

## President Obama addresses 71st UN general assembly



(Full text of speech delivered on September 20, 2016 at the UN) The United Nations New York, New York

10:29 A.M. EDT

PRESIDENT OBAMA: Mr. President; Mr. Secretary General; fellow delegates; ladies

and gentlemen: As I address this hall as President for the final time, let me recount the progress that we've made these last eight years.

From the depths of the greatest financial crisis of our time, we coordinated our response to avoid further catastrophe and return the global economy to growth.

We've taken away terrorist safe havens, strengthened the nonproliferation regime, resolved the Iranian nuclear issue through diplomacy. We opened relations with Cuba, helped Colombia end Latin America's longest war, and we welcome a democratically elected leader of Myanmar to this Assembly. Our assistance is helping people feed themselves, care for the sick, power communities across Africa, and promote models of development rather than dependence. And we have made international institutions like the World Bank and the International Monetary Fund more representative, while establishing a framework to protect our planet from the ravages of climate change.

This is important work. It has made a real difference in the lives of our people. And it could not have happened had we not worked together. And yet, around the globe we are seeing the same forces of global integration that have made us interdependent also expose deep fault lines in the existing international order.

We see it in the headlines every day. Around the world, refugees flow across borders in flight from brutal conflict. Financial disruptions continue to weigh upon our workers and entire communities. Across vast swaths of the Middle East, basic security, basic order has broken

down. We see too many governments muzzling journalists, and quashing dissent, and censoring the flow of information. Terrorist networks use social media to prey upon the minds of our youth, endangering open societies and spurring anger against innocent immigrants and Muslims. Powerful nations contest the constraints placed on them by international law.

This is the paradox that defines our world today. A quarter century after the end of the Cold War, the world is by many measures less violent and more prosperous than ever before, and yet our societies are filled with uncertainty, and unease, and strife. Despite enormous progress, as people lose trust in institutions, governing becomes more difficult and tensions between nations become more quick to surface.

And so I believe that at this moment we all face a choice. We can choose to press forward with a better model of cooperation and integration. Or we can retreat into a world sharply divided, and ultimately in conflict, along age-old lines of nation and tribe and race and religion.

I want to suggest to you today that we must go forward, and not backward. I believe that as imperfect as they are, the principles

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## PBSSQ presents 2016 Community Service Award to NAFS editor in its 32nd awards night



Students and teachers of Gilmore College International pose for souvenir with the recipient of this year's PBSSQ Community Service Award, Zenaida Ferry Kharroubi, editor & publisher of the North American Filipino Star as well as the founder and director-general of the College. Also shown in this photo are the presenters of the award, Rose and Harry Marks, Natalie Pelausa, founder of the Philippine Benevolent and Scholarship Society of Quebec and Councilor & Mrs. Marvin Rotrand. See story on page 3 by Jeannette Pérignon, PRO of PBSSQ.

# Philippine News

## Ceasefire holding on, GRP gearing for next round of peace talks

September 22, 2016

MANILA, Sept. - Close to a month after the Philippine government and the communist rebels reopened peace negotiations, the unilateral ceasefires declared by both parties appear to be holding on with no reports of major clashes and incidents.

Government (GRP) chief negotiator and Labor Secretary Silvestre 'Bebot' Bello III said he is optimistic a bilateral agreement will be reached and put in place when the second round of peace negotiations is resumed on October 4-10, also in Oslo, Norway.

"It is indicative of the sincerity of both parties in the (peace) process which augurs well for peace," Bello said of the lull in the fighting.

It can be recalled that President Rodrigo Duterte restored a unilateral and indefinite ceasefire on the eve of the formal resumption of the peace talks with the National Democratic Front (NDF) on August 21 to create a favorable condition for the negotiations.

The NDF in return extended its 7-day goodwill ceasefire (August 21-27) to also declare its own unilateral and indefinite ceasefire when the first round of talks in Oslo ended on August 26.

This indefinite unilateral ceasefire from the NPA is considered "historic and unprecedented." The NPA said it is inspired by the release of the 22 detained NDF consultants, the most number of prisoners released by the government to date.

In the 30-year history of government peace negotiations with the CPP/NPA/NDF, the talks have been disrupted for at least 15 times. The breakdown in the talks was mainly due to two issues: the release of detained NDF consultants and declaration of ceasefire. With both issues addressed, the formal resumption of peace talks on August 22-28 in Oslo was made possible.

Ceasefire was one of agenda items taken up by both panels during the

Oslo talks.

Both parties agreed to submit drafts for the formal bilateral ceasefire agreement when the negotiations resume in the first week of October.

"Hopefully, this will ripen to a bilateral and permanent ceasefire and finally the end of hostilities," Bello said.

In close to 50 years of guerrilla war launched by the NDF, through its armed wing the New People's Army (NPA), more than 150,000 people have been killed in armed clashes and violent incidents.

The Philippine military said the NPA has been reduced to less than 4,000 armed regulars scattered all over the Philippine archipelago.

But in Oslo, NDF panel chief negotiator Luis Jalandoni claimed they have 10,000 armed regulars operating in more than 120 guerrilla fronts that cover more than 72 provinces.

The GRP-NDF formal talks are entering the more substantive phase of the peace negotiations with both parties submitting outlines and drafts on social and economic reforms and political and constitutional reforms in the next round.

Both parties will also take up a proposed amnesty proclamation for all listed detained NDF members.

The cessation of hostilities and disposition of forces will also be tackled simultaneously during the talks.

The parties earlier agreed to accelerate the peace process with the government peace panel expressing confidence that a final peace agreement will be signed within a year.

The GRP and NDF panels agreed to move the Oslo second round of talks earlier from the original date of October 8-12 to October 6-10. (OPAPP)

## De Lima calls for UN intervention; Sotto, Lacson reject move

Beleaguered Sen. Leila de Lima, stripped by colleagues of her chairmanship of the Senate justice and human rights committee Monday, formally sought yesterday the presence of a United Nations (UN) rapporteur in the Philippines to look into the extra-judicial killings (EJKs) and summary executions as the Duterte administration's intensified campaign against illegal drugs enters its 84th day today.

This came after de Lima filed Senate Resolution No. 153 urging the Executive branch, through the Department of Foreign Affairs, to "extend an invitation to the UN special rapporteur on extra-judicial, summary or arbitrary executions to visit the country to look into the extra-judicial killings and summary execution amid the administration's war on drugs."

But Senate Majority Leader Vicente C. Sotto III and Sen. Panfilo M. Lacson rejected outright De Lima's move.

"Any senator can file any resolution about anything under the sun but in this case, I do not support the call for UN to meddle in our internal affairs," Sotto said.

Asked whether the UN should come in following fears expressed by the US and the European Parliament that the government's anti-illegal drug campaign is getting out of hand following the death of more than 3,000 persons since July 1, Sotto replied: "Not even. Wala silang pakialam sa atin (They should not interfere with our affairs)."

### SHAMEFUL

Lacson, who was named vice chairman of the Senate justice committee replacing Sen. Francis Pangilinan, chided de Lima for making it appear that she alone and no other senator has the right to be objective.

He said it was unfair for de Lima that, after being yanked out of her committee chairmanship, she would now ask an outside agency to conduct investigation on the country's internal affairs.

"Hindi kaya kahiyahiya naman na virtually inamin natin sa buong mundo

na hindi nation kayang-imane ang sarili natin problema dito sa bansa? Ano kaya ang motibo sa panawagn sa isang foreign entity sa magsagawa ng investigation na puwede naman natin isagawa ng Senado sa ngayon?" he asked. (Is it not a shame that we conceded to the whole world that we cannot manage our problems in our own country? What could be the motive for calling on a foreign entity to undertake an investigation that the Philippine Senate is now doing?)

"No person has the monopoly of virtues," he stressed.

De Lima cited official data from the Philippine National Police (PNP) as of Sept. 14, 2016 showing about 3,173 persons killed in the Duterte administration's illegal drugs war since they assumed office on July 1, 2016.

Of this number, about 1,138 drug personalities were killed in police operations, while about 2,035 were reported victims of EJKs or vigilante killings. The average number of person killed daily for the past two and one half months is 42.3, de Lima said.

### HEARING RESUMES

"By any standard, the statistics are alarming and staggering. And, judging from both official and media sources, there is no showing that we will soon experience a downtrend in the figures," de Lima added.

The filing of the resolution followed the decision of the newly-constituted Senate justice committee to resume today its public hearing earlier scheduled by de Lima on EJKs. This will be its fourth hearing.

De Lima's witness, Edgar Matobato, 57, an alleged member of Duterte's Davao Death Squad (DDS) will be allowed to testify although many senators doubt his credibility.

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**Zenaida Ferry Kharroubi**  
Chief Editor & Publisher

Al Abdon	Sam Kevin	
Fely Rosales Carino	News & Layout Editor	W.G. Quiambao
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# PBSSQ presents community service award to NAFS editor in its 32nd awards night

By Jeannette Pérignon, PRO

As in the past, the Philippine Benevolent & Scholarship Society of Quebec known popularly as PBSSQ recognizes not only the scholastic achievements of our youth but also the services rendered by community leaders. This year, the Executive Board nominated Zenaida Ferry Kharroubi to receive the 2016 Community Service Award, and Robert Yasis the 2016 Benevolence Award.

A summary of their accomplishments was read before the presentation of the award. For Robert Yasis, it said: **“In recognition of your outstanding service and selfless ministry rendered to Filipino-Canadians of the FCMM and Montreal. Your caring and compassion for our many brothers and sisters gave comfort during their time of need. Your kindness and generosity of spirit kindle the hope that brightens each of our lives. Our community offers our most heartfelt “Thank You”. May the Lord bless and keep you in His loving care.”**

For Zenaida Ferry-Kharroubi, the following text was read by the emcee: **In recognition of and with sincere thanks for your Outstanding Service rendered to our community. You set up the example of a life well-lived, with a sincere heart, with generosity of spirit to encourage and help others, with selfless effort and commitment to family, friends and community. Our city and our world is a better place because of you and your example will continue in the memories and lives of so many.”**

The 32nd Annual Awards Night for Benevolence and Scholarship was held on Saturday, September 10, 2016 in Schofield Hall, TMR, Montreal, Quebec. Just like the previous years, the evening was a great success!

Among the political figures present were: Philippine government in Ottawa, Minister and Consul General Eric Tamayo with his wife, Joyce Tamayo; Member of Parliament – Mount Royal, Anthony Housefather; city councillor – Snowdon, Marvin Rotrand.

Members of different Filipino



Scholars and award recipients pose with the founder of the Philippine Benevolent & Scholarship Society of Quebec, Natalie Pelausa (seated) From left: Robert Yasis, Melie de Guzman, Jane Marie Ramil, Diego Rafael Estero, Princess Jara-Elegado, Jodie Anne Peñaflorida-Lopez and Zenaida Ferry-Kharroubi.

associations; parents, family, and friends of the 2016 scholars; PBSSQ officers and members, PBSSQ’s founder Natalie Pelausa; Dr. Eddie Pelausa who represented his sister and PBSSQ President Dr. Ermie Pelausa who couldn’t attend due to a medical problem – graced the evening with their presence. Emcees were David Lam and Jeannette Pérignon.

The evening was highlighted with the Salinggawi Philippine Arts Organization’s “Sayaw sa Bangko” and “Tinikling” and a beautiful piano rendition by Diego Raphael Estero. Keynote address was given by Sheryl Guloy, a doctor of Philosophy in Education (Educational Technology and Learning Design, Simon Fraser University in British Columbia). There was a silent auction on a beautiful acrylic painting by one of our scholars, Jodie-Anne Peñaflorida-Lopez. The delicious buffet was catered by Bhaby Castillo; sounds by Freddie Baculina.

The following received awards that evening:

2016 PBSSQ Elementary Scholar Diego Raphael Estero; 2016 PBSSQ High School Scholar - Jane-Marie Ramil; 2016 CEGEP Scholar- Princess Jara-Elegado; 2016 CEGEP Scholar - Jodie-Anne Peñaflorida-Lopez; 2016 Top Scholar - Princess Jara-Elegado 2016 Best Essay - Jane-Marie Ramil; 2016 Best Interview - Princess Jara-Elegado; 2016 Benevolence Award;

Roberto Yasis; 2016 Community Service Award - Zenaida Kharroubi

The 2015 Top Scholar, Jessica Mae Navar received a medal award and together with Natalie Pelausa and Catherine de la Cruz, presented the revolving trophy to the 2016 Top Scholar - Princess Jara-Elegado.

Just like the last few years, the monetary awards received by the scholars, were donated by Melie de Guzman in honor of her late husband, Michael Pivarnik. The whole de

Guzman and Pivarnik family were present and participated in presenting the awards to the scholars.

The evening wouldn’t have been a success if not for Catherine de la Cruz, one of the vice presidents for Scholarships, who assumed the work in organizing and running the whole evening at short notice, in lieu of Dr. Ermie Pelausa; and to all the officers and members of PBSSQ who worked in the background. Great team work!

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of open markets and accountable governance, of democracy and human rights and international law that we have forged remain the firmest foundation for human progress in this century. I make this argument not based on theory or ideology, but on facts -- facts that all too often, we forget in the immediacy of current events.

Here's the most important fact: The integration of our global economy has made life better for billions of men, women and children. Over the last 25 years, the number of people living in extreme poverty has been cut from nearly 40 percent of humanity to under 10 percent. That's unprecedented. And it's not an abstraction. It means children have enough to eat; mothers don't die in childbirth.

Meanwhile, cracking the genetic code promises to cure diseases that have plagued us for centuries. The Internet can deliver the entirety of human knowledge to a young girl in a remote village on a single hand-held device. In medicine and in manufacturing, in education and communications, we're experiencing a transformation of how human beings live on a scale that recalls the revolutions in agriculture and industry. And as a result, a person born today is more likely to be healthy, to live longer, and to have access to opportunity than at any time in human history.

Moreover, the collapse of colonialism and communism has allowed more people than ever before to live with the freedom to choose their leaders. Despite the real and troubling areas where freedom appears in retreat, the fact remains that the number of democracies around the world has nearly doubled in the last 25 years.

In remote corners of the world, citizens are demanding respect for the dignity of all people no matter their gender, or race, or religion, or disability, or sexual orientation, and those who deny others dignity are subject to public reproach. An explosion of social media has given ordinary people more ways to express themselves, and has raised people's expectations for those of us in power. Indeed, our international order has been so successful that we take it as a given that great powers no longer fight world wars; that the end of the Cold War lifted the shadow of nuclear Armageddon; that the battlefields of Europe have been replaced by peaceful union; that China and India remain on a path of remarkable growth.

I say all this not to whitewash the challenges we face, or to suggest complacency. Rather, I believe that we need to acknowledge these achievements in order to summon the confidence to carry this progress forward and to make sure that we do not abandon those very things that have delivered this progress.

In order to move forward, though, we do have to acknowledge that the existing path to global integration requires a course correction. As too often, those trumpeting the benefits of globalization have ignored inequality within and among nations; have ignored the enduring appeal of ethnic and sectarian identities; have left international institutions ill-equipped, underfunded, under-resourced, in order to handle transnational challenges.

And as these real problems have been neglected, alternative visions of the world have pressed forward both in the wealthiest countries and in the poorest: Religious fundamentalism; the politics of ethnicity, or tribe, or sect; aggressive nationalism; a crude populism -- sometimes from the far left, but more often from the far right -- which seeks to restore what they believe was a better, simpler age

free of outside contamination.

We cannot dismiss these visions. They are powerful. They reflect dissatisfaction among too many of our citizens. I do not believe those visions can deliver security or prosperity over the long term, but I do believe that these visions fail to recognize, at a very basic level, our common humanity. Moreover, I believe that the acceleration of travel and technology and telecommunications -- together with a global economy that depends on a global supply chain -- makes it self-defeating ultimately for those who seek to reverse this progress. Today, a nation ringed by walls would only imprison itself.

So the answer cannot be a simple rejection of global integration. Instead, we must work together to make sure the benefits of such integration are broadly shared, and that the disruptions -- economic, political, and cultural -- that are caused by integration are squarely addressed. This is not the place for a detailed policy blueprint, but let me offer in broad strokes those areas where I believe we must do better together.

It starts with making the global economy work better for all people and not just for those at the top. While open markets, capitalism have raised standards of living around the globe, globalization combined with rapid progress and technology has also weakened the position of workers and their ability to secure a decent wage. In advanced economies like my own, unions have been undermined, and many manufacturing jobs have disappeared. Often, those who benefit most from globalization have used their political power to further undermine the position of workers.

In developing countries, labor organizations have often been suppressed, and the growth of the middle class has been held back by corruption and underinvestment. Mercantilist policies pursued by governments with export-driven models threaten to undermine the consensus that underpins global trade. And meanwhile, global capital is too often unaccountable -- nearly \$8 trillion stashed away in tax havens, a shadow banking system that grows beyond the reach of effective oversight.

A world in which one percent of humanity controls as much wealth as the other 99 percent will never be stable. I understand that the gaps between rich and poor are not new, but just as the child in a slum today can see the skyscraper nearby, technology now allows any person with a smartphone to see how the most privileged among us live and the contrast between their own lives and others. Expectations rise, then, faster than governments can deliver, and a pervasive sense of injustice undermine people's faith in the system.

So how do we fix this imbalance? We cannot unwind integration any more than we can stuff technology back into a box. Nor can we look to failed models of the past. If we start resorting to trade wars, market distorting subsidies, beggar thy neighbor policies, an overreliance on natural resources instead of innovation -- these approaches will make us poorer, collectively, and they are more likely to lead to conflict. And the stark contrast between, say, the success of the Republic of Korea and the wasteland of North Korea shows that central, planned control of the economy is a dead end.

But I do believe there's another path -- one that fuels growth and innovation, and offers the clearest route to individual opportunity and national success. It does not require succumbing to a soulless capitalism that benefits only the few, but rather recognizes that

economies are more successful when we close the gap between rich and poor, and growth is broadly based. And that means respecting the rights of workers so they can organize into independent unions and earn a living wage. It means investing in our people -- their skills, their education, their capacity to take an idea and turn it into a business. It means strengthening the safety net that protects our people from hardship and allows them to take more risks -- to look for a new job, or start a new venture.

These are the policies that I've pursued here in the United States, and with clear results. American businesses have created now 15 million new jobs. After the recession, the top one percent of Americans were capturing more than 90 percent of income growth. But today, that's down to about half. Last year, poverty in this country fell at the fastest rate in nearly 50 years. And with further investment in infrastructure and early childhood education and basic research, I'm confident that such progress will continue.

So just as I've pursued these measures here at home, so has the United States worked with many nations to curb the excesses of capitalism -- not to punish wealth, but to prevent repeated crises that can destroy it. That's why we've worked with other nations to create higher and clearer standards for banking and taxation -- because a society that asks less of oligarchs than ordinary citizens will rot from within. That's why we've pushed for transparency and cooperation in rooting out corruption, and tracking illicit dollars, because markets create more jobs when they're fueled by hard work, and not the capacity to extort a bribe.

That's why we've worked to reach trade agreements that raise labor standards and raise environmental standards, as we've done with the Trans-Pacific Partnership, so that the benefits are more broadly shared.

And just as we benefit by combatting inequality within our countries, I believe advanced economies still need to do more to close the gap between rich and poor nations around the globe.

This is difficult politically. It's difficult to spend on foreign assistance. But I do not believe this is charity. For the small fraction of what we spent at war in Iraq we could support institutions so that fragile states don't collapse in the first place, and invest in emerging economies that become markets for our goods. It's not just the right thing to do, it's the smart thing to do.

And that's why we need to follow through on our efforts to combat climate change. If we don't act boldly, the bill that could come due will be mass migrations, and cities submerged and nations displaced, and food supplies decimated, and conflicts born of despair. The Paris Agreement gives us a framework to act, but only if we scale up our ambition. And there must be a sense of urgency about bringing the agreement into force, and helping poorer countries leapfrog destructive forms of energy.

So, for the wealthiest countries, a Green Climate Fund should only be the beginning. We need to invest in research and provide market incentives to develop new technologies, and then make these technologies accessible and affordable for poorer countries. And only then can we continue lifting all people up from poverty without condemning our children to a planet beyond their capacity to repair.

So we need new models for the global marketplace, models that are inclusive and sustainable. And in the same way, we need models of governance that are inclusive and accountable to ordinary people.

I recognize not every country in

this hall is going to follow the same model of governance. I do not think that America can -- or should -- impose our system of government on other countries. But there appears to be growing contest between authoritarianism and liberalism right now. And I want everybody to understand, I am not neutral in that contest. I believe in a liberal political order -- an order built not just through elections and representative government, but also through respect for human rights and civil society, and independent judiciaries and the rule of law.

I know that some countries, which now recognize the power of free markets, still reject the model of free societies. And perhaps those of us who have been promoting democracy feel somewhat discouraged since the end of the Cold War, because we've learned that liberal democracy will not just wash across the globe in a single wave. It turns out building accountable institutions is hard work -- the work of generations. The gains are often fragile. Sometimes we take one step forward and then two steps back. In countries held together by borders drawn by colonial powers, with ethnic enclaves and tribal divisions, politics and elections can sometimes appear to be a zero-sum game. And so, given the difficulty in forging true democracy in the face of these pressures, it's no surprise that some argue the future favors the strongman, a top-down model, rather than strong, democratic institutions.

But I believe this thinking is wrong. I believe the road of true democracy remains the better path. I believe that in the 21st century, economies can only grow to a certain point until they need to open up -- because entrepreneurs need to access information in order to invent; young people need a global education in order to thrive; independent media needs to check the abuses of power. Without this evolution, ultimately expectations of people will not be met; suppression and stagnation will set in. And history shows that strongmen are then left with two paths -- permanent crackdown, which sparks strife at home, or scapegoating enemies abroad, which can lead to war.

Now, I will admit, my belief that governments serve the individual, and not the other way around, is shaped by America's story. Our nation began with a promise of freedom that applied only to the few. But because of our democratic Constitution, because of our Bill of Rights, because of our ideals, ordinary people were able to organize, and march, and protest, and ultimately, those ideals won out -- opened doors for women and minorities and workers in ways that made our economy more productive and turned our diversity into a strength; that gave innovators the chance to transform every area of human endeavor; that made it possible for someone like me to be elected President of the United States.

So, yes, my views are shaped by the specific experiences of America, but I do not think this story is unique to America. Look at the transformation that's taken place in countries as different as Japan and Chile, Indonesia, Botswana. The countries that have succeeded are ones in which people feel they have a stake.

In Europe, the progress of those countries in the former Soviet bloc that embraced democracy stand in clear contrast to those that did not. After all, the people of Ukraine did not take to the streets because of some plot imposed from abroad. They took to the streets because their leadership was for sale and they had no recourse.

They demanded change because they saw life get better for people in the Baltics

and in Poland, societies that were more liberal, and democratic, and open than their own.

So those of us who believe in democracy, we need to speak out forcefully, because both the facts and history, I believe, are on our side. That doesn't mean democracies are without flaws. It does mean that the cure for what ails our democracies is greater engagement by our citizens -- not less.

Yes, in America, there is too much money in politics; too much entrenched partisanship; too little participation by citizens, in part because of a patchwork of laws that makes it harder to vote. In Europe, a well-intentioned Brussels often became too isolated from the normal push and pull of national politics. Too often, in capitals, decision-makers have forgotten that democracy needs to be driven by civic engagement from the bottom up, not governance by experts from the top down.

And so these are real problems, and as leaders of democratic governments make the case for democracy abroad, we better strive harder to set a better example at home.

Moreover, every country will organize its government informed by centuries of history, and the circumstances of geography, and the deeply held beliefs of its people. So I recognize a traditional society may value unity and cohesion more than a diverse country like my own, which was founded upon what, at the time, was a radical idea -- the idea of the liberty of individual human beings endowed with certain God-given rights. But that does not mean that ordinary people in Asia, or Africa, or the Middle East somehow prefer arbitrary rule that denies them a voice in the decisions that can shape their lives. I believe that spirit is universal.

And if any of you doubt the universality of that desire, listen to the voices of young people everywhere who call out for freedom, and dignity, and the opportunity to control their own lives.

This leads me to the third thing we need to do: We must reject any forms of fundamentalism, or racism, or a belief in ethnic superiority that makes our traditional identities irreconcilable with modernity. Instead we need to embrace the tolerance that results from respect of all human beings.

It's a truism that global integration has led to a collision of cultures; trade, migration, the Internet, all these things can challenge and unsettle our most cherished identities. We see liberal societies express opposition when women choose to cover themselves. We see protests responding to Western newspaper cartoons that caricature the Prophet Muhammad. In a world that left the age of empire behind, we see Russia attempting to recover lost glory through force. Asian powers debate competing claims of history.

And in Europe and the United States, you see people wrestle with concerns about immigration and changing demographics, and suggesting that somehow people who look different are corrupting the character of our countries.

Now, there's no easy answer for resolving all these social forces, and we must respect the meaning that people draw from their own traditions -- from their religion, from their ethnicity, from their sense of nationhood. But I do not believe progress is possible if our desire to preserve our identities gives way to an impulse to dehumanize or dominate another group. If our religion leads us to persecute those of another faith, if we jail or beat people who are gay, if our traditions lead us to prevent girls from going to school, if we discriminate on the basis of race or tribe or ethnicity, then the fragile bonds of civilization will fray. The world is too small, we are too packed together, for us to be able to resort to those old ways of thinking.

We see this mindset in too many parts of the Middle East. There, so much of the collapse in order has been fueled because leaders sought legitimacy not because of policies or programs but by resorting to persecuting political opposition, or demonizing other religious sects, by narrowing the public space to the mosque, where in too many places perversions of a great faith were tolerated. These forces built up for years, and are now at work helping to fuel both Syria's tragic civil war and the mindless, medieval menace of ISIL.

The mindset of sectarianism, and extremism, and bloodletting, and retribution that has been taking place will not be quickly reversed. And if we are honest, we understand that no external power is going to be able to force different religious communities or ethnic communities to co-exist for long. But I do believe we have to be honest about the nature of these conflicts, and our international community must continue to work with those who seek to build rather than to destroy.

And there is a military component to that. It means being united and relentless in destroying networks like ISIL, which show no respect for human life. But it also means that in a place like Syria, where there's no ultimate military victory to be won, we're going to have to pursue the hard work of diplomacy that aims to stop the violence, and deliver aid to those in need, and support those who pursue a political settlement and can see those who are not like themselves as worthy of dignity and respect.

Across the region's conflicts, we have to insist that all parties recognize a common humanity and that nations end proxy wars that fuel disorder. Because until basic questions are answered about how communities co-exist, the embers of extremism will continue to burn, countless human beings will suffer -- most of all in that region -- but extremism will continue to be exported overseas. And the world is too small for us to simply be able to build a wall and prevent it from affecting our own societies.

And what is true in the Middle East is true for all of us. Surely, religious traditions can be honored and upheld while teaching young people science and math, rather than intolerance. Surely, we can sustain our unique traditions while giving

women their full and rightful role in the politics and economics of a nation. Surely, we can rally our nations to solidarity while recognizing equal treatment for all communities -- whether it's a religious minority in Myanmar, or an ethnic minority in Burundi, or a racial minority right here in the United States. And surely, Israelis and Palestinians will be better off if Palestinians reject incitement and recognize the legitimacy of Israel, but Israel recognizes that it cannot permanently occupy and settle Palestinian land. We all have to do better as leaders in tamping down, rather than encouraging, a notion of identity that leads us to diminish others.

And this leads me to the fourth and final thing we need to do, and that is sustain our commitment to international cooperation rooted in the rights and responsibilities of nations.

As President of the United States, I know that for most of human history, power has not been unipolar. The end of the Cold War may have led too many to forget this truth. I've noticed as President that at times, both America's adversaries and some of our allies believe that all problems were either caused by Washington or could be solved by Washington -- and perhaps too many in Washington believed that as well. (Laughter.) But I believe America has been a rare superpower in human history insofar as it has been willing to think beyond narrow self-interest; that while we've made our share of mistakes over these last 25 years -- and I've acknowledged some -- we have strived, sometimes at great sacrifice, to align better our actions with our ideals. And as a consequence, I believe we have been a force for good.

We have secured allies. We've acted to protect the vulnerable. We supported human rights and welcomed scrutiny of our own actions. We've bound our power to international laws and institutions. When we've made mistakes, we've tried to acknowledge them. We have worked to roll back poverty and hunger and disease beyond our borders, not just within our borders.

I'm proud of that. But I also know that we can't do this alone. And I believe that if we're to meet the challenges of this century, we are all going to have to do more to build up international capacity. We cannot escape the prospect of nuclear war unless we all commit to stopping the spread of nuclear weapons and pursuing a world without them.

When Iran agrees to accept constraints on its nuclear program that enhances global security and enhances Iran's ability to work with other nations. On the other hand, when North Korea tests a bomb that endangers all of us. And any country that breaks this basic bargain must face consequences. And those nations with these weapons, like the United States, have a unique responsibility to pursue the path of reducing our stockpiles, and reaffirming basic norms like the commitment to never test them again.

We can't combat a disease like Zika that recognizes no borders -- mosquitoes don't respect walls -- unless we make permanent the same urgency that we brought to bear against Ebola -- by strengthening our own systems of public health, by investing in cures and rolling back the root causes of disease, and helping poorer countries develop a public health infrastructure.

We can only eliminate extreme poverty if the sustainable development goals that we have set are more than words on paper. Human ingenuity now gives us the capacity to feed the hungry and give all of our children -- including our girls -- the education that is the foundation for opportunity in our world. But we have to put our money where our mouths are.

And we can only realize the promise of this institution's founding -- to replace the ravages of war with cooperation -- if powerful nations like my own accept constraints. Sometimes I'm criticized in my own country for professing a belief in international norms and multilateral institutions. But I am convinced that in the long run, giving up some freedom of action -- not giving up our ability to protect ourselves or pursue our core interests, but binding ourselves to international rules over the long term -- enhances our security. And I think that's not just true for us.

If Russia continues to interfere in the affairs of its neighbors, it may be popular at home, it may fuel nationalist fervor for a time, but over time it is also going to diminish its stature and make its borders less secure. In the South China Sea, a peaceful resolution of disputes offered by law will mean far greater stability than the militarization of a few rocks and reefs.

We are all stakeholders in this international system, and it calls upon all of us to invest in the success of institutions to

See Page 6 Pres. Obama speech

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# IMAGE & FASHION

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## Andrea Biondo – Going for the Win!

He dreamed of it and worked hard for it. After winning the title of Mister Bachelor Philippines Italy 2016, then winning the grand title of the Philippines' top male pageant - the Gentlemen of the Philippines, Andrea is now in pursuit of winning an international title for the Philippines. He will be representing the country in the world's biggest male pageant – the Mister Universal Ambassador to be held in Indonesia from September 21st-30th 2016.

Filipino-Italian Andrea is 23 years-old, stands 5'11", and multilingual. He is fluent in Italian, English, German, and a bit of Spanish and Tagalog which he is keen to perfect. He may stay longer and pursue a career in the Philippines someday as he is fascinated with the Filipino culture, and passionate about promoting the country's tourism.

Many pageant pundits believe that Andrea can win the MR Universal Ambassador title. According to Brix Vera of Sash Factor, "Andrea has the looks, the wit, the package and the mold of an ambassador that can best represent the franchise. He also has

the full support of the Filipino and Italian pageant fans all over the world which can carry and support him morally and spiritually all the way through the competition." Popular pageant blogger and GCI senior executive Norman Tinio agrees. "Andrea has a very good chance



Biondo will wear an intricate outfit by designer Nick Guarino that depicts royalty and bravery of Sarimanok.



### Andrea Biondo - Mister Universal Ambassador Philippines 2016

because he can bridge the marketing of the brand from Asia to Europe. His mixed race will allow Mister Universal Ambassador to be recognized as a pageant force in two continents. Reigning Mister Universal Ambassador Christian Ortiz has already made big steps for the title in Asia and Latin America. Having someone who is connected to this region while having the vital link to Europe will prove beneficial to Edin Muhammad, the organizer of Mister Universal Ambassador."

Meanwhile, fellow Gentlemen of the Philippines winner, Jason Martin, has this to say about Andrea. "I

know Andrea can win the title based upon the beliefs and drive instilled within him that make the Philippines and his fellow gentlemen proud of him. Andrea is undeniably a character of whom is infectious and leaves you wanting more of him. He has an essence of grace and righteousness."

Andrea has prepared mentally and physically to go for the win and bring pride and honor to the Philippines. "I will show to the people of Bali that I have a heart of a Filipino and a passion of an Italian, I will give my all during the competition proper."

From Page 5 - Pres. Obama speech

which we belong. And the good news is, is that many nations have shown what kind of progress is possible when we make those commitments. Consider what we've accomplished here over the past few years.

Together, we mobilized some 50,000 additional troops for U.N. peacekeeping, making them nimble, better equipped, better prepared to deal with emergencies. Together, we established an Open Government Partnership so that, increasingly, transparency empowers more and more people around the globe.

And together, now, we have to open our hearts and do more to help refugees who are desperate for a home.

We should all welcome the pledges of increased assistance that have been made at this General Assembly gathering. I'll be discussing that more this afternoon. But we have to follow through, even when the politics are hard. Because in the eyes of innocent men and women and children who, through no fault of their own, have had to flee everything that they know, everything that they love, we have to have the empathy to see ourselves. We have to imagine what it would be like for our family, for our children, if the unspeakable happened to us.

And we should all understand that, ultimately, our world will be more secure if we are prepared to help those in need and the nations who are carrying the largest burden with respect to accommodating these refugees.

There are a lot of nations right now that are doing the right thing. But many nations -- particularly those blessed with wealth and the benefits of geography - that can do more to offer a hand, even if they also insist that refugees who come to our countries have to do more to adapt to the customs and conventions of the communities that are now providing them a home.

Let me conclude by saying that I recognize history tells a different story than the one that I've talked about here today. There's a much darker and more cynical view of history that we can adopt. Human beings are too often motivated by greed and by power. Big countries for most of history have pushed smaller ones around. Tribes and ethnic groups and nation states have very often found it most convenient to define themselves by what they hate and not just those ideas that bind them together.

Time and again, human beings have believed that they finally arrived at a period of enlightenment only to repeat, then, cycles of conflict and suffering. Perhaps that's our fate. We have to remember that the choices of individual human beings led to repeated world war. But we also have to remember that the choices of individual human beings created a United Nations, so that a war like that would never happen again. Each of us as leaders, each nation can choose to reject those who appeal to our worst impulses and embrace those who appeal to our best. For we have shown that we can choose a better history.

Sitting in a prison cell, a young

Martin Luther King, Jr. wrote that, "Human progress never rolls on the wheels of inevitability; it comes through the tireless efforts of men willing to be co-workers with God." And during the course of these eight years, as I've traveled to many of your nations, I have seen that spirit in our young people, who are more educated and more tolerant, and more inclusive and more diverse, and more creative than our generation; who are more empathetic and compassionate towards their fellow human beings than previous generations.

And, yes, some of that comes with the idealism of youth. But it also comes with young people's access to information about other peoples and places -- an understanding unique in human history that their future is bound with the fates of other human beings on the other side of the world.

I think of the thousands of health care workers from around the world who volunteered to fight Ebola. I remember the young entrepreneurs I met who are now starting new businesses in Cuba, the parliamentarians who used to be just a few years ago political prisoners in Myanmar. I think of the girls who have braved taunts or violence just to go to school in Afghanistan, and the university students who started programs online to reject the extremism of organizations like ISIL. I draw strength from the young Americans -- entrepreneurs, activists, soldiers, new citizens -- who are remaking our nation once again, who are unconstrained by old habits and old conventions, and unencumbered by what is, but are instead ready to seize what ought to be.

My own family is a made up of the flesh and blood and traditions and cultures and faiths from a lot of different parts of the world -- just as America has been built by immigrants from every shore. And in my own life, in this country, and as President, I have learned that our identities do not have to be defined by putting someone else down, but can be enhanced by lifting somebody else up. They don't have to be defined in opposition to others, but rather by a belief in liberty and equality and justice and fairness.

And the embrace of these principles as universal doesn't weaken my particular pride, my particular love for America -- it strengthens it. My belief that these ideals apply everywhere doesn't lessen my commitment to help those who look like me, or pray as I do, or pledge allegiance to my flag. But my faith in those principles does force me to expand my moral imagination and to recognize that I can best serve my own people, I can best look after my own daughters, by making sure that my actions seek what is right for all people and all children, and your daughters and your sons.

This is what I believe: that all of us can be co-workers with God. And our leadership, and our governments, and this United Nations should reflect this irreducible truth.

Thank you very much. (Applause.)

END  
11:17AM



**ANO ANG KAYA NATING ISAKRIPISYO PARA SA MAHAL NATIN SA BUHAY?**

Minsan, gumagawa tayo ng isang bagay para sa mahal natin sa buhay tulad ng magulang, asawa, anak at kapatid. Isinasakripisyo natin ang ating pag-ibig, kalusugan o trabaho para sa kanila.

Napanood ko sa telebisyon (ABC) ang panayam kay Christi Shaw, 49, presidente ng Novartis, isa sa pinakamalaking pharmaceutical companies sa Amerika. Halos 30 taon bago siya nakarating sa kaniyang kinaroroonan ngayon subalit bigla siyang umalis sa trabaho noong April upang mag-alaga sa kapatid na si Sherry Whitford, 51, na may kanser sa buto. Nang magkaroon din ng breast cancer ang kanilang ina, si Sherry naman ang nag-alaga rito. Malapit sa isa't isa ang pamilyang ito at huwaran ang kanilang pagsasama.

Inalok si Sherry ng "medical trial" na maaaring makapagpagaling sa kaniya subalit gagawin ito sa lugar na malayo sa kaniyang tinitirhan. At kailangang may full time na mag-aalaga sa kaniya. Nagpasiya si Christi na siya ang gagawa ng tungkuling ito. "The place I need to be right now is with my sister," pahayag ni Christi.

Binigyan ng Novartis ng leave of absence si Christi pero hindi niya ito tinanggap. Hindi niya alam kung gaano katagal ang gagawing pag-aalaga sa kapatid at higit sa lahat, ayaw niyang lumipat sa Switzerland kung saan naroon ang headquarters ng opisina. May perang siyang gagastusin habang nag-aalaga sa kapatid pero alam niyang mauubos din ito. At hindi niya alam kung saan siya hahanap ng trabaho pagkatapos. Walang katiyakan ang kaniyang hinaharap pero naging madali rin sa kaniya ang magpasiya. "There are moments you get that you will have for the rest of your life," paliwanag ni Christi sa pasiya niyang mag-alaga sa kapatid. Napakatamis sa kaniyang pandinig ang sinabi sa kaniya ni Sherry, "I'm lucky to have you as my sister."

Hindi makapaniwala ang kaniyang mga kaibigan, kasamahan sa opisina at kahit asawa sa kaniyang pag-alis sa trabaho. Subalit higit siyang hindi makapaniwala sa reaksyon ng mga ito na parang isang malaking pagkakamali at kahibangan ang kaniyang ginawa.

"In a corporate ladder, once you quit, you are replaceable," sabi ni Christi. "Somebody will immediately

step in."

Isa ako sa mga nakauunawa sa pag-alis ni Christi sa trabaho upang mag-alaga sa kapatid na may sakit. Maraming taon na ang nakalilipas nang umalis din ako sa aking trabaho rito sa Montreal upang tulungan ang aking kapatid. Pero sa ibang dahilan. Nag-ampon siya ng kambal. Gusto niyang maranasan ang maging ina. Pero naisip ko na napupunta lamang sa babysitter and kaniyang sinasahod. Nagpapa-babysit siya ng dalawang bata. Sa kabilang dako, maganda naman ang trabaho ko bilang export/container clerk sa isang malaking steamship company pero hindi ako masyadong maligaya. Parang may hinahanap ako na hindi ko matagpuan. Noon ko naisip na pansamantalang tumigil sa pagtatrabaho at ipagpatuloy ang naantala kong pagsusulat sa Pilipinas. Pinalad akong maging freelance writer sa Montreal Gazette. Hindi tulad nang dati ang aking sinasahod pero wala akong pagsisisi. Materyal na bagay lamang ang mawawala sa akin tulad ng pera na maaari ko uling kitain. Subalit sa ginawa kong desisyon, maligaya ako at nakatulong ako sa aking kapatid at natagpuan ko ang matagal ko nang hinahanap – ang ipagpatuloy ko ang aking pagsusulat.

Sa buhay natin, minsan ay gumagawa tayo ng desisyon na hindi natin alam ang magiging bunga kung mabuti o mali. Ang mahalaga, ginawa natin ang makapagpapaligaya sa atin. At kung minsan, makapagpapaligaya rin sa mga mahal natin sa buhay.

**RECORD-BREAKING ANG IBABAYAD NA \$250,000 NI CUSIPAG KAY SENATOR ENVERGA**

Noong nakaraang buwan ay isinulat ko na natalo si Tess Cusipag ng Balita Media, Ontario sa demandang defamation na inihain ni Senator Tobias Enverga. Pero hindi nakasaad sa Press Release na pinagkuhanan ko ng balita kung magkano ang ibabayad ni Cusipag kay Senator Enverga. Nag-google ako at hindi ako makapaniwala sa halagang ipinataw ni Judge Sydney Alderman kay Cusipag upang ibayad kay Senator Enverga - \$250,000. Isa ito sa pinakamalaking ibinayad sa defamation sa Canada. Naidemanda si Cusipag sa paratang kay Senator Enverga na kasangkot sa fraud. Ito ay paratang na hindi niya napatunayan. Kasama sa demanda ang manunulat

niyang si Romy Marquez na na-deport mula sa USA dahil sa bigamy. Sa ginawa kong pag-google, marami akong natuklasan sa dalawang ito. Parang matagal ko na silang kakilala dahil hindi na bago sa akin ang kanilang pagkatao at ugali.

Noong Aug. 9 2016, nakasulat sa balitanews.boycott, "Cusipag who considers herself untouchable pays heavy price for her arrogance. That she can use her media resources to publish anything with impunity. At tungkol kay Marquez, ito naman ang nakasulat sa Balita noong April 2013. Sa diaryo ring ito, nalathala ang sulat ng "A Group of Concerned Filipino-Canadians in Ontario" na ipinaalam ng grupo ang balak na pagbo-boycott sa diaryong Balita Media at sa mga advertisers nito. "Long before Marquez landed in Toronto and found a job writing for Balita, the Filipino community was a vibrant and cohesive community where members were eager to work with one another to showcase their culture and tradition, to volunteer and raise fund for the needy, help one another to build on our achievement as a community. Sadly, all had been lost with Balita's negative brand of journalism targeting individuals in our community. Our drive to achieve has been eroded. Every Filipino's willingness to help others in community fund-raising activities aimed at helping other has been

stifled."

Maraming galit kay Cusipag at Marquez dahil ang akala nila ay sila ang nagpapalakad sa daigdig. Ginagamit nila ang kanilang diaryo upang siraan ang mga bumabatikos sa kanilang mga ginagawa at hindi sumusunod sa kanilang gusto. Ito ang sinabi ni Cusipag kay Senator Enverga, "First to respect the press who wields its power to make or break you." Ito naman ang sinabi niya sa isang kababayan sa Ontario na tumutuligsa sa kaniyang diaryo, "I can publish that I saw you making love with a tarsier and you will not be able to do anything. You don't have that kind of money boy ... so be quiet. You are just a parasite, patay gutom (dead hungry). Got it? Ito naman ang sinabi niya sa mga nagtangkang i-boycott ang kaniyang diaryo at advertisers, "Face us. Don't be cowards. We love you for making us popular. You make us richer."

Hindi nagtatagal ang mga manunulat na tulad ni Cusipag at Marquez. Ang pagkatalo nila sa demanda ni Senator Enverga ay pagpapatunay na hindi lahat ng araw ay sa kanila. Darating ang araw na makatatagpo sila ng katapat. Hindi lamang masakit sa bulsa ang magbayad ng \$250,000 kundi masakit din ang masira ang iyong kredibilidad. Ang nangyari kay Cusipag at Marquez ay magsilbing aral sana sa mga taong katulad nila.

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## Ask the Video Guy

Technological Tidbits  
by

Al Abdon

### BEST CAMERA SUPPORT SYSTEM – TRIPODS

According to Videomaker Magazine, here are the things you should look for when buying tripods.

#### Fluid Heads

A fluid head is a necessary tool for capturing cinematic shots. A fluid video head provides cameras with a platform for smooth pans and tilts. A sealed liquid is used in the head to create a miniature hydraulic damping system that enables steady motion. It also reduces jerkiness and allows for smoother stops and starts.

Most fluid heads can tilt up or down at least 75 degrees and pan 360 degrees. Quality fluid heads have adjustable tilt and drag resistance to better control movement. Having the ability to dial in the right amount of resistance can make tracking subjects much more accurate, especially when zoomed in.

Another important feature that comes with a solid fluid head is counterbalanced capabilities. Counterbalance allows you to tilt the head up or down and then let go without the head tilting further.



#### Aluminum vs Carbon Fiber Legs

Aluminum and carbon fiber are the two materials you will most often see used in making your tripod legs. Carbon fiber, the more costly of the two materials, offers a lighter-weight option for videographers who are on the go. But lighter isn't always better. It depends on the type of conditions you'll be shooting in.



The lighter carbon fiber may be nice to carry everywhere, but in windy conditions it could cause problems with stability and smoothness of shots. Aluminum material's added weight offers more stability at a cheaper price tag. Some tripods come with an option for either material and most come with

a hook to hang weights for extra stability.

#### Columns and Bowl Mounts

Many tripods come with a column in the center that allows you to raise the level of the camera without having to adjust the legs. It's always nice to be able to add some height, but this extra height can also make the camera less stable and increases the likelihood of vibration. Also, since the tripod head doesn't sit in a bowl, if the ground isn't level, you'll have to adjust the legs independently. There are of course exceptions, but most tripods with center columns tend to be made primarily for still photographers and thus lack a fluid head, bowl or ball head leveling or both.

A bowl mount allows you to level the camera quickly without adjusting the tripod legs and also provides more stability. However, unlike the column, you cannot add extra height unless you purchase longer legs.

Let's look at some tripod companies and their offerings.

#### Manfrotto

Based out of Northern Italy, Manfrotto has been making a wide range of camera and light support equipment for professionals since 1970. It's Manfrotto's tradition to continually invest in the latest technology, consumer trends and production needs. Their stated policy is to set the standards that others follow and to maintain the highest standard of quality at all stages.

MVH502AH Fluid Video Head with MT055XPRO3 Tripod

This versatile tripod system pairs a fluid head with a compact lightweight tripod. This kit can support up to 15.4 lbs. and can work with heights ranging from 27.5 inches to 60.2 inches. If you want more height, you can raise the center column to reach up to 72 inches. Price: \$400

#### Acebil

Acebil has manufactured tripods systems for both still and video cameras in Taiwan since 1980. They achieve high quality performance products at a reasonable price.

#### Libec

In 1989, Libec launched in Japan as a global brand that offers professional camera support equipment and technological advances for the evolving industry. Libec covers a wide

range of product design, material and weight-saving solutions to enhance functionality, operability and durability. This aluminum tripod has a fluid pan and tilt head with an advanced torque system aimed at providing exceptional control. It can hold up to 17.5 lbs. and can reach up to 65.4 inches while going as low as 32 inches. The high-grade spreader and footpads provide extra stability. The Libec LX7 M is ideal for small to mid size cameras.

Price: \$500

#### VariZoom

VariZoom has been true to their American-made principles of innovation, quality and customer service since 1996. They have their machines and electronics integration under one roof, which allows them to make nearly anything and can support everything they have ever made. With awards for patented tools in film and video, this company ties their success to their customer's success.

#### Varizoom VZTK100A

This aluminum tripod is lightweight and compact. It can reach heights ranging from 20.5 inches to 67.5 inches. It features 2-stage legs and can hold up to 15 lbs. The Varizoom VZTK100A also comes with a floor spreader for extra stability. It has a 100mm Fluid Head with Indexed quick release plate and has an independent variable drag adjustment for pan and tilt. Also featured are independent pan and tilt locking levers and a progressive counterbalance adjustment for heavier cameras. This tripod kit comes with a backlit leveling bubble, as well.

Price: \$795



Varizoom VZTK100A

#### Vinten

Vinten has always strived for excellence and innovation in the advancement of broadcasting capabilities. For more than 100 years, the Vinten brand is still based on its founder's guiding principles of highly innovative design and extreme precision in manufacturing.

#### Vinten VB-AP2M

The Vinten VB-AP2M was designed to provide advanced technology and features to videographers with smaller camcorders and DSLR's. This tripod kit can hold up to 11 lbs. and can adjust from heights of 21.7 to 66.7 inches. The Vision Blue pan and tilt fluid video head mounts to the two-

stage Pozi-Lock tripod by a 75mm bowl. The Vision Blue offers an adjustable Perfect Balance system that allows operators to set the appropriate amount of counterbalance for their camera.

The tripod legs also come with Vinten's innovative Pozi-Loc leg clamping system that ensures dependability and safety while tripod is locked.

Price: 1,395

#### Miller

Miller started up in 1954 and for a long time has been the global leader in the field of contemporary camera support. Miller holds the first patent for the fluid head designs for film cameras. Miller Camera Support Equipment designs and delivers professional fluid heads and tripods to the film and television industry.

This multi-step Dynamic Fluid Drag system ensures smooth, consistent fluid drag control along with integrated Static Counterbalancing system. This Solo Carbon fiber spreader-less tripod promises to provide ultra light and rock solid stability. The Miller DV20 can reach up to 63 inches and pack down to a compact 27 inches for transport. It can hold up to 22 lbs. Selectable leg angle locks ensure quick stabilization while a 75mm die-cast alloy bowl offers quick leveling.

Price: \$1,740

#### Sachtler

In 1958, the Sachtler Tripod was developed to offer smooth pans and tilts that can be executed without having to struggle for stability.

#### Tripod Head & Legs System

The Sachtler SB 2 supports weights from 2.2 lbs. to 22 lbs. with legs that range from 23.6 inches to 63.3 inches. The head features a 75mm ball base with integrated flat base. It offers frictionless leak-proof fluid with 5 levels of drag, including a 0 setting for complete disengagement of drag for fast panning.

This system has a sliding balance plate to help balance a variety of cameras, lenses and accessories. The tripod legs feature an independent height adjustment, which allow the legs to remain stable on uneven surfaces. They also come with dual spiked feet and a ground level spreader for extra stability.

Price: \$2,760

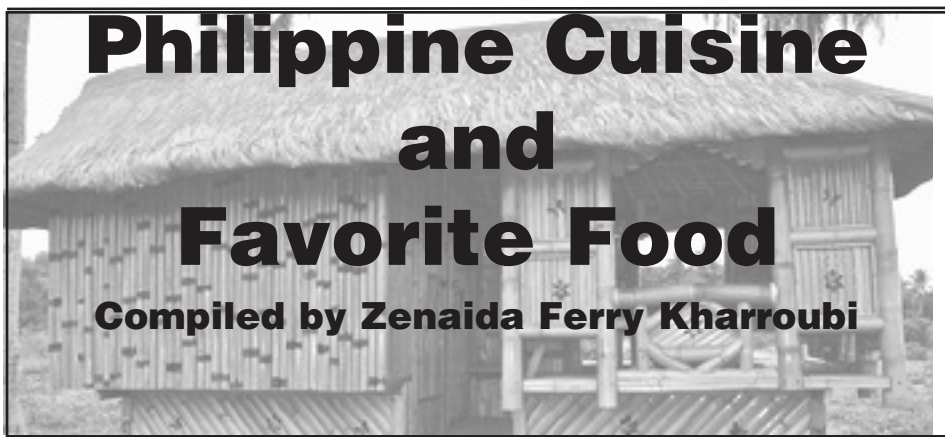
#### What's Right for You?

As always, choosing the right gear will depend on several factors. While shopping, consider your height and weight requirements, drag control needs and of course your budget. There are plenty of options for every video producer, so use this guide as a starting point in your search for the perfect tripod.

By the way all of those prices quoted are in US Dollars. Make sure you got the current conversion rate,

Al Abdon  
Hollywood Junkies





# Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

## Filipino Beef Steak



**Ingredients**  
 1 h 35 m 6 servings 756 cals  
 1 lemon, juiced  
 3 tablespoons soy sauce  
 1 teaspoon white sugar salt and pepper to taste  
 4 pounds New York strip steak, sliced thin  
 1 tablespoon cornstarch  
 1/4 cup vegetable oil  
 3 tablespoons olive oil  
 1 onion, chopped  
 2 cloves garlic, chopped

**Directions**

Whisk the lemon juice, soy sauce, sugar, salt, and pepper together in a small bowl. Place the sliced steak in a large bowl; pour the lemon juice mixture over the steak and toss to coat. Sprinkle with the cornstarch and lightly mix. Cover with plastic wrap and refrigerate at least 1 hour, up to overnight.

Heat 1/4 cup vegetable oil in a large skillet. Remove the beef slices from the marinade, shaking to remove any excess liquid. Fry the beef slices in batches in the hot oil until they start to firm, and are reddish-pink and juicy in the center, 2 to 4 minutes per side. Remove the beef slices from the skillet and set aside on a serving platter. Heat the olive oil in a small skillet over medium heat. Cook and stir the onion and garlic in the hot oil until the onion is golden brown, 5 to 7 minutes; pour over the beef slices.

slightly thickened and reduced. Discard the turmeric, bay leaves and chillies.

Return the chicken to the pan and warm through. Transfer to a serving bowl, scatter with extra chillies, if using, and serve with steamed rice.

**Note**

• Gata is the generic term for liquid extracted from mature coconut meat (niyog) and refers to coconut cream and milk. In the Philippines, it is still made the traditional way - coconut meat is finely grated (often with a machine) and a little hot water is added, then the mixture is squeezed for the thicker coconut cream or "first pressing". This process is repeated to extract the thinner coconut milk or "second pressing"□.



### Bibingka (Rice Cake)

**Ingredients**

1 large (about 60 cm long) banana leaf  
 60 g unsalted butter, melted, plus extra, to grease and brush  
 250 ml (1 cup) coconut cream  
 3 eggs, beaten  
 110 g (1/2 cup) caster sugar  
 315 g (1 3/4 cups) rice flour  
 45 g (1/4 cup) glutinous rice flour  
 1 tbsp baking powder  
 30 g (1/4 cup) grated cheddar  
 20 g (1/4 cup) desiccated coconut

**Instructions**

Preheat oven to 180°C. Cut banana leaf into 16 x 12 cm x 3 cm strips. Bring a large saucepan of water to the boil. Using tongs, dip each banana leaf strip into the water for 30 seconds to soften. Refresh leaves in a bowl of iced water, then drain on paper towel.

Grease 8 holes of a 125 ml (1/2 cup) muffin pan and line each hole with 2 leaf strips, overlapping to form a cross. Brush with a little melted butter.

Whisk together coconut cream, eggs, butter and sugar. Sift rice flours and baking powder into a large bowl and make a well in the centre. Gradually whisk in egg mixture until smooth. Spoon batter into muffin holes and bake for 15 minutes or until slightly firm in the centre.

Remove from oven, scatter over cheese and coconut, and bake for a further 10 minutes or until a skewer inserted into the centre comes out clean.

Cool in pan for 5 minutes before transferring to a wire rack to cool completely. Serve warm or cold.

**Note**

• Glutinous rice flour is available from Asian food shop



### Ginataan Chicken Adobo

(5 1/2 fl oz/1/3 cup) coconut or rice vinegar  
 400 ml (13 1/2 fl oz) coconut milk  
 60 ml (2 fl oz/1/4 cup) soy sauce  
 6 cloves garlic, smashed  
 3 cm (1 1/4 inch) piece turmeric or ginger, peeled and thinly sliced  
 3 bay leaves  
 3 red bird's-eye chillies, plus extra to serve (optional)  
 1 tsp freshly cracked black pepper  
 1 whole chicken, jointed into 8 pieces with bone in  
 steamed rice, to serve

Marinating time 3 hours

In a large non-reactive bowl, combine the vinegar, coconut milk, soy sauce, garlic, turmeric, bay leaves, chillies and pepper. Add the chicken and turn to coat, then cover with plastic wrap and leave to marinate in the refrigerator for at least 3 hours or overnight.

Transfer the chicken and marinade to a large, deep saucepan. Bring to the boil, then reduce the heat to low-medium and cook for 25 minutes, or until the chicken is cooked through. Using tongs, transfer the chicken to a bowl and cover to keep warm. Increase the heat to medium-high and cook the marinade mixture for 10 minutes, stirring occasionally, until

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# The North American FILIPINO STAR PHOTO GALLERY



Gilmore College International's annual apple picking picnic held on September 17, 2016 at Denis Charbonneau orchard in Mont. St. Gregoire.



Letty Bulotano (5th from the right) was given a tribute by the Philippine Foundation of Montreal on September 9, 2016 at Evo Hotel. (Courtesy photo by Derek Neal).



Guests pose with the honoree, Letty Bulotano standing from left: Amy Manon-og, Elenita Belgica, Cora Aberin, honoree, Svetlana Suarez. Seated: (L to R) Zenaida Kharroubi, and Mr. & Mrs. William Fabia.



Presenting the PBSSQ 2016 Community Service Award to Zenaida Ferry Kharroubi are Rose and Harry Marks and Tess Pascual.



MNA Pierre Arcand, Mount Royal Riding, is flanked by Caring Tabunar, a guest, Letty Bulotano and Anna Karina Tabunar, master of ceremonies for the evening's tribute to Letty, September 9, 2016.



Meeting of the Filipino Community with the Jewish Public Library coordinated by Councillor Marvin Rotrand, August 26, 2016.

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## Jewish Public Library offers services to the Filipino Community

This memo is a follow up to the recent meeting that I facilitated between the Jewish Public Library (JPL) and several groups and individuals from the Filipino community on August 26. This letter is being sent to the participants involved and to interested parties, of whom there are lots, judging from the many calls and messages I have received since I posted some information about this meeting on Facebook.

Firstly, it should be noted that the City of Montreal has made enormous strides in improving its public library network over the past decades. Many new state of the art facilities have been built, hours of services extended and collections improved, including in English and other languages.

Last year the Borough of Côte-des-Neiges—Notre-Dame-de-Grâce opened a wonderful new library and cultural centre at 6400 Monkland. As well, many improvements have been made to the Intercultural Library at 6767 Côte-des-Neiges which incidentally has a small collection of books in Tagalog.

The JPL has been a private partner of the City over twenty years. It has existed since 1914 and been in its present location at Côte-Sainte-Catherine and Westbury for some 50 years. Since January, 1, 2002 there has been a change in the governance model of the municipality and it is now

the Borough that gives an annual grant to the JPL rather than the City Council.

The JPL is a private institution but it offers services that the public network does not. It reaches certain clientele whose needs are not met by the public libraries. For example, there is a significant Russian speaking population in the Borough, many relatively unilingual, and the JPL has an impressive collection of works in the Russian language.

The Borough has asked the JPL to provide additional value in consideration of its annual grant and the library has done so by extending greater outreach to the community. Last year, at my request, representatives of the library had an initial meeting with FAMAS to urge the Filipino community to better know what is offered by the JPL in the hope that the local Filipino population will become members.

The JPL as a private institution charges a membership fee. Some services are free, but to access certain programs there is a small fee. However, borrowing materials requires membership. Below please note the JPL's annual fee structure:

MEMBERSHIP Regular Rates			
Family	\$75	Individual	\$50
Federation CJA (employees only)	\$35	Golden Age Couple (60+)	– In the

same household \$50 Golden Age (60+) \$30 Student (up to 26 years with valid student ID) \$30 Online (access to eBooks & online databases only) \$20 Children (up to 13 years) \$15

Membership allows members to take advantage of the library's many collections: books, films, audiobooks, etc. For courses, plays, book readings and other cultural events, membership offers a discount. The JPL also operates a Children's Library which aside from its book and audio visual collection also provides story time and music activities. Wednesday morning story time get togethers are free of charge for all and no membership is required to take part. For other programs in the Children's Library, such as bilingual (English and French) story time, mother-daughter book club, teen chess club and regular story times, membership is required for each child. Family memberships qualify each child in the family for access to story time.

Apparently some local Filipino daycares participate in story time and also have a special membership allowing one person to register and check out materials for all the youngsters at the daycare. These special memberships are also extended towards special needs groups.

The library also has a large tech centre with easy access to computers. The adult technology center houses 10 regular computers for public use, as

well as photocopy and scanning services while the Children's Library houses a growing tech centre "Genius Lab" offering AWE software, which offers an array of educational games to develop STEM learning for elementary school students. These are free to use for all during library hours. For at-home usage, the library offers the unique ELF browser, a downloadable childfriendly tool for children to search the web safely from home.

During our discussion at the August 26 meeting, it was noted that the public libraries will continue to meet the needs of most Filipinos in the Borough. However an advantage of the JPL is its proximity in the heart of the Filipino community in Snowdon, Darlington and Côte-des-Neiges districts. Moreover some participants noted the great children's services from pre-school to young adult. Among its special collections, the JPL hosts a collection of rare and antiquarian books, some dating back as early as 1482. That offers a special opportunity for scholars.

I would urge that you share this message with those who might be interested so they may be aware that the JPL may be the solution for their needs. Please feel free to contact my office at 514-774-1073 should you have need of further information.

Marvin Rotrand  
City Councilor - Snowdon

## Prime Minister announces significant support following UN meeting on refugees and migrants

New York, New York - 19 September 2016

The Government of Canada is playing a leadership role on the world stage in refugee resettlement and international migration issues.

The Prime Minister, Justin Trudeau, today announced that the Government of Canada will increase humanitarian assistance this fiscal year by 10 percent. The Prime Minister also announced over \$64.5 million in new multi-year funding to support people affected by humanitarian crises around the world, and \$467 million in programming as part of Canada's strategy to address the crises in Syria, Iraq, and the surrounding region.

The Government of Canada recognizes the significant contributions migrants and refugees can make to sustainable economic growth and to building dynamic, inclusive societies. In Canada, migrants and refugees fill skills gaps and labour market shortages, address some of the challenges associated with an aging population, increase international trade, and draw in investment from around the world – all of which strengthen the middle class at home. Committee of the Red Cross to help meet the immediate, life-saving needs of populations affected by humanitarian crises around the world.

The funds will provide predictable multi-year support through key international partners over the next three years, and focus on helping those displaced, including refugees, in four key areas: meeting basic needs; improving access to and the quality of public services; improving protection for refugees and other vulnerable populations; and, helping to ensure that vulnerable children have access to quality education, with a particular focus on reducing barriers to education for girls.

Through its refugee resettlement programs, the Government of Canada has almost tripled the number of resettled refugees Canada could welcome in 2016.

Canada is proud and fortunate to have resettled 25,000 Syrian refugees from November 2015 to February 2016. By the end of 2016, we expect to have welcomed over 44,000 refugees in total, including 17,800 privately in Syria. Canada helps the most affected.

Quotes

"Millions of people around the world are fleeing their homes because of conflict and persecution. The international community must come together to address their immediate needs and to help rebuild their lives. Today's announcement will help accomplish this by providing forcibly displaced

people with much-needed supplies and services, like education for young children."

—Rt. Honourable Justin Trudeau, Prime Minister of Canada

"Canada is a nation built from the ground up by immigrants and refugees. We have a proud history of opening our arms—and our borders—to those most in need, and we look forward to welcoming many more migrants and refugees in the coming years. We will continue to lead with warm hearts and open minds."

—Rt. Honourable Justin Trudeau, Prime Minister of Canada

### Quick Facts

Canada will provide much of the support announced today through international partners, including UN agencies and the International Committee of the Red Cross to help meet the immediate, life-saving needs of populations affected by humanitarian crises around the world.

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**"Education is the most powerful weapon which you can use to change the world."**  
— Nelson Mandela

**"The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse."**

— Helen Keller



# Social

## Fely Rosales Cariño



The Ahmon Institute of Montreal, headed by its founder and administrator, Mrs. Lilia Esguera, held its first Adult Education Achievement Celebration on August 20, 2016 at the Holiday Inn on Cote de Liesse, Montreal, Quebec. This is a school that caters to adults who want to begin a business. There are no tuition fees required, meaning it's free!

The Institute had a modest beginning starting with only 39 students. This was a year ago. Now, there are 150 students and counting. Two courses being taught, "Starting a Business" and "Sales Representation," are offered by the English Montreal School Board (EMSB). Upon completion of the course, the students are awarded a certificate from the Ministry of Education, Leisure and Sports.

Greetings were sent by the Honourable Petronila Garcia (Philippine Ambassador to Canada), Anthony Housefather (Town of Mont Royal MP), Marvin Rotrand (Snowdon City Counselor), and Ellie Israel (Commissioner of the EMSB). The impressive souvenir program contained 130 pictures of recent graduates. Bravo Lilia! Keep up the good work!

A picnic was held last August 27, 2016 by the Seniors of West Island and Suburbs (SWIS) at the Spring Garden's Chalet. This was a gathering to celebrate the end of a successful year and the anticipation of another good one to come. Also, it was the scheduled acclamation of officers for the next two years. Everyone was glad that Chairman Roger Ajero is still at the helm of this organization. Other directors held their present positions. Luz Smith is the new treasurer. Everyone works well with everybody. This is why we call the set of officers the SWIS Dream Team!

Potluck was the order of the day. Every group tried to outcook the other groups, hence the availability of a Filipino picnic gourmet. And despite the cholesterol value of a lechon, SWIS still provided one.

After lunch, Al Abdon (MMTV Program Manager) arrived. By this time, everyone was poised for the much-awaited picture taking especially when they were told to view MMTV online or on MMTV.ca that very night. The picture taking was followed by Zumba. As the zumba was about to be finished, Guest Speaker Frank Bailey (Pierrefond-Dollard des Ormeaux MP) arrived just in time for the eating and fun activities. Edith V. and the event chairperson and her crew should be commended for a job well-done!

The Knights of Rizal, under area commander Felix de Luna held the Induction of the new set of officers on August 16, 2016 at Ruby Foos Restaurant on Decarie Boulevard. Every knight wore their signature insignias and medals. The program started with the two National anthems (O Canada, Bayang Magiliw), followed by speeches from various officers present. A scrumptious dinner was served, after which a volley of pop hits were performed by individual singers. It should be noted that most of the members of the Knights of Rizal can sing! When the songfest, Karaoke style began, everyone looked for the songbook to choose their favorite song to sing.

By the way, the Ladies of the Knights of Rizal, headed by its president, Mrs. Marilyn de Luna, were present. Understandably, most are wives of the Knights. They came in their attractive Ladies of the Knights red and white gowns. Sir Rowel Pangilinan and Sir Edmour Valdez led the national Anthems. Sir Gerry Danzil recited the Pledge of Allegiance, Invocation was delivered by Sir James de la Paz, the Welcome Address was given by Sir Rey Balansi, and the Closing Remarks was performed by Sir Dario Boco. After the program and the dinner, vocalists came to sing their hearts out! Chapter commander Sir Felix de Luna and Lady of the Knights President Marilyn de Luna really worked overtime to insure the success of the induction rites.

On the same date, August 27, an event

was held at McKenzie Park. The Philippine Cordillera Cultural Association of Quebec (PCCAQ) led by its President Mrs. Glee Ducyogen held a cultural show. This is the fourth Igorot Grand Kanyaw staged by members of the PCCAQ. This is a fiesta version of the Igorots situated in different parts of the Cordillera region. They performed their native dances, their ganza competitions and their native songs. Their colorful costumes were just as impressive as the well decorated tents. Watwat and pinicpican were the main native food served. Snowdon City Councilor Marvin Rotrand arrived just in time to deliver his inspirational message.

The program began with a parade around the quadrangle. Participants were: PCCAQ Youth, PCCAQ Council of Elders, Borough Officials, and the different tribes of Cordillera. After the parade, the very lovely voice of Eden Grace Balansi permeated the airwaves. Wow! With a voice that beautiful you should be on Broadway! The Welcome Address was delivered by the PCCAQ President Mrs. Glee Ducyogen. This was just the day's celebration. This was followed by a social evening at 6767 Community Center at Cotes des Neiges, Montreal, Quebec. Highlights of the evening included the selection of Miss Baguio City and Miss Cordillera 2016. Mr. Ray Balansi was the emcee of the day.

The United Pilipino Seniors (UPS) headed by its president Mrs. Warly Basbacio, held its August birthday celebration at St. Kevin's Social Hall recently. Twenty one celebrants were honored. They were presented by Mrs. Merle Valiente. As usual, UPS President Mrs. Warly Basbacio and her executive officers coordinated well to ensure the success of the party. A new seniors association came to light when Mrs. Josie Tapia, President of the Canadian Filipino Seniors of Montreal (CFSM) held a Hawaiian dinner dance at St. Kevin's Social Hall last August 17, 2016. The program began with the flag ceremonies, the national anthems, followed by a Hawaiian Dance presentation by CFSM dancers. A "Best Hawaiian Costume" winner was declared to the delight of the audience! More information will be forthcoming (I was off to another party!).

September started with a busy weekend - September 9th party was organized to pay tribute to Letty Bulotano at the Evo Hotel by the Philippine Foundation headed by Caring Tabunlar. She devoted her life to the promotion of Filipino culture and inspired many young people to be avid

members of several dance troupes among which we can name the Philippine Folk Arts Society's Kalinangan, Filipiniana, Pamana ni Luzviminda, and Salinggawi. Anna Karina Tabunlar traveled all the way from Ottawa to be the master of ceremonies.

The following day, Saturday, September 10, another party was held at the Schofield Hall of the Town of Mount Royal City Hall to celebrate the 32nd awards night of the Philippine Benevolent & Scholarship Society of Quebec that annually gives recognition to the scholastic achievements of our youth and the services rendered by community volunteers. Our MMTV executive producer, Zenaida Kharroubi received the 2016 Community Service Award in recognition of her accomplishments in various areas of endeavors - publisher and editor of the community newspaper, the North American Filipino Star, founder and director-general of Gilmore College, former Group Commissioner of Scouts Canada, president of the Filipino Solidarity Cooperative, founder and president of Filcan TV Productions. Several teachers and students of Gilmore College attended the event.

Mr. Robert Yasis received the 2016 Benevolence Award in recognition of his great involvement and benevolence in the Filipino community, in particular with the Filipino Catholic Mission in leading the church choir. He was also involved with other organizations such as the Knights of Columbus and did volunteer work in funeral homes.

Scholarships were given to the top Elementary Scholar, Diego Raphael Estero, High School Scholar, Jane-Marie Ramil, Cegep Scholars Princess Jara Elegado and Jodie-Anne Peñaflores-Lopez. The top scholar award went to Princess Jara Elegado.

The guest speaker of the evening was Sheryl Guloy, a holder of Ph. D. in Educational Technology and Learning Design from Simon Fraser University. The master of ceremonies were Jeannette Pérignon and David Lam.

VIPs present were MP Anthony Housefather, Consul General and Mrs. Eric Tamayo, Councilor and Mrs. Marvin Rotrand. Natalie Pelausa, the founder of the organization and her son, Dr. Eddie Pelausa, greeted the guests, assisted by the Vice-President, Catherine de la Cruz who took over the role of Dr. Ermelinda Pelausa, the President of PBSSQ who had fallen ill and needed to be hospitalized. We wish and pray for her fast recovery.



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# FILIPINO STAR

## SHOWBIZ GOSSIP

### Positive and Negative

*It Girl Solenn Heussaff proves in more ways than one that she has always been for healthy living*



**Solenn Heussaff at the launch of her book 'Hot Sos'**

Classmates used to call her “Free Willy” (as in the movie about a whale) owing to her weight. Years later, as Cassiopeia on the GMA teleserye “Encantadia,” It Girl Solenn Heussaff-Bolzico is showing off fierce fighting form.

To encourage others to aim for the same positive physical transformation, Solenn recently launched a book which chronicles her food struggles. It started when she was around 8, at a kiddie camp that she and brother Erwan attended, where they were forced to finish their food.

“Nasanay kami na kumain ng marami. As kids, you feel like you can eat anything,” she said. “We were also not sporty. I was part of the swimming team but that was it.”

When classmates started teasing her about her “whale-like proportions,” she did something drastic.

“Our parents went away for a time so I went on a really stupid diet. I was only eating, like, half an apple a day. I got sick and depressed.”

This landed her in the hospital, and when she came out, she was not eating as much anymore.

Crash diets are bad, she cautioned, though admitting “I still do it once in a while, because in this industry, we have deadlines. I might have to look a certain way for a photo shoot where I have one month to prepare.”

She used to go on a 10-day Lemon cleanse too but these days limits it to three. “If you eat properly every day, you will be fine, there’s no need to go on a yo-yo diet,” she advised.

Her showbiz lifestyle makes

it a little hard for Solenn to eat healthy, as sometimes, to combat stress and sleepiness, she indulges on snacks like chips.

Another thing that causes her stress are online bashers. “People look up to models and actresses who are, by the way, very done up and photoshopped. They compare you to magazines and say things like, ‘oh she looks different’ or even ‘her kili-kili is dark,’” she sighed.

Still, she manages to rise above these things and stay positive, especially when it comes to health. You can read all about it in her book “Hot Sos” which gives practical ways for beginners to get their workout fix and their diet on track.

‘Negative’

Last Friday, Solenn’s manager sent Bulletin Entertainment a copy of the results of Solenn’s recent drug test.

“One of GMA Network’s stars, Solenn Heussaff has tested negative for illegal drugs. Leo Dominguez, the talent manager of the Filipina-French actress-model, has decided to publicize her results in support of the Government’s stand and campaign against illegal use of prohibited drugs. This is also to inform the public of Solenn’s beliefs of clean and healthy living,” the statement read.

Dominguez added that “Solenn practices what she believes in, which is to live a healthy and productive lifestyle, this includes her position against the use of prohibited and illegal drugs.”

With the statement are the laboratory results from Hi-Precision Diagnostics Plus in Poblacion City of Makati, a medical laboratory licensed by the Department of Health. ■

### Pia may celebrate birthday in PH



Reigning Miss Universe Pia Alonzo Wurtzbach is expected to visit the country once again to celebrate her 27th birth anniversary here on Saturday, September 24.

This was announced by reigning Miss USA Deshauna Barber who unconsciously revealed during a live Facebook chat with Wurtzbach in New York last Monday night.

“Your birthday is coming up and I have a surprise gift for you and I won’t tell you what it is cause I’m not good at surprises. But she’s gonna love it. ‘Cause you’re going to the Philippines, I can’t wait for you to get back,” said Barber, who shares the New York flat with Wurtzbach.

“And booo! .... I’m not supposed to say that?” asked Barber, as Wurtzbach reacted with a laugh.

“Anyway, she’s not going to be here on her birthday,” said the beauty queen from District of Columbia.

Wurtzbach asked: “So you’re going to Manila?” Barber replied: “No! I’m not going!”

The Filipino-beauty queen smiled and asked her again: “Is that your surprise?” Barber answered: “No.”

During the FB chat, the beauty queens talked about food, fashion, music, charities, and pets.

But Barber said that she is learning how to speak Tagalog, including “pak ganern,” a Filipino game.

Barber also said that she is excited to represent USA in the Miss Universe pageant soon. ■

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<p><b>Bean Curd Soup</b> <b>1/2 Crispy Chicken</b> <b>Shrimp Cake with Chinese Broccoli</b> <b>Sweet and Sour Pork</b> <b>Seafood with Bean Curd in Hot Pot</b> <b>Salt and Pepper Squid</b> <b>Fried Sea Bass Fish</b> <b>Steamed Rice</b></p> <p style="text-align: right;"><b>\$79.95</b> 6 persons</p>	<p><b>Fish maw seafood soup</b> <b>2 Baked Lobsters with Ginger</b> <b>Seafood with Eggplant in Hot Pot</b> <b>Stuffed Bean Curd with Shrimp</b> <b>Seafood with Chinese broccoli</b> <b>Fried Sea Bass Fish</b> <b>House Fried Rice</b> <b>Special Fried Noodles</b></p> <p style="text-align: right;"><b>\$159.95</b> 10 persons</p>
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# Vina's staying power



**Vina Morales marks her 30 years in showbiz with an anniversary concert billed Vina@Thirty on Oct. 14 at the Kia Theater.**

Vina Morales remains calm and collected even when she has to deal with several complaints filed against her in three different places — Caloocan City, Parañaque and Nueva Ecija — by Cedric Lee's camp. She is leaving everything in the hands of her lawyers whom she trusts so much.

"My lawyer Lucille Sering is the one handling all my cases and another lawyer Bembol Castillo helps me in the complaint (filed) in Nueva Ecija because instead of dwelling on the problem, I'd rather concentrate on my work," says Vina. "A lot of blessings are coming my way. Tinatawanan ko na lang ang problema probably because my family's all-out support is keeping me strong and also my daughter Ceana.

"What I've gone through recently was not a joke, napakahirap

'yun para i-absorb lahat ng pressure and it's still ongoing and when it comes to my daughter, medyo napaka-sensitive na bagay yun na talagang ipaglalaban ko 'yan at di ako uurong dito so I let my lawyers do the thing."

Vina never denies there are nights when she can't help but cry. However, she is optimistic that everything will come to pass; that this is just one of her trying times. "Alam ko hindi N'ya ako pababayaan at alam ko na wala akong inaagrabyadong tao. I have never wronged anyone." She hopes that "these crazy things" will be soon be over.

What remains smooth-sailing for Vina is her status in showbiz. This year marks her 30th in the industry where she literally has matured as a

person.

"Thirty years in any business is already a long time and I don't know where to start in thanking everyone for all the support all these years and I'm looking forward to more years to come."

Vina was nine years old when she competed and won at the Cebu Pop Music Festival. Her winning piece Paglaom (Visayan word for hope) made everyone noticed her vocal talent and it led to her discovery as a singer. She didn't hesitate transferring to Manila with her family to start her singing career.

"I already knew that time, that I came to Manila to work that's why I missed a big part of my childhood days. But I have no regrets since I was able to realize my dream of becoming a singer and at the same time help my family kasi malaking change of lifestyle para sa amin yun."

Apart from singing, Vina also ventured into acting and hosting. "I did movies with Ate Sharon (Cuneta) in Viva, and then I became part of the OctoArts family, GMA 7 and ABC 5. Now I'm with ABS-CBN so I'm really thankful that I got to do many things; wala akong naging problema with the people I've worked with."

Thus, it is only fitting for the singer-actress to celebrate her 30 years in showbiz with an anniversary concert dubbed Vina@Thirty which will happen on Oct. 14 at the Kia Theater.

"I'll be working with people who are very special to me like Pops Fernandez, director Johnny Manahan, Georcelle Dapat-Sy and the G-Force, musical director Mark Lopez. My guests are Gary Valenciano, Shaina Magdayao, my

daughter Ceana, Ogie Alcasid, Daniel Padilla and Robin Padilla, who finally confirmed that he's coming," relates Vina.

The one-and-half-hour concert will see her performing and dancing to 14 songs and one special number with her daughter. There will be videos showing the different phases of her career from past to the present.

Asked what she considers as the five highlights of her career, Vina said that she can't thank God enough for allowing her to do all that she wanted. "I was able to do a lot of movies and TV shows, I starred in soaps, I did albums and I'll be releasing a new one, Vina30, under Star Records in October and I was also able to do theater with Rock of Ages."

Does she think there's still a void that she needs to fill in her life?

"Career or personal? I cannot think of any at this point. I have Ceana that completes me as a woman. I just do not know if there will be another one to come (laughs) because I always say no one knows what will happen in our life. I just play it by ear where my present relationship (with Marc Lambert) would lead me to. But I am praying hard na sana ito na because it's a serious relationship yet ending up together, it's God's will and in God's time."

Asked about her advice to newcomers for them to stay long in the biz like her, Vina said that it is a must to have a good attitude and to take their craft seriously "because if you take your work for granted at p-diva ka, there will be lots who are willing to take your place. So one should be professional all the time. ■

## Venus Raj on dating again: 'I prefer non-showbiz guys'



**Venus Raj**

After declaring that she is very much single right now, Venus Raj said she is not bothered whenever she has to wear wedding gowns for fashion shows anymore. "I've been walking for Francis Libiran since 2012 or 2013 probably. Medyo matagal-tagal na rin.

I am really actually comfortable wearing wedding gowns. Sabi ko nga sa sarili ko, 'I think I've worn so many wedding gowns already in the six-year span of being in the modeling industry pero I don't know when I'm going to wear my own (laughs). Wala pa

naman," she shared after walking the runway for Francis Libiran in the "Journey to I Do" bridal show held at the Conrad Hotel Manila.

At 28, the beauty queen said she is not in any hurry to look for Mr. Right. "Not naman that I don't believe in dating but I believe in waiting for the one that the Lord is really preparing for you. Kasi sabi nga even the day that you are born, there is really someone that the Lord is preparing for you to be your partner. for the rest of your life. But I don't want to hurry because most of the time when we hurry we end up with the wrong person and we just experience unnecessary pains and heartaches so I would really want to wait for that person," she explained.

Although she has not closed her doors on dating, Venus said she prefers to date non-showbiz guys. The statuesque beauty from Camarines Sur admitted she will wait for her Mr. Right. "Kasi pag usapang puso mahirap sagutin (laughs). I'm pragmatic but at the same time there are specific qualities that I'm really

looking out for. Not naman looking but waiting for that person. I made so many mistakes in my past relationships. I just realized that when I truly became a follower of Jesus. I've been claiming to be a follower of Jesus since birth but I think it has just manifested in my actions in the way I am in 2014. Now I have that criteria. Not naman so strict pero I have my non-negotiable like number one the person should be Godly. Not just claiming to be a Christian but you should see it in the person's actions and way of life," she explained.

Venus said she hopes to meet a man with a strong sense of faith. "Second quality that I look for is that the person's prayer life is active. He has to have an intimate relationship with the Lord because if none, it's hard if the person is not prayerful because when it comes to decisions in life and how you're going to raise your children, yung mga ganung factors na malalaki na kailangan mmong desisyunan napakahalaga that the person's prayer life is okay," she added. ■

## Showbiz Gossip *Continued from p.15*

### Megan Young on her wanderlust



**Megan Young**

Despite her heavy work load, beauty queen and actress Megan Young makes time for what she loves best: Travelling.

She recently took advantage of a two-day break by going to Tokyo, Japan.

"Wala kasing taping and naisip namin sayang naman ('yung mga araw)," she said. "Eh ako, I'm really into that mindset of living in the moment."

Her constant travel companion is rumored sweetheart Mikael Daez. According to Megan, she loves travelling with him because they have the same interests.

"Mahilig kami pareho sa food," she said, laughing.

"Ang idea kasi namin whenever we visit a new place is to imbibe the culture and we feel like we could have more of that through food."

Both try to be as adventurous as they can when they travel, with Megan noting, "We avoid mga tourist traps na ganyan. Mas gusto namin 'yung mga nature hikes. Pinupuntahan namin 'yung mga off-the-beaten-track kind of places. Tapos we also usually try mga street food."

Being the star that she is, you'd think Megan travels first class all the way, but, no.

"We usually take economy and I take advantage of mga flight deals," she said. "Kahit sino naman siguro hangga't makaka tipid (gagawin yon), 'di ba? Tsaka hindi naman siya talaga sunod-sunod. Nagpapahinga naman kami, ipon."

More often than not she schedules trips according to work.

"Like I have an upcoming working trip to New York later this year. Ang balak namin is to extend our stay to accommodate some travelling on the side," Megan explained.

#### No special privileges

Having brought pride to the country as Miss World 2013, we asked

Megan if she gets certain privileges when travelling.

"Wala," she flatly said. "I go through the same things as other people."

And this includes applying for a visa. "Oo, pumipila rin ako like everyone," she maintained.

If you think local authorities would be more accommodating towards her given her stature, think again.

"Minsan nahuli ako, ginamit ko 'yung sasakyan na coding nakalimutan ko. Although the apprehending officer recognized me, kinuha pa rin ang lisensya ko."

No, she didn't feel bad about it.

"Okay nga 'yun 'di ba? At least, you know na ginagawa nila ng trabaho nila. I appreciate it kasi sobrang by the book din talaga ako."

#### Back on TV

Megan is one of the lead stars of the upcoming GMA TV series "Alyas Robin Hood." She plays Sarri Acosta, the love interest of Dingdong Dantes' character, Pepe de Jesus.

The actress is happy with the project, noting how different it is from the usual TV series.

"Action-packed siya so very exciting," she said.

Megan is happy learning new things through the show.

She said, "I'm all about learning kasi. I just want to keep on exploring, discovering..."

So what would she want to learn next?

"I'm thinking maybe a new skill, sport or language."

Megan is taking up Digital Filmmaking at St. Benilde.

"I love it because it opens up possibilities beyond being an actress. With it, pwede ako mag-direct or mag-produce, mag-conceptualize or magsulat ng pelikula o ano pa man."

### Daniel tells Erich: May we grow old beside each other



**Actress Erich Gonzales with actor-model Daniel Matsunaga**

Actor-model Daniel Matsunaga gave a sweet message to his girlfriend, actress Erich Gonzales, as she celebrated her 26th birthday. In an Instagram post on Tuesday, Matsunaga described Gonzales as "the woman that puts a smile on my face every day."

"This is my second year with you and the more I am with you, the more I want to be with you," he wrote. He went on to tell his girlfriend: "May we grow old beside each other happy, supporting each other in every

decision and, most important, with Jesus in the center of our relationship. I love you so much!"

"Happy birthday to the woman that puts a smile on my face everyday!this is my second year with you and the more i am with you the more i want to be with you...may we grow old beside each other happy,supporting each other in every decision and most important with Jesus in the center of our relationship! love u very very much!" ■

### Solenn turns on the charm in her latest album



Solenn Heussaff's eponymously titled latest album, "Solenn," is worth a spin on music lovers' portable media players because of its easy-listening tunes and the 31-year-old singer-actress' unforced, competent singing.

The collection features an eight-track lineup, followed by minus-one versions that will tickle sing-along aficionados' fancy.

Solenn's straightforward singing allows listeners to do away with vocal gimmicks and other distractions and lets them focus on her song's message and melody, instead.

As a result, it's easier to appreciate the

suppressed emotions that come bursting to the fore when Solenn essays Christopher Cross' 1980 ballad, "Never Be the Same"—about a romance that comes undone when "love slips out of sight."

Other hum-worthy tracks: Elvin Reyes and Sheryl Ann Padre's soothing "Always," Sir Nicholai Ramil Babilonia's easygoing "Lalapit o Lalayo," Jimmy Borja and Deanna Loveland's radio-ready "It's Never Rained Here," Edward Fernandez's guitar-driven "Kilig" (from the movie, "Lakbay2Love") and Solenn's jazzed up reworking of Neocolours' "Pangako." ■



# Alex Gonzaga getting mixed signals from Joseph Marco



**Alex Gonzaga (left) and Joseph Marco**

"I don't think he knows what he wants," said Alex Gonzaga in explaining the "mixed signals" she has been receiving from her "My Rebound Girl" costar Joseph Marco for almost two years now.

"There were times when I felt that he really liked me, but there were also times when I felt he didn't," Alex

said at the recent press conference of the Regal Films-produced movie.

Alex recalled the time when Joseph gave her a bracelet on Valentine's Day. "What he did surprised me, but I'm not sure if he is serious. I don't want to assume."

The actress added she appreciated Joseph's joining a

motorcade she had organized for her dad during the election campaign. Alex's father, Carlito "Bonoy" Gonzaga is currently serving his second term as Vice Mayor of Cainta, Rizal.

Asked whether she was dating other guys, the 28-year-old actress confessed: "There were guys who expressed their interest in going out

with me, but their [interest] usually didn't last long."

She added that her Mommy Pinty, who's known for being too strict with her and elder sister Toni, has changed a lot since Toni got married. "She's more lenient now because she knows I'm already of age, and that I'm a responsible girl anyway. She still reminds me to follow my curfew, though."

For his part, Joseph, 27, admitted that he courted Alex shortly after they finished working on the ABS-CBN teleseries, "Pure Love," in 2014.

"She did say she wasn't ready yet. I don't want to force it. I want love to develop between us naturally. She knows that I'm single and that she's special to me."

"I wish to finally meet my Direk Paul," referring to Paul Soriano, Toni's longtime boyfriend and eventually, husband. "I'm not the type who likes to hop from one relationship to another. In fairness to Joseph, he has been a consistent friend for the past two years."

Director Emman dela Cruz said he was lucky to do the project with Joseph and Alex because they made his work easier. "There was collaboration on the set. Alex would suggest lines to make the film funnier. Meanwhile, I noticed that Joseph really gave his all," he said.

"My Rebound Girl," will be in theaters on Sept. 28. ■

# Isabelle Daza marries her French beau Adrien Semblat



**THE NEWLYWEDS — Lovely bride Isabelle Daza and her groom, Adrien Semblat, after tying the knot at the St. Francis Church in Tuscany, Italy, on September 10. (Photo Courtesy of Francis Perez)**

Actress Isabelle Daza is now Mrs. Semblat.

Isabelle and her boyfriend Adrien Semblat tied the knot at the St. Francis Church in Tuscany, Italy on September 10.

The beautiful bride – daughter of Miss Universe 1969 titleholder, Gloria Diaz – wore her "dream gown," a white strapless Vera Wang gown accented with a silver ribbon belt. Adrien, on the other hand, looked dashing in a navy blue suit.

Isabelle was walked down the

aisle by Sen. Bongbong Marcos. He is Isabelle's ninong and the best friend of her late father, Bong Daza.

"What a happy day! All of us who love you have our hearts full of joy for you and Adrien on this happiest of days. I feel the warmth of your father Bong's smile on us as we wish you all the love, happiness and success as you embark on your new life together as husband and wife. Congratulations Mr & Mrs Daza-Semblat," Marcos posted on his official Facebook account.

The wedding was attended by their family and close friends. Their celebrity friends in attendance were Georgina Wilson, Kim Atienza, Jasmine Curtis, Erwann Heussaff, Raymond Gutierrez, Tim Yap, and Rajo Laurel. Anne Curtis, Solenn Heussaff, Liz Uy and Bea Soriano were among the bridesmaids wearing floral gowns.

Photographer Pat Dy and Francis Perez also shared some wedding photos online.

Isabelle's mother Miss Universe-mom wore a cream gown with flower accents.

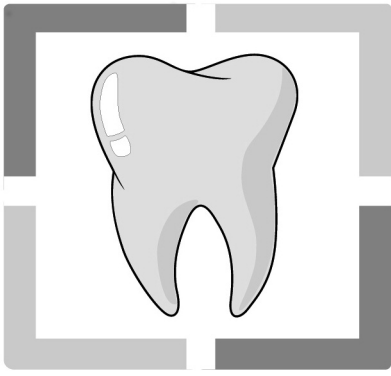
Before the wedding, Tim asked Adrien how he was feeling. "I

feel happy and overwhelmed," Adrien said on Tim's video.

The reception set in a garden was reportedly held at Castello di Gargonza.

"Often all you need is a bit of space & some amazing light & it turns to be one of the most beautiful wedding experiences ever," Rajo posted.

Isabelle and Adrien first announced their engagement in February. Adrien proposed to Isabelle during their trip to Turkey in 2015. They have been together for six years already. ■




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## Excellence is Rhian's middle name



**Rhian Ramos**

Since playing leading lady to Richard Gutierrez on GMA's "Captain Barbell," Rhian Ramos has done other roles that saw her evolve into a fine, multi-awarded actress. She is currently wowing audiences with her engaging portrayal of Clara on the TV remake of the hit movie, "Sinungaling Mong Puso."

Rhian is also into car racing. Surprisingly, when she started, she didn't even know how to drive, much less operate a stick shift, but she pushed on. To her credit, Rhian already has nine awards from the Philippines Motorsports Championship and the PhilMiniRacers Classic Mini Racing (which includes a first runner-up trophy in the Classic Mini Expert B Class

Category- leg 4 she earned just last August).

The actress' love for the sport paved the way for her Shell V Power and Shell Helix endorsements, as well as hosting a car show along with Sam YG called "Full Throttle" on Fox.

She also has a knack for fashion, helping inspire new breed of local designers via her blog, skilleto.com. Rhian shares her passion for food via GMA's "Taste Buddies" co-hosted by Solenn Heussaff.

After gracing the anniversary cover of the newly-formatted FHM-PH, she gained the Most Beautiful Filipina of 2016 title from philippineedition.com, garnering the most votes from followers, readers and fans. ■

## Kris Aquino bids ABS-CBN goodbye

Kris, in her Instagram account, posted a three-part message as captions to her photos of quotations about goodbye, new beginnings, and gratitude.

Aquino revealed on her post the network offered her a contract in February 2016. However, she had to postpone the agreement as she was then dealing with her health and her family as well.

In July, Kris returned to discuss the matters with the network. Unfortunately, she said there was "no assured time frame of my return on air". Hence, she opted to leave ABS-CBN and join a new one — a choice, she said, both parties had to make.

With the help of long-time friend, Boy Abunda, they reached out to Tony Tuviera, whom she met at 15 when her mom planned to produce a show for her.

Kris wrote, "dumating na ang TAMANG PANAHOON," referring to the meeting that had taken place 30

years ago.

This was not the first time Kris will be working with Tuviera as she previously co-produced the film "My Little Bossing" with APT Entertainment.

Kris shared that in working with APT, she felt that "what was an attempt at something new and experimental, evolved into a vision and a presentation that felt perfect for who I am now and for our TV collaboration."

She even said that as early as now her work calendar is already packed until Christmas, adding that her first taping day has been set for September 22.

The Queen of All Media looked back at the projects she had collaborated with ABS-CBN before she finally said her 'Thank you' to the network which had been her home in the past 20 years. ■

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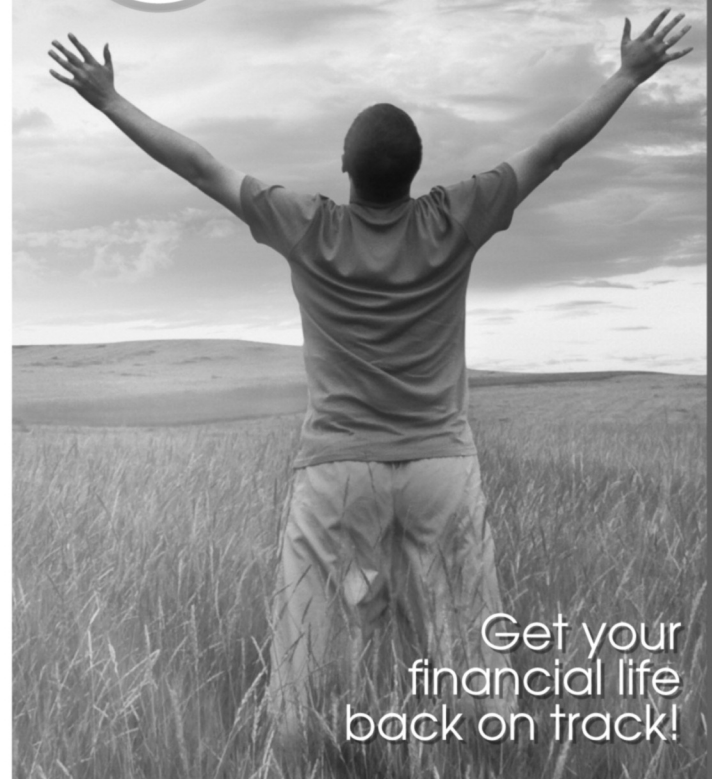
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