

PHILIPPINE Fiesta

A Division of Five D's Arts, LLC

Volume 20 No. 7 December 2022



P3 STAND UP to Anti-Asian Hate



P5 World's longest Xmas celebration

Bongbong Marcos: Make sure every Filipino child has a Christmas

BY JOHN ERIC MENDOZA

MANILA, Philippines President Ferdinand “Bongbong” Marcos on Saturday said his goal is to make sure that every Filipino child will have a Christmas, adding that Christmas is for the children.



Filipinos erect their trees and decorate their houses with lights and a uniquely Filipino Christmas ornament called a parol.

“I have always believed that Christmas is really for the children, so we have done everything that we can to make sure that every Filipino child has a Christmas,” the President said in a brief speech during the lighting of the Christmas tree at the Kalayaan Grounds in Malacañang.

“That is something that I think is a good goal for

us in this Christmas, since we have been blessed, all of us, despite all of the challenges we have

faced, here we are, we have been blessed,” he added.

Continued on page 2

New York man gets 17 years in jail for beating elderly Filipina

The man who beat up a 67-year-old Filipino earlier this year in Yonkers, New York.

Yonkers-based 42-year-old Tammel Esco served a 17.5 years sentence eight months after he beat up the victim. He pleaded guilty to assault in the first degree on September 27, qualifying as a hate crime.

“The successful prosecution of the result of the courage and cooperation of the victim and her family, the partnership of the Yonkers Police Department, and our dedicated team who worked tirelessly on behalf of the victim,” Rocah said.

“This is a case that has traumatized not only the victim and her family, but



People hold placards as they protest against anti-Asian hate crimes at the Centre Street and Canal Street in New York, NY, USA.

also her neighbors, the Westchester community, and the broader Asian American and Pacific Islander community.”

Esco has been behind bars since his arrest on March 11 when he attacked the Filipina, yelling at her and calling her an “Asian bitch.” He entered the hall of her apartment build-

ing in Riverdale Avenue, where they both lived, punching her and knocking her to the ground.

He punched the Filipina over 100 times, stomped on her upper body while wearing construction boots, before spitting on her.

Continued on page 2

VETERANO DAY

BY DALE ESPERANTE

In early October 2022, KPsiE’s Community Outreach Coordinator Valerie Vission contacted Magellan Post 604 to schedule the return of Veterano Day. Due to the past two years of pandemic, the last Veterano Day organized and hosted by KPsiE was held in 2019.

On November 19, 2022, KPsiE and their Chi Rho Omicron (XPO) fraternity friends arrived as early as 9am to set up and decorate Magellan Hall. When I arrived at 10am, everything including the sound system was already in place. The reason I came early was to set up the POW/MIA Remembrance Table. Coordinator Valerie contacted me days earlier, asking for an American Legion ritual to be included in the program. I suggested the POW/MIA Remembrance Ceremony to remember veterans who may still be in a POW/MIA (Prisoner of War/Missing in Action) status. We agreed that this ritual is proper, as well as educational, for the occasion.

Continued on page 8



The American Legion Magellan Post 604 members and KPsiE and their Chi Rho Omicron (XPO) fraternity.

Marcos opened the door, Harris stormed through, whats next?

BY JOE AMERICA

Big nations push. Small nations are pushed. True independence is Cuba. Other nations are pushers, dancers, or beggars.

The Philippines was a beggar under Duterte and is becoming a dancer under Marcos. Aquino was a dancer, and skilled at it.

President Marcos opened the door to the US, Vice President Harris waltzed into the living room. She started telling the band what to play.

Now the question is, what does President Marcos do about it?

If we change the metaphor to water, and Harris a wave, one can either get crushed by it, dive under and let it pass quietly overhead, or surf it like JoeAm at the beach in Malibu, use it, enjoy it, and get the most from it.

Leftists want the Philippines to be independent like Cuba. Bad look.

Many will simply want to dive under. It's easy, like water off a duck's back. Then they can get back

to their muddled corruption, do nothing, live fat and happy, and look down on the poor folks.

I think pure independence is impossible for the Philippines. . . look at China chewing at the WPS fishing zone . . . but there is a form of nationhood that is sovereign and successful. It is independent by being accountable to Filipinos, and no one else. It insists on mastering the "push" from bigger nations.

This is hard to achieve if corruption is the underlying motive for decisions. It is possible if national well-being is the motive.

One of the projects VP Harris brought with her was to form a nuclear energy partnership between the Philippines and US. While the US might have commercial interests in such a partnership, as would the Philippines, the "push" part of the partnership is for the Philippines to agree not to sell nuclear technology



Kamala Harris says U.S. will defend Philippines in South China Sea

or materials to other parties. Like Iran or radical bomb-makers, I suppose. Pretty much a no-brainer to agree to, but it does illustrate the complexity of going nuclear.

The Philippines would be well-advised to give this partnership agreement some thought. Would it restrict where the Philippines gets its "science" and materials? Russia, out. China, out. What about France?

It is how these vital documents are crafted that defines whether the Philippines is driving things, or the US is driving them. Agreements should not be crafted by some cousin or corrupt crony, but by

a team of technology-aware professionals, the same way the Philippine arbitration team was put together.

When the deal is done, team leaders should be almost smug with confidence knowing the Philippines got a good deal.

President Marcos should most certainly invite China through the door, as well. What are their interests and proposed projects? Put the "push" out on the table where we

can see it. Joint development? Code of Conduct for the seas? Mining? Telecom?

And again, for the Philippines, what is going to drive outcomes? Corruption or national interest?

If the Philippines is authoritative, confident, and capable, it can use the "push" from other nations to great advantage, growing faster, becoming more competent, getting richer, and strengthening its sovereign authority.

Or it can continue to muddle, whine, steal, blame, and shirk its duties.

Many Filipinos today don't have a lot of confidence in their government. They see the favoritism toward the entitled, relatives in powerful positions, De Lima in jail,

fixers in the hallways, and lousy performance on global ratings.

Well, I share their skepticism. But I also know change is possible. Adicts can go straight. So why not aim for that?

The government agency that offers us a measure of confidence that good works are possible is the Department of Foreign Affairs. DFA consistently holds a firm view of the best interest of the Philippines. All nations bringing "push" to the Philippines are escorted by DFA. DFA sets the stage for all works between partners. Their method should be forthright. Philippine interests first. Authoritative. Driven by sovereign excellence.

With DFA framing engagements with other nations, we should be able to look at the future, not glumly, but with the idea that we can rise early and hit the surf. (JoeAm)

Make sure every Filipino child has a Christmas

From page 1

Aside from the Christmas tree lighting, the winners of a parol (Christmas lantern) making contest were also announced at the event. All the provincial governments in the country joined the contest.

The local government of South Cotabato won the parol making contest and bagging the P500,000



Children with Christmas lantern (Parol)

grand prize.

All of the parols were hung at the Christmas tree, which was then lit. A fireworks display fol-

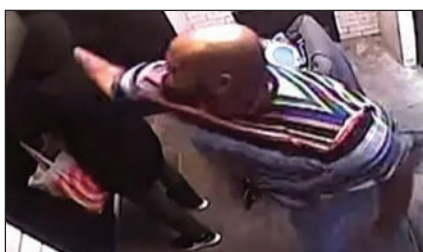
lowed the Christmas tree lighting.

Vice President Sara Duterte, former First Lady Imelda Marcos, former President Gloria Macapagal-Arroyo, and House Speaker Martin Romualdez were among those who attended the Christmas tree lighting.

New York man gets 17 years in jail for beating elderly Filipina

From page 1

hate of Tammel Esco, I lost the place I called home for over 24 years, the place where I raised my daughters, and my longtime neighbors," the victim said in her impact statement.



The "vicious" crime was caught on surveillance footage.

"A complete stranger heartlessly spit, beat and kicked me over 100 times

just because of my heritage... my only hope is that God and the criminal justice system will see fit to make sure this never happens to any other innocent family again."

Philstar.com

Editor's Note



I have to say, our life has been easier since our recovery from the COVID pandemic this year. We can finally travel again, gather with friends and family, and attend big events with little or no restrictions at all. Although, continuing to be safe by taking all precautions, should still remain at our own discretions. Even with what they say testing positive for COVID only gives us mild symptoms, they can still make us feeling miserably ill. It's best to stay current on all the necessary vaccines by getting the COVID booster shots, the flu vaccine, and other preventative exams such mammogram and colonoscopy.

We feel grateful having celebrated Thanksgiving Day with our two precious granddaughters, Evie and Ollie. At our age now, making beautiful memories with them have become our priorities. They can both grow up together with us, as we grow older in our golden years.

With all the holiday preparations and celebrations, let's all be cognizant of our surroundings. Our daughter with her young family experienced "Asian hate" incidence, having food thrown at them, and being called "oriental", as they drove to meet us at a restaurant in Elk Grove for dinner after the Thanksgiving holidays. It was not a pleasant experience but how do we think we would respond, if this incidence will happen to us? Please see our Laban information poster on page 3 and start a dialogue with us by attending upcoming meeting and convening to tackle these Asian Hate incidences and crimes.

The FCSV Christmas party and the Mrs.Philippines Coronation Night are two important events happening this December in our Filipino community in Sacramento. The tickets for the coronation night are all sold out! Anyone interested to join us for the Christmas party, please send your RSVP on the listed contacts on page 6.

Until next year and we wish you all the Merriest Christmas and Prosperous New Year!

With love always,
Dinnah San Pedro and family

KEEP OUR COMMUNITIES SAFE.

Photograph by Andri Tambunan



STAND UP TO ANTI-ASIAN HATE.

35% (154) OF INCIDENTS WERE REPORTED TO HAVE OCCURED IN A PUBLIC SPACE (I.E. STREET, PARK, SIDEWALK, PARKING LOT).

*Data pulled from the Bulosan Center's report on California Filipinos which gathered data from Stop AAPI Hate

If you have experienced or witnessed an incident of anti-Asian hate, bigotry, bias, or discrimination, report at **STOPHATE.CALCIVILRIGHTS.CA.GOV** or call **833-8-NO-HATE (833-866-4283)**.

YOU ARE NOT ALONE.



The following public awareness campaign is brought to you by the Laban Group: Filipino Ethnic Media Collaborative. Led by Everyday Impact Consulting. Laban Group aims to promote awareness in our beloved Filipino American community and the broader public about anti-Asian hate incidents and crimes; reduce stigma surrounding the reporting of incidents and crimes; enhance understanding of resources; and foster community healing and cross-racial collaboration. This collaborative is funded by the "Stop The Hate" initiative from the California State Library in partnership with the California Commission on Asian and Pacific Islander American Affairs. Learn more at linktr.ee/labangroup.

L.A. County Officials Launch United Against Hate Week

BY BRENDA DURAN

Residents Urged to Reject Hate, Promote Inclusion

LOS ANGELES - Renowned leaders from diverse racial and cultural sectors of the community will gather to kick off the annual United Against Hate Week on Monday, November 14 at the Kenneth Hahn Hall of Administration.

United Against Hate Week, which runs from November 13-19 is intended to urge local communities to reject hate and bigotry and promote inclusion through a unique, community-building blend of art, social media, and educational resources. The annual event is part of LA vs. Hate - a project of the LA County Commission on Human Relations.

The press conference, which will kick off at 9 a.m. at the Grand Park entrance of the Hall of Administration will feature a "Wishing Tree" art intervention that will be displayed as a tree hung with paper tags expressing County residents' wishes for a hate-free Los Angeles County.

It will also include 10 speakers including Chair of the Board of Supervisors, Holly J. Mitchell and honorary co-chairs for United Against Hate Week Dr. Debra Duardo, Superintendent



Protesters assemble at Los Angeles City Hall for the Stop Asian Hate National Rally on Saturday. (Photo by Axel Koester, Contributing Photographer)

of Los Angeles County Office of Education and Maria S. Salinas, president and CEO of the Los Angeles Area Chamber of Commerce.

"With recent events reminding us that hate and prejudice in our County continue to be highly visible and hidden in private meetings, we need LA vs. Hate's United Against Hate Week more than ever," stated Robin Toma, Executive Director of the LA County Commission on Human Relations.

Toma noted that residents are called on this week to take ac-

tion against hate by going to LAvsHate.org and using the toolkits, participating in one of the week's events, and getting involved at the community level in light of the recent rise of anti-Semitism and hate speech.

"We need to turn acts of hate into changes in our own behaviors and in the practices, culture and systems around us, which perpetuate racism and prejudice in all its forms," added Toma, who will release the annual 2021 Hate Crime Report next month.

"While I am proud of our in-

novative LA vs. Hate program, the soon-to-be-released 2021 Hate Crime Report will show that we have much more work to do," said LA County Board of Supervisors Chair Holly J. Mitchell, Supervisor to the Second District. "We must have a shared commitment to address hatred and implicit bias every day, LA vs. Hate provides the tools and resources to help us do this. Our strength is in our diversity, hatred of any form will not be tolerated. We must ensure that Los Angeles County is truly a place where everyone can be who they are without fear."

For more information, including shareable community-centric graphics ready-made for social media, or a complete list of United Against Hate Week activities in LA County, visit www.LAvsHate.org.

About LA vs. Hate

In response to the rise in hate, the LA County Board of Supervisors directed the LA County Commission on Human Relations to develop a program to prevent and respond to hate incidents in the County, which resulted in LA vs. Hate.

The initiative has three components: an arts-led public engagement campaign to encourage residents and organizations to unite against and report acts of hate; the first government hotline (via 211 LA) for reporting acts of hate and providing assistance to hate victims; and a network of community agencies that provide hate prevention and rapid response services.

Since September 2019, LA vs. Hate has received nearly 2,000 reports of hate acts. The LA vs. Hate Action Committee includes civic leaders, educators, County departments, artists, health plans, immigrant rights groups, and more.

CDPH's Dr. Erica Pan Provides Guidance for Parents About Winter Viruses

State Epidemiologist and Pediatrician Shares How to Care for Children at Home and What Symptoms Parents Should Look Out For

SACRAMENTO - As Respiratory Syncytial Virus (RSV), the flu and COVID-19 continue to impact Californians earlier than usual this year, state Epidemiologist Dr. Erica Pan urges everyone across the state to protect themselves and their families against many circulating viruses.

"As we prepare for Thanksgiving and holiday gatherings, we need to continue being vigilant in preventing the rapid spread of winter viruses," said Dr. Erica Pan. "As a pediatrician who specializes in infections, and a parent, it is concerning to see the rise in RSV and flu in babies, young children and our elderly population. It is crucial we are aware of prevention

methods, but also, how to care for our loved ones at home, and what symptoms to be aware of for parents to seek care for their children."

CARING FOR YOUR CHILD AT HOME:

There is no cure for respiratory viruses, but some medications can reduce disease severity in certain situations. For mild symptoms, Dr. Pan provides these tips to help ease discomfort:

Reduce congestion with nasal saline with gentle suctioning. Patients should sit or lie upright when possible. Cool-mist humidification also helps to clear the congestion and make people feel better.

Make sure your loved ones get

plenty of rest and drinks clear fluids such as water, broth or sports drinks to prevent dehydration. For infants, use electrolyte beverages such as Pedialyte. Healthy snacks and small meals are also recommended.

If your child has a fever (100 degrees or higher), acetaminophen and ibuprofen can be given to children 6 months of age and older. Infants and children should not be given aspirin as this can cause a rare but serious illness called Reye's syndrome. Only use other medications or medications for infants less than 6 months old under the guidance of your health care provider.

Follow dosing instructions listed on the back of the medication or from your health care

provider.

Stay home at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine).

WHEN TO SEEK CARE:

Most childhood respiratory illnesses are mild and resolve on their own without the need for emergency care or hospitalization. Understanding when to see a doctor or go to the hospital ensures that children receive the right care. Call ahead to get medical advice and see what you can do at home and when it is best to come in to be examined. Seek evaluation right away if your child has:

Symptoms of lung disease: fast breathing, flaring nostrils, head

bobbing, grunting, or wheezing while breathing; belly breathing; pauses in breathing

Symptoms of dehydration
Gray or blue color to tongue, lips or skin
Significantly decreased activity and alertness

Symptoms that worsen or do not improve after 7 days
Fever in those under 3 months of age (12 weeks)

Fever above 104°F repeatedly for a child of any age

Poor sleep or fussiness, chest pain, ear tugging or ear drainage

IS YOUR CHILD AT A HIGHER RISK FOR SEVERE DISEASE?

The Philippines Has the World's Longest Christmas Celebration

BY LAURIE L. DOVE

Some people are fond of complaining that the holiday season starts too early in the U.S. Christmas garlands sometimes compete with plastic jack-o'-lanterns on store shelves around Halloween. But this Christmas creep is nothing compared with the Philippines. In that country, Christmas celebrations start on Sept. 1.

More than 100 days before Christmas Day, the Philippines (which comprises 7,641 islands in Southeast Asia) transforms into a veritable holiday wonderland. Christmas carols play on the radio while Christmas shows take over television sets. Seemingly overnight, shopping centers display their best Christmas décor. The Philippines grabs the title for the longest Christmas celebration in the world.

Celebrating the "-ber" Months

September, October, November, December — in the Philippines, you can hear Christmas jingles and songs being played in malls and parks, and even sung in the streets," says Joe Michael Valdez, who has been a Manila resident most of his life, in an email interview. "The malls and shopping centers also start to display their Christmas lights and decorations, and the area really starts to light up during the nights. There are a wide variety of antics, customs and even decorations, from Santa and his sled all the way to the nativity of Jesus Christ."

Beginning in September, children and adults form groups in the streets of the Philippines to sing Christmas carols as they walk from house to house. They will herald the coming season to each household along the way, and the merry bands often are greeted with gifts of coins or treats, or donations to the fundraising efforts they represent.

"You will know that Christmas really is just around the corner when the caroling starts to kick in," says Valdez. "Children and teens tend to walk around communities, singing Christmas jingles and songs at every household, using self-made

instruments like tambourines made from flattened bottle caps held together by a thin wire or seeds sealed inside bottles. Caroling is much like trick or treating, except it is done at Christmas and instead of candies and chocolates, we usually give coins."

Why Christmas Starts in September

For as long as he can remember, Valdez says the Philippines' Christmas celebration has started in September, without any well-known historical explanation as to why. For many Filipinos, it is simply a beloved tradition in a country where 86 percent of the population identifies as Roman Catholic. The Christian religion was first introduced to the Philippines in 1565 when Spanish explorers began colonialization efforts.

A close study of human nature, however, may provide an alternative answer for the tradition's staying power, according to Clif-



Jun San Martin (L), a parol (lantern) maker, displays different kinds of parols at his store in Central Market in Manila.

ford Sorita, a sociologist and professor at Pamantasan ng Lungsod ng Maynila [University of the City of Manila] in the Philippines.

"The most simple explanation for the Philippines' long Christmas season is our psychological framework to count down the days to big celebrations," Sorita told Rappler.com, a Filipino news website. "By knowing exactly how much time we have remaining to complete a task, instead of stressing about it, we will be able to better allocate our time." He added that the lengthy countdown "also acts as a secondary motivator and reinforces us Filipinos to complete our Christmas tasks before the big day."

Ed Timbungco, corporate com-



People look at Christmas decorations at Bonifacio Global City

munications consultant and PR professor at De La Salle-College of St. Benilde in Manila also told Rappler that while many people thought the early date was driven solely by the malls, that was not the case. "Filipinos supported the extended observance of Christmas because we are really suckers for anything that will allow us to celebrate and spend more time with our loved ones," he said.

From Simbang Gabi to Media Noche

As soon as the Christmas carolers strike a chord, Filipinos typically begin decorating their homes with festive Christmas lanterns called parols. These five-pointed stars are usually crafted from bamboo sticks and colored paper or cellophane and are now lit inside by LED lights rather than traditional candles. Parols symbolize the Star of Bethlehem that appears in the Christian nativity.

Christmas festivities in the Philippines remain in full force through September, October and November, leading up to Dec. 16, when Simbang Gabi begins.

"Simbang Gabi, which literally translates to 'night mass,' is a nine-day advent mass with the last mass happening on Christmas Eve," says Valdez. "At a very young age, I was taught that if I completed all nine masses, on the last mass, I could make a wish and it would come true."

Around the time of the advent masses, just outside the church grounds, temporary food stalls with vendors selling purple rice cakes topped with sugar, butter, coconut flakes and sometimes cheese, known as puto bumbong will pop up. "This

through Jan. 6, until the Feast of Three Kings, which officially marks the end of the Christmas holiday in the Philippines.

"The Christmas celebration in the Philippines has changed over the years," says Keziah Carter, co-founder of a job website for Filipino remote workers, in an email interview. "The traditional way of celebrating Christmas is by attending Catholic mass, spending time with family and exchanging gifts. However, now there are also more commercialized ways of celebrating Christmas, such as going to parties, buying expensive gifts and decorating homes and offices with extravagant Christmas decorations."

Overall, the changes in how Christmas is celebrated in the Philippines may reflect the changing times and values of Filipino society. "While some people prefer to stick to traditional celebrations," Carter says, "others enjoy the more modern and commercialized aspects of Christmas."

For most people of the Philippines, the festivities are a bright spot throughout the fall and winter months — and they'll be set to

type of rice cake is very popular, especially during the Christmas season," says Valdez, "and is a must-have after attending mass."

In addition to a traditional exchange of gifts on Christmas Eve, many Filipino families will attend the final mass of Simbang Gabi, called misa de gallo (rooster's mass) which is a Christmas Eve early morning church service (held 3-5 a.m.) that often includes candle-lighting, a recreation of the Nativity scene and singing. The celebration continues with a feast shared with family and friends, known as Noche Buena or "night of goodness," on Christmas Eve.

The Christmas celebration in the Philippines continues throughout December, with the feast of Media Noche taking place on Jan. 1, new year's day, which signifies the abundance that is hoped for in the coming months. The Christmas season continues



Despite the COVID pandemic, Roman Catholic devotees attend a pre-dawn mass called "misa de gallo" at a church in Las Pinas, suburban Manila.

do it again as soon as the calendar flips to September.

Philippine Fiesta

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 Five D's Arts, LLC (Publisher) Web Designer: Five D's Arts, LLC
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Marcos tells US VP Harris: Filipinos celebrate Christmas like we invented it



Christmas carols in the month of November. Kids will go in groups from home to home singing carols in exchange for Pamasko, or Christmas token.

BY DAPHINE GALVEZ

President Ferdinand Marcos Jr. and United States Vice President Kamala Harris on Monday shared a light moment talking about Christmas in the Philippines.

During Harris' courtesy call on Marcos in the Malcañan Palace, the US Vice President said she learned that the Philippines celebrates Christmas for three months – which is “wonderful.”

In response, Marcos confirmed to Harris that Filipinos start celebrating the Christmas season in September.

“We celebrate Christmas like we invented it,” he said, drawing laughter from the US high-ranking government official.

“We certainly own it now. We start in September,” he added.

Harris then said it is “good” that she visited the Philippines during

the Christmas season.

The US Vice President, who is in the Philippines for a three-day official trip, acknowledged that Filipino-Americans are devout Catholics.

Her native state of California, Harris noted, is home to a “thriving” Filipino-American community.

“In the United States by last count, there are at least 4 million Filipino-Americans... Very good Catholics who celebrate Christmas,” she added.

Harris arrived in the Philippines on Sunday, November 20. On Monday, she met with her Philippine counterpart Sara Duterte before proceeding to Malacañang to meet with Marcos.

On Tuesday, Harris will meet with members of the Philippine Coast Guard (PCG) in Palawan province.



US Vice President Kamala Harris on Tuesday visited a Philippine island near waters claimed by China to show support for the longtime US ally and counter Beijing's growing influence in the region.



Filipino Community of Sacramento and Vicinity (FCSV)

Sunday 11 December
2pm - 5pm

Christmas PARTY

*Entertainment *Games *Food * Gifts from Santa
*Featuring **The Magic of Danedini**

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Carol 559.817.9161
Dinnah 916.708.3462

RSVP - December 7

FREE Admission

Happy 80th Birthday Ben and Aurora Ramos!





Filipino American Veterans

In November 2022

BY DALE ESPERANTE

Veterans Day is observed on November 11 every year as a federal holiday to recognize those who served honorably in the United States Armed Forces.

For The American Legion Magellan Post 604, a Filipino American Post in Sacramento, Veterans Day is indeed commemorated every year since the establishment of the Post way back in the 1950s. In 2013, Kappa Psi Epsilon (KPsiE), a sorority organization of California State University, Sacramento, reached out to the veterans of Post 604. KPsiE started Veterano Day, a day when students and veterans can spend some time together: students attentive to the Filipino American veterans' history, and the veterans appreciating the interest.

Every year since 2013, Veterano Day has become a special get-together for the veterans and KPsiE at Magellan Hall. The Covid-19 scare in 2020 and 2021 caused the cancellation of the yearly event. For those two years, the cancellation of live public gatherings (Veterano Day included) was strongly recommended by the local, national, and international health authorities to prevent the outbreak of the virus.

Fast forward to the present, mass distribution of Covid-19



Bayanihan Clinic photo with veteran Phillip Cordero and Dale Esperante



Bayanihan Clinic is always ready to serve.



Veteran Fortunato Delacruz officiating the POW/MIA Remembrance Ceremony.

Photos by Dale Esperante

vaccinations became effective in controlling the severity of the virus. Public gatherings are no longer prohibited. Philippine Fiesta News, an online newspaper, included two Magellan Post 604 flyers in their October 2022 edition. The flyers invited veterans and their families to attend the Veterans Day Commemoration on November 11, and the Veterano Day Celebration on November 19 at Magellan Hall.

VETERANS DAY
Post 604's general membership meeting started with the American Legion's opening ritual. After the opening ritual on November 11, the veterans voted to suspend the business agenda of the meeting to start the Veterans Day commemoration. The motion approved; Commander Garcia asked me as the adjutant to take over as Master of Ceremonies.

On behalf of the members of

Magellan Post 604, the emcee welcomed all. He then asked specific groups to stand up to be recognized:

1. All members of Post 604. Every member roll-called themselves by name and branch of service.
2. Veterans who came as guests and non-members of Post 604 were asked to introduce themselves by name and branch of service.
3. Members of the American Legion Auxiliary Magellan Unit 604.
- 4.

Family members of veterans.
5. University of California Bayanihan Clinic Group

The spirited introductions done; the emcee said, "now we must remember not all living veterans are enjoying freedom on this day like we are. It is my honor to introduce USAF-Ret Fortunato Delacruz for the Prisoner of War/Missing in Action (POW/MIA) Remembrance." The Hall was respectfully quiet as MSgt-Ret Delacruz narrated the Remembrance Ceremony. The POW/MIA Remembrance Ceremony is one of the most poignant ceremonies for veterans and military organizations. After the narration, the sound of Taps played, and every veteran saluted the flag to officially conclude the ceremony.

A Magellan Post 604 Veterans Day Commemoration is not complete without a keynote speaker.

Continued on page 12

VETERANO DAY

BY DALE ESPERANTE

At 1100 hours (11am), Coordinator Valerie gave her opening remarks, welcoming everyone back after a two-year hiatus. Valerie then introduced KPsiE Abigail De Ocampo to sing the Star-Spangled Banner. She sang it naturally and so beautifully! Keeping in mind that Magellan Post 604 originally started as a Filipino American Post, Valerie then called on the KPsiE choir to sing Lupang Hinirang.

After the national anthems, the Post Chaplain officiated the POW/MIA Remembrance Ceremony. The preface of the ceremony is quoted, "Those who have served, and those currently serving the uniformed services of the United States, are ever mindful that the sweetness of enduring peace has always been tainted by the bitterness of personal sacrifice..." At the conclusion of the remembrance ceremony, the Post Chaplain then offered the invocation.

Time for the luncheon. A bounty of scrumptious dishes, such as, pancit, rice, lumpia, vegetable, adobo, mitsado, and many more are spread out on the serving table. Valerie invited the veterans and their spouses to be first in line. Members of KPsiE including Valerie's mom, Maryann, served the honored guests and company with a smile and a plateful of yumminess.

Time for entertainment. Keilani Facundo and Rochelle Malan performed an opening song number called, Save Your Tears. As an elderly veteran, I must admit that I haven't really listened to this song before; however, I liked what I heard. I ended up buying the Weeknd/Ariana Grande version from iTunes, and it is now part of my playlist. On behalf of my generation, thank you to the younger generation for opening my eyes and ears. Next, Beyonce's Love on Top dance number by KPsiE sisters (Chloe David, Angie Agpoon, Natasha Gail Paraiso) kept up the upbeat tone cheered on by everyone, young and old. This song is also now on my iTunes playlist.

Abigail De Ocampo returned to whisper words of wisdom, let it be, because there will be an answer. Her beautiful angelic voice and her rendition of this Beatles song gave goosebumps to my better half seated next to me. Following Abigail, four ladies, spouses of veterans, The SMG Dancers (Presely Sarette, Teri Clark, Venus O'Meara, and Myrna Magbanwa) danced Bette Midler's Boogie Woogie Bugle Boy. Such an apt musical number for an audience of military veterans, topped with a salute by the ladies saying, "thank you for your service," at the end of their performance. The brothers of Chi Rho Omicron (XPO) stepped up next for their version of Bruno Mar's When I Was



The Kappa Psi Epsilon (KPsiE) Group Photo



Valerie Vishion, KPsiE's Community Action Chair

Photos by Dale Esperante



The FAVA Veterans



Members and non-member veterans of Magellan Post 604



Uncle and aunties thanking one of the KPsiE member



The St. Maria Gorreti spouses of veterans

Your Man. As they journeyed the musicality of the song, we listened smilingly. When the XPO gents ended their song, we needed to hear more. ENCORE we appealed! The XPO brothers indulged us with their version of Plain White T's music called, Hey There Delilah. They added a little bit of dance move as they sang. Their light footedness impressed one veteran spouse who walked up and dropped a couple of dollars on the floor in front of the group. Other members of the audience came up as well and dropped more dollars, including a lottery ticket, on the floor, to the delight of the performers and the audience.

When Valerie announced the open mic, the Post chaplain stood up thanking KPsiE for standing by the veterans every year possible since 2013. When he belted out Stand by Me, a song by Ben E King, the sorority sisters sang

along in chorus. Back to dancing, the SMG Dancers including Edith Rundle stepped up to do the Wobble line dance. They were quickly joined by veterans and students alike, taking up the entire dance section of the Hall.

Time for the Hep Hep Hurray Game! This is a traditional Veterano Day game that may seem easy but it's not. I know because when I took part, I was eliminated right away. More line dancing was suggested next, so the students cleared away the tables and chairs to create more space. The folks who stayed enjoyed dancing more, as well as being part of a group photographed with the members of KPsiE.

For the elderly members and guests of Magellan Post, Veterano Day is like Christmas in November. Thanks to Kappa Psi Epsilon for their planning

and organization, and for inviting the participation of Chi Rho Omicron. Here are the names of all the Community Action Luncheon over the years: 2013 Nancy Boo & Alreeze Crystal Mercado; 2014 Rinna Pera; 2015 Kimmy Santarina & Jade Tamondong; 2016 Sherylley Lomboy & Gabrielle Evangelista; 2017 Cyril Castro & Alreeze Crystal Mercado; 2018 Margerie Vinoya; 2019 Michaela Lazaro Quillopo; 2020/2021 Abigail Rose De Ocampo (Veterano Day Cancelled due to Covid-19); 2022 Valerie Vishion.

On behalf of Commander Alberto Garcia, Sr., and the members of The American Legion Magellan Post 604, May the Holidays Bring you PEACE, LOVE, And HAPPINESS! HEP HEP HURRAY!



BY BENJAMIN ABAYA

Christmas season is for Human kindness and Godliness



Christmas is a global celebration for the more than 2 billion Catholics and various Christian believers remembering the birth of the Son of God, Jesus Christ who was born on December 25 in a manger in Bethlehem, West Bank Palestine with due respect to other believers who thought otherwise. The Philippines is the only Christian nation in Asia with at least 80 million Catholics, the third country in the world to have such a number of believers behind Brazil and Mexico.

Christmas is not a one-day festivity just like anyone's natal day, but it begins and ends in a period usually referred to as Christmas season. I will not dwell on the religious aspect of Christmas because I humbly admit that I am neither a layman nor an authority on the subject, instead, we leave the matter to our priests, pastors and religious leaders to remind us of the Godliness of the celebration that usually starts long before Christmas day.

Just like other Catholics and Christians the world over, most of the Filipinos consider Christmas as the most important seasonal celebration of the year both on its religious and social aspects. During this time of the year one can easily observe small and mansion-like houses are well decorated with multi-colored miniature bulbs that are lighted intermittently in the evening. Multicolored fresh or artificial flower wreaths or well lighted star shaped decorations are usually placed at the entrance door of houses.

Showing peaceful human kindness in the community, we see for ourselves the front and backyard of many dwellings

decorated with either iconic images of angels with the Holy trinity and/or Santa Claus with his carousel full of gifts pulled by reindeers. Moreover, just like many houses and malls, the ubiquitous well decorated short or tall Christmas trees and the like are standing at places where customers have an easy access for souvenir picture taking.

The magnitude on how Christmas is celebrated should stretch our imagination and goodwill towards one another in every aspect of human life. Our helping attention should be focused to those who need help such as the homeless and those wallowing in the quagmire of poverty who seemed to have been forgotten even though they are just around. Of course, Christmas revelers should forget and remove from their hearts that dreadful feeling of hate and discrimination.

Regarding the birth of Jesus Christ, my parents told me that when they were starting their married life, they usually received several invitations from friends and relatives to attend their Christmas celebration. Ironically, on several occasions, my parents accepted the invitations of farmers who were newly converted into Christian religion believing in the birth of Jesus Christ.

Accordingly, the highly industrious farmers lived at the edges near the top of the highest mountain in our place, part of the great ranges of the Cordillera mountains where they planted a variety of vegetables, raised poultry, piggery and other breeds of animals for their consumption and additional livelihood. During that time, it was a small community of farmers that made the resi-

dents know each other by their first name and there seemed to be no secret in the community. In addition, the place was so peaceful that there was no law enforcement agent ever sent to investigate any occurrence of petty crime involving residents or visitors.

The whole day of Christmas revelry usually started with a short prayer emphasizing on peace, prosperity and Godliness invoking the guidance of the Divine Providence to always prevail in the heart and mind of everyone. As expected, traditional songs, dances and games were being performed by both young and old alike. Food of different varieties of recipes and tropical fruits were laid on tables made of bamboo covered with clean banana leaves and the usage of fork and spoon were optional because a clean hand will do it to pick up the food one likes to eat.

It became customary that after that sumptuous meal, the visitors and host residents were invited on the top of the mountain for meditation to cleanse the body and soul in God's name while looking at a beautiful and a picturesque sight from afar. Many were standing and raised their arms to seemingly touch and feel the thin cumulus clouds passing by,

while others were in akimbo to just inhale the invigorating fresh air emanating from the sea breeze of the Western Philippine Sea.

Indeed, from such a distance we can see the frolicking and playing number of people as they run against the gentle cascading waves after waves to splash its bubbling waters on the white sands of the beach town of the great province of La Union. Reminiscing such glorious peaceful scene of yesteryears made my parents nostalgically happy and sad as they held tears coming from their watery eyes.

Chaotic political upheaval in my country of birth and a desire for peaceful living brought the family to the United States 38 years ago. A lifetime heartfelt gratitude to all the people who sincerely extended their helping hands to lessen the hardship that my family encountered in the beginning of our arrival in this benevolent and great country, the USA. My twin brother John and I were barely three years old when we reached the country while my other siblings just passed their teenage years.

Perhaps, it is not exaggerated to say that the celebration of Christmas seasons in the United States have no compar-

son. The celebration is bigger, brighter and highly commercialized although the religious aspect is still the center of attention for all the believers. Countless charity organizations across the United States are mobilized to ensure that the homeless are sheltered and the hungry are properly fed. Likewise, Filipino American organizations are encouraged to raise funds to contribute for the wellbeing and betterment of those who are needed.

We are fortunate that the Filipino American Community of Sacramento and vicinity have active leaders who tirelessly and selfishly exert their efforts to lead many organizations to remind us of our great tradition and culture of the country some of us came from. As always, our highest respect to Dave and Dinnah San Pedro for their pioneering spirit in publishing the now iconic Philippine Fiesta News both the hardcover and Online readings. It is undeniable, that issue after issue of the publication pictured to us how the members of the Filipino American community assimilated themselves with other nationalities regardless of racial identities to ensure a peaceful place to live in.

For twenty glorious years, we have witnessed the beauty, elegance and gracefulness of our traditional dances, songs and costumes presented during Christmas season social gatherings of the number of Filipino American Community organizations depicting such performances in accordance with their regional festivities.

As always, our profound gratitude to our leaders, movers and shakers for their tireless and selfless determination to make our place peaceful, vibrant and united an ideal community to establish strong family ties and to raise children for their bright future.

**MERRY CHRISTMAS AND
A PROSPEROUS NEW
YEAR TO ONE AND ALL.
SALAMAT PO.**

How to prevent overeating during the holiday season

BY MITCH FELIPE MENDOZA

It's absolutely normal to eat more than usual during the holidays; having a taste of your favorite Christmas cake, trying your mom's holiday home-cooked meals, eating puto bumbong and bibingka during Misa de Gallo and enjoying evening parties while drinking with your friends. However, having too much of anything is not good. Aside from weight gain, overeating can lead to mental and physical health issues such as eating disorders, heart problems, and diabetes. It can also aggravate any existing medical issues that you have and can negatively affect your immune system, making you more susceptible to diseases like COVID-19.

I've already discussed the importance of early preparation for the holidays to too much avoid stress and weight gain, and for this week, as we enter the Christmas season, let me share the most effective lifestyle strategies that you can apply all throughout your day to prevent overeating during social gatherings (revenge parties, reunions, holiday travel, weddings, Noche Buena and New Year's Eve) so you can still start 2023 well and strong. You really need to prepare and strategize your day so that your best intentions of eating well during a social gathering can lead to favorable outcomes.

Sleep

Prioritize sleep this holiday season so you can always fully and effectively face a new day with enthusiasm and be more productive (for yourself, for work, and for others). Lack of sleep is already a major source of stress that can lead to sickness, lack of energy for important tasks (exercise, work, and other obligations), lack of control over food, and unstable moods. An imbalance of your hunger and appetite hormones from lack of sleep can cause overeating.

Get around 7 to 8 hours of sleep by giving up long hours of television watching and excessive use of social media. Nutrition also plays a big role in the quality of sleep. Late-night eating and excessive intake of alcohol can affect your sleep cycle, making you feel sluggish and tired in the morning.

Physical activity



Try to start your day with any form of physical activity that is readily accessible to you at this moment. Make the extra effort to workout early, before or even 1-2 hours after a light breakfast. You don't need to stress yourself out this month when it comes to getting exactly the same amount and quality of the workout that you used to get during your regular days. What's important is that you move your body and increase your heart rate so you can effectively burn calories and at least maintain your fitness level. Walk, run, do body-weight exercise, play a 20-45-minute YouTube video or join an online fitness class. If you still have extra time and energy to do formal workouts in the afternoon or evening (online or face-to-face classes), then that's already a big bonus.

You need to burn more this holiday season because you can eat double the calories when you eat out or during social gatherings even if you apply portion control because of the type of ingredients used in restaurants and party foods. Movement can remind you how much you prioritize health and wellness which leads to feelings of balance and happiness. The right amount of exercise can increase your control over food, especially during social gatherings and celebrations.

Breakfast

Your first meal of the day can be your usual breakfast or a pre or post-workout meal. Breakfast is so important, especially this season because it gives you enough energy to achieve a good workout intensity and to deal effectively with the rest of your busy day (with work, family, and other responsibilities).

You can have whole wheat bread with egg and avocado, a small bowl of oatmeal with almonds and a glass of low-fat or nut milk, or Greek or plain yogurt with fresh fruits and chia seeds.

Lunch, dinner, and afternoon snacks

As much as possible, eat home-cooked meals with the right amount of fiber from vegetables and some good carbs, proteins, and healthy fats to achieve the right amount of fullness and satisfaction after every meal so you can prevent unnecessary sweet cravings.

Don't skip meals if you have planned socials for dinner. Excessive hunger can always lead to overeating. You can have a

lighter-than-usual breakfast and/or lunch and even have a light snack before a dinner party such as a piece of bread and egg, a handful of nuts and/or seeds with a piece of fruit, or a fruit and veggie smoothie with yogurt or milk. Most importantly, drink enough water (at least 8 glasses) during the day.

During social gatherings

Before a social event, try to breathe, meditate and remind yourself how much you look forward to meeting your friends and family and that you can always try your best to be in control of eating and drinking. Think of social connection, while you eat in moderation.

Instead of white bread, pasta or pizza, fill half of your plate

with a salad (with dressing on the side) or cooked vegetables so you have less room for high-calorie foods such as sweets and heavy carbs. Then choose protein dishes that you really like such as seafood, or lean meat that can occupy a quarter of your plate. Lastly, fill the remaining quarter of your plate with carbs (can be combined) such as rice, noodles, and or pasta.

Choose grilled, baked, or boiled chicken, seafood, and meat. Avoid deep-fried foods (fried chicken, sweets and sour pork or fish, calamari, fried spring roll, tempura) and limit the intake of fatty meats (lechon, sisig, crispy pasta) and dishes with rich sauces (kare-kare and viands with coconut milk).

Drink more water and skip sodas and sugary flavored drinks if you can.

You can try the desserts after your main meal. Just have a bite, a taste, or share a small portion with your friend or spouse. You don't need to try everything and just get what you really like.

Limit alcohol servings to 1-2 servings only so you can still get quality sleep and prevent a hangover.

Move, walk around and dance after dinner to burn extra calories and to help balance your blood sugar so you can continue to enjoy the rest of the night!

Lasang Pinoy

Puto Bumbong

Ingredients

- 1 1/3 cups sticky purple rice
- 1 1/3 cups glutinous white rice malagkit
- 2/3 cup long grain purple rice
- 6 cups water for soaking the rice
- 3/4 cups muscovado sugar
- 1 1/2 cups freshly grated coconut
- 1/2 cup softened butte

Instructions

Combine all types of rice in a large mixing bowl. Pour water. Soak for 2 days.

Drain the water by pouring the contents of the bowl into a large sieve.

Put the soaked rice in a large food processor. Start to grind the rice until it becomes very fine. Note: It took me around 10 minutes to achieve this consistency.

Fill your puto bumbong steamer with water halfway through. Apply heat and then let the water boil.

Meanwhile, fill each bumbong (bamboo tube) with powdered rice. Note: Do not compress the rice so that steam can pass easily.

Once the water starts to boil rapidly, arrange each bamboo tube on the steamer. Continue to cook until steam comes out of the tube.

Remove the tube from the steamer. Arrange the contents over a piece of banana leaf. Spread butter all over and then top with freshly grated coconut and muscovado sugar.

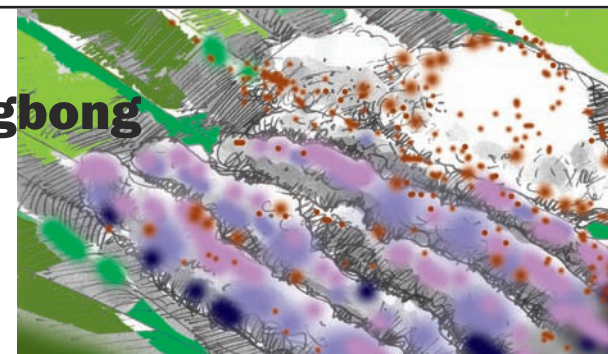
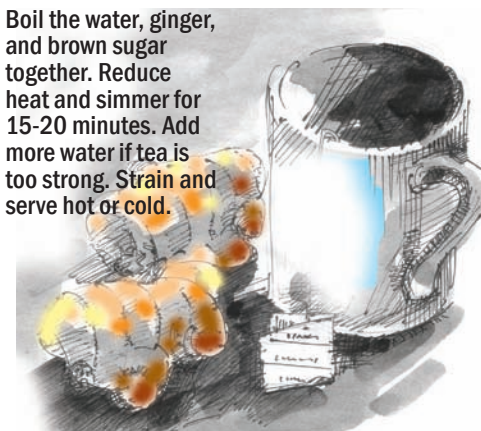


ILLUSTRATION BY DAVE SAN PEDRO

Salabat

Boil the water, ginger, and brown sugar together. Reduce heat and simmer for 15-20 minutes. Add more water if tea is too strong. Strain and serve hot or cold.



How Mila Kunis Is 'Leading by Example' as an Actress, Mom, Philanthropist and Entrepreneur

From her activism to her trailblazing career, see the work that made Mila Kunis one of PEOPLE's 2022 People of the Year

BY ZOEY LYTTLE

Helping Her Native Country

Throughout 2022, Ukrainian-born actress Mila Kunis took the initiative to raise money and awareness for the ongoing war waging in her home country. In March, Kunis and her husband, fellow *That 70's Show* alumnus Ashton Kutcher, donated \$3 million in support of refugees fleeing from escalating conflict following Russia's invasion. In an Instagram video posted to Kutcher's account, the couple encouraged their fans to take action as well.

"The events that have unfolded in Ukraine are devastating. There is no place in this world for this kind of unjust attack on humanity," Kunis said in the video. The couple also pointed followers to a GoFundMe page that set a total fundraising goal of \$30 million, which they surpassed in just two weeks.

At the Academy Awards, Kunis took the stage to address the crisis in Ukraine. She highlighted the "strength and dignity of those facing such devastation" in her native country. "One cannot help but be in awe of those who find strength to keep fighting through unimaginable darkness," she said.

Staying Firm in Her Beliefs

Following Will Smith's outburst at the Oscars, the *Luckiest Girl Alive* star remained firm in her belief that his actions were out of line. Speaking to *C Magazine* in October 2022, Kunis reflected on her reasons for staying seated when Smith won the award for Best Actor, while the majority of the audience gave him a standing ovation.

"The idea of leading by example only makes sense when you actually have someone to lead. We have our tiny little tribe here at home, and never once do I want to tell them to do something if I'm not willing to do it myself," said Kunis, who shares her daughter Wyatt, 8, and son Dimitri, 5, with Kutcher. She added that not standing up was, to her, "a no-brainer."

Drinking for a Cause

At the head of the COVID-19 pandemic, Kunis and Kutcher delivered a product perfectly

suited for the mood of April 2020. The couple teamed up with Nocking Point Wines and Battle Creek Vineyards to produce a Pinot Noir called Quarantine Wine to aid in COVID relief efforts.

The A-list husband-wife duo announced their project on Twitter, where they posted a video explaining that 100 percent of the proceeds gathered by the aptly titled

Making a Cheeky Donation

In November 2017, Kunis addressed her political views on Conan O'Brien's late-night show, and the charitably minded way she lets her actions speak louder than words.

"I disagreed with some of the stuff that [Mike] Pence was doing and was trying to do, so as a reminder that there are women out there in the world that may or may not agree with his platform, I put him on a list of recurring donations that are made in his name to Planned Parenthood," said Kunis of the then-vice president, clarifying that her actions were less of a prank and more of a "peaceful protest."

The actress noted that she always intended to donate to the women's health organization, but she found humor in the political attribution of her funds. "Every month,

Stepping Out of Her Comfort Zone

When it comes to making the world a better place, there's nothing Kunis won't try. In conversation with *C Magazine* for an October 2022 profile, the *Family Guy* star detailed the farm she and Kutcher installed in their Beverly Hills home. She admitted that the idea of a fully sustainable home felt in-



Mila Kunis

timidating at first.

"My husband's from the Midwest, and a lot of this has to do with his upbringing," she said, noting it was Kutcher's idea first. "He's like, we're building a farm and we're all going to work on the farm. I'm from L.A., and I was like, we are? This has been a big learning curve for all of us."

But the Kunis-Kutcher family (the KuKus, as they've been known to call themselves) prevailed. "Whether it's learning something new, doing something a little bit scary — all of that makes you stronger," said the mom of two.

Breaking Into Big Tech

In 2021, Kunis leapt into the male-dominated industry of cryptocurrency, creating her own non-fungible token-based animated series with her all-female crypto team, the 3050 Gang. Kunis' production company Orchard Farms Productions put out the show *Stoner Cats*, featuring the voices of Jane Fonda, Chris Rock, Seth MacFarlane and Kutcher. Viewers could gain access to the episodes through the pur-

chase of NFTs.

Though the world of crypto and NFTs has been more populated by men, Kunis has already seen the beginnings of a shared tech sphere with her kids' education.

"I think things are already changing," she said in July 2021. "I can see it with my daughter and the access she has to clubs and camps along with STEM being taught in schools. Not to say that I couldn't have been an engineer, but it wasn't pushed upon me. I wasn't told science was cool. There's no world that my daughter is an even playing ground."

doesn't think

Raising Her Kids Right

The *Bad Moms* star and her husband have come a long way from their humble upbringings, both being "very much self-made" and "very aware of what a dollar is worth," as she said on Australian podcast

The *Kyle and Jackie O Show* in 2016. That's why it was crucial for Kunis and Kutcher to raise their kids to appreciate what they have.

"It's a matter of teaching them from a very early age that, you know, 'Mommy and Daddy may have a dollar, but you're poor,' " she joked. " 'You are very poor, you have nothing. Mommy and Daddy have a bank account.' "

Prioritizing Parenting

In 2016, Kunis opened up to *Vanity Fair* about the breastfeeding shame she faced while nursing her daughter Wyatt. The actress was firm in asserting her right to tend to her baby no matter the setting.

"There were many times where I didn't bring a cover with me, and so I just did it in a restaurant, in the subway, in the park, at airports and in planes," Kunis explained in the interview, during which she was expecting her second child. "Why did I do it in public? Because I had to feed my child. She's hungry."

She noted that it was surprising to receive pointed looks for her parenting choices, but it hardly deterred her from doing what she needed to do. "That's what I chose to do, but I think it's unfortunate that people are so hard on women who choose to do it and do it in public," she said.

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Filipino American Veterans

From page 7

With immense pleasure and honor, the emcee introduced Comrade Lionel "Will" Williams. Comrade Williams is an active member and leader of the veteran community: Member of the Filipino American Veterans Association, Member of the Disabled American Veterans (DAV), Member of the Veterans of Foreign War (VFW), Member of the Marine Corp League, La Society (40&8) Past Grand Chef de Gare Grand du California, Magellan Post 604 Officer Past and Present Various Titles and Positions, American Legion District 6 Commander (2015 – 2017), American Legion Department of California Past Area 1 Membership Chairman, American Legion Department of California Past Vice Commander Representing Northern California Area 1, First Sergeant – United States Marine Corp. Most importantly, Comrade Will is the husband of Filipina American Penafancia B. Williams, past president of The American Legion Magellan Auxiliary Unit 604.



Even a 12 year old listened attentively to keynote speaker Veteran Lionel "Will" Williams



Keynote Speaker, USMC-Ret Will Williams.



Commander listening to the Master of Ceremonies.



Veteran Paul Cordero

Photos by Dale Esperante

The topic combined with his commanding voice and military bearing; USMC-Ret Will Williams captured everyone's attention. One of the most valuable pieces of information he shared is the Veterans Suicide and Crisis Lifeline – 988. For veterans who may be experiencing a critical time in their lives and need to talk with someone, please don't hesitate to dial the 988-telephone number. According to online information, "the suicide rate for veterans is 1.5 times higher than the general population. Comparing the rate among female veterans to non-veterans' female adult women, the rate is 2.5 times higher."

The official part of the day done, Commander Alberto Garcia, Sr., acknowledged and expressed his gratitude to everyone who took part in this year's Veterans Day celebration. Food, refreshments, social hours, and dancing completed the day.

2023

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