. That's your homework for this month.

Kyle Cassidy is a writer and artist living in Philadelphia

FROM
HOLLYWOOD JUNKIES VIDEO

operating optimally. It simply means that the unit is being powered and the circuits are functioning.

Over time, an alarm's sensors can become obstructed with dust, smoke from cooking and other airborne contaminants which could lessen the response time in an emergency. In order to ensure the safety of a family, alarms need to be replaced at the end of their lifespan.

"Our Worry-Free models address the most common complaints people have with their smoke and carbon monoxide alarms, and are available in smoke, carbon monoxide (CO) and combination smoke/CO models. For plug-in and hardwired versions, the 10-year battery is there as a backup in case of a power outage," adds Heller.

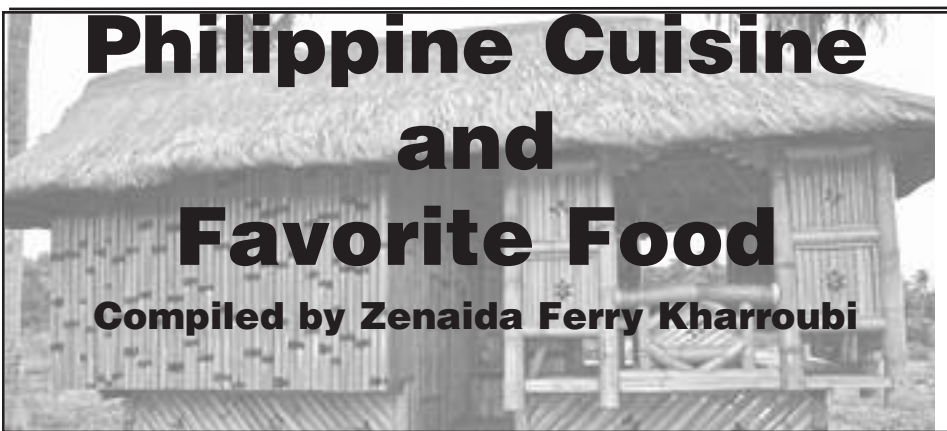
It is advised that homeowners check the date of all alarms, replacing any smoke alarms over 10 years old and CO or combination smoke/CO alarms made prior to 2009. If your alarms are up-to-date and they are not "Worry-Free" models, remember to change the batteries when the clocks go back an hour this November. To learn more, visit www.safeathome.ca.

For more information, contact: Patrick Follitt, Marketing pfollitt@realityclick.com | 416.879.2224 www.kiddecanada.com

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About Kidde Canada

Kidde Canada will celebrate its 100th anniversary in 2017. In addition to providing innovative and life-saving technologies, Kidde conducts public education and awareness programs all year round, working with various safety groups, fire departments and associations, and retailers.



Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

“Sisig”, popular pork dish



generous amount of chicken liver. Hundreds of sisig variations are available today ranging from the original pigs face (maskara) ingredient to a more healthy seafood concoction such as squid, tuna, milkfish (bangus), and mussels. This pork sisig is more of the restaurant variation wherein mayonnaise is used and an egg is added on top, along with chopped green onions, but it sure tastes great. The original pork sisig recipe makes use of pig brain as a binder – we used the mayo as a alternative ingredient

There are several restaurants and even eateries and “carenderia’s” that serve this wonderful dish. It has been very popular to the point that it is available almost all over the world.

Pork Sisig is a popular appetizer that originated from the culinary capital of the Philippines : Pampanga. This delicious dish can also be categorized as a main dish. Pork Sisig was invented by the late Lucia Cunanan. She is popularly know as Aling Lucing – the sisig queen. Originally, pork sisig is composed of chopped pigs face (snout included) and ears with a

Prep time 12 mins Cook time 90 mins
Total time 1 hour 42 mins

Author: Vanjo Merano
Serves: 6
Ingredients
1 lb. pig ears
1½ lb pork belly
1 large onion, minced

- 3 tablespoons soy sauce
- ¼ teaspoon ground black pepper
- 1 knob ginger, minced
- 3 tbs chili flakes
- ½ teaspoon garlic powder
- 1 piece lemon (or 3 to 5 pieces calamansi)
- ½ cup butter (or margarine)
- ¼ lb chicken liver
- 6 cups water
- 3 tablespoons mayonnaise
- 1 tsp salt

Instructions
Pour the water in a pan and bring to a boil Add salt and pepper.
Put-in the pig’s ears and pork belly then simmer for 40 minutes to 1 hour (or until tender).
Remove the boiled ingredients from the pot then drain excess water
Grill the boiled pig ears and pork belly until done
Chop the pig ears and pork belly into fine pieces
In a wide pan, melt the butter or margarine. Add the onions. Cook until onions are soft.
Put-in the ginger and cook for 2 minutes
Add the chicken liver. Crush the chicken liver while cooking it in the pan.
Add the chopped pig ears and pork belly. Cook for 10 to 12 minutes
Put-in the soy sauce, garlic powder, and chili. Mix well
Add salt and pepper to taste
Put-in the mayonnaise and mix with the other ingredients
Transfer to a serving plate. Top with chopped green onions and raw egg.
Serve hot. Share and Enjoy (add the lemon or calamansi before eating)

Serving size: 6

ginger. Sauté until fragrant, about 30 seconds. Add Chinese sausage and sliced raw meat. Cook until meat is about 80% cooked.
Add "longer-cooking" vegetables such as carrots, mushrooms, and Chinese celery. If using regular cabbage, add it now. Also add any uncooked seafood.
Ladle stock into the pot. Simmer on low. If using uncooked noodles, add them to the pot of boiling water and cook until done (al dente). Drain.
Add cooked egg noodles to the simmering pot. Season with oyster sauce and soy sauce. Add more stock if desired (the mixture should be just be slightly "wet" at this point).

Add in any cooked seafood, the Napa cabbage and the quail eggs. Cook for about 5 to 10 minutes. Adjust seasoning (adding more salt, oyster sauce and/or soy sauce).

Serve.



Cassava Cake

Ingredients
2 packs grated cassava (about 2 lbs total weight)
2 cups coconut milk
½ (12 oz.) can evaporated milk
3 pieces egg
¼ cup butter, melted
6 tablespoons cheddar cheese, grated
½ cup condensed milk
14 tablespoons granulated white sugar

Topping ingredients:
2 tablespoons flour
2 tablespoons sugar
½ cup condensed milk
2 tablespoons cheddar cheese, grated
2 cups coconut milk

Instructions
Make the batter by combining the grated cassava, butter, ½ cup condensed milk, ½ cup evaporated milk, 6 tablespoons cheddar cheese, 14 tablespoons sugar, and 2 eggs in a mixing bowl and mix thoroughly.
Add the 2 cups coconut milk in the mixing bowl where the mixed ingredients are. Mix again.
Grease the baking tray then pour-in the batter (these are the ingredients that you just mixed together).
Pre -heat oven for 350 degrees Fahrenheit for 10 minutes then put-in the baking tray with batter and bake for 1 hour. Remove from the oven and set aside.
Meanwhile prepare the topping by combining 2 tablespoons sugar and flour in the heated saucepan.
Pour-in ½ cup condensed milk then mix thoroughly.
Add 2 tablespoons cheddar cheese while stirring constantly.
Pour 2 cups of coconut milk and stir constantly for 10 minutes
Pour the topping over the Cassava Cake (baked batter) and spread evenly.
Separate the yolk from the egg white of the remaining egg (we’ll be needing the egg white only)
Glaze the topping with the egg white using a basting brush. Simply dip the brush to the egg white and brush it on the cassava cake.
Set your oven to broil mode. Broil the Cassava cake until color turns light brown. Garnish with extra grated cheese on top.
Serve. Share and enjoy!
Nutrition Information
Serving size: 6



Pancit Canton

Ingredients
uncooked egg noodles, or cooked egg noodles

garlic, sliced
onions and/or shallots, sliced
ginger, minced or julienned (optional)

Any or all of the following ingredients:
Chinese sausage (lap cheong), sliced
chicken, pork or beef, sliced
mushroom, sliced
carrots, sliced
Chinese celery stalks and leaves, sliced
shrimp, raw or cooked
perhaps clams or mussels, raw or cooked
Napa or savoy cabbage, sliced (or regular cabbage)
green onions, sliced
hardboiled quail eggs

(Any other vegetables you may have on hand would be all right.)

oyster sauce
soy sauce
stock (chicken, pork, beef, seafood or fish, vegetable)

Method
If using uncooked egg noodles, bring a large pot of water to boil.

In the meantime, heat oil in another pot. Add garlic, onions and/or shallots, and

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The North American FILIPINO STAR PHOTO GALLERY



Sir Bert Abiera, KGOR, pose with Montreal City Councillor, Marvin Rotrand, Lady Fely Rosales & Mrs. Rotrand during the Coronation of "MUNTING MARIA CLARA" at Hellenic Community Center last October 1st 2016



Panday Tinig Choral Ensemble participated in a multi-cultural concert at Place des Arts on October 2, 2016 (See story on page 12)



PAB students of Gilmore College International organized a team building workshop on October 8, 2016. Photo shows the participants and the multi-disciplinary panel led by Edith Fedalizo and other instructors who are nurses.



Batch 12 PAB students of Gilmore College International pose for souvenir of their orientation at Chateau Westmount with their director and instructors.

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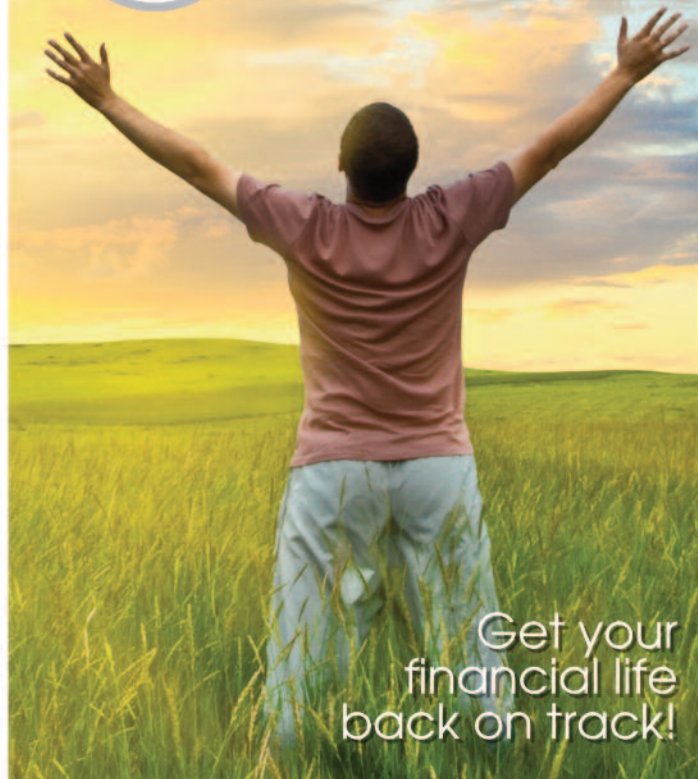
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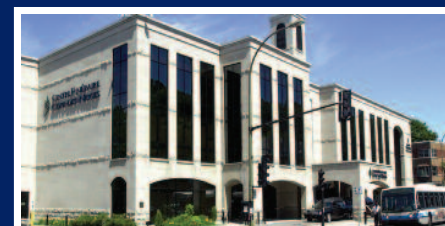
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Lakbay Lumad November 2016

In 2014, KAIROS Canada's Philippine Learning Tour (PLT) visited communities in Bayong, Zamboanga del Sur in the Philippines which is impacted by the mining operations of TVI Resource Development Inc (TVIRD). After gathering information about TVIRD's operations from community members, TVIRD representatives, and government officials, the PLT called on the Philippine government to investigate all claims of human rights abuses and to cease all mining operations until the safety of local people can be assured. It also called on the Government of Canada to appoint an extractive sector Ombudsman and provide legislated access to Canadian courts for those harmed by the international operations of Canadian resource extraction companies.

In the face of great hardship, the Philippine people have built a strong and vibrant people's movement that has been active for centuries. People's organizations from Luzon to Mindanao are rising up to fight for the health and safety of the people and the environment and resist foreign exploitation. The indigenous Lumad people have been at the forefront of the struggle to protect

their ancestral lands, forming schools and organizations that educate and mobilize their communities for justice and against logging, mining, and large-scale corporate agriculture.

The PLT is one of many groups from around the world to travel to the Philippines in recent years to build international solidarity with the people's movements there. The Beaconsfield Initiative also brought people from Quebec to the Philippines in December 2015 to build solidarity and to learn about the impact of Canadian mining practices in the Cordilleras, the militarization of the region, the extra-judicial killings and enforced disappearances, and the people's resistance to Canadian mining practices and the environmental destruction of the region.

This November, a delegation of Philippine activists will travel to Canada to demand the end of the exploitation of their land and people by mining companies and other foreign multinationals. They will travel to different regions of Canada where they will meet with community members, politicians, and local groups to discuss their fights for their human rights, cultural preservation and self-determination in

the Philippines, particularly in Mindanao.

Members of the delegation may include Bishop Antonio Ablon, Anglican Church IFI; Atty. Carlos Zarate, Member of Philippine Congress/Bayan Muna; Dr. Anie Bautista, National Coordinator, Ecumenical Voice for Peace and Human Rights in the Philippines; Atty. Beverley Longid, Global Coordinator, Indigenous People's Movement for Self-Determination and Liberation; Innabuyog/CPA; Nenita Condez, Indigenous leader from Mindanao; and Michele Campos, Indigenous youth leader from Mindanao.

The goals of the delegation are to raise awareness and understanding about how human rights violations in Bayog and other communities are linked to resource extraction, including by Canadian companies, and contribute to the militarization and violence in communities and schools. They also seek to mobilize public and Canadian diplomatic support for the ongoing peace talks in the Philippines between the Government of the Philippines (GPH) and the National Democratic Front of the Philippines. Another round of peace talks concluded in early October, which included an historic ceasefire between

the Armed Forces of the Philippines and the National People's Army. The NDFP and people's movements in the Philippines continue to demand a peace agreement which addresses the social and political roots of the conflict. The delegation also seeks to advocate for the KAIROS/CNCA Open for Justice campaign which is calling on the Government of Canada to appoint an extractive-sector Ombudsman to monitor Canadian mining operations and provide access to the Canadian courts for people to register human rights violations of these mining operations.

Three of the delegates will be in the city of Montreal from November 4th to November 7th, where they will host the following events. On Friday, November 4th, there will be a community dinner and discussion at Filipino Association of Montreal and Suburbs (FAMAS) at 6PM, 4708 Van Horne Avenue. On Saturday, November 5th, there will be another dinner and discussion at Gilmore College International 5PM - 8PM, 7159 Cote des Neiges. On Sunday, November 6th, a dinner and discussion will be at the Saint Columba House at 6PM, 2365 Rue Grand Trunk.

Submitted by Alexandra Griffin

4 Pillars helps families restructure approximately \$1,000,000 of Consumer debt every day!

By W. G. Quiambao

"You have taken us from the verge of personal ruin and put us on the path of financial independence" said Peter, whose real name is removed to protect his privacy. Peter is one of the thousands of people who have benefitted from the services provided by 4 Pillars, the largest independent debt consolidation company in Canada with 60 offices coast to coast. 4 Pillars was founded by three professionals who grew tired watching their friends lose their business to debt.

The Montreal Team is comprised of Shawn, Elisa, Frederic and Martin. Whether it is personal or business debts, the team navigates its clients through the murky water of debts. It helps clients reduce their debt by up to 80% and become debt free within 5

years.

Some of the common questions asked when people see the Montreal teams are: 1) How much will it cost to work with 4 Pillars? The fees are based on a couple of factors, the time involved working on the file, the complexity of the situation and the number and type of creditors involved. 2) Can I keep my credit cards? This depends on the type of restructuring. If you file a bankruptcy, you cannot obtain or have any credit during the process. In other restructuring plans, you may be able to keep a credit card if it has a zero balance. 3) Will debt restructuring affect my credit rating? Different restructuring options have different impacts on your credit rating. 4 Pillars has one of the most comprehensive credit rebuilding programs in Canada to minimize the

impact of debt restructuring.

"The people we see are in a situation they never expected to be in, they are embarrassed and the debt is causing significant stress for them and the family" said Shawn. "They can't sleep. They live from paycheque-to-paycheque and don't know what options are available. After seeing 4 Pillars and understanding there are solutions available, their level of stress is reduced and they often say the first call was the hardest to make and they wish they had done it sooner."

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4 Pillars is active in the Filipino community. It sponsors Filipino activities and donates to Filipino associations throughout the year.

"All files are strictly confidential and we understand your situation and the stress it is causing" stressed Shawn. Note: For more info, please, call 514-600-0724 toll free number, or 844 no dette. Shawn, Elisa, Frederic and Martin are available days, nights and on the weekends.

THE PANDAY TINIG SHARES ITS VOICE IN A 10-CHOIR INTERCULTURAL CONCERT AT PLACE DES ARTS

By Edith Fedalizo

On Sunday, October 2, 2016 at 4 o'clock in the afternoon, a group of two hundred and fifty choristers, representing ten choirs from ten different countries, gathered at the grand stage of Salle Wilfred Pelletier at Place des Arts, to raise their voices in celebrating the 20th year of Journées de la Culture in Quebec.

SOUFFLES, 10 chœurs pour une chante à créer, was conceptualized, composed, and directed by André Papatomas. Souffle, adapted from verses by Loreli Morali, was interpreted through songs by each choir. Poetic lines expressing "love and respect for nature and the environment" were beautifully sang.

The ten choirs included Mission Guadalupe (Latin America), Ensemble du Nunavik, Chorale Vidlunnya (Ukraine), Antsa Fitoriana (Madagascar), Chorale Antioch et

Project Sham (Syria), Chorale Singiza (Rwanda), La chorale Boboto (Congo), Chor Parati Sw Trojcy (Pologne), La chœur La Muse (Roumanie), and the Panday Tinig Choral Ensemble (Philippines).

Each of the ten choirs performed a song(s) from their respective countries and in their own language. The Panday Tinig sang BAHAY by Gary Granada.

It was an amazing experience to be with choirs from around the world in a huge stage. Although we sang in different 'tongues' and sounds, we appreciated each other, as if we understood each other's language. "Music is truly the universal language of soul."

The Panday Tinig has known André Papatomas since 2006, since he first invited the Ensemble to participate at the 10th anniversary of



Panday Tinig Choral Ensemble pose for souvenir after their performance at Place des Arts

Journée de la Culture at the Cinquième Salle, Place des Arts. He has also featured the Panday Tinig at a Montreal Summer Festival in 2010.

After our performance that evening at the Salle Wilfred Pelletier, Place des Arts, the Panday Tinig

Choral Ensemble singers posed for a lasting souvenir of that wonderful experience. We felt happy, elated, and proud to have represented our homeland, the Philippines, through music.



Social

Fely Rosales Cariño



Goodbye short summer! If there is any consolation for this, it is the picturesque images of multicoloured leaves around our backyards.

For social activities there is no shortage. Anniversaries, birthdays, inductions, cultural and local Filipino activities fill up our calendars. Let me begin with the Kahirup (Hiligaynon) Association of Quebec's 25th. Founding anniversary last September 17, 2016. They celebrated it with a dinner dance held at the Plaza Universal on Sherbrooke East, Montreal, Quebec. True to Kahirup president's, Mrs. Carmen Caro's words: "We will entertain you with excellent music and serve you sumptuous food." Excellent music meant the "Ramon Vincent and the Black-Smith Band". Soloists were Mitzi Vargas Lao, Rex Padida, Monching Vincente, Marlo Chu, A.V. Alfaro, Gerard Ang, and pianist Andrew Balan. Food was really A1! The evenings program began with the national anthems performed the Panday Tining Choral Ensemble with Paul Imperial conducting and Edith Fedalizo on the piano. Invocation was delivered by Elsa Montealegre, after which President Caro welcomed everyone. The evening seemed short because guests enjoyed the fellowship of long lost friends. Some pairs engaged in marathon dancing until the band decided to give them a breather. This gave the audience an opportunity to hear an inspiring message about the Philippines from Assistant Consul to Canada, Honourable Greg Marie Marino. She expressed her appreciation of the enrichment and preservation of the Hiligaynon Culture.

When everyone was waiting for dinner, Ms. Trans Liganor, President of the Quebec Association of Canadian Filipino Teachers (QACFT), asked me how and when the Kahirup was formed. So, to be certain of my answer, I just lifted a portion of a page from their souvenir program entitled "Let's Recall"

"Twenty-five years ago in Montreal, a distinguished group of soft spoken Western Visayanas sat together drinking beer. An idea of forming a group came up. They named it Kahirup Hiligayan Association of Quebec. They were Amy Manon-og, Mauro Dosado, Melaon Dosado, Ruel Cataluna, Edsel Canto, Max Handinero, Hal Sotero, and Val Magbanua. Mauro Dosaso is deceased. Val Magbanua is out of town. The rest are in Montreal."

Did Amy Manon-og drink beer too? Just

curious-and just kidding!

TV coverage was by MMTV. Interviewer was yours truly.



Pictured above shows the officers of the Seniors of West Island and Suburbs (SWIS) after their induction held at the Casa Grecque Restaurant in the West Island. Seated from left are : Lucy Salazar, Anita, Edith Valenzuela, Lucy Smith, Lita Bote, Chairman Roger Ajero, Pierrefond-Dollard MP Frank Baileys, Connie Fabro, Paz Viloría, Dr. Jean Viloría, Vangie Salvador, and Greg Guerzon. Standing from left are: Nene Isada, Ike Bas, Flor Rillo, Fely Rosales Carino, Nards Alberto, Elvie Maximo, Pina Palma, Cely Dagsaan, Lolit Odulio, Cesar Bayan, Lydia Fielding, and Emy Bayan.

And the camera man was Ed Ujvary. Founding members interviewed were Amy Manson-Og, Edsel Canto, Nelson Dosado, Max Handinero, Ramon Bangilan, and Tom Dy. Alternating emcees were Freddie Espinosa, Annalie Ledesma, and Jeannette Perignon.

Another social event was the "Meet and Greet with Councilor Marvin Rotrand and the showing of a movie". This was held on Sept, 25, at Dollar Cinema on Decarie Blvd, Montreal, Quebec.

The event started with Honourable Rotrand's welcome speech which enumerated the projects already done for the Snowdon district and for the Borough of Cote-Des-Neiges-Notre-Dame-De-Grace. In his informative speech he also listed upcoming projects benefiting the borough. He informed the audience that there are many Filipino families residing in these boroughs.

MMTV (w/ yours truly and Ed Ujvary, MMTV camera man) was invited to record a press release (by AXA Insurance Group) that they will divest tobacco Industry Assets because the group believes that smoking poses the biggest threat to public health in the world today. As a responsible health insurer and investor, the AXA Group has decided to divest its tobacco industry assets. Main speakers were Snowdon City Councillor Marvin Rotrand and Mrs. Cynthia Callard, executive director for a "smoke-free Canada". Both speakers targeted the year 2035 as the year smoking will be eradicated.

The Fil-Can Chess and Social Club

(FCCSC) under the leadership of its president, Mr. Manuel Lagasca, held a "Disco Night and Induction of Officers" Sept. 10, 2016 at the LE CRC-CDN 6767 Chemin de la Cote des Neiges, Montreal, Quebec. It was a very well attended event with president and executive officers of different Filipino Associations in attendance. The program started early as most ignored the "Filipino Time " arrival. Mr. Francis Aquino, the emcee, called Mr. Raymond Lastra, Mr. Hubert Sison, and Mr. Diosado Ilustre to be flag bearers. Both anthems (Filipino and Canada) were performed by Mrs. Dolly Arzona after which Mr. Boy Nicolas delivered the invocation. FCCSC president

Gasapo (Asst. Secretary, Nicolas del Rosario (Treasurer), Jojo Aguirre (Asst. Treasurer), Rudy Oliver (Auditor), Hubert Sison (P.R.O), Emily Dino (Asst. P.R.O), Rochelle Grospe (Business Manager), Daniel Valdez (Asst. Business Manager), Marlon Agcaoli (Tournament Director), Diosdado Ilustre (Asst. Tournament Director), Hermogenes Pavico (Peace Officer), Ronald Mangahs (Training & Development Officer), Marcelino Cabantugan Romulo Grospe Jr. (Asst. Training & Development Officer),

The Board of Advisers are : Dario Boco, Federico Tan, Reggie Villamor, Adolfo Nicolas, Angelito Lanuzo, Ferdie Manaog, Felix de Luna, Jun Bergonio, Remy Ramos, and Carmelo Villanueva.

Inadvertently deleted in the last issue's publication are the names of officers of the Canadian Filipino Seniors of Montreal (CFSM). Here they are: Josie Vincenzo Tapia (President), Tess Mamagat (First Vice President), Luz Domingo (Second Vice President), Mary Paano (Treasurer), Florence Uy (Assistant Treasurer), Ebby Landico (Secretary), Josie Morales (Auditor), Doreen San Juan (Financial Officer), Eddie Valdez (Assistant Financial Officer), Felina Flores (Entertainment Coordinator), Pilar Hu (Assistant Auditor), Linda Armelon (Business Manager), Dora Tyson (Assistant Business Manager), and Dahlia Ashby (Peace Officer).

Have a Great Day, Everyone! See you on the next issue !!

Mr. Manuel Lagasca welcomed the guests. Highlight of the evening was the induction of officers by Snowdon City councilor Marvin Rotrand. Officers inducted were : Manuel Lagasca (President), Mario Bejar (VP Internal), Melencio Domingo (VP External), Cherry Palmos (VP Social Affairs), Alejandro Toledo Jr (Secretary), Mini

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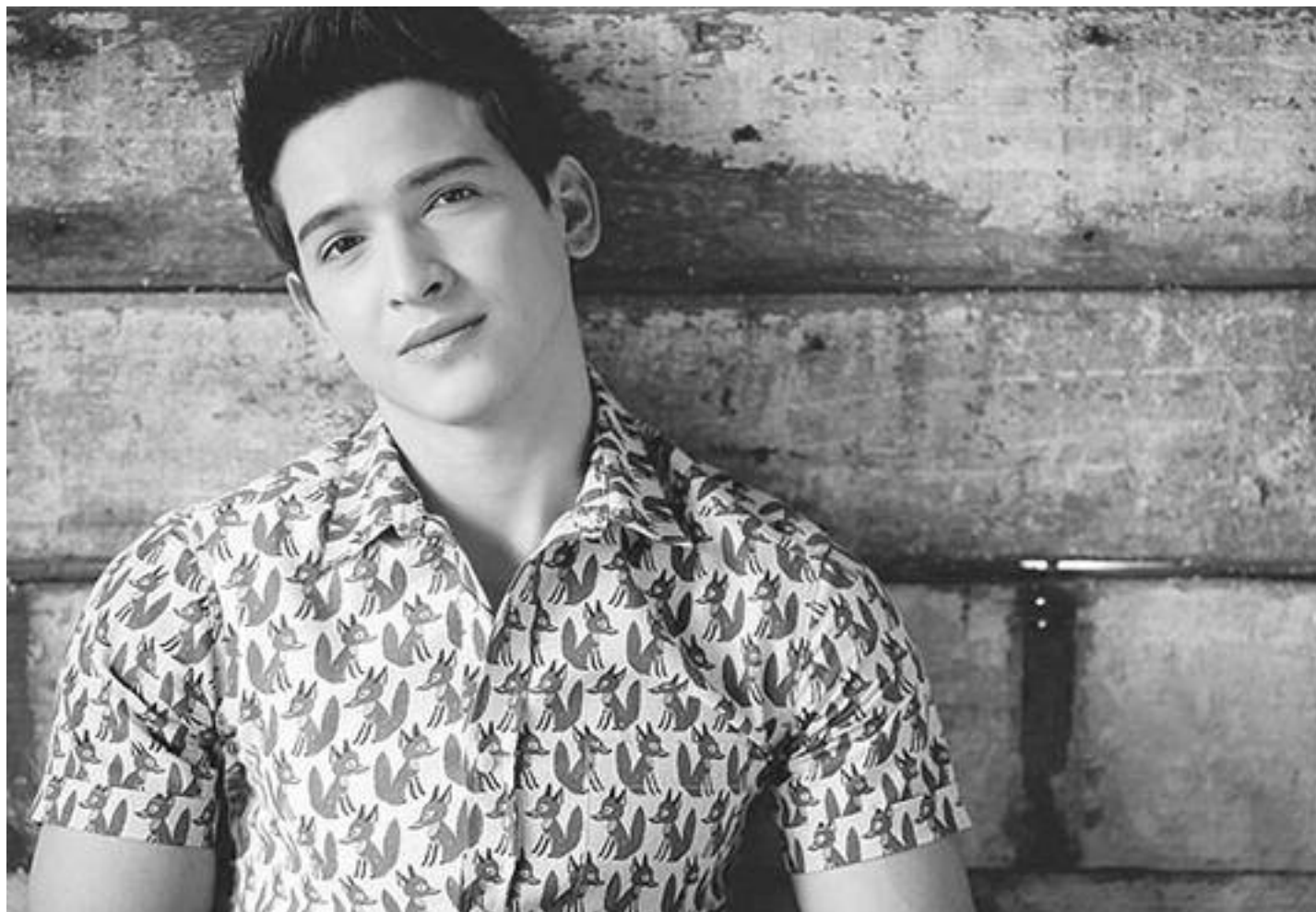
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FILIPINO STAR

SHOWBIZ GOSSIP

Edward sings his heartbreak



Edward Benosa's music video for his single Puso Kong Ito is among the nominees in the Best Music Video category in the eighth PMPC Star Awards for Music to be held on Oct. 23 at the Novotel Hotel in Quezon City

Not just once but thrice did Edward Benosa experience the joy and pain of deeply falling in love in his search for the one truly meant for him.

"Yes, I've fallen in love before and I really felt the pain whenever my relationships ended and I was left heartbroken," shares Edward about his past loves. "The first two (relationships) were complicated — love triangle (laughs). Sa una, ako ang nanalo, ako ang pinili at s'yempre masarap sa pakiramdam at 'yung isa hindi ako, kaya masakit. Of course, I won't dare get into that kind of relationship again but no regrets because if not for them, hindi ako matututo so looking back, di ko rin pinagsisihan. Kumbaga, I've become stronger in life so I'm thankful for those experiences. You just have to learn to face the challenges and learn from them."

His romance with another girl also fizzled out. But Edward didn't wallow in sadness. Instead, he turned his heartbreak into a song. "I was able to write Paglisan (included in his debut album) when the girl left me. I remember I was in a coffee shop that time and it was

raining. It was not my intention to write about what I felt but the words just came out so I wrote them down at doon ko nailabas lahat ng gusto ko sanang sabihin. I was even surprised I did it. Then after a week, I went again to a coffee shop and after an hour, I composed another song, Why Didn't You Stay.

"Thanks to her, because if not for what happened to us, I wouldn't discover that I could be a songwriter, so in a way it turned out good." No wonder, Edward believes that everything — whether good or bad — happens for a reason.

Indeed, his having had experienced being in a love triangle made it easy for the young balladeer to act as natural as can be in the music video of his single Puso Kong Ito which is nominated in the Best Music Video category in this year's PMPC Star Awards for Music with awarding ceremonies set on Oct. 23 at the Novotel Hotel in Cubao, Quezon City.

Edward, who bagged the Star Awards for Best New Male Recording Artist award last year, says it was only recently when he learned about the new nomination. According to music video producer

Carlson Chan of Dannon Clothing, preparations took months before the music video was shot in Tarlac for three days with director Carlo Obispo.

"The concept of direk Carlo for the music video will certainly make the audience feel the emotions of the characters (played by Edward, Ballet Manila's Abigail Oliveiro and RK Bagatsing); sobrang ganda ng kinalabasan," Edward says.

He, too, agrees that he is facing a tough competition with Vice Ganda, Juris, Sam Concepcion and Rivermaya being nominated in the same category. "I believe our edge is mine (music video) was shot by direk Carlo who is very professional with his work. It can be likened to a short film; may puso."

Besides, Puso Kong Ito is one of Edward's favorite songs "because I feel there's something unique about it."

Asked if he is in love right now, Edward replies, "I'm happy and in love with life."

Aside from singing, Edward is also into acting. In fact, he is also rehearsing for a musical titled Mula Sa Buwan, slated to be staged at the Ateneo de Manila University Grounds in December. He is also collaborating with his manager Arnold Reyes for his sophomore album. ■

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She's got it!

To be young and successful. Can anyone ask for more?

Kim Domingo shares her thoughts about being a woman on top of her game



Kim Domingo

To be young and successful. Can anyone ask for more? Kim Domingo shares her thoughts about being a woman on top of her game

To look good enough for pin-up is something many stars aspire for. It should be said, however, that being hot has its pros and cons – just ask Kim Domingo.

Blessed with an innocent face and a killer bod, Kim, the latest crush ng bayan, shared in an interview the pitfalls of looking like a goddess.

"May mga instances na nababastos ako," she said. "Ewan ko. 'Yung iba parang 'di sila makapagpigil. Konting skin, konting cleavage, magte-take advantage na agad. May nanghihipo, nangyayakap..."

"Tapos ang iba naman, huhusgahan ka because of the way you look – to the point na 'pag nag-bikini ako, sasabihin masamang ehemplo daw ako. Eh nagtatrabaho lang naman ako!"

She has learned how to deal with these things.

"Kapag mga public appearances, I make sure may security. Tapos sa social media naman, dedma na lang," Kim said.

Asked if she plans to change how some people see her, the budding actress said, yes, as there are other sides of her that they could focus on. "Ayoko isipin ng mga tao na puro pagpapaseksi lang alam ko," she said. "I want to show them na may talent din naman ako."

For now, however, she will simply do what she does best: Celebrate her beauty.

"Iniisip ko, bakit ko ikahihiya? Bakit ko itatago? Beauty is a blessing."

And so far, so good. Kim has certainly had lots of opportunities come her way from the time she entered show business just a few months ago. Most recently, she was even picked by popular gin brand Ginebra as calendar girl for 2017, vaulting to the level of Marian Rivera and Anne Curtis.

"Ay, hindi naman siguro," she humbly said when that was pointed out to her. "Hindi ko kino-consider na ka-level ko na sila. Pero siyempre I'm very honored and proud na nasama

ako sa hanay nila bilang calendar girl. It's very flattering."

Busy schedule ahead

Kim is readying herself for the spate of activities that automatically comes with Ginebra also naming her their Ganado Sa Buhay campaign ambassador.

"Marami kaming naka-schedule na activities, including public appearances sa provinces. I'm preparing myself mentally and physically na (for those)," she said.

These include hitting the gym thrice a week at the very least.

"Nagsimula preparation ko one month before 'yung pictorial sa calendar. Aside from regular workouts, kasama na diyan 'yung diet. Actually 'yung meals ko ngayon very strict. I am made to stick to 1,200 calories a day lang and it's really tough. Pero kasi I want to continue with it na din para prepared ako sumabak sa work."

Kim sticks to a no-pork diet. "Oo, talagang fish, chicken, beef and veggies na lang ako."

"What's good about the regimen is that I am now more energized," she shared. "Hindi na ako madaling mapagod o ma-stress. Tsaka, siyempre, mas confident ako in front of the cameras."

After marked stints on TV via "Bubble Gang" and "Juan Happy Love Story," Kim will be seen in the film, "Mang Kepweng Returns," which is for submission to this year's Metro Manila Film Festival (MMFF).

"May ino-offer din sakín na bagong teleserye pero ayoko muna magsalita about it masyado," she added.

With her busy schedule and all, does she even have time for love?

"Ah, masaya ako, 'yun lang," she quipped, laughing. ■

Aljur Abrenica tests negative for drugs



Aljur Abrenica

Kapuso actor Aljur Abrenica has voluntarily submitted himself to a drug test and results showed he was negative for all forms of narcotic.

"This is to signify my support for a drug-free Philippines. I am proud to be high on life, not on drugs," the actor said in his recent Instagram post. He also posted a screenshot of his negative drug test results.

This is to signify my support for a Drug-Free Philippines. I'm proud to be high on life not on drugs.

Celebrity users and pushers have become the target of the police as part of the government's war on drugs. The Philippine National Police has included about 50 celebrities in its drug list. Recently, however, PNP chief Ronald "Bato" dela Rosa said 24 more celebrity names had been added to the drug list, including actors, television hosts and musicians. ■

Showbiz Gossip *Continued from p.15***Ariel Rivera remains unstoppable at 50**

'Meron akong mga negosyo but hindi ko makita sarili ko na nakaupo lang sa desk. I find excitement exercising my artistic side.'

Still looking young and actively working, Ariel Rivera is proof that age is just a number.

The singer-actor turned 50 last September. He's been in show business for 26 years and by the looks of it, the tenure extends indefinitely especially that he's been into healthier lifestyle for some time now.

"It helps na my wife is into that," he said. "She's healthy and conscious with her body and na-i-influence niya ako."

Ariel is making a comeback of sorts on GMA-7 via the upcoming teleserye "Hahamakin Ang Lahat" also starring Kristoffer Martin, Joyce Ching, Thea Tolentino and Bruno Gabriel. The last time Ariel did a project with the Kapuso Network was six years ago. His arrangement with them now is on a per-show basis.

"Marami akong kaibigan sa GMA. 'Yung mga AP, EP, we're very close friends even outside of work. Minsan magkasama kami kapag may free time," he said.

Keep 'em coming

Ariel feels so blessed with the opportunities coming his way that the constant rise of younger actors doesn't bother him one bit.

"Kaunti na lang yata kami na ka-edad ko to be given projects so it's always a blessing," he said.

The singer-actor is all about artistry as always.

"Well, from the time I started naman, hindi importante sa akin 'yung awards o 'yung pera. Sa akin, it's being able to work with people I want

to work with. Tsaka kahit papano, may artistic side tayo. Meron akong mga negosyo but hindi ko makita sarili ko na nakaupo lang sa desk. I find excitement exercising my artistic side," he said.

He remains picky with roles.

"I like roles that are challenging. Kapag hindi ko type, hindi ko gagawin. Importante sa akin kung ano 'yung role ko."

Thanks but no thanks to tags

Though among seasoned singers and actors in the industry, Ariel is not waiting for anyone to pay tribute to his accomplishments. He even downplays the "Kilabot ng Kolehiyala" tag once given him, insisting the title belongs to Hajji Alejandro.

"I like where I am. To be in this industry as long as I am, mas gusto ko na 'yung tahimik na lang basta may trabaho. Hindi na kailangan ng tribute o tag," Ariel said.

If anything, he'd rather share his learnings to younger artists.

"I think it's part of our responsibility as industry veterans, to mentor young ones on how to go about working, being professional, investing their money wisely," said he who also has a construction business.

He shared his sons are now studying in Canada.

"We thought of migrating there. But the thing was, naawa din naman ako kay Gelli (de Belen, his wife) kasi anong gagawin niya doon? Magiging stagnant siya, baka iyon pa maging dahilan ng paghihiwalay namin. Our reason for our plan to migrate was for our kids, education, more opportunities. The kids are there, studying their high school. Kami dito na lang, work." ■

Derek: Hearing my son call me dad 'broke my heart'**Derek Ramsay Interview with Boy Abunda**

"It broke my heart," admitted actor Derek Ramsay as he recalled the first time his son called him dad in an interview on "Tonight With Boy Abunda" aired Tuesday evening.

This happened last Christmas, Ramsay shared, adding that those

gushed. "And then we took off to Palawan, and do what Ramsays do: stay under the sun, jump into the ocean, do crazy things where you can hurt yourself. And I was like, 'Okay, this is my son.'"

Austin, whom Ramsay first

**Derek Ramsay with girlfriend model Joanne Villablanca**

moments with Austin, his child with estranged wife Mary Christine Jolly, were the "best" days of his whole life so far.

introduced to the public in June last year, is currently based in Dubai with his mother Mary Christine. Ramsay said that he wishes he could spend more time with him. "That's probably the only thing missing in my life," he said.

Meanwhile, Ramsay also talked about his relationship with girlfriend, model Joanne Villablanca.

Asked if she gets jealous of his intimate film scenes with other women, Ramsay replied: "Before we got into this relationship, she knew what my line of work is and we talked about it, and said, 'I don't want to get into this relationship if we are going to bring this up again. I don't want to sound selfish but I will guarantee you that the love that I have is only for you.'"

Ramsay is the star of the upcoming film, "The Escort," which also stars actress Lovi Poe. ■

**Derek with his son Austin**

"I [also] took him to watch my movie and he was very proud. When the fans came up to me and ask for pictures, he'd be like, 'That's my dad, that's my dad,'" a beaming Ramsay

Ai Ai delas Alas gets Papal Award

'Ang mga kahinaan ko – ang mga nangyari sa buhay ko – 'yun 'yung nagpapalakas sa faith ko.'



Ai Ai Delas

Blessings continue to pour on Ai Ai delas Alas who will be conferred the Pro Ecclesia et Pontifice ("For the Church and the Pope") medal on recommendation of the Diocese of Novaliches headed by Bishop Antonio Tobias.

The conferment ceremony will be on Nov. 11 at the Cathedral of the Good Shepherd, Regalado Avenue, Novaliches, Quezon City, coinciding with the actress' 51st birthday. The Papal Award is said to be the highest honor bestowed to laity by the Pope. The only other Pinoy entertainment personality who has one is Maestro Ryan Cayabyab from years back.

According to Bishop Tobias, the award is in recognition of Ai Ai's "distinguished service to the church." Among other charitable works, the actress is involved in the construction

of the Kristong Hari Church in Commonwealth Ave., Quezon City; and the Anawim Lay Missions Foundation, Inc. in Montalban, Rizal.

In an interview, Ai Ai admitted she was surprised learning about the recognition.

"Alam ko ni-nominate ako pero 'di ko in-expect," she said. "Nu'ng sinabi nila sa akin, umiyak ako. Sabi ko, 'Lord hindi po ako karapat-dapat sa award na ito pero tinatanggap ko po, thank you po.'"

She plans to visit the Vatican in hopes of personally extending her gratitude to Pope Francis.

Asked if the award will impact her work as actress and singer, she said, "Hindi naman ako magbabago sobra pero siyempre pag-iisipan kong mabuti 'yung mga gagawin ko.

"Like siguro 'pag concert,

hindi na ako magta-tangga, mas wholesome na kahit paano," she added.

Father Erick Santos, a good friend of Ai Ai's, shared, "Alam ng Roma ang lahat ng tungkol sa kanya, pati ang kanyang nakaraan. Hindi naman ibig sabihin nito ay tinuturing na siya na parang pakabanal-banal. Kinikilala lamang nito 'yung pagmamahal at pagmamalaskit na pinapakita niya sa simbahan. Simbolo ito na sa kabila ng ating mga nagiging kahinaan, pagkakamali, tinitignan pa rin ng simbahan ang ating kabutihan."

Brother Michael Angelo Lobrin added, "Hindi naman ibig sabihin nito ay santa na si Ai Ai. Ito'y hamon sa kanyang pagiging Katoliko, sa kanyang pananampalataya, ito'y may karampatang responsibilidad. Ito ay hamon ng patuloy na pagpapanibago or complete change. Sana maging inspirasyon ito lalo na sa mga Katolikong artista na nagtitiyaga at nagsisipag na maglingkod sa Inang Simbahan."

"Sa totoo lang, ang mga kahinaan ko – ang mga nangyari sa buhay ko – 'yun 'yung nagpapalakas sa faith ko," Ai Ai, a Marian devotee, shared.

"Ganun naman ang buhay eh, cycle 'yan. Minsan dapang-dapa ka then babangon ka ulit. Tine-test lang ni Lord 'yung faith mo."

Future plans

Apart from the award, Ai Ai is celebrating another milestone with boyfriend Gerald Sibayan recently graduating from college.

"Masaya siyempre dahil 'yun nga another blessing din ito so, thankful talaga ako," she noted.

According to Ai Ai, the boyfriend plans to start a business.

"Plano niya ring mag-coach ng badminton sa isang school. Siyempre suporta lang naman ako sa kanya," she said.

They are not planning to tie the knot anytime soon.

"Siguro after two years pa,"

she shared. "Depende kung ano ang gusto ni Lord."

On Jiro

She is of the same mindset concerning former actor Jiro Manio, who has been under her wings after he fell prey to the lure of illegal drugs.

"Okay naman na siya, maganda na ang mga sinasabi niya kaya nakakakita na ako ng liwanag, nagbababago na ang anak ko," she said, relating how Jiro has profusely acknowledged her help the last time they saw each other.

"Sabi niya, 'Salamat Ma hindi mo lang ako tinulungan, ni-rescue mo ako.' Nakakatuwa na may ganoon pala siyang concept. Sabi ko naman sa kanya 'Anak ang gusto ko lang gumaling ka.'"

That said, she admitted Jiro is not yet ready to leave rehab.

"Gusto niya din na doon muna siya sa loob. Siguro naisip niya sa labas maraming ding stress baka ma-trigger uli."

MMFF plans

For now, Ai Ai is fervently praying her new film "The Mighty Yaya" makes it to this year's Metro Manila Film festival (MMFF).

"Sana, para masaya," she said.

"Actually hindi talaga siya para sa MMFF, pero naurong kasi ng naurong 'yung playdate so sabi ni Mother (Lily, film producer, Regal Films) isali na rin lang."

ABOUT THE MEDAL

* The Pro Ecclesia et Pontifice medal was established by Pope Leo XIII on July 17, 1888 to commemorate his golden jubilee.

* It was originally bestowed on men and women who had aided and promoted the jubilee, making it a success.

* Around these parts, aside from Ai Ai and Ryan, Ecclesiastical artist Willy Layug also received the medal. ■

Grace Lee balances life as entrepreneur, newscaster



Grace Lee

People see TV host Grace Lee delivering the news and stories every morning on TV5's "Aksyon Sa Umaga." Not many know, however, that outside her newscasting chores, she is busy with various businesses.

Grace recently opened Korean restaurant Kko Kko, which offers Korean friend chicken, Korean street food and Dosirak (Korean lunchbox). This is the newest addition to her line of concept restaurants, which also includes Buta Wagyu and Atelier Vivanda.

"I've always wanted not just to share Korean food but also Korean culture through food with Filipino people," Grace said in an interview. "This is a natural business venture for

me. We try to give full culinary experience."

About Dosirak, she said, "Yung mga students noong generation ng parents ko, by the time they eat their lunch, naalog na siya sa loob ng bags nila, so mixed na silang lahat. That's Dosirak. Right now, Dosirak culture is making a comeback in Korea. What people do is they intentionally shake their meal to replicate the experience our parents had before."

Being in the restaurant business for three years now, Grace already knows her strength and weaknesses. She also now has an eye spotting market trends.

"The competition is very stiff

but I enjoy what I do and I think that's the most important part. The most fulfilling part for me in the restaurant business is that I am able to conceptualize something and share it with people. The satisfaction you get is difficult to compare," she said.

Grace may have a full schedule but she is able to keep a good balance.

"My time is allotted with specific number of hours a day and that's dedicated to my front of the camera work. You have to sacrifice lang fun times and hanging out with friends or doing things that I might

See Page 18 Grace Lee

Jaycee Parker and her 'real light'



For Jaycee Parker, first light was from show business when she got discovered 13 years ago in a Regine Tolentino dance video. She would eventually join the Viva Hot Babes responsible for the hits "Bulaklak," "Kikay" and "Basketball."

But a few years ago, Jaycee claimed seeing "the real light" (as she herself put it) when she met her spiritual mentor, Pampanga Councilor Jericho Aguas.

"He taught me so many life principles and invited me to join him in his Kabbalah classes," she said. "Kabbalah is an ancient wisdom that reveals how the universe and life work."

"On a literal level, the word Kabbalah means 'to receive.' It's the study of how to receive fulfillment in our lives. Most of us, at some point in our life, have been overcome with the feeling that we are not as fulfilled as we could be. Paradoxically, and often, the harder we strive to achieve that fulfillment, the more it eludes us."

"When we speak about fulfillment, we don't mean just being temporarily happy or experiencing fleeting senses of well-being. We mean connecting to the energy, and maintaining our connection to true and long-lasting fulfillment."

According to Jaycee, he started studying Kabbalah "when he was on a very dark journey in his life." It was then that Jericho learned about a

group of people that calls itself "lightworkers."

According to Doreen Virtue's book titled "The Lightworker's Way," you are one if:

1. Feel called to heal others.
2. Want to resolve the world's social and environmental problems.
3. Believe that spiritual methods can heal any situation.
4. Have had mystical experiences, such as psychic premonitions or angelic encounters.
5. Have endured harsh life experiences that eroded the knowledge of your Divine perfection.
6. Want to heal your own life as a first step in healing the world.
7. Feel compelled to write, teach, or counsel about your healing experiences.
8. Feel a sense of time urgency to fulfill your mission before you know that you are here for a higher purpose or even if you are unsure what it is or how to fulfill it.

Jaycee emphasized that Kabbalah is not a religion.

"Jericho and I are practicing Catholics," she said. "(It's just that) anybody from any religion having five out of the eight traits Doreen mentioned may be a lightworker."

Jaycee added she wants to write a book wherein she could share the knowledge and wisdom of being a lightworker. ■

From Page 17 Grace Lee

want to be able to dedicate more time with work," Grace said.

She finds the restaurant business "difficult" so she really makes time for it.

"It is a full-time job. You have to know the ins and outs of the business, from the tiles to the floors, ceilings. So, this is a meticulous business that requires a lot of your time," she shared.

Fortunately, being in media helps in that she gets to promote her restos to followers and celebrity friends.

"It comes hand in hand. I also love feeding my co-workers. I think it always works best if you're passionate with what you do. I love the work that I do in front of camera as much as the work behind the camera, which is my restaurant business," she said.

Love life

She isn't dating anyone at the moment but it's no problem for Grace.

"I don't want this year. I think this year I just want to concentrate on my work. There are lots of things happening. I'm keeping myself busy. So, I think it's a good breather to not commit yourself into a relationship also because there are lots of work, as well," she said.

Being in the Philippines for

many years now, Grace shared she doesn't mind where a guy is from.

"My parents are very open-minded. We've lived in the Philippines for so long na hindi na uso sa pamilya namin 'yung racial bias."

While Grace is not particular with a guy's racial background, she prefers someone not from media and politics.



"I think the best for me is to date somebody not from my industry and also not politics. Lahat naman ng babae isa lang ang gusto - a guy who makes you happy, who loves you. I want my private life to be simple." ■

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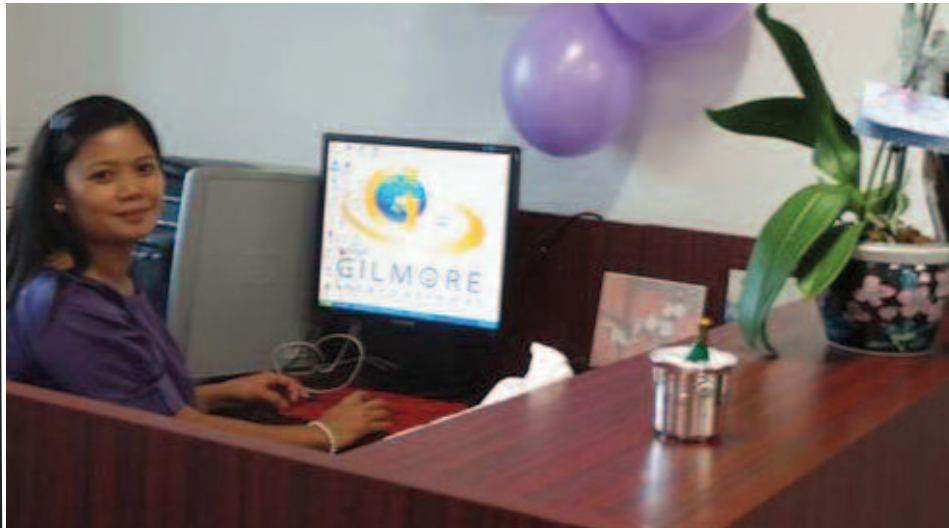
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At the reception desk, Arlene Manalo, a Gilmore alumni who used to volunteer in the school's activities. Thank you, Arlene, for having given your time.



First day of practicum, October 22, 2016 at Chateau Westmount, through the initiative of Amy Manon-og, (first on the left, seated) coordinator of the workstudy program, and supervising teachers, Terry White and Sophie Toledo, who will be overseeing the weekend stage, day shift from 7 a.m. to 3 p.m. We wish you all a successful experience of serving the elderly at this accredited health care facility.



Gilmore College International alumni attended the inauguration of the new headquarters, and celebration of the 26th anniversary last year.



A souvenir of Gilmore College International thanksgiving party organized by the students in French - Arlene, Marie Edna, Edna, Mayette, Precy and Wimble.