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Issue 5 April 2013

InLife

ARE MEN & WOMEN

AS EQUAL AS WE THINK WE ARE?

MESA
EXPERIENCE THE PLEASURE OF AUTHENTIC FILIPINO CUISINE

TRUE CONFESSIONS
BOAT PEOPLE EXPOSED

FLASHBACK
MY FIRST DAY IN AUSTRALIA!

HOW TO LOSE WEIGHT
AFTER HAVING A BABY

MAN OF THE MOMENT
A LOOK AT THE CATHOLIC CHURCH'S NEW LEADER

Tina Bangel

On a life filled

with music and smiles

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Tina Bangel

On a life filled with music and smiles



OPENING REMARKS



Welcome to issue 5 of InLife Magazine. I'm quite confident that many of you had a good break over the Easter period, myself included, so I'm positive that everyone feels refreshed and looking forward to a great year. 2013 maybe a good time to fine tune what is currently happening in your lives because let's face it, time flies fleetingly fast; days merge into weeks and months and years pass by within the blink of an eye. It's quite clear that every single moment in our lives is precious so we should not take anything or anyone for granted.

Our immediate focus this year is to be more active in our local Filipino events and concerts so I hope to get the chance to meet many of our readers as we visit various functions and events throughout Sydney. That said, I am very much looking forward to a great year ahead.

Mike Ilagan
 Associate Editor

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Subtle Differences

Are men and women really equal?

EDITORIAL

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EDITOR'S NOTES

I just got a flu vaccination and it's finally dawning on me that winter is around the corner and already a quarter of this year has passed me by. Where has all that time gone? For me the last few months are a hazy blur of birthday parties and baby showers, Sunday lunches at my parents' house, several hundred loads of laundry washed and hung between several thousand nappy changes, and adjusting to life back in an office after one blissful (albeit life-altering and unabashedly challenging) year on maternity leave. Oh, and somewhere in the midst of all of that I joined the InLife team, of course.

Last month the world celebrated International Women's Day (8 March) so it's fitting that the articles that follow highlight Filipinas who are making a mark in the community. On the cover we have Tina Bangel, whose combined passion for music and teaching is changing the lives of youngsters all over Sydney. This issue we're also celebrating three women who've been recognised and awarded for their contribution to Australian media.

For a bit of personal flavour you can read about some people's experiences on their first day in Australia, and for something a bit more global take a moment to read about the recent election of the Catholic Church's man of the moment, Pope Francis.

It is with great pleasure I bring to you this issue - hopefully you'll be reading it with your feet up and with a mug of hot chocolate in hand (because that's what I'll be doing)!

Joy Enriquez Adan
Editor in Chief

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Hadi

The Detention centre is pretty much a small community that is comprised of individuals from different multicultural backgrounds - most of the refugees are of Middle Eastern background. I was detained there for three months then they moved me to Darwin. A month later they flew me to Sydney for a real life challenge. I tried to find work but it was hard since I could not speak English well. I was paid by Centrelink every fortnight but it was simply not enough to sustain my needs. I then found another way of making money; since I'm a good looking guy I got into adult services on free sites and I joined dating sites as well. I thought 'I'm making decent money from this gig and it allows me to send money back home to assist my family's expenses'.

Ghasem

My experience in the Detention Centre in Christmas Island was a horrible one. I felt like a real prisoner. I was there for two years and I felt that every day in that place was a punishment. One day, out of desperation and loneliness, me and my friends decided to start a riot in the compound. We encouraged other people to join us and together we vandalised the compound, climbed the roof and set it on fire- this incident was on the news! We saw reporters around the compound filming the incident as the police were called to control the situation. My friends were arrested and were also removed from the compound. I stayed in the roof for a few days without eating, and to aggravate the situation, I sewed my lips with a thread! I was brought to the hospital for immediate treatment. That incident triggered the administration to process my papers and soon enough they released me. I'm now in Sydney studying English at TAFE and working in a car wash. I am hoping that one day, I'll be able to get a permanent job and live as a normal Australian citizen.

Mohsen

I was one of the people who got arrested during the big riot inside the Detention Centre. They eventually flew us to Sydney and detained us in Silverwater jail. My life became hopeless; I was experiencing bad nightmares all the time. I was starting to become mentally unstable. I missed my family so much. I was so irritated with anything and eventually I developed an anger anxiety. After 6 months they released me at Silverwater prison and put me in an accommodation with other refugees. I received counselling and psychiatric treatment. I now work two to six hours a day, five days a week, servicing shops and shopping centres and replacing and maintaining their grease traps. A week ago, I received a call from my friend who is in Indonesia, he told me that the fee to the people smuggler has gone up to \$13,000 US! ■



MUST-VISIT ENCHANTED KINGDOM

EK (Enchanted Kingdom) is just a few hours away from Manila and it's definitely a great weekend get-away for the family - it's a place not just for the young people but also for those that are "young at heart." I've actually been to Disneyland and Universal Studios in America before and Enchanted Kingdom may not be in the same level - but it's still a fun and exciting place to visit! The 'Rio Grande Rapids' is definitely a must-try in Enchanted Kingdom but be warned - bring a spare shirt because there's a chance that you might end up wet afterwards! If you're a thrill seeker then you should also try the 'Space Shuttle', the 'Flying Fiesta as



MUST-EAT: MESA

If you are looking for a nice Filipino restaurant to try next time you visit the Philippines then look no further than "Mesa". This restaurant is a bit more pricey than the usual Jollibee or Chow King - but it's definitely worth it. The crispy Tawalis, Tinapa Roll and Mango Salad are a great way to start your meal. For the mains make sure you try their Bagoong rice, Binagoongang Baboy, Boneless Crispy Pata, Kare Kare and Fried Hito because all these dishes are amazing.



well as the 'Disk-O-Magic.' The 'Rialto' (3D theatre) and the Discovery Theatre (4D theatre) are also a must-visit if you just want to relax, unwind and watch something cool and interesting after going through all the adventure rides. If you're thinking of going to EK next time you visit the Philippines then just make sure you book first because it is a popular destination and the queue can be quite long. ■



Their Chicken Pork Adobo, Sinigang, Laing, Tilapia and Pinatayong Manok should also be on your must-try list. And if you're thinking of something quirky for dessert, try the Crispy Leche Flan - it's a fried spring roll with Leche Flan filling, if you're thinking of trying something you're familiar with then you should try their Turon. Their staff were friendly and courteous, the ambience of the place was vibrant, the presentation of their platters were very classy and they offer a wide variety of alcoholic and non-alcoholic beverages. They also have a great selection of cocktails as well. Definitely a must-visit for any balik-bayan. ■

are men and women really equal?

By: Joy Enriquez Adan

On 8th March the world celebrated International Women's Day (IWD). If you missed it, you're not alone - IWD isn't hugely recognised in Australia compared to other countries. I have workmates who grew up in Serbia who've told me every year on 8th March kids would deliver gifts or write essays to recognise the importance of their mothers, sisters, aunts and other female role models. What started as a socialist political event in the early 1900s is now a global celebration of the contribution women make to the world. So important is this day in Eastern Europe that last year one of the Serbian men in our workplace brought in flowers and delivered one to each woman on our floor. Most women greeted the flowers with surprise, completely unaware that 8th March was meant to be a special day.

In a progressive country like Australia, one might wonder why women even deserve a special day of recognition. "I thought we were equals?" One of my male colleagues joked, as a group of female staff gathered near the office door to attend an IWD morning tea, leaving him to continue business as usual.

Though he was joking I knew there was something genuine in his query; a byproduct of the mixed "feminist" messages that we've both grown up hearing in Australia. One message is that men and women are equal in all things - gender is simply a social construction and we are no different from each other. The other message is that women are unique and possess qualities markedly different to men.

Both these messages have good intent; based on our equality women shouldn't be treated as an inferior class and instead should be treated with the same respect and opportunities available to men. Based on our uniqueness, a woman's qualities should be recognised and upheld as vital to society.

There is a subtle (but confusing!) conflict - how can women be equal to men and unique at the same time? This conflict is the reason why so many of my male friends are unsure if standing up to offer a female passenger a seat on the train makes them look like a gentleman or a misogynist.

The fact that we have International Women's Day confirms one thing: women are different to men. Trying to argue otherwise is naive and insulting. The differences are apparent anatomically, physically, relationally, emotionally and spiritually - if there were no differences then women would have nothing new or valuable to bring to the social, political or economic table and the argument to increase their participation in these areas would be moot. In his opening address at an IWD seminar, Dr Michael Spence, Vice Chancellor of The University of Sydney referenced a study that suggests the best business decisions are made when there has been active

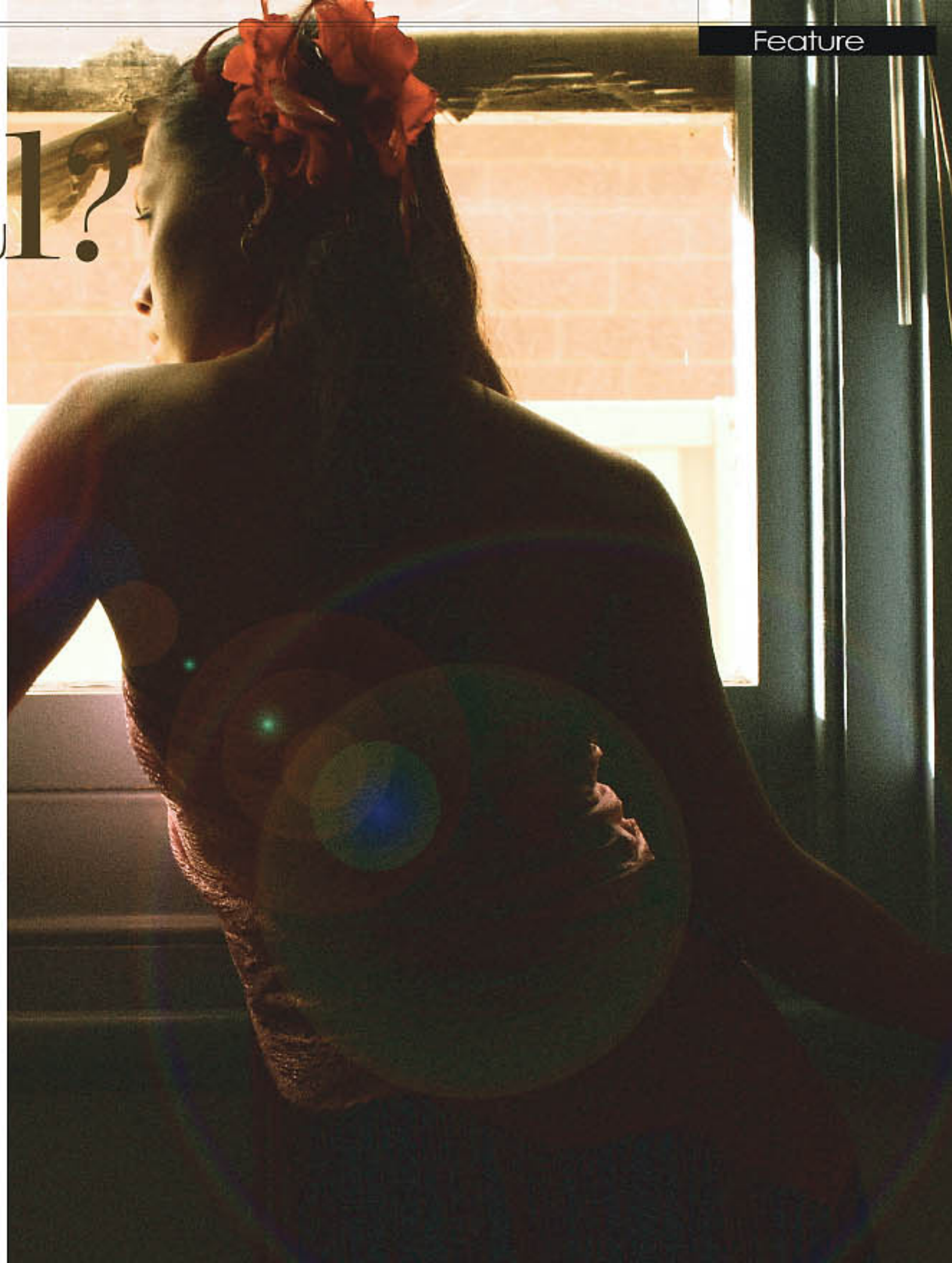
(ideally equal) participation from both genders. The basis of such a finding is the argument that there are some things women have that men don't, and vice versa. There are also some things that women don't have that men do, which is why an all-female executive would suffer from decisions just as bias as decisions made from an all-male executive. The ideal world would recognise one gender balances the other.

IWD is my annual reminder that differences between women and men are not a bad thing; if we live in as accepting a society as we'd like to think, these differences would be celebrated, not quashed (my Cultural Studies 101 lecturer would die reading this). I, unlike some of my other female colleagues, appreciate being referred to as a 'lady' or 'she' or 'woman' and to be treated as such. I don't like unisex toilets or change rooms. And when someone offers a seat on the train, to carry something heavy or to open a door for me, I don't find it derogatory nor do I think it's a passive remark about my lack of strength or capability. I think there is something terribly wrong and ungrateful about a person who can look at these acts of kindness with disgust and an upturned nose. Some people will reference a era long ago when these things were done for women because it was believed we couldn't do it ourselves. I'd like to think we're past that, and I'll be encouraging my son to do them not because women have less dignity, but because we have dignity and any person with dignity - irrespective of gender - deserves kindness.

If there is anything we are truly equal in, it is dignity. That dignity is the basis for all humans to be treated with equal respect and quality of life. It makes me grateful that in Australia we've come so far from the time when women were deliberately being paid two thirds the wage of a male in an equivalent position, the time that there were no female toilets on building sites because there was no such thing as a female engineer, and the time when getting pregnant meant having to quit your job because there was no such thing as maternity leave. Not all women around the world are so lucky. We all still have to do a lot of work to remedy that.

For me this will start at home. I will teach my son that women are both different and dignified, and that it's vital to recognise this, despite what other people will tell him. I hope he isn't tricked by the messages that are disguised as "feminism" and "liberalism" but actually confuse women into either acting more like men or acting like she is the sum of all the products she buys. My hope is that he's the type of man who accepts that women bring something unique to the world; something that the world is missing dearly and needs back. ■

— Joy Enriquez Adan is a mother of one, communications specialist and a woman who marks 8th March in her calendar every year and appreciates receiving flowers.



five minutes with gary v

How do you like Sydney?

One thing that stands out in a place to me is the people. There is a difference between someone coming around and saying "hey great show!" and someone actually stopping, holding your hand and saying something like "thank you for being here." I have experienced that in Sydney. It's a great feeling knowing that you are accepted with open arms.

Gary everyone knows that you're Mr Pure Energy, can you please tell us what is the secret to all this energy?

It's quite simple really, I love what I do! I enjoy coming out on stage and entertaining people. It's the people around me that keeps me going. I Thank God for blessing me with these talents and for enabling me to get on stage and do what I do.

What would you say is your purpose in life?

Everyone should have a goal, everyone should have a purpose in life. Mine happens to be one where I step on stage and touch the world through my music.

Who would you say is your favourite singer at the moment?

Well that is a hard one! I'll compare this question to Magnolia ice-cream in the Philippines - I have flavours of the month! LOL! It changes based on whoever I interact with the most. If I was to name a few I'd say Kyla, JayR and Eric Santos.

Pretend that you are looking in front of a mirror right now, what do you see?

I see a man who strives for excellence in everything he does. Though at the same time I also see a man who still has so much to learn, so many things to fix up in life and so many things to continue. I am far from perfect, and I have God to thank for who I am right now.

How would you describe yourself in three words?

If I was to describe myself in three words I'd say 'I AM BLESSED'. ■



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GET TO KNOW TINA RANOSO BANGEL

By: Jenny Aluning

"There is nothing better than to wake up in the morning and know that my day is going to be filled with music and smiles!" For Tina Ranoso Bangel, this is what her passion for music has given her. "Music, singing and teaching give me joy..." Teacher of innovative music programs Kindermusik (for babies and toddlers) and One Voice (for pre-teens and teens), Tina has defied expectations and her own doubts to achieve her success. In 2010, her One Voice students held their end-of-year showcase at the Sydney Opera House, no less! "Not many people can say that they have sung at the Opera House before...seeing how proud the kids and their families were, was very touching and overwhelming" But for Tina, it doesn't even have to be something as monumental as singing at the Opera House for her to be affirmed that she is on the right path in her life. She recalls a three-year old student who "broke out with her own ballet routine in a room full of 12 families...this was the same child, a year ago, that would hide behind her hands every time she was greeted hello."

It was Filipino singing legend and Broadway star, Lea Salonga that first sparked in Tina that love for music. When she was 7 years old, she was given her very first record by her aunt. It was of the then-10 year old, Lea Salonga. "I was so inspired to sing and would listen to the album every single day. To this day I still have that record and my dream is for Lea to sign it!" But familial and cultural expectations had Tina putting any dream of a singing career aside in favour of finishing high school, going to university and getting a 'proper' job. She finished a degree in Bachelor of Science majoring in Nutrition. "I worked in the industry for a number of years before I noticed that all my paths led me to music." Little by little, Tina let herself indulge in her musical passion. Up until she decided to study Contemporary Voice at the Australian Institute of Music. "The institute provided me with amazing contacts and networks. I joined a covers band, taught for a performing arts school and studied music full time."

That was 15 years ago and Tina has never looked back – "It's a career that I would not trade" For 7 of those 15 years, she was part of a covers band called 'Myd Nyt Sun' which was owned by accomplished guitarist, Gordon Hunte (who has worked with top recording artists such as Sade, Billy Ocean, Bob Marley and Johnny Nash). The band is in high demand for parties, weddings and corporate functions. "We were fortunate enough to work with Leo Sayer, Wendy Matthews, Human Nature just to name a few. We also had the pleasure of singing for Delta Goodrem's dad's wedding at the Opera House" It was Hunte who schooled Tina in "treating music as a business... music Business, Marketing and networking." As a soloist, Tina has supported some of the Philippines' biggest artists such as Imelda Papin, Pops Fernandez, Vina Morales, Sharon Cuneta, Martin Nievera and later this year, she will be a backing vocalist for Zsa Zsa Padilla.

But it is in being able to impart her love for music onto others that Tina finds the most satisfaction. In her youngest students she loves "knowing that music nourishes a child's mind- helps them create, learn, develop socially, mentally and physically. It helps a child have a sense of self." She loves watching her One Voice kids develop enough confidence in themselves to sing in front of their school, make YouTube videos of themselves singing their own composition or a cover of a favourite song or have the initiative to network with other musicians and begin to build their music career. Tina is also in the process of developing local support acts for major Filipino concerts throughout 2013 such as Aiza Seguerra, Sarah Geronimo and Joey Albert. "There is something magical knowing that you helped an adult or a child believe in themselves enough to sing and perform in front of hundreds of people."

Tina has many plans up her sleeve. These include a live performance called 'Music For Kids' featuring herself with Van Sereno and Byron Mark to be held on April 17 and 18 at Castle Hill and Rouse Hill, as well as one day hosting One Voice Holiday camps, releasing a music CD for kids and creating a One Voice School of Singing e-book with an online singing programs for distance learners. So, it is without a doubt that Tina Ranoso Bangel is living up to the words of her mentor, Marie Forleo: "Realize you are on this Earth for a reason and the world needs that special gift that only you have." With the full support of her husband and her six-year old son ("...Mummy, I'm proud you!" is one of the sweetest things that I hear..."), Tina's many dreams will surely come true! ■



PEOPLE AND FACES

Who's who in the social scene down under



Harmony Day 2013



Aiza Seguerra



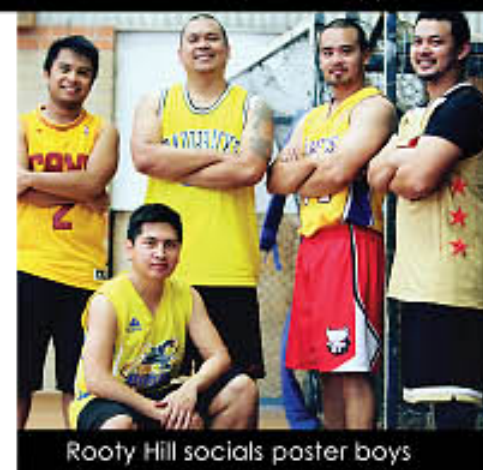
Popular Philippine Models Mika, Cyen and Yassi pro InLife Magazine



Performers at the Aiza Concert



Boy2 Quizon pro InLife Magazine



Rooty Hill socials poster boys



Aiza Seguerra and Blakdyak with their producers



Mardi Gras Queen of the night 2013



Action at Rooty Hill Leisure Centre



Fun times at Rooty Hill Leisure Centre



By: Charles Chan

Do you still remember your very first day in Australia?

The first time I came out of the airport I was waiting around the taxi stand when the person next to me smiled and said "G'day mate, Howzit hangin!" I looked at him with excitement because he was the first person to ever speak to me in Australia. But I seriously did not understand what he said! What is "goo-dai"? And what is "hangin"? I just scratched my head, smiled at him and raised my eyebrows. Now here are two other accounts from two different people regarding their very first time here in Australia:

Violi Calvert

I experienced a 'culture shock' when I first arrived in Australia back in 1974. I actually grew up in a sheltered and poor background and I was lucky enough that a couple sponsored me to go to Australia. At the time they were in the midst of moving from Sydney to Surfers Paradise and as we drove through the CBD to go to their place I was so shocked to see people in bikinis and speedos freely walking around the streets as if they were just walking around their living room! I trembled and thought to myself: "What have I done?? It looks like I've made a mistake and moved to a decadent society!"

Ala Paredes

When I first moved to Australia, I was having such a hard time understanding the locals speak. The accent was so hard to decipher that I could hardly believe it was English! There I was,



MY FIRST DAY IN AUSTRALIA

well-educated and accomplished, schooled in one of the top universities in the Philippines and with a budding media career... and nobody wanted to take me in for a job except a cafe. It was tough, I almost gave up. I wasn't used to being all the way down at the bottom of the ladder after I had worked so hard to get pretty high up a different ladder back home in the Philippines. But it was humbling and really tests what you're made of. Seven years later, no regrets!

My Story

In the beginning I really struggled to understand the Australian accent. This was dating back in 1986 when I first arrived here with my family. My first job was a drink waiter at a Bistro/Bar in Wynyard. I reached the saddest and lowest point in my life back then when a customer at work asked me to spell "Southern Comfort" and "Coke" with a teasing grin - I was so embarrassed that I wanted to hide myself between two mountains! For the first time in my life I doubted myself whether I could really speak and understand English. Eventually I managed to pick-up the accent after a month so it didn't really matter what drink the customers ordered next - I was able to accommodate their request without much effort.

It doesn't really matter if we have lived in Australia for a day, a week, a month or even 40 years. As a Filipino migrant, we all have our stories to tell on how we've struggled with the language, the culture and the variety of people that we interact with on a daily basis. Some of us have been very successful on our chosen careers, some have met some disappointments while others are just comfortable doing their own things in the way that reminds them of the good life back home.

For the established Filipinos living in Australia, let's not forget that our "kababayans" will need our help. Let's become the Big Brother or the Big Sister that will guide them so they can settle well in the adopted country that they chosen. ■



By: Charles Chan

On the 8th of March we celebrated the International Year of Women and how befitting it is that three of our fellow "Kababayans" - all of which are Filipinas celebrated the joyous occasion by achieving individual recognitions. The prestigious awards were awarded by the media sector of our community, so now let's find out who these special women are and learn more about how they brought pride to our Filipino community here in Sydney.

Michelle Baltazar

Next up is the multi-talented pocket rocket Michelle Baltazar - she's the publisher and editor of the community based website "The Australian Filipina". Late November last year an email from the Office of the President of the Philippines arrived in her inbox. A few of her friends had actually nominated her website in the second Migration Advocacy and Media Awards (MAM Award) and it was chosen as the winner for the best Interactive Media Award! This global achievement was awarded to her website for its contribution in raising public awareness on issues on Filipino migration, advocating the

FILIPINAS

MAKING WAVES DOWN UNDER



cause of Filipinos overseas, and promoting a positive image of Filipinos overseas. There were 37 official entries overall - 12 of which are based in US, Australia, Kuwait, and the Philippines.

Millie Marcial-Phillips

Millie is the person behind "Ang Kalatas" - a Filipino Australian newspaper. The publication started around two and a half years ago, eventually it incorporated live streaming of Filipino community events on its website and now it also has a digital edition. Ang Kalatas was nominated in 3 categories (Best Print Publication, Best Online Publication and Best Use Online & Media) at the Inaugural Premiers' Multicultural Award. Eventually it took home the third category. It was a perfect birthday present for Millie especially since she feels that the newspaper is still in its infant stage.

Dr Cen Amores

Dr Cen Amores has not only brought pride and value to the Filipino community here in Sydney, she is also a tireless and selfless individual who committed herself in serving others before herself. She is the Founding President of APCO (Alliance of Philippine Community Organisation Inc) - it's a state body that is comprised of some 50 Filipino-Australian voluntary and not-for-profit organisations. In 2010 she was one of the Prime Minister's choice to become the People's Ambassador of Australia. This year she added another accolade to her long list of achievement - the ZEST Award ((Zest, Enthusiasm, Strength and Tenacity). Now on its 3rd year, it's an award giving body that celebrates life in the Greater Western Sydney area and the extraordinary work done by the community sector in supporting local communities, recognising and honouring local leadership, building communities as well as innovative partnerships. She is indeed a very worthy recipient and a shining example to all the Filipinos down under. ■

MARDI GRAS

QUEEN OF THE NIGHT



By: Charles Chan

It was another successful Mardi Gras season for Flagcom and friends! As expected, the Mardi Gras show was once again a big hit. The venue was packed with people from different cultural backgrounds from all over Australia. This year, the group gave tribute to the gays and lesbians serving in the Military and Police Force. The Regroove band, Sidney, Jay and Albie sang and played beautiful music throughout the evening and the production numbers of the night were also prepared by the VSD and the Mindanao Ethnic Dance Group. But of course, the highlight of the show was none other than the search for the Mardi Gras Queen of the Night. A new category was added this year to spice things up – it was the "MG Charity Queen". Victoria Martin eventually won the Mardi Gras queen 2013 title. Runner-ups were Erica from Melbourne (Rainbow Princess) and Sharlene of NSW (Pink Triangle Princess as well as MG Charity Queen). The Mardi Gras Queen and the two Princesses eventually graced the Sydney Mardi Gras parade driven in a Red and Blue Vintage convertible cars and applauded by the 80,000 people who were lined up on Oxford Street, along with 36 members of the Flagcom Group.

Everyone who watched the Mardi Gras show was impressed with the concept and presentation. If you are interested in joining Flagcom and friends please contact Albert (0402533587) or Charles (0403214909). ■



Philippine Independence day

Renaissance Function Centre in Lidcombe will be the venue for APCO'S Freedom Ball celebration this coming June 10 - the theme will revolve around "The Benefits of Freedom" and Blues, Whites and Gold's will be the colour scheme of the night. The Flagcom team was asked by the organisation to coordinate the presentation, entertainment and set-up of the ambience of the Auditorium. The Maharlika Dance Group and Mindanao Ethnic Group were also asked to assist in the decoration and choreography of the performances and presentations. Flagcom is promising a unique experience; The Rondalla group have been commissioned to play traditional music at the start of the night, the popular Maynilad Band will once again provide the music for the public dancing and you're also bound to be amazed and mesmerized with the production numbers that the creative group is currently preparing. The yearly Filipiniana dress competition will be the highlight of the celebration and new and exciting judges from the fashion industry have been invited to choose the winners. We are inviting everybody to celebrate Philippine Independence Day in style. Book your tickets by contacting any APCO affiliate group or anyone from Flagcom or InLife Magazine. ■

MALUNGAY CREPE

(Moringa) crepe with orange sauce by Marx Canoy

Ingredients

- ½ cup plain flour
- 1 cup milk
- 1 egg
- ½ teaspoon cinnamon powder
- 15g Fresh Malungay leaf- pick leaf in pieces
- olive oil or cooking spray

For the Orange sauce

- 300ml fresh orange juice- boil to reduce
- 100g unsalted butter
- 120g white sugar
- 1 tablespoon vanilla

For the filling

- 40g raisin or sultana
- 15g malungay leaf- Blanch
- 200g mascarpone cheese
- 1 teapoon finely grated orange zest.

Method

1. Sift flour & cinnamon into a bowl. Whisk milk and eggs together in a jug. Add milk mixture to flour. Whisk until well combined.
2. Spray a medium size, non-stick frying pan with oil. Medium heat the pan.
3. Spreads the Malungay leaf, immediately pour 2 1/2 tablespoons batter into pan. Swirl to cover base. Cook for 2 to 3 minutes or until light golden. Turn it over and cook for 1 minute. Transfer to a plate. Cover to keep warm. Repeat with remaining batter & malungay.
4. In deep bowl soak the sultana for 20minutes of orange juice. Drain the juice & save for the sauce. Mix the zest, blanched malungay, sultana & cheese together. Scoop in the big spoon the cheese filling & place at edge of each crepe, fold the crepe in half & then half again.
5. Place the crepe in a baking tray line with baking paper & bake in the 180 degree oven for 8 minutes.
6. To make sauce – in sauce pan pour the orange juice, vanilla & sugar. Stir. Place to the stove bring to boil. Reduce the fire into low heat & simmer for 10minutes to thicken. Cool down for room temperature, and then pour over the top of crepe.
7. To serve garnish with fresh orange, dusted with icing sugar.



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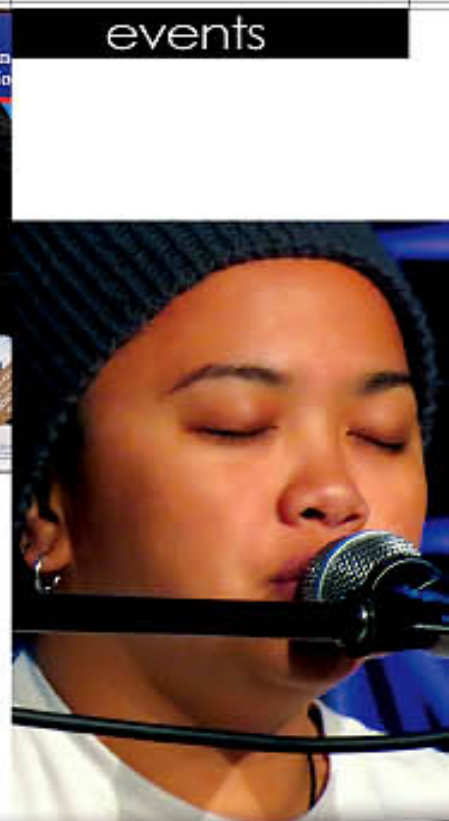
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HOW TO LOSE WEIGHT AFTER HAVING A BABY

By: Shiwani

Lasagna, pizzas, burgers and anything kind of comfort food is so easy to attack when you are in the middle of the whirlwind called new motherhood. And if it is your first time with pregnancy and childbirth, you are even more likely to be confused about so many things that you could be least bothered about your diet.

While there is no reason to be harsh on yourself about losing weight at first, there is a time when you need to start thinking of getting out of your pregnancy clothes. Nutritionists state that women retain about 3 pounds or 1.3 kg of the pregnancy weight after about a year of giving birth without any extra exercise. This should obviously not be tough to lose. Here are the top three tips that will help you lose weight successfully and healthily.

1. Do not starve

Even though you might want to lose weight, you need to take it slow. Just make up your mind that you will not

consume food that is laden with fat like cheese! And avoid as much refined sugar as you can. Consumption of 1800 calories a day is what you should aim for in the beginning. If you are exercising already, you can increase intake to about 2400 calories.

2. Understand hunger cues

Do not keep yourself from eating till you feel that you could eat a horse. You are likely to overeat during your next meal when that happens. In addition to that you also need to make sure that you stop before you start feeling full to ingest the right amount.

3. Consume the right foods

Eat at least three servings of fruit, four servings of vegetables, three servings of low fat dairy and four servings of grain to make sure that you take in all the vitamins and minerals that your body needs. ■

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UPCOMING EVENTS ...

Sarah Geronimo Concert

When: Saturday, 10th August 2013
Where: Evan Theatre Panthers Penrith
Price: Ticket prices are at \$95, \$110 and \$120
Contact:
Nita - 9626 3989 / 0437 210 007
Vivian - 9837 1850 / 0405 086 681
Elisa - 8883 0746 / 0433 026 484
Salve - 9623 8064 / 0452 552 515

Tribute to "Mama & Nana"

What: Mother's Day Celebration
When: Saturday, 10th August 2013
Where: Grand Ball, Blacktown Worker's club
Contact: Josie - 0404631438

Nonoy Zuniga Concert

When: Nonoy Zuniga will bring his soulful and funky music in Australia touring Sydney on 22 June 2013
Where: Blacktown RSL
Price: Ticket Prices are at \$55, \$65 & \$75
Contact:
Carol - 0414 625 969 or manaloto_carol@yahoo.com
Jophine - 0404 490 040 or jophine_teagle@yahoo.com.au

PCC PND Ball

What: Philippine community Council Ball
When: June 9 2013
Where: Rosehill Garden Event Centre
Contact: Elsa Collado - 0410598313

Parokya ni Edgar Concert

When: Saturday, 14 September 2013
Where: The Showroom, Mounties Club (101 Meadows Rd, Mt. Pritchard)
Price: \$80 prepaid and \$90 at the door
Contact: Buy your tickets online via tiket.com.au

APCO Freedom Ball

What: Alliance of Philippine Community Organizations Inc Freedom Ball
Where: Renaissance Function Centre, Lidcombe
When: June 10 2013 (3pm)
Contact: Jhun Salazar - 0414352606

Man of the moment

A look at Catholic Church's new leader



By: Joy Enriquez Adan

As I pen this article the world's 1.2 billion Catholics are celebrating the announcement of its new leader; the recently elected Cardinal Jorge Mario Bergoglio of Argentina, now to be known around the world as Pope Francis. Given the global nature of the Papacy's influence, it comes as no surprise that almost everyone around me - both physical and virtual - has an opinion about what this will mean for the future. News websites, Facebook feeds and Twitter rolls have been ablaze with discussion: what is this guy like, where is from, why is he so old, and (the question that amuses me the most) is he a liberal or conservative Catholic? (The answer to the final question is that he is neither; he is simply Catholic).

Shortly after he greeted the freezing crowd at St Peter's Square, I learned the following facts: Pope Francis lived a surprisingly humble life whilst serving as Cardinal in Buenos Aires. He chose to live in a simple apartment, he cooked his own meals and rode the bus to work (after the Conclave he even rejected the use of the papal limousine and caught the minibus back to his hotel with the rest of the cardinals). Cardinal Timothy Dolan from New York reported that when Pope Francis was elected, Vatican officials and staffers came forward to meet him but he politely refused, telling them, "Not

now. The people are waiting". Then he went to the balcony.

When I watched his first address the first thing I noticed was that Pope Francis looked nervous. I smiled to myself, thinking how overwhelming it must be to front up to such a large, expectant crowd and the world's media as The New Pope, when just a few weeks ago he was probably preparing dinner in his simple Argentinian kitchen. I can just imagine him boiling a pot of rice for dinner. Suddenly this old man's job description was a whole lot longer - and through no campaigning on his part. Unlike politicians who run for office, asking for our vote and so putting themselves forward for scrutiny, this man's credentials, mistakes and theological values are now being judged and - thanks to the internet and social media - by millions of people who have limited or no understanding of Catholicism. No wonder it took him a few moments before he could smile at the camera.

Yet despite his nervousness, I do believe he had a stellar first performance on the global stage. Bowing low before the crowd, he abandoned formalities and greeted everyone with a friendly 'Good evening'. He acknowledged and asked everyone to pray for his predecessor Bishop Emeritus Benedict XVI. Then he asked the world a favour; to first say a prayer for him as the new Bishop of Rome. This upfront admission that the office of Pope was greater than he, and that as a leader he needed both God's help and ours, was a powerful gesture of humility. I daresay that his simple request moved quite a few hearts - it certainly surprised me and won me over.

He also surprised people by calling a mass media conference only days after his election. There he acknowledged how essential mass media are - more so now than ever before. Perhaps this is a Pope who understands the digital age. While he wouldn't have the desire or power to change any of the Catholic doctrine that has been discussed without abandon on social media (yes, this includes the ordination of female priests or the definition of same-sex unions as 'marriage'), his opportunity to make waves shouldn't be underestimated. His less formal mannerisms and eagerness to engage media indicate a desire for more transparency and trust between the Church and the public. His fervent love for the poor and adoption of the name Francis (after St Francis of Assisi) has also created an opportunity for the Catholic Church to highlight and increase its contribution to areas of social justice and provision of welfare.

So though it's early days I have high hopes for this guy. I don't have a catalogue of his accomplishments or a running sheet of his stance on specific social issues, but at this stage I don't want either. All I'd like to do at this moment is acknowledge that this man, in all his nervousness, shyness and old age, is someone who has been handed a rather big boat to steer. And to borrow the words of a dear friend of mine posted on Facebook: he is man who's trying to do his best - not for his glory but for God's. Not for his own salvation, but for ours. Irrespective of our opinions on them, or our religious views, he deserves our respect, and most definitely our prayers. ■



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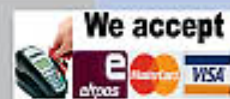
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