



P4 Recognizing National Stress Awareness Month

PHILIPPINE Fiesta

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P16 Stop Asian Hate

US Admiral: PH can invoke MDT if sea attacks kill soldier, sailor

BY NESTOR CORRALES

The Philippines can invoke the 1951 Mutual Defense Treaty (MDT) if a sailor or a member of its military is killed as China continues “to execute belligerent, dangerous and aggressive” actions against Filipino troops and fishermen in the West Philippine Sea, according to a US military official.



Indo-Pacific Command chief Admiral John Aquilino

Speaking at a US House committee briefing last week, Indo-Pacific Command (Indopacom) chief Adm. John Aquilino said China has “become increasingly aggressive and emboldened” in the West Philippine Sea.

Seven Philippine Navy personnel were injured in separate water cannon incidents by China Coast Guard (CCG) vessels against Philippine resupply boats on its way to

treaty ally of the United States, could invoke the MDT if any attack against Filipinos in the West Philippine Sea would result in death.

“The Philippines, if a sailor or soldier, or one of their members were killed, could invoke Article 5 of the Mutual Defense Treaty,” he told US lawmakers during the briefing. “And that

inside their exclusive economic zone (EEZ) at Scarborough (Panatag) Shoal and they have also prevented the resupply of the Philippine forces at Sierra Madre,” referring to the grounded warship in Ayungin that serves as a lookout for the Philippines in the West Philippine Sea.

“Those are not based on legality,” he said.



SURROUNDED This frame grab from aerial video footage taken and released on March 23, 2024, by the Philippine Coast Guard (PCG) shows a China Coast Guard ship and vessels identified by PCG as “Chinese Maritime Militia” (left and right) surrounding the PCG ship BRP Cabra during its supply mission near Ayungin (Second Thomas) Shoal in the West Philippine Sea. Photo by AFP/PCG

Ayungin (Second Thomas) Shoal this month.

Aquilino said Beijing’s recent aggressiveness against Filipino troops and civilians in the West Philippine Sea “is concerning to me.”

‘A bad place’

He warned that the Philippines was a “really critical hot spot right now that could end up in a bad place” due to China’s illegal actions in the West Philippine Sea.

“I would hope that the international community’s condemnation of those actions is enough to get the Chinese to back off. But if it doesn’t, it could go in a bad place,” he warned. “So I’m concerned about where it can go.”

He said the Philippines, a longtime military and

would put our policy decision makers in a place that would require really tough choices.”

Fishing rights

“The Philippines can use those,” he said.

Under the MDT, Manila and Washington agreed to come to each other’s aid in case of an armed attack on a public vessel, troops or an airship.

Aquilino said “there are procedures in place to avoid dangerous and unsafe accidents” at sea, citing the Convention on the International Regulations for Preventing Collisions at Sea.

However, he pointed out that China has continued “to execute belligerent, dangerous and aggressive activity to prevent Filipino fishermen from executing their rights

about 195 kilometers off Palawan province, which is well within Manila’s 370-km EEZ.

Aquilino said China’s “unprecedented military buildup” and growing aggressions have continued “to destabilize the region.”

The recent Chinese aggression, however, will not deter the Philippines in conducting its rotation and resupply (Rore) operations to troops at the grounded Sierra Madre, according to Armed Forces of the Philippines chief Gen. Romeo Brawner Jr.

“What you are doing here has strategic implications. The whole world is watching us so let us continue with our determination and resolve to accomplish our mission and the conduct of our

Continued on page 3

Empowering Youth Voices: The Northern California Youth Racial & Economic Justice Summit



“This piece reflects on the historical significance of the Black Panther Party’s message and the timeless resonance of Malcolm X and Yuri Kochiyama’s shared values. Through the lens of their enduring camaraderie, this newsletter captures their collective commitment to societal transformation.”

BY JAIME MIGUEL D. SALES

On February 25th, the Northern California Youth Racial and Economic Justice Summit unfolded itself at Luther Burbank High School, igniting and inspiring change across Sacramento’s youth and beyond.

This inaugural event was led and orchestrated by The Reclamation Project @916 in partnership with the Sacramento County Youth Commission, local movement leaders, and a number of local grassroots organizations. This Summit was sponsored by local organizations, including Everyday Impact Consulting, Sacramento LGBT Community Center, and BNB Unity.

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Assembly adjourn in the memory of retired Alameda Firefighter, Patrick Michael Corder



BY MIA BONTA

The Assembly adjourn in the memory of our larger than life friend, hero, brother, son, husband and retired Alameda Firefighter, Patrick Michael Corder. Patrick, this shining light of a human being, tragically died on

2/1 following a difficult battle with PTSD. Even after death, Patrick is continuing to serve others and save lives, as an organ donor. Eight beautiful souls continue to live because of Patrick’s contributions.

BY OSCAR APOSTOL

Love should be celebrated every minute of every day. Not only in February on St. Valentine's Day. You see love is the rhythm and essence of life. Mortals live and die for love. When one is in love it is like looking at the world through a rose colored glass with wonderful and endless possibilities. For those mortals untouched with the essence of love, I strongly suggest to you to recalibrate your heart, mind and soul and start to dance life from now on as our earthly journey can be brief and short. Do not wait for love to come to you. You have to create it, embrace it and make it happen for you. Dance life with the rhythm of love.

One of my favorite and endearing quotes of love surprisingly comes from the unforgettable 1948 song Nature Boy, lyrics by Eden Ahbez. It runs as follows "The greatest thing you'll ever learn is just to love and be loved in return". Sweet. So simple and directly tinted with reality check. Many of us continue to learn from the lessons of love. Whether good or bad, we learn. Surely many of us fall in and out of love. For a few many times. Some of us are hopelessly romantic. That's because love has all the essence of mystery, magic and color that transcends us to a place we've never been before. As Virgil puts it, "Love conquers all." How true that is.

Many writers for ages have scribed love in glorious glowing terms of stars, sun, a conquest, a mystery, of joy and pain. Love is so multi faceted to a degree that it is passionate and spiritual, emotional and sexual and often laced with abandoned attachment adding more mystic to it. Realizing this complexity it made Eric Segal without apology pointedly wrote in his runaway best seller Love Story, "Love means not having to say I'm sorry" to whatever the ending it would be. Even the venerable St. Augustine advocated everyone should experience love because "Love grows with you and so beauty grows. For love is the beauty of the soul."

Love has been memorialized often both in small and grand scale in songs, movies, books, operas, theatres, soaps and television. Whenever I hear the song Love is a Many Splendored Thing my whole being falls into a chasm and it takes me back to my youth and to that famous scene where William Holden and Jennifer Jones meeting up on a windy hill of Hong Kong.

The memory reverberates with the fabulous Three Aces voices soaring in grandeur "Love is a many splendored thing". It's the April rose that only grows in the early spring. Love is nature's way of giving. A reason to be living. The golden crown that makes a man a king". Fast forward that romantic hillside is now full of condominiums.

Love can indeed transform us to either cabbages or kings. Speaking of kings, Capulet and Montague we travel to Verona and once more relive the tragic young lovers of Shakespeare's timeless iconic Romeo and

Juliet that evokes innocence and pity. The story reveals the complexities in the old world that love creates, ethos warring families, a sense of honor and status, culture and religion. It had all the elements of wagedy most people understand universally. It is no wonder the play is beloved even today. We can relate how mortal we all are even today.

Love is in chaos when our world is at war or in turmoil. War is usually a perfect melancholy backdrop setting for lovers. A great example is the tragedy war brings great drama and passion to so many lives as in the movie Sunflower when Marcelo left Sophia in Milan to go to war. Henry Mancini's soulful-doleful background music capturing the inner pain war and separation inject to the characters. Sometimes however, war brings

out the good, genuine, humanity and sacrifices in slick fashion to fight the evils of the day in full redemption as in Casablanca played magnificently by Bogart and Bergman. It evokes that Time Goes By and yet our memories and remembrances of love seem to stand still, Love is deep rooted in many sense giving us that eternal hope things will get better and return to normalcy. And the film ends with the most memorable line possibly for the ages from Bogart to Claude as they disappear into the horizon with this quip "I think this is the beginning of a beautiful friendship". Ah perpetual hope is resurrected one more time. In fact every time you hear this line.

In movies of the 50's, 60's and 70's Audrey Hepburn perhaps capitulated many unforgettable love stories on the silver screen beginning with her Oscar winning Roman Holiday with Peck which catapulted her to superstardom. Next was the sad and unforgettable Two For The Road a period movie of two people full of angst typical among newlyweds perfectly reflected in this movie as love slowly dies as they travel down the road of reality with Finney. This movie has deeply affected me. It is one of the saddest movies. Then finally that dreamy, escapism and brutal no commitment reality life in a big city of New York with Peppard in an Ironic capole s best seller entitled Breakfast at Tiffany a world famous jewelry store in the heart of Fifth Avenue in New York. The film was made memorable by an unforgettable Mancini song Moon River sang by Audrey high on a balcony strumming a guitar capturing the dream as well as the loneliness of everyday city life in search of oneself.

In our quest for love we sometimes experience and get transformed with giggly exuberance and juvenile tendencies to the

All About LOVE

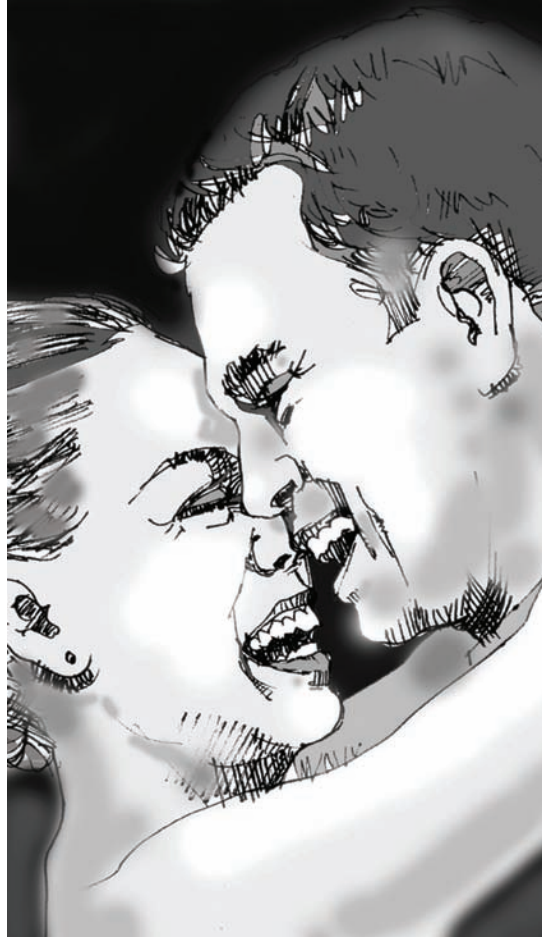


Illustration by Dave San Pedro

extent we would quip or scribble lines like Angelina Joy's: "If raindrops were kisses, I could send you showers. I hugs were seas I will send you oceans. If you were a person I will send you to me." We all have prejudiced ourselves in silliness at the very least once in our lives. It seems when people are in love there is total freedom and refreshing and unsuppressed excesses to express their feelings without apology. People often describe such behavior as being drunk with wine accepted and stamded with social approval and tolerance. On the opposite end however, there is a counter balance to silliness. It is the very mature look and expressions of love that carries a much deeper insight as in the following lines "If it falls apart I will roam deep in my heart. The only dream that truly mattered came true. I was loved by you". This is beautiful indeed and must be pondered with an

afterthought.

The sophistic love in the afternoon that refers to mature, late in life or lovers or different generations or same sex relationship have become part of the ordinary in today's world. The storm is slowly gaining acceptance in this liberal and progressive thinking world or ours much to the charging of individuals with conservative values. Ironically much of this is produced from vocal activism of a few. And for that our secular world has fully endorsed love relativism. Meaning everything is okay so long that it makes an individual happy. Relativism rejects boundaries of any kind. It is self destructive at times. It seems a very callous approach that completely ignores all the complexities and responsibilities it brings for old and time tested values that matter most. To the extent it justifies the abortion of defenseless innocents, the pain inflicted to women land even men; the obvious individual selfishness and deterioration of societies' moral fibers as well as values pervasive in the current world. It totally ignores the negative impact to family and society's foundation. When love is irresponsible society suffers. It signals troubles.

Love is a universal language or the heart. It is spoken in so many ways, through the eyes, mouth, kisses, whispers and smiles. Sometimes through tears and murmurs of the heart. All of these are means of conveying the range of feelings of joy and pain. The Spanish language seems to evoke more deeply the passions of love.

As the international superstar idol Jose Gomez Romero aka Dyango sings Esperame En El Cielo Corazon Wait for Me in Heaven My Love) one can feel heaven and earth with the deepest emotional conviction. As one or the verses declares "Esperame en cielo corazon.

Si es que te vas primero Esderame en el cielo corazon. Para empezar de Nuevo". (Wait for me in heaven my love. If you go first wait for me in heaven my dear, And there we can start anew).

Our own Tagalog equally expresses love through high range or emotional peaks and valleys. "Kung langit ang pagsinta. Kung pag-ibig ay pag-asa. Kailan pa liligaya ang puso kong sawi't aba." in the classic song made popular by Cely Bautista in Irog ako ay Mahalin. The song epitomizes the eternal struggle one reels when love is not reciprocal, unsure and full of doubts. It is full of angst and begs for approval and honesty in order to feel secure.

Finally, as Longfellow immortalized it in his poem "I shot arrow into the air it fell to earth I knew not where" For lovers who have been through the experience of love it is a game of chance. If lucky in love the first arrow may hit the ideal person desired in life or miss its mark. We just have to keep on trying for however long to find our soul mate. The essence of love can be of one sell or two or a multitude of beings. It may be of country and/or the world. Love truly encompasses everything such as freedom, liberty, beliefs and philosophy. On a higher plane love is often deeply highly spiritual with God.

For the readers, let me leave you something to ponder why there are too many heartaches and breakups to something truly beautiful. It is an old, old song Two Kinds of Love many young lovers must still face today. Here goes, "You love for today. I love with my heart. Two kinds of love are tearing us apart. I long to be yours. You long to be free. Two kinds of love have come between you and me. To you your kiss is just a kiss. To me it's and everything, lo you romance is a rendezvous. To me it is a wedding ring. You love for today. I love with my heart. Two kinds of love can only lead to goodbye" It is simply communicating love, honesty and truth.

philfiesta.net



Editor's Note

lives.

I hope this type of weather in this time of the month has not discouraged you in continuing to stay active, as well as to find precious time to spend with families and friends. This month of April is National Stress Awareness Month. We must remain cognizant of what our body is attempting to tell us, especially when stress is preventing us from doing what we want to accomplish in our daily

And so, in this issue of Philippine Fiesta News, please find several events that are happening in our community in Sacramento, as ways to de-stress, support community organization, and have fun at the same time. First is the "Spring is in the Air" event to happen on April 20 at the Jose Rizal Community Center. It's another fundraising effort to benefit the Sinag-Tala Theatrical Ensemble and the FCSV's building project, and as it serves as an introduction of what's coming in May, the Big Day of Giving. Another is the Annual Spring Brunch by the Pacific Rim Foundation to happen on May 5, at the same venue, with the same mission in raising fund for FCSV's building project.

In two months time, is the Sama Sama Fashion Show on June 7, at the District 56 in Elk Grove, CA. We are beginning to get a lot of community's support with this project. I hope everyone can also step up in making this event a huge success. There are several ways to help such as advertising on the souvenir program, community organization sponsorship, and by participating as models for the fashion show.

When we join forces, it becomes easier to fulfill our common goals for the community. Let's work "together" for our Filipino community in Sacramento.

With you in celebration,
Dinnah S. San Pedro

Manhunt on for Quiboloy

BY EMMANUEL TUPAS-
-DIANA LHYD SUELTO

Davao court orders arrest

Apollo Quiboloy is now a “fugitive from justice” after evading arrest warrants served by a joint team of the National Bureau of Investigation (NBI) and the Philippine National Police (PNP).

“He may not have been arrested, but he will be considered as a fugitive from justice based on the warrant of arrest issued by the court,” NBI Davao region chief Arcelito Albao told “Storycon” on One News yesterday.

While the founder of the Kingdom of Jesus Christ (KOJC) ministry was nowhere to be found, Albao said the joint team did not have a hard time entering Quiboloy’s compound at the “prayer mountain” in Davao.

Quiboloy is still in the country as his cars, helicopters and planes are still in the area, Albao told Storycon. He said Quiboloy’s personnel told the joint team that they had not seen the pastor for several days.

Teams have been deployed to hunt down Quiboloy and five of his associates who were ordered arrested by a Davao court on charges of child and sexual abuse, Albao said.

Ordered arrested together with Quiboloy were Jackielyn Roy and Sylvia Cemanas as well as Ingrid, Cresente and Paulene, all surnamed Canada.

Cresente and Paulene Canada along with Cemanas were preparing to post P80,000 bail following their arrest at the Jose Maria College campus and the Samal and Tamayong properties of the KOJC.

Albao told The STAR that Roy and Ingrid were reportedly hiding with Quiboloy as they are his personal assistants.

Brig. Gen. Alden Delvo, Davao region police director, said Cresente surrendered to the NBI while Pauline and Cemanas sent surrender feelers.

Judge Dante Baguio of the Davao Regional Trial Court (RTC) Branch 12 ordered Quiboloy and five others arrested on charges of violation of Republic Act (RA) 7610, or the Special Protection of Children Against Abuse, Exploitation and Discrimination Law.

Baguio issued another warrant against the respondents on charges of child and sexual abuse as provided under the same law.

In a two-page order, the Davao RTC said that as early as March 14, it found probable cause to issue a warrant against Quiboloy.

However, Quiboloy’s counsel filed a motion to defer or suspend proceedings and asked the court to hold the issuance of an arrest order.

The court said it granted Quiboloy’s motion as his camp filed a motion questioning a resolution issued by the Department of Justice, which indicted the religious leader and five others of child abuse.

Warrants served

Delvo said the warrants were given to Kathleen Kaye Laurente, one of Quiboloy’s lawyers.

He said he urged Laurente to



Pastor Apollo Quiboloy

advise Quiboloy to surrender.

Delvo said the cases against Quiboloy and his co-accused are bailable: P200,000 for the sexual abuse and P80,000 for child abuse.

Delvo said Quiboloy has to be physically present for the booking procedures.

Aware that Quiboloy has security escorts of his own, Delvo urged followers of the religious leader not to resort to violence and let justice take its course.

In issuing the arrest warrants, the Davao RTC said “more than reasonable time” had since lapsed, yet it has not received any resolution on the motion for reconsideration filed by the camp of Quiboloy.

“The court, mindful of the equally situated rights of both the prosecution and defense – which may include, among others, the speedy disposition and trial of cases, either of which or both – said right imposes an imperative task that this court is indebted to fulfill,” the court said.

“As what was earlier determined upon judicious exami-

nation and perusal of information where it found probable cause, let the warrants of arrest already issued be implemented immediately,” it added.

The respondents are also facing charges of qualified human trafficking as provided under Section 4(a) of RA 9208 before a Pasig court, which has yet to issue a warrant of arrest against them.

Quiboloy is also wanted by the US Federal Bureau of Investigation for alleged involvement in a labor trafficking scheme that brought church members to the US through fraudulently obtained visas.

He reportedly forced church members to solicit donations for a bogus charity. The donations were reportedly used to finance church operations and the lavish lifestyles of church leaders.

A California judge ordered the unsealing of the arrest warrants against Quiboloy and his co-accused.

Among the cases filed against Quiboloy before a US court involved conspiracy to engage in sex trafficking by force, fraud, coercion, sex trafficking of children and cash smuggling.

Happy days numbered

Sen. Risa Hontiveros said Quiboloy’s happy days are numbered, now that the Davao RTC issued a warrant for his arrest.

Hontiveros said that aside from the Davao court, almost all institutions in the Philippines are moving to hold Quiboloy accountable.

“The PNP in Davao has expressed willingness to work

with other law enforcement agencies in arresting the Kingdom of Jesus Christ leader. I am confident that this will be fulfilled and Quiboloy will be caught,” Hontiveros said.

“Once he is arrested, the Senate committee on women, children, family relations and gender equality will expect his appearance in our next hearing,” she added.

She called on Quiboloy to stop acting, saying he has done a lot to skirt the law. “He should cooperate and properly answer the accusations hurled against him. If he had done no wrong, there’s no need for him to hide,” Hontiveros said.

She thanked Quiboloy’s alleged victims for fighting back to obtain justice.

Meanwhile, ACT Teachers Partylist Rep. France Castro commended the issuance of an arrest order against Quiboloy.

“It is good that the original Joint Resolution dated 29 June 2020 issued by the Office of the City Prosecutor of Davao City, which dismissed the complaints for rape, qualified human trafficking and child abuse, has been overturned by the Department of Justice,” Castro said.

She said this means the DOJ is finally “seeing the alleged crimes of Quiboloy in a new light.”

“We hope it would act swiftly to deliver justice to Quiboloy’s victims,” she added.

“We stand in solidarity with the victims and advocates seeking justice in this case. It is imperative that the legal process moves swiftly to ensure that those responsible for heinous crimes are held accountable and that justice is served,” she maintained.

The Philippine Star

A peek into Apollo Quiboloy’s expensive gun collection

BY JODESZ GAVILAN

Doomsday preacher Apollo Quiboloy owns firearms amounting to at least P2.3 million (\$41,000). At least five pistols are worth over P200,000 (\$3,500) each.

Preacher Pastor Apollo Quiboloy did not only accumulate multi-million-peso properties abroad. The self-appointed “Son of God” also has an expensive arsenal of licensed firearms.

A Rappler investigation found that Quiboloy, the leader of the controversial Kingdom of Jesus Christ (KOJC), has a collection of at least 19 firearms whose estimated worth is about P2.3 million (\$41,000)*, documents obtained by Rappler showed.

This estimate is based on the current market value of each of the 13 firearms that Rappler was able to independently verify by consulting popular gun stores or directly inquiring with

manufacturers. We will update this once we obtain more information about the other five.

Two documents show almost entirely different sets of firearms, save for five guns that appear on both lists. The documents also differ on the indicated date of approval for the licenses. Information in the two documents, however, are both registered with the Philippine National Police Firearms and Explosives Office (PNP-FEO). *Rappler.com*



US Admiral: PH can invoke MDT if sea attacks kill soldier, sailor

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accomplish our mission and the conduct of our Rore operations,” he told the troops at the Western Command in Puerto Princesa City, Palawan, during his visit on Tuesday.

“Definitely, our Rore mission will continue,” he said. “It is our duty to continue bringing supplies to them to sustain them in their operations and to make sure that their morale, their welfare [are] taken care of.”

During his visit, Brawner, who was accompanied by Philippine Coast Guard commandant Adm. Ronnie Gil Gavan, checked on the condition of the three Navy personnel who were injured after Chinese vessels fired water cannons at a Philippine resupply boat in the West Philippine Sea on March 23.

He also conferred medals on the Navy personnel who were part of the military’s resupply missions, including those who were injured during the previ-

ous missions.

New resupply tactics

On March 5, four Navy personnel onboard a Philippine resupply boat were also injured after a CCG vessel made “dangerous blocking maneuvers” and fired water cannon at the civilian ship.

Brawner said the military would make operational “adjustments” in the next resupply mission following the water cannon incidents, which he did not disclose. *@inquirerdotnet*

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BY BENJAMIN ABAYA

Recognizing National Stress Awareness Month

For Filipinos

America's National Stress Awareness Month, observed every year in April in the United States, serves as a poignant reminder of the pervasive impact of stress on individuals' mental and physical well-being. Established to raise awareness about the causes and effects of stress, this month-long campaign provides a platform for promoting stress management strategies and fostering conversations around mental and physical health.

In a society characterized by rapid-paced lifestyles, demanding work environments, and numerous social pressures, stress has become an almost ubiquitous experience and even day to day encounter for many Americans, contributing to a range of health issues including anxiety, depression, and cardiovascular problems.

Filipinos face a significant health challenge with rising rates of high blood pressure, high cholesterol and diabetes. These conditions are often interlinked and are exacerbated by various factors such as changing dietary habits, sedentary lifestyles, and genetic predispositions. Additionally, high blood pressure, also known as hypertension, is a prevalent concern for Filipinos, affecting a sizable portion of the community. This condition, if left untreated, can lead to serious complications such as heart disease, stroke, and kidney problems, posing a substantial burden on public health systems and individual well-being.

When my twin brother, John, and I reached our adult life in the United States, our father told us about something we have not heard from anyone in our family. He talked about his struggle to cope with his health problem while still in the Philippines. My father was then a practicing lawyer in the Philippines, a columnist of the Baguio

City Midland Courier newspaper and a professor at the College of Criminology, University of Baguio.

Furthermore, he further told us that we were not yet born when that health problem occurred. At that stage of his life, he smoked a pack of cigarettes a day, he indulged in unhealthy food choices, and he was also a social drinker around his friends and colleagues. In addition, he had no medical check-up to know his health condition.

My father said that his health issue almost resulted in paralysis were it not for the immediate attendance of medical practitioners who were present at that time. The medical problem of my father occurred during a meeting of professionals at our birthplace, Baguio City, Philippines whose topics of discussion were about religious and community activities.

At that time my father was speaking when he felt chest pain, weakness and he was perspiring profusely, as he collapsed sitting down calling doctors present to help him. My father was brought to the hospital for further medical attendance and later they found that my father suffered from a myocardial infarction.

Myocardial infarction or better known as "Heart Attack" is "caused by the decreased or complete cessation of blood flow to a portion of the myocardium. Myocardial infarction may be silent and can go undetected or it could be a catastrophic event to hemodynamic deterioration or sudden death."

It was almost a month when he was released from the hospital to undergo physical therapy as well as to correct the numbness on the left side of his body up to his face causing him to slur on his speech when he talks.

The painful recovery of my father immediately started as physical therapy experts conducted their exercises almost daily at home and hospital when needed.

The long painful recovery of my father was physically hard, yet with proper medical attendance, deep faith in his religious undertaking, family encouragement and participation showed improvements until he was allowed to do the exercises himself with the help of family members. My older brothers, Joey and Jojo, who

were in their early teenaged years, accompanied my father during his outside exercises, especially walking in the park and other public places conducive for good physical activities.

My father also told us that to test his physical strength, he and close friends went mountain climbing at Mount Sto. Tomas, the highest peak within the great ranges of the Cordillera Mountain, where they conducted their physical exercises and meditation. On top of the mountains, the group raised their

arms to imaginarily touch the cumulus clouds passing above so that one could feel the invigorating fresh air.

Accordingly, they also observed the kaleidoscope of different colors reflected by the rays of the Sun. Likewise, the group could also see the natural beauty of the horizon with the vast span of the Pacific Ocean where one can see frolicking people of all ages while running its cascading waves after waves splashing down on the white sandy beaches on the sea-shore towns of the great province of Pangasinan. The group of my father believed that this kind of field activity relieves tension and stress in their day-to-day undertaking.

My father's purpose in telling us about a chapter of his health problems when he was still young was to put in our minds things that could be avoided, such as smoking, drinking hard liquor, and eating salty fatty food. Likewise, we also need to limit our stressful undertakings, encourage exercise, and have frequent medical checkups to ensure detection of possible health problems. However, my father does not recommend following up the ways he tried to help himself with his health problems. Instead, one should follow the advice of their own medical personnel attending with them.

Today, after learning about my father's health issues in the past, I believe exercise and meditation are two powerful tools that can help prevent and alleviate stress in different ways. As I reach a milestone in my life, I tend to gravitate towards a healthy and mindful living, than living in unnecessary indulgences. I try to eat a balanced meal, incorporating the important food groups. Eating a balanced meal is essential for maintaining overall health and well-being. A balanced diet provides the body with a diverse array of essential nutrients, including carbohydrates, proteins, fats, vitamins, and minerals, each serving a specific role in bodily functions.

A simple piece of advice to our readership, stay safe, healthy and wealthy all the time.



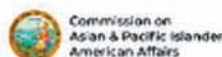
ILLUSTRATION BY DAVE SAN PEDRO



Ilaw ng Tahanan (2024)
By Franceska Gamez

“I know that my ancestor’s hopes and dreams still live in me, they’re passed down through the nurturing of my mother, and her mother before her. When I listen closely, my ancestors are here, holding me as I follow my own dreams.”

The Filipino-American community is the largest Asian population in the Sacramento region and the second largest in California. While the impacts of anti-Asian hate are under-discussed in the Filipino community, **our presence is clear and our voice is strong**. The Laban Group’s Filipino artist campaign aims to uplift our experiences, tell our stories, and amplify our power. If you have experienced or witnessed an incident of anti-Asian hate, bigotry, bias, or discrimination, **report it at CAVSHATE.ORG** or call **833-8-NO-HATE (833-866-4283)**. **YOU ARE NOT ALONE.**



This ad campaign is brought to you by the Laban Group: Filipino Ethnic Media Collaborative. This 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 hate incidents and hate crimes; enhance understanding of resources for victims and survivors; and, to promote community healing and cross-racial collaboration. This resource is supported in whole or in part by funding provided by the State of California, administered by the California State Library in partnership with the California Department of Social Services and the California Commission on Asian and Pacific Islander American Affairs as part of the Stop the Hate program. To report a hate incident or hate crime and get support, go to CAVSHATE.ORG



Asian Americans Still Face Prejudice and Discrimination, Study Finds

BY GABRIEL LEVIN

Facing prejudice is, for most Asian Americans, an all-too-familiar part of life, a new report from the Pew Research Center shows.

The study, which is based on a survey of more than 7,000 respondents, found that the majority of Asian Americans think too little national attention is being paid to their experiences with discrimination.

About one-third of Asian Americans have been told to go back to their home country, the report found. Forty-four percent of Asian Americans ages 18 to 29 said they know an Asian person who has been personally threatened or attacked since the onset of the coronavirus pandemic.

There are about 23.5 million Asian Americans, making up 7.1% of the nation's population. The year 2021 saw anti-Asian hate crimes in the U.S. jump to an all-time high, and 2022 was the second-worst year on record.

"Discrimination is nothing new against Asian Americans," said Neil Ruiz, head of New Research Initiatives at Pew and the study's co-author. Asian Americans have endured relentless stereotyping, reaching as far back as the 1800s, and Ruiz's study highlights a paradox at the crux of that.

Asian American communities have for decades been typecast as model minorities: "loyal and hardworking," as one respondent put it. On the other hand, Asian Americans have found themselves ostracized, treated as what scholars and activists have dubbed "forever foreigners."

'Forever Foreigner' Trope

"We found that 78% of Asian Americans have been treated as a foreigner in some way, even if they were born in the United States," Ruiz, an Asian American himself, told VOA. Criteria include being told to go back to one's home country, being ridiculed for speaking a language other than English in public or having one's name pronounced in-

correctly.

Ruiz acknowledged that mispronouncing someone's name can be an honest mistake. But for many of the study's participants, these incidents have often bordered on disrespect or become outright offensive, he said.

Ruiz recounted how, in one focus group, an Indian American woman said she had a list of more than 200 ways her name had been mispronounced, leaving her feeling perpetually demeaned.



People take part in a rally against hate and confront the rising violence against Asian Americans at Columbus Park in New York's Chinatown.

Some reported that they had felt pressured to adopt Anglicized names.

Russell Jeung, a professor of Asian American Studies at San Francisco State University, said that fighting anti-Asian prejudice means creating spaces where people "feel free to share how they are hurt or how others might be hurt" by offhand remarks.

The harder question, activists say, is how to respond when it's not just a co-worker making derisive comments but former President Donald Trump or others in positions of authority, such as airport security personnel who, according to the study, screen South Asian Americans at markedly higher rates.

After Trump used offensive language during the pandemic, including calling the coronavirus the "Chinese virus," the non-profit group Stop AAPI Hate found that use of anti-Asian slurs had

risen online.

Having a tolerant national role model is "a matter of life or death," Jeung said.

Days after 9/11, then-President George W. Bush delivered a speech at a mosque calling for respect for Islam. Hate crimes against Arab and South Asian Americans immediately fell, according to the Center for the Study of Hate & Extremism.

"American leaders have a very deficient understanding of the experiences and needs of a group as diverse as Asian America," said Charles Jung, a Californian civil rights lawyer and community organizer.

National leaders, Jung said, have a responsibility to encourage tolerance and to bring communities together by highlighting shared values rather than perceived differences. "At a minimum, that means not saying racist things and inflaming hatred," Jung said. "But that's the bare minimum."

Some reported that they had felt pressured to adopt Anglicized names.

Model Minority Stereotype

The notion that Asian Americans serve as a model for other minority groups has been perpetuated in popular media for generations. In 1966, The New York Times Magazine ran an article hailing Japanese Americans as a "success story." In 1987, Time magazine ran a cover story describing Asian American children as "whiz kids."

But Jung said the "model minority" stereotype is "certainly flattening and simplistic — a cartoonish view of an entire people who are incredibly diverse."

The Pew survey found that most Asian

Americans, particularly Indian Americans, had not heard of the term "model minority," though most respondents said they had been presumed by peers to be good at math or uncreative — two stereotypes associated with Asians.

Karthick Ramakrishnan, a professor of public policy at the University of California, Riverside, and founder of AAPI Data, said that, compared with East Asian Americans, "the model minority myth is not as much of a barrier or a concern that South Asians have to deal with."

"South Asians and East Asians experience racism and racial discrimination differently," Ramakrishnan added, citing disproportionate security screenings and surveillance of South Asian Americans in the post-9/11 era.

Of the Asian Americans who were familiar with the term, 42% said the model minority stereotype is harmful.

There isn't a consensus among Asian Americans: 17% thought the model minority stereotype is positive, a stance Republican Asian Americans are comparatively more likely to take.

Jeung counts himself among the 42% who believe the stereotype is damaging. He said it "drives a wedge between Asians and other racial groups. It also masks issues that Asians face: If we're seen as a model, we're seen as not having any particular problems. But clearly, we face racism."

Jeung said the model minority stereotype belies a wide range of social issues that many Asian Americans confront in their day-to-day lives, from workplace discrimination (according to the Pew survey, about 1 in 5 Asian Americans said they had experienced anti-Asian workplace discrimination) to expectations of perfection in the classroom and beyond.

Despite the widespread problem of anti-Asian hate, the majority of Asian American adults said the challenges of racism were rarely, if ever, discussed in their households growing up.

"Sometimes, the adaptation that immigrant Asian parents adopt is swallowing the bitterness and pain," Jung said.

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Empowering Youth Voices: The Northern California Youth Racial & Economic Justice Summit

BY JAIME MIGUEL D. SALES

From page 1

The Northern California Youth Racial and Economic Justice Summit is the first social justice conference solely ran by our youth and is slated to be held annually advocating towards youth equity, solidarity, and liberation while also giving a space for marginalized voices of our youth.

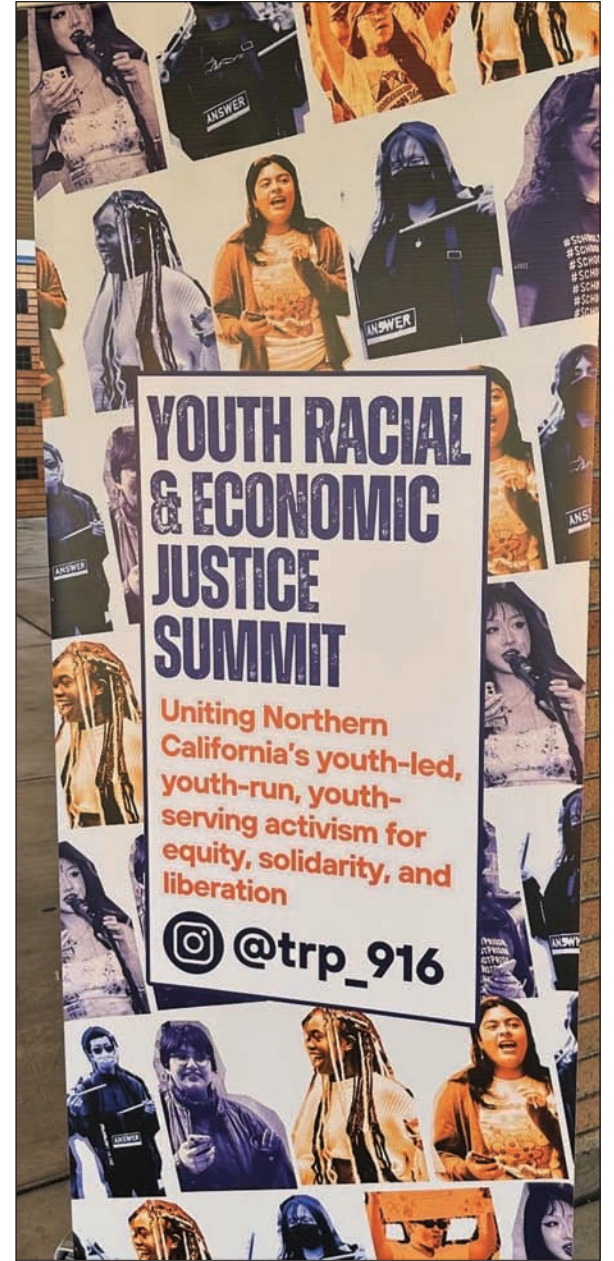
200 passionate and ambitious participants from more than 35 student associations and a coalition of 60+ youth-entities were brought together to provide this summit as a beacon of hope and a testament to the power of unity, collective action, and young people's power over change.

Celine Qin, the Lead Director/Co-Founder of The Reclamation Project @916 said, "We're here to learn, we're here here to love. Youth power is also people power." The unwavering, palpable commitment to youth empowerment is what set this summit apart from other youth events. By having young leaders unapologetically at the forefront of the creation and facilitation of this event, non-youth supporters like Councilmember Mai Vang (Sacramento City) and Dr. Flojaune Cofer (Sacramento Mayoral Candidate) voiced their excitement of the summit.

Central to the 2024 Summit was the historic launch of the Sacramento County Youth Bill Of Rights (YBOF) which is a groundbreaking initiative spearheaded by The Reclamation Project @916 and the Sacramento County Youth Commission. It is a County-wide movement and coalition-based research project focusing on youth perspectives on a number of topics such as educational equity, community wellness, and social empowerment.

The Summit also introduced TRP@916's Youth Awards, which recognized youth with a commitment to advocating social justice, equity and solidarity through not only themselves but their communities. Ten Youth Awardees were selected for a year-round community fellowship to allow students achieve their community organizing goals, access to internship information and to obtain opportunities of social change across the County.

One of the many high school/college students attending the



Two hundred participants from more than 35 students associations and a coalition of 60 plus youth-entities were brought together at the summit.

conference (who asked to remain anonymous) expressed, "This Summit means so much to me, but also to the youth and people in our community. Having a space like this to be inspired and take action in unity really empowers me to do more for our community."

Vivian Hoang, Co-Director Of Outreach for The Reclamation Project @916, and Franklin High School Senior, explained the importance of this Summit and the main message people coming to this conference are advocating for:

"I think this Summit means the world, as someone who is a youth organizer who started in 2021, it was really difficult even getting 20 people at most. Now that a bunch of high schoolers, class clubs and organizers are here, it opens doors for them and our youth. Something that I would say to people attending or wanting to come to this event is to not be afraid. The main reason why a lot of youth don't show up to events like these is because they are afraid, afraid of judgment and afraid of the stigma that surrounds organizing. I know a lot of youth from immigrant families or from disproportionately impacted families that their main fear is to lay low and try to work with the system. The

problem is that you can't do that if the system is already working against you. To those that are here, I want to thank them and say that they don't have to be afraid to reach out into new spaces like these. The people who are brave enough to reach out and come to events like these, are the reason why TRP keeps growing."

Laban Group partners, including Everyday Impact Consulting and Amado Khaya Initiative, were proud to support the Youth Summit. We brought ad campaign posters, post cards, Stop the Hate information, and gave away free books courtesy of Laban partner, Asian American Liberation Network. In our work as an Ethnic Media Collaborative aimed at promoting awareness and education, opportunities to be in space and engage with young Filipino and BIPOC community members and hear their stories of a stronger, safer, more just world, is exactly

the work we strive do.

Thank you, TRP@916, for the

opportunity to contribute to and cover your event. We will be back next year!

Photograph by Andri Tambunan

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YOU ARE MULTIFACETED, YOU ARE BRIGHT, YOU ARE SEEN AND YOU ARE NEEDED. DON'T BE AFRAID TO SHINE YOUR LIGHT THE WAY ONLY YOU CAN.

"To exist and be visibly queer, it allows the world to know that we exist and always have existed. I wish the Filipino community knew that spirituality can be more than Catholicism or organized religion. It can look like journaling, reflecting, meditating, energy cleansing, or being a steward to the land." NIKKI ABELEDA

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The following ad campaign is brought to you by the Laban Group, Filipino Ethnic Media Collaborative. This group aims to promote awareness in our national Filipino American community and the broader public about anti-Asian hate incidents and crimes, reduce stigmas surrounding the reporting of hate incidents and hate crimes, enhance understanding of resources for victims and survivors, and, to promote community healing and cross-racial collaboration. This collaborative is funded by the "Stop the Hate" campaign from the California State Library in partnership with the California Commissioner on Asian and Pacific Islander American Affairs. Learn more at think.asian.org.

THE BATAAN DEATH MARCH, 1942

The war came to the Philippines the same day it came to Hawaii and in the same manner – a surprise air attack. In the case of the Philippines, however, this initial strike was followed by a full-scale invasion of the main island of Luzon three days later. By early January, the American and Filipino defenders were forced to retreat to a slim defensive position on the island's western Bataan Peninsula

The American and Filipino forces fought from an untenable position until formally surrendering to the Japanese on April 9. The Japanese immediately began to march some 76,000 prisoners (12,000 Americans, the remainder Filipinos) northward into captivity along a route of death. When three American officers escaped a year later, the world learned of the unspeakable atrocities suffered along the 60-mile journey that became known as the Bataan Death March.

Japanese butchery, disease, exposure to the blazing sun, lack of food, and lack of water took the lives of approximately 5,200 Americans along the way. Many prisoners were bayoneted, shot, beheaded or just left to die on the side of the road. "A Japanese soldier took my canteen, gave the water to a horse, and threw the canteen away," reported one escapee. "The stronger were not permitted to help the weaker. We then would hear shots behind us." The Japanese forced the prisoners to sit for hours in the hot sun without water. "Many of us went crazy and several died."

The ordeal lasted five days for some and up to twelve days for others. Although the Japanese were unprepared for the large number of prisoners in their care, the root of the brutality lay in the Japanese attitude that a soldier should die before surrender. A warrior's surrender meant the forfeiture of all rights to treatment as a human being.

After the war, the finger of blame pointed to General Masaharu Homma, commander of the Japanese troops in the Philippines. Tried for war crimes, he was convicted and executed by a firing squad on April 3, 1946.

"This was the First Murder" Captain William Dyess was a fighter pilot stationed on Luzon when the Japanese invaded. Captured when the American forces on Bataan surrendered, he joined the Death March and was interned by the Japanese. In April 1943, Captain Dyess was one of three prisoners able to escape from their captors. Captain Dyess eventually made his way back to America where his story was published.



American prisoners, some with their hands behind their backs, get a brief respite during the march.

We join his story as he encounters his first atrocity of the March:

"The victim, an air force captain, was being searched by a three-star private. Standing by was a Jap commissioned officer, hand on sword hilt. These men were nothing like the toothy, bespectacled runts whose photographs are familiar to most newspaper readers. They were cruel of face, stalwart, and tall.

"The private a little squirt, was going through the captain's pockets. All at once he stopped and sucked in his breath with



American prisoners carry their comrades who are unable to walk

a hissing sound. He had found some Jap yen."

"He held these out, ducking his head and sucking in his breath to attract notice. The big Jap looked at the money. Without a word he grabbed the captain by the shoulder and shoved him down to his knees. He pulled the sword out of the scabbard and raised it high over his head, holding it with both hands. The private skipped to one side."

"Before we could grasp what was happening, the black-faced giant had swung his sword. I remember how the sun flashed on it. There was a swish and a kind of chopping thud, like a cleaver going through beef."

"The captain's head seemed to jump off his 'shoulders. It hit the ground in front of him and went rolling crazily from side to side between the lines of prisoners."

"The body fell forward. I have seen wounds, but never such a gush of blood as this. The heart continued to pump for a few seconds and at each beat there was another great spurt of blood. The white dust around our feet was turned into crimson mud. I saw the hands were opening and closing spas-

modically. Then I looked away."

"When I looked again the big Jap had put up his sword and was strolling off. The runt who had found the yen was putting them into his pocket. He helped himself to the captain's possessions."

This was the first murder. . ."

Oriental Sun

Treatment

As the prisoners were herded north they collided with advancing Japanese troops moving to the south, forcing a brief halt to the march:

"Eventually the road became so crowded we were marched into a clearing. Here, for two hours, we had our first taste of the oriental sun treatment, which drains the stamina and weakens the spirit.

The Japs seated us on the scorching ground, exposed to the full glare of the sun. Many of the Americans and Filipinos had no covering to protect their

get their groans and strangled breathing as they tried to get up. Some succeeded. Others lay lifelessly where they had fallen.

I observed that the Jap guards paid no attention to these. I wondered why. The explanation wasn't long in coming. There was a sharp crackle of pistol and rifle fire behind us.

Skulking along, a hundred yards behind our contingent, came a 'clean-up squad' of murdering Jap buzzards. Their helpless victims, sprawled darkly against the white, of the road, were easy targets.

As members of the murder squad stooped over each huddled form, there would be an orange 'flash in the darkness and a sharp report. The bodies were left where they lay, that other prisoners coming behind us might see them.

Our Japanese guards enjoyed the spectacle in silence for a time. Eventually, one of them who spoke English felt he should add a little spice to the entertainment.

"Sleep?" he asked. "You want sleep? Just lie down on road. You get good long sleep!"

On through the night we were followed by orange flashes and thudding sounds."

Arrival at San Fernando

Finally, after five days without food and limited water, the dwindling column arrives at its destination:

"The sun still was high in the sky when we straggled into San Fernando, a city of 36,000 population, and were put in a barbed wire compound similar to the one at Orani. We were seated in rows for a continuation of the sun treatment. Conditions here were the worst yet.

The prison pen was jammed with sick, dying, and dead American and Filipino soldiers. They were sprawled amid the filth and maggots that covered

the ground. Practically all had dysentery. Malaria and dengue fever appeared to be running unchecked. There were symptoms of other tropical diseases I didn't even recognize.

Jap guards had shoved the worst cases beneath the rotted flooring of some dilapidated building. Many of these prisoners already had died. The others looked as though they couldn't survive until morning.

There obviously had been no burials for many hours.

After sunset Jap soldiers entered and inspected our rows.

Then the gate was opened again and kitchen corpsmen entered with cans of rice. We held



Lt. Colonel William Dyess, 1943

our mess kits and again passed lids to those who had none. Our spirits rose. We watched as the Japs ladled out generous helpings to the men nearest the gate.

Then, without explanation, the cans were dragged away and the gate was closed. It was a repetition of the ghastly farce at Balanga. The fraud was much more cruel this time because our need was vastly greater. In our bewildered state it took some time for the truth to sink in. When it did we were too discouraged even to swear."

References:
This eyewitness account appears in: Dyess, William E., The Dyess Story (1943); .

BATAAN DEATH MARCH

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Adopted Member: PMA “Sambisig” Class of 1991

BY GABRIEL ORTIGOZA, PhD

I am deeply honored to be embraced by the esteemed Philippine Military Academy “Sambisig” Class of 1991, a distinction that holds great significance.

Connection to PMA:

Born at PMA Station Hospital on September 15, 1970, and spending my formative years in Fort Del Pilar, my childhood dream was to become a PMA cadet. Although that dream did not materialized, my journey led me back to PMA in February 1995 as a 2nd Lieutenant, after my 2 years assignment at Southern Command, serving the academy diligently for 8.5 years.

Diverse Roles at PMA:

During my tenure, I fulfilled various roles—from PMA Station Hospital to the Corps of Professors, teaching courses like Public Policy, International Relations, Human Resources Management, Government, Principles of Management, Economics, and First Aid. I also served in administrative capacities as Administrative Officer - Department of Languages, Deputy Head - Department of Social Sciences, Officer-In-Charge - Department of Languages, Administrative Officer - PMA Research and



The PMA Academy “Sambisig” Class of 1991

Development Center, Officer-In-Charge - PMA Entrance Examination in the cities of Davao, General Santos, Koronadal and Cotabato, Protocol Officer to the Dean, Corps of Professors, and Officer-In-Charge - PMA Disaster Response Task Group, contributing to the rescue and recovery efforts of critical situations. In 2001, during President Gloria Macapagal Arroyo’s visit to PMA, I played a pivotal role as Officer of the Day and OIC - PMA DRTG in coordinating a response to a Presidential Security Group helicopter crash, showcasing the dedication and readiness of PMA personnel. Furthermore, I lead

PMA DRTG in recovering a drowned graduating nursing student at Twin Peaks Falls in Kennon Road.

Contributions to PMA:

As a former member of the esteemed Corps of Professors at PMA from 2000 to 2003 teaching management and social sciences courses, coupled with my service as a military nurse assigned at Fort Del Pilar Station Hospital from 1995 to 2000, and having the unique experience of being born at PMASH in 1970 and spending my formative years within the grounds of PMA until 1972 before my family’s migration to Cotabato Province, I

am deeply rooted in the values and traditions instilled by the academy.

Beyond my service, I contributed significantly to PMA by writing a manual on Human Resources Management, which became a key reference for graduating cadets. Additionally, I donated copies of my doctoral dissertation on leadership and performance to the PMA Library. These books are available online at Amazon under Gabriel Ortigoza’s author page.

Dual Citizenship and Philanthropy:

Having spent 21 years in California, I returned to the Philippines twice a year due to my deep love for the country. Obtaining U.S. citizenship by naturalization, I later acquired dual citizenship, enabling me to invest in farmland and businesses in my hometown. I created the Macario P. Celestial Scholarship for college students at Southern Baptist College, in memory of my maternal grandfather who was one of the founders of the school and one of the pioneer officials of my town Mlang. I also established GO HELP, an acronym for Gabriel Ortigoza Higher Education Loan Program. This

program allows students to loan money at a 3% interest rate, payable in one semester, to pay for their tuition. The Ortigoza Farm is the community source of organic produce like veggies and fruits. The Kamalig WRS supplies purified drinking water to the community. The Crossing Resort, my latest venture, stands as a testament to my commitment to community development.

Acknowledgments and Commitment:

I extend my heartfelt gratitude to Cavalier Natz Torrento who spearheaded my adoption, the endorsing class members: Cavalier Gerry Pariñas, Commo Roy Trinidad, Commo Jay Ilagan, BGen Jimmy Larida, BGen Romeo Racadio, MGen Bong Patrimonio, MGen Alex Rillera, MGen George Blanco, BGen Llewellyn Banaag, BGen Jun Balaoro, and the Sambisig Class of 1991 for embracing me as your “Mistah.” To all Cavaliers, I am now your devoted partner in nation-building.

Closing Thoughts: Being associated with PMA, alongside national figures and fellow adopted members, is a privilege I cherish. Indeed, it is an honor to belong to this prestigious group of national leaders.

Introducing Police General Rommel Franz D. Marbil A Profile of Leadership

BY GABRIEL ORTIGOZA, PhD

In the realm of law enforcement, leadership is not merely about issuing orders; it’s about embodying integrity, humility, and approachability. One such leader who epitomizes these qualities is Police General Rommel Franz D. Marbil.

Born on February 7, 1969, to Melanio and Felicitas Marbil, in Parañaque, Metro Manila, Rommel Franz Dayleg Marbil’s journey towards leadership began early in life. His upbringing instilled in him the values of humility, generosity, and a strong work ethic, shaping him into the remarkable leader he is today.

Rommel Franz D. Marbil’s path to leadership took a significant turn when he entered the Cadet Corps of the Armed Forces of the Philippines. His dedication and commitment were evident as he earned the Cadet Corps Serial Number

C-7795 and graduated with distinction from the prestigious Philippine Military Academy (PMA) “Sambisig” Class of 1991, ranking 91 out of 218 cadets.

Upon graduating on February 17, 1991, Rommel Franz D. Marbil embarked on a career devoted to serving and protecting the Filipino people. He chose to serve in the Philippine Constabulary/Integrated National Police branch of the Armed Forces of the Philippines, reflecting his commitment to maintaining peace and order in the nation. (PC/INP is now PNP).

Rommel Franz D. Marbil’s leadership prowess became increasingly evident as he rose through the ranks. Among the 218 graduates of the PMA Class of 1991, 29 joined the Philippine Constabulary/Integrated National Police—a testament to the caliber of in-



PNP Gen. Rommel D. Marbil and Pres. Bongbong Marcos

dividuals within this cohort. His ascent to leadership reached its pinnacle when he was appointed by Philippine President Ferdinand Romualdez Marcos as the 30th Chief of the Philippine National Police, effective April 1, 2024. This appointment underscores the trust and confidence placed in Police General Rommel Franz D. Marbil to lead the nation’s primary law enforcement agency.

Beyond his professional achievements, Rommel Franz D. Marbil is known for his personal character. Humble, approachable, friendly, and generous, he embodies the qualities of a great leader who not only commands respect but also fosters camaraderie and unity among his peers and subordinates.

In conclusion, Police General Rommel Franz D. Marbil’s journey from a cadet at the



Gabriel Ortigoza with PNP Gen. Rommel Marbil

Philippine Military Academy to the Chief of the Philippine National Police is a testament to his unwavering dedication, exemplary leadership, and steadfast commitment to serving the Filipino people. As he assumes this crucial role, the nation can rest assured that it is in capable and trustworthy hands.



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FILIPINO MYTH

Compiled and illustrated
By Dave San Pedro

In Philippine mythology, Mariang Makiling, affectionately known as Maria Makiling, holds a place of reverence and significance. Her legend is intrinsically tied to the picturesque Mount Makiling in Laguna, Philippines, and she is revered as one of the most widely recognized diwatas (anitos) in Philippine folklore. Through the ages, the enchanting tale of Maria Makiling has been lovingly handed down from one generation to the next, captivating the hearts and minds of Filipinos and visitors alike. Within its captivating narrative, this folklore intertwines the elements of love, betrayal, and the enduring spirit of a woman whose name has become synonymous with the mystique of the Philippines.

Physical Traits

The enduring legend of Maria Makiling continues to enchant the souls of both Filipinos and visitors. The iconic image of a captivating woman with cascading hair and a pristine white gown stands as a symbol of the enchanting allure and the steadfast guardianship of the Philippines' pristine natural beauty. Many locals claim to have seen her on the slopes of Mount Makiling, particularly during times of mist or fog, and believe that she takes the form of a white butterfly. In the legend, she is described as having long flowing hair, a white gown, and an otherworldly presence.

Family

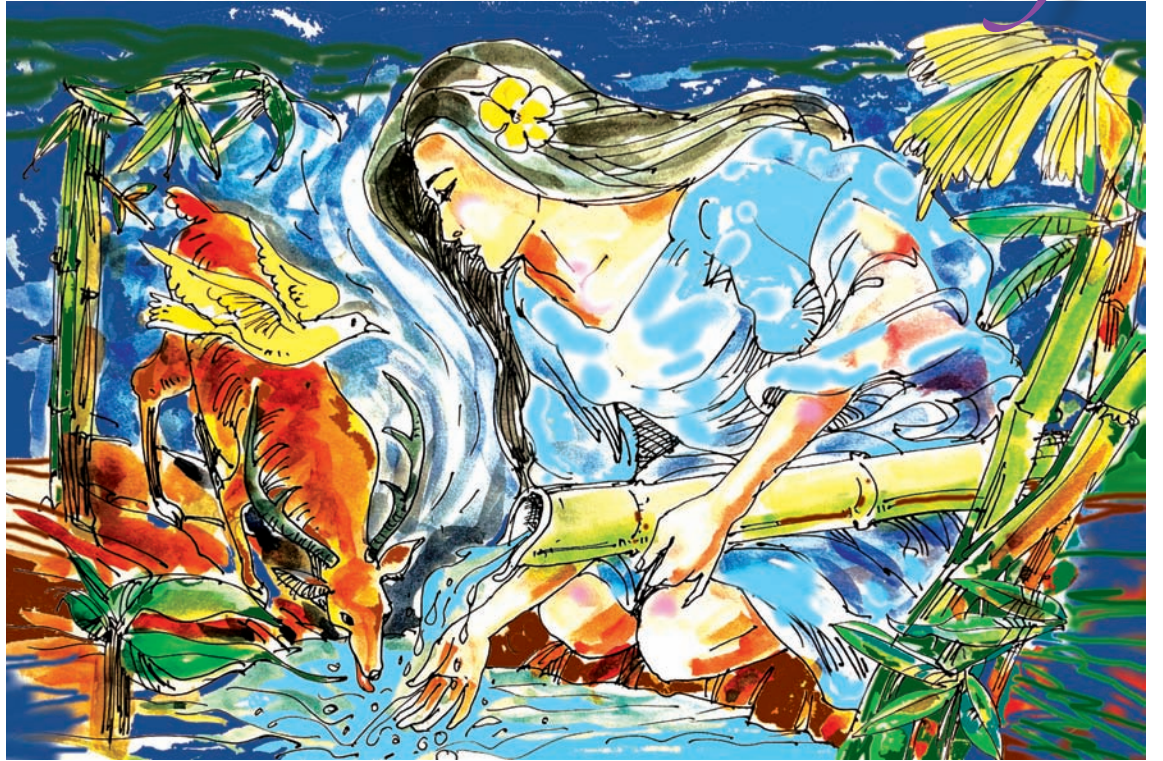
The legend of Maria Makiling is a love story at its core. It tells the tale of a captivating, ethereal woman named Maria, who was said to be the daughter of a tribal chieftain. With her unparalleled beauty and grace, Maria easily captured the hearts of the local men, but she had eyes for only one – a handsome young hunter named Juan. Maria and Juan's love was the stuff of dreams, transcending earthly limitations, and symbolizing the deep connection between the people and the land. Their love was a testament to the profound bond Filipinos have with their natural surroundings.

However, as with many legends, tragedy befell the young lovers. A neighboring tribe invaded Maria's village, and in the ensuing conflict, Juan was mortally wounded. Heartbroken and desperate, Maria's profound love for Juan transformed her into a mystical guardian spirit. Maria Makiling, now a mystical entity, took it upon herself to protect the land and its people. She was believed to be both benevolent and vengeful, offering guidance and protection to those who respected the land but punishing those who harmed it.

Other names

The appellation "Mariang Makiling" is a fusion of Spanish and Tagalog, derived from "Maria ng Makiling," signifying "Maria of Makiling." This name is an assimilation that evolved under Hispanic influence from an alternative title for the Diwata, "Dayang Makiling." "Dayang" is rooted in Austronesian, denoting a "princess" or a "noble lady." In the era preceding the conversion of the indigenous populace to Christianity, Maria Makil-

Maria Makiling



ing was already recognized as Makiling, an anito dispatched by Bathala to assist humanity with their daily undertakings from the majestic confines of Mount Makiling.

Powers and Abilities

In the pre-colonial Philippines, Maria Makiling was revered as a deity known by the names Dayang Masalanta or Dian Masalanta. She held a sacred place in the hearts of the people, as she was called upon to intercede and quell deluges, tempests, and seismic disturbances. Her role as the guardian spirit of Mount Makiling made her the steward of its abundant resources, bestowing her blessings upon the local communities that depended on the mountain's gifts.

Not limited to her protective role over the mountain, some legends extended Maria Makiling's dominion to include Laguna de Bay and the bountiful fish teeming within its waters.

According to the lore, she was dispatched by Bathala to assist the residents of the region in their daily lives, showcasing her benevolent nature.

Mount Makiling, in a remarkable twist of nature, takes on the silhouette of a woman, often said to be the very likeness of Maria herself. This peculiar phenomenon is confirmed from various vantage points, dispelling any notion of a single specific location where this resemblance is observed. The mountain's numerous peaks are said to correspond to Maria's facial features and her two bosoms, while her tresses gracefully cascade down a gentle slope, mirroring the flow of her spirit away from her earthly form.

Modern Day Influence

Contemporary accounts of Maria Makiling persist to this day. Many have reported encountering her seated upon a riverbank's rock, seemingly lost in contemplation as the tranquil waters flow by. On nights of crystal clarity, local residents attest to hearing the mellifluous notes of a harp, accompanied by a hauntingly beautiful voice, serenading the

night with enigmatic and melancholic melodies.

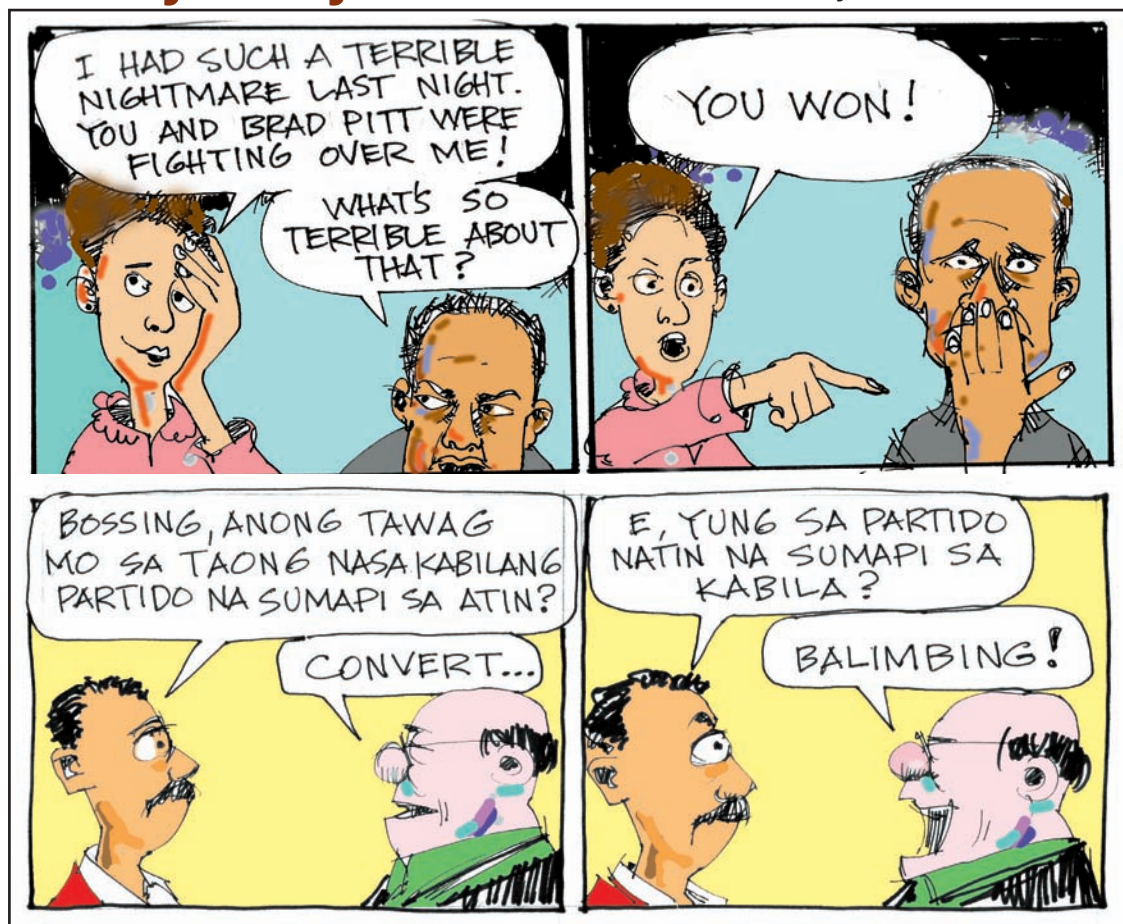
For over six generations of Tagalog people, Mariang Makiling has held a cherished role as a guardian spirit. She is believed to undertake the arduous task of restoring the damage wrought by storms and typhoons, mending fractured tree trunks, returning fallen nests to their lofty perches, tending to wounded butterfly wings, clearing the entrances of ant-hills, and cleansing the rivers of their debris, including fallen branches and tree trunks.

The legend of Maria Makiling finds expression in a myriad of art forms, encompassing literature, theater, visual arts, and music. Countless compositions of songs, verses, and even cinematic productions have drawn inspiration from this enduring tale, each offering a distinct interpretation of her narrative. Mount Makiling, itself a symbol of natural beauty and wonder, has become a sought-after destination for hikers and nature enthusiasts, who embark on journeys with the hope of catching a glimpse of Maria or her ethereal white butterfly form.

mythlok.com

Buhay Pinoy

Komiks by Dave San Pedro



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Psst!

Are you Pinoy?

PerryScope

BY PERRY DIAZ

Recently, when I accompanied my wife shopping for Christmas, I lost track of her in the mall. I finally saw her walking about 20 feet ahead of me. Instinctively, I said, “Psst!” My wife turned around. Surprisingly, about five others turned around too — all Pinoys! Is there something in the Filipino genes that triggers a spontaneous reaction to the call “Psst”?

I looked up “Psst Pinoy” in Google.com and there were about 14,900 hits. One of the hits is “155 Ways To Tell If You’re Really a Pinoy.”

“Interesting,” I thought. Some of the mannerisms and personality traits of a Pinoy are: You point with your lips (pointing with your finger is bad manner). You nod upwards to greet someone you don’t know where the Pinoy is from, we all look alike). You smile for no reason we’re always happy, that is why we look young).

You flirt by having a foolish grin in your face while raising your eyebrows repeatedly (I thought this is really funny). You scratch your head when you don’t know the answer (I don’t know where we got this from, the Spaniards maybe). You never eat the last morsel of food on the table (maybe the leftover is for the pigs in the stray). You always offer food to all your visitors (we’re hospitable). You use an umbrella for shade on hot summer days (you want to keep your kayumanggi complexion). You prefer to sit in the shade instead of basking in the sun (only white people bask in the sun to get a ‘kayumanggi’ color). You like everything that’s imported or “stateside” (that’s our colonial mentality, too bad). You are consistently late for all events (we are not clock watchers).

Pinoys have also developed certain habits and substitutions in their vocabulary. You say “comfort room” instead of “bathroom.” You “open” or “close” the lights. You say, “kodakan” instead of “take a picture. You ask for “Colgate” instead of “toothpaste.” You say “for a while” instead of “please hold” on the telephone. You say “Uy!” instead of “oops.” You say “Ha?” instead of “What?” You say “Hoy!” to get someone’s attention. You answer when someone yells “Hoy!” You turn around When someone says “Psst!”

Then, there is the “100 Best Things About Being Pinoy.” Pinoys always

have a “merienda” between breakfast and lunch, and between lunch and dinner. Five meals a day! No wonder Pinoys have high cholesterol. We have that “Bayanihan” spirit of going out of way to help others.

The “balikbayan” box has become the symbol of sharing life’s bounty. We send home Instant Coffee, Spam, etc.

Just about every town has an annual “Fiesta” celebrating their patron saint’s day. The people would prepare food and open their homes to everybody - friends and strangers alike. The “Roman is nothing compared to our “Fiesta.”

The “Jeepney” is Pinoy’s ingenious creation made from a surplus “Jeep” left by the US military after World War II. Today, you can see these colorful transportation everywhere in the Philippines. Have you seen a limo jeepney? We also have the “tricycle” which is a modified motorcycle with a two-passenger side car. Well, there is also a six-passenger limo tricycle. Only in the Philippines.

The “resiliency” of the Pinoy is unbreakable. We’ve survived 333 years of Spanish rule, Americanization, Japanese dictatorship, earthquakes, volcanic eruptions - including Erap, typhoons, coups, kidnappings, insurgencies, corruption, poverty, etc. The Pinoy will survive any adversity. I can bet on that.

And to top all these traits is “Filipino nationalism.” It is that thread that binds all Pinoys into a nation. You can see - and feel — the Pinoys’ national pride even among those who have left the Philippines for greener pasture. In the United States, most Pinoys wear their “Barong Filipino” — it’s no longer “Barong Tagalog” - — in community events. The Filipino-Americans always sing the Philippine National Anthem following the “Star Spangled Banner,” and display the Philippine flag alongside the US flag. Non-Filipino guests are often perplexed at the Pinoys’ demonstration of loyalty to a “foreign” country. But to those who have been associated with Pinoys, they knew that it is not disloyalty to America but love for the Philippines.

Several months ago, I met Manong Diony in a Filipino grocery mall in con-



ILLUSTRATION BY DAVE SAN PEDRO



versation. He told me that he was going to the Philippines to visit some friends. I asked Manong Diony if he was going to Cebu, where I knew he was born and raised. He said, “No, I am going to Bataan.” Curiously, I asked, “Why?” He said, “I am going to see my friends in Bataan. I have not seen them for a long time.” He must have noticed my surprise and he continued, “You see, I was a soldier in the USAFFE forces defending Bataan in 1942 from the invading Japanese army. The Filipino and American soldiers were low on food supply. The Filipinos in the area fed us to survive from hunger. I got to know a lot of them and they became my friends. After the fall of Bataan, we were forced to march to the Japanese POW camp in Tarlac.

It was known as the “Death March” because of the thousands of Filipinos and Americans who died along the way from disease or the bayonets of our Japanese captors. I asked Manong Diony how he survived the “Death March” and he said, “I became very sick and weak during the march and so I tried to find a

way to escape; otherwise, the Japanese would kill me just like the others who became too sick to walk. I finally escaped. But I was too sick to travel. Several Pampangos saw me and took me with them to their home. I thought they were USAFFE guerillas but I found out later that they were ‘Makapilis’. They nursed me for several weeks until I recovered from my sickness.” Confused, I asked, “But I thought the ‘Makapilis’ were pro-Japanese?” His reply was: “But they were Filipinos too.”

I never forgot the story of Mang Diony: A Cebuano who was fed by Tagalogs to survive hunger defending Bataan and nursed by Pampangos when he was sick. It didn’t matter what languages they spoke. It didn’t matter on whose side they were fighting for. What mattered was that they were all Filipinos. The Tagalogs’ and Pampangos’ nationalism transcended their differences with a Cebuano.

After all, they were all Filipinos — one people, one nation.

Come and celebrate with us!

Spring

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hosted by

Kapitbahay in collaboration with
Sinagtala and FCSV for Big Day of Giving

Saturday 4.20.2024 6:00-11:00

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\$40.00 rsvp Carlos Cordero 916
6013312 julie 916 3971071 Sylvia
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OF SACRAMENTO 2024

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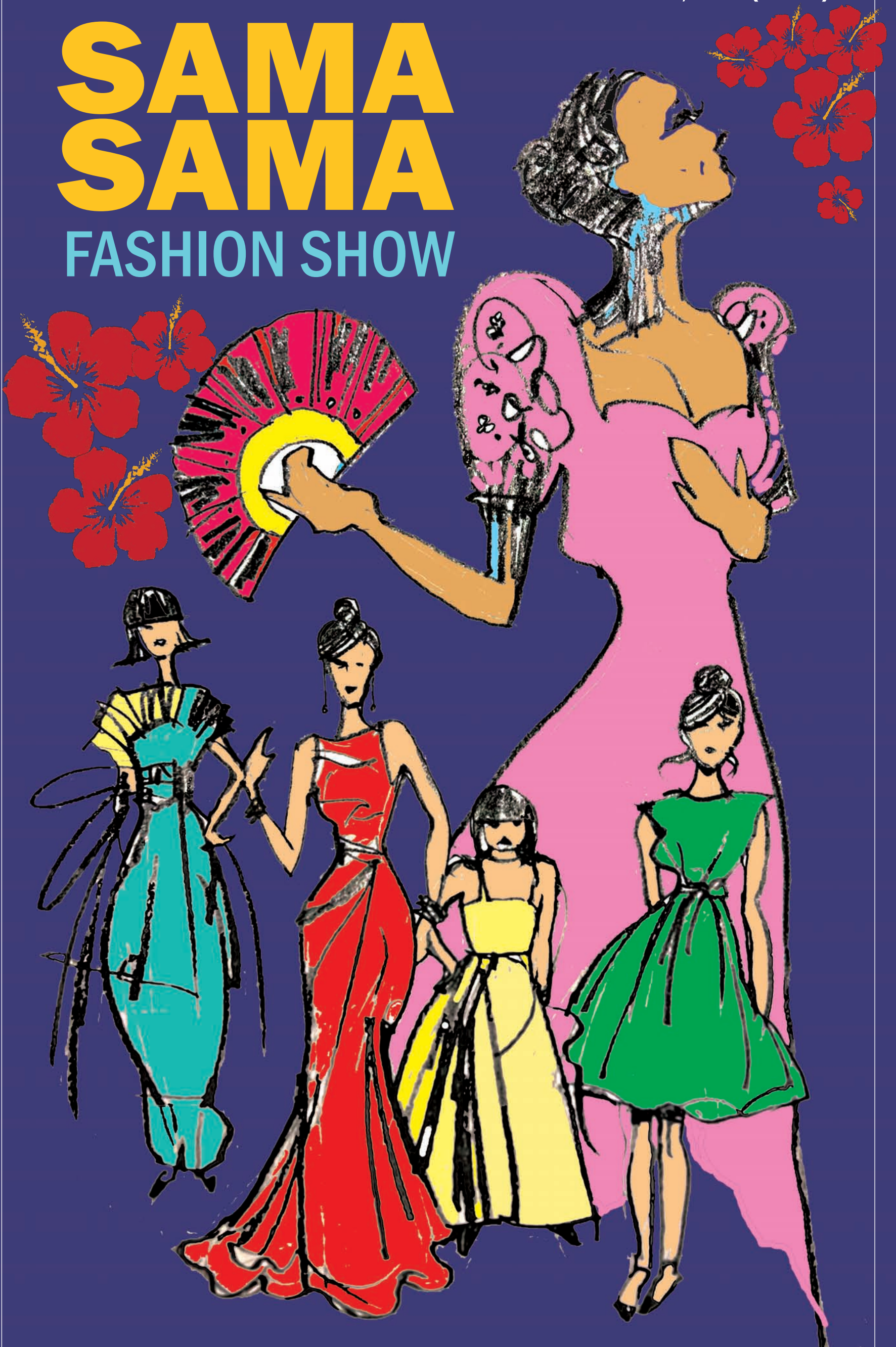
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FRIDAY
JUNE 7, 2024
5:00 PM - 10:PM

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FOR MORE INFORMATION CALL:
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OR VISIT CAVSHATE.ORG**

Photo by Dave San Pedro



9th Annual Folsom City Host Lions Golf Tournament

(proceeds support Folsom's Scout programs, other community service projects and local youth scholarships)

Join Us Fore
4 Person - 18 Hole Scramble

Monday, May 6, 2024
Empire Ranch Golf Club

Tournament Fee \$110 per player (non-refundable)
Includes reception range balls, cart, raffle prizes



Opportunity to Win
Hawaii Golf Trip for 2
on Our Hole in One!

Tee Time: 8:30am - Reception & Raffle: 1:30 -2:30pm
Location: 1620 E. Natoma Street, Folsom, CA 95630
Please return entry form by May 6, 2024

Player Names	Email Address	Phone Number
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

Payment For 8th Annual Golf Tournament
Make Check Payable to: Folsom City Host Lions Club
mail to: Folsom City Host Lions Club, P.O. Box 385 Folsom, CA 95763

**More Info: Contact Bill Bonham at 916-747-3952 billbonham@mylaw.comcastbiz.net
or Scote Mathis 916 467-6143 dwscote@gmail.com**
Lions is a non-profit charitable organization.



9th Annual Folsom City Host Lions Golf Tournament

(proceeds support Folsom's Scout programs, other community service projects and local youth scholarships)

Support Your Local Turf
with Local Sponsorship Opportunities

Platinum - \$1000

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Also Seeking Raffle Donations & Golfers for the Event!

Lions is a non-profit charitable organization.
Please return entry form by May 6, 2024

Name: _____
Company: _____
Address: _____
City, State, Zip : _____
Phone: _____ Email: _____

Payment For 9th Annual Golf Tournament
Make Check Payable to: Folsom City Host Lions Club
mail to: Folsom City Host Lions Club, P.O. Box 385 Folsom, CA 95763

**More Info: Contact Bill Bonham at -916747-3952 billbonham@mylaw.comcastbiz.net
Or Scote Mathis at 9164676143dwscote@gmail.com**

Climate change is slowing heat waves, prolonging misery

Agence France-Presse

WASHINGTON, United States — Climate change is causing heat waves to slow to a crawl, exposing humans to extreme temperatures for longer than ever before, a study published in Science Advances said Friday.

While previous research has found climate change is causing heat waves to become longer, more frequent and more intense, the new paper differed by treating heat waves as distinct weather patterns that move along air currents, just as storms do.

For every decade between 1979 to 2020, researchers found heat waves slowed down by an average of five miles (eight kilometers) an hour per day.

“If a heatwave is moving slower, that means heat can stay in a region longer, so that has effects on communities,” senior author Wei Zhang of Utah State University told AFP.

The researchers divided the world into three dimensional-grid cells and defined heat waves as a million square kilometer zones where temperatures reached at least the 95th percentile of the local historical maximum temperature. They then measured their movement over time in order to determine how fast the hot air was moving.



People enjoy Recreio dos Bandeirantes beach amid a heat wave in Rio de Janeiro, Brazil, on March 17, 2024. A new heat wave is hitting Brazil, with record temperatures that drove residents of Rio de Janeiro and Sao Paulo on Sunday to pour onto beaches and parks. In western Rio, the wind chill touched 60.1 degrees Celsius on Saturday, a maximum since the Sistema Alerta Rio began making these measurements in 2014. AFP/Tercio Teixeira

They also used climate models to determine what the results would have looked like absent human-caused climate change, and found manmade factors loomed large.

“It’s pretty clear to us that a dominant

factor here to explain this trend is anthropogenic forcing, the greenhouse gas,” said Zhang.

The changes have accelerated in particular since 1997 and in addition to human causes, weakening upper atmo-

spheric air circulation may play a part, the paper said.

The duration of heat waves also increased, from an average of eight days at the start, to 12 days during the last five years of the study period.

“The results suggest that longer-traveling and slower-moving large contiguous heat waves will cause more devastating impacts on natural and societal systems in the future if GHG keep rising, and no effective mitigation measures are taken,” the authors wrote.

Zhang said he was worried by the disproportionate impacts on less-devel-

oped regions.

“In particular, cities that don’t have enough green infrastructure or not many cooling centers for some folks, in particular for the disadvantaged population, will be very dangerous,” he warned.

UN expert accuses Israel of several acts of ‘genocide’ in Gaza

Agence France-Presse

GENEVA, Switzerland — A UN rights expert on Monday said there were “reasonable grounds” to determine that Israel has committed several acts of “genocide” in its war in Gaza, also warning of “ethnic cleansing”.

Francesca Albanese, the UN special rapporteur on the rights situation in the Palestinian territories, said there were clear indications that Israel had violated three of the five acts listed under the UN Genocide Convention.

“The overwhelming nature and scale of Israel’s assault on Gaza and the destructive conditions of life it has inflicted reveal an intent to physically destroy Palestinians as a group,” she said in a report, which was immediately rejected by Israel as an “obscene inversion of reality”.

Albanese, an independent expert appointed by the UN Human Rights Council but who does not speak on behalf of the United Nations, said she had found “reasonable grounds to believe that the threshold indicating the commission of... acts of genocide against Palestinians in Gaza has been met”.

The report, entitled “Anatomy of a Genocide”, listed those acts as: “killing members of the group; causing serious bodily or mental harm to the group’s members; and deliberately inflicting on the group conditions of life calculated to bring about its physical destruction in whole or in part”.

Israel’s diplomatic mission in Geneva said the country “utterly rejects the report”, describing it as “simply an exten-



A Palestinian girl wearing a pink dress stands amidst the ruins of the Al-Faruq Mosque that was destroyed during Israeli bombardment, in Rafah on the southern Gaza Strip on March 22, 2024, amid ongoing battles between Israel and the militant group Hamas. AFP / Mohammed Abed

sion of a campaign seeking to undermine the very establishment of the Jewish State”.

“Israel’s war is against Hamas, not against Palestinian civilians,” it said in a statement, slamming Albanese’s “outrageous accusations”.

Israel has long been harshly critical of Albanese and her mandate, which the United States on Monday called “biased against Israel.”

Washington is “aware” of Albanese’s report but has “no reason to believe Israel has committed acts of genocide in Gaza,” a US official told AFP.

Last month Israel slapped a visa ban on her after she made comments denying that Hamas’s October 7 attack,

which sparked the war in Gaza, was anti-Semitic.

That attack resulted in about 1,160 deaths in Israel, mostly civilians, according to an AFP tally based on official Israeli figures.

Militants also seized about 250 hostages, of whom Israel believes around 130 remain in Gaza, including 33 presumed dead.

Israel’s relentless bombardment and ground offensive in Gaza has since killed more than 32,300 people, mainly women and children, according to the health ministry in the Hamas-run Palestinian territory.

South Africa has already filed a complaint against Israel before the Interna-

tional Court of Justice, alleging its assault on Gaza amounts to a violation of the genocide convention.

The court has yet to rule on the underlying issue, but earlier this year ordered Israel to do everything it could to prevent genocidal acts during its campaign and also to allow in humanitarian aid. ‘Ethnic cleansing’

In Albanese’s report, which she is due to present to the Human Rights Council on Tuesday, she maintained that Israel’s “genocidal acts” followed “statements of genocidal intent”.

Statements by some senior Israeli officials spelling out an intent to forcibly displace Palestinians and replace them with Israeli settlers, she said, indicated that “evacuation orders and safe zones have been used as genocidal tools to achieve ethnic cleansing”.

The report also found that Israel was treating all Palestinians and their infrastructure “as ‘terrorist’ or ‘terrorist-supporting’”, thus transforming everything and everyone into either a target or collateral damage”.

“In this way, no Palestinian in Gaza is safe by definition,” it said.

“This has had devastating, intentional effects, costing the lives of tens of thousands of Palestinians.”

The report also stressed that Israel’s mistreatment of the Palestinians had not begun on October 7.

“Israel’s genocide on the Palestinians in Gaza is an escalatory stage of a long-standing settler colonial process of erasure,” it said.



Ilaw ng Tahanan (2024)
By Francesca Gamez

“Alam ko na ang mga pag-asa at mga pangarap ng aking ninuno ay buhay pa sa akin, at namana ko sa pag-aalaga ng aking ina mula pa sa kanyang inay. Habang nauulinigan ko ang aking mga ninuno, ramdam ko ang kanilang gabay patungo sa aking mga pangarap.”

Ang kapuloan Fil-Am ay isa sa pinakamalawak na samahan sa rehiyon ng Sacramento at pumapangalawa sa pinakamalaki sa buong California. Hindi man gaanong nabibigyang pansin at napag-uusapan ang mga karahasan na nagaganap sa mga kapwa nating Pilipino, **ang ating pagkatao ay malinaw ang ating tinig ay umaalingawngaw.** Ang Laban Group's Pilipino dalubhasang manlilikha ay naglalayon na itaguyod ang ating mga karanasan, ilahad ang ating kwento at palawakin ang ating kakayahan. Kung ikaw ay nakaranas ng pangraapi o naging saksi na pagmamalupit o karahasan, di pantay na pagingin dahil sa iyong kulay at paniniwala at paninindigan, pagbigay alam mo sa cavshate.org o tumawag ka sa **833-8-NO-HATE (833-866-4283)**. **HINDI KA NAG-IISA.**



Ang mga sumusunod na patalastas at paghahayag ay inihahandog sa inyong Laban Group: Filipino Ethnic Media Collaborative. Ang kapulungang naganais na pukawin ang damdamin ng ating mga mahal na kababayang Pilipino-Amerikano at sa buong madla ukol sa nakakabahalang pagkamuhi at karahasan dinaranas ng mga Asyano; bawasan ang batik ng pangamba at pagawalang bahala na udyok ng marubdob na galit sa karahasang natamo bagkus marapat na ipalalam; at paigtingin ang ating pangunawa na may nakalaang tulong sa sinomang naging biktima nakaligtas man o pumanaw sa krimen; pagibayuhin ang pagbibigay lunas ng komunidad sa pamamagitan ng pagtutulongan ng magkakaiba pang pang lahi. Ang lahat ng tulong pananalapi ay itinataguyod ng State of California, pinangangasiwaan ng California State Library at sa pagtutulongan ng California Department of Social Services at ang California Commission on Asian and Pacific Islander American Affairs na kabahagi ng Stop the Hate program. Ipaalam ang pangyayari sa CAVSHATE.ORG



BLACK & ASIAN

VOL. 1, NO. 1

BLACK HISTORY MONTH, 2024

Black and Asian Solidarity Newsletter



"I believe in human beings, and that all human beings should be respected as such, regardless of their color."

- Malcolm X



Malcolm X

American Muslim Minister and Human Rights Activist



"The movement is contagious, and the people in it are the ones who pass on the spirit."

- Yuri Kochiyama



Yuri Kochiyama

American Civil Rights Activist



BLACK AND ASIAN SOLIDARITY NEWSLETTER (2024)

By Shawntay Gorman - Taysty Art

"Ito ay kapisang nag-papakita ng kahalagan sa kasaysayan ang mensahe ng Black Panther Party at ang walang hanggang resonance ng sagradong paniwala sa pamumuhay ng kapwa Malcolm X at Yuri Kochiyama. Sa kanilang mga mata at matagal na pagkakaibigan, itong Newsletter ay nahuli ang matibay na paniniwala nilang lahat sa pag-bago ng lipunan."

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**Filipino Community of
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PACIFIC RIM HERITAGE FOUNDATION
cordially invites you to the**

Spring Annual
Brunch

Sunday, May 5, 2024

10:30 am - 2:00 pm

Asian Resources, Inc. (ARI)

6270 Elder Creek Road

Sacramento, CA 95824

Donation: Adult \$25

Children (12 and below) \$15

Attire: Spring Outfit/Sunday Dress

CONTACTS:

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Mena Domondon

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