



The PCSNJ, Inc. GAZETTE

Summer Edition

July 2011

THE HISTORY OF PCSNJ

By Eileen Pelaez

I. Introduction

When the current PCSNJ president, Frances Estella, asked who can write the history of PCSNJ in preparation for the 25th anniversary of its foundation, everyone said, "Willie Masecampo" since he started it all. However, Willie left recently for a vacation in the Philippines. So my dear sister asked me since I am one of those who was there from the start. And as someone playfully said, "When Frances asks, you cannot refuse." So I will try to tell the history of PC, as we fondly call the organization, as I remember it. Please indulge me my fond and biased memories as I take you down memory lane.

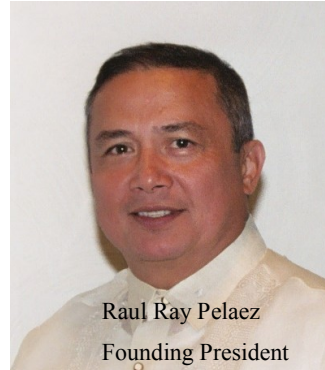
II. The Inception

I still remember that night after the FASSJ elections in 2006 when the member candidates of my husband Ray Pelaez' party gathered at Rico Ilagan's

residence to talk about what just transpired. Except for Boy Cruz and Virgie Siobal, the rest of their other candidates lost. Their competing party brought truckloads of Filipinos from Philadelphia, paid their \$5 membership dues right there at the election booth making them instantaneously qualified to vote for the candidates in their own party.

I did not know most of the people at Rico's. I was meeting most of them for the first time. There was palpable frustration, tension and sadness in the room but mostly anger for what happened. One emotional gentleman cried that he has never lost an election before. He certainly was not happy.

Willie Masecampo, the lawyer and seemingly the voice of reason, led the discussion and assured the group that there has to be recourse in what he called a gross violation of the



Raul Ray Pelaez
Founding President

FASSJ constitution. Everyone agreed that the candidates would sign a petition to have FASSJ declare the election null and void because of the flying voters brought in from Philadelphia.

And so Willie drafted the petition which after several meetings with the parties concerned was sent to the officers of FASSJ. Several meetings with the FASSJ leadership ensued after that. However, no resolution was achieved. One last attempt to reconcile the two factions was proposed by the late Mike Ruelan. He scheduled a meeting at his house in Blackwood, NJ.

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WOMEN'S TEA AND BRUNCH PARTY

The Women's Tea & Brunch held at the Philippine Community Center on April 2nd was a huge success, thanks to the hostesses and their guests who graced the occasion in their colorful spring outfits and lovely hats. All in all, 96 women attended the special event at the Philippine Community Center. The affair was

coordinated by Lita Cabida. The program began with an inspirational song sang by SJBCI chorale group followed with an invocation by Tess Guevarra. Welcome address was given by President Frances Estella. After a sumptuous brunch, a program focusing on inner and

physical beauty was presented.

(continued on page 9)

Tea party attendees in their hats and fineries





PRESIDENT'S REPORT Frances M. Estella



PCSNJ is 25 years old! Founded in 1986 by 19 chartered members, it had since grown to 225 members strong. It is indeed my great privilege to spearhead the celebration of this momentous occasion during my presidency. We began preparing for this big event last year. Jingkie Aseron, chairperson for the 25th Anniversary Dinner Ball, has been busy organizing and meeting with the different committees involved in the celebration. You can be sure that this will be an event that people will be talking about for many years. Mark your calendar- September 9, 2011, 7 p.m. at The Merion in Cinnaminson, NJ. Watch for your invitation in the mail.

We are also preparing a souvenir program that will memorialize PCSNJ's history and activities in the past 25 years. If you have photos or great memories of PCSNJ events that you would like to share with us, contact me, Eileen Pelaez, or Jojo Jordan. So many activities had kept us busy in PCSNJ, Inc. since the winter issue of the Gazette. The Christmas party held on December 11 for members and friends at the Philippine Community Center (PCC) was a huge success with many surprise guests in attendance. It was so heartwarming to welcome old members that we have not seen for a long time. There was so much food, and everyone enjoyed the potluck dinner brought by members. Entertainment was provided by Dr. Ray Soriano who read a narrative poem about the Nativity, and by the members of the Princeton Martial Arts Academy who showed their expertise in *Arnis*. It was a great reunion of sorts among PCSNJ members. The following day, the PCYouth officers and members hosted the annual Christmas extravaganza for the children. The PCC overflowed with young members of the Filipino community, their parents, and grandparents in tow. There were so many children dressed up as angels, shepherds, and drummer boys who eagerly participated in the Nativity scene and talent program. The adults were just as excited to record the moment with their cameras. Three generations of the Cagande-Maestrado family delighted the audience with their melodious string performance: Dr. Bebe Cagande and Vivienne Maestrado played violin and Dr. Chi-Chi Maestrado gingerly worked her bow on cello. The PCSNJ members' Christmas party and the Children's Christmas Party gave us a wonderful opportunity for fellowship among old and new families in the Filipino community. It was certainly a great way to celebrate the Christmas spirit amongst friends in the old-fashioned Filipino tradition with plenty of food, holiday music and camaraderie. Also in December, PCSNJ once again participated in the hospitality at Misa de Gallo at the Church Community of Christ Our Light in Cherry Hill. Members brought food to share after mass and PCY collected for their annual Children's Fund which will be donated to the Sacred Heart Toy Drive in Camden and the poor children in the Philippines. The PCSNJ Choir members, under the leadership of Arelyne Pacho-Ramos and the musical direction of Jojo Jordan, went caroling in December. They brought Christmas cheers to

nursing homes, rehabilitation centers, and private homes through their harmonious vocal presentation. Their efforts generated a total donation of \$2100 which will be used to buy a replacement for the old piano at the PCC.

In February, PCY hosted a post Valentine Party at the PCC. Golf Philippines, which was coordinated by Senen Fontanilla, brought in \$1000 which benefited our Senior Citizen Committee and the PCY. On March 26, in coordination with the Philippine Consulate- NY, we hosted the Outreach Program in South Jersey at the PCC, and over 100 passports, dual citizenships, and legal documents were processed. This was an annual community service that participants truly appreciated since it saved them a trip to the Philippine Consulate Office in New York City. Then on April 2, almost 100 women came to the Women's Tea Party wearing their beautiful hats and spring outfits. This activity was carefully planned and organized by Lita Cabida in coordination with PNASJP and South Jersey Bible Church. The event raised \$600 for the tsunami victims in Japan and in addition, the women donated \$1207 for a special collection for Maricel Eleuterio, a young mother of 3 who died from cancer. On April 16, an Alzheimer's Workshop was organized by Mammy Vicky Peralta and her Senior Citizen Committee. It was a very informative seminar which got high evaluation ratings from the audience. On May 14, PCY president, Judea Nicdao, and her fellow officers armed with spades, pruning shears, and trash bags cleaned the yard in front of the center. Thanks to our young members, we got rid of the tall bushes and litter in our lawn. On the same day, PCSNJ sponsored a legal panel forum among Fil-Am lawyers at the PCC. This was coordinated by Michael Angulo, chair of our Educational Committee. And on May 27, Mammy Vicky and a few of us went to the Jewish Community Center for a health talk, exercise, and lunch with their adult senior members. The PCC continues to host weekly activities such as Wednesday Line Dancing and Thursday Zumba classes. A Zumba class every first Tuesday of the month has been added by popular demand of the dance-exercise enthusiasts. Many private parties have been held at the center in the past months and more are booked in the summer months.

The Center has also undergone major electrical work in March. Through the combined efforts of Jerry Ancheta, Diana Bondad, Sylvia Tagle, and myself, the old president's room has been converted to a much more efficient and organized storage room. The new president's room is now located in the front section of the Center. We are anticipating renovation of the Filipiniana library in the near future.

To encourage fellowship among PCSNJ members, with the approval of the council, Philippine Community Day (PC Day) was introduced and the activity is scheduled every second Saturday of the month which is the same day as our monthly council meeting at the PCC. This project is free to members and friends, and can range from physical activity, i.e., exercise, dancing to entertainment, i.e. movies, Karaoke before or after the monthly meeting. The objective of PC Day is to provide activities that will be enjoyed by members without cost. In February, the first PC Day was held at the PCC. (Continued on page 3)



President's Report (continued from page 2)

A Tagalog movie was shown courtesy of Emma de Jesus. In March, a dance exercise was led by Noreen Delfin, PCY vice-president. After an hour of rigorous physical moves, we were treated to a light healthy breakfast. In April, Angela Jordan, a PCY council member, taught us kickboxing that put our muscles and flexibility to task. In May, a panel of lawyers was organized by Michael Angulo to discuss issues on immigration, real estate, traffic court, personal injury and intellectual law. On June 4th we had fellowship after the annual meeting and election. If you have ideas on an activity for our future monthly PC Day, give me a call (856-428-3855) or e-mail me at fme9@aol.com.

On June 11, along with many organization members of the Filipino Executive Council of Greater Philadelphia, we joined in the celebration of the Philippine Independence Day at Cooper River Park in Pennsauken, NJ. PCSNJ Choir coordinated by Arelyne Pacho-Ramos and joined by South Jersey Bible Church chorale group led the community in the singing of the national anthems. Diana Bondad and

her able assistants served delicious lunch at our PCSNJ booth which was shared by many. It is no wonder that the line is always long at our booth every year.

As you can surmise, we have been very busy in PCSNJ. We are fortunate to have a Community Center to host many if not all of our indoor activities. We have more programs planned in the future such as the Filipino Language Summer Workshop for students from elementary to high school on July 18-23. This will be coordinated by Linda Juliano who teaches Tagalog courses at University of Pennsylvania. We also plan to continue the adult computer classes that we have offered in the past. We are able to provide these services because of continued support from the community, be it in cash or in kind. We have members and non-members who willingly volunteer their services. For that, I am extremely grateful.

As I get closer to the end of my first year as president of PCSNJ, Inc., it is truly a great honor and my privilege to serve the Filipino community. In the past months, I have met leaders and members of other organizations who work so hard to keep and uphold our Filipino culture,

tradition, and heritage. It is a good vicarious learning experience in social and civic involvement. Thank you for putting your trust in me to lead our organization. Most importantly, thank you for supporting our activities. As you know, only through our concerted efforts can we successfully execute our noble purpose in the community. Together, we make a difference.

Lastly, I invite you to join us at our 25th year anniversary ball on September 9, 2011. Be part of this grand and momentous occasion as we celebrate PCSNJ, Inc- its history, the present and the future. Mabuhay ang PCSNJ!

Sincerely yours,

Frances M. Estella, President 2010-2012

ALZHEIMER'S SEMINAR (from p- 11)

eating processed and refined foods that often have lost their nutritional value. Aging also affects senses such as taste, smell, vision, and in turn affects the types of foods that will be chosen. She provided nutritional guidelines which may help prevent the disease.

A Lenten delicious and nutritious well-balanced lunch was served by the Food Committee chaired by Edwina Jardinico.

(continues and ends on page 5!)

FILIPINIANA YOUTH AWARDEES FOR 2011

AWARDEE	SCHOOL
Alann Shaun Mancao	Pennsauken High School
Chelsea Pineda	Timber Creek Regional High School
Joseph Nicdao	Highland Regional High School
Darlene Camille Nable	Cherry Hill High School West
Paulene Mole	Gloucester Catholic High School
Vincent Brattelli	Eastern High School
Nicole Rodis	Bishop Eustace Preparatory School
Melissa Camua	Williamstown High School
John David Sosa	Cherry Hill High School East

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The History of PC

(continued from page 1)

Several members of the losing faction attended but not one of the FASSJ officers came. Frustrated, the group went to Virgie Siobal's place and decided there and then to form a new Filipino organization that would be more responsive to their concerns.

Led by Willie, the group met on numerous occasions in the next two months mapping the direction of this new organization and working on its constitution. With Willie as the principal author, all the members contributed their thoughts, aspirations and ideals into this workpiece which would form the foundation of the new organization.

Principal among the provisions of this constitution was that no one has the right to vote during an election for officers unless he/she has been a paid member for a minimum period of six months. This would prevent flying voters from having a hand in determining election results. Secondly, one can only run for office after being a bona fide member for at least one year. In this way, one's loyalty and mettle would have been tested and proven, and one is deemed worthy to be an officer. (This proviso has since been cut to 6 months in recent years.) Additionally, one can only be a president after having served as an officer for at least one year. This would ensure that the president understood the workings of the organization and the demands of the position. This will serve to prevent

interlopers from using the organization for their own biased ends.

The other significant part of the constitution is the creation of the Nominating Committee composed of the president, the immediate past president, the president-elect, the chair of the Membership Committee and three members of the Council of Members who are not running for office. The latter three will be chosen by the Council. The immediate past president shall act as chairman of this committee.

Having a nominating committee will prevent the formation of factions to back one particular candidate. When two members are interested in running for the presidency, it will be the nominating committee's role to find the compromise that would allow the interested parties to wait their turn and prevent the split that happened on that fateful FASSJ election day. No one would lose face. The same would be true of the other elected positions.

There is, however, a proviso in the constitution that if one is truly interested in running and did not agree with the decision of the nominating committee, one can submit one's name to the chair of the nominating committee five days before the election together with the signatures of at least 10% of the membership. No nominations, however, will be accepted from the floor. Willie made sure there were strict rules governing the conduct of elections. To this day, he makes sure that this rule is adhered to.



Thus it was decided upon the suggestion of Willie to name the organization "The Philippine Community of Southern New Jersey". His legal mind gave us several reasons for the name but those reasons escape me now. Suffice it to say that we all thought it was an appropriate name and it was unanimously approved.

Willie also suggested a slate of officers and a Council of Members. The officers and Council form the governing body of the organization which we now lovingly call "PC".

The first election of officers was very congenial. The presidency was first offered to Willie which he declined. It was offered to Raul Ray Pelaez and he accepted the role of founding president of PC. The president-elect was Gloria Salugao, recording secretary was Edwina (Inday) Jardinico, corresponding secretary was Romy Cabida, treasurer was Violy Redondo and auditor was Leng Aquino.

On September 15, 1986, Ray and Willie filed the PCSNJ, Inc papers of incorporation with state of New Jersey in Trenton. All the incorporators were men. All the members of the Council were women. The charter members were: Ruben Alvarez, Andy and Tina Aquino, Leng and Marina Aquino, Romy and Lita Cabida, Doming and Aida Camba, Bobby and Gloria Cruz, Eddie Cruz, Gody and Emma de Jesus, Amado and Merlie Domingo, Edwina Jardinico,

Willie and Alfe Masecampo, Sandy and Ester Oblena, Ray and Eileen Pelaez, Bert and Cen Querido, Fay Ramos, Roger and Jean Rances, Rudy and Violy Redondo, Jess and Linda Ricacho, Clem and Auring Rosero, Efren and Gloria Salugao, Rudy and Virgie Siobal.

By the end of the first year, the following also joined as charter members: Romy and Mona Buerano, Mike and Rosemin Ello.

Ruben Alvarez commented that this core group of members that founded PCSNJ were all once the active members of FASSJ. They were deeply invested with FASSJ because their children were all active in its activities including Christmas extravaganzas by providing entertainment such as performing folk dances. They also initiated the scholarship award under the youth group. Financially, they were instrumental in increasing funds in the treasury during the term of Aida Camba. The members of this new organization were not power hungry. It was not created because they lost the election but rather because they wanted the organization (FASSJ) to adhere to why it was formed: to acquire a community center. The PCSNJ was born 25 years ago out of a desire to have that goal reach fruition.

And so it was that PCSNJ came to be. **EMP**

PRINCIPALITIES AND POWERS by Willie Masecampo



Apostle Paul warns the Ephesians in his Epistle to be prepared to wrestle not against human beings but against principalities and powers, against the rulers of the darkness, against spiritual hosts of wickedness in the heavenly places. I learned from religious people that he was talking about angelic beings in heaven and demons flapping their wings in the sky. This is consistent with the ancient worldview reflected in the Old Testament of a place above called heaven and the earth below.

But As I was studying the Epistle to the Ephesians, I began to wonder whether Paul could be contemplating as well of spiritual hosts of wickedness here on earth. For if we examine more thoroughly the social structures of a country such as the United States there appears to me aggregations or concentrations of power and of wealth with horrible potential for evil against the individual or the people

What social structures of reality am I talking about? Good question. Examples that readily come to mind are the government, military, laws, religious institutions, business corporations, political and economic systems.

Ordinary people are commonly deceived to think of these power concentrates as the corporate buildings, the officers and management staff, the network of employees, host of shareholders or stakeholders. It is not uncommon for people to point to the Capitol Building or White House as the U.S. government. While these things stand for the outer and visible manifestation of these man-made structures, the real seats of power exist only in the contemplation of the law, no different than angelic beings of Christian theology that live without the constraints of time and space.

To protect myself from being misunderstood, let me quickly say that I am not condemning these concentrations of power or wealth as social structures founded originally to do evil or as roots

of evil per se. Rather, I do believe that these powers are essential to social life and the existence of nationhood, satisfying human needs and useful to the enjoyment of human life. But the possibility of evil is a consequence of conscious choice and as often happens human choice is detected by self purpose disguised as a choice predicated on principle or public good.

Now, having hedged myself let me illustrate my point. Imagine a corporation before the judicial court charged with an offensive act, civil or criminal. In almost all cases, the officers and managers are absolved from personal responsibility upon the technical ground that what they committed is not their personal action but the act of the corporation of which they are no more than agents or employees. As you can readily see, neither the corporate officers nor the corporation could be effectively held accountable for their action. The technicality of human law protects the corporate officers while the physical impossibility of punishing beyond a fine a bodiless culprit protects the corporation.

Right now, the United States is in the iron grip of corporate America, giant corporations virtually controlling its national economy, corrupting its democratic processes and setting up the nation's agenda. Globalization, it is said, is a victory for corporate America at the expense of the American people who desire nothing more than to reverse both the outsourcing of jobs and the exportation of manufacturing businesses. But regaining control over corporate America is a clear case of wrestling not with flesh and blood but against "principalities and powers."

Another example of a system of power that is operating against the welfare of the people in my view is the two party political systems in the United States. If the Democratic Party should be voted out of power in 2012 for failing to cure the American economy, but other

than the constraint of the failed system what is the justification and logic of putting the Republican Party back to the White House? Is this not the political party that administered the substance that may have sickened the economy in the first place? The U.S. Constitution does not mandate that there be only two political parties but political practice culturally evolved into the exclusive system where political power shifts from one party to the other at interval.

It would come as no surprise if there is a grain of truth that some of the noisy politicians are at work undermining the economic recovery if only to return to power under the two party political systems which leave the American people with no alternative choice.

Space prevents me from providing you with more concrete examples. But I believe you see my point that the rulers of the darkness and the spiritual hosts of wickedness do not just have to descend from the heavenly

ALZHEIMER'S SEMINAR (from p- 3) with the assistance of Imelda Cruz. Members of the committee who served were Gloria Cruz, Lou Molina, Virgie Magana, Nora Ronsayro, Gloria Salugao.

Greg Molina handled the sound system; Senen Fontanilla headed the physical arrangement with the help of the Food Committee members.

After lunch, Rita Cruz delivered a beautiful spiritual poem which she wrote, "The Passion of Christ" which was very well received.

The closing remark was graciously delivered with great sincerity by President-elect Senen Fontanilla. He thanked the panel of speakers as well as everybody for coming. He also announced forthcoming events at the center.

FOOTPRINTS OF THE ... FILIPINIANA

by Emma de Jesus, Filipiniana Chairperson



Twenty-five years - years of firsts, achievements and fellowships. Much has been said about the projects undertaken by the different Committees of the PCSNJ, Inc. The Filipiniana, created in 1990 is one of those worthy projects. This was initiated to promote Philippine awareness through a series of cultural programs, exhibits and seminars. Events were organized to showcase and promote talented Filipino and Filipino-American artists. But its primary goal was to establish a Filipiniana Library. Through the years, the Committee, with the unflagging support of PCSNJ, Inc. has diligently led in conducting various cultural activities leaving indelible footprints in the community. Since 1992, books have been collected, purchased and stored temporarily in my residence. Finally, the crowning achievement was the establishment of the PCSNJ, Inc. Filipiniana Library upon acquisition of the Philippine Community Center at Stratford, NJ. There is no greater pride for the Filipiniana Committee than to have achieved its vision and ultimate goal.

Presently, the Library has more than 500 books and works of literature about the Philippines. Priceless antiquarian books have been donated to the library. DVD's, CD's and native handicrafts have also been added to the collection. Unequivocally, these were made possible through continuing fundraising activities and donations from the community and generous benefactors.

Congratulations to all the officers and members of the PCSNJ, Inc. on its 25th anniversary. It is most fitting that it's called Silver Anniversary, a momentous period of achievements. The symbolism is interesting and the promise to continue to carry on the nobility of PCSNJ, Inc.'s. goals remains challenging. Hence, the footprints of the Filipiniana and its legacy continues.

IN RETROSPECT: THE FILIPINIANA ACTIVITIES by Emma de Jesus

FILIPINIANA COMMITTEE initiated in 1990. Yard sale held at the Chews Elementary School, Somerdale, NJ co-sponsored by the PC Youth, April 27, 1991

1st POETRY READING in different dialects at Romy and Lita Cabida's residence, January 18, 1992.

2nd POETRY READING and 1ST BALAGTASAN "Kayamanan o Karunungan" at Ruben and Tippin Alvarez's residence, March 27, 1993.

3rd POETRY READING and reading of the "PASYON" at St. Peter's Celestine Church, Cherry Hill, NJ., March 18, 1994.

1st ARTS & CRAFTS EXHIBIT and 4th POETRY READING at the Voorhees Community Center, Haddonfield Berlin Road, November 30, 1996. Co-sponsored by the PCY Youth.

FILIPINIANA EXHIBIT - The Filipino Legacy: A Hundred Years Journey 1898-1998 featuring the Philippines 19th Century at the Balch Institute for Ethnic Studies in Philadelphia. Co-sponsored by the

Filipino Executive Council of Greater Philadelphia, Inc. to commemorate the Philippine Centennial Celebration, June 20, 1998.

"SANG SIGLO" (1898-1998), musical interpretation of the awakening of the Filipino nationhood presented by the

PINTIG ARTS GROUP of New York to conclude the Philippine Centennial Celebration at the Voorhees Middle School, Voorhees, NJ. January 23, 1999.

5th POETRY READING at Drs. Mike and Liz de Leon's residence. Co-sponsored by the PC Youth, February 26, 2000.

FILIPINIANA participation in an exhibit Celebrating Diverse Home Based Arts and Traditions at the Hopkins House Gallery, Camden County Cultural and Heritage Commission, Haddon Township, NJ., July 15-September 8, 2000.

6th POETRY READING & ART EXHIBIT at the Voorhees Community Center, Haddonfield Berlin Road. Also featured Bontis' Maharlika Heritage Books, July 22, 2001.

FILIPINIANA invited to participate in the program "An Evening of Poetry at Hopkin's House". Presented "Love Poems in the Philippine Tradition" at Hopkins House Gallery, Camden County Cultural and Heritage Commission, Haddon Township, NJ. February 6, 2002. FILIPINIANA Presented Musical Convergence (Encuentro Musical) a Celebration of Lent, Flores De Mayo and Christmas by the University of the Philippines Alumni & Friends Rondalla, Philippine Dance Company, Alborada Spanish Dance Theaters, Lani Mesinas, coloratura soprano and Edwin Santayana, tenor, at Rowan University, Glassboro, NJ. Also co-sponsored by the World Education Council and the Multi-Cultural Association, and Rowan University. April 6, 2002.

(Continued on page7)



IN RETROSPECT: THE FILIPINIANA ACTIVITIES (continued from page 6)

7th POETRY READING held for the first time at the newly acquired Philippine Community Center at 205 White Horse Pike, Stratford, NJ. , March 22, 2003.

8th POETRY READING & PAKWELA NIGHT at the Philippine Community Center, White Horse Pike, Stratford, NJ.,

October 22, 2005 .

FILIPINIANA PICTORIAL EXHIBIT to commemorate the

Centennial of Filipino Migration to the U.S. and an Essay Contest – What It Means to be a Filipino-American at the Philippine Community Center, White Horse Pike, Stratford, NJ., June 6, 2006.

FILIPINIANA CHRISTMAS IN OCTOBER - Philippine Parol (Star) Framing & Decorating by the PC Youth at the Philippine Community Center, October 14, 2006.

FILIPINIANA presented Contemporary Art Exhibit and the Delights of an Asian Cuisine ; Joey Fortunado's drawings in charcoal, pen and ink at the Philippine Community Center. Co- sponsored by the Philippine Nurses Association of South Jersey & Philadelphia, Inc., May 5-19,2007.

MOVIE SCREENING– Filipino-Americans: Discovering Their Past for the Future , a documentary film and Crying Ladies at the Philippine Community Center, June 23, 2007.

SOLO EXHIBIT “ The Art of a Healer” by Mars C. Custodio

M.D. ,Oil Painting, Impressionist at the Philippine Community Center., October 6-20, 2007.

MOVIE SCREENING – Manila 1945 – The Forgotten Atrocities, a documentary film and La Visa Loca, contemporary satire on the Filipinos at the Philippine Community Center, October 13, 2007.

ASIAN AMERICAN HERITAGE MONTH CELEBRATION – Balagtasan directed by Luisito Jovida , Poetry; Art Classes for the Youth and Seniors by Narcissa Weatherbee and Delights of an Asian Cuisine; Parade of Philippine and Asian costumes co-sponsored by the Senior Citizen's Committee held at the Philippine Community Center, May 24, 2008 .

ART FESTIVAL – Includes Art exhibit- watercolor paintings and sculpture by Leonardo Hidalgo; charcoal/pencil drawings; jewelry, craft and food for sale; music; children face painting,etc. October 4-5,2008.

ASIAN AMERICAN HERITAGE MONTH CELEBRATION Featured Eliseo Silva, Filipino muralist; folkdances by the Filipino Intercollegiate Students of Drexel University (FISDU) ; documentary film on Rice by the International Rice Research Institute(IRRI) and a skit “Pulong-Pulong sa Nayon” directed by Luisito Jovida at the Philippine Community Center, May 16, 2009.

FILIPINO-AMERICAN HERITAGE MONTH CELEBRATION –AWIT AT SINING – progressive development of Filipino Music from “Harana at Kundiman” to Rap songs; exhibit on the 90th anniversary of the Filipino-American Association of Philadelphia, Inc.,oldest organization in the Tri-State; PNA of Southern New Jersey & Philadelphia,Inc. exhibit on the Impact of Nurses in the Health Services in U.S.; art exhibit by Aimee Lacuanan; movie screening of documentary film In No One's Shadow and I Wanna Baby-Sit Lola; October 10, 2009.

FILIPINO-AMERICAN HERITAGE MONTH CELEBRATION- IFUGAO- Exhibit by the Ifugao Association of the Northeast and movieScreening – documentary films Dancing the Shrimp and Closer To Home. October 9-10; October 23, 2010.

Deceased Poetry Reading Participants: Dr. Mike Ruelan, Mommy Gregoria Morales, Diego Orgasan, Elias Dungca..

**Funding by the NJ State Council on the Arts/Department of State through the Gloucester County Cultural & Heritage Commission, the designated Arts Agency of Gloucester County by the Board of Chosen Freeholders.*

FILIPINIANA COMMITTEE: Marina Aquino, Imelda Cruz, Mabel & Jojo Jordan, Emma De Jesus, Ali Magpantay, Yoly Vedar.

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GRADUATION 2011

By: Bingle Tagle

Graduation day is a joyful occasion. It is an important milestone. As quoted by Arie Pencovici, "Graduation is only a concept. In real life, everyday you graduate. Graduation is a process that goes on until the last day of your life. If you can grasp that, you'll make a difference." Congratulations to the class of 2011.

Junior High

Matthew Fontanilla – Rosa International going to Cherry Hill High School East
Abbygaile Rios – Maple Shade Junior High to Maple Shade High School

High School

Benson Aningalan – CHHS East to Camden County College
Patrick Banzali – CHHS East to Camden County College: Architecture
Jordan Santos Blancaflor – Eastern High School Carlo Cueto – CHHS West to Camden County College
Eric Carpizo – Bishop Eustace Prep to Ursinus College
Maria David – CHHS West to Rutgers: Nursing
Ray Duma – CHHS West to Arcadia University: Physical Therapy
Stacey Eleazar – Washing Twp. High to Richard Stockton College of New Jersey: Nursing
Kevin Fontanilla – Bishop Eustace Prep to Rowan University: Engineering
Joanne Gonzales – CHHS East to Rutgers Camden: Pre Pharmacy
Shaun Laurencio – Vineland High School to Cumberland Community College
Allan Mancao – Pennsauken High School to Rutgers Camden – Biology
Paul Jeffrey Malaran – CHHS East to Rutgers New Brunswick
Michael Manalo – CHHS West to Temple University: Pharmacy
Camille Nable – CHHS West to Richard Stockton College of New Jersey: Business Management
Joseph Nicdao – Pennsauken High to Richard Stockton College of New Jersey: Biology Major/Physical Therapy
Jeanine Protacio – CHHS West to Drexel University: Engineering
Ashley Rivera – CHHS East to Drexel University: Psychology
Jasmine Riel – CHHS West to Westminster College: Music Education
John Sosa – CHHS East to Rutgers Camden: Biology
Jeffrey Tagle – St Joseph's Preparatory School to University of Delaware: Biology – Pre-Med
PJ Santa Teresa – Camden Catholic to Burlington County College
Justin Torio – CHHS West to Rutgers: Nursing
Joseph Valenzuela – CHHS East to Rutgers Camden: Nursing
Monica Valdez – CHHS East to Rutgers New Brunswick: Political Science

College

Glenn Patrick Giron – NYU: Media Culture and Communication
Allyster John Poblador – Andrews University Michigan: BS in Physical Therapy – Magna Cum Laude
Chris Velazco – Rutgers Camden: Marketing

BECAUSE OF ZUMBA !

A herniated disc on my neck has been cured.
By Diana Bondad

In 2009, an MRI confirmed that I had a herniated disc. After 2 months of physical therapy, I was told to exercise to help minimize the pain. The other option was surgery. Although I was bored on the treadmill, I forced myself to do the routine. One day at the gym, I heard a lively music. I saw a group of fitness class of about 40 participants dancing to Latin music like Salsa, Cha-Cha, Merengue, Cumbia, etc. From that day on I was addicted! I was doing Zumba 3 times a week. In the process, I did not only cure my herniated disc but I also lost 19 lbs. Woo-Hoo! Imagine from size 10 to 0!

So, come join us every Thursdays and first Tuesdays of the month at the Philippine Community Center 7:30pm – 8:30pm to ZUMBA !



WOMEN'S TEA AND BRUNCH PARTY

By Frances Estella (continued from page 1)

Mrs. Vicky Peralta introduced our guest, speaker, Sister Peggy Devlin O.P., Pastoral Associate for Spirituality and Adult Formation at the Catholic Community of Christ Our Light, who gave an inspirational talk on women's iMrs. Vicky Peralta introduced our guest, speaker, Sister Peggy Devlin O.P., Pastoral Associate for Spirituality and Adult Formation at the Catholic Community of Christ Our Light, who gave an inspirational talk on women's inner beauty. Finna Escritor-Tiyo introduced Dina Soliman, a fashion designer in New York, who talked about different body shapes and the suggested styles that would look good on each body types. She also updated us on the latest fashion trends. A special dance number (Pretty Woman) was performed by Pure "J" Dancers- Annabel Rios, Yoly Cuartero, Sandy Bobila, and Lynn Mangulabnan. Maria Camaio served

as our lively emcee and Jojo Jordan was our sound man.

Our gracious hostesses for the affair brought in their beautiful china dishes and silverware from home to entertain guests at their tables: Ali Magpantay, Liz De Leon, Josie Rimmey, Guy Ordenez, Eileen Pelaez, Jingkie Aseron, Vina Marshall, Becky Greene, Linda Escritor, Jing Santo Domingo, Evelyn Tuanquin, and Frances Estella.

This affair's success was made possible with the help and support of the ladies from the South Jersey Bible Church International, Philippine Nurses Association of South Jersey and Philadelphia, Wednesday Line Dancers and of course, PCSNJ members and officers.

Our ever dependable President-elect, Senen Fontanilla, was our main man for set-up and breakdown.

Part of the net proceeds of the affair was donated to the Tsunami victims in Japan. The PNASJP also held a raffle which generated over \$200. This will go towards their scholarship awards jointly coordinated with PCSNJ's Scholarship Program. There was also a special collection for Maricel Eleuterio and her children. Through the generosity of the women, over \$1200 was raised to help this family in need. This worthy cause was sponsored by the Charitable Program of PCSNJ, Inc. Not only did the women have fun on a nice spring morning; together they made a difference in people's lives. Photos of the event courtesy of



ALZHEIMER'S SEMINAR By Mammy Vicky Peralta, Chair, Senior Citizen Committee

A highly educational, instructive, inspiring and interesting Alzheimer's Seminar was successfully held April 16 (Saturday) from 10:00 a.m. – 2:30 p.m. at the Philippine Community Center under the auspices of the Senior Citizen Committee. Attendance was excellent; we had a total of 75 people who attended.

Gloria Salugao gave a deeply spiritual opening prayer followed by the national anthems led by Edwina Jardinico. President Frances Estella gave a warm and joyful welcome address tempered with pleasant touch of fine humor.

The lively emcees were Carmelita Aseron and Dr. Arelyne Pacho-Ramos who kept the flow of the seminar in a smooth, orderly, pleasant and joyful manner.

Arelyne P. Ramos creatively put together an expert panel of speakers, namely, Dr. Eby Banas, Dr. Ric Mabanta, both neurologists; Dr. Rommel Rivera, a psychiatrist, Sorida Lopez, a coordinator of the Alzheimer Association of Delaware Valley Chapter and Cherry Velasco, a dietician. Dr. Banas expounded extensively on the causes of dementia, the most common of which is Alzheimer's disease. Among the causes he explained in detail are stroke, carotid stenosis, cerebral arteriosclerosis, hypertension, failure of vital organs such as kidney, liver, heart and lungs. Other causes are infections, tumors, trauma, depression, vitamin deficiencies. He explained in detail how these various causes can result in Alzheimer's disease.

Dr. Mabanta addressed the treatment and prevention: How to prevent or slow down Alzheimer. Some of

PCSNJ LEGAL FORUM

By Frances Estella

On May 14, 2011, PCSNJ, Inc. Educational Committee hosted a legal session where a panel of lawyers spoke on their areas of expertise- Rodney Alberto (Immigration), Erik Fikry (Employment Law), Carlia Brady (Personal Injury), and our very own PCSNJ members- Jericho Pacho (Intellectual Law) and Jonathan Magpantay (Real Estate, Municipal Law). It was a very informative presentation and discussion. Lunch featuring various Filipino dishes was sponsored by the law firm of Stark & Stark.

Michael Angulo, chair of the Educational Committee planned and coordinated the event. He also acted as moderator of the program. Thank you to Ali Magpantay for printing the flyers and the evaluation forms, Senen Fontanilla for distribution of flyers and setting up the tables/chairs, Jerry Ancheta for physical preparation of the center, Maria Camaio and Vivian Peters for helping with lunch and registration, Jingkie Aseron and Inday Jardinico for setting up the breakfast tables, Jojo Jordan for audio set-up, Bingle Tagle and PCY members for helping with clean-up, Fred Cristobal for delivering the food, Clem Rosero for picking up the breakfast donuts, and to all who made this event possible. Those who attended evaluated this event and gave it very high ratings. Once again, we provided a much-needed free service to the community. This was our PC day project for the month of May.

the preventions he elucidated in detail include giving up smoking,

(continued on page 11)

SELEN FONTANILLA: A MAN WITH UNQUENCHABLE QUESTS



Senen is the President-elect of PCSNJ for 2012. He first came to the United States when he was recruited by the U.S. Navy in Olongapo, Zambales in October of 1974. He served in the U.S. military from 1974-1981. He was able to earn his Bachelors in Business Administration in 1981 from the Wharton School of the University of Pennsylvania while assigned at the Navy Recruiting District in Pennsylvania under the G.I. Bill of Rights. Upon his honorable discharge from the U.S. Navy, he worked as a contract coast accountant for the Defense Contractors SEA/Corp for 1 ½ years.

In 1977, while his ship the USS Luce, a guided missile destroyer, was at the Philadelphia Navy Yard, Senen met Miriam Nable, a Temple University Hospital nurse. They eventually got married and are blessed with three lovely daughters: Marian, Jasmin and Shannon. Marian is a high school English teacher, Jasmin is in technology equipment sales and Shannon is a special education teacher. All are happily married and have further enriched Senen's life with three grandchildren.

The whole Fontanilla family is now in the USA. Senen was able to petition his parents Aguinaldo, a former mayor in Quezon province, and his mother Natividad, a high school principal. His parents in turn were able to petition Senen's four brothers: Florante, Rene, Noel and Enrico. His sister, Sylvia was already residing and working as a nurse in Miami at that

USS OLYMPIA By Senen Fontanilla

The flag raising of the Philippine flag on June 4, 2011 at the USS Olympia kick-offs the weeklong Philippine Independence celebration in the Greater Philadelphia area. This is the 113th anniversary of the Battle of Manila Bay led by Admiral George Dewey. The guest speaker at this year's USS Olympia event is a descendant of Admiral Dewey, Col. Arthur "Gene" Dewey.

USS Olympia is currently one of two historic ships at Independence Seaport Museum (ISM) in Philadelphia, Pennsylvania, where she has been operated by the Seaport Museum since 1995. Last spring, ISM announced that the hull suffers from extensive corrosion and is in dire need of dry-docking and repairs, to the tune of \$10 Million. Unable to secure outside funding to cover these expenses, the Seaport Museum's Board of Port Wardens determined that because Olympia does not have strong enough ties to the Delaware River region, the museum's

focus area, that they are seeking a new steward for the ship.

Since Olympia's availability was publicized, more than a half dozen groups have indicated that they are interested in becoming the new steward of the vessel. In the interest of long-term preservation of the ship, strict requirements must be fulfilled before the ship is transferred to any group. In March, ISM issued a Transfer Application (TAPP), available on the museum's website at www.phillyseaport.org. The deadline for Phase One (letter of intent and executive summary application) is 1 September 2011.

ISM is committed to seeing the Transfer process to its completion by the end of 2012. In the meantime, ISM will continue to stabilize the ship and keep her afloat, safe and dry. While under the Seaport Museum's care the Olympia will remain open to visitors daily.

time. Most of them now live in South Jersey.

Senen is a civic-oriented person who strongly believes in giving back to the community. He has been actively involved in the Filipino Community Athletic Association (FACAA) as president for several years and presently as an adviser to the young officers and member of FACAA. He has been serving as an adjutant to Pvt. Post Tomas Claudio Post 1063 of the Veterans of Foreign Wars. He continues to help veterans on their annual Veterans' Day celebration and in the Independence Day Flag Raising in the USS Olympia in Philadelphia. He also served a 1st Vice-President of the Filipino Executive Council of Greater Philadelphia from 2008-2010. In December 2010, he formed the first AARP Filipino Chapter in Pennsylvania dedicated to educating the community in enhancing quality of life for all who are reaching retirement age.

Senen is a hardworking, humble, compassionate man with acumen for business. He is the owner and ECO of the SAF Travelworld Incorporated which he established in 1987. Providing excellent services and competitive prices to the community has sustained and remains to be the driving force behind SAF Travelworld Inc.

Because of his interest in protecting the environment, Senen is also involved in the business of offering affordable green electric energy through a company called Viridan Energy. Deregulation has allowed third party suppliers like Viridan to offer lower rates in several states like New Jersey, Pennsylvania, New York, Connecticut and Maryland. Senen strongly believes in the saying, "Save green by going green." Being at peace with nature so that we can be at peace within ourselves and with each other is among his many quests.

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MY GRANDFATHER TATAY

By: Matthew Camba Fontanilla

...The elderly are our most precious resource..." – Stephen Colbert.

Why? Because they have the most wisdom among the human race, and my grandfather, Aguinaldo Fontanilla is among those people. They say that for every wrinkle you get 1000 years worth of wisdom, but he does not have wrinkles, he has wisdom because he has done it all: survived a death march during WWII, fathered six children, became mayor of his hometown, and seen so many things in his 93 years. But a good grandfather must be the following things: kind, wise, a good role-model, and most of all, loving. He is all that and more.

From first impression

Aguinaldo, "Payo" to some, "Tatay" to his family, myself and others, seems like a quiet man, but after knowing him longer, you learn to know that he is much more than that, that he is the exact opposite, Payo" likes to talk, and he likes to tell his story. He will tell stories of anything from his past, and his relatives', and even if you try to ignore him...you cannot. You can try but you will fail.

After 10 years of living with anyone, you learn things about that person that you will not learn from brief encounters. Tatay is no different, in living with him I learned that he is like a Swiss Army Knife, whenever you think that

you have seen all the tools, you pull out another bit that you never thought was there before. It's true, whenever you presume that you already know him completely, you will discover another new thing about him...it's like a book that never ends.

No matter how far I look back in my memories, I feel like that he has been there always, and I know that he always will. In my 10 years of living with him, I have never heard him raise his voice unless he was celebrating something. I honestly do believe that he is the best grandfather that anyone could ask for, and I would not give up a moment with him for the world and more.

MY ROOTS

By: Shannon Nable FontanillaNavarro

Growing up in a Filipino-American household, we were raised into a predominantly American lifestyle. It was not until college that I truly embraced my roots. Natividad, Aguinaldo, Mercedes, and Leon are the names of my grandparents, who were all born and raised in the Philippines. These names are a part of me in a very special way. Senen, my father, was the first to come to the United States through the Navy and make a new life. Miriam, my mother, came to the United States as a Registered Nurse.

My sisters and I were all born here and our parents wanted the very best for us. We learned how to speak perfect English and we ate

American foods like McDonalds and KFC. But my taste buds craved more! I embraced the vinegar on my lumpia and the patis on my sinigang meat. Even though I did not know this was necessarily "Filipino," it was something that just came naturally. I saw my mom dip her foods in sauces and I wanted to try it too! I liked it!!

Now as an adult and married to a Filipino, I find myself reaching for my Filipino heritage versus the American one I was first brought into. How would I raise my children? More American? More Filipino? Being raised in America but with Filipino born parents and grandparents, I find myself torn. My husband, Arc, said "That's



easy, Filipino AND American, but more Filipino, of course!"

We both my laughed and started to think of names for the kids we don't have yet but will in the future. We both agreed our first boy would be Aguinaldo Senen, after grandfather and my father. Yes, long, but strong and full of our rich history. If we had another boy, we would name him Archangel Rafael 3rd after his father and grandfather. If we don't keep our history alive, who will?

ALZHEIMER'S SEMINAR

(continued from p-9)

alcohol, sedentary lifestyle, chronic stress, obesity, poor quality of sleep or insufficient sleep, high cholesterol, obesity, etc. He stated that currently, scientists are testing over 90 drugs to prevent and/or treat Alzheimer. Among the drugs now in use are Arecept, Exelon, Remeron and Namenda. Among the strategies he recommends to prevent or delay the disease are 1) get plenty of exercise 2) Eat brain healthy food 3) keep mind active 4) sleep regularly and restfully; learn to relax and protect your brain. He suggested drinking 2-4 cups of tea daily (green, white, oolong). Stay connected with family, friends, clubs and volunteer work; regular meditations, prayers, reflections and religious practice can minimize the damaging effects of Alzheimer. Dr. Rivera explained the development of multiple cognitive deficits manifested in memory impairment: cognitive disturbances: aphasia, agnosia, and disturbance of executive functioning. Behavioral disturbances which he explained are apathy, major depression, agitation, aggression, wandering, hallucination and delusions. He explained that as the illness progresses, as many as 90% of patients with dementia develop significant several disorder. The greatest opportunity for intervention and alleviation of patients are family and caregivers; he emphasized the importance of training caregivers. He explained that the 3 concerns of caregivers are: memory loss, confusion and personal safety. Among the tips he gave to caregivers are: overcome guilt; recognize and address depression; reach out for help in the community; nourish your family's spirit as well as your own; attend to your own health issues.

The open forum was very ably moderated by Carmelita Aseron. She screened the questions to focus properly in an orderly manner to the issues addressed by the panel of speakers.

Sorida Lopez, coordinator of Alzheimer Association Delaware Valley Chapter, explained their 24 hour helpline (800) 272-3900 available in over 140 languages; their care consultation which renders assessment needs; assistance with planning and problem solving and support listening. They also provide multicultural outreach, advocacy, learning academy and safety services.

Cherry Velasco, dietician, explained why many senior citizens are undernourished. Among them are reduced metabolism, diminished appetite, effects of medications, and

(continued on page 3)



2011 UPCOMING PCSNJ ACTIVITIES:

- July 17 Senior Recognition Award Day 1:00-3:00 p.m. PCC
- July 18-23 Filipino Language Workshop- 9:00- 11:30 a.m. – PCC
- August 13 Scholarship Recognition Day 9 a.m.-12 p.m.-PCC
- August 13 Monthly Meeting 2-4 p.m.- PCC
- September 9 PCSNJ 25th Anniversary Ball 7:00 pm The Merion, Cinnaminson, NJ
- September 24 PCSNJ Golf Tournament
- October 8 Monthly Meeting 2-4 p.m. PCC
- October 23 Philippine Heritage Month Celebration- PCC
- October 29 Piano Concert
- November 12 Monthly Meeting 2-4 p.m. PCC
- November 19 Memorial Mass- 9:00 a.m.- 12 Noon - PCC
Sponsored by Senior Citizen Committee
- December 10 Monthly Meeting 1-3 p.m.
PCSNJ Christmas Party - 4-8 p.m. PCC
- December 11 PCY Christmas Extravaganza - 12 p.m.- 5:00 p.m. PCC

Weekly Activities:

- Wednesday 7:00- 9:00 p.m. Line Dancing
- Thursday 7:30- 8:30 p.m. Zumba
- First Tuesday 7:30- 8:30 p.m. Zumba



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