



Bayanihan of Sacramento USA & Friends - Page 9

PHILIPPINE Fiesta

A Division of Five D's Arts, LLC

Volume 18 No. 7

December 2019



Gov't agencies offer loans, calamity assistance to 'Tisoy' victims



Houses made from light materials are swept away by strong winds of typhoon Tisoy in this poor community in Legazpi City, Albay.

BY GENALYN KABILING

Government financial institutions have offered relief packages, including loan assistance, to the people affected by the onslaught of typhoon "Tisoy."

The calamity loans and other financial aid will be made available by the Government Service Insurance System (GSIS), Social Security System (SSS), Land Bank of the Philippines, and the Philippine Guarantee Corp. (PhilGuarantee) to help people recover from the latest typhoon.

SSS vice president Boobie Angela Ocay said members affected by the typhoon may apply for a Calamity Loan Assistance Program (CLAP) loan equivalent to their average monthly salary credit.

"Ang CLAP po, sa maikling term, ay isang buwang pautang sa lahat ng mga bonafide miyembro ng SSS.

Ito po ay may term na 24 months at may interest rate na 10 percent (CLAP is a one-month loan package for bonafide SSS members. It is payable in 24 months with an interest rate of 10 percent)," Ocay said in a Palace press briefing.

Ocay said they will coordinate with the National Disaster Risk Reduction and Management Council to determine where the calamity areas are before offering the calamity assistance packages in those places.

Apart from CLAP, she said SSS members may also avail of the direct house repair and improvement loan while pensioners may get funds in advance up to three months of their pension.

GSIS members, meantime, can borrow P20,000 under the company's emergency loan program. The loan is payable in three years at 8 percent annual interest.

"As far as GSIS is concerned, we are still offer-

ing our emergency loan program. The emergency loan program is given to those who are residing or working in the affected areas of the calamity," GSIS senior vice president Joseph Andres said.

The loan may be availed of after presenting a state of calamity declaration issued by the NDRRMC or local government authorities.

Land Bank is also extending rehabilitation loans to affected farmers and clients, according to the bank's first vice president Emily Tamayo.

The loans will come from the Calamity Rehabilitation Support Program (CARES), the bank's flagship calamity aid program.

Farmers and small businessmen affected by the typhoon may also avail of loan restructuring assistance from PhilGuarantee.

DILG chief orders PNP: Go after vandals

BY KRISTINE JOY PATAG

Interior and Local Government Secretary Eduardo Año on Wednesday directed the Philippine National Police to go after vandals for disregarding the law and defacing government properties.

Año gave the order as he asserted that the arrest of four members of Panday Sining—including a minor—for painting over an LRT post last Bonifacio Day is "just and lawful."

The Department of the Interior and Local Government chief pointed out that the authorities already gave the group a warning when it painted Lagusnidad overpass last month, but the group went on with their protest art in different places in Manila.



Detail of protest art posted by SAKA (Sama-samang Artista para sa Kilusang Agraryo)

"Instead of stopping, they went on defacing their surroundings. They are not listening to the authorities. This is too much. Enough," Año said in Filipino.

Police in civilian clothes arrested the four members

of Panday Sining last Saturday. There were reports that that the activists were manhandled during the arrest, with "at least one was kicked in the chest during the process of arrest."

Continued on page 2

VETERANO DAY



Photo by Dale Esperante

On November 9, 2019, Magellan Hall on Gerber Road in Sacramento became the meeting place again for the college students and the veterans. Sacramento State University's Kappa Psi Epsilon (KPsiE) brought cheer, dinner, chorus, and gifts to host another fun-filled day for the Veteranos.

Everyone deserves a family like yours
BECOME A MENTOR

California MENTOR Family Health Agency

Ask about our Referral Program!

California MENTOR is seeking loving families with a spare bedroom to support adults with special needs.

Receive ongoing support and \$1,075-\$3,820 a month to help cover the cost of care.

Call Olivia Today!
916.383.9785 ext. 17
www.MentorsWanted.com

The Law Office of
ALEX BRAVO
PERSONAL INJURY & IMMIGRATION SERVICES
Tel. 916-684-4432
Fax 916-684-9332
2230 Longport Ct., Ste. 100 Elk Grove, CA 95758

Law Office of
Michael P. Karr & Associates
1275 Halyard Drive, Suite 200
West Sacramento, CA 95691
916.443.2595 Fax 916.443.2515
MkarrAssoc.com
Helping people with their Immigration needs since 1991

EAST LAWN
EST. 1904

Daniel Lam
Unit Sales Manager
Cell: 916-895-6878
FDR Lic# 4255
Cemetery Lic# 54336
CA Insurance Lic# 0M10574
9189 E. Stockton Blvd.
Elk Grove, CA 95624

Heavenly Food Creations
"A Full Catering Service"
Tel. 916.690.4513
www.heavenlyfoodcreations.info
heavenlyfoodcreations1@hotmail.com

Five D's Arts, LLC
Custom Screenprinting & Design
Photography & Fine Arts
916.835.1450 916.708.3462
dave@fivedsarts.com

Come Dance With Us!
RIZE ALL
ARTS CENTER

2232 Longport Ct. Ste. 120 Elk Grove, CA 95758
916.538.3255 or Dance@RizeAll.com

Killing Bonifacio, 'Killing Patton'

BY RAMON FAROLAN

Last Saturday, Nov. 30, was the 156th birth anniversary of Andres Bonifacio, better known as the "Father of the Katipunan," the secret society that brought about the Philippine Revolution against Spain in 1896.



Andres Bonifacio



Gen. George Patton

interested in holding onto anything except the enemy's balls. We are going to twist his balls and kick the living shit out of him all of the time."

Considered the best US Army field commander in the European theater of operations during World War II, Patton was the one most feared by the Germans.

Throughout the course of the war, he made many enemies in part because of his brusque manner and outspoken nature. On two occasions, he slapped soldiers during hospital visits, suspecting them of malingering and cowardice. In December 1945, just a few days before he was to return to the United States, he died in a mysterious car collision in Mannheim, Germany, near the town of Heidelberg. In their book "Killing Patton," Bill O'Reilly, anchor of "The O'Reilly Factor," once the highest-rated cable news show in the United States, and author of several No. 1 best-selling books, and Martin Dugard, another best-selling author of history books, narrated how Patton's limousine was hit by a US Army truck going in the opposite direction. Patton was rushed to the US Army 130th Station Hospital at Heidelberg where he expired 12 days later.

The driver of the truck, Sgt. Robert Thompson, was not punished and vanished without a trace. No criminal charges were filed. The official accident report was lost. More than 30 years after Patton's death, OSS agent Douglas Bazata revealed that he was part of a hit team waiting to assassinate Patton. Many did not believe his story but he was a highly decorated officer.

The authors concluded that Patton's death should be reexamined by American military investigators. It has not happened.

by firing squad at the Luneta. The firing squad was composed of Filipino riflemen under a Spanish captain. For Bonifacio, we remember him on his birth date, Nov. 30, 1863. Perhaps, it is best this way. His death is a painful reminder of our continuing weakness as a people, unable to go beyond tribal concerns and uniting for the common cause. Some sources say Bonifacio and his brother Procopio were executed by Maj. Lazaro Makapagal and his men on orders of the Aguinaldo Council of War headed by Mariano Noriel. Prior to their execution, Bonifacio had been arrested by Col. Agapito Bonzon and tried before a military court in Limbon, Cavite, where he was adjudged a traitor who conspired to overthrow the revolutionary government.

Filipino riflemen shot Rizal on orders of Spanish officials. Filipino soldiers executed Bonifacio on orders of fellow Filipinos. Filipino soldiers killed Gen. Antonio Luna whom an adversary considered as "the only general in the revolutionary army." When Filipinos stop killing Filipinos, only then would we be able to make meaningful progress as a nation.

In a pep talk with the men of the US Third Army just before the Normandy landings in June 1944, Gen. George S. Patton Jr. told his soldiers: "I don't want any messages saying, 'I am holding my position.' We are not holding a goddamn thing. We are advancing constantly and we are not in-

"Supremo — The Story of Andres Bonifacio" by Sylvia Mendez Ventura, provides us with a picture of his short career from birth in Tondo, Manila, to his death at age 34 in the mountain ranges of Maragondon, Cavite. His father Santiago Bonifacio, was a tailor and a minor municipal employee who was classified as an "indio" while his mother Catalina de Castro was listed as a "Spanish mestiza." Nov. 30, his birth date, is also the feast day of St. Andrew, so Bonifacio was baptized with the name Andres, the patron saint of Manila.

Bonifacio had, at best, a second-year high school education but reports say that he was "astute and intelligent and spoke Tagalog fluently." Although his readings were limited to a few books, he possessed a vision of freedom and liberty for his people. Together with like-minded friends, Ladislao Diwa and Teodoro Plata, the three formed a secret society known as the Katipunan with the ultimate objective of separation from Spain. The Katipunan had two major factions, Magdiwang and Magdalo, and at the Tejeros Convention in March 1897, Emilio Aguinaldo was voted president of the revolutionary government. This was resented by Bonifacio who stormed out of the conference with his supporters.

There are only two individuals who we honor by setting aside as a national holiday either the day of their birth or the day of their death. In the case of Jose Rizal, it is Dec. 30, 1896, the day he was executed

Arroyo should be in jail, account for EJKs during her term

We strongly condemn the decision of the Office of the Ombudsman to dismiss the last plunder complaint against former president Gloria Macapagal Arroyo and officials of the Philippine Charity Sweepstakes Office (PCSO) over the alleged misuse of P73 million of the PCSO's intelligence funds. The junking of the charges of plunder, malversation of public funds and graft against Arroyo came down while the Filipinos were busy watching the Southeast Asian Games and monitoring Typhoon "Tisoy." But we should not let a sports event or a severe weather condition divert our attention from national issues that affect us all.

Let us not forget, President Duterte offered pardon to Arroyo before the Supreme Court acquitted the latter of plunder charges in 2016. The former president, on the other hand, thanked Mr. Duterte for the high court's decision dismissing the plunder raps filed against her. It's no wonder that the Ombudsman recently junked that last plunder charges against Arroyo, and it's impossible not to think that Mr. Duterte had a hand in the decision. Evidently, the current administration has failed to give justice to the Filipino people and punish public officials who plundered the nation. Like Mr. Duterte, Arroyo should also be held accountable for imposing a fascist reign of terror through her counterinsurgency programs Oplan Bantay Laya 1 and 2. The human rights group Karapatan has documented 1,206 victims of extrajudicial killings (EJKs), and thousands of illegal arrests and other rights abuses, under these programs. And as we commemo-



Gloria Macapagal Arroyo

rated last Tuesday the International Day of Solidarity with Political Prisoners, we likewise condemn the special treatment given to known plunderers and human rights violators like the Arroyos and Marcoses, who enjoy freedom and comfort while hundreds of political prisoners are languishing in inhumane conditions in jail under the Duterte administration. We also call for the immediate release of Jaime "Diego" Padilla, the 72-year-old spokesperson of the New People's Army-Southern Tagalog, who was illegally arrested while seeking medical attention, in compliance with the Comprehensive Agreement on the Respect for Human Rights and International Humanitarian Law and the 1949 Geneva Conventions, which state that those hors de combat (outside the fight) should be treated with humanity. Furthermore, Padilla is protected by the Joint Agreement on Safety and Immunity Guidelines, or Jasig in his role as a peace consultant for the National Democratic Front of the Philippines. Jail the plunderers! Release all the political prisoners!
@inquirerdotnet



Editor's Note

I cannot help but notice our community project organizers, especially the organizers from our Filipino-American community in Sacramento. Their leadership traits are nothing but endearing. Besides executing project as volunteers, they do them outside of their own life conditions and situations. They could be afflicted with personal illnesses or busy with their own family schedules, but they continue to exhibit excitement and joy in their faces doing volunteer works in our community.

Such is the Bayanihan of Sacramento, USA in another successful Christmas concert that occurred just this past weekend, under the leadership of Dr. Tony and Remy Solomon. We admire them for their leadership and commitment in hosting this annual event, bringing together friends and acquaintances in a musical concert, to entertain guests of all ages during this holiday season in our Fil-Am community. We wish them both good health and more power in their endeavors, and in fulfilling their mission for our community.

On a similar note, congratulations to the newly elected Filipino Community of Sacramento and Vicinity (FCSV) slate of officers, with their installation night to be held at Jose Rizal Community Center in Sacramento, on December 21. Also on Dec 14 and 15 is the Sinag-Tala Filipino Theater and Performing Arts' (SFTPA) Christmas concert at Luther Burbank High School.

The City of Elk Grove will be hosting an all-day, first holiday event, the Illumination Holiday Festival, on December 7, which includes a fun run, tree lighting, and an evening festival. Join us in our Filipino community booth to see displays of parols and join in the Christmas carols. Lastly, Rize All Dance Center's Recital is on Sunday, December 8, at the Cosumnes Performing Arts Center in Elk Grove. In behalf of Philippine Fiesta news and its contributors, we wish everyone peace, love, and joy this holiday season.

Happy Holidays,
Dinnah San Pedro

DILG chief orders PNP: Go after vandals

From page 1

Vandalism is prohibited in the City of Manila under Ordinance No. 7971, which penalizes any person who defaces public and private property.

Panday Sining said the protest was done in the context of "de facto martial law" and the government's operations against legal activist groups in its "whole of nation approach" against communist rebels.

"Protest art in the time of narrowing space for free and critical thinking is not only just but necessary," it added.

Panday Sining and other artists groups called for the release of the four.

Año stressed that while the

government "respects their groups' freedom of expression, such as freedom is bounded by rules and regulations in order to ensure law and order."

"Don't make Metro Manila a big drawing board or canvass. There are a lot of ways to express your insights and your incessant painting over the walls of Manila is not included in them," Año also said.

DILG Undersecretary Jonathan Malaya, the agency's spokesperson, also said that the public is also "fed up" with the group's "antics."

"Discipline first before complaining and protesting," he said in Filipino.

Duterte won't pay P7-B compensation to Manila Water

BY DARRYL JOHN ESGUERRA

Manila, Philippines—President Rodrigo Duterte will not pay the P7.39-billion compensation the government was required to pay Manila Water Co. over a recent decision of the Singapore arbitration court.



President Rodrigo Duterte

“Hindi ako magbayad ng P7 billion, letse ka. Pakain ko ‘yung pera sa kanila [I won’t pay the P7 billion, you idiot. I’ll make them eat the money],” Duterte said Thursday during a situation briefing on Typhoon Tisoy’s onslaught in Legazpi, Albay.

The Permanent Court of Arbitration in Singapore earlier ordered the Philippine government to pay the Ayala family-owned Manila Water P7.39 billion to compensate it for losses suffered between June 2015 to November 2019 for the non-implementation of water rate hikes.

Last year, the government was also ordered to pay the Manny Pangilinan-led Maynilad P3.4 billion by the same Singaporean court due to the Philippines’ refusal to allow it to increase prices from 2013 to 2017.

According to Duterte, owners of the two biggest water utilities in the country milked billions from the government and the people over their disadvantageous water contract with the state.

Maynilad and Manila Water distribute water in

Metro Manila and nearby provinces under agreements signed with the Metropolitan Waterworks and Sewerage System (MWSS) during the Ramos administration in 1997.



Distribute water in Metro Manila

But a Department of Justice (DOJ) review found out that a dozen of “onerous” provisions were stipulated in the deal.

The President vowed to go after those behind the contract, including the powerful businessmen behind the two firms, whom he accused of “economic plunder.”

“This is a classic case of

economic plunder. Wala lang nakasilip nito [No one was able to look into this],” he said.

Earlier, Duterte’s spokesman and legal counsel Salvador Panelo said the government is not inclined to pay billions of pesos to the two water concessionaires despite the order from the Singapore-based arbitration court.

Both Manila Water and Maynilad have already expressed openness to sit down with the government and find a “workable solution” on the arbitral award.

But according to Justice Secretary Menardo Guevarra, Duterte is not interested to settle the arbitral award.

“The President is not interested to talk about any settlement of the arbitral award. What he wants is a new deal altogether, so that this situation will not arise again in the future,” Guevarra told reporters in a text message.

Cayetano: Senate, Drilon to be blamed for SEA Games mess

BY DAPHNE GALVEZ

Manila, Philippines — House Speaker Alan Peter Cayetano concurs with another lawmaker that the mishaps being experienced in the country’s hosting of the 30th Southeast Asian (SEA) Games was a result of the delay in the approval of its 2019 budget.

Cayetano echoed House Deputy Speaker Mikee Romero’s earlier statement that the Senate, including Senate Minority Leader Franklin Drilon, is “partly to blame” for the delayed budget approval.

Cayetano pointed out that Drilon was the one who moved to cut the budget for the SEA Games and have it transferred to the Philippine Sports Commission (PSC).

“It was Senator Drilon who moved the budget of the SEA Games to the PSC and it was Senator Drilon who proposed cutting it by 33%...” Cayetano said on Monday, addressing military officers.

“Pero siya ‘yung naglelead ng criticism. Siyempre nandoon ako sa Senate, alangan namang magbas-tusan kami. Nake-kwento ko lang yan in context na we need better communication,” he added.

(But he’s the one who’s leading the criticism. Of course I was in the Senate and I don’t want to be rude. I am just saying this in the context that we need better communication.)

Drilon earlier slammed



House Speaker Alan Peter Cayetano

Romero’s accusations as an “insult” to the leadership of the Senate and said the party-list lawmaker’s claims were “misplaced” and “baseless.”

He also said that the delay in the 2019 budget approval was due to unconstitutional insertions made by House members “in the budget to the tune of P95.3 billion worth of pork barrel funds.”

“To refresh Mr. Romero’s memory, had it not been for the solution or compromise that I proposed, which enabled Senate President Vicente Sotto to sign and send the 2019 budget to Malacañang, we would not have resolved the 2019 budget impasse and we would have continued on a reenacted budget,” Drilon said in a statement.

The issues surrounding the SEA Games were highlighted after national football teams from four countries complained of getting messy receptions upon their arrival in Manila this weekend.

Players from Timor-Leste and Myanmar had to wait for hours at the airport when they arrived in Manila.

It also took several hours for Thailand’s football players before they could exit the airport due to problems with securing their IDs and the accreditation of their support staff.

Meanwhile, members of the Cambodia team were seen sleeping on the floor and on chairs at a hotel’s conference room in photos that circulated in social media.



Fabiola Vera, Legal Assistant
Estefania Aceves, Legal Assistant
Michael P. Karr, Attorney

Lizbeth A. Galdamez, Attorney
Yesenia Silva, Legal Assistant
Anna Agoncillio, Legal Assistant

Law Office of Michael P. Karr & Associates

1275 Halyard Drive, Suite 200 West Sacramento, CA 95691

916.443.2595 Fax 916.443.2515

MkarrAssoc.com

Helping people with their Immigration needs since 1991

Adjustment of Status
Family Visa Petitions
Citizenship
V-Visas
Fiance Visas

Deportation Defense
Hardship Waivers
Battered Spouse Petitions
Asylum
Work Permits

Labor Certification/Immigrant worker Visas
World-Wide Visa Processing
Appeal to Board of immigration Appeals
Ninth Circuit Court of Appeals
Consultations on Criminal Defense of Aliens

Speak Spanish, English, Tagalog and Cebuano

Call now for an initial consultation!

Pinoys' trust in China falls from 'poor' to 'bad' in September: SWS poll

BY ROSE CARMELLE LACUATA

Filipinos' trust in China has fallen to a new low, according to a recent Social Weather Stations poll.

The September 27 to 30 survey of 1,800 adults showed that 54 percent of Filipinos had little trust in China, while 21 percent said they had much trust in China.

This resulted in "poor" net trust of -33, down by 9 points from the "bad" -24 in June 2019.

September's net trust rating is the lowest since June 2018's "bad" -35 rating.

According to SWS, net trust in China has been positive in only 9 out of 51 surveys since the first survey on the East Asian country in August 1994.

The highest net trust rating for China was a "moderate" +17 in June 2010, while the lowest was a "bad" -46 in

September 2015.

The rating comes amid warming ties between the Philippine and Chinese governments despite unresolved disputes over the resource-rich South China Sea.

In June, a Chinese ship rammed and sank a Filipino fishing boat near Recto (Reed) Bank in the West Philippine Sea, the country's exclusive economic zone in the South China Sea. The Chinese vessel abandoned 22 Filipino fishermen, who were later rescued by a Vietnamese vessel.

In August, Chinese President Xi Jinping rejected the Philippines' July 2016 arbitral victory before a United Nations-backed tribunal, which invalidated Beijing's sweeping nine-dash line claim over nearly all of the disputed waters. This after President Rodrigo Duterte raised the ruling for the first time with the Chinese leader



during their meeting in Beijing.

As relations between Manila and Beijing improved, there has been an influx of Chinese nationals in the Philippines, including workers in Philippine offshore gaming operators. China has also offered various loans to the Philippines, including infrastructure funding.

PINOYS TRUST US MORE

The same survey found that

80 percent of Filipinos had much trust in the US, the Philippines' treaty ally, with 8 percent having little trust, resulting in a net trust rating of +72.

The US has maintained its "excellent" rating from +73 in June 2019.

SWS said net trust in the US has been positive since the first survey in December 1994, with results ranging from a "moderate" +18 in May 2005 to an "excellent" +82 in December 2013.

Meanwhile, the survey also showed that Australia and Japan maintained their "very good" net trust rating at +37 and +35, respectively.

Net trust rating for Singapore stayed "moderate" at +26, while net trust for Vietnam fell to a "neutral" zero from a "moderate" +13 in December 2017.

The survey asked respondents about how much they trust select countries: China, US, Japan, Australia, Singapore and Vietnam.

The September survey had sampling error margins of ±2.3 percent for national percentages, ±4 percent each for Balance Luzon and Mindanao, and ±6 percent each for Metro Manila and

the Visayas.

'NOT SURPRISED'

The Palace, in a statement released Thursday, said it was not surprised that China was polled as the least trusted country among Filipinos.

The survey was "foreseeable" and "understandable" because of the maritime dispute between China and the Philippines in the West Philippine Sea, presidential spokesperson Salvador Panelo said.

"It is in our belief, however, that China, like any other country, will be eventually appreciated by the Filipinos by reason of the President's independent foreign policy which has resulted in significant benefits favorable to the Philippines," he said. He added, "China could even become a role model of the Philippines in reducing, if not totally eradicating, poverty."

New Army chief named

BY JAIME LAUDE

MANILA, Philippines — The Philippine Army (PA) will have a new commander following President Duterte's designation of incumbent Lucena City-based Southern Luzon Command (Solcom) commander Lt. Gen. Gilbert Gapay to lead the country's main fighting force, replacing Lt. Gen. Macario Alberto, who is retiring tomorrow.

Described by his peers and men as a cool and well-rounded officer, Gapay is the valedictorian of Philippine Military Academy (PMA) "Sinagtala" class of 1986, the same class of

former Philippine National Police (PNP) chief and incumbent Sen. Ronald dela Rosa.

Solcom chief of civil-military operations Col. Ronaldo Dumawa said Gapay would take over the leadership of the 97,000-strong PA from Alberto in a turnover ceremony scheduled tomorrow.

Prior to his designation as the incoming Army chief, Gapay headed various army units following his graduation from the PMA. These assignments include being the commander of the 2nd Mechanized Infantry Brigade in Iligan City, deputy commander of the Davao City-based Eastern Mind-



Gen. Gilbert Gapay

anao Command and spokesman of martial law in Mindanao prior to his designation in Solcom.

Gapay also conceptualized a thorough civil-military campaign aimed at addressing the country's decades-old insurgency problem.

"The Armed Forces of the Philippines (AFP) Campaign Plan 'Oplan Bayanihan' was anchored on Gen. Gapay's concept on how to effectively address the insurgency problem," Dumawa said.

As Solcom commander, Gapay also created the regional task force — the first in the AFP — aimed at ending the insurgency, an action used as basis by Duterte in issuing Executive Order 70 that established the National Task Force to End Local Communist Armed Conflict (NTF-ELCAC).

As incoming Army chief, Gapay, known for his bril-

liance in field administration and operations, is expected to make things easier for every member of the Army.

"He makes complicated things easy for everybody. Actually, he is a cool officer," a junior officer said.

Sources said a number of senior officers have been shortlisted to be Gapay's re-

placement as Solcom commander. The key contenders include Maj. Gen. Arnulfo Burgos, the commander of the Tanay-based 2nd Infantry Division, and Maj. Gen. Antonio Parlade Jr., the AFP deputy chief-of-staff for Civil-Military Operations (J7) and a key figure in the NTF-ELCAC.

Time to Re-roof

Best Service! Best Price!

CAPITOL ROOFING COMPANY



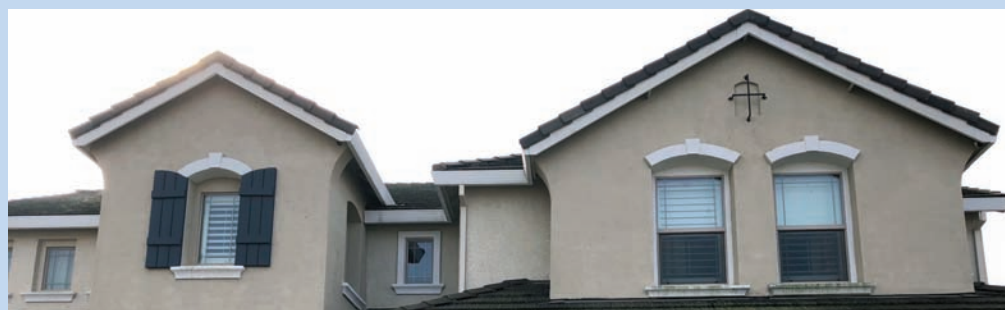
We do all types of roofing.

Joseph E. Stayner
(President)

License No. C39-794669

6205 48th Avenue
Sacramento, CA 95828

CALL TODAY FOR YOUR FREE ESTIMATE!
Tel. 916.381.2863 Fax 916.381.7557



Looking Back

BY GABRIEL ORTIGIZA

“Dear children, let us not love with words or speech but with actions and in truth.” - 1 John 3:18

The devastation brought by series of powerful earthquakes to my hometown in Southern Philippines made me think of helping out my folks recover from the crumbles. Magnitude 6.6, 7, and 6.5 jolted my province of North Cotabato in the last two weeks of October 2019. Hundreds of aftershocks followed and are expected to last until Christmas.

Disaster victims are in dire need of basic commodities like food, water, shelter, and clothings. Being thousands of miles away from my hometown made me think I'm helpless and cannot physically help my fellows whose houses were damaged and some were even covered by boulders and soil during the earthquake. Then I remembered I have a small water business in my town of Mlang and I thought of sourcing it to donate mineral and purified drinking water to the evacuees in my province as water supply in the provincial capitol city of Kidapawan was damaged by a landslide caused by intensity 7 earthquake tectonic in origin.

Upon talking to my elderly parents (father, 91, mother, 85) who are by themselves in our ancestral house in Mlang I noticed their fear of the earthquake that shakes the house almost everyday. The earthquake damaged concrete portions of our house. This is a safety issue so I decided to go home so I filed a 10-day emergency leave from work to see my parents and to help out.

On my way to Cotabato province particularly in the boundary of Davao Del Sur and Cotabato the sight was heartbreaking as I saw hundreds of evacuees in and outside their “Tarapal Tents” (makeshift tents) lining the national highway from Mt. Carmel in Kinuskusan, Bansalan, Davao Del Sur down to Philippine Boy Scout Jamboree Camp in Bulatukan and in the succeeding public schools in Cotabato Province.

Travelers driving the route Davao-Cotabato high way gave packages of food and clothes to evacuees, including bystanders who were

just curious to see passers-by doling-out stuffs.

So far, Makilala has the most number of evacuees and has major devastation in terms of landslides, damaged infrastructures like road networks and buildings. Public works personnel were seen along the highways performing survey, filling cracked roads with sand and asphalt.

While driving home, my water refilling station manager told me a guy from Kidapawan came to our store in Mlang to buy purified water. We sell a 5-gallon bottle of mineral water at twenty pesos (P20). This guy sold the water to quake victims in the city at fifty pesos (P50) per bottle. That is 150% jack up from the price he bought. Too bad. Some people are so selfish to take advantage of the situation. Somebody reported this guy to DTI (Department of Trade and Industry), a government regulatory agency. DTI personnel went to this person, chastised and mug shots were taken.

In my one week stint in my province, my team distributed relief goods to the victims of Mindanao Quake in the towns of Mlang, Tulunan, Makilala, and Kidapawan City.

Lepaga, a village in Mlang, is one of the damaged villages of the town. An area in the village, where an earthquake fault was identified, cracked open and considered danger zone by government volcanology bureau. Locals of said village were evacuated to a safer place to temporarily stay. My team and I distributed relief goods to the evacuees of this village.

New Ezperanza is another village in Mlang where IP (Indigenous People) is mostly affected by mountain landslides. My team and I distributed relief goods to the evacuees of this village.

Tulunan is the epicenter of the week-long trembler that caused damages to infrastructures. The local government of Tulunan was so far the most organized LGU in terms of disaster management. It provides local guides to disaster relief donors in going to places where the goods are distributed.

Our guides in Tulunan were two (male and female) grade



8 students from Tulunan National High School. According to our male guide, during the first of the three major quakes in the 3rd week of October, he was taking course quiz at the 3rd floor of the school building when he felt the building was swinging side to side then the quake made the building floor bounced hard. Some high schoolers got dizzy and 32 students fainted as a result of that 6.6 intensity quake. They were then guided to go down the building and proceeded to the open field of the school. Based on our guides' account, they are taking quiz on Monday, November 11 when classes resume as they were unable to finish the quiz when the quake happened. My team and I distributed relief goods to the evacuees of this LGU.

Makilala is the most challenging area for relief distribution as we have to climb up and down the hills just to reach evacuation centers.

Several landslides happened in this town during the weeklong earthquake. My team and I distributed relief goods to the evacuees of this town.

Kidapawan City is the capital town of Cotabato Province. This is where big buildings collapsed during the earthquakes.

Eva Hotel is one of the structures that incurred major damage. My team distributed drinking water to earthquake victims in this local government unit.

Overall, recovery seems to take a longer period as the region experiences aftershocks at higher magnitude of 3 to 4. I experienced two aftershocks on my short stint of one week in Mlang.

my Kamalig Team, SBC High School class of 1987, CPUAACC, my sister Sadie, Col. Ela Gemma Jimeno and former army nurse Glo Oropesa who sent financial support to victims of the Mindanao Earthquake. Also to my wife's cousin Ronda Mananquil who offered me to park my car for 9 days in her house near San Fran-

People are tired of earthquake and they need our prayers.

Lastly, I would like to take this opportunity to thank

cisco International Airport in which I saved \$350 parking fee should I park at SFO Terminal for \$35 per day. The money I'm supposed to pay for parking fee was used to buy bags of rice, can goods, and food items for earthquake victims.

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” - Matthew 25:40

Again, thank you all for Investing in kindness. God will reward you thousand-fold.

Philippine Fiesta

916) 708-3462 (916) 835-1450 (916) 215-7077
 E-mail: philippinefiesta@fivedsarts.com Website: philippinefiesta.net
 Five D's Arts, LLC (Publisher) Web Designer: Rees Retuta

Managing Editor: Dinnah S. San Pedro
 Editorial Assistant: Dane San Pedro
 Layout and Design: Dave San Pedro
 Photographer: Dave San Pedro

CONTRIBUTORS
 Carleton Enloe Faina Abaya R. Carado Dizon Nancy Bautista Cynthia G. Garcia
 Sarah T. Enloe Jose Abaya, Jr. Gabriel Ortigoza Perry Diaz Dale Esperante

Subscribe to Philippine Fiesta Newspaper and receive by U.S. mail, 12 issues of a true Filipino-American community newspaper for only \$20.00 a year.

Name: _____
 Address: _____
 Home Phone: _____ Cell: _____
 Email: _____

Make check payable to Five D's Arts and mail payment to 2745 Elk Grove Blvd #270, Elk Grove, CA 95758 or charge to VISA/Mastercard No. _____
 Signature: _____ Exp. Date: _____

PerryScope
By PERRY DIAZ

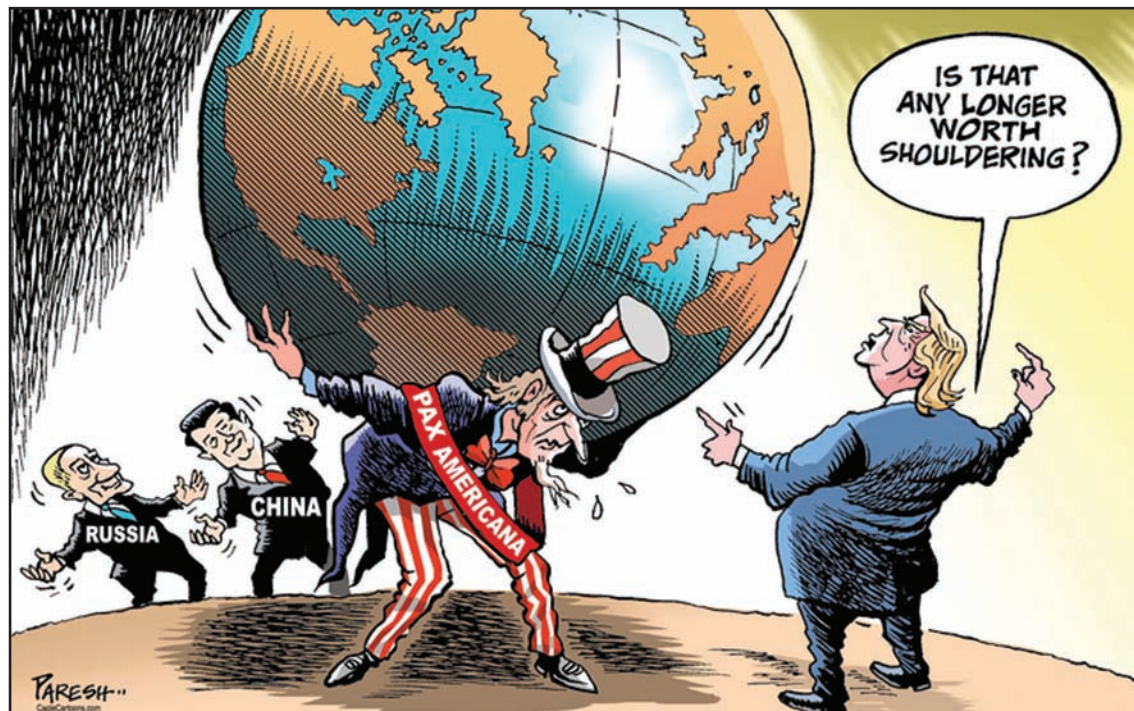
When the Soviet Union collapsed in 1989, the Cold War ended too. Vladimir Putin was then a colonel in the KGB, the Soviet Union's spy agency. He was stationed in East Germany, which then dissolved and reunified with West Germany. In April 2005, Putin told the Russian parliament: "First and foremost it is worth acknowledging that the demise of the Soviet Union was the greatest geopolitical catastrophe of the century. As for the Russian people, it became a genuine tragedy. Tens of millions of our fellow citizens and countrymen found themselves beyond the fringes of Russian territory."

After the Cold War, the U.S. became the sole superpower. America had her way – the undisputed master of the world. However, Russia kept her nuclear arsenal to keep America at bay. But then president George W. Bush gave Putin, the new president of Russia, a pass. And while the detente was going on, Putin slowly rebuilt Russia's military strength.

Ukraine crisis

In 2014, Russian forces invaded Ukraine and waged a bloody war against Ukrainian forces in the Donbas region of eastern Ukraine. Russia also sent special forces to the Ukrainian peninsula of Crimea. The pro-Russian Crimeans organized an illegitimate referendum to join Russia. In March 2014, Russia formally annexed Crimea, which was denounced by the U.S. and her NATO allies. However, NATO did not do anything to prevent Russia's annexation of Crimea. The U.S. imposed economic sanctions against Russia but beyond that did nothing to reverse the situation in Ukraine.

In retrospect, many blamed then president Barack Obama for allowing Russia's takeover of Crimea. But what could Obama and his NATO allies have done otherwise? Invade Crimea or send NATO forces to east Ukraine? Ukraine's president Petro Poroshenko went to the U.S. and pleaded Obama to send weapons to Ukraine but Obama did not respond. Instead the U.S. sent \$53 million worth of non-lethal aid such as counter-mortar detection units, body armor, binoculars, small boats,



Is Pax Americana coming to an end?

blankets and other gear for Ukraine's security forces and border guards. In a speech to the U.S. Congress, Poroshenko said, "Please understand me correctly. Blankets, night-vision goggles are also important. But one cannot win the war with blankets." He added: "Even more, we cannot keep the peace with a blanket." Drawing cheers from the lawmakers who want to arm the former Soviet state, Poroshenko declared his forces "need more military equipment, both lethal and non-lethal, urgently need."

Enter Trump and Zelensky

Five years later, President Donald Trump and his Ukrainian counterpart Volodymyr Zelensky got embroiled in scandal that threatened Trump with impeachment. At issue is the nearly \$400 million in security aid that the U.S. Congress has approved for Ukraine. However, Trump ordered the aid withheld until certain conditions are met.

Twelve government witnesses have testified that the security assistance, and a promised Zelensky visit to the White House, were held hostage to a demand for a public pledge by Zelensky that Ukraine would investigate 2020 Democratic presidential challenger Joe Biden and his son Hunter. The controversial arrangement has become to be known as the quid pro quo deal, which according to the Democrats on the House impeachment inquiry hearing, was tantamount to bribery and extortion, which are impeachable offenses. The House committee on impeachment inquiry had just finished its public hearing.

The war in Ukraine and the scandal involving Trump is taking a heavy toll on him and his presiden-



cy. It seems that his mishaps and miscalculations have diminished America's geopolitical standing vis a vis Russia, China, South Korea, North Korea, Turkey, Syria, Iran, NATO and others.

Leading the pack is Russia who has in the past two years gained substantial influence in world affairs. Vladimir Putin, the foxy Russian master spy has outsmarted Trump every which way Trump goes. Putin is now the dominant force in the Middle East, winning to his side Turkey, Syria, Iran. After Trump withdrew American forces from Syria, ISIS is growing with at least 50,000 armed men in Syria and Iraq. Russia filled the void created by Trump's retrenchment in Syria. Russian tanks have taken over the territory abandoned by the Americans. Now, they're patrolling a huge slice of the Turkey-Syria border. Russia is now the preeminent power in the Middle East. And she did it without firing a single shot.

Trade war

Trump is also waging a trade war with China. As a result, U.S. agriculture is suffering from low exports. Trump has to bail the farmers to the tune of \$28 billion and counting. It is not fully offsetting the loss of Chinese purchases and markets for U.S. soybeans, pork, and other agricultural products.

U.S. manufacturing fell deeper into a contraction or technical reces-

sion in the first six months of the year, and it appears to be getting worse, which could spill over into the rest of the U.S. economy.

Korean Peninsula

Meanwhile, all is not well on the Korean Peninsula. The 66-year old U.S.-South Korea alliance is eroding. When Trump increased the defense burden-sharing cost for stationing 28,500 U.S. forces in South Korea to \$5 billion a year, an increase of 500% over last year's cost, it alarmed the South Koreans.

South Korea isn't happy by Trump's exorbitant charges. If Trump doesn't change the amount, it could lead to withdrawal of U.S. forces in the peninsula at a time when North Korea nuclear threat is increasing. And there is no indication that North Korea's leader Kim Jong-un would dismantle his nuclear warheads.

The question is: If U.S. forces withdraw from South Korea, what is going to happen to the 50,000 U.S. forces in Japan? Will Trump ask Japan to pay for the stationing of American personnel in Japan, which is quite substantial?

Withdrawal from South Korea and Japan amounts to the U.S. effectively abandoning Asia. Which makes one wonder: What will Japan do to protect her territory from Chinese threat? Well, Japan has an ace up her sleeves: Rokkasho Nuclear Fuel Reprocessing Facility has an annual capacity of 800 tons of uranium and 8 tons of plutonium, which are produced by reprocessing spent nuclear fuel. Although reprocessing spent nuclear fuel for civilian nuclear plants, is the primary goal, they can also provide the essential fissile ma-

terial for nuclear weapons. And surely, Japan is keenly aware of this capability, which she can do to provide her own nuclear umbrella in the event that the U.S. decides to withdraw from Asia.

Cuban missile crisis redux

Last February, a repeat of the 1962 Cuban missile crisis was imminent when Putin said that Russia is militarily ready for a Cuban Missile-style crisis if the U.S. wanted one and threatened to place hypersonic nuclear missiles on ships or submarines near U.S. territorial waters.

The Cuban Missile Crisis erupted in 1962 when Moscow responded to a U.S. missile deployment in Turkey by sending ballistic missiles to Cuba, sparking a standoff that brought the world to the brink of nuclear war. Half century later, tensions are rising again over fears that the U.S. might deploy intermediate-range nuclear missiles in Europe.

The crux of the matter is the Intermediate-range Nuclear Forces (INF) Treaty, which both sides are accusing the other of violating.

The INF pact bans Russia and the U.S. from stationing short- and intermediate-range land-based missiles in Europe. Washington announced on Feb. 1 it will withdraw from the treaty in six months unless Moscow ends its alleged violations.

Putin said he does not want an arms race but would have no choice but to act if Washington deployed new missiles in Europe, some of which he says could strike Moscow within 10 to 12 minutes.

Putin said Russia could strike the U.S. faster than U.S. missiles deployed in Europe could hit Moscow because the flight time would be shorter.

Obviously, Putin was bluffing. However, Russia does have the capability to strike the U.S. if Trump calls his bluff. For one thing, the U.S. doesn't have intermediate-range missiles; however, she can develop them since the U.S. has the technology.

But the problem is that Trump doesn't have what it takes to confront Putin. Simply put, he's scared of Putin. Trump is a bluffer and he knows that Putin has a better hand to play. With America's allies jumping ship, nobody is left to defend the U.S. in the event of war.

Indeed, America is under siege right now. Is Pax Americana coming to an end?
(PerryDiaz@gmail.com)

My long journey to rehabilitation

PerryScope
By PERRY DIAZ

On March 6, 2019, my life turned upside down. I was on top of the world when on that day. I fell ill and ended up in the hospital due to low blood pressure. I fainted while I was having dialysis treatment and was rushed to emergency room at Kaiser Hospital. I had no recollection of what happened next. But my wife Dolores told me a few days later that I had seven cardiac arrests in one day! I was given Cardio-pulmonary Resuscitation (CPR) seven times in one day. The procedure broke four of my ribs.

They put me on liquid diet and inserted a tracheostomy breathing tube into a hole made in my neck and windpipe. The tube was attached to a ventilator that provided oxygen. I lost the ability to speak. I communicated with the use of pad and pencil.

Bedridden, for the first time in my life I felt helpless and hopeless. I was in and out of sleep. I asked my wife to call my brother Titus and have him come here to keep me company at the hospital. Titus arrived two days later from the Philippines. He stayed for two weeks. But I had no recollection of his visit. Nor do I remember my friends who visited me at the hospital. My mind was lost. All I remembered was my wife visiting me every day. But when night fell, I felt lonely... and frustrated.

A week later, I came down with pneumonia and was transferred to Folsom Mercy Hospital, which has an Intensive Care Unit (ICU). Miraculously, I recovered from pneumonia after a day. I was then moved back to Kaiser Hospital. The doctor said that it usually took two weeks to recover from pneumonia.

My wife gave me a book given by my brother when he visited me. The book was titled, "Healing is a Journey." Authored by Minx Boren, the book was uplifting. I started reading the book and found it helpful in my situation. It talked about hope and acceptance. It says: "Hope is a survival trait. Without it, we lose heart, and without heart, we become susceptible to despair. When we can no longer see any options, we are liable to give in or give up. To

keep hope alive is to hold a positive vision for the future. Yet to be fully present in our own life, we must also be willing to be with what is true in the moment. If we are always waiting when – when I am stronger, pain-free, thinner, healthier, wealthier, married, divorced, hired, retired, etc. – before we can enjoy where we are right now or commit to something we are passionate about or dare to explore something different, then we may never experience newfound joys or reach beyond the status quo."

It was then that I realized to choose what my options were. Either I give up and consign myself to live for the rest of my life bedridden or get on my feet and walk again. I am not going to give up. First, I need to be able to speak again. At the hospital, I availed of the speech therapy given to people who have lost their voices. My happiest moment was when they remove the tracheostomy tube from my throat. I began to talk again.



Rosewood Post-Acute Rehabilitation.



Perry Diaz with family



Perry Diaz with friends, (L to R) Josie and Larry Patria, Carl and Sarah Enloe, Former Ambassador George and wife Caring, Caroline and Francis Kang.

After a month I was discharged from Kaiser Hospital and moved to Vibra Hospital to continue my recovery. After a month at Vibra, I was discharged and admitted to the Rosewood Post-Acute Rehabilitation. When I thought I was on the road to full recovery, I was rushed

to emergency room. My hemoglobin (blood) count decreased to 4.9, way below the acceptable level of 12. I needed blood transfusion. I was given two pints of blood. I was discharged and went back to the rehab center. But my hemoglobin didn't improve much. Once again, I was rushed to the emergency room for another blood transfusion. My blood count improved to 8.4, which was barely enough to keep me out of harm's way. But what caused my blood count to drop? I took several tests and stayed in the hospital for several days. For the next three months, I went through physical therapy and occupational therapy. I was on wheelchair then. Learning how walk again was the biggest challenge during my stay

at Rosewood. I was discharged from Rosewood on September 3, 2019.

But that was not the end of my therapy. It was only the beginning. I continued the therapy at home with the help of home health nurses and therapists. The home health service ended on October 22, 2019. I was able to walk with the aid of a walker. I registered for outpatient physical therapy at Kaiser. I will continue my physical therapy in November. And God willing, I'll be able to walk without the aid of a walker before Christmas.

I never lost hope during my long journey to rehabilitation. My faith in God gave me the strength and determination to overcome the obstacles and challenges in the six months I was in the hospital and rehabilitation center. I never fell into depression.

Power of prayer

Throughout my stay in the hospital and rehab center, the fervent prayers of friends and relatives had miraculously given me a new breadth of life. I truly believe that God extended my stay on Earth. My fate is now in God's hand.

Minx Boren's book was enlightening. It taught me to persevere and never to give up hope. She said hope is a choice. And I chose hope.

She said: "There are thousands of things that can give us hope and just as many things that can take it away. Babies give me hope. Good teachers, good parents, and good citizenship give me hope. Simple acts of kindness and generosity give me hope. Technology gives me hope. There are breakthroughs happening in medicine and alternative energy resources that may one day save our bodies from the worst ravages of diseases and our planet from the more destructive activities of humankind.

"What is clear is that hope needs to be a choice we make again and again. I am aware that the half-full glass only appears to be so when I am disposed to declare it so and live as if it is so. And I am also certain that when I choose hope and lean toward optimism, possibility, and recovery, the great blessing is that healing happens on many levels and happiness shows up in my life in many ways."

Thanks to all who prayed and wished me well. God heard their prayers. I am on my way to full recovery. I plan to have kidney transplant by next year. And I hope that God will give me the strength to undergo the procedure. (PerryDiaz@gmail.com)

All Souls Day

“Alaala Sa Mga Minamahal Na Pumanaw” (Honoring Our Departed Loved Ones)

BY CARLETON & SARAH T. ENLOE

This past November 2, 2019, we were humbled and honored to be a part of a very special religious celebration – All Souls Day held at the newly dedicated Filipino Garden, East Lawn Elk Grove Memorial Park, 9189 East Stockton Boulevard, Elk Grove CA. This is an annual event sponsored by the Filipino Community of Sacramento and Vicinity (FCSV) in collaboration with several other Filipino Community Organizations consisting of American Legion Auxiliary Unit 604; Filipino Family Fraternity (FFF); Filipino Women’s Club (FWC); Ilocano Foundation of CA (IFC); Kapitbahay; Midtown Lions Club; Pacific Rim Heritage Foundation (PRHF); Sinag-tala Filipino Theater and Performing Arts Association (SFTPAA); Aida Azurin; Larry and Josie Patria; Lilia Rivera; and Lourdes Belasco; and hosted by East Lawn Elk Grove Memorial Park and Mortuary, in remembrance of our dearly departed loved

ones. The Mistress of Ceremonies (MC) for this beautiful celebration was District 4-C5 Governor Sarah Enloe, Multiple District 4 California Lions, Lions Clubs International.

This celebration is an old and time-honored part of the Catholic faith. MC Sarah opened the Celebration with Part I of the Program, which was the “Atang”, the traditional Food Offering and Candle Offerings to our deceased loved ones. The Candle Offerings consisted of the guests purchasing candles that were lit in remembrance of their deceased loved ones and placed on a table centrally located in the Pagoda. As is the tradition, the Community and Guests were invited to join in the singing of “Mahiwaga”. Following the song, MC Sarah introduced Lilia Rivera, President of the FFS, and Mel Osborne, East Lawn Memorial Park and Mortuary, who welcomed the guests and briefly explained that East Lawn now has a

new area of 500 plots dedicated in partnership with the FCSV/Pacific Rim Heritage Foundation.

Part II of the Program was the Living Rosary which begin with the Flower Offerings by Erlinda Aglubat; Julie Soo-Hoo; Fe Alvarez; Maria Bahoric; Lourdes Velasco; Estela Rabara; Carol Munar; and Edna Villanueva. Afterwards, Sister Fe Bigwas, RVM Sisters, led the Rosary and St. Paul’s Catholic Church Choir sang the Opening Song. Following the opening song, The Santo Nino Group recited the 1st Decade - The Resurrection of Our Lord; The Legion of Mary Group recited the 2nd Decade - The Ascension of Our Lord; The Divine Mercy Group recited the 3rd Decade - The Descent of the Holy Spirit upon the Apostles; The Families in Christ Jesus Group recited the 4th Decade - The Assumption of the Blessed Virgin Mary into Heaven; and The Siquijorian Fellowship Group recited the 5th and



Final Decade - The Coronation of Our Blessed Virgin Mary. Afterward, St. Paul’s Catholic Church Choir sang the Closing Song.

MC Sarah thanked everyone for participating in the Celebration. She announced that all future All Souls Days’ Celebrations will be celebrated at the Filipino Garden and Statues of Filipino Saints have been ordered. She invited Father Jovito Rata, St. Peter’s – All Hollows Parish, to give the blessing for the food being served during the Reception (Part III). The Reception and Servers were members of the IFC; FCSV; and PRHF, Carol and Melchor Munar, the Caterers of the Reception Luncheon; Ling and Alex Avera; Meding Mangosing; Luz Daclan; Ena Gee; Ebeng Pena; and Mena Domondon.

During and following the Reception, the Entertainment (Part IV) commenced with a number from the Kababayan Band. Afterwards, the Kapitbahay Dancers performed the Puko-Puko Dance number. Then Remy Solomon performed a beautiful musical number, Ako Ay Filipino. Cleo Sabarner performed a Muslim Dance. Then the D’Dream-



the winners of the door prizes.

We would like to extend our heartfelt thanks and appreciation to East Lawn Memorial Park and Mortuary (especially Mel Osborne and Daniel Lam); to all our Sponsors; to the Religious Groups who participated in the Living Rosary; to St. Paul’s Choir; to our door prize donors; to our entertainers; and everybody who made this special celebration a huge success.



EAST LAWN
MEMORIAL PARKS • MORTUARIES
CREMATION • PREPLANNING

Filipino Garden

East Lawn now has a new area of 500 plots dedicated to the Filipino community in partnership with the Pacific Rim Heritage Foundation.

- Natural water front properties
- Close access to the Vista Point Pavilion
- Filipino events such as All Saints Day and All Souls Day
- Saint statue inside the garden
- Best Feng Shui spaces (All East Facing)
- Space starting at *\$6,989
- 6 year no interest payment plan

Free Lunch Seminar August 31st 2019, 11:00 AM

East Lawn, Elk Grove
9189 E Stockton Blvd
Elk Grove, CA 95624

Contact Daniel Lam
Phone: 916-895-6878
Email: DanielL@eastlawn.com

*\$6989 flat marker plot and \$7948 upright marker plot. Plus 12% Endowment care fund and \$895 interment fee pay directly to Pacific Rim Heritage Foundation.



www.eastlawn.com



facebook.com/eastlawninc



instagram.com/eastlawninc



BAYANIHAN OF SACRAMENTO, USA & FRIENDS Presents Always and Forever “An Evening of Songs & Dances of Love”

BY CARLETON & SARAH T. ENLOE

The Bayanihan of Sacramento, USA and Friends presented a magnificent and fabulous Always and Forever (An Evening of Songs and Dances of Love) Dinner Concert and Dance at the St. Charles Borromeo Catholic Church School Gymnasium on November 30, 2019, sponsored by Bayanihan of Sacramento, USA; Philippine National Day Association; and Philippine Fiesta Newspaper. The evening promised to be filled with exciting and entertaining performances of songs and dances of love segments for everyone no matter what their age! The tables were tastefully decorated with simple plants encircled with persimmons and branches that were subdued but elegant.

Before you knew it, the evening activities begin when Mrs. Remy Solomon, Mistress of Ceremonies for the evening, welcomed everyone to the Dinner Concert and Dance on behalf of The Bayanihan of Sacramento, USA and Friends. Dr. Billy Monteagudo gave the invocation and blessed the food.

As the guest lined up for a delicious buffet dinner, they were pleasantly surprised to find another example of the creativeness of The Bayanihan of Sacramento, USA and Friends. Instead of the customary Filipino dinner, the guests were treated to roast beef and chicken, gravy, mashed potatoes, steamed vegetables, and a fresh green salad. For dessert, the guests were treated to a refreshing array of fresh fruits and cake! During dinner, the guests were entertained by DJ MC Paradela and the Cyrus Angels (Michelle Devol; Badette Dioquino; and Marah Baldwin). They provided an outstanding and very entertaining program of songs for the dinner guests to enjoy.

As dinner ended, MC Remy in-



The Bayanihan of Sacramento, USA and Friends.

Photos by Dumz Ramos



Dr. Tony and Remy Solomon

roduced Dr. Tony Solomon, President of The Bayanihan of Sacramento, USA and Friends, who gave a brief welcome to the guests and sincerely thanked everyone for their continued support of Bayanihan.

Then the long-awaited Part I of the Concert and Dance commenced with a beautiful solo “Always and Forever” sung by MC Paradela. Following his performance, the Bayanihan Ensemble took the stage and performed a wonderful rendition of “The Sound of Silence”. Then Gwen Carlos, soloist, performed “Never Enough”; followed by Mia Gaerlan, soloist and youngest member of the Bayanihan Ensemble, performed “Thank You for the Music”; and then MC Paradela, soloist, performed “Love Changes Everything”. The Divine Mercy Dancers closed out Part I with a Hip-Hop Dance Number danced to the music of VST and Company Medley.



Edna Delos Reyes and guest lined up for buffet dinner.

Part III – “In Memoriam” was one of the most moving and emotional portions of the entire program because it was dedicated to the deceased members of the Bayanihan family and friends. Remy introduced Leila Pereira, Production Assistant, who read the following Tribute.

“With the Thanksgiving and the Christmas seasons upon us, we find ourselves, once again, reflecting upon and being thankful for the countless blessings our Almighty has bestowed upon us through the years. It is the season of reconnecting and bonding with those who are close and dear to our hearts: our loving family and friends. It is also the time of remembering those special loved ones who are no longer with us. We miss their presence but fond memories of the beautiful and precious moments we shared remind us of how they made our lives so much richer and more meaningful. So tonight, we are dedicating this segment of our program in Loving Memory of our departed Bayanihan family and friends who have made a significant and lasting difference in our lives. Tonight, they may not be with us physically, but we know they are with us spiritually, and are looking down upon us, with a smile. To our Guardian Angels....This is for you.....Gone but not forgotten..... You will always and forever be in our hearts.....”

As Leila finished reading the tribute, Sarah Enloe started showing the Tribute Video of the deceased



Beautiful ladies of Bayanihan Ensemble.

After a brief break, Part II opened with Allen Quirante performing “Home” by Michael Buble; Mia Gaerlan performing “The Climb” by Miley Cyrus. Then Eddie Aducaeyen performed “If I Can Dream”, by Elvis Presley, who just recently recorded this song; Rosie Sloan performed “Hallelujah” by Alexander Burke. All beautiful renditions. Next up, Alvin Sisayan and the Fantasy Dancers performed a dance number to the “Family is Love”; Rogeniv Mamaug performed “Christmas Love Medley” on the guitar. Then

Badette Dioquino sang “I’ll Never Love Again” by Lady Gaga, danced by Mildred Mabitad Go and Rayben Manandeg. The duo, MC Paradela and Marah G. Baldwin, performed “Shallow” by Lady Gaga and Bradley Cooper; Mary Ann Shaw closed out Part II performing “The Winner Takes It All” by Abba and “I Have Nothing” by Whitney Houston. The fabulous dancers, D ‘Dreamgirls danced to the music from “Dirty Dancing”/”Footloose” during the short intermission.

Continued on page 10

Always and Forever

From on page 9

members and friends as Remy sang "Broken Promise"/" Kahit Isang Saglit".

Following the Tribute, Remy acknowledged all the Sponsors (Mga Kaibigan Ng Bayanihan): Gold: Frances Torres; Silver: Placida Butcher; Stanley and Edna Villanueva; Dr. Billy and Virgie Monteagudo; and Richard Weitzenberg; Bronze: Tom and Lerma Amaba; Bo and Sorcy Apostol; Joseph and Tess Arca; Alex and Ling Avera; Segundo and Aida Azurin; Maria Bahoric; Henry and Tina Bambao; Lourdes Belasco; Cabalen Ning Sacramento; Cynthia Bonta; Lu Capuchino; Crisel Centeno; Bobby Ching and Family; Salvador and Minda Corpuz; Pete and Rose Delacruz; Bobby and Edna de los Reyes; Carle and Sarah Enloe; Val and Espie Espena; Rosie Espera; Fely and Cynthia Esplana; Virgil and Grace Faundo; Filipino Community of Sacramento, Mercy Guerrero, President; Filipino Women's Club, Zenny Yagen, President; Mildred Mabitad Go; Joe and Carina Gonzalez; Mina Guerra; Norma Lebrilla; Atty. Derek Leda; Carol Munar; Dr. Angelo and Cecille Nazareno; Elvie Olate; Lito Pabon; Larry and Josie Patricia; Leila Pereira and Family; Lee Ramirez; Dave and Dinnah San Pedro; Mary Ann Shaw; James and Jasmin Thurston; Mon Veridiano; and Lito and Norma Viray.

Part IV – Mga Awaiting Sarili Natin opened with the Bayanihan Ensemble singing the "Ngayon at Kailan Man" and "Dahil Sa



Performers and guests.



With James, Carle, Dave, Lito, Pete and Rey.

Photos by Dumz Ramos



The Bayanihan of Sacramento USA choir.

Isang Bulaklak". Then Margaret Balmeo and Lito Pabon performed "Panunumpa". The Bayanihan Ensemble closed Part IV performing "Kahit Maputi na Ang Buhok Ko".

The Finale of the Dinner Concert

and Dance was well worth the wait because it was magnificent and mesmerizing to say the least. MC Remy introduced Dinnah and Dave San Pedro, members of the Bayanihan Ensemble and owners of the Philippine Fiesta News. Dinnah explained that she would



Dinnah San Pedro's closing remarks.

be singing "Breath of Heaven" (Mary's Song) as Dave painted a Portrait of the Virgin Mary on a large Black Canvas. It was amazing to listen to Dinnah singing while watching Dave paint the portrait of the Virgin Mary. What was so amazing was that as Din-

nah finished her performance, Dave finished the portrait of the Virgin Mary. It was truly a spectacular performance!

Following their performance, Dinnah gave the Closing Remarks. Then the Bayanihan Ensemble sang the final song "Disyembre Na Naman" / "Ang Pasko Ay Sumapit" of the concert, a very popular and traditional Tagalog Christmas Songs, which brought friends and guests to sing along.

Finally, Remy announced that the dance floor was opened to the guests for dancing to the sounds of DJ MC Paradela.

We would like to extend our heartfelt thanks and appreciation to the Bayanihan of Sacramento, USA and Friends; Special Guest Performers; to all our Sponsors; and everybody who made this special celebration a huge success.

Come Dance with Us!



CONTEMPORARY - HIP HOP - JAZZ - BALLET - TAP - HULA - BALLROOM & MORE



2232 LONGPORT COURT SUITE 120
ELK GROVE, CA 95758

Dance@RizeAll.com

916.538.3255



Luz Santos Villarica

April 7, 1940 - August 27, 2019

*Always giving,
always kind,
forever remembered*



75th Birthday celebration of Perry Diaz

BY CARLETON & SARAH T. ENLOE

There are many joys in reporting on the happenings in the Filipino community for the Philippine Fiesta. We are able to experience firsthand the accomplishments and special moments of organizations and families, individual triumphs, and enjoy many wonderful events while contributing to the successes of our Filipino community and families.



Perry and wife Dolores

We received a very special invitation to the 75th Birthday Celebration for Perry Diaz at the Hong Kong Islander Restaurant on October 18, 2019. We knew this was a very special birthday celebration for, not only Perry and Dolores, but the entire family because of the severe medical issues that Perry had been experiencing since early March 2019. It was a monumental struggle for Perry to survive but he has always been a fighter and once again, he overcame his medical issues and he is on the road to a full recovery.

When we arrived at the Restaurant, the back-banquet room had already been beautiful set up for the birthday celebration and was rapidly filling up with family and friends. Of course, Perry, along with Dolores and the entire Diaz family, were already at their table! Perry, with a big smile of happiness, was sitting in his wheelchair and greeting the guests as they arrived. It was definitely uplifting to see how strong Perry was. As the final guests were arriving Perry, accompanied by Dolores, went around the room and greeted all the guests and took pictures with each table.

Shortly, two of Perry and Dolores' grandsons, welcomed everyone to their Grandpa's birthday celebration as a sumptuous, delicious multi-course Chinese dinner was served. As the guests were enjoying their

dinner, Joe Carreon, DJ for the evening, was spinning some beautiful tunes for the guests' enjoyment. As dinner was ending, Joe Carrasco, an old-time friend of Perry's and Master of Ceremonies (MC) for the evening, took over the evening program.

Joe gave a brief, moving, and welcome greeting to the guests on behalf of Perry and the family. He elaborated on all the trials and challenges that Perry and Dolores had faced during the last few months. Joe announced that all the Grandchildren of Perry and Dolores had a special tribute they wanted to give their grandparents. Starting with the oldest to the youngest, each grandchild gave a special tribute to their Grandpa and Grandma. Their tributes were truly heart felt and beautiful.

Afterwards, Joe introduced Lion Eddie Aducaen who performed the song "My Way" for Perry. Eddie actually turned the mike over to Perry, who sang a couple of stanzas. This was the opening of a spontaneous karaoke session for Perry, Dolores, and the Family. Andy Alforque, another old friend of Perry's, sang "I Can't Help Falling in Love with You" with Perry.

Joe introduced the special guests that were present: Ambassador George G. and Mrs. Caridad Aducaen; District 4-C5 Governor



Perry and family

Photos by Dave San Pedro



Joe Carrasco, Perry and Andy Alforque singing "My Way".

Sarah and Lion Carle Enloe; Dave and Dinnah San Pedro, owners of the Philippine Fiesta Newspaper; John Formosa, Realtor; Lilia Rivera, President of the Filipino Fiesta, and Josie and Larry Patria.

The spontaneous karaoke session continued with several guests and family members singing special favorite songs of Perry and Dolores. Thanks to the following performers: Eddie Aducaen; Yvette Nonato; Raul Bernaldez; Andy and Linda Alforque; Herman Coampued; Joe Carrasco and sister Nori; Dave Hernandez; Derek Ledda; and Dinnah San Pedro. It was definitely an evening filled with so much love and happiness that was felt by Perry and Dolores.

Following several more songs, Joe intro-

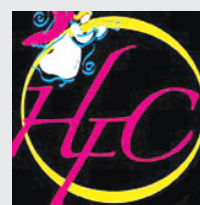
duced Max and Dave, two of the Grandsons, who led the guests in singing "Happy Birthday" to Grandpa Perry. Afterwards, Perry along with Dolores help cut his birthday cake. Of course, this special cake cutting ceremony created a major photo op for one and all. Perry was really enjoying himself.

As the evening was coming to a close, Joe turned the floor over to Perry and Dolores for their closing remarks. Perry briefly shared his struggles during the last few months and stated that he was planning on walking with a walker in the very near future. He went on to thank everyone for joining him and the family in his birthday celebration. Perry said, he loves everyone very much and it was the most memorable Birthday Party he has ever had. Dolores thanked everyone for their support and prayers. She also recounted how she knew Perry was back to normal.

On behalf of Perry, Dolores and the family, we would like to thank everyone who came out to help Perry celebrate his 75th Birthday. Everyone's presence made it a very memorable and special celebration!



Having a Special Celebration
or a Company Party?
Heavenly Food Creations
"A Full Catering Service"



Call 916-690-4513

Rhuena Buentipo
Owner/Operator

heavenlyfoodcreations1@hotmail.com
License No. 12-00010606

Veterano Day

BY DALE ESPERANTE

On 9 Nov 2019, Magellan Hall on Gerber Road in Sacramento became the meeting place again for the college students and the veterans. Sacramento State University's Kappa Psi Epsilon (KPsiE) brought cheer, dinner, chorus, and gifts to host another fun-filled day for the Veteranos. The brothers of Chi Rho Omicron (XPO) came along to provide support, entertainment, as well as security for the event.

According to Community Action Chair Michaela Lazaro Quillopo, "I'm so pleased for the growing relationship we have with our local Veteranos. This Veterano Luncheon is the perfect opportunity for us to express our gratitude and share priceless laughter over amazing food and incredible talent." Miguel and Rosanna "Gigie" Lazaro Quillopo watched proudly in the background as their daughter, Michaela, delivered her heartwarming welcoming remarks to the veterans and their supporters. After Michaela's wel-



Photos by Dale Esperante

come, she called this writer for a brief remark. Yours truly expressed appreciation to KPsiE and friends as well as the veterans and supporters who showed up to make this day a memorable one. I then asked all the veterans to please stand up and be counted, vocally. Vocally means I'll count one and the

closest veteran to me will count two and so on.... At the end, 25 Veteranos who completed the vocal count and 16 ladies (veterans' spouses and widows) received cheers and applause from the supportive college students. The ladies weren't asked to execute the vocal count, they were

gently counted by yours truly. I then thanked Michaela and handed back the microphone. Michaela then called on Post 604 Chaplain Fortunato Delacruz for the luncheon invocation. After the prayer, the veterans and ladies were invited first to the buffet table, a cornucopia of Filipino delicacies

enough to feed an army of veterans, thanks to KPsiE and their sponsors. During the dinner break, acting 2nd Vice-Commander Fred Amper announced the November 11 Veterans Day celebration scheduled to be held at Magellan Hall. He encouraged everyone in attendance to join us again

on Veterans Day. During the luncheon hour, photographers took the opportunity to take lots of memorable interaction moments between the veterans and the students.

Next on the program came entertainment. A dance similar to "Pandango sa Ilaw" performed by Jerrick Lazaro, a very agile young gentleman, drew the attention and appreciation of the audience. So uniquely cultural and done so admirably. The next number was a delightful surprise evoking the sound of yesteryears. Tim Schenone first sang "I've Got You Under My Skin" as if good old Frank Sinatra commanded the microphone. The elderly veterans appreciated this style of singing so much that their approval index just about burst the applause bubble. So an encore of "Try to Remember" from a Broadway play The

Continued on next page

Veterans Day

BY DALE ESPERANTE

The American Legion Magellan Post 604 invitation reads, "We honor, salute and thank the past and present men and women who have served our country. Happy Veterans Day!" It continues to read, "Veterans must hold a special place in both our minds and hearts. Because they put their life at stake to protect our way of life, and our families. From WW1, WW2, Korea, Vietnam, the Persian Gulf, Afghanistan and Iraq, these brave souls had undergone and experience much of what we hadn't experienced in life and will never become aware of it."

Pacific High School Jr ROTC of North Highland posted the colors to begin the official Veterans Day ceremony at Magellan Hall. The national anthems played for the posting of the colors. Followed by Committee Chairman Fred Amper's welcome remarks. Invocation by Post Chaplain Fortunato Delacruz. The POW/MIA Remembrance Ceremony was officiated by 1Sgt Will Williams, US Marine Corp, Retired. Acknowledgement of the special guests and introduction



Photos by Dale Esperante

of the keynote speaker was performed by the master of ceremonies, yours truly.

Command Sergeant Major (CSM) Jesse J. Topasna, the keynote speaker, assumed the duties of Senior Army Instructor, Pacific High School Army JROTC in August 2009 after retiring from 30 years of active duty. Sergeant Major Topasna has held every enlisted leadership position during his

career, ranging from Infantry rifle team leader, squad leader, platoon sergeant, first sergeant, sergeant major to command sergeant major. He is a native of Agat, Guam. He was a member of George Washington Senior High School Army JROTC Rifle Drill Team Pacific Champions (1974 - 1977). He enlisted in the Army in October 1976 under the delay entry program and entered active duty on May

4, 1977. He mastered various training courses he entered from Jumpmaster to Bradley Fighting Vehicle Training to JROTC Marksmanship Instructor Course becoming a Master Instructor. He has been assigned to numerous stateside and overseas bases. Deployed to Operations Iraqi Freedom in 2003 - 2004 with numerous operations throughout northern Iraq to include the capture of Saddam Hussein.

During his career, CSM Topasna has served with Airborne, Infantry, Cavalry, Mechanized Infantry, Readiness, Numbered Army division, brigades, groups, and battalions. His military and civilian education include all levels of the Non-commissioned Officer Education System to include advance, combat, first sergeants courses, U.S. Army Sergeants Major Academy and the Command Ser-

geants Major Course. As a JROTC Instructor, Sergeant Major Topasna attended the JROTC School of Cadet Command (JSOCC) Basic, Advance Course, and Logistic Management course. He holds an Associate Degree in General Studies, a Bachelor of Science degree in Business Management, and a Master of Education degree in Adult Education and Training.

CSM Topasna's awards: Legion of Merit, Bronze Star Medal, Meritorious Service Medal (5th award), Army Commendation Medal (5th award), Army Achievement Medal (6th award), Air Force Achievement Medal, Good Conduct Medal (9th award), National Defense Medal (2nd award), and numerous foreign awards as well as educational and training awards.

CSM Topasna's accolades: Primary NCO Course for Combat Arms, Basic NCO and Advanced NCO Course for Combat Arms Commandant's List, Honor Graduate Airborne Jump Masters Course 1983 (Vicenza, Italy); 2nd US Army NCO of the Year 1992 (Atlanta, GA); inducted into the Or-

Continued on next page

Christmas in the Philippines – The World's Longest Christmas Season

They say nothing will ever dampen the Filipino spirit, more so, their Christmas spirit. Even if one is busy as a bee or money-strapped, Filipinos find a way to celebrate this season, which is oftentimes the highlight of the year.

Christmas in the Philippines may be the longest holiday celebration in the world. As soon as the “ber”2 months kick in you see a transition to a more festive mood which lasts until January 6, the Feast of Epiphany or Three Kings. As early as September, colorful decorations line up the streets, Christmas carols start playing on the radio and everyone just brightens up with holiday cheer. Imagine being in this state for more than 4 months? There’s nothing quite like it.

It will begin to look a lot like Christmas

A lot of the Christmas traditions in the Philippines are a fusion of the two cultures that influenced the country most – Spain and the USA.

As someone described the Philippines, “it spent 300 years in a convent and 50 years in Hollywood.”

Parol being sold on the streets normally signals the start of the season. Parol is a Spanish term for lantern lighting up homes during this holiday. The parol represents the Star of Bethlehem, which guided the Three Kings to find the stable where Jesus Christ was born. This is an iconic Christmas symbol in the Philippines and it can range from a very simple 5-pointed star made from Japanese paper to elaborate designs with LED lights. To celebrate this, there is even a Giant Lantern Festival held annually on the last Saturday before Christmas Eve in San Fernando, Pampanga.

There is also the belen, the Spanish term for Bethlehem. It is a tableau depicting the scene of Nativity with the baby Jesus, Joseph and Mary, the Three Kings and the animals at the stable are all present with the Star of Bethlehem shining on them.

Although the Spanish influence is quite evident, one



Parol (Christmas Lantern)

cannot deny that American customs are quite common too. A Christmas tree is a usual decoration in every Filipino home. In the absence of pine trees, most people use artificial trees adorned with plastic poinsettias and other colorful designs. Santa Claus is famous and well loved by the kids. You can see Santa with his elves in every mall. Oftentimes, children would line up to sit on Santa’s lap and have a picture taken with him.

9 Mornings of Christmas

The country is predominantly Catholic, hence there are traditions aligned with the Catholic faith. One of this is Misa De Gallo or

16 to 24. It is a sacrifice to be up and about at 4 in the morning but Filipinos flock to the church to celebrate this prelude to Christmas day through the Holy Eucharist. The elders say that if you complete the 9 Simbang Gabi, you get to make a wish. Now that is a motivation.

Filipinos love food. We even say hello to people by asking, “Have you eaten?” It is no wonder that after mass, the first thing a lot of Filipinos do is to eat. No Simbang Gabi is complete without the local delicacies like Puto Bumbong and Bibingka. Puto Bumbong is a distinct violet dessert made of sticky rice (puto) steamed in bamboo tubes (bumbong)

topped with butter and coconut shredding. Bibingka is a spongy cake made from glutinous rice, oftentimes topped with cheese and salted egg. The smell of these freshly cooked delicacies will surely make one salivate and head out to the nearest stall to buy. Now, these food items are being sold even inside the malls making it very convenient to buy.

Everything boils down to family

Filipinos value strong family ties and the Christmas season brings this out even further. Most Overseas Filipino Workers (OFW) even go home to be with their families during Christmas. For some who cannot make it back home, they make it a point to send money to their relatives as gift and aid to finance holiday expenses.

The highlight of the celebration is Noche Buena where the family comes together to share a good meal on Christmas Eve. Queso de bola (ball of cheese) and sweetened ham are usually served. When the clock

strikes 12 midnight, the family then proceeds with gift giving. Everyone gets excited to finally unwrap the gifts that have been sitting under the Christmas tree. Since Filipinos regard Christmas as a celebration especially made for kids, the children usually get the grandest gifts.

Christmas day is oftentimes spent for grand family reunions where one gets to see their grandparents, uncles and cousins. The gift giving is extended and a child can expect to receive pamasko/aguinaldo (gifts in the form of cash) from their godparents.

Even in the changing times, one thing remains. Filipinos will always find a way to celebrate Christmas with their beloved families.

“Christmas in the Philippines – The World’s Longest Christmas Season” was written by Eunice Anne Santos. Eunice is from the sunny Philippines. She is an advertising practitioner who moonlights as events planner.

Veterano Day

Fantasticks had to follow. And followed it did because after the performance, the singer was followed appreciatively with profuse gratitude by this veteran, as he left the building with his friends. For the 3rd act, another group performed one of the 60’s top hits--“My Girl.” Followed by Vanden Paul Asuncion and Francesca Javier Robles who sang “Biyah,” then an 80’s Filipino song--“Anak.” For the closing act, Vanden Paul Asuncion rendered a beautiful original song.

During the above performances, Michaela and her KPsiE sisters handed out individual gifts to the veterans and the ladies. The generosity of the college students to the veterans was awe-inspiring. Not only for hosting the luncheon, performing and entertaining, and gift-giving, but also for

the precious time it took to organize, fundraise, prepare, and share moments with the veterans. Michaela’s heartwarming closing remarks resonated with so much inspiring care because her dad is also one of us, a veteran, retired from the United States Air Force. Michaela’s closing speech did not end the day; on the contrary, it started the music and the line dancing for the elderly veterans, titas, nanays, and the students.

The dancing had to be pre-empted. KPsiE Dorian Jean Lazaro quietly approached this writer offering to handover two Philippine Medals for the keepsake of the Post. Recognizing the importance of the medals, I asked for an official presentation to take place. Adjutant Richard Weitzenberg, the highest-ranking Post officer available, stood in for the commander as Ms. Dory

Lazaro read the description of the two medals. One is the Philippine Defense Medal and the other is the Philippine Liberation Medal. Another way to describe these two medals, one signifies the defense of the islands at the beginning of the war while the other signifies the islands liberation at the end of the war. A group photo of KPsiE’s Michaela and Dory with Adjutant Weitzenberg and his fellow Legionnaires completed the presentation.

As the years pass, the veterans are heartened by the time generously shared by Kappa Psi Epsilon. The adage of “Old soldiers never die, they just fade away” may be true, but at least, we were given a chance to feel warmth and appreciation by a special group of younger generation.

Veterans Day

der of Saint Maurice, the Order of Saint Barbara, Delta Mu Delta Honor Society for Business, and Pacific High School Teacher of the Year: 2009-10, 2012-13, 2019-20.

Command Sergeant Major Topasna is married to the former Amelita Belonia, they have three sons, Eric, Mikhail, Franco, and

daughter Amy.

CSM Topasna, after his exemplary professional career in the military, continues to serve our country in the civilian sector as a highly respected JROTC educator.

For his inspiring and informative speech, we asked the Command Sergeant Major and his wife, Amelita,

to approach the podium one more time. Chairman Fred Amper and his wife, Marilou, presented Mrs. Topasna a bouquet of flowers as a token of our appreciation for honoring us and our celebration of Veterans Day at Magellan Hall. Maraming Salamat Mr. and Mrs. Jesse and Amelita Topasna.

Mga tula ng pagkamulat ni CARLOS GATMAITAN Makata ng Bulacan Isinaayos ni LAURA GATMAITAN PEREZ

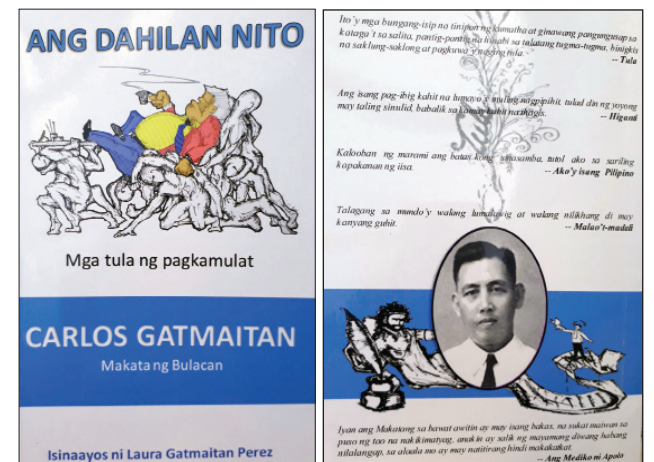
Isang aklat na isinulat ni CARLOS GATMAITAN sa purong Tagalog ang ilalabas ngayong Disyembre, 2019.

Kahanga-hanga ang kanyang pagiging makabayan at mapanuring kaisipan. Ano nga ba ang dahilan ng pagkahiwa-hiwalay ng mga Pilipino? Ano ang nagtutulak sa ating pagbangon? Bakit tayo paulit-ulit na bumabagsak? Sa marami niyang tula, maiino ang masalimuot na pinagdaanan ng ating lahi at kung paanong ang bawat karanasan ay binabago ang ating pagkatao.

Kung nais ninyong malaman ang sagot sa mga tanong na ito, o kaya’y namnamin ang sinaunang Tagalog at bigkasin ang busilak nating wika sa mga pagtitipon, maaari kayong humiling ng aklat na “ANG DAHILAN NITO: mga tula ng pagkamulat” kay Dave at Dinnah San Pedro sa (email address) o (phone number).

Sa Panitikang Filipino, si Carlos Gatmaitan ay kinikilalang “Makata ng Buhay” kasama sina Jose Corazon de Jesus, Lope

ANG DAHILAN NITO



K. Santos, Florentino Colantes, Patricio Mariano at Amado V. Hernandez.

Si Carlos Gatmaitan ay ipinanganak sa Bulacan, Bulacan noong ika-19 ng Disyembre, 1894 kina Julian Gatmaitan at Veronica Manahan. Siya ang nakababatang kapatid ng batikang makata na si Pedro Gatmaitan.

Nag-aral si Carlos Gatmaitan ng Medisina sa Universidad de Santo Tomas, sa Maynila, noong panahong wikang Spanish ang ginagamit sa pagtuturo, at may mga aklat siyang nakasulat sa Latin. Sa kabila nito, pinili niyang ihayag ang kanyang pinakamalalim na saloobin sa Tagalog.

Nagkamit siya ng paran-

gal sa mga Timpalak Panitik simula sa edad na 19. Ang karamihan sa mga tula niya ay nalathala mula 1931 hanggang 1955. Ang mga tula sa aklat na ito ay nilikha ng isang Makata na may sariling isip at pananaw sa mundo. Marapating isaalang-alang ang panahon at kapaligiran na kanyang kinagisnan.

Kung mapag-iisip kayo ng “Ang dahilan nito,” kung kayo’y mapangigiti ng “Lihim ng baret,” “Ang sundalong Hapon” at “Istoryang salampak,” kung mababagbag ang inyong damdamin ng “Muni-muni,” o manabik kayang marinig ang sariling wika sa “Tula” at “Ako’y isang Pilipino,” iyan ay sapat na upang ipamahagi ang aklat na ito.

Being Surrounded By Chronic Complainers Could Be Damaging Your Health

Even though in some ways complaining might be good, generally it doesn't do much to help people in their life. Complaining can be good for releasing some stress, but it should be at a moderate level, because chronic complainers or people surrounded by them may be real problems.



People who complain a lot, or are surrounded by those who complain about a chronic level usually become unhappy. In the book 'The No Complaining Rule' Jon Gordon wrote that the harms of complaining could even be so severe, which can be comparable to those of secondhand smoke. They who complain constantly or are living in such an environment with the same ones are becoming miserable.

The experts claim that venting from time to time is not wrong, but if it becomes the habit it may have a negative influence in his/her life.

According to WKBW Buffalo, the complaining affects the overall health as it will not only turn off others, but it can wreak havoc in other ways, too. Complaining can bring down the mood and the happiness of others around those who complained, and can also have a large impact on the brain functioning, as well as taking some damages on the body.

Complaining makes the same reactions much more likely to occur again and again. This is a sense is forcing people to get trapped in the same mindset as time passes.

Usually, people who complain all the time might not be able to see how negative they are, so no matter how much others try to help them

or offer them advice it's never enough.

The complaining increases the production of something known as cortisol within the people. When this happens, the blood pressure raises and glucose spikes, but overall production can increase the risks of several serious health issues. This is a crucial reason why it is something that should be avoided as best as possible.

So, when you realize that you're someone who is complaining too much or you're becoming too negative, take a much-needed step back and monitor your complaining shut it down. Try to not cut the ties with those who surround you and be more positive overall, which will return you to your previous positions in a short period.

According to Happify being surrounded by chronic complainers, people may think these persons are simply stuck in a rut, and when they once change themselves a bit they'll become more optimistic and happy.

Engaging in some of the above tactics can help those people to see the positive side or to find a solution to their problems.

But, solving the problem,

according to Happify is not what they are trying to do, because they probably derive real value from the time and attention they get out of complaining.

Another name for those people is "help-rejecting complainers," explains Kowalski. He added that they can be difficult to deal with and hard to be around. No matter how somebody is effective in "fixing" such problems it is difficult to change them.

The best mechanism is to minimize the contact with these persons, because of the constant negativity. Setting clear boundaries for yourself can be important in the relationship with these people.

Sharing an office with one of these types, for some people might be a sign for wearing headphones at their desk or placing a sign on the desk that says "complaint-free zone. As their complaining can be endless, the exposed people should think of their sanity and do their best to limit that exposure. They can decide for themselves how best to offer support—or run the other way.

Something happened

BY MARIA KANG

Somewhere between soccer practice, car line and the TSA checkpoint, I changed this year.

I kept my eyes closed before I woke up and envisioned my day.

I put on my running shoes and started running, even when it was freezing cold at 6am.

I hugged my husband, as he prepared breakfast, and said, "I love you."

I wrote down a list of things to do on a post it note and checked each thing off.

Wait, I'm not done.

I failed to produce after a limited run on my Belly Ball infomercial earlier this year.

I battled #breastimplantillness and underwent an ex-plant this summer.

I was challenged in personal relationships, former friendships and professional setbacks.

I saw each failure as a great story, each struggle as opportunity to grow, each pain as a hidden purpose and each rejection as a blessing in disguise.

I did a lot of hard, happy and herculean things this year.

The best thing I did?

I stepped out of my comfort zone. I did new things, went to new places, met new people, started new habits and learned new things. I saw my daily routine and each day I aimed to lift one more rep, run one more mile, meditate one more minute

and complete one more thing – all for the sake of Growth.

You cannot grow without being challenged. Truth. There is no other way. The resistance is what builds strength, so however hard this journey, this workout, this day is...understand that without resistance, you cannot grow into the person you are meant to be.

Something happened this year. I started better tackling the ebb and flow of my life's journey. I emphasized letting go and Letting God, while being a true curator of my daily works.

Get out there. Get Uncomfortable. Let Go. Let God. And Let Life Happen.





Homeward Bound

Presented by:
Sinag-Tala Filipino Theater
And Performing Arts Association
(SFTPAA)

Luther Burbank High School
3500 Florin Road
Sacramento, CA 95823

Ticket # 141

Saturday, December 14, 2019 7:00 p.m.
Sunday, December 15, 2019 2:30 p.m.

\$15 General Admission
\$10 Children (10 and under) ★ **Students** ★ **Seniors (60+)**





Jane de Leon recalls hardships in her showbiz journey before Darna 'big break'

BY RYAN ARCADIO

Jane de Leon makes sure to keep her feet on the ground despite being the newest "Darna" star by recalling how she entered the showbiz industry.

The actress penned a message to her younger self as she turned 21 years old last Friday, Nov. 22. She accompanied her post with an old photo of herself as a kid in what appears to be a pageant.

"Dear Past Jane, [y]ou just entered an extremely tough industry girl!" she said in her Instagram post on the same day.

"I know exactly what you're feeling right now — the uncertainties, the insecurities and the constant fear of not knowing if you'll ever get your big break," she added.

De Leon then recounted how she used to commute with a "bulky luggage" from workshops, castings and shoots. She pointed out one instance wherein she had to run after a bus because she knew that she would be late if she missed it.

The actress even revealed that it is like she almost slept in ABS-CBN because she did not have enough money to return to her home in Laguna after an acting workshop.

"And that one time you almost called it quits when things [didn't] work your way?"



Jane De Leon

she stated. "You were always tired and exhausted and yet you didn't give up."

She ended her message with a reminder to her past self to not give up "because big things are about to happen," and to be thankful for the blessings that have come her way.

Meanwhile, Iza Calzado later took notice of de Leon's post, and gave her some advice.

"Laban lang (Just keep fighting) and always remember that an attitude of gratitude will take you a long way," the seasoned actress said. "Happy Birthday, Jane! I wish you all the best!" Iza Calzado

De Leon was named the new "Darna" star in July after Liza Soberano withdrew from the project. Soberano withdrew due to a finger injury she sustained while taping for the 2018 TV drama series "Bagani". JB

Sharon refutes Duterte's claim she wants to kick out Kiko

BY CATHERINE GONZALES

Megastar Sharon Cuneta on Sunday refuted President Rodrigo Duterte's claim that she wanted her husband, opposition Sen. Francis "Kiko" Pangilinan out of their house.

"I just spent the whole day with Kiko, Miel, Miguel, ZsaZsa and Conrad in our farm, so this piece of news sent by Kakie (Frankie) kinda shocked me!" she said in her Facebook page.

"I dunno if it's true that the President, my 'Tatay,' really said this, and I haven't been able to see or speak to him since before my brother's campaign for Mayor! So I don't know where this is coming from, honestly," she added.

The singer-actress said her fans would hear directly from her if ever she and the senator would separate.

She also said she did not think anyone would expect this kind of announcement from the President himself.

"Tatay likes to joke sometimes, as you all know, because Kiko's in the opposition. He has joked a few times against Kiko and about me in the past! Please rest assured that all is fine with my family," said Sharon.

"My stress comes from other people and things, but right now my family and mar-



Sen. Francis Pangilinan and wife Sharon Cuneta

riage have never been happier! God bless you all! Love you guys," she said.

Duterte made the claim on Saturday in Caloocan City to commemorate the 156th birth anniversary of Andres Bonifacio.

He even offered to resign if it could be proven that he was lying.

In the same speech, he was criticizing Pangilinan for authoring the Juvenile Justice and Welfare Act of 2006 which exempts those below 15 years of age from criminal liability.

"Pinapaalis na nga ng asawa niya (Pangilinan) sa bahay niya, ayaw kay wala ibang matirahan. Tootoo. Tanungin mo. At kung sabihin mo nagsisinungaling ako, I will resign. Ang sinasabi ko totoo 'yan," the President said.

[His wife wants him out of their home. It's true. Ask him. If I am lying, I will resign. I am saying it's true.]

Angel Locsin makes it to Forbes' 'Heroes' list for Mindanao charity work

BY JAN MILO SEVERO

Manila, Philippines — Kapamilya actress Angel Locsin is among the personalities included in this year's Forbes Asia's Annual Heroes Of Philanthropy List.



Angel Locsin

Locsin, who supports causes aiding victims of violence, natural disasters and the conflict in Mindanao," Forbes wrote.

In its website, Forbes listed down 30 "Altruists In The Asia Pacific Region" that includes the Kapamilya actress who recently helped in the earthquake aftermath in Mindanao.

"Angel Locsin, an actress from the Philip-

SIMPLY MAGIC
Band
Glenda D. Odra
Cell: (916) 955-1546
Office: (916) 447-7100
Glendaodra@hotmail.com

Dj Ozgee
& Entertainment
(916) 239-8895

RJ MATA
DJ and Vocalist
916.642.5390
My goal is to provide the best music & entertainment to your satisfaction.



PERSONAL INJURY and IMMIGRATION

Law Office of
ALEX C. BRAVO

Bus. 916.684.4432
Fax 916.684.9332

Alex C. Bravo
Attorney

2230 Longport Ct., Suite 100 Elk Grove, CA 95758



Be A Census Taker

- ✓ Extra income
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

Apply Online
2020CENSUS.GOV/JOBS

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service: 1-800-877-8339 TTY/ASCI
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer.

D-1520 | April 2019

Shape
your future
APPLY NOW >

United States
Census
2020

Host a
COFFEE TALK
and you could receive \$250

California
MENTOR
Family Home Agency

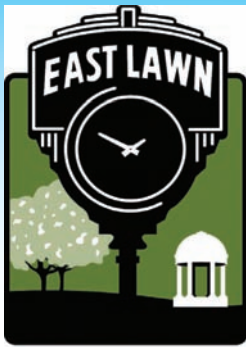
It's as easy as 1, 2, 3

1. Contact a recruiter to set up a date and time.
2. Invite family, friends and neighbors who would make a great Mentor.
3. Have fun and let guests know why you love being a Mentor! One of our recruiters will be there to answer any questions and provide additional information.



PLUS you will receive an additional \$250 for each new Mentor who becomes certified after attending your event.

For more information, please contact Olivia Cerda at:
(916) 383-9785 ext 17
www.MentorsWanted.com



EST. 1904

EAST LAWN

MEMORIAL PARKS • MORTUARIES
CREMATION • PREPLANNING

Now is the time... tomorrow might be too late.

Advance Funeral Planning gives you peace of mind that comes with knowing your funeral arrangements are take care of, which will lessen the burden of those you leave behind. By pre-planning youe funeral, you will save money and can make payments over time; something you cannot do at the time of death. you can guarantee that what you pay today will fully cover fureure needs. Planning ahead insures your wishes are followed exactly and that your entire family can be together in the same place. And most of all, it will eliminate stressful decision-making during a time of grief.

Come take a tour of our locations and see our beautiful parks, funeral homes, as well as our new cremation gradens, burial areas for both flat and upright monuments, mausoleums, crypts, glass-front or granite niches and a variety of other choices to be customized specially for you.

Daniel Lam
Unit Sales Manager

Cell: 916-895-6878

FDR Lic# 4255

Cemetery Lic# 54336

CA Insurance Lic# 0M10574

9189 E. Stockton Blvd.
Elk Grove, CA 95624

