



Duterte: give me time to do final soul searching - Page 4

# Philippine Fiesta™

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Bongbong: In his father's footsteps - Page 8

## Filipino Women's Club



Photos by Jojo San Pedro

## Pista Sa Nayon and Fashion Show

By Faina E. Abaya

One of the most active Filipino American community organizations in Sacramento is the Filipino Women's Club which is currently led by President Memie Weitzenberg, an icon of community leadership. She has led innumerable commendable and worthwhile projects that have redounded to the best interest of the Filipino American community in Sacramento and Vicinity.

To maintain and sustain their meritorious numerous projects, the Filipino Women's Club held a



The Lolos and grandkids Fashion Show

fund raising Dinner Dance "Pista Sa Nayon" featuring the "Lola's and Grandkids Fashion Show". The fashion show was held on September 12, 2015 At the Jose Rizal Community Center, Sacramento. The event was well coordinated by Vickie Debord, Zenny Yagen, Aida Azurin, Mercy Guerrero and Rose Basos.

The event showcased the different children clothing's for their daily and or play sporting wears, as well as, their formal or party wear. The other side, are the Filipiniana

wears of children who were in all instances accompanied by their respective "Lola's" in the same fashion as their children.

The event was emceed by Sarah Enloe who opened the program by welcoming the guests. Father Joyle Martinez, Parish Priest of St. Paul Church gave the invocation. Both members and guests were treated by the usual delicious Filipino cuisine catered by the community chef Carol Munar.

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## Brown is the New Green



Now, no one can accuse anybody of having an ugly lawn. Everyone's yard was all desert-looking.

By Nancy Bautista

Just many days ago, I was kind of embarrassed about our yard. Looking around our neighborhood, it seemed like our area was like a desert among the sea of green carpet. I wished I had a big plastic turf to cover the front yard and pretended it was under construction.

For many years, our landscape looked like thirsty patches of green and beige, especially after our sprinkle broke. I had to

wear a wide brimmed hat not just against the sun, but to hide from glaring eyes of passers by. I bet they were thinking, "Oh, so she was the one who lives here."

One time I was gardening and as much as I tried to ignore the neighbors walking by, one called my attention and said, "Ah, finally, they hired a gardener." I just nodded my head and smiled, and thought to myself, "What an annoying neighbor."

Continued on page 4

## More lawyers back Poe on citizenship

By DJ Yap, Jerome C. Aning

More legal experts have come to the defense of Sen. Grace Poe against the view of Supreme Court Associate Justice Antonio Carpio, head of the Senate Electoral Tribunal (SET), that she is a naturalized and not a native-born Filipino citizen.

A lawmaker, however, insisted on Sunday that Poe should explain why she abandoned her Philippine citizenship in the first place when she could have lived, worked and raised a family in the United States and still remained a Filipino.

"Since Sen. Grace Poe is now running for President no less, she

has to deal with the reality that she has put herself and her family under a microscope," House Deputy Minority Leader Arnel Ty said in a statement.

Carpio's stating his opinion, based on international law, during oral arguments on Sept. 21 on a petition for the ouster of Poe from the Senate has led to calls for his inhibition from the case.

But election lawyer Romulo Macalintal, in



Grace Poe Macalintal, in Continued on page 3

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## 43 years after the fact

When someone does you grievously wrong, an apology is the least you expect. When you are bludgeoned and bloodied by an assault done on your person—worse, by one who had sworn to protect you and keep you safe at all times—an apology becomes not just an emotional salve but a towering requirement of elementary justice, the first step toward righting the crime. Implicit in that apology is the recognition that the culprit understands the enormity of his or her offense, and thus—and more importantly—will not do it again. Absent that acknowledgment, you have every right to remain angry, to demand redress at every turn no matter how long the wheels of justice would turn.

But that's life. History and politics, particularly of the Philippine variety, are an altogether different reality. In other countries, leaders who ran their country to the ground were punished for it. Nicolae Ceausescu of Romania was hanged by his own people. Pol Pot's henchmen were tried and sentenced to imprisonment for the Cambodian genocide, decades after the fact. South Korea jailed two of its former prime ministers for corruption. And so on.

In Haiti, the lavish living of the Duvaliers amid the squalor and poverty of the rest of the country would lead to a popular uprising that drove the family into exile.

Substitute Haiti for the Philippines and the narrative would be similar—a dictator and his family living splendidly off the nation's coffers, eventually chased out of the country by an enraged populace—but for a crushing twist. When Jean-Claude Duvalier returned to Haiti after two decades of living in France, he was promptly arrested for his crimes in office, and clapped in jail where he died of a heart attack. In the Philippines, the family and cronies of the dictator Ferdinand Marcos returned to the country they had ravaged and fled not too long ago—and were welcomed and feted and given back their sinecures in society and politics, as if the long dark night of martial law had not happened.

The primary victims of Marcos' misrule—70,000 people arrested, 34,000 tortured, and 3,240 killed by the military and the police, according to a report by Amnesty International—have been justifiably the loudest in calling for an apology from the dictator's heirs. But why should Imelda and her brood apologize? The local justice system has failed so far to extract any official accountability from them; it was a foreign court that took cognizance of the charges of human rights violations against the Marcos regime and to impose a compensation fund for them, the P10-billion fund to be sourced from a Swiss account holding millions of dollars the Marcoses had stashed.

The human rights abuses are well-documented, the court judgment is a fact, and the Swiss account has a paper trail. They are but the tip of the historically verifiable criminal enterprise that undergirded the Marcos years, all

accessible to anyone who knows how to Google. But 43 years since the imposition of martial law, the dictator's son and namesake rejects any notion of apologizing for his family's excesses, thinks it's high time the nation moved on, and considers himself a worthy successor for the old office in Malacañang with which he had at most a glancing familiarity as a callow party boy in the high noon of his father's rule.

And why should Sen. Bongbong Marcos think otherwise, when his colleague, Sen. Chiz Escudero, a declared vice presidential candidate, apparently thinks the electorate wouldn't mind if he spat on the graves of martial law victims and other genuine heroes of the republic by calling for the elder Marcos' burial at the Libingan ng mga Bayani—on the 43rd anniversary of Proclamation No. 1081 at that? Or when Vice President Jejomar Binay, once a human rights lawyer who made his name jousting with Marcos' kangaroo courts, is now warm to the idea of holding hands with him on the campaign trail, all the old pesky issues forgotten in an effort to win the 2016 polls at all costs?

What has made these political animals so confident as to flirt with the idea of trivializing the memory of martial law? Simple. They've been enabled—by an astounding forgetfulness, a sentimental softheartedness, an inability to be angry for long and to demand justice for wrongs done. Forty-three years after the fact and still no apology. For shame. @inquireidotnet



## Pope expresses 'closeness' with Muslims

By Madel Sabater Namit

New York – Pope Francis expressed “closeness” with the world's Muslims on Thursday after 717 pilgrims were killed and 863 others were injured in a stampede outside the Islamic holy city of Mecca in the worst disaster to strike the annual hajj pilgrimage in a quarter century.

Speaking during a packed evening prayer service at New York's St. Patrick's Cathedral, the Argentine Pope said he wanted to express “my sentiments of closeness in the face of the tragedy that their people suffered today in Mecca.”

“In this moment of prayer, I unite myself with you all in prayer to God, our father, all powerful and merciful,” Francis added.

Pope Francis arrived in New York on the second leg of his six-day US tour, and was greeted by cheering crowds of thousands who lined Fifth Avenue to catch a glimpse of him in his popemobile.

Thursday marked the Muslim feast of Eid'l Adha in America, where more than 1,800 public schools in New York closed for the first time in honor of a Muslim religious holiday.

### KING ORDERS PROBE

Meanwhile, as blame shifted toward Saudi authorities over the tragedy, Saudi King Salman said he had ordered a review of the kingdom's plans for the annual hajj pilgrimage.

King Salman, speaking in a live speech broadcast by Saudi-owned al-Arabiya television, also said he had asked for a swift investigation into what he described as a painful incident.

Saudi Arabia's health minister said the stampede may have been



**SERVANT OF THE SERVANTS OF GOD** – Pope Francis leads an evening prayer service with prelates of the United States intently listening at the St. Patrick's Cathedral in New York City.

caused by pilgrims failing to follow instructions from authorities shepherding the world's largest annual gathering of people.

In a statement posted on the ministry's website, the minister, Khalid al-Falih, said an investigation would be conducted rapidly into the worst disaster to strike the annual hajj pilgrimage for 25 years.

“The investigations into the incident of the stampede that took place today in Mina, which was perhaps because some pilgrims moved without following instructions by the relevant authorities, will be fast and will be announced as has happened in other incidents,” the statement said.

Falih said the injured were being transferred to hospitals in Mecca and if necessary on other parts of the country.

### FILIPINO DIES IN HAJJ?

The Department of Foreign Affairs (DFA) on Friday said it is verifying reports that a Filipino pilgrim was among those who died in the stampede in the hajj pilgrimage in Saudi Arabia.

“Our Consulate General in Jeddah is verifying reports that one local Filipino pilgrim died in the stampede in Mecca,” DFA spokesperson Charles Jose said.

Reports said there were 8,000 Filipinos who joined the hajj pilgrimage in Saudi Arabia.

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## More lawyers back Poe on citizenship

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a statement issued Sunday, said Carpio's opinion using customary international law (CIL) as basis was not a strong ground for his inhibition.

### 'Merely an opinion'

"[The] comment was merely an opinion. It was not yet the decision of the SET. Looking at the positive side of Justice Carpio's comment, it was to the advantage of Poe that he disclosed what was in his mind, if ever that would be his final position on this issue. It is now a challenge to Poe's lawyers to prove otherwise," Macalintal said.

"Who knows, given an argument better than his, Carpio might, after all, be convinced that Poe is a natural-born Filipino citizen under CIL that recognizes the parents of a foundling as citizens of the country where the foundling was found. In other words, Carpio has to be convinced that since the parents of Poe are recognized by CIL as Filipino citizens, then Poe is a natural-born Filipino citizen," he added.

### Prejudgment

For former Sen. Rene Saguisag, however, Carpio must inhibit himself from the disqualification suit because the magistrate had already "prejudged" the case with his pronouncement.

"I don't think Justice Carpio should continue on the [SET], having sadly and openly prejudged the case. I think he should have waited until all arguments are in before concluding that Grace is naturalized, not natural-born, which Chief Justice Roberto Concepcion defined as 'one born a citizen,'" Saguisag said in a statement.

"It seems to me his startling imprudent and egregious prejudgment allows him no wiggle room," Saguisag said.

The SET heard oral argu-

ments on Sept. 21 on the petition brought by defeated senatorial candidate Rizalito David, who questioned Poe's qualification to hold public office, as she is allegedly not a natural-born Filipino.

The parties in the case have until Oct. 6 to submit their final arguments and positions, after which the SET, composed of three Supreme Court justices and six senators, will hand down its decision.

Poe was found in a church in Jaro, Iloilo province, after her birth in 1968. She was adopted by movie actor Fernando Poe Jr. and his wife, actress Susan Roces, in 1974.

Under questioning by Sen. Loren Legarda, a member of the SET, during the oral arguments, David's lawyer, Manu-elito Luna, admitted that David had no evidence to prove that Poe's real parents were foreigners.

### Human rights

Poe, being a foundling, is considered a natural-born citizen under the United Nations' Universal Declaration of Human Rights (UDHR), which states that the right to a nationality is one of the most fundamental human rights, according to Saguisag, a human rights lawyer and advocate.

Under the UDHR, Saguisag said, a foundling "may be the weakest of minorities deserving of special case and assistance, not special discrimination."

"Being a pulot (foundling) or ampon (adopted) used to be a traditional vilification modern thought now looks askance at. The UDHR's Article 15 says: 'Everyone has the right to a nationality,'" Saguisag

pointed out.

### From birth

He added: "Grace should not be denied that right. And nationality should attach at birth, not a day, week, month, a year later, an unmanageable standard. When was she naturalized, assuming she needed to be? Naturalized from what other nationality? Naturalization implies a change in nationality. Or assumed two citizenships," he said.

Saguisag also supported the opinion that the burden of proof could not be shifted to Poe, who enjoys the presumption of being a natural-born citizen.

"When will we stop vilifying foundlings? They have parents, [although] unknown. It seems to me to put the burden on David in this seeming case of first impression is legally tenable, intellectually respectable and psychologically satisfying," he said.

Retired Chief Justice Artemio Panganiban also disagreed with Carpio and agreed with Macalintal that Poe is considered a natural-born citizen under the generally accepted principles of international law, which form part of the law of the Philippines.

In his column in the Inquirer, Panganiban cited Article 2 of the 1961 Convention on the Reduction of Statelessness, which says: "A foundling found in the territory of a Contracting State shall, in the absence of proof to the contrary, be considered to have been born in the territory of parents possessing the nationality of that State."

He recalled that the 1935 Constitution, which was the country's basic law in 1968 when Poe was born, provides that the Philippines

Continued on page 4

## Here's a great look at China's major new runway in the South China Sea

By Jeremy Bender

Satellite imagery shows that China has finished construction of a major runway on a dredged reef in the South China Sea, IHS Jane's Defense Weekly reports.

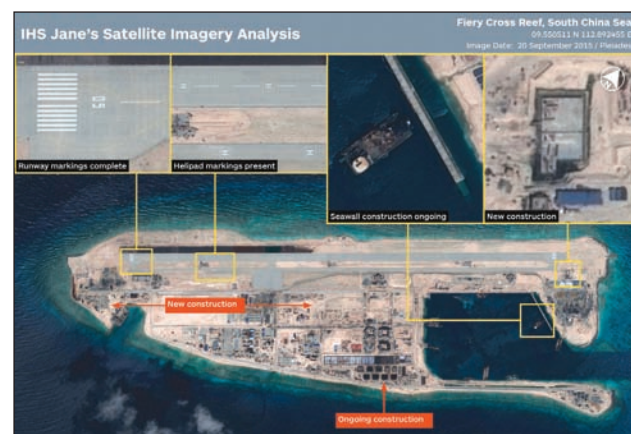
The images show that China has recently finished constructing a military length runway on the Fiery Cross Reef in the Spratly Islands, an island chain primarily claimed by both the Philippines and China. Jane's estimates that the runway will soon become operational, granting Beijing a wealth of benefits and further operational advantages in the disputed region.

"The completion of the runway, which previous imagery suggests only occurred in recent weeks, will allow China to accelerate construction of infrastructure and potentially start air patrols over the Spratly Islands, which are claimed and occupied by a number of countries," Jane's notes.

The 3,125 meter-long runway is sufficiently lengthy for military operations. In addition, the runway is complete with helipads.

The runway on Fiery Cross is merely the first of many completed runways that China is building throughout the South China Sea.

Citing the Center for Strategic and International Studies (CSIS), The Washington Post reports that China is planning large-scale construction on the recently dredged Subi Reef and Mis-



Fiery Cross Reef South China Sea runway. Satellite imagery highlighting China's construction on the Fiery Cross Reef from September 20, 2015.

chief Reef, including a new airfield. The new airfield, when operational, would allow China to establish interlocking zones of air control over the region.

These developments, Green told the paper, would establish "overlapping air control over the South China Sea, and not just from one airfield but from three. ... [I]t won't stop the U.S. policy of asserting freedom of

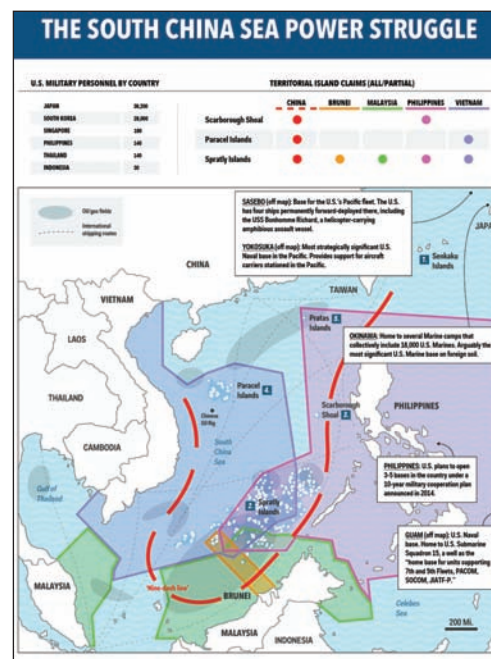
navigation, but it makes it a lot more complicated operation."

The Fiery Cross Reef runway appears to have been completed within the preceding few weeks. This comes amid promises from Beijing in August that it would cease reclaiming land within the disputed sea.

The expansion of Chinese construction in the South China Sea is kicking off a series of territorial disputes with Beijing's neighbors in the south, all of whom also have competing maritime claims to the reefs and islands.

Taiwan, Malaysia, Vietnam, and the Philippines all have military bases within the South China Sea on islands that those countries control.

As of June 2015, China has reclaimed more than 2,900 acres of land since December 2013.



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## Duterte: Give me time to do 'final soul-searching'

By Pia Ranada

MANILA, Philippines – Davao City Mayor Rodrigo Duterte's ardent supporters once again have reason to hope.

In a text message addressed to his supporters gathered at the Rizal Park on Saturday, September 26, he told them he would do "some final soul-searching with myself and my family," in relation to the clamor for his presidential bid.

He ended his text message by saying that he would make his decision soon and won't let them down.

"Magdedesisyon ako ng buong kalooban at mula sa puso. Pangako ko sa inyo – hinding-hindi ko kayo pababayaang (I will make my decision from the heart. I promise you, I won't abandon you)," he said.

Former Armed Forces chief General Hermogenes Esperon Jr, a friend of the popular mayor, read the text message to Duterte's supporters in front of the Quirino Grandstand.

Duterte's spokesperson, Peter La Viña, confirmed to Rappler that the message was sent by the mayor at 5:50 pm.

### Here is his message in full:

"Salamat sa lahat ng mga taong nagbigay ng suporta. Tiniis daw ninyo ang init at ulan. At ako ay humihingi ng paumanhin. Nandito ako sa Zamboanga City dahil tumutulong ako sa paghanap ng solusyon sa kidnapping na nangyari sa Samal Island noong Lunes. Maraming maraming salamat po.

(Thank you to all the people who have given me your support. I was told you endured the heat and rain. I'd like to apologize. I am in Zamboanga City to help find a solution to the kidnapping incident that happened in Samal Island last Monday. Thank you very much.)

I hear your clamor loud and clear. I know you want an alternative to those who now present themselves with their ambition to lead the country. I have repeatedly said that I do not have ambitions to be your president. Leaders answer not their self-interest or their personal glory. Leaders respond to duty and moral obligation.

Sa lahat sa kababayan natin, humihingi ako ng konting panahon (To all our countrymen, I am asking for some time), so I can do some final soul-searching with myself and my family.



'PLEASE RUN.' Duterte's supporters are rewarded with a text message from the Davao City mayor read during a gathering in Luneta.

At pagkatapos, sa konting panahon na lang po, haharap ako sa bansa at sa inyong lahat. At magdedesisyon ako ng buong kalooban at mula sa puso. Pangako ko sa inyo – hinding-hindi ko kayo pababayaang.

(And after, in just a short time, I will face the country and all of you. And I will make my decision from the heart. I promise you – I will not abandon you.)

### Heartened crowd

His supporters greeted the message with invigorated cheers, despite the steady drizzle.

Duterte's message comes days after the release of a Social Weather Stations survey that showed he was 4th among voters' preferred presidential candidates.

Duterte made the statement nearly 3 weeks after the Davao City mayor made a "categorical" announcement that he would not seek the presidency.

He previously listed as reasons his age and health, his family's opposition, and his unwillingness to accept money from big businessmen.

Supporters from various sectors spoke during the gathering, each one pleading with Duterte to run for president. (READ: 22 things to know about 'Duterte Harry')

Former North Cotabato governor Manny Piñol, one of the speakers, said Duterte is not playing coy.

"Maraming nagsasabi nagpapanggap lang si Rody Duterte na aayaw-ayaw, pahele-hele. Hindi po totoo yan. Ang totoong damdamin ni Duterte, ayaw niya talagang maging pangulo ng Pilipinas (Many say Rody Duterte is only pretending, saying no. That's not true. Duterte really doesn't want to be president of the Philippines). But, I believe that Rody Duterte is a leader that listens to the people."

He pointed out that the latest surveys still show a clamor for Duterte:

"Si Duterte sabi niya 'ayaw ko,' but he's still there 16,15%. Ano pa kaya kung sabihin ni Duterte, 'sige na nga?' (Duterte said, 'I don't want to run,' but he's still there, 16, 15%. What more if he says, 'Okay, I'll run?') Piñol said.

## Malacañang: "Laglag bala" incident an isolated case

By Rosette Adel

Palace guarantees that the "laglag bala" modus operandi incident is an isolated case.



Civil Aviation Authority of the Philippines to prevent the cases by tightening security in all airports across the

country.

Presidential Communications Operations Office Secretary Herminio Coloma on Sunday assured the public that the "laglag bala" modus operandi should not be a cause of concern as the incident is an isolated case.

Coloma said the Office of Transport Security of the Department of Transport and Communications and the board of Manila International Airport Authority (MIAA) already conducted probe on the said modus operandi of planting bullets in passengers' personal baggage, otherwise known as "tanim bala", showing that the reported foreign guest case is isolated.

"Natunghayan ko rin iyong kanilang ulat, at sa kanilang pananaw, ito ay isang isolated case lamang at hindi naman dapat ikabahala," Coloma said in an interview with DZRB.

Coloma assured that the government prioritizes the safety of passengers citing the duly response of the MIAA and

According to Coloma the government will see to it that people responsible and involved behind the modus operandi will be punished by the law.

"Ang pangunahing isinasalang-alang ng pamahalaan ay ang kaligtasan at katiwasayan ng mga pasahero sa lahat ng paliparan," Coloma said.

Meanwhile Coloma said the government also gives the Congress freedom to decide on conducting another investigation regarding the case.

The "laglag bala" modus operandi became public after some foreign guests recently posted in social media that their baggage were "planted" with one or two live bullets and the security personnel asked money so they would get away with the "offense" and would be set free.

A 20-year old tourist identified as Michael White was detained for five days by the police for hiding bullet in his baggage which he claimed was not of his knowledge. The foreigner alleged that an airport security personnel offered settlement of P30,000.

## Brown is the New Green

From page 1

I thought of hiring a professional gardener to tend to my yard, but ever since the house was built, I solely planted the very first and all the seedlings in it and I became very possessive of the whole yard. It might not look like a magazine cover material, but I created this jungle and I owned it. However one sliced it, I was very proud of my own work, but, of course, I still had to show a brave face when I was around my yard.

Suddenly, my neighbor's yards were starting to look like mine! Whoa! What happened here?

The California governor demanded to strictly conserve watering of the lawns and a stiff fine was the consequence. Homeowners were assigned rationing of lawn watering and people, especially me, were probably secretly releasing a sigh of relief. Now, no one can accuse any-

body of having an ugly lawn. Everyone's yard was all desert-looking. I now can just allot my water to my thriving desert plants. I did not have to continue the neighbors' trimming of the sides by the curb. No one can accuse me now that I do not trim my area and making it looked like there was a missing tooth. They all looked like shabby toothless sides of the yard.

I can tend to my garden again without the wide brimmed hat and the dark sunglasses. I can now smile to the passers by and maybe they are now saying to themselves, "She is a hero, the person who led the brown lawn movement."

Yes, I am proud to own such now a prestigious title. However, I should not earn all the credits, because we all have created this new trend, which is to preserve our precious water.

I am happy to say that Brown is the New Green.

## More lawyers back Poe on citizenship

From page 3

adopts the generally accepted principles of international law as part of the law of the nation.

"[S]he—a foundling who was found in Iloilo, Philippines—is deemed to have Filipino parents. Perforce, she is natural-born since her presumed parents, specifically her father, are accorded Philippine citizenship," Panganiban said.

Panganiban also said it was actually Poe's parents who acquired Philippine citizenship pursuant to international law. "She derived her citizenship from her presumed Filipino father; thus, she is a citizen from birth without having to do anything to acquire or perfect her Philippine citizenship," he added.

The 1935 Constitution provides, among other things, that those whose fathers are citizens of the Philippines are considered

Filipino citizens.

### Burden of proof

Panganiban said Poe's biological father may be proven to be actually a foreigner, "but the burden of proof belongs to those who challenge her natural-born status."

"Unless such proof is presented, her parents continue to be presumed Filipinos. Thus, she retains her natural-born citizenship," Panganiban said.

Although the Philippines is not a signatory to the 1961 convention, Panganiban said it was still bound by its provisions because they had become "generally accepted principles of international law, which ... are as binding as statutes passed by Congress."

Apart from the 1961 convention, he said, foundlings are also protected by the 1930 Hague Convention on the Conflict of Nationality Laws and the 1948 UDHR, which states that the right to a nationality is one of the most fundamental human rights.

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Rejie Baloyos is second from front left surrounded by Board Members, staff, and volunteers.



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## PerryScope

By Perry Diaz

With all the hoopla following the signing of the Enhanced Defense Cooperation Agreement (EDCA) between the Philippines and the United States on April 28, 2014 in Manila, one would expect American military forces to be deployed to at least eight strategic locations to protect the Philippines from external forces intruding into her territory.

But 16 months have passed and not a single American troop has landed on Philippine soil. Meanwhile, China began reclaiming seven reefs in the Spratly archipelago – all within the Philippines' 200-mile exclusive economic zone (EEZ) – and building artificial islands on them. And, on these "islands," the Chinese are constructing military structures including a runway and harbor on Fiery Cross Reef that can accommodate China's biggest bombers and large warships.

And from these "unsinkable aircraft carriers," China can then send her warplanes or ballistic missiles to any region in the Philippines. With no missile defense shield, the Philippines is indefensible. This would be a situation that would compel the Philippines to invoke the U.S.-Philippines Mutual Defense Treaty (MDT). But the question is: How long would it take for the U.S. to mobilize an expeditionary force to liberate the Philippines in the event that it was invaded? With her military forces thinly spread out all over the world, can the U.S. spare enough manpower and military assets to liberate the Philippines?

During the presidency of Ronald Reagan, his Defense Secretary Caspar Weinberger devised a

step-by-step guide to serve the military and policy makers who are planning to send U.S. troops to war. The Weinberger Doctrine was developed to avoid the pitfalls of the Vietnam War that ended in ignominious defeat for the U.S. The stigma of losing the war devastated America, which made her hesitant to go to war again... until Reagan's successor, George H.W. Bush, sent American troops to Saudi Arabia on August 2, 1990 to prepare for the liberation of Kuwait from Iraqi invasion. On January 17, 1991, the American forces attacked Iraq. The Gulf War, as it was called, ended on February 28, 1991 when the Iraqi forces fled.

**Powell Doctrine**

The following year, Gen. Colin Powell, the Chairman of the Joint Chiefs of Staff, updated the Weinberger Doctrine, based on the lessons learned from the Gulf War. The modified Powell Doctrine contains eight steps, to wit:

1. Is a vital national security interest threatened?
  2. Do we have a clear attainable objective?
  3. Have the risks and costs been fully and frankly analyzed?
  4. Have all other non-violent policy means been fully exhausted?
  5. Is there a plausible exit strategy to avoid endless entanglement?
  6. Have the consequences of our action been fully considered?
  7. Is the action supported by the American people?
  8. Do we have genuine broad international support?
- If the Philippines invoked the MDT to repel foreign invasion, the

## Is EDCA dead in the water?



Both countries Philippines and US signed the agreement prior to the arrival of the two-day visit of US President Barack Obama in the country. The Enhanced Defense Cooperation Agreement (EDCA) states that American forces can freely use the Philippine military facilities which will help assist the Armed Forces of the Philippines and US soldiers will be deployed on a rotational basis in the country in line with the Visiting Forces Agreement

American decision-makers have to go through each step of the Powell Doctrine before deciding to send troops and weaponry to the Philippines.

An oft-repeated question from leftist and nationalist groups in the Philippines is: "Why is it that the U.S. would defend Japan and South Korea but wouldn't defend the Philippines in the event of a foreign invasion?" The answer to this question is in step one of the Powell Doctrine: "Is a vital national security interest threatened?" The answer is "No."

**Tripping the wire**

However, it would have been a different situation if there were American bases in the Philippines, which was the case before the Philippine Senate evicted the bases in 1992. The presence of American forces on Philippine soil would serve as a "tripwire," which could trigger immediate reaction from American troops stationed in the Philippines.

A case in point is Japan and South Korea where 50,000 and 28,000 U.S. troops are stationed, respectively. There are American airbases in both countries. The

U.S. also deploys a carrier battle group to a forward operating base in Yokosuka, Japan. If war breaks out, there is no need to go through the Powell Doctrine because American forces are already there.

EDCA would have provided the "tripwire" mechanism. With at least eight strategic locations spread throughout the Philippines, a foreign invader wouldn't dare come near the country, lest she

would trip the wire that would alert U.S. forces. But where are the American forces that EDCA was supposed to provide?

Sad to say, EDCA is not yet operational. Several petitions have



Philippines to boost defense as EDCA hangs in balance.

been filed in the Supreme Court challenging the constitutionality of EDCA. But instead of tackling the complaint due to the urgency of the matter, the Supreme Court hasn't done anything yet, which makes one wonder if the high court couldn't muster a majority to rule in favor of EDCA?

**Alignment with a superpower**

Some people say that the Phil-

ippines should start rearming. That's fine and she should – nay, must! But no matter how much the country spends on rearmament, she wouldn't be able to match China's firepower.

There is only one way to defend Philippine territory and that is to align militarily with a superpower. Now, of course, the Philippines has a choice between the U.S. and China, the only two superpowers that have security interests in the Asia-Pacific region. But given the "special" relationship between the Philippines and the U.S. as opposed to her adversarial relationship with China, it is in the best interest of the Philippines to align with the U.S. Otherwise, the risk of the Philippines becoming a vassal or client state of China is very high. And this is where the Supreme Court should hinge her arguments in ruling on the constitutionality of EDCA. Mutual Defense Treaty

If the high court fails to act on EDCA favorably, then EDCA is dead in the water. Without EDCA, the MDT would be nothing more than a piece of worthless paper. If the Philippines were invaded by a foreign power, the U.S. would not be obligated to defend the country automatically. No, sir! First of all, there is the

Powell Doctrine, which has to be applied. And, secondly, Article IV of the MDT states that an attack on either party will be acted upon in accordance with their constitutional processes and that any armed attack on either party will be brought to the attention of the United Nations for immediate action. Once the United Nations has issued such orders all hostile actions between the signatories of this treaty and opposing parties will be terminated.

But how can the U.N. intervene when China is a permanent member of the U.N. Security Council and as such has veto power? And with no warships and no warplanes -- and no Uncle Sam to help her -- how can the Philippines protect her sovereignty and territorial integrity from foreign aggression?

And this is where military alliances matter.  
(PerryDiaz@gmail.com)

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**PerryScope**  
By Perry Diaz

## Bongbong: In his father's footsteps

Ever since Sen. Ferdinand “Bongbong” R. Marcos Jr. was elected to the Senate in 2010, a lot of people have been wondering if he’d pursue a higher office when his term ends in 2016. Being the only male offspring of the late President Ferdinand E. Marcos, a dictator who ruled the Philippines for two decades, Bongbong is presumed to have an eye on the presidency for a variety of reasons. Foremost would be to follow in his father’s footsteps and regain the “glorious” years of the Marcos era.

On February 25, 1986, Marcos talked to U.S. Sen. Paul Laxalt to seek advice from the White House. Laxalt, after consultation with the White House, advised him to “cut and cut cleanly.” Felt abandoned by the White House, the Marcoses fled Malacanang. They were picked up by a U.S. helicopter and transported to Clark Air Force Base where they boarded a C-130 plane bound for Hawaii. They lived in exile in Honolulu, Hawaii until Marcos’ death on September 28, 1989. A few years later, the surviving members of the Marcos family went back to the Philippines.

### Political comeback

In 1992, Imelda ran for president but lost. In 1995, she ran for Congress and won as representative of Leyte, her province. It signaled the Marcoses’ political comeback.

Today, Imelda Marcos is a member of Congress representing her husband’s old congressional district in Ilocos Norte. Their daughter Imee Marcos is now the Governor of Ilocos Norte and Bongbong is a Senator.

It’s always been Imelda’s dream to see her only son become president of the Philippines. She made

it known when Bongbong was elected to the Senate in 2010. Due for re-election in 2016, Bongbong has to decide whether to run for re-election to the Senate or for a higher office, which would either be President or Vice President.

He was inspired by a strong pro-Marcos sentiment, particularly among the young people who are now saying, “Marcos kami.” Although he has a strong following in the social media, he is lagging behind in the Social Weather Stations (SWS) and Pulse Asia polls.

Buoyed by his social media supporters urging him to run for president, he tackled the number one issue against him if he ran for president; that is, questions about his father’s brutal dictatorship.

### No apology

Bongbong-Marcos-and-father-During an interview with ANC’s Headstart last August 26, Bongbong responded to questions on whether he would apologize for the “corruption and human rights abuses” during his father’s presidency if he decides to run for president or vice president? His response was terse: “What am I to

that brought us to self-sufficiency in rice? Will I say sorry for the power generation? Will I say sorry for the highest literacy rate in Asia? What am I to say sorry about?”

Bongbong had been defending his father’s record since he was elected to the Senate. He said “recent political history” looked favorably on his father’s legacy. “Being a Marcos is not a political liability but is even an advantage.” He added that there was a “constant refrain” that goes: “It was better during Marcos’ time, life was more comfortable; the government helped us. There were many programs and projects. Since he was replaced, we no longer experienced that. We hope that comes back.” [Translated from Tagalog]

However, with all the hoopla about Bongbong’s defense of his father, he emphasized that he’s still thinking whether to run for president or vice president. He’s still exploring possible tandem with either Binay or Duterte. But he pointed out that whatever he decides, he’s not leaving the Nacionalista Party (NP), which raises the question: If the NP endorsed Poe as its standard bearer, is Bongbong willing to be Grace’s vice presidential running mate?

### Ilocano Vote

Regardless whether Bongbong runs for either office, he is counting on the “Ilocano Vote,” which he differentiated from the “Solid North” that supported his father’s political ambitions. While the “Solid



Bongbong - Marcos

North” is a geographical designation of Northern Luzon, which has a large number of Ilocanos, the “Ilocano Vote” is everywhere, from the Ilocano stronghold of Northern Luzon to Southern Mindanao including Palawan where one of the major languages spoken is Ilocano. And don’t discount the Filipino diaspora that is dominated by Ilocanos, particularly in Hawaii and the agricultural farmlands of California.

With the clannishness of Ilocanos, it is not unusual to hear Ilocanos proclaim their loyalty to Marcos Sr. with the words, “Marcos pa rin kami” (We’re always be for Marcos). The question is: Would Bongbong be able to get the support his father got from Ilocanos?

One of the strengths of Marcos Sr. was his oratorical prowess in the use of the Ilocano language. Would Bongbong be able to communicate with Ilocanos in their native language? If there was one element that unifies the Ilocanos, it is because they spoke only one Ilocano language regardless of where they are. Marcos Sr. mastered his eloquence of the Ilocano language. Can Marcos Jr. do the same?

### Popularity ratings

Bongbong-Marcos-pa-rinIf Bongbong is going to run for president or vice president, he should make an aggressive effort to improve his popularity ratings. In the June 2015 Social Weather Stations (SWS)

surveys, Bongbong got 3% (ranked ninth) in the presidential survey and 1% (ranked 13th) in the vice presidential survey. In the June 2015 Pulse Asia survey, Bongbong got 9% (ranked fifth) in the “preferred vice president” category

and none in the “preferred president” category.

The polls were taken 11 months prior to the May 2016 elections, which gives Bongbong enough time to catch up; however, he has to work aggressively to improve his rank in the polls.

Given the controversy that he created when he defended his father’s martial law regime, Bongbong is probably betting that a large number of post-martial law babies are now of voting age. With no experience of the harsh years of martial law, Bongbong could easily sway these young voters by crystallizing the positive achievements of his father, and burying the negatives in an avalanche of positive things. But there are still a large number of those who saw the brutalities of the martial law era and would most likely vote against Bongbong.

Bongbong likened his father to the late Prime Minister Lee Kuan Yew of Singapore, saying that his father could have done a lot more if he remained longer in power. Does it seem like Bongbong is going to follow in his father’s footsteps and continue his “unfinished” work?

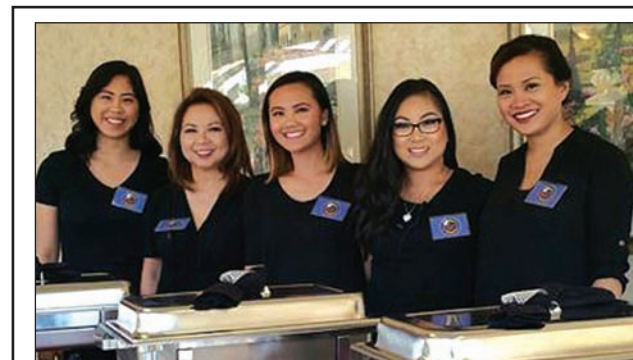
Surmise it to say, if Bongbong wins, it would be a vindication of his father. If he loses, then it will give the people a glimpse of how history will treat Ferdinand E. Marcos. It has been said, “Time heals all wounds.” But the wounds are deep and it might be too soon for healing... if it ever will.

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Imelda campaigning for a congressional seat.

say sorry about?” Then he added, “Will I say sorry for the thousands and thousands of kilometers [of roads] that were built? Will I say sorry for the agricultural policy



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# Two Lunas, two Mabinis

By Ambeth R. Ocampo

**S**Ocial media comments on “Heneral Luna” make me smile. Someone posted that the film is a “fair” retelling of a bloody episode in Philippine history. It is actually unfair to Emilio Aguinaldo. As to the casting of Epy Quizon as Apolinario Mabini, right on, I thought, because he resembles the Mabini in monuments. But then someone asked, why is Mabini seated throughout the film? I thought all schoolchildren knew about Mabini being the “Sublime Paralytic” (or “Dakilang Lumpo”).

Everyone who comes out of “Heneral Luna” blames Aguinaldo—an oversimplification because history is more complex than our textbooks make it out to be. History is not about memorizing “facts” or reacting emotionally, but being critical of facts and narratives. Aguinaldo is a soft target in a complex story where there are other villains. Some of the villains are not people but flaws in human nature and Philippine society.

In 1984 the eminent historian Teodoro A. Agoncillo gave me his take on Antonio Luna, recalling his word war with Vivencio Jose (author of “The Rise and Fall of Antonio Luna”) that appeared on the pages of *Solidarity*. Agoncillo made two points worth remembering: first, that there were two sides to Mabini—one pro-Luna and the other anti-Luna; and second, that there were two Lunas—one who was against the Philippine Revolution against Spain in 1896, and the other who fought in the Filipino-American War.

In my interviews with Agoncillo, he said: While Aguinaldo is not personally involved in the death of either Luna or Andres Bonifacio, he should be held to account for the behavior which he did not order investi-



Heneral Antonio Luna

Apolinario Mabini

gated.

Ambeth R. Ocampo: Do you think he tried to cover up?

TAA: That was Aguinaldo’s mistake. Granted, Luna was assassinated. Why did he not order the investigation of those people who assassinated Luna? That was his responsibility. I’m not pro-Aguinaldo or pro-Bonifacio. I judge a person on the basis of the documents available. If the time comes that I am proved wrong and other documents are shown, then I’ll accept it. Conclusions are not final, because nobody can say that I have exhausted all my sources. No! Ang anti-Aguinaldo si Vivencio Jose, masyadong pro-Luna. This is the kind of thinking I do not like.

ARO: [But that is your interpretation.]

TAA: Hindi! [Jose] suppressed the documents. It’s all right if it is a question of interpretation, but the trouble is he suppressed. Kahit na kasalanan ni Luna, he is trying to suppress [the documentation]. Example: the letter of Mabini to Aguinaldo denouncing Luna. Hindi niya binanggit. The letter of Baldomero [Aguinaldo] to [Emilio] Aguinaldo denouncing Luna? Hindi niya

inilagay. Ang sabi lang niya, naiinggit lang iyong mga taong attacked.

ARO: Mabini wrote later, Noong bandang huli, kung hindi pinatay si...

TAA: That is the superficiality of these people. Mabini is inconsistent. Firstly anti-[Luna] later pro-[Luna]. You should study [the sources and the motives]. If you are really critically minded, why is this fellow now anti-Aguinaldo? You should try to discover why.

“In historical methodology, it says that the more private a communication is, the more authoritative it is. In a letter, in 1899, to Galicano Apacible whom he called Canoy and Calvo, Mabini denounced Luna and praised Aguinaldo. Then in that Guam opus ‘La Revolucion Filipina,’ binaligtad. The historical methodology says the document which is not meant for the public but for private eyes is more authoritative than the one for the public eye. Why? Because when you are writing to a friend, more or less you are sincere, because what you write to him is your secret feeling. But when you write for publicity, [it’s the other way around]. This is historical methodology, and in Guam Mabini was writing for

publicity to justify [himself]. At that time he was already bitter against Aguinaldo. Why was he bitter against Aguinaldo toward the end? Because Aguinaldo did not follow his advice. He was too intransigent. So, in using the two Mabinis, you have to exercise your critical thinking.”

What I did not know at the time was that Luna denounced the Revolution of 1896. This Agoncillo did not take lightly, and he roared:

“Minamana mong sabihin na si Luna was the leader of the revolution against Spain? P-ñeta! Since when did Luna fight against the Spaniards? He never fought the Spaniards, tapos sasabihin niyang leader? As a matter of fact, Luna was a traitor to the Revolution of 1896! Alam mo, I will write an essay on Luna and Aguinaldo. I will write an essay kung bakit maraming nagalit kay Luna, and I’ll justify, sapagkat Luna not only did not join the Revolution of 1896, he was [also] a traitor! Nagturo yan a! Nagturo! Pero inilagay ba ni Vivencio Jose iyan? Wala! Maraming hindi inilagay si Vivencio roon, either because of ignorance or ibig niyang palakihin si Luna. As a matter of fact, I do not consider Luna a hero. How did he become a hero? He never won any battle, papaano mo sasabihin hero iyan?”

ARO: Unrealized kasi ang role niya in Philippine history eh.

TAA: He never won a battle! Um! Pagkatapos sasabihin ni Vivencio, kung sinunod daw si Luna, yung guerilla warfare. Noong panahong sinasabi niyang magegerilya, hindi maaari ang guerilla eh because the Americans were still weak at the time, papaano gegerilyahin iyan? Pangalawa, there was no preparation for guerilla warfare. Hindi niya ina-analyze. All that he wants is to justify all the things that Luna did.”

History has left us with two sides of Mabini, two sides of Luna.

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# Filipino Women's Club Pista Sa Nayon and Fashion Show

By Faina E. Abaya

President Memie Weitzenberg welcomed everyone and thanked them for attending. The “Lola’s and grand-kids Fashion Show” was chaired by Josie Patria and Remy Solomon choreograph the show.

When the Fashion show started, Christina Garcia took the privilege to become the Emcee and she started introducing the model children with their equally Fashionable “Lolas”.

There was dancing right after the Fashion Show followed by the presentation of the 2015 Filipino Women’s Club Scholarship certificate presented by Vickie Debord to Gabrielle Miller which was received by her grandmother Maria Bahoric.

While the parade of the past Mrs. Filipino Women’s Club was being conducted the FWC members sang “Ang Dalagang Filipina” led by Remy Solomom.

The beauty, Grace and elegance of our Filipinas are brought out into fore with the presentation of past FWC queens were introduced, namely; Alice Pambid, Ester Fortes, Mercy Guerrero, Rose Basos, Aida Azurin, Trining Marzan, Binay Bobiles, Vicky Johnson, Maria Bahoric and Julie Oineza.

Immediately thereafter, the showing of such undying physical qualities of Filipinas continued when the incoming & outgoing FWC queens were presented. First was the farewell walk of Virgie Monteagudo, 2012 Mrs. Filipino Women’s Club, escorted by her husband, Dr. Billy Monteagudo. Then the entrance of 2015 Mrs. Filipino Women’s Club Norie Brooks, escorted by her husband Ray Brooks. The pinning of sash by Nilda Valmores and assisted by Josie Patria. The bouquet offering was presented by Gabriel Catapang. The crowning of 2015 Mrs. Filipino Women’s Club by Virgie Monteagudo and Fr. Joyle Martinez. Right after the coronation, Ray Brooks serenaded the wife with “Dahil Sa Iyo” and Norie Brooks in return sang “A Million Thanks To You”.

Leonor “Norie” Brooks was born in Manila where she grew up and enjoyed the best years of her young life with her family. She earned her Bachelor of Science in education at the University of Santo Tomas. Eventually in Lucena City she became a teacher at Maryknoll Academy and Luzonian University. She also continued to nurture her passion in music which she started at an early age and she became a soloist in the local church choir, singing in numerous occasions during weddings in many churches, both in Manila and Lucena City including the Manila Cathedral.



Josie Patria with Seth and Ava Lal and Parke & Isabella Petrasek



Memie Weitzenberg & Thomas James Vellanoweth



Zeny Yagen with Jazelle, Jaxton and Mackenzie Abad, Sarah Enloe with Emma Yagen, Ling Avera and Kaelyn Maxine Polivka, Julie Oineza and Aaron Oineza



Alice Pambid with Rylie and Raymond Lester



Leila Pereira and Emma Mendoza



Rose Basos and Michael Perez



Estela Rabara and Micah Rabara



Lee Ramirez with Annabelle and Gabreilla Ramirez Co



Edna delos Reyes with KC Tanaka and Mia Gaerlan



Remy Solomon with Natalie and Noah Trinh



Ena Gee and Aleaya Simmons



Past Filipino Women's Club Queens



Dr. Billy & Virgie Monteagudo



Ray and Leonor "Norie" Brooks

In 1981, when Norie immigrated to the United States, she eventually brought her five children from her first marriage. Today her children are all very productive and successful in their own right. She has 14 grandchildren and one great granddaughter.

After Norie retired from state

service. She did voluntary work, such as singing in retirement homes, churches, at fund raising activities and Sinag-Tala. It was her passion for music that allowed her to meet her current husband, Ray Brooks, nine years ago. Ray Brooks was a 16 year old Navy sailor during World War II and a

retired manager from the Colonial Post Office for 34 years. Norie and Ray were both solo singers with the Rascals, an entertainment group at the Widowed Persons Association. They both enjoy singing at Different functions, visiting with family and friends, and a little traveling.

As expected, music and entertainment continued with line dancing and dance for all until closing time. Kudos to Memie Weitzenberg and members of FWC working committees for such successful and memorable night to be always remembered.

# Citizenship Day - September 17th

By Dale Esperante

“This is one of the newest federal holidays to be established by Congress, as it was passed just in 2004,” according to patriotism.org. It is also called Constitution and Citizenship Day. This day marks the anniversary of the ratification of the U.S. Constitution. On September 17, 1787, delegates to the Constitutional Convention signed the Constitution in Philadelphia.

Thanks to organizations like the American Legion Auxiliary Magellan (ALAM) Unit 604, the veterans and friends of Magellan Hall are reminded annually to celebrate this quiet federal holiday. This holiday should be celebrated because being an American citizen is a privilege as well as a responsibility. It doesn't matter whether you're a born citizen or a naturalized citizen of this country, here you are free to live peacefully as a responsible and law abiding citizen. In fact, anyone who is in this country legally may live a peaceful, and perhaps also a prosperous, life.

On 19 Sep 2015, our community's American Legion Ladies celebrated Citizenship Day. Red-White-and-Blue richly decorated the inside of Magellan Hall. Clothing, walls, and also the cake offered for dessert, were all splashed decoratively with the tricolor scheme.

Master of Ceremonies (MC) Lilia Rivera ensured the smooth running of the evening's program. The singing of the National Anthem opened the official program, followed by the Pledge of Allegiance. Trinidad Cabalfin, Unit 604 chaplain, delivered the invocation. The buffet table displayed a complete Filipino-style cuisine. The friendly volunteer servers included Rose Delacruz, Aida Calindas, Linda Cordero, and Carina Gonzalez. They were augmented at times by Tess Francisco, Meding Mangosing and Penny Salindo.

After dinner, President Olive Jackson of Auxiliary Unit 604 offered a brief welcoming address. Then Alice Pambid, the Chair of Unit 604's Girls State Program, explained the significance of Girls State. To summarize the importance of this program, most of our national leaders today are "citizens" of the Girls or Boys State Program. The correct title of one who completes the Girls or Boys State Program is "Citizen." Ms. Alice Pambid introduced this year's delegate to Girls State, Citizen Monica Lopez Curiel of Luther Burbank HS. Monica expressed her gratitude to ALAM for selecting her to attend the recent Girls State. She also spoke



The volunteer servers and Rudy Delizo, the appreciative guest.



Alice Pambid



Monica Lopez Curiel



The FAVA ladies

Photos by Dale Esperante

about being diffident before joining the program. Because of the program, she now feels confident and knowledgeable to help her become a better citizen (perhaps a future leader) of this country. Inspiring speech indeed--Well done Monica!

Sometime during the evening, MC Lilia summoned forward all of the September birthday celebrants. The celebrants (name and birthday) included: Linda Gibson- 30 Sep; Joe Gonzalez-20 Sep; Pastor Engkabo-11 Sep; Tess Francisco-20 Sep; Ami C. Reyes-14 Sep; Josie Banag-27 Sep; Priscilla Ramos-19 Sep; and another lovely lady (name unavailable). The birthday group posed for photographs after being presented. Happy birthday to our community friends!

Entertainment followed. The Kapitbahay Line Dancers performed a choreography with a Latin flavor to the beat of the cha-cha. Well done Carlos and Ladies!

For classical entertainment, "Don't Cry for Me Argentina" and "Phantom of the Opera" were gifted by the featured guest singer of the evening, Leslie Bernabe. During her performance, I and the rapt audience could just imagine being transported from Magellan Hall into the world famous Teatro alla Scala in Milan Italy or The Royal Opera House in London England. One word to Signorina Leslie, Bravissimo!

Concluding the official program, Commander Rick Rafanan of Magellan Post 604 expressed his appreciation to all the supporters who

contributed to the success of the evening. The funds raised will be used for veteran, youth, and Magellan Hall programs. Being the caretaker of historic Magellan Hall is a challenge, yet it is a challenge that must be met. More fundraising events are planned to aid in the preservation of this historic estate at 8831 Gerber Road.

Dancing ensued for the rest of the evening. To sum it all up, this evening had patriotism, prayer, brief speeches, Girls State, line dancing, classical music, more



Leslie Bernabe



Kapitbahay Line Dancers



The September Birthday Celebrants

dancing, and most of all--community. Congratulations President Olive Jackson and ALAM Unit 604 Members!

Next fundraising on the horizon is an evening for dance/exercise aficionados (no speeches and of-

ficial program) on 7 November 2015, for only \$15 per person, dinner included, organized by American Legion Magellan Post 604 with assistance from the Ladies of Unit 604. Friends of the community are encouraged to come join us. Funds raised will be used for the preservation of Magellan Hall--the legacy of our WWII elders. Please send supportive comments or questions to esperante1868@frontier.com.

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# UNLUCAI Picnic at Elk Grove Park

By Dale Esperante in Collaboration with Faina E. Abaya

United Naguilian, La Union, Circle of America, Incorporated (UNLUCAI) hosted their annual picnic on Sunday, 6 Sep 2015, at Elk Grove Park, Elk Grove, CA. It was a good time to welcome back President Henry Bambang, who just arrived from a visit in the Philippines a day before the picnic. No jet lag or time zone adjustment could keep away the president from his organization's fiesta at the park. His visit to the Philippines was necessary to take care of important matters concerning their beloved hometown.

More than 80 Naguilanders and friends came to the picnic. Many travelled from far away cities such as Los Angeles, San Jose, Milpitas, Suisun and Vallejo. Before the start of the festivities, VP Rudy Delizo said a Prayer for Grace. He added a special prayer for the repose soul of dear Emma Caddac Floresca, the oldest member of UNLUCAI who passed away on September 1st.

Authentic Filipino cuisine donated by UNLUCAI members was served buffet style. Lechon, pinakbet, caldereta, dinuguan, beef apritada, ampalaya con carne, three different types of pancit, and a seemingly endless array of dishes invited the eye as well as the appetite of the picnickers. A separate section of tables presented an overflowing supply of desserts, such as, banana fritters (toron), rice cakes, rice muffins (puto), fruit salads, box of assorted fruits, pastillas, buckets of corn nuts and pakwan (sun flower seeds) and many more.



The United Naguilian, La Union, Circle of America, Incorporated (UNLUCAI)



Tina and Henry Bambang



Filipino cuisine buffet style



The visitors and guests



Hula Hoop contest



Members and friends



Unlucai ladies

Photos by Dale Esperante

While everyone enjoyed their meal, a Naguilian trivia game was played by three teams of players (five per team). The team led by Eligio Floresca answered most of

the questions correctly and was declared the winner. Each member of the winning team received a souvenir gift. The hula hoop contest by the young and the old came next. Every 12 year old participant received a prize. The youngest child participant also received a prize. Then the moment that everyone was waiting for—the drawing of the raffle tickets. Chair Cherie Nairn, Sonia Viloria, Tina Bambang and Letty Cheng drew the full attention of all hoping to hear their winning numbers. The

prizes were donated by Oswald and Lori Joven, Eligio Floresca, Cherie Nairn, Faina and Jun Abaya and Starbucks gift certificates from UNLUCAI.

The children of the late Emma Floresca arrived and were warmly welcomed. In spite of still being in mourning, they came to be with their fellow Naguilianons. The picnic evoked old memories and created new ones, cameras came out for lots of kodakan, and most importantly, renewed bonding among friends.

The natural setting of the picnic area added to the glorious experience. Giant oak trees stood like sentries protecting the group from the heat of the summer sun. Only dappled lighting slipped through the shield of leaves spread out by the sentry trees. A nearby pond

adorned with a gushing fountain, enjoyed by a few ducks and geese, shimmered like a mirror under the gaze of the sun. The surprisingly green grass (drought year) that carpeted the park lessened the pressure of an all-day affair because the grass felt like a padding underfoot. The temperature of the summer had no ill effects because of the shade provided by the surrounding trees. Felt in abundance were the warmth of the hospitality, the camaraderie, the nourishment of the body and of the spirit, the generosity, and the caring of the host--UNLUCAI. The picnic not only fed our hunger and quenched our thirst, it also brought us closer to appreciating each other more, in the sanctuary of nature amidst the towering oak trees.

UNLUCAI appreciates the Sacramento community leaders who attended, namely: Dave and Dinah San Pedro (owners and publishers of Philippine Fiesta Newspaper), Segundo and Aida Azurin, Alex and Ling Avera, Al and Alma Guevara, Mon Veridiano, George Victorioso, Ed and Tina Santos, Joe Rivera, Paul and Linda Cordero, Rick Cruz, Tony Yadao, and Beatriz Alo.



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After



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## UNLUCAI Casino Trip:

JT Tours from Vallejo  
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 October 11, 2015-Saturday  
 Meeting place  
 7:45 am West Sacramento @ IKEA parking Lot  
 \$25.00/person-Call Henry Bambang-916-743-4998



By Faina E. Abaya

**F**ilipinos are known for being sociable, hardworking, highly proficient in their chosen skills and profoundly caring for the welfare and well being of others. It is not surprising that many countries are accepting millions of Filipino workers because of such innate qualities of working habits.

However, there is one profession that tops them all, Nursing. This is the field of profession that our Filipino nurses have excelled and known the world over and are being highly sought not only for their skill but their dedication to their work and patients to be always comfortable while under their care that could help in their recovery. No wonder, when our nurses have reached the age of retirement, they wanted it to be memorable for others to remember that they have selflessly served their fellow beings in the best of their abilities.

Minda Lacquiao Miguel follows the seemingly acceptable tradition of retiring nurses by holding her retirement that also coincided with her 65th birthday. Minda's birthday and retirement were simultaneously held on September 5, 2015 at the Social Hall of the A&A Restaurant on Florin Road, Sacramento. Indeed, a glorious memorable occasion for the gathering of her family, brothers and sisters, closest of friends, relatives and classmates from the Nursing School where she graduated in 1972 at the University of Pangasinan, Philippines.

The Social Hall where the celebration was held was fittingly decorated with inflated balloons of different colors floating steady

## Minda Locquiao Miguel gloriously celebrates her retirement and birthday

ly on each of the 24 round tables properly covered with white linen cloth consisting of 10 chairs each table. The enlarged picture of the celebrant has been conspicuously placed above the middle of the Hall for everyone to see with words of greetings on her retirement and birthday.

The celebrant herself personally welcomed the arrival of everyone at the main door of the Social Hall. The Celebrant was stunningly beautiful in her floor length with floral designed long dress and matching crown like on her head.

At exactly 7:00 PM, the dashing well known community personality Rolly Mamuang, the Emcee of the evening's program started his usual humor and witticism as he called for Fr. Joyle Martinez, the Parish Priest of St. Paul Church to give the opening prayers. Father Martinez delivered a moving invocation invoking the intervention of the Devine Providence to always protect everyone and to give the celebrant the strength to overcome whatever difficulties that she encounters in her life. Likewise, the good Priest also remembers the late husband of the celebrant, Lito Miguel who now eternally resting in the Kingdom of his Creator.

Apple Reyes, a 13 years old candidate for Miss St. Paul was called to show her singing talent which she obliged as she sang "Pangako Sa Iyo" and "Fools Rush In" both performances received thunderous applause from her admiring listeners. Likewise, community songstress and Diva Remy Solomon as usual regaled and mesmerized her audience with a nostalgic song entitled "Gaano ko ikaw kamahal" which she sang on the 25th Wedding Anniversary of the



The classmates of the celebrant in their 1972 class School of Nursing at the University of Pangasinan.



Linda Miguel and sisters.



celebrant and late husband Lito Miguel. She repeated her professional like performance with the song entitled "Saan ka man nararoon" which she dedicated to the memory of the celebrant husband.

Emcee Rolly called the classmates of the celebrant who came from different places such as San Diego, Salinas, Vallejo, Long Beach, Los Angeles, San Jose, Escondido and Stockton to attend the memorable moments of their celebrating classmate. All of them gave an impres-

sion about the celebrant who were in unison that the only changes to have seen on the celebrant could be her age and physical appearance but still the same Minda who is always amiable, friendly, caring and loving to everyone. All her classmates expressed their happiness to see her celebrating her retirement and birthday with them.

Minda expressed her heartfelt thanks to everyone for having graciously accepted her invitation to be with her in these memorable occasions of her life. Her classmates gave her a surprise number by singing a song which they composed with a little bit humor about the nature of their work as nurses that drew laughter and enjoyment to all.

Of course, that goes even without saying that, everyone has enjoyed the eight courses of sumptuous Chinese cuisine

served during the celebration. Each one also received slice of the birthday cake personally cut by the celebrant.

The children of the celebrant were also introduced who greeted their mother and they were thankful for the loving care that they received from her. The children are, Lee Locquiao Miguel and Lorelei Miguel Rossow and three grandchildren, Likewise, her siblings who came all the way from different places to be with her were also called namely, twin brothers Rey and Roy Locquiao, Sam Jr. and Robert Locquiao, her twin sisters Mila Matthew and Mely Locquiao, Susie Yasay, Faye Arellano and Eulalia Jra. Ganitoen.

The Kapitbahay dancers led by Lilia Rivera also performed a well choreographed number to the enjoyment of their admiring audience. The other members of the dance group are. Roselie Crandall, Julie Vergara, Josie, and Carlos Cordero. This was followed by line dancing and continued dancing until closing time.

The classmates of the celebrant in their 1972 class School of Nursing at the University of Pangasinan who attended her retirement and birthday celebrations were: Delia S. Carlos, Josie Pasalo, Elvira A. Vintayen, Felicitas D. Pablo, Editha D. Guiang, Carmenchita R. Dorado, Editha A. Ablog, Mario Neri, Helen S. Arzadon, Elena A. Vinluan and Wilma R. de Guzman.

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### Elena Magsuci Birthday Celebrations



Elena with husband Butch (center) at Nathan's Restaurant in Elk Grove, CA, as she celebrated her 59th Birthday with families and friends from San Jose, Sacramento, and Elk Grove, Sept. 4, 2015. Other friends (not in picture) occupied the entire half of the restaurant, also celebrated and joined the gathering and wished Elena the happiest birthday ever.

### Happy Birthday Pareng Coro!



Dioscoro Valila's birthday was celebrated on 13 Sep 2015 with his immediate family and good friends. To his right is his wife Linda (in solid red shirt). Also in the photo are Coro and Linda's grown children, sister Ammie Valila (foreground), good friend Melita Esperante, and the younger children are his grandkids. Pareng Coro worked in the international culinary field before he retired. He honed his cuisine art internationally but most especially in Japan.

### Hilda Bobier's 60th Birthday & Retirement Celebration

Held at the A & A Tasty Restaurant in Sacramento, CA-Sept. 17, 2015, Hilda's 60th Birthday and Retirement celebration was a huge success. With the 50s-60s theme, friends and families' gathered and joined in the dinner, dancing, and enjoyed the entertainment provided by her group of dancer friends - the Golden Hips and the UC Davis Dancing Queen.



Hilda and Don



The Golden Hips danced the Grease Lightning at Hilda Bobier's 60th birthday. From left to right: Marilyn Lopez, Mariflor Ong, Nancy Bautista, Ida Alvarez, Hilda Bobier, Liz Valencia, Laurie Ligsay and Helen Enriquez



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### Dave Gabriel & Luis Santiaguell turns 65

Brothers-in-law both celebrated their 65th Birthdays at the company of their immediate families at Yukai Japanese Buffet in Virginia Beach, Virginia on Sept. 23, 2015.

## Birthdays



**RAESELLE LOURDES**  
SEPTEMBER 25



**ANNA ABAYA AUSTRIA**  
OCTOBER 25



**NELDA ABELEDA**  
OCTOBER 24



**JENNY SALVADOR**  
OCTOBER 7



**PERRY DIAZ**  
OCTOBER 28

## Calendar of Events

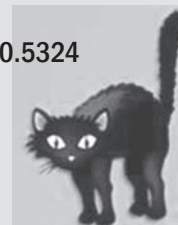
**OCTOBER 3, 2015 (Sat)**  
5th Annual Sacramento  
ALOHA FESTIVAL / 10am-6pm  
Gates open at 9am  
CAL EXPO - FREE Admission  
Presented by Ka'ono'ohi Foundation  
Sacalohafest.org



**OCTOBER 22, 2015 (Thursday)**  
OUR PRIDE, OUR LEGACY, OUR FUTURE  
Philippine National Day Association  
25th Anniversary gala  
at The Falls Event Center  
8280 Elk Grove Blvd., E.G. CA  
5:30 pm VIP reception  
6:30 pm Dinner & Program



**OCTOBER 30, 2015 (Friday)**  
Golden State Lions Club  
HALLOWEEN Costume Dinner Dance  
Sacramento Asian Sport Foundation  
9040 High Tech Ct. E.G. CA  
Cash prizes for costume contests  
5pm social/No Host Bar  
6pm Dinner  
lion Eddie 916.690.5324



## October Celebrants

L-R: Rose Meris - Oct. 29,  
Fely Lasaga - Oct. 1,  
Linda Cordero - Oct. 24,  
Alex Estioco - Oct. 23,  
Letty O'Quinn - Oct. 8,  
Alice Pambid - Oct. 6



**AIDA AZURIN**  
OCTOBER 16

## In Memoriam

**Emma Caedac Floresca**  
June 20, 1920  
September 1, 2015

Emma with Children on her  
90th birthday



**Eduardo (Ed) Mancia, Sr.**  
August 30, 1938-  
October 14, 2014

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# COED's First Graduate is a Magna Cum Laude

By Cristine Lacerna

Five years ago, a group of friends imagined that the world can be a better place if an organization like COED (Creating Opportunities for Educational Development, a 501 c3 organization) is around to make a difference on certain students' lives.

And this year, the first of these differences became a reality. COED is proud to have its first college graduate in Raniel Alayon who marched to pomp and circumstance with 142 of his peers on March 26, 2015 at the Plenary Hall of PICC in Manila. He graduated with a degree of BS Avionics from Philippine Aeronautical Technical School, College of Aeronautics as magna cum laude. His proud moment was witnessed by his mother and aunt. Raniel's plan to join the Philippine Air Force (PAF) to train as a military pilot was also realized when he passed a series of exams, interviews and physical exams and was chosen as one of 64 out of 11,000 candidates to become an officer in the PAF. In his 4 years at college, Raniel was consistent, diligent and very focused on his goal to finish school. And finished he did and with flying colors. He wrote a heartfelt and thoughtful letter to express his gratitude to COED and its board members.

"I wish to extend my heartfelt thanks to everyone at COED for providing me the support and the inspiration I needed to be successful in my chosen career. COED has been very instrumental to me and to my achievements; from the financial support up to the mentorships. COED did not just help me build my education, it also built my character. A special thanks to COED Board members Gabriel Catapang, Rommel Carlos and Malou Carlos, for also taking the



Raniel Alayon

time to share their knowledge and experiences to us. Your mentorship has inspired me to become a better student and most of all a better person. Again, my warmest thanks to all of you! As the first graduate of COED, I am very proud and I am honored to share with you my achievements. I know that a simple letter is not enough; I will just make sure that all your efforts will not be in vain. And seeing the COED family growing, I am more inspired than ever before to work harder and return the favor."

*If you would like to know more about COED, please visit our website at [www.coedscholarship.org](http://www.coedscholarship.org). We appreciate your continued support of our students and our program.*

## Bayanihan of Sacramento, USA and Friends

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## 10th Anniversary Musical Review

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St. Charles Borromeo 5pm Sunday Choir  
Bayanihan of Sacramento, USA

Saturday, December 5, 2015  
6:00 pm

St. Charles Borromeo School Gymnasium  
7580 Center Parkway, Sacramento, CA

Sponsored by:  
Bayanihan of Sacramento, USA  
Philippine National Day Association  
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## Komiks Buhay Pinoy by Dave San Pedro







By Nancy Cristi Bautista

## Chapter 1 {The Retirement}

At Sandra's retirement party at work, an employee approaches her and asked, "So, Sandy, what's next after your last day of work? Are you and your husband going to travel around the world?"

Sandra is kept in momentarily brain suspension. The thought of waking up and not to have to get ready for her daily job gives an uncertain chilly feeling down her spine.

Sandra has been working since she was eighteen, and after college, list of job offers were waiting for her. Anyway, not too many women who graduated with Bachelor of Science in Stock Brokerage Business degree was a Magna Cum Laude.

Sandra landed her first job in this same firm and remarkably climbed up the ladder to be the CEO of the company in a very short time. Tomorrow would be her last day of work at sixty six years old, and somehow, Sandra already was feeling her age.

It was in this business company that she met and married Dennis, the then director of the city's revenue services. They had many years of happiness together, or at least, that was what Sandy thought. They produced their now three adult children and total of five grandchildren.

Recently, Sandra was just excitedly discussing with her husband on how they were planning on how they would spend their golden years together. Now, to think about it, she was probably the only one happily dreaming about it.

Was Dennis just pretending about how they would spend their future years together or he already had plans to replace her with the younger woman he was with when he left her? Sandra hesitantly signed their divorce papers just a week after she turned in her resignation paper.

And now, her co-workers do not have a hint on her divorce, or maybe, they are just pretending not to know anything yet.

"Grandma, grandma", Sandra's six year old grandson, Luke, calls her attention. "I want to go to the bathroom, please."

"See, what I meant, Sandra, when I told you, never give your phone number to your kids when you retire?" Sandra's co-worker

# Loving Sandra

teases her. Luke glances at his grandma, looking for an explanation on what his grandma's co-worker has just said. Sandra holds Luke's hand and lovingly says to him, "C'mon, honey. Grandma will take you there." She, then, smilingly turns to the employee and exclaims, "Excuse me, nature calls."

Two weeks have past and Sandra is still in a daze on how she will face the coming days in her own in the house, which she has shared with her former husband, Dennis, for forty six years. This is where their three children were born, grew up and lived until they left for college. Having the empty nest when the children left was so sad, of course, but, nothing compared to now, that Dennis is no longer part of her life. Her children will always be there, but, her former husband definitely cut their ties from each other, leaving her wondering why did this happen to their seemingly happy marriage.

Sandra felt that she died when Dennis filed for divorce and abandoned her and their house. All their plans to grow old together and travel around the world when they retire just went to a complete halt and suddenly crashed just as her heart was crushed to pieces.

Sandra did not change her phone number, hoping that Dennis could call to say that he was sorry, and would want her to take him back. Her kids told her that they will not bother her for two weeks to give her a period to relax and enjoy her solitude.

"What solitude?" Sandra told herself. "I hate being alone. I love to have my family, my friends, and maybe my employees back, not necessarily my old job".

## Chapter 2 {The Invitation}

Suddenly, the ringing of the phone startles Sandra.

"Hello". Sandra eagerly answers the phone call. She would be happy to talk to someone at this point, even from a telemarketer.

"Hi, mom, how are you?" Sandra's middle son, Jacob, replies on the other end. Sandra is surprisingly happy to hear that one of her sons still cares.

"I'm okay, son, and how are you?" Sandra reassures Jacob. "How are the kids and Laura?" Sandra asks about her daughter-in-law, her seven year old granddaughter, and her five and a half year old grandson.

"Oh, Laura is busy at the hospital. Her patients increased this season." Jacob explains. "Mandy is in second grade while Logan is in kindergarten."

Sandra thought of what her em-

ployee has told her about not giving her phone number to her kids. Is this the time when her son gives her a call just because he is going to ask her to baby sit and take the children to school?

Sandra feels apprehensive at first, but feels guilty to that thought. However, hearing her son on the phone overcomes all her doubts.

"I miss you, son." Sandra says with a sigh.

"I miss you, too, Mama." Jacob sincerely replies. By the way, I just talked to my sister and brother and we were all thinking of taking you out to have a private family celebration for your retirement", Jacob happily tells his mother.

Sandra is so ecstatic upon the idea, "Oh, how wonderful! I would love to share that with all of you and the children."

"When are you available, mother?" Jacob asks Sandra. Sandra pretends to be looking at her appointment book and jokingly says, "Let me check my calendar." She chuckles. "Honey, I'm open anytime!"

"Mama, can I ask you a favor? Is it okay to invite Papa also? The kids do not know yet that you and grandpa are divorced, and of course, they would ask why he won't be there." Jacob hesitantly discloses this to his mother. Right away, Jacob adds, "Of course, we are not forcing you to agree, Mom."

Sandra, on the other hand, cannot explain what she is feeling at this time. She is excited to see Dennis again, but, scared that he would not look at her like he used to when their eyes meet.

"Um, okay, honey", Sandra's words seems coming from nowhere. She tries not to choke her words.

## Chapter 3 {The First Meeting....Again}

That morning, Sandra wakes up earlier than what she used to do after her retirement. She feels good, looking for and trying clothes to wear for the special occasion.

"Dennis used to like teal color on me, saying that my brown eyes come brighter with such tint on me." Sandra smiles while saying these words aloud.

Instantly, Sandra erases her smile and whispers to herself to stop day dreaming like a teenager. She turns on the CD and the oldies songs she and Dennis used to listen to and sometimes dances to them. The tune brings a twinge of hurt enveloping her soul.

She turns the TV on and sits on the couch. She glares at the seat where she and Dennis used to curl up while watching their favorite shows. She runs her fingers



on the couch and a shiver runs throughout her body. She jumps from sitting and turns off the TV. Everything in their house reminds her of Dennis. Sandra cries and runs to the shower to wash away her tears.

## Chapter 4 {Facing Reality}

Sandra hesitantly opens the restaurant door. As she is walking towards their table, her heart skips upon seeing Dennis with their children and grand kids. Sandra pretends that everything is normal in spite of her fast heartbeats and buckling knees. She kisses everyone and when it's Dennis' turn, it is just the opposite of what she has planned before this meeting. She just says hi to him.

"How are you, Sandy? Dennis casually asks Sandra. Surprised that he still calls her the endearing name, Sandy, Sandra is hurt and disappointed that Dennis did not even mention the teal dress that she has chosen to wear for this day. Sandra admits to herself that she gets hurt, but, she does not want to be succumbed to the fact that she still wants to please Dennis. She retracts her focus and just nonchalantly says, "Fine, and yourself?"

Their children place their chairs side by side to each other. Whenever Dennis' and her arm brush against each other, Sandra feels the warmth of love that she still feels towards him. However, Sandra comes to her senses and tells herself, "Sandra, accept it. It's all over!"

"So, Dad, how are you?" Marla, their only daughter, asks her father.

"Oh, I'm okay. Enjoying life to the fullest!" Dennis replies with a big smile.

Sandra feels a knife stabs her heart. "Why, was he not enjoying life before?" Sandra murmurs to herself. She then pays attention to her meal and their five grand

kids until Dennis leaves early.

Sandra turns to their youngest son and asks him, "Donny, were you and Jen already able to find a baby sitter for Nicky?"

"Yes, mom, we found a nice place to take him, but, they cannot take him till next week yet."

Sandra looks at her three year old grandson, and lovingly asks him, "Nicky, do you want grammy to baby sit you for a while?" "Yes, yes, grammy! Yes!" Little Nicky answers while jumping with joy.

All the older grandchildren exclaim that Nicky was lucky to have grandma baby sit him. "Oh, mom, that would be so wonderful!" Jen happily replies.

## Chapter 5 {Loving Sandra}

The doorbell rings and Sandra anticipates this first day of baby sitting her grandchild on her retirement. As soon as she opens the door, Nicky runs to her and gives her a big hug and a kiss.

"Grammy, I love you!" Nicky exclaims.

"Oh, honey, I love you, more." Sandra answers with her cup running over with love for her grandson.

Sandra's and Nicky's whole day passes with lots of children activities that she has prepared days before. She is so happy that her day is not just spent in front of the TV or the internet, anticipating a telephone call. She is happy to have someone to share her day, having lunch together, walking in the park, laughing at little things, and most of all, not giving her a chance to feel sorry for herself for being alone.

At the end of the day, as Sandra watches her grandson naps, she is filled with joy, love and fulfillment. Now, she is contented. Whatever or whoever has been in the past is no longer hunting her. Sandra does not wish anymore that her former life with Dennis would come back. She knows that she and Dennis have had a good life together, and the fruit of those years is still a blessing, but it is different now. Sandra has accepted her current life, and that if another new love would come her way or even none, she will welcome it wholeheartedly with open heart and mind.

In the meantime, she is assured that she would love herself and her family now, without Dennis as her partner.

She knows that she has given her time and love to other people before with all her heart, but now, it is a new beginning of loving Sandra first this time.

\*Nancy Cristi Bautista

# Life Insurance Awareness Month

## Are you aware that :

\* 3 in 10 US households have no life insurance protection at all

\* 20 % of Americans paying for leisure activities & eating out over buying life insurance

\* More than 37% of parents with kids younger than 18 don't have life insurance .

\* Nearly 60 % of people haven't bought insurance ,because they have other priorities ; Mortgage, Vacations, Bills, Groceries  
\* There were over 120,000 accidental deaths in 2010

\* Women have slightly greater than 1 in 3 lifetime risk of developing some form of cancer

\* Men have slightly less than less than 1 in 2 lifetime risk of developing some form of cancer

\* There are 1.5 million heart attacks occur each year in the US

Why is it that we buy insurance for our cars, phones, and even our appliances, but we tend to forget to insure ourselves, the ATM of the family?

If you died tomorrow, could your spouse pay the mortgage or rent, car loans , & bills without your income? Will there be

money to pay for child care and education ?  
Have you thought about what would happens if you live too long ? Will your retirement savings be enough ?

How about if you get hurt and need home care? Do you have Long Term Care insurance? Who will take care of you?

Life Insurance is not just if you die then your family will receive the death benefit. Life Insurance has living benefits. It allows policy holder to build up cash account and in an emergency the account can be accessed. It can be used for funding education and also allows income stream during retirement.

Life insurance can also be used to help with estate planning. The money can be used to pay estate taxes when they die instead of burdening their families with these tax bills.

Life insurance is a must and everyone should have it. Consult with a professional to provide more information and show you the options available depending on what's suitable for you.

Contributor: Christina Kusuma is a World Financial Group Associate . If any queries , please contact at christina.kusumawfg@gmail.com

# Frustrated in losing weight?

By Gabriel Ortigoza

I tried to lose weight several times but I failed. I tried outdoor activities such as jogging, lawn tennis, biking and indoor treadmill and other physical exercises but I can't sustain the momentum. There were times I would say I'll do it tomorrow but when tomorrow comes I was lazy to do it. In short, I was doing procrastination all those times. I tried to control my diet to lose extra pounds but my appetite has been good most of the time. My satiety value for food has been always positive, not to mention my wife cooks good. Tried to google techniques in weight loss and the search engine gave me several. Tried some of them but again I was unsuccessful. I failed. Failure in life is not the end and it doesn't define who we are. After all, it's up to us to find ways to succeed. As the old adage goes, "As long as the sun rises in the east there is hope."

One day I was browsing in my favorite social media site called "facebook", I come across an ad at the news feed which says, "20 pounds in 6 weeks at Results Transformation Center." It got my attention. I clicked the site and read what was stored in there. I was interested. I then registered for the orientation at their Elk Grove branch, the 5th branch in Sacramento which is about two miles away from home. After listening to their talks, I signified my intention to join. I paid a conditional registration and processing fees of \$510. The agreement says I can have my money back, per signed contract, when I lose 20 pounds in 6 weeks. How is that? Would you bet your money in exchange of good health? Where in the world can you find a gym that provides you a coach daily and teach you to lose weight scientifically? Results Transformation Center is the answer.

On Saturday, July 18th, I joined the 300+ participants at Double Tree Hotel in Sacramento for a formal briefing and orientation on weight loss. The activity includes lecture on the importance of nutrition for the success of the program. The following Monday, July 20th, I started my 6 weeks 20 pounds challenge.



Before 4 Weeks 6 Weeks

The techniques are simple two words: diet and exercise.

As a general rule, weight loss is 75 percent diet and 25 percent exercise. First technique is to Stick To The Food Plan (STTFP). Planning is vital in everything. Failure to plan means planning to fail. As advised, it is much easier to cut on calories than to burn them. Based on recommended STTFP, a challenger is recommended to eat or drink fluids every three hours. I created my meal schedule: breakfast at 0600, snack with protein drink at 0900, lunch at 1200, snack at 1500, dinner at 1800, and last snack at 2100. A meal must have protein, carbohydrate, vegetables/fruits, and water.

The size of protein must be as big as the size of your open hand or smaller. The size of carbohydrate must be as big as your closed fist or smaller. The size of vegetables/fruit must be as big as the size of your two open hands. A challenger must drink at least one gallon of water per day. When you feel thirsty drink some water. Don't let yourself be hungry. Fresh vegetables and fruits are available at your favorite stores. I prefer to buy at Farmer's Market where organic produce are sold cheaper. Then you cook your own food. If you don't know how to cook, learn to. The food you cook is clean and healthy. Fresh farm produce taste better and sweeter.

Second technique is one hour of moderate physical exercises per day. Exercise improves your muscle mass and bone density and for a

challenger to sweat those body waste and toxins out. Endorphin, by the way, is good; it makes you feel fulfilled and happy. Expect muscles to be sore on the 2nd, 3rd, and 4th day of training. Glutamine powder drink is advice to help sore muscles heal fast. Powder drink with amino acid or its equivalent is excellent in replenishing electrolytes. Remember micronutrients are not produced by the body. We get it from food sources. It is also prudent to have your labs check during or after the challenge. It is important to see blood chemistry like sodium and potassium. Just for the information of others and as a caveat to those who don't know, serum sodium is diluted when you drink plenty of water, and potassium, on the other hand, goes with the urine when you pee. When sodium is low, tendency is, a person gets confuse. And if the potassium is low, a person might get arrhythmia or irregular heart rhythm that will lead to heart problem. If any of these happens, talk to your doctor. Banana, avocado, broccoli, and orange juice are good sources of potassium. Table salt is a good source of sodium.

Once you strictly follow the above mentioned two important techniques with discipline, will, and determination, I bet you'll achieve your goal and you won't be the same again. In my case I lost 23.4 pounds in 6 weeks which exceeded my target 20 pounds weight loss. I feel way much better today with lighter weight than before the challenge. (gabbyortig@yahoo.com)

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Kris Aquino

## Kris Aquino wants P-Noy's candidate to win

eral Party.

In previous interviews, Kris said that she will just "shut up" if she will not support her brother's candidate in 2016.

The actress and TV host is known to have close ties with the families of two other presidential hopefuls—Vice President Jejomar Binay and Senator Grace Poe.

### Work-life balance

Kris decided to leave "Aquino & Abunda Tonight" after having a health scare a few months ago wherein her blood pressure shot up to 200/110.

"It's important to have a work-life balance and that's what I'm trying to achieve," said Kris, who also has a daily lifestyle show.

On Sept. 30, her movie "Etiquette for Mistresses" with Claudine Barretto and Kim Chiu will hit cinemas nationwide. She will also soon start shooting for another movie with former flame Quezon City Mayor Herbert Bautista.

## Is Kris Aquino endorsing Mar Roxas in the 2016 presidential elections?

She did not say so.

However, she said that she wants President Benigno Aquino III's candidate to win.

In the final episode of the ABS-CBN entertainment talk show "Aquino & Abunda Tonight" on Friday, the presidential sister answered questions about her health, showbiz career and love life.

During the show's "fast talk" segment, co-host Boy Abunda asked Kris to complete the sentence "All I want for Christmas..." to which she answered "is for Noy's candidate to win."

Roxas, who is Kris' godbrother, is the standard-bearer of President Aquino's Lib-

## The Muslims in Pinoy movies

By Christine Allaine B. Dumaplin

The Muslims mark today the Eid'l Adha or the Feast of Sacrifice which honors the willingness of Abraham (Ibrahim) to sacrifice his son as act of submission to God's command.

In recent years, several Filipino movies have had Muslims either as main character in or core of the stories. Here are some of them:

### 'Bagong Buwan' (2001)

This movie thrusts the theory that peace between Filipino Christians and Muslims is possible with proper education on both sides.

Topbilled by Cesar Montano, who plays the anti-war doctor named Ahmad, "Bagong Buwan" underscores the strife between Muslims and Christians in the movie when the lead character's son was killed by a stray bullet.

Ahmad represents the Muslims' longing for peace but he is confused and frustrated with how it seemingly remains elusive.

### 'Hunghong sa Yuta' (2008)

Written and directed by Arnel Mardoquio, the film is about war and peace in Mindanao. It is a heartwarming tale of a teacher named Vigo Cruz (Nelson Dino) who volunteers to educate deaf-mute children in the poor mountain community of Hinyok consisting of Christians, Muslims and lumads.

Vigo teaches the children to become peace-loving people, which he said is innate to moros and lumads.

The film reflects the dreams and aspirations of Muslims that are no different from those of non-Muslims.

### 'Maratabat (Dangal at Katarungan)' (2014)

Maratabat means "pride and honor" – a term used among the Maguindanaoans, Maranaws, Tausugs, Samals and Yakans. Also an entry to last year's MMFF, this movie is about war between opposing political clans.

Fighting takes place when some people started to rally against the corrupt political clan of the Abubakars led by Julio Diaz. Apparently, they want to install a new leader in Ronwaldo played by Ping Me-



Nora Aunor in 'Thy Womb'

dina, a leader from the Mahardika family.

Despite the film's seeming similarities to the situation that led to the 2009 Maguindanao Massacre, film director and broadcast journalist Arlyn dela Cruz denies any connection.

### 'Thy Womb' (2012)

Set on the islands of Tawi-Tawi in Mindanao, the internationally-acclaimed film tells the story of Shaleha (played by Nora Aunor) who is willing to do anything to make her husband Bangas-an (Bembol Roco) happy.

It shows how the couple searches for a girl who can provide a child for them, as Shaleha is unable to conceive.

Aunor earned several Best Actress awards for her performance in "Thy Womb" including at the 69th Venice International Film Festival in Italy and the 3rd Sakhalin International Film Festival in Russia.

### 'Magnum Muslim .357' (2014)

This action film is a modern re-imagining of the 1986 movie of the same title starring Fernando "FPJ" Poe, Jr.

Lead star Sam Pinto plays Muslim princess Ameerah who was kidnapped by a syndicate.

Tasked to save her is none other than titular hero Lt. Jamal "Magnum" Razul played by E.R. Ejercito.

The former Laguna governor enjoined moviegoers to watch the film, maintaining it highlights colorful Muslim custom and tradition.

The movie was an entry to the MMFF last year under the direction of Francis Jun Posadas.



Sam Pinto

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