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The ultimate guide to the hottest Filipino talents and events down under

Oct 2016

# InLife

## TOP FIVE TIPS

TO FOREIGNERS  
WISHING TO  
VISIT THE  
PHILIPPINES

TOUGH FOUR  
INTERVIEW  
WITH KYLA AND  
JED MADELA

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GET TO KNOW THE  
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HAVEN'T  
HEARD OF YET

FOUR CHEAP  
AND EASY WAYS TO  
EAT HEALTHY

# Jersay & Chantelle

Find out more about the Torres sisters

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Chantelle & Jersey

Find out more about the two sisters who are making waves down under



OPENING REMARKS



It has been a hectic yet rip-roaring year thus far for InLife Magazine. So far we've had the pleasure of interviewing famous Filipino celebrities such as Joey Marquez and his gorgeous sister Melanie Marquez and just recently R&B and Soul Princess Kyla as well as WCOPA Grand Champion Performer of the World Jed Madela. In this issue we also got to interview one of ABS CBN's rising stars Ingrid Dela Paz and Bing Cristobal - the fashion designer to the Filipino Celebrities. Right now we are focussing all of our energy and resources towards Flair 2016 so we hope to see most of you there. I would like to thank everyone for your continued support to our publication. We are doing our very best to always deliver excellent editorials for all of our readers across all our channels.

Mike Ilagan  
Managing Editor

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Spotlight

One on one interview with none other than Kyla and Jed Madela



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Opening Remarks

If you can't believe that we're in the last 2 months of 2016, you're not the only one!! This year I celebrated the milestone birthday of turning 40 and while others will look at that number with dread, I can tell you, I am not one of them. I am excited at all the adventures that still await me because I've vowed, that I will never stop learning, or being curious, or being silly, or loving or laughing, until the Lord calls me home. Since working with InLife, I've discovered that this is an attitude that a lot of creatives share and that attitude remains despite the negativity in the world today. Changing the world is such a daunting task, but changing your own little piece of it is well within anyone's grasp. I hope your 2016 has been, and will continue to be a special one! Looking forward to 2017!

Jenny Aluning  
Editor in Chief

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# FOUR CHEAP AND EASY WAYS TO Eat Healthy

People who have been having discomfort due to their hefty weight and bulky bodies realize that something bad will happen to them if they will not lose weight. They can acquire diseases or they can get injured. If they will lose weight fast then the risk for injury will be reduced.

There are a lot of ways to lose weight fast: dieting, exercising, and taking slimming pills and beverages. But if you are looking for quick but healthy weight loss method then, you should choose diet and exercise. These methods are far healthier than the slimming pills and beverages. Diet and exercise works well when they are done simultaneously. They give faster results with longer effects in a healthy way. To be successful with your weight loss, here is an assembled list of proven diet that you can follow.

**Keep your body hydrated**

Sometimes, thirst can be confused with hunger and you end up eating more than you intended. To prevent this, drink plenty of water, about 8-10 glasses a day. You can put variation in your water by adding a splash of juice or citrus or brew-infused teas like peach or mango.

**Adding more fiber in your meal**

Fruits and vegetables are very good sources of fiber. Eating the recommended daily intake of 5 to 9 servings of fruits and vegetables everyday will leave you more satisfied. Another benefit is that fiber will replace fat in your diet and

you can get phytochemicals from the fruits and vegetables that can help you fight various diseases.

**Knowing when you are hungry**

Keeping tab of your hunger is also important. That is why; you need to look for possible signs that will show that you are really hungry and not just craving for something to eat. Eating food when you are craving will not satisfy it because it is not physical hunger but emotional hunger. You will possibly overeat because you will keep on looking for the food that will satisfy it. When you are really hungry and you eat, you will feel a lot better after because your body has taken the fuel it needs to enable you to think and perform tasks. The fact is that your stomach is only as big as your fist so it does not require several platefuls of food to fill it. Keeping your food portions reasonable will make you full and satisfy your hunger without the excess calories.

**Choosing healthy nighttime snacks**

Eating in front of the television can break your diet because you will not be able to monitor the amount of food you are shoving to your mouth. Nighttime snacking is a habit that can give you lots of excess calories because you have already eaten the amount of food that your body needs. If you cannot avoid this, opt for a low-calorie snack like a low-fat ice cream or a pack of low-calorie cookies then drink tea which has no calories afterwards to help the digestion of food.

ONE ON ONE WITH

Kyla & Jed



On the 8th of May 2016 ABS CBN Australia once again hosted the Kapamilya Fun Day Concert. Fans flocked to Club Marconi for a very special night featuring Filipino superstars, Kyla and Jed Madela.

Jed Madela is a famous kapamilya recording artist and TV host. He became the first ever Filipino to win the WCOPA (World Championship of Performing Arts) world grand champion title and he is known for his uniquely wide vocal range.

Kyla on the other hand is known in the Philippines as "The Queen of R&B". Her work has earned her several achievements, including a star on the Walk of Fame in the Philippines, an MTV Video Music Award, twelve Awit Awards, four MTV Philippines Music Award, and six MYX Music Awards.

InLife Magazine would like to thank ABS CBN Australia, in particular, Arlene Magtira, for giving us the opportunity to personally meet the two stars and get to know them a little better. Here's what went down:

**How long have you both been in show business?**

Kyla: I would say around 16 years,  
Jed: I've been in showbiz for around 13 years now.

**Has fame has changed you both as a person?**

Kyla: As far as I'm concerned nothing has really changed that much for me.



Jed: Ever since I joined show business I tried to separate my private life with my showbiz life. Whenever someone asks me about my personal life I just don't really give out much.

**What would you say is the hardest thing about maintaining a successful career in the Philippines?**

Jed: The thing is, there's always new artists coming up in the entertainment world so the challenge for me and Kyla as an artist is to maintain our status and remain relevant in the music industry.

Kyla: I agree with Jed, maintaining relevancy in the music industry is the hardest thing to do as an artist. I believe that what matters most is your staying power in the industry, you just need to have an edge.

**If Star Cinema decided to do a movie based on your careers, what would be the title of your movie and why.**

Kyla: I'd probably go with "The best time of my life." I'm really happy with my life right now. I'm happily married with kids and I also have a strong career.

Jed: One of my albums is called "Welcome to my world" and there's a song there titled "listen to my heart, listen to my voice" - I'll go with that because the title pretty much sums up my life.



FIVE SMALL BUSINESSES YOU CAN START WITH

# LITTLE OR NO Capital

Are you looking for easy and cost-friendly money-making projects? Do you want to earn extra income without having to withdraw most of your savings account? Well, I might just have the answer to those questions.

Starting your own enterprise does not always require a lot of money and a degree in Business Administration. There are a number of businesses which requires only your time, skills and a little from your pocket. All you need to do is tap into your creativity, resourcefulness and perseverance.

Moreover, ask yourself about marketable talents that others might be able to make use of, and then find ways to let them know that you offer such services. It does not have to be something elaborate and you can even just utilize your social media accounts to let people know you are an entrepreneur on the rise. So here are a few simple and economical business ventures you can start with:

## 1. Pet sitting

This business only requires one thing, your unconditional love for animals and anything furry. A lot of people these days have their own house pet, and there are situations when they cannot bring their beloved critter with them. So, why not turn that into an opportunity to earn a few dollars? You do not need an office or a capital to start this business; however, having a lot of friends with pets would be an advantage.

## 2. Online Freelance Writing

If you have a knack for literature, and secretly corrects everybody else's grammar, then this might be a good business to start with. You can create an online profile highlighting your expertise and pose sample of your work and other related projects. Another way to market your skills is to set up a blog. The key is to choose a specific niche in order to build an online presence.

## 3. Virtual Assistant

Virtual Assistants are like online admin assistants who are hired by professionals to do mundane admin tasks which they no longer have time to do. You will either sort through emails, write a few communications and do research. To make this a lucrative business venture, you will need your own laptop, stable internet connection, and flexibility in your schedule.

## 4. Babysitting

A lot of parents these days need to work and have very little amount of time to relax, which is why the demand for babysitters have also increased. Though experience is not a necessity, growing up with little brothers and sisters would be a great advantage on your part. Also, a little insight into child psychology would impress parents because as we know parents want the best for their children. Patience and tolerance are rather important when dealing with kids, but if you know magic, you are definitely a winner.

## 5. Homemade goodies

If you make killer homemade cookies or cupcakes, you got a gold mine right there. A lot of big bakeshops these days started out in their kitchen and had slowly taken off as soon as a lot of people had heard of their products. Some cupcake bakers open online shops on Instagram, and take orders through their page. It saves you money and time for marketing, and you can start your bakeshop even without the actual shop.

# FIVE BEST HOME REMEDIES EVERY Filipino SHOULD KNOW



Dry cough, colds, headaches, rashes and diarrhea can get irritating especially when you have important things to do such as meet a deadline. Filipinos are known to be innovative and are great in improvising. That would include improvising on home remedies.

#### For dry cough

Dry cough is such a hassle. It's irritatingly itchy and your voice gets raspy, like a radio getting a low frequency. Your throat dries out faster than the usual and to top it off, it's got that burning sensation that you would just love to get rid of. Aside from drinking plenty of water, Filipinos also use freshly squeezed calamansi (also spelled as kalamansi) juice. Calamansi is a citrus fruit that's round in shape and otherwise known as Panama Orange, Chinese Orange, Golden Lime or Calamonding. You can have it straight or mix it with a little bit of hot or warm (never cold, as this would worsen your

cough!) water, just to dilute the strong sour taste. If you cannot stand the sour taste of the calamansi juice, you can also drink ginger brew or "salabat". You can use raw ginger by peeling and cutting it into a convenient bite size pieces and chew it. Yes, chew away like how you chew gum. Other than that, you can score a bottle of "salabat" powder or ginger powder at grocery stores and mix it like an instant coffee.

#### For colds

A runny nose, some sneezing, eyes puffy and watery and a little sore throat? Those are common symptoms for colds. For that runny nose, if a nasal spray isn't readily available due to some unavoidable circumstances, don't worry—you can easily make one yourself using salt! Yes, salt. Salt decongests the nose. Per 8 ounces of water, mix a quarter teaspoon each of salt and baking soda.

Drop a few of it in your nose using a dropper.

#### For headache

To get rid of that throbbing pain in the head, crush a garlic (or "ahos") clove or two and put it in a cup of hot water and you have your garlic tea. Others also prefer dipping your feet in hot water. This would help the blood flow to ease up on your head as it would be routed to your feet, relieving you from the headache.

#### For rashes/prickly heat (bungang araw)

Ease the itch away by using corn starch, baking powder and aloe vera. For the corn starch and baking powder, simply apply directly on the affected area, whereas for aloe vera you need to peel it for the pulp to be exposed. Rub the pulp on the rashes. The cooling effect of the pulpy gel serves

as a bonus for the burning sensation the itch brought you.

#### For diarrhea

The trips to the bathroom is as irritating as the sickening feeling you have in your stomach due to diarrhea. This could cost you probably around 2-4 days of your busy schedule. Kick the diarrhea away by drinking coconut water every 4-5 hours for about 3-4 days. Aside from the fact that it cleanses your body, the starchy composition of its fluid helps in decreasing too much fluid in your intestine, resulting in the change of consistency in your stool.

All of these are just basic home remedies that serves as first aids and of course depends on the severity of the situation. It is still best to consult a doctor, should the symptoms persist even after taking over-the-counter medicines. Stay healthy!



Jersay

# DeLaney

It was just a cassette tape. But it was a cassette tape that ultimately set Jersay Delaney's feet on her path to make music a huge part of her life.

Meet Jersay Delaney. An incredibly talented singer/songwriter (and former beauty queen) whose musical prowess is in high demand in the Filipino-Australian community, and in May this year, was on full display in her trip to the Philippines with her sister, Chantelle. The afore-mentioned cassette tape was one her parents owned. But during a function in Campsie, Sydney, then 5-year old Jersay recognised the tape and pointed it out to her father who encouraged her to get up on stage and perform it. And, the rest, as they say, is history.

Jersay is a versatile songstress who isn't afraid of performing an eclectic mix of musical styles. From Sia to Mariah Carey, from Celine Dion to Prince, this wife and mother has tried it all. On June 11, this year, she performed the challenging Filipino classic, 'Ako Ay Pilipino' at an Independence and Freedom Gala celebration (hosted by the Philippine Community Council of New South Wales) alongside Lillian de los Reyes, Marcus Rivera and Albie Prias. It was an event also attended by X-Factor Australia winner, Marlisa Punzalan. Jersay says: "Hearing them cheer, the looks and the emotions on their face, that's what I enjoy most about performing..."

Becoming a better performer is always a goal for Jersay. Inspiring her are fellow artists such as choreographer, Klien Hicks and singer/dancer Andrew Mark Baris (aka Miss Powers). She declares that in her eyes "they are perfect and absolutely flawless, they both have taught me so much and always give me the best advice...when I share the stage with them I feel I have to up my game because of their capability it's always 110%..." She shares one of her most memorable performances with Andrew and her sister, Chantelle. She shares the experience: "We sung 'Secret Love Song', we also had to act out what we were singing and I think it was a perfect performance. Especially hearing the audience reaction and the tears on some of their faces was an amazing feeling..."

Jersay plans to stay on her musical journey. With the full support of her family, especially her husband, David, she will be kept busy with performances at multiple upcoming events. She also reveals that "I am also so excited about working with Flagcom for my upcoming solo concert that will be held next year sometime..." With her undeniable talent and consuming passion for music, the future is indeed very bright for Jersay Delaney.

# CHANTELLE Torres

Singing karaoke has long been deemed as the domain of the wannabe singer, full of cringe-inducing and sometimes painful performances. But once in a while, it reveals a diamond in the rough and karaoke revealed one such treasure in Chantelle Torres.

Born to a musical family, singing was always part of Chantelle's life. She says that "as I grew older, I started performing at various charity events. I also perform with my elder sister as a dancer and singer. I love entertaining and performing because songs have the power to inspire and move people. I enjoy the look of delight when I sing uplifting songs and evoke empathy in the audience when I sing more emotional songs..."

Her sister, Jersay Delaney (who is a talented singer/songwriter in her own right as well as a former beauty queen) is a huge source of inspiration for Chantelle. She declares that "I look up to her a lot and we have a lot of similar interests..." Her sister's past successful career in the beauty pageant world was one of Chantelle's main motivations for entering the Miss Philippines-Australia and Miss Charity Queen Pageant this year. She says that she hopes "to not only follow in her footsteps but find my own unique way to become a role model for others on my journey. So that in turn, I can become an inspiration to others..."

The Bankstown-based beauty's musical journey has recently taken her to the Philippines where she performed at various venues alongside her sister. She found the trip to be an eye-opener and she says that it was "amazing that even though the Philippines isn't as developed a country as Australia, Filipinos have a strong voice. We love to sing and not even poverty can silence our voices." Her journey has also seen her interact with many inspiring and interesting individuals such as, she shares, "lovely Flagcom and Friends community who represent the Filipino LGBTQI and their friends. And my friend, Andrew Mark Baris who is breaking down gender stereotypes through his songs and dance."

For now, music for Chantelle is reserved for special performances. She says "my family enjoys sharing the gift of music to others and we have plans of continuing to sing at charity events to continue supporting the Filipino community overseas and helping to maintain links with our heritage." While her full attention is on the Miss Philippines-Australia and Miss Charity Queen Pageant for now, Chantelle reveals that "outside of performing, my other interests lie in fashion and modelling and so I work in the retail industry managing a clothing store in a large department store." It's clear that whatever the future holds, Chantelle will shine in whatever path she chooses.





# TOP SIX MUST TRY Filipino Foods

YOU MIGHT NOT HAVE HEARD OF



Filipinos are fond and not afraid of trying something uncommon and new, hence their adventurous attributes help them survive through just about any environment anywhere in the world. This adventurous trait is also reflected in the food they have experimented with. If you have plans to visit the Philippines, you might want to keep these foods in mind so you can try firsthand how they actually taste!

**1. Betamax** : Yes, named after the iconic videocassette recorder and player. This is a solidified (by way of cooling/chilling in the refrigerator) form of pig's blood, marinated and placed in skewers like barbecues and grilled until cooked. Best served with spicy vinegar as its dip.

**2. Etag** : Also known as "binurong karne ng baboy" in Tagalog (the national language in the Philippines), this is cured and smoked (just like bacon!) pork originating from Sagada, which is located in Mountain Province. It can be served raw or mixed with different dishes of your choice. Its major ingredient is pork with back fat and it gets dry rubbed with lots of

salt, cured overnight in a tight-sealed earthen jar and smoked for a maximum of 3 hours every day for two weeks.

**3. Tuslob-Buwa** : A dish from Cebu which consists of pork liver and pork brain that gets cooked with some spices and chili and seasoned with salt until the sauce thickens and bubbles start to appear on top, which pretty much explains its name which is "tuslob" meaning dip and "buwa" which means bubbles. This is best eaten with hanging rice or "puso" in Cebuano.

**4. Chami** : A dish that's stir fried, it consists of prawns, chicken meat, carrots and cabbage seasoned with soy sauce, fish sauce, a bit of oil and some freshly ground black pepper. These ingredients are stir fried with the main ingredient which is flat Miki Noodles. This tasty dish hails from Lucena City and the name is of Chinese origin which stands for "stir-fry" (Cha) and "noodles" (Mi).

**5. Sinugno** : This is a dish which involves a kind of freshwater

fish in the Philippines called "Tilapia" and some coconut milk, along with other spices to make it even more flavorful. Add a few "mustasa" or mustard leaves, but if it's not available, any leafy vegetable of your choice would do. The fish gets grilled and then simmered in the coconut milk, which makes it a creamy and hearty dish. The creaminess balances out and compliments the smoky taste and this dish is best served ASAP right from the cooking pot and best paired with freshly cooked, hot rice!

**6. Halang-halang** : A big fan of spicy foods? This one should be on top of your must try list. Halang-halang is a Visayan dish that's whipped up with chicken meat and a bit of chicken backbone. This is cooked by sautéing onions, garlic and ginger and then adding the chicken ingredients until meat is tender. Add chicken stock, coconut milk, salt and pepper to taste and lots and lots of green chili for that kick, hence the dish name Halang which is repeated twice, meaning "spicy". Simmer until sauce thickens or becomes a bit creamy, serve and enjoy with hot rice!

FIVE BREATHTAKING PHILIPPINE  
**Destinations**  
 YOU PROBABLY HAVEN'T HEARD OF YET



When you think of having a vacation in the country, Boracay automatically comes into mind, but there are lots of places to go to that you might not have even heard of yet! Not only is this country rich in culture, but it's also rich in places to discover and explore, perfect for beach bums or nature lovers! Here's a list with some basic information on a few destinations that will surely take your breath away.

Canyoneering! If you have a knack for speed and water,

“When you think of having a vacation in the country, Boracay automatically comes into mind, but there are lots of places to go to that you might not have even heard of yet!”

then the Alegria-Badian Canyoneering adventure should fix your lust for rush. Alegria and Badian are two towns located down Southwest Cebu situated at the starting and end point of the “canyons”. Glide through the scenery and when you've reached the finish line, you are greeted with the wonderful Kawasan Falls, equally as breathtaking as the canyons you have traversed through! Adventure package starts at as low as around 6,000 pesos per person and it can get cheaper if you bring along your friends as group packages offer lower rates per person.

A beach bum? Just want to lie on the sand and let the sun soak in your skin for a great golden tan by the end of the vacation? Pagudpud, which is located in Northern Luzon, is a perfect getaway. The place has a lot of resorts you can choose from and at very reasonable prices where you can enjoy your different beach activities including surfing and swimming. Rates start at as low as 1,250 pesos per night.

Love historical places and old structures? The Cuartel Heritage Park in Oslob, Cebu is a great example of history/heritage. It sits just a few meters away from the sea wall so there's a relaxing smell of the ocean breeze that whips through the area - perfect for sitting back and enjoying the picturesque views. The trip to Oslob from Cebu City's South Bus Terminal should be around 2-3 hours. Oslob is also famous for whale shark (locally called as “butanding”) watching adventures and room rates for places to stay here are cheap, so you might as well book a night or two to fully explore and appreciate the place! Rates start at roughly around 1,700 pesos.

And another one for the beach bums! From your other adventures in the Queen City of the South (which is Cebu), before doing a stopover for your canyoneering adventure, you might as well want to stop by Moalboal, another beach destination in the island. Also offering cheap room rates and affordable beach packages, Moalboal offers pristine beach resorts. Room rates starts as low as 1,500 pesos, this is non-air conditioned so you can enjoy the cool sea breeze while you rest to recharge for the next day's adventure. Rates in this area are pretty much the same as in Oslob and Badian.

Beach, beach and more beach! Can't get enough of sand and seawater? Try Siargao, it would definitely take your breath away! The relaxing sounds of the waves crashing into the shore and the lush green scenery makes a perfect, relaxing getaway. Magpupungko Beach with its remarkable rock formations. The beach is located on the northern part of Surigao Del Norte, about 1-2 hours travel time from General Luna.. This is also a great surfing spot and as an added bonus, on low tides, the underwater nooks on its shore resemble infinity pools! How amazing is that?

So grab your sunglasses and travel gears and head for the spot of your choice. Rates may change without prior notice, so it's best to book your adventure package beforehand so you can also get updated rates.

## THREE TIPS TO FOREIGNERS VISITING THE PHILIPPINES

Travelling can help you unwind and it can also enrich your knowledge of different cultures. The Philippines is one of those countries with a very rich cultural background. But travelling can be stressful if you are not fully prepared and aware of the things you need for everything to go smoothly. For you to enjoy your stay in this tropical country, we have whipped up a few basic tips for you to do and not to do when exploring.

Upon arrival, you might want to stop by at money changers or at the bank to have your currency changed to Philippine Peso. It's also wise if you break down some of your travel money into loose changes and small bills such as 20 pesos, 50 pesos and 100 pesos. This will help you transact faster especially at small stores called "sari-sari store", public markets and it should also make it easy for you to pay your fares using common Filipino transportations such as jeepneys, taxi cabs and even the famous motor tricycles or motorcycles with sidecars (devices that are attached to the side of motorcycles which can accommodate a limited number of people). As for transportation, aside from the previously mentioned jeepneys, taxi cabs and motorcycles, there is also the MRT (Metro Rail Transit) which serves commuters in the EDSA area and LRT (Light Rail Transit) which serves commuters in the vicinity of Ramon Magsaysay Boulevard-Aurora Boulevard and Taft Avenue-Rizal Avenue. You can also try the "pedicab" which is the bicycle version of the tricycle and the fare is cheaper, but the only downside to this transportation is that it has very limited routes. Most tourists, though, prefer to explore the country by simply walking most of the time. It maximizes the possibilities of discoveries! With that in mind, do bear in mind to wear really comfortable clothes from head to toe. That means wear clothing made with light and breathable materials and flip flops or any flat footwear. Bring an umbrella (preferably the foldable ones so they would just fit right into your bag!) with you, too or a raincoat (this would make moving around easier rather than an umbrella, especially in really crowded places like the Divisoria (a public place strewn with different items from clothes to bags to kitchenware to toys!), just in case it suddenly rains.

Amidst all the excitement going on with your adventures around the country, never compromise safety for the sake of your new discoveries. The Philippines is generally a safe and beautiful country but like other places elsewhere, there's potential danger lurking around. Here's a few tips you should remember:

If you prefer to take a taxi cab, have the driver turn the meter on even if he insists on a flat price/rate for your ride. Keep an eye on the meter as some taxi drivers rip off passengers, especially the tourists. As of March 2016, the Land Transportation and Franchising Regulatory Board mandated that the flag down rates for regular taxis should be ₱30.00 and will charge ₱3.50 per 500 meters and waiting time of 90 seconds (courtesy of traffic jams!) whereas airport taxi rates were announced to have ₱60.00 flag down rate and ₱4.00 will be charged per succeeding 90 seconds.

Don't stay at hotels which seems to lack in security, and as much as possible don't explore or roam around alone, especially at places where there are a few people. Should you need to travel alone, be aware of your surroundings and your travel bag. Like other places in the world, the Philippines have dark alleys and narrow streets with lots of bystanders. Some may be harmless but it's better to be safe than sorry. This is the part where you are urged to hire a guide/companion. Of course, don't just hire anyone, it's advisable for you to ask your hotel for someone they can recommend.

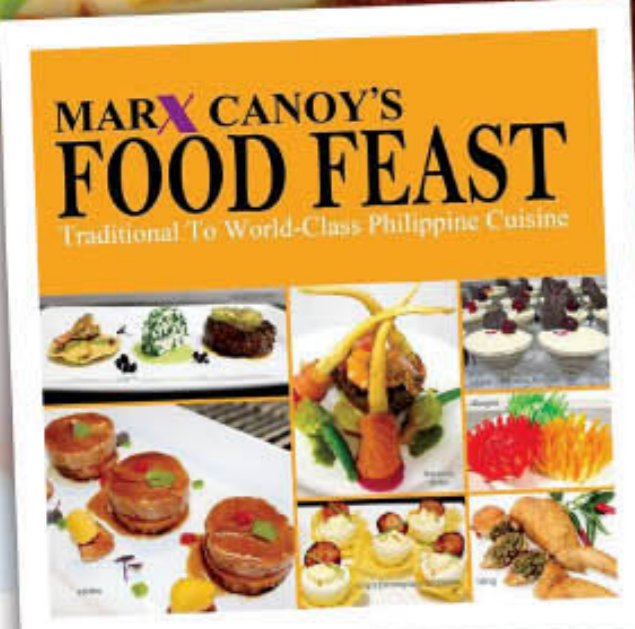
Food tasting is a priority when one travels to a foreign country, but be mindful of your health. Do not just eat any food for the sake of, well, food tasting. Food sanitation should be considered. Bring a couple of basic medicines with you for diarrhea, cough, fever, rashes, etc. etc. and use bottled water.

Those are just a few basic tips but hopefully they will ease your worries and help you through a hassle free vacation in the Philippines. Bon voyage and be safe!

# ARRIVALS



“Amidst all the excitement going on with your adventures around the country, never compromise safety for the sake of your new discoveries”



# Spaghetti Bolognese

Taken from Marx Canoy's Food Feast: Traditional to World-Class Philippine Cuisine

## Ingredients

- 200g bolognese sauce
- 300g spaghetti pasta
- 100ml napolitana sauce (see condiment and sauce)
- 5g shave parmesan cheese
- 5 slices of spanish chorizo, grilled
- 5 slices of chipolata sausages
- salt and pepper to taste

## Bolognese sauce

- 1kg beef mince
- 1g brown onion, finely diced
- 50g garlic, chopped
- 100g carrot, diced (1cm)

- 100g celery, diced (1cm)
- 100g bottom mushrooms, stalks off and cut in half
- 100g tomato paste
- 125ml white wine
- chicken stock
- bouquet garni
- salt and pepper to taste

## Instructions

- Heat vegetable oil in a sauce pan. Sear the beef mince. Break the mince down using a small tray to ensure there are no lumps.
- When cooked, remove from the pan. Saute the onion, garlic, carrot, celery and mushrooms until they are soft.
- Add the mince back into the pan. Heat again then add white wine and reduce.
- Add the tomato paste, chicken stock and bouquet garni. Cook in low heat for 15 to 20 minutes, stirring at regular intervals.

# ACI CENTRAL

## KICK STARTS NEW ERA FOR FILIPINO-AUSTRALIAN COMMUNITY

More than 200 guests attended the successful grand opening on August 6 of the Philippine Australian Arts, Culture and Innovation Central (ACI Central), a new venue for community events dedicated to the Filipino-Australian community in Sydney.

Opera singer Marcus Rivera, Global Pinoy Idol first runner-up Elysa Villareal and Sedgwick Co-op member Cleo Baltazar were among the day's entertainers.

The multi-purpose venue was designed by community



ACI Central is located at 3-9 Warby Street in Campbelltown, a city that boasts a huge population of Filipinos who have migrated to Australia. It is also less than 40 minutes away from Blacktown in Western Sydney, another Filipino-Australian hub.

leader Albert Prias, who is also an interior designer with his own business, Creative Koncepts.

The purchase of the multi-purpose venue, which can be used as an art gallery and performance space, was made possible through the fundraising initiatives of two Filipino community associations: NARRA and Plaza Filipino.

Since the grand opening, ACI Central is now available for community hire as a space for seminars, workshops, art exhibits and networking events. Interested parties are invited to "Like" the group's Facebook page "ACI Central".

Among the key guests who attended were: the Philippine Consul General, Consul General Anne Jalando-on Louis; Campbelltown City Mayor Paul Hawker; the Federal Member for Campbelltown, Greg Warren MP; Councillor Fred Borg; Philippine Community Council of NSW and President, Atty Kate Andres; Adhika president Josie Musa and various community leaders and Philippine press.

Appointed as general manager until the year's end is Manny Roux, who was one of the 55 Filipino-Australians who first dreamt of the concept of a community hub more than a decade ago.

The keynote presenter on the day was Jim Paredes, best known as a member of the legendary group APO Hiking Society but is also a solo artist, poet, writer and academic (he is a lecturer at a major university in the Philippines).

Fundraising efforts continue to support ACI Central, with members of NARRA and Plaza Filipino organising more events throughout the year with a target of at least \$100,000 in the next 12 months to finalise the property purchase.

Paredes spoke of culture and innovation, particularly in the field of Original Philippine Music (OPM).

"The difference with pledging your support to NARRA is that it is a cooperative structure. It means pledgers will have a share in ACI Central should they wish to support it, and they can share in future profits once the Central becomes a go-to venue for the community's various projects," said NARRA president Jaime Lopez.

Among the speakers of the day were: NARRA president Jaime Lopez, Plaza Filipino co-founders Daisy Ann Gonzales and Manny Roux, and Plaza Filipino president Michelle Baltazar.

Those who are interested in becoming a NARRA Co-op member are encouraged to contact Lopez on 0478 540 889 or by email, jimmylopez@gmail.com.





# PHILIPPINE *Christmas* FESTIVAL

**MALIGAYANG PASKO!**

**NOVEMBER 12-13 2016, 10AM TO 9PM**  
**TUMBALONG PARK, DARLING HARBOUR**  
**FREE ENTRY**

FOR DETAILS, YOU MAY CONTACT: JUN RELUNIA – 0419-233643, KATE ANDRES – 0400-545888,  
MIKE ALVAREZ – 0414-806373, BOBBY LASTICA – 0487-262441



## FILIPINOS AND THEIR DAMN OBSESSION WITH **Videoke**

What is "Videoke"? Videoke is pretty much like the Japanese invention Karaoke, which just needs your regular DVD/CD player, with a set of good speakers and a TV screen so when you go start your karaoke/videoke session, a song accompanied by a video shows up and lyrics appear on the lower part of the screen. The lyrics and a moving highlight prompt (usually in blue color) serves as your guide as you belt out your choice of song and you are supposed to follow it. Videoke is the name coined for it by Filipinos. In the Philippines, almost every household owns their very own videoke system and pretty powerful, customized sets of speakers to maximize your singing prowess. Videoke systems have progressed immensely from the usual DVD player to the really convenient microphone system preloaded with songs (either by SD card or USB) which you just attach directly to your TV, select the song on the buttons on the microphone itself and sing away!

Videoke has become a huge part in the lives of Filipinos from whichever walks of life, whether it marks a milestone or just to jumpstart the weekend, especially after either a pay day or a very successful (or hectic!) week at work. It has become some sort of ritual to ward off stress or usher in luck. These videoke machines can be found virtually anywhere in the country, both in the rural and urban side! Filipinos just love to sing, whether or not they can carry a tune or two, it doesn't really matter. What's more ingenious is, Filipinos have invented the videoke machine not only for personal use but also for business purposes! That's how the videoke machines came out to be, which pretty much involves a big box with a TV screen (flat screen or the regular tube TVs), a good amplifier, speakers and a DVD player inside it. It's basically your videoke system in a box!

On the external side, the videoke machine showcases a couple of buttons with numbers on it ranging from 0 to 9, along with the usual control buttons for increasing or decreasing TEMPO (the pace of the song), STOP, PAUSE and PLAY. A microphone is also attached from the internal side of the machine and most of the time, these videoke machines come with remote controls for easier access to song selections without you having to stand up to push those buttons previously mentioned. It also comes with a thick songbook which should pretty much showcase both classic and new favorites. Not only that, it would also contain music videos and mp3's and even movies (for those who might not like singing their hearts out, or if the song belters opt to rest for a bit and just relax)! They also come designed with coin slots, so you can insert a coin to start your selected song (a song usually costs about 5.00 pesos). If you plan to buy a videoke machine, know that they also come in different designs, depending on the manufacturer and they would also service upgrades for additional new songs. They can also come in affordable to really expensive prices, from the simplest sound system to the really powerful ones. Filipinos usually buy a videoke machine or make their own for both personal use and for business whether it's for a videoke bar or it's rented out for special occasions like gatherings, birthdays, weddings, or for farewell and welcome parties. Prices for the rentals are usually computed per day and based on the kind of machine you are requesting for, as well as how far is the location where the machine should be taken (since the videoke machine owner would have it delivered conveniently right to your doorstep!). How amazing is that?

Filipinos sure know how to keep the ball rolling when it comes to mixing business with pleasure. So if you happen to have "visit the Philippines" in your bucket list, don't hold back on trying the videoke!



# BING CRISTOBAL FASHION SHOW

from The Philippines for the show. As a transgender beauty queen/actress/author, she told us of her plight as a transgendered woman in a country that is known to be somewhat traditional. Ultimately, Trixie became a part of the fashion show to offer her support for the well-loved Bing.

Fashion has always been about expression, and the best way to showcase this was to proudly embrace diversity on the catwalk.

When asked about the concept behind his most recent collection, Bing replied that the underlying theme of the range is Seductive Spring, but "not too much" ... "Sexy, but classy" is how he would describe it.

As glasses clinked, and guests chatted, the evening began with alternating entrees and main meals served to assigned seats. Then came an introduction from dual hosts Albert Prias and Charles Chan from Flagcom, and special performances by David Michael White and Elysa Villareal.

The show began with Bing's debutante teen cocktail collection. These were ballerina-like, dainty knee-length A-line dresses in various colours.

Not just for the females, Bing's male collection featured sharp and becoming two-piece suits - in deep shades of cream, red, electric blues and grays. Interestingly, Bing also presented a fashion-forward take on the traditional Filipino "barong", worn by men.

The most extraordinary part of Bing's Spring collection though, was his dazzling array of female evening gowns. These were sexy and elegant, most with sweeping long trains and glittering sequin detailing.

In a short interview before the show, Bing revealed that he was proudest of the "transparent" dress details achieved by his use of delicate hand-made embroidered material, featuring tasteful and well-placed sheer fabric.

Bing Cristobal's Sydney show was a testament to his unwavering talent for design. The event's finale showcased bridalwear, and proceeds from the auction of a show-stopping BC black velvet gown (formerly worn by reigning Miss Universe Pia Wurtzbach) went to ASK Foundation - a local charity supporting underprivileged children with birth deformities.

For more details on Bing Cristobal's collection and custom-design enquiries, contact Pauline Peralta:

[Pauline@kreativefravel.com.au](mailto:Pauline@kreativefravel.com.au)



By: Jill Antonio

Last Friday's fashion event was not one to miss.

Marking his 6th international fashion show, Filipino 'designer to the stars' Bing Cristobal debuted his latest collection of boutique evening wear in Sydney, Australia.

For an elegant evening of glitz, glamour, photos and fine dining at Auburn's Town Hall -nearly 200 guests gathered to marvel at Bing's stunning Spring creations.

We caught up with Bing before the show where he remarked he was filled with nervous excitement, but mostly happiness.

While Bing has showcased his garments across the globe in the

cities of Barcelona, Jakarta, Manila and more, still Bing says, "Sydney is Sydney".

Bing confided that he has always held a love of Australia. Back home in Manila, he serves as a stylist to many renowned Philippine artists representing prime TV network ABS-CBN, including Miss Universe 2011 contestant Shamcey Supsup-Lee and various Filipina beauty queens.

Beautiful young actress Ingrid De La Paz (Tubig at Langis, Pasion de Amor) was among one of the participating supporters at the show. Being her first time in Sydney and with a keen interest in fashion herself, La Paz was also one of the models on the runway.

2015 Miss International Queen Trixie Maristela also flew in



## SIX REASONS WHY YOU SHOULD TRAVEL TO THE Philippines

The Philippines has definitely earned its right to be considered as one of the go-to places for tourists all over the world. It may not have all the grandeur and stateliness of European nations or a long ancient wall, but amongst its shores are nestling a beauty worth exploring.

Whether you are a tourist looking for a perfect vacation or a Filipino Abroad who hasn't been home in a while, the beautiful archipelago will absolutely make you want to book a trip. So while you're trying to make up your mind, here are six things that will make you want to go to the Philippines:

**1. Exotic Street Food.** Exotic cuisine plus ready-to-eat food equals Philippine Street Food. When it comes to making good food, Filipinos cook with ingenuity and a whole lot of heart.

Street food has become a part of a hard-working Filipino's

daily life. When you're in a hurry for school or work, you can just eat up a kwek-kwek (hard-boiled chicken egg dipped in batter, deep-fried and served with cucumber and vinegar) along the sidewalks. Aside from that, there's also fish ball, sismal, and pork barbecue.

Moreover, Filipinos don't believe in wasting perfectly good parts of a chicken. And so the birth of the following street delicacies: isaw (barbecued or fried chicken intestines), Betamax (barbecued chicken blood), Adidas (barbecued chicken feet), and Isol (fried chicken butt).

**2. The Warm Climate.** One of the best things about being in the tropics is the warm weather. You can enjoy a beautiful sunny day almost any day of the year. Whether it is spending a day at the park with your family or just lying down on a chair on your porch, it is definitely something you can do anytime.

**3. White sandy beach.** What goes well with a perfect weather? Of course, the glistening clear blue sea water and white soft sandy beach, which is available on almost every corner of the country. If you enjoy socializing and beach parties, Boracay has all of that for you. However, if you want some quiet time and to be one with nature, the gorgeous beaches of Palawan might just do you well.

**4. Adventures.** The Philippines comes with a myriad of adventures for those who prefer a little excitement in their lives. You can do mountain climbing and conquer the peak of Mt. Apo, or do white water rafting in the rapid rivers of Cagayan.

**5. Cheap transportation.** Transportation is like no other in the Pearl of the Orient. Owning a vehicle is not a necessity

because there are tons of public utility vehicles waiting for commuters. Depending on which part of the Philippines you are, you can move around through an affordable and accessible transportation like tricycles, sikad, and habal-habal.

**6. Multicultural society.** You don't have to hop from one plane to another experience other cultures because the Philippines packs a lot of them.

All the centuries under the reign of different foreign invaders has ultimately shaped the history and culture of this land. Our heritage is a wonderful amalgamation of Spanish, American, Japanese, Chinese and other cultures that impacted our country. You can see this in our literature, food, architecture and language.

BASIC WORDS TO HELP YOU THROUGH WHILE

# Exploring

THE PHILIPPINES

The Philippines has a lot to offer, especially when it comes to hot destinations and gastronomic adventures. Before setting off on your explorations, it would help to know a few basic Filipino words or terms to lessen, or ideally, avoid miscommunication. Worry no more, we have come up with a list for you to refer to on your adventures! Though the country carries about 8 major dialects, Tagalog is the dialect most commonly used. Fortunately, most Filipinos can also understand and speak English but for the fun of learning a new language, here are few common Tagalog words and phrases to help you:

Hello = Kumusta / Musta / Kamusta  
 What's your name? = Anong pangalan mo?  
 Yes = Oo / Opo  
 No = Hindi  
 It's delicious = Ang sarap  
 How much? = Magkano?  
 It's too expensive = Ang mahal naman  
 Where is this? = Saan po eto?  
 Nothing / None = Wala  
 Thanks / Thank you = Salamat  
 My name is = Ang pangalan ko ay  
 I am tired = Pagod na ako  
 Where = Saan  
 Maybe = Siguro  
 Do you speak English? = Nagsasalita ka po ba ng English?  
 Let's go! = Tara na!  
 Where's the comfort room / toilet? = Saan po yung banyo?  
 Help! = Tulong!  
 You're welcome (as reply to "Thank you") = Walang anuman  
 I'm from.. (place) = Galing ako sa.. / Ako ay taga ...  
 Is it okay? = Okay lang ba?  
 Good morning = Magandang umaga / Gandang umaga

Good afternoon = Magandang hapon / Gandang hapon  
 Good evening = Magandang gabi / Gandang gabi  
 Goodbye = Paalam  
 See you tomorrow = Magkita tayo bukas  
 Welcome = Mabuhay!  
 Please come in = Tuloy ka (singular)/Tuloy kayo (plural)  
 You = Ikaw  
 Me = Ako  
 All of us = Tayong lahat  
 Where can we find..? (looking for a place or something) =  
 Saan po makikita ang..?  
 Is this ...? (Location/name of establishment or place) = Ito  
 po ba ang.. ?  
 Stop here (when you want the vehicle to stop at your destination) = Dito lang po/Para/Para po  
 Please come again = Balik ka ulit (singular)/Balik po kayo ulit (plural)  
 Let's try this! = Subukan natin ito!  
 It's so beautiful here = Ang ganda naman dito  
 This is fun = Ang saya nito!  
 Let's go to.. (location) = Punta tayo sa..  
 Place / Location = Lugar  
 Left= Kaliwa  
 Right= Kanan  
 Straight = Derecho  
 Correct= Tama  
 Wrong= Mali  
 Beautiful / Gorgeous = Maganda

There you go! Practice these basic phrases and words or take a copy with you, just in case you get carried away with all the excitement and somehow they slip from your mind. There are also a couple of pocket-sized English-Filipino dictionaries available at bookstores nationwide. Enjoy your vacation!

