



P14 Spring Brunch 2024

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PHILIPPINE Fiesta

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P19 FCSV Sama-Sama Fashion Show

Filipinx Association of Health Careers (FAHC) of UC Davis holds to celebrate Filipino Veteranos

BY ISABELLA MAE BIASCAN

Veterano Luncheon is an annual event that the Filipinx Association of Health Careers (FAHC) of UC Davis holds to celebrate Filipino Veteranos. A though this event had been put on pause for four years due to the COVID-19 pandemic, the organization was eager to bring it back in 2024.



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The Filipino Veteranos and Filipino community leaders at the annual event hosted by FAHC of UC Davis.

FILIPINO FIESTA of Sacramento 2024



The Filipino Fiesta kick off at 10 a.m. on June 2, 2024 at Jose Rizal Community Center, 7320 Florin Mall Drive, Sacramento, CA with parade of the various community and veterans organizations celebrating and showcasing the theme of the Fiesta," Honoring those who prioritized the safety and wellness of the Filipino community."

Just like a real Fiesta, you will find plenty of eateries catering Filipino food, food trucks, entertainment, merchandise and cultural performances. Likewise, authentic Filipino dances, music and songs widely performing showing elegance and beauty of our culture and heritage.

For more information:
www.sacramentofiesta.org
Filipino Fiesta of Sacramento
916.857.3991
SACRAMENTO.FILIPINOFIESTA@GMAIL.COM

Sacramento Filipino Community Center closer to completion after \$800,000 state grant

BY VICENTE VERA

SACRAMENTO, Calif. — The Filipino Community of Sacramento and Vicinity are getting a \$800,000 grant from California state officials to build their long-anticipated community center.

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Filipino Community of Sacramento and Vicinity leaders told ABC10 they've had the land since the 1990s and they're ready to build a community center.

The Filipino American Law Enforcement Officers Association (FALEO)

BY AMANTE ABERO

The Filipino American Law Enforcement Officers Association (FALEO), Sacramento Chapter led by Chapter President Amante Abero conducted a week-long training seminar on February 12, 2024, through February 16, 2024, to a total of 43 Philippine public safety executives who were attending the Philippine Public Safety College's (PPSC) Public Safety Officer Senior Executive Course (PSOSEC) Class 2023-02.

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FALEO Foreign Academic Tour Closing Ceremony



The Filipino American Law Enforcement Officers Association (FALEO)

This Likely Won't Skip a Generation

BY ED MERCADO

If we just stop for a moment and think about the sources of our knowledge and wisdom, we will find that a lot of it was handed down to us from the past. From parents, siblings, cousins, uncles, aunts, lolos and lolas, friends, enemies. And, as is usual for most things passed on, some are good while others are of dubious value or even downright nonsense.

A big part of what we are now, how we behave, what we believe was formed from interaction with our parents or maybe a grandparent or aunt, with whom we spent a big part of our childhood. Looking back, you will notice that a lot of their admonitions and scolding had to do with making you do what they wanted.

Remember there was only a very brief period of time when they could physically handle you when you are a baby, say from 0 to 2 years old maybe? They could you from the bed to the crib or playpen. And as a baby, you could not escape because of your physical limitations. After a couple of years, you became physically bigger and has a mind of your own-assertive and ready to sulk and pout and harass your parents at the slightest provocation.

At about that time, your parents turn to what they endured from their parents when they were little. So your parents resort to the use of verbal tools to try to subjugate you. These verbal tools were learned from their parents. I am sure we all had our share of these verbal assaults from our parents and other older people.

Here are just some words of wisdom and terror techniques I

can think of right now. "Makukuba ka." What will happen to you if you don't maintain a good posture.

"Makuha ka sa tingin!" More than words can say.

"Ubusin mo ang pagkain mo!" Marami ibang tao nagugutom "Save the world."

"Ano ka sinu-swerte?" Don't ever try to aim for the stars.

"Tingnan mo ang kapatid mo... Move away from individuality, stop being yourself."

"Pagbutihin mo." I know you want to fail, but please do your best.

This is a very creative contribution from a Mr George Hernandez from the Bay area.

Hinding-hindi ko makakalimutan ang mga mumunti ngunit ginintuang butil ng payo na nakuha ko sa aking mga magulang:

1. Si Inay, tinuruan niya ako HOW TO APPRECIATE A JOB WELL DONE. "Kung kayong dalawa ay magpapatayan, doon kayo sa labas! Mga leche kayo, kalilinis ko lang ng bahay."

2. Natuto ako ng RELIGION kay Itay. "Kapag yang mantsa di natanggal sa carpet, magdasal ka na!"

3. Kay Inay ako natuto ng LOGIC. "Kaya ganyan, dahil sinabi ko."

4. At kay Inay pa rin ako natuto MORE LOGIC. "Kapag ikaw ay nalaglag diyan sa bubong, ako lang magisa ang manonood ng sine."

5. Si Inay din ang nagturo sa akin kung ano ang ibig sabihin

ng IRONY. "Sige ngumalngal ka pa at bibigyan talaga kita ng iiyakan mo!"

6. Si Inay ang nagpaliwanag sa akin kung ano ang CONTORTIONISM. "Tingnan mo nga yang dumi sa likod ng leeg mo, tignan mo!!!"

7. Si Itay ang nagpaliwanag sa akin kung ano ang ibig sabihin ng STAMINA. "Hwag kang tatayo diyan hangga't di mo natatapos yang lahat ng pagkain mo!"

8. At si Inay ang nagturo sa

amin kung ano ang, WEATHER. "Lintek talaga kayo, ano ba itong kuwarto nyong magkapatid, parang dinaanan ng bagyo!"

9. Ganito ang paliwanag sa akin ni Inay tungkol sa CIRCLE OF LIFE: "Malandi kang bata ka, iniluwal kita sa mundong ito, maari rin kitang alisin sa mundong ito."

10. Kay Itay ako natuto kung ano ang BEHAVIOR MODIFICATION. "Tumigil ka nga diyan! Hwag kang mag-inarte na parang Nanay mo!"

11. Si Itay naman ang nagturo sa akin ng ANTICIPATION. "Sige kang bata ka, hintayin mong makarating tayo sa; bahay!"

12. Si Inay naman ang nagturo kung anong ibig sabihin ng GENETICS. "Nagmana ka ngang talaga sa ama mong walanghiya!"

13. Si Inay naman ang nagpaliwanag sa amin kung anong ibig sabihin ng ENVY. "Maraming mga batang ulila sa magulang, di ba kayo nagpapasalamat at mayroon kayong magulang na tulad namin?"

14. At si Itay pa rin ang nagturo kay Kuya kung anong ibig sabihin ng RECEIVING. "Uupakan kita pagdating natin sa bahay!"

15. Si Inay naman ang nagturo sa akin kung ano ang HUMOR. "Kapag naputol yang mga paa mo ng pinaglalaruan mong lawnmower, hwag na hwag kang tatakbo sa akin at lulumpuhin kita!"

16. At ang pinakamahalaga sa lahat, natutunan ko kina Inay at Itay kung ano ang JUSTICE. "sang araw magkakaroon ka rin ng anak, tiyak maging katulad mo at magiging pasakit din sa ulo!" A final word for some parents who may sometimes behave like they are insane. By the way, I define insanity as "not changing the way you do things, yet expecting to get different results." If you keep doing or saying something to your children, and it does not achieve the desired results, you should start to think of other ways. That is the only way to maintain sanity, yours and your kids'.

Meantime, the wisdom of the ages keeps getting passed on. It just keeps rolling along.

This likely won't skip a generation.



ILLUSTRATION BY DAVE SAN PEDRO

FCSV
sama sama Fashion Show

FRIDAY
JUNE 7, 2024
5:00 PM - 10:PM
DISTRICT 56, 8230 CIVIC CENTER DR.
ELK GROVE, CA 95757
\$50



Editor's Note

It has been by far the busiest of times for me, being involved in our Filipino community in Sacramento. The biggest part of it, I can very much associate with my excitement in realizing that the long time dream of our fellow Filipinos in Sacramento to have our own Community Center is finally happening. It is happening but with many scenarios of "what if" the grant is not enough to sustain its existence and maintenance after it's built. And "what if" the aging seniors leaders and members of our Filipino organization who have been the backbone of this building project are no longer around. Who would take the lead? It's no denying that some former leaders and members have chosen to step aside and gave up their support to this significant project. This was once their main project, that our other community members have financially supported with donations and in-kind services.

Somehow, as leaders, we should continue to stay united in achieving our common goals for the Filipino community in Sacramento. Settle our differences aside to work together to gain the trust of those who believe in our effort to make our projects successful, each time.

In saying, please support the Filipino Fiesta on June 2, at the Jose Rizal Community Center. Proceeds of this event will be donated to the Filipino Community Center Building Project of FCSV. Another is a project in which I'm hosting for the same organization, the Sama Sama Fashion on June 7, to be held at District 56 in Elk Grove, also a fundraising for the community center building project. This is the same event that I chaired back in 2002, as a way to unite all the Filipino community organization in Sacramento. Our goal is to raise a big amount of fund but also to show that in working together, we can collectively accomplish many things for our Filipino community in Sacramento.

With love,
Dinnah San Pedro

'ICC arrest for Duterte, VP Sara expected'

BY CECILLE SUERTE FELIPE

MANILA, Philippines — The International Criminal Court (ICC) is expected to issue arrest warrants against former president Rodrigo Duterte by mid-year, and for his daughter Vice President Sara Duterte and other personalities in subsequent "batches" in connection with the war on drugs, according to former senator Antonio Trillanes IV.

Trillanes told "Storycon" on One News yesterday that he has been in touch with ICC representatives since its preliminary examination, during the conduct of the investigation, and up to the junking of Duterte's appeal.

"The warrant will be released late second quarter, so we can say middle of the year, maybe June or July, that will actually happen. So it is a waiting game at this point," Trillanes said.

"Based on the information gathered, this warrant of arrest would come in batches. The

first batch is only (for) one, only Duterte, the father. The second (batch) is for the (other) principal actors, as far as I know," Trillanes added.

Apart from Duterte and his daughter, among the other personalities reportedly investigated by the ICC in connection with the brutal crackdown on the drug menace are his "tokhang" enforcer Sen. Ronald de la Rosa and former aide Sen. Bong Go.

Trillanes stressed that he was not just a "marites" or rumor-monger but he has been in touch with the ICC since 2017.

"So that's how we established that relationship with ICC, but there's a restriction on the release of information that can also be disclosed. The other information that I am releasing is not necessarily from the ICC itself but from people privy to what's going on," he added.

Earlier, Trillanes said the ICC investigated more than 50 active and former police officers who served under the Duterte administration for their role in the bloody war on drugs waged by Duterte.

The former senator expressed that President Marcos, who



Former President Rodrigo Duterte and Vice President Sara Duterte

was firm against cooperating with the ICC, "will say what he needs to say but will do what he needs to do at a proper time." He did not elaborate.

"Let's wait for the warrant of arrest to be out," he said.

He noted that the complex relationship between Marcos and the younger Duterte was not due to the ICC investigation against her father but the Duterte camp's effort to oust the incumbent president. Under

the rule of succession, when Marcos is ousted, the Vice President will replace him.

"I believe that is not the reason why they split up, because the split happened way earlier, during the latter part of 2022. The Duterte camp is already maneuvering... they are already strategizing, it's part of the many reasons but that is not the only reason," he added.

When asked whether Marcos will decide to rejoin ICC, Tril-

lanes said: "I will not go that far to say I know what is in his heart. But I can speculate that that was one of his considerations in light of the fallout with the Dutertes. Probably when he started that's (rejoining ICC) totally out of the picture but because of recent events he became open to it."

"I don't think it is necessary for him to rejoin, he just needs to enforce the warrants. The issue on whether to rejoin could be decided later on," he added.

Trillanes said last year that the ICC could have served as leverage by the administration to keep the new emerging Duterte as opposition in the Marcos administration, "but now lines have been crossed, because what the Dutertes are doing is to oust President Marcos and it would be a grave mistake to trust the Duterte in any deal, the way they seem to behave."

"Besides the fact, Sara Duterte remains the VP, so anything that happens to President Marcos, they (the Dutertes) are beneficiaries directly of the ouster. Why would they give in to Duterte?" he asked.

The Philippine Star

Marcos laughs off talk on substance abuse

BY ALEXIS ROMERO

MANILA, Philippines — President Marcos yesterday laughed off the claim that he was abusing illegal drugs, an allegation that stemmed from supposedly leaked documents being peddled online by his critics.

In a media interview on the sidelines of the Government-Owned or Controlled Corporations Day in Pasay, Marcos was asked to react to 2012 documents allegedly linking him and actress Maricel Soriano to narcotics use.

Marcos asked whether he and Soriano were the ones tied to illegal drugs. When he was provided with more details of the accusation, the President



President Ferdinand "Bongbong" Marcos Jr. and German Chancellor Olaf Scholz answered questions from the members of the media during the joint press conference at the Chancellery as part of President Marcos' working visit to Germany on March 12, 2024. PPA Pool Photos by Yummie Dingding

laughed for about six seconds before walking away.

While Marcos was leaving

the venue of the event, Executive Secretary Lucas Bersamin told reporters that the accusa-

tion against the President was "contrived."

The Senate public order and dangerous drugs committee conducted a hearing on the alleged leak of confidential information from the Philippine Drug Enforcement Agency (PDEA) last month after documents linking Marcos and Soriano to illicit drugs circulated online. During the hearing, former PDEA intelligence officer Jonathan Morales said the documents making the rounds on social media were authentic. Morales claimed to be the investigator who obtained a statement from a confidential informant who supposedly showed photos of drug users.

The PDEA said the document referred to by Morales does not exist. In a recent statement, the anti-drug agency urged the public to be more careful about believing "fake news."

In January, former president Rodrigo Duterte accused Marcos of being a drug addict in a prayer rally against Charter change in Davao City. When

journalists sought his reaction to his predecessor's allegation, Marcos laughed and said, "I won't even dignify that question."

The accusation was the reason why the relationship between Duterte's daughter, Vice President and Education Secretary Sara Duterte, and First Lady Liza Araneta-Marcos had soured.

In an interview with broadcaster Anthony Taberna last month, Liza revealed that she now has a negative view of Sara because the Vice President was seen laughing when Marcos was accused of being "bangag" or high on drugs.

Reacting to Liza's remark, Sara said her mandate as a government official is not related to the First Lady's personal feelings.

Despite the controversy, Marcos said Sara would remain as education secretary and gave assurance that his working relationship with the Vice President was not affected by the issue. *The Philippine Star*

Trillanes: Active senior PNP officials recruiting for ouster plot vs Marcos

BY TETCH TORRES-TUPAS

MANILA CITY, Philippines — Active senior members of the Philippine National Police (PNP) have been recruiting members to take part in the latest ouster plot against President Ferdinand "Bongbong" Marcos Jr., former senator Antonio Trillanes IV said Tuesday.

"May na-identify na active senior PNP officials na nagrecruit since last year, pero wala pa silang narerecruit," Trillanes said.

(Some active senior PNP officials have been identified to be recruiting since last year, but



Former senator Antonio Trillanes

they have not recruited anybody.)

As for the military, he said retired officials of the Armed Forces of the Philippines (AFP) are attempting to recruit active soldiers in the ouster plot.

Trillanes said there is already a sense of urgency as the International Criminal Court (ICC) is expected to issue an arrest warrant against the principal accused, which includes former president Rodrigo Duterte, by June or July.

"Ngayon siguro it's a matter of survival na meron na silang sense of urgency to oust President Marcos," Trillanes said.

(Maybe now it's a matter of survival that they have a sense of urgency to oust President Marcos.)

INQUIRER.net has reached out to PNP, but it has yet to respond as of posting time.



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BY BENJAMIN ABAYA

The Importance of Motherhood

A couple of months ago, after sixty years of blissful marriage, my parents celebrated their silver wedding anniversary in the presence of their six children, and with their respective families, together with a few extended relatives and closest of friends. During the celebration, I was expecting my beloved mother to display her usual spontaneous smile with brightened eyes, but she only did so when the camera was focused on her.

We did not expect that during the celebration, my mother showed such tepid demeanor in dealing with her loved ones and close friends. As always, we had in mind to hear her as she raises her voice in calling us to eat and take pictures for posterity but sadly none of such personal concern showed during the occasion. Just looking at my beloved mother sitting beside my father, weaving slowly her right hand to answer back everyone who greeted her, made my whole being weakened and sad simply because my mother whom I loved and adored suffered from multiple health problems. Yet on such an occasion, she tried to show without any iota of doubt, that she still held the mantle of responsibility as the matriarch of the family to be firm, proud, and unyielding.

All the years that I lived with my loving and caring parents; I could not just dismiss in my mind the years of being nurtured to be properly guided by them as I reached the age of maturity. Moreover, my mother also taught me how to manage personally what I needed for myself from laundry work to cooking my food without bothering anyone. In addition, I was also advised by my

mother to save a portion of my salary having been lucky to land a regular job just immediately after high school graduation. Incidentally, I am the last of the siblings to leave the family dwelling to become independent from them and that was the time when I met and married my beloved dear wife, Kristina, who is expecting our first child this summer.

In many ways, motherhood is like having superpowers. Although mothers cannot leap tall buildings in a single bound or web sling, they are still amazing and incredible to achieve their purpose. Their profound nature as mothers being resilient, compassionate, and intuitive could be the embodiment of their image to have superpowers, while continuing to be pillars of strength and love. Those characteristics emphasized their unwavering commitment to nurturing their families, often at the expense of their own needs and desires.

Mothers are depicted as embodying the essence of sacrifice by prioritizing above anything else, the well-being and success of their children and the family's stability. Their resilience in the face of various challenges, including economic hardships and societal pressures, is highlighted as a testament to their strength and determination for the common good of family, community, and country. In all the years that I lived with my parents, I have never seen my father shed a tear for being happy or in a melancholic mode. Knowing my father, who deeply loves, cherishes and vows to protect my mother for any demeaning words that could hurt her feelings which he showed when they were together.

Mothers, specifically Filipino mothers, represent the essence of unconditional love, their warmth akin to a comforting embrace amidst life's storms. Rooted in a culture deeply steeped in familial bonds and compassion, these mothers embody selflessness as they tirelessly pour their hearts into nurturing their children. Their love knows no bounds, transcend-



ILLUSTRATION BY DAVE SAN PEDRO

ing barriers of time and circumstance. My mother has embodied these traits since I was born, and still embodied since then.

From the moment of conception, a Filipino mother's devotion blossoms, manifesting in acts of sacrifice and unwavering support. Through their tender care and gentle guidance, they instill values of resilience, kindness, and perseverance in their offspring. Their love is a beacon of hope, a steady presence in both joyous celebrations and moments of despair. In their embrace, children find solace, knowing that no matter the trials they face, they are cherished beyond measure. Indeed, Filipino mothers are the embodiment of love's enduring power, their unwavering devotion a testament to the boundless depths of a mother's heart.

In the bustling city of Sacramento, California, and the quiet suburbs alike, Filipino mothers radiate warmth and hospitality, extending their care to neighbors, friends, and strangers in need. Whether through home-cooked meals shared with newcomers or lending a listening ear to those facing challenges, they embody the essence of bayanihan, the Filipino tradition of communal unity and cooperation. Their wisdom, gleaned from years of experience and cultural heritage, becomes a beacon of guidance for the next generation, inspiring a sense of pride in their Filipino identity while fostering a spirit of inclusivity and understanding within diverse communities across the nation.

With unwavering determination, Filipino mothers lend their voices to causes ranging from immigrant

rights and social justice to environmental conservation and healthcare access. Especially from the mothers of the Sacramento Filipino community, they are fueled by a deep sense of empathy and compassion, they mobilize fellow community members, organizing rallies, fundraisers, and educational initiatives to effect meaningful change.

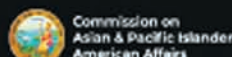
In their pursuit of social justice, Filipino mothers embody the spirit of kamalayan, or consciousness, as they confront systemic inequalities and advocate for a more equitable future. Through their activism, they not only challenge oppressive structures but also inspire a new generation to carry forth the torch of progress, ensuring that the legacy of Filipino resilience and solidarity endures for generations to come.



**Bayanihan (2024)
By Emagn Nation**

Bayan refers to a nation, town, or community. The term *Bayanihan* describes a spirit of communal unity or effort to achieve a particular objective. We are a diverse community and each household is different, but we must come together in solidarity to uplift and celebrate each other. "We stand on the shoulders of giants."

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



The Filipino American Law Enforcement Officers Association (FALEO)



CHCF Warden Gena Jones welcomes Philippine Public Safety Executives, accompanied by Public Information Officer Lt. Michelle Orozco.

From page 1

The attendees comprised of 38 Police Lieutenant Colonels with the Philippine National Police, 2 Fire Superintendent with the Bureau of Fire Protection, 1 Jail Superintendent with the Bureau of Jail and Penology, 1 Professor/Learning Manager with the PSCC and 1 guest Police Inspector with the Manila Airport Police. The completion of the course is a requirement for the attendees to be able to promote to the next rank.



PSOSEC Class 2023-02 LTCol. Arnel de Jesus, FALEO Pres. Amante Abero, PPSC Learnig Manager Jham Rodriguez.

PSOSEC Class 2023-02, who dubbed themselves as “Masitanglang” graduated the 12-month program last March 20, 2024. Part of the requirement of completion was to conduct a Foreign Academic Tour. FALEO graciously accepted the challenge to conduct a free week-long seminar in collaboration with the California Department of Corrections and Rehabilita-

tion’s (CDCR) Division of Adult Parole Operations (DAPO). Classes were held at the CDCR Correctional Training Center in Galt, CA. To learn how CDCR functions daily and what programs are offered to the incarcerated, the class was able to visit Folsom State Prison, California Health Care Facility in Stockton, and DAPO’s Stockton Parole Complex.

In addition, Class 2023-02 further their knowledge in po-



FALEO Sacramento members



FALEO member Norman Dela Pena, Amante Abero and Mark Abuen.

licing techniques with their visits to the California Highway Patrol (CHP) Academy, Sacramento Sheriff’s Department (SSD), and Elk Grove

sights into both Air Operations and Special Enforcement Detail with the SSD and a demo of the highly regarded drone program with EGPD. The hope

Police Department (EGPD) in Sacramento, CA. The tour encompassed a VIP walkthrough to the CHP grounds and a demo of their Emergency Vehicle Operations Course. A detailed exploration of Special Operations Unit, providing in-

is for the public safety executives to bring back ideas to better their system based on what they have learned and been exposed to during the seminar.

A Filipino brand hospitality for the visiting PSOSEC class was made possible throughout the week with monetary and transportation assistance of General Douglas McArthur Masonic Lodge #853 members.

The Filipino American Law Enforcement Officers Association (FALEO) is comprised of active and/or retired law enforcement (LE) personnel from various local, state, and federal agencies. FALEO was established to promote fraternal relationships and cultural awareness amongst all members (sworn and non-sworn) in law enforcement. FALEO is committed to supporting cultural, educational, recreational, and charitable services within our Communities and is organized exclusively for charitable/educational purposes within the meaning of Section 501 (c) (3) of the Internal Revenue Code. There are currently five (5) existing chapters (San Francisco, Sacramento, Los Angeles, San Diego, and Las Vegas).

Philippine Public Safety Executives visit CDCR

BY QUINN SHEPPARD

A total of 43 Philippine public safety executives recently visited CDCR in one of the largest international visits the department has ever held. The executives come from various professions in the Philippines including Philippine National Police, Bureau of Jail and Penology, Bureau of Fire Protection, and the Manila Airport Police.

They are all currently undergoing a 12-month Public Safety Officers Senior Executive Course. The purpose of the course’s visit was to see how the department functions daily and what programs are offered to the incarcerated.

The Filipino officers visited: Richard A. McGee Correctional Training Center Folsom State Prison California Health Care Facility in Stockton (CHCF) and the Division of Adult Pa-

role Operations, Stockton Office.

The group also visited with California Highway Patrol Academy, Sacramento Sheriff’s Department, and Elk Grove Police Department.

Abero welcomes Philippine Public Safety Executives

Amante Abero, Parole Agent II, served as host to the Filipino officers.

As president of the Sacramento Chapter of the Filipino American Law Enforcement Offi-

cers Association (FALEO), he was the main point of contact. He handled all inquiries from

training seminar. We touch on CDCR’s goal of building safer communities through rehabili-



Folsom State Prison Lt. Chad Deal addresses Philippine Public Safety Executives prior to their tour.



Amante Abero, Parole Agent II, with wife, RoseVinia, who is an acting Supervising Registered Nurse III at CHCF.



Folsom State Prison

tation, education, restorative justice, and reentry,” said Abero. “Our guests were impressed. They are going back to the Philippines with ideas to better their system based on what they have learned. We are thankful for CDCR and DAPO executives in particular in allowing the collaboration with FALEO.”

Active and retired law enforcement personnel from various local, state, and federal agencies make up FALEO. Membership includes non-sworn personnel who serve in the law-enforcement community and those who support the goals and objectives of the organization.

FALEO seeks to promote fraternal relationships and cultural awareness among all law enforcement personnel and the communities they serve and protect.

Sacramento Filipino Community Center closer to completion after \$800,000 state grant

From page 1

Sacramento city councilmembers officially accepted the funds Tuesday as part of a \$2 million state investment in South Sacramento community-based organizations.

The community center is set to be built on a plot of land the Filipino Community of Sacramento and Vicinity has owned since the 1990s, according to first vice president of the organization, Vince A. Sales.

“It’s been a dream for the Filipino community,” he told ABC10. “The Filipino American community here in Sacramento is four or five generations deep, so we have many Filipino Americans in the Sacramento region and this building creates a really big statement.”

Sales says they’ve hosted many Filipino events at the nearby Jose P. Rizal Community Center on Florin Mall Drive, a center named after Filipino national hero José Rizal, but now it’s time for the Filipino Community of Sacramento and Vicinity to have their own center.

CH&D Architects developed renderings of the future center showing it attached to a tower and a mural going across the building.

“I was driving around the neighborhood and there’s no



Upcoming Filipino Community of Sacramento and Vicinity center renderings



Filipino Community of Sacramento and Vicinity’s Big Day of Giving

Photos by Leonardo Pena

such thing like [the center],” said Filipino Community of Sacramento and Vicinity board

member Jinky Dolar. “There was a lot of controversy regarding who’s going to be the

artist in South Sacramento that happened February right in Little Saigon — we’re hiring our own artist from our own community.”

He says the Sierra Health Foundation also invested \$50,000 for their community center.

The \$800,000 grant was secured by then-Assemblymember Jim Cooper and is now being overseen by Assemblymember Stephanie Nguyen.

Filipino Community of Sacramento and Vicinity (FCSV) members thanked Nguyen for seeing the funding through.

“The Filipino community has had a lifelong dream since the 1920s of a culturally relevant community center. I am thrilled to announce the allocation of crucial funding to the FCSV,” Nguyen said Wednesday. “This will serve as a cornerstone for the Filipino community, providing essential resources and support to its growing population. This will provide a crucial step toward ensuring this center becomes a reality. I am excited to see this inclusive hub to connect, socialize, share programs and uplift our community.”

Murray says they plan to continue fundraising through events this summer and in October for Filipino American Heritage Month.

Community members interested in donating can visit the Filipino Community of Sacramento and Vicinity’s Big Day of Giving link.

artist in South Sacramento that happened February right in Little Saigon — we’re hiring our own artist from our own community.”

According to city documents, the Filipino Community Center set for a 1.8 acre lot on 5801 66th Ave. is estimated to cost just over \$3 million, with construction set to start this summer.

Filipino Community of Sacramento and Vicinity President Murray Navarro says they plan to ask more agencies and local organizations for funding to finish the project.

“We just received a single donation for our Big Day of Giving for \$15,000 just for the building fund,” he

iconic building we’re trying to push up.”

He says the Sierra Health Foundation also invested \$50,000 for their community center.

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Filipinx Association of Health Careers (FAHC) of UC Davis holds to celebrate Filipino Veteranos

From page 1

BY ISABELLA MAE BIASCAN

The purpose of the occasion is to give back to the Veteranos, foster a deeper connection of their Filipino culture, and learn from the stories and experiences of the Veteranos and their families.

On April 27, members from FAHC, veterans, as well as their spouses, were invited to spend a special day together at the American Legion Post 604 Magellan Hall. The event began with everyone sitting together in groups and playing a friendly game of Jeopardy with Filipino Trivia.

FAHC also passed out care packages to all of the veterans and their spouses to show their gratitude and support for their service. The care packages included basic amenities and some snacks. Filipino lunch and dessert was served while they were entertained by a special performance from FilAcoustics, a live band from FAHC. Many of the songs performed were a mix of well-known Filipino and American songs that anyone could sing along to.

On behalf of FAHC, we are grateful for the opportunity to meet the veterans and further expand our knowledge about Filipino culture. We would like to thank everyone who attended and came out to support us. If you would like to contact us or learn more about FAHC, please email fahc.president@gmail.com See you next time!

Maraming Salamat Po!



Veterans and spouses spend a special day together at the Magellan Hall.



Letter of appreciation from Al Garcia and Oscar Meris.



Great food and desserts being served.



Members of the Auxiliary Magellan Post 604.



Special performance by FilAcoustic Band from FAHC members.



Community leaders with Dave and Dinnah San Pedro, publisher of PF Newspaper.



Spouses with packages of basic amenities and snacks.



Officers and members of the UC Davis FAHC.



Al Garcia, Tom Amaba and Oscar Meris.



Comrade Glenn Carrasca, Dave and Fred Amper

This is Our Strength:

Why Filipinos Celebrate Fiestas and Festivals

BY REINA ADRIANO

In many Filipino homes, there will always be a corner for reverence. You will find an altar with many statues of saints perched on top, with candles, rosaries, and novenas adorning the table where it is set. In the States where I do not have my own altar, I have a makeshift one instead: a small area of my study table is occupied by stampitas—images of the Pope, the Virgin Mary, and Jesus Christ on bookmarks—staring straight at me while I read my notes for grad school, allowing me to remember where my religious roots lie.

Beside those on my desk, a rosary hangs around a small lamp. My mother usually chats me up on Messenger in the evenings, “Don’t forget to pray before going to bed,” she says. “And ask for guidance while you’re away.”

“I will, Ma,” I reply. “I always remember.” I close my laptop and head to bed.

I make it a habit to remember that February is the feast day of Santa Misericordia, the patron of my mother’s town—and to some extent, mine—in Legazpi, Albay. It is a small town in Bicol, Philippines. Tourists who visit our place long for beach weather and white sand, clear skies and fresh flowing water, but reality is far from that. Where my mother comes from, there is not much but sea and storms, the wind brushing past from the east side of the peninsula. There is also an active volcano that erupts every so often, spreading lava to the nearby towns and dusting every rooftop with ash. My mother loves visiting our province—both her hometown and my summer spot—in time for the fiestas; my grandparents, too. They are all religious devotees of the Virgin Mary.

There is this concept called Panata, or a votive offering, wherein families pass on the tradition of servicing the Church. The religious statues symbolize the faith of many Filipino households, always



PHOTOS BY DAVE SAN PEDRO

revering the saints in altars secluded in a corner of living rooms. The scent of candles, fragrant oils, and incense waft through the house; rosaries, novenas and prayer books decorate the pedestals. It is our way of connecting with divinity. In addition to this, some families give out donations, others volunteer their sons and daughters to partake in the parade for the festivals of their patron saints. In my family’s case, we promised that we would give our patron saint, Nuestra Senora de Santa Misericordia (Our Lady of Mercy), her dress for the parade. It is a tradition that has been upheld and passed on for generations.

My mother is an avid believer of this Panata. It is her promise of attending to Our Lady in exchange for a good life for everyone in our family. Imagine buying fabric, getting the measurements, sewing the dress, adding beads and sequins, and putting ornaments on a statue. Imagine numerous preparations, sleepless nights on choosing the best design “worth wearing by the Virgin Mary,” hands overworked from threading through a needle. My family does all of this because we believe there is value in these acts somewhere in the afterlife. However, my family also does it to show how close-knit we are with the community. Not many people

understand our customs and traditions, but it is in that mystery behind the beliefs that make them want to see it for themselves. What’s so amazing about this culture of togetherness that other nationalities find so fascinating? What is so special about the Filipino handaan (feast) and salusalo (get-togethers), the kamayan or boodle fight, and the festival etiquette that is associated with it? Why do we love celebrating feasts and even eating with our hands with the food served on banana leaves as a way of sharing food with the entire community?

Popular festivals such as Masskara, Sinulog, Ati-Atihan, Dinagyang, Panagbenga, and Moriones are part of tourists’ bucket lists. These festivals are mostly connected to our history and Spanish influence due to the 300-year occupation. Needless to say it also anchors us down to our religious history of the dominant Roman Catholicism. Many tourists watch penitential rites during the Lenten Season, thinking its all colors and loud music when in fact it’s all about people reflecting on their faith and their way of life—a time for contemplation and penance. I remember as a child watching other young girls being dressed up as an angel to help in the Salubong for Easter Sunday, as a

flowergirl for Flores de Mayo, and as Reyna Elena, if chosen for the Santacruzian parade. It should be worth noting that these are quite different from the livelier festivities tantamount to fun and enjoyment. However, if they stay long enough until Easter they will find themselves surrounded by activities that signify rebirth and renewal. Cash-prized contests such as Bingo and raffle draws, palarong Pinoy (Filipino games), and even beauty pageants are also part of the week-long activities.

The food will not disappoint, either: the adobo, palabok (festival noodles), kare-kare (curry), lumpia (egg rolls), all the smells of palatable cuisine which the household is ready to share to anyone who chooses to enter. Sometimes I would watch my grandmother toil in the kitchen in her own sweat, wondering why she tries to give so much when in fact she receives very little in return. She would let me taste-test a few of her treats, lest she’s expecting a lot of guests knocking on our door. “May bisita, Apo (We have guests, Granddaughter,” she would tell, “Papasukin mo lang (Just let them in).” Never mind the small, cramped living room, or the lack of air-conditioning in the house. We have extra monobloc chairs and mini-electric fans, anyway. Never mind that

there isn’t much to go around; what’s important is that we have something to share.

The fact remains that people will always invite you to eat at their place, even when you tell them you’re just passing by, or that you just wanted to see the parade, and then go your way after. The locals would even ask you to take some food along before you leave. This is also the reason why we love karaoke over beer and good company while singing to our heart’s desire, why we can fill an entire house with a dozen relatives or more from both sides of the family. We remember our faith and traditions by celebrating these festivals. But we also love to leave the impression that we can always share, despite the strain in financial resources or in times of trouble. We choose to welcome those who are estranged, those who rise above adversity, those who have strength to hope. All I can say is that Filipinos endure. I am miles away from my family right now, but I can imagine everyone happily eating with their hands. I can smell the waft of great food from the kitchen. I can hear the chatting of relatives and the queuing up of songs on the jukebox.

Somewhere in the corner, the saints and our offerings. This is our way of community.



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The monsters we face

BY GLENN PERNES

A look into our own fears and what they often say about us and how we participate in society

As a child who grew up in the province, I was inundated with tales of creatures of Philippine mythology. Some stories served as caution as in when my grandparents would advise me to chant "bari-bari" when passing through the backwoods so that the duwende would not hoodwink me and would grant me safe passage through their territory.

Some dealt with my recalcitrance such as when my aunts would tell me to behave or else the kapre would kidnap me, take me to his kingdom concealed within the cluster of acacia trees, and eventually roll me in a massive tobacco sheet and make a cigarette out of me.

These stories, by and large, and however cautionary, evoke fear. Accounts of these creatures in most regions in the country are replete with frightening descriptions of what they look like and what they can do to you if they take a liking to you or if you wittingly or otherwise invade their domicile.

For instance, the batibat, a demon in Iloko folklore, is described as a huge fat woman with a disfigured face that lives in a hole in a post, which used to be an old tree. She then visits houses of unsuspecting sleeping victims, usually those who felled its former home, and suffocates them to death. Another well-known mythological creature is the aswang, which is sometimes said to take on the form of an attractive and meek lady in the day but detaches its torso from its lower body and morphs into a terrifying creature at night. It preys upon the young and the unborn, often feeding on their liver and heart.

A reflection of society

As horrifying as they are described, these beings from the underworld are the staple of Filipino popular culture. The proliferation of such in komiks and movies show just how influential and effective they are in teaching values and instilling fear in the lives of Filipinos. The late Professor Maximo Ramos cited in his book, *The Creatures of Philippine Lower Mythology*, an instance where townsfolk in a barrio in southern



Illustration by Dave San Pedro

Philippines would not dare cut down trees without asking the consent of the spirits they believe reside in them.

But more than inculcating terror, these lower mythological creatures also function as metaphors reflecting the anxieties and fixations of a society, especially in a given historical moment as noted by cultural historians and authors Joseph Maddrey and David Skal. The monster in Homer's Polyphemos and the vampire in European folktales, according to Jeffrey Jerome Cohen, author of the book, *Monster Theory*, represented the then-nascent fear of the growing racialized immigrant communities in the continent. In the early 1800s, Mary Shelley's monster, popularly known as Frankenstein's monster, denoted distress over developing complex scientific advancements of that time. Similarly, Stan Lee and Jack Kirby's *The Incredible Hulk* was said to symbolize the perils of the atomic

age, while George A. Romero's *Zombie* was believed to be a social commentary on industrial automation and mindless consumerism.

Other monsters and mythological creatures in Middle-Age Europe represented gender and racial anxieties, noted by Cohen. Given that most story tellers then were male and European, it's interesting to note that women and people of color were represented in stories as witches and werewolves and such as they were thought to threaten the status quo of the patriarchal society.

The fears that these western creatures epitomize are almost similar to what their local counterparts represent. Professor Maximo Ramos wrote that during the Spanish colonization all the way to the American period, people living in far-flung areas in Northern and Southern Philippines were conditioned to be wary of the dayo or foreigners who may disrupt their way of living. The shape-

shifting aswang in their folktales symbolized non-natives. Townsfolk were encouraged to court and marry women within their barangays lest they bring ill fortune and danger to their community. The duwende, kapre, batibat and aghoy expressed the ill effects of the then-burgeoning industrialization, deforestation and environmental decay, and urbanization. Almost all stories involving these monsters and creatures caution natives to be extra vigilant in preserving the flora and fauna.

Fearing what we don't understand

As these folkloric creatures typically come from a mystical realm unknown to us, coming out mostly at night and attacking in the dark, they essentially mirror our human fear of what we do not understand. We avoid certain places and people, and shut down ideas because in actuality we fear the uncertain and unfamiliar. Some people consult fortune tellers, carry around anting-anting, and make chanting noises to ward off perceived evil elements and misfortunes.

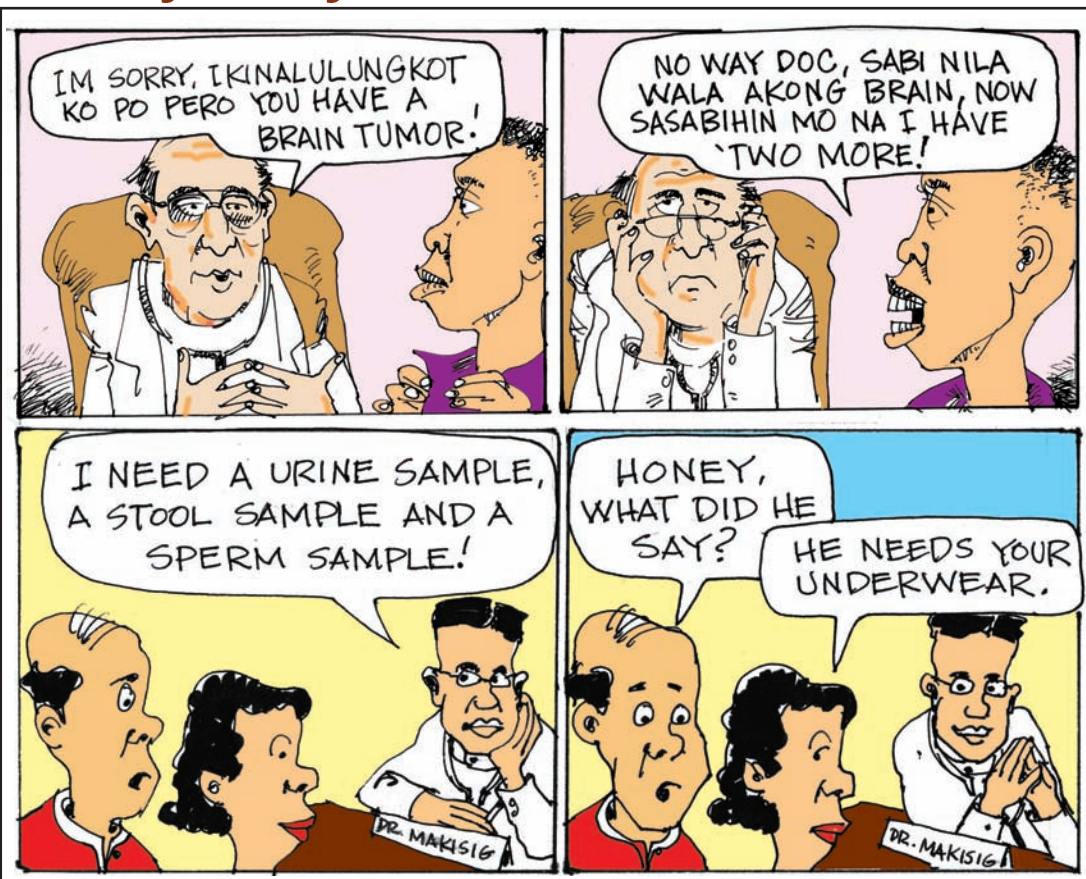
Although these monsters are arguably linked to prohibited practices to reinforce good values and acceptable behavior, they also represent a kind of desire to make sense of and overcome seemingly unexplainable and hopeless situations, a desire for heroism and nobility to arise. And our folklore is filled with champions. There is a collective desire to combat corruption, environmental degradation, drugs and criminality, and moral abasement, for justice, equality, peace and truth. There is a yearning to understand how our current society came to be and transcend practices and beliefs that keep us from progressing as a nation.

The aggression and domination these creatures symbolize are expressed within the constraints of liminality, which can evoke escapist fantasies. Every Halloween, people the world over celebrate the macabre for a night. There are tolerable levels of fright and horror in movies and literature. We take comfort in the fact that, at the end of a terrifying story, the monster is slain; the hero prevails. All because deep down, we believe it is only temporary and what comes after is liberation.

— Rappler.com

Buhay Pinoy

Komiks by Dave San Pedro



Lasang Pinoy

Crabs in coconut milk (Ginataang Alimasag)

Ingredients

4 large mud crabs
 ½ teaspoon salt
 2 tablespoons vegetable oil
 1-2 clove garlic - minced
 1 medium onion - chopped
 1 ½ cups squash - cut into cubes
 ½ cup water or crab stock
 1 can coconut milk - (13.5 fl. oz.)
 1 cup yardlong beans - cut into 2-inch long pieces
 1-2 pieces red or green chili peppers
 fish sauce - for seasoning

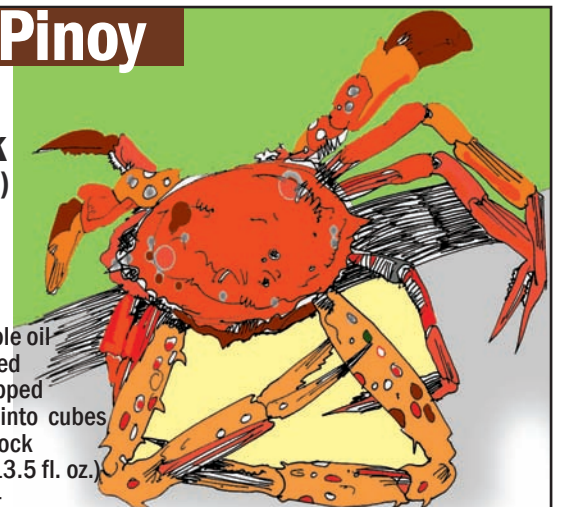


ILLUSTRATION BY DAVE SAN PEDRO

Instructions

In a large pot, bring enough water to boil. Plunge the crabs head-first one by one. Add salt and let simmer for 10 minutes. Remove from water and cut the crabs into half. Reserve ½ cup of the crab stock.

In a large pan, saute garlic and onion in oil until tender and aromatic over medium heat. Add squash and the water or reserved stock. Let it simmer until the squash becomes tender.

Add coconut milk and continue to simmer until squash is really soft and mushy like a puree. Add the cooked crabs, yardlong beans, and chili peppers and season with fish sauce. Let it cook for another 10-15 minutes or until the sauce has thickened.

Transfer to a serving dish and serve with hot steamed rice.



Porfirio “Perry” Diaz, Jr.

September 28, 2024 — April 4, 2024

On April 4, 2024, Perry Diaz, beloved and cherished husband, father, and grandfather, passed away peacefully at the age of 79 in the comfort of his home in Sacramento, CA. He was surrounded by family and love.

Perry Diaz was born Porfirio Maximo Carpio Diaz, Jr., to Porfirio Clemente Diaz, Sr., and Maxima Carpio Diaz, on September 28, 1944, in Manila, the Philippines, during World War II. His family soon left Manila for the province of Nueva Ecija and then to Paoay, Ilocos Norte, where they made their home.

Perry’s father, a municipal judge, passed away from pneumonia when Perry was just 2 years old. In his later life, Perry talked about having just one memory of his dad—a beautiful, vivid recollection of holding his hand as they walked about town.

Just five weeks before his father’s death, Perry’s mother, Mimay, gave birth to Perry’s younger brother, Augustus (Titus). In addition to being an unexpectedly widowed mother at just 30, Mimay was also a teacher, a principal, and a resilient woman dedicated and determined to provide a loving life and many opportunities for her sons.

Perry spent his life surrounded by strong, smart women, starting with his core family—which now consisted of his Mom, Titus, Lola Juanita, Tita Lourdes, and Tita Merle. The family eventually settled in Quezon City, where Perry’s love of history began in elementary school. He also learned to speak Ilocano, Tagalog, and English. He joined the Cub Scouts—moving up the ranks and eventually earning his Eagle Scout status. The experience introduced him to team-building and leadership, and some of his favorite childhood memories include annual camping trips with the troop in Cubao, where he practiced and excelled in survival lessons.

In 1955, Perry’s Lolo Constancio brought him to an event at Malacanang Palace after Ramon Magsaysay was elected president. Meeting the president and standing proudly by his paternal grandfather was a pivotal moment in young Perry’s life. The experience sparked his interest in government and

cemented his strong Filipino pride and identity.

Perry graduated from San Sebastian High School and earned an industrial engineering degree from Adamson University. In the mid-1960s, he started his career as a programmer analyst at NCR Corp, a computer software company in Makati.

In 1968, Perry met and wooed Dolores (Babes) at a Christmas Eve event. This began their courtship, during which Dolores’ cousins attended all of their initial dates and her older brother interrogated Perry. Perry was smitten with Dolores’ beauty and also her intelligence. Their companionship was happy and loving, and Perry asked Dolores to marry him



Perry Diaz



Perry Diaz with his wife, family and grandchildren

and move to the United States to start their new life together.

Perry and Dolores got married in a civil ceremony in Reno, NV, on June 13, 1970, and their Catholic ceremony took place on June 20 in San Francisco, CA. They made their home in San Francisco, where Perry’s Mom Mimay had immigrated in 1968.

Their first child, Lara, was born, and the young family moved to Sacramento, CA, and welcomed their second child, Andrea. There, Perry began his career as a programmer analyst with the State of California, and Dolores started her longtime tenure with Pacific Bell. Perry’s love of design and architecture and belief in the American Dream led him and Dolores to retire early from their jobs and start their own business, Filcrest Construction. Filcrest specialized in building residential custom homes, apartment building remodels, and commercial building construction.

They were also involved in the Mather Field Sports Complex baseball fields and playground construction, where their youngest grandson now plays. Perry also designed and built their own custom homes.

Perry was appointed by California Governor George Deukmejian as deputy director of the Department of Rehabilitation. President George H.W. Bush appointed him to the Federal Architectural and Transportation Barriers Compliance Board in 1995. At this time, the board was thrust into instilling ADA regulations, which led to more access for Americans with disabilities. Perry and Dolores then went on to open the Angelic Eldercare in Elk Grove.

Perry and Dolores were dedicated members of the local Filipino-American community. They helped grow and support the community for many years through their involvement with the Filipino Community of Sacra-

mento and Vicinity, Lions Clubs, and the Filipiniana Dance Troupe. They also founded Eskwela Natin—a non-profit school with a mission to educate youth about the unique, rich, and diverse Filipino culture. Perry served as president of these groups and at the American River Toastmasters Club. Both Perry and Dolores were co-presidents of the St. Ignatius Parents Club. His leadership, commitment, and strong sense of community have influenced his children and grandchildren alike.

Perry was an intelligent orator and skilled writer. His understanding of and insight into all things political and historical led to many thought-provoking discussions with both friends and foes. Perry began publishing his articles and editorials covering Filipino and Filipino-American news through various mediums. His first printed newsletter, “Balita,” evolved into the website Global Balita and email newsletter “Perryscope.” Both had incredible followings and sparked many more provocative discussions. He welcomed the engagement and was always happy to participate in a good debate.

In 2022, he combined his wide knowledge of international government and operations with his talent for storytelling to write and publish a novel, *Turmoil in Paradise*.

With his witty, charming, gregarious, determined, and loving character, people were drawn to Perry. He lived life to the fullest and always made something extraordinary out of the ordinary. He approached everything he did with gusto and his enthusiasm was contagious. As his favorite song put it, Perry “did it his way.” His wife, family, and grandchildren are his greatest loves and proudest legacy. Perry is survived by his wife of 52 years, Dolores (Babes) Valdez Diaz; children Lara Diaz Dunbar (Harvey Dunbar) and Andrea Diaz-Vaughn (Scott Vaughn); and grandchildren Ty, Elle, Marissa, Dane and Maximo.

From Calachuchi Necklaces to Construction Empires: The Inspirational Journey of Grace Araña Mercado

BY GABRIEL ORTIGOZA

Grace Araña Mercado's life story is a testament to resilience, hard work, and unwavering faith. Despite humble beginnings, Grace rose above adversity to build a thriving business empire, touching the lives of thousands along the way.

Born without the proverbial "Golden Spoon," Grace learned the value of hard work early on. At the tender age of seven, she began selling calachuchi necklaces and picking kangkong stems to make ends meet. She even endured a harrowing incident with a carabao, narrowly escaping harm's way.

Her determination and grit carried her through the challenges of her youth and propelled her towards academic success. Graduating with a degree in Civil Engineering from Notre Dame University, Grace embarked on a career with the Department of Public Works and Highways, where she met her husband, Engineer Joselito "Lito" Mercado.

Together, Grace and Lito ventured into the construction



Gabriel Ortigoza with Grace Arana Mercado

business, initially facing setbacks but never losing sight of their goals. Through perseverance and hard work, they transformed their company, Jargon, into a thriving enterprise that now employs over 300 individuals.

Returning to her hometown of Mlang, Grace seized upon opportunities for growth and expansion. Today, her construction company continues to flourish, alongside lotto and lending outlets that provide employment for over 2,000 people.

Despite her remarkable success, Grace remains grounded in her faith and family values. She built a chapel within her Mercari Oasis resort, symbol-



Grace Mercado's Chapel



Mercari Oasis Resort

izing her unwavering commitment to God and community.

Grace's generosity knows no bounds, and her dedication to her employees is unwavering. Even as she reaches the pinnacle of her business career, Grace has no plans to retire, mindful of the livelihoods she sustains.

In the story of Grace Araña Mercado, we find inspiration—a reminder that with perseverance, faith, and a generous spirit, anything is possible. Grace's journey serves as a beacon of hope for all those striving to overcome obstacles and achieve their dreams.

Happy birthday Grace Arana Mercado.

Advancing Wound Care Education: The Impact of Partnership and Sponsorship

BY GABRIEL ORTIGOZA, PhD, RN

In the realm of healthcare, specialized education plays a pivotal role in shaping the quality of patient care. Nowhere is this more evident than in the field of Wound, Ostomy, and Continent Nursing (WOCN), where expertise is crucial for promoting healing and enhancing patients' quality of life. However, the cost of obtaining such specialized education can often be a barrier for aspiring nurses. Thankfully, a groundbreaking initiative is changing the landscape of WOCN education in the Philippines.

Traditionally, the cost of specialty education in WOCN training and certification has ranged from \$8,000 to \$10,000, making it a significant investment for individuals seeking to pursue this career path. Despite the undeniable benefits of such education, the financial burden could deter many from accessing these vital opportunities. Recognizing this challenge, Central Philippine University (CPU) is breaking barriers by offering WOCN training and certification entirely free of charge.

This remarkable endeavor is made possible through the generous sponsorship of the International Wound, Ostomy, and Continent Nursing Education Program (WOCNEP). With their support, all expenses related to the program, including tuition fees and materials,



Wound, Ostomy, and Continent Nursing (WOCN), promoting healing and enhancing patients' quality of life.

are covered, ensuring that students bear zero out-of-pocket expenses. This inclusive approach opens doors for aspiring nurses, regardless of their financial background, to pursue advanced education in WOCN and contribute to improved patient outcomes.

Central to the success of this initiative is the dedicated team of faculty led by the esteemed International WOCNEP Program Director and Founder, Dr. Charleen Singh, hailing from California. Dr. Singh and her team bring a wealth of knowledge and experience to the program, ensuring that students receive top-tier education and mentorship. While the

didactic phase of the training is conducted online for accessibility, the clinical phase offers a unique opportunity for personalized mentorship, with Dr. Singh and her team personally guiding students through hands-on experience.

The launch of WOCNEP marks a significant milestone in the Philippines, as it becomes the first program of its kind in the country, hosted at CPU.

This transformative initiative took shape thanks to the visionary efforts of Dr. Charleen Singh. Following an orientation conference for UC Davis School of Nursing faculty last summer, Dr. Singh learned of Dr. Gabriel Ortigoza's asso-

ciation with Central Philippine University (CPU) as an associate professor at the College of Nursing. Upon discovering this connection, Dr. Singh excitedly shared her plans to introduce WOCN training to the Philippines. Dr. Ortigoza, an alumnus of CPU College of Nursing class 1991, immediately proposed CPU as the venue for this program, highlighting its historical significance as the first nursing school in the Philippines, established in 1906. He committed to facilitating all necessary coordination with CPU's administration, from the dean of the College of Nursing to the University President. The dedication of both Dr. Singh and Dr. Ortigoza to advancing

wound care education has been instrumental in forging this groundbreaking partnership between CPU and WOCNEP.

The ceremonial signing of the Memorandum of Understanding between CPU and IWOCEP, represented by University President Dr. Ernest Howard B. Dagohoy and Dr. Gabriel C. Ortigoza, respectively, is scheduled to take place on April 29, 2024 at the Conference Room of the Administration Building of Central Philippine University in Iloilo City. This formal agreement solidifies the partnership and underscores the commitment of both institutions to elevate wound, ostomy, and continent nursing in the Philippines.

In conclusion, the collaboration between Central Philippine University and the International Wound, Ostomy, and Continent Nursing Education Program represents a beacon of hope for the future of wound care education in the Philippines. By removing financial barriers, providing world-class education, and fostering mentorship, this partnership is poised to make a lasting impact on healthcare delivery and patient outcomes. Together, we are forging a path towards excellence in WOCN, ensuring that every patient receives the highest standard of care, regardless of economic constraints.

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SPRING BRUNCH 2024

A Yearly Fundraiser

BY MURRAY NAVARRO

A yearly event of the Filipino community to welcome a season of a new beginning and a fresh start cycle of happenings. The community members gather to celebrate a bunch of blessings and good tidings. This year's admiration of meeting is to fundraise for the Filipino Community Center. The community was there for a cause. A rationale to fulfill a dream. A dream that was coined decades ago. After decades of waiting, it is finally here. The home that we will call our own.

Last Sunday, May 5, 2024, the community showed interest in helping build the center. The event was held at Asian Resources, Inc. (ARI) in coordination with its Executive Director Rejie M. Baloyos. The event's profit may not contribute to our much-budgeted building's cost but in one way or another, it means a lot more than the worth of its revenue. It confounded noticeable actions that our community needed to know and where we are leading. The center is bound to its pre-construction phase with the "\$800,000 grant which was secured by then-Assemblymember Jim Cooper and is now overseen by Assemblymember Stephanie Nguyen" as stated in the ABC10 News report online.

The Filipino Community of Sacramento and Vicinity (FCSV) and the Pacific Rim Heritage Foundation (PRHF) worked hand in hand to fulfill their yearly fundraiser for the building fund. The co-chairs of the event, Alberta "Ebeng" Pena and Filomena "Mena" Domondon set forth the tradition of the Spring Brunch this year. As early as 8:30 AM, volunteers started setting up the venue with the guidance of the ARI manager and untiring crew members. Norman and Victoria Johnson brought their pieces of flower decorations that brighten up the venue with a festive spring atmosphere.

The event program was started with a welcome address by the FCSV President Murray Navarro emphasizing the value of helping the first Filipino Community Center here in Sacramento. He encouraged the value of togetherness that can bring goodwill to the camaraderie of members working hand in hand for the building's completion. The Past FCSV President Aida Azurin fervently offered an invocation valuing the essence of community togetherness. A sumptuous traditional breakfast of Filipino cuisine was served. The delicacies start with garlic fried rice, steamed rice, pancit guisado, and two flavors of Filipino sausage: garlic and sweet (Hamonado), fried milkfish (bangus), the famous eggroll (lumpia), and roasted ham. At another table, dessert comes with oranges, grapes, and su-man (Filipino sweet rice with coconut milk wrapped with



banana leaves). A plateful of delicious food is more than enough to enjoy worth \$25.00 per person. There were more than a hundred who supported the spring brunch fundraiser.

A list of benevolent and generous members of the

community-sponsored event starts with Raul Cupino as a platinum \$1,000 sponsor. The Diamond 300-dollar sponsors were Henry & Mena Domondon, Philomel Pena, and Crisel & Anthony Bui. The Gold 200-dollar sponsors are Gen-

evieve Raquel, Norm & Vicky Johnson, FCSV 1st Vice President Vince A. Sales, Josie Patria, and Lilia Rivera. The Silver 100-dollar sponsors are Dr. Tony & Remy Solomon, Lynda & Sheldon Soo Hoo, Naty Fontillas, Edna & Stan-

ley Villanueva, Rick & Margie Pasalo, Ben & Aurora Ramos, Mariane Kronemeyer, Lourdes Belasco, Rufina Dawang Gee, Aida Azurin, Lena Morille, Sarah Enloe and, Flora Cuison. The Bronze 50-dollar sponsors are Maria Bahoric, Kamille Abellera, Dennis Domondon, Mylene Simons, Joseph & Beth Casarino, Kathleen Abellera, Janice D. Yuhre, Edna Delos Reyes, and Leila Pereira. In-kind donors are Vicky Johnson, Murray Navarro, Henry Domondon, Lilia Rivera, Carol Munar, Leonardo Pena, Aurora Ramos, Josie Patria, Milagros Rosenow and, Roselie Crandall. These community members' good deeds resemble the bounty revenue that brought more than \$6,000.00 toward the building fund.

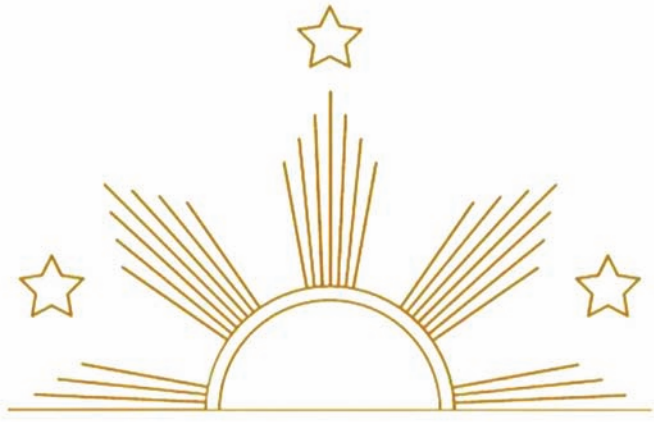
After brunch, the gathering was shown with some entertainment from the community's vocalist Remy Solomon. A Filipino event is not complete without her beautiful renditions of both Filipino and English love songs. Solomon was also the mistress of ceremonies for the event. There were dancing entertainers starting with the Valley Hi Lions Club dancers, Kapitbahat Let's Dance Ladies, and "Pinay Beauties."

FCSV President Navarro shared some developments of the community center based on his regular attendance at the Building Committee meetings. He mentioned that CH&D Architects are negotiating with Creekside Engineers as the general contractors of the project. The project is in the queue for review by the Sacramento City Engineers the revised materials and expected to be completed by May 21, 2024.

He also gave a recap of the Big Day of Giving Fundraising Event that happened last May 2, 2024, in which the community raised \$23,456 from 63 donors. The major donor was a single offline donation by Norm and Victoria Johnson worth \$15,000.00. The couple also donated to PRHF on top of their BDOG donation of an amount of \$5,000.00.

Ms. Cynthia Bonta, a prominent member of the community spoke to the crowd about the importance of coming together to support any fundraiser for building the center. She prolifically encouraged everyone to be mindful that the community can accomplish beyond this dream of having a community center in unity. She also reminded everyone to support the center even after its completion so that we can sustain the ownership and we will not repeat history (like the Rizal Community Center case).

The event was indeed a success. It is a realization that community togetherness can build strong bridges as a foundation for longer existence to preserve our culture and heritage. May this future community center serve as a missing essential piece to unite all Filipinos in the Sacramento region.



THE LABAN GROUP

2024 Artists



LeRoid David

LeRoid David is a Sacramento based freelance illustrator and graphic designer. His artwork reflects his passion for pop-culture, sports, and community. The San Francisco State alum and Bay Area native has worked for various industries and personalities- from film to radio, music, pro sports, food and beverage, and non-profit organizations. In recent years, his art has been featured with the SF Giants, 49ers, Golden State Warriors, San Jose Sharks, Sacramento Kings, and NBC Sports. He is a Co-Producer and Artist for the independent hit film, "Lumpia with a Vengeance."



Tasty Art- Shawntay Gorman

Art is more than a hobby for Shawntay. It is a way of life and a passion that she's enjoyed for as long as she could remember. Her work has been inspired by a cross section of music and culture, while infusing messages that references a multitude of social injustices that directly impact people of color in the United States.

Shawntay has a special place in her heart for activism. Her advocacy skills, formed on a day to day basis through her career in the medical field, are translated into her art by confronting difficult concepts and turning them into a palatable burst of color and life in a pop art style that attempts to tell the stories of those whose voices are normally silenced. She uses those same skills to honor the musical heroes that have made a direct impact on her life, and the lives of those who collect her art.

Her art has been shown in galleries around the world, from San Francisco to Dubai, and she has participated in both her own solo shows and group shows for years. Beyond her gallery shows, Shawntay has participated in events with local community centers, spends her free time working with nonprofits, teaching paint

classes to youth throughout the city.

Her dedication to her craft, her community, and her people comes through in everything she does -- and she will continue to work with those goals in mind as she moves forward into the next phase of her career.



Franceska Gamez

Franceska Gamez is a visual artist, born in Manila, raised in the Bay Area, currently living in Sacramento. You can find her painting massive murals, creating immersive installations and captivating sculptures. Her artwork is rooted in storytelling, community collaboration, history, advocacy, and hope. Her practice in the arts has led to dynamic bouts in carpentry, music, writing, curation, art conservation, community organization and project management. She is co-founder of 1810 Gallery LLC, a platform that uplifts underrepresented creatives. 1810 Galley has hosted group exhibitions, skill-building classes, live art events, pop-up markets, and youth workshops. She is a member of M5Arts, a 501(c)(3) organization whose mission is to promote, educate, support, and provide fiscal sponsorship in the arts through projects that engage the public in a meaningful way. Franceska is a member of Trust Your Struggle (TYS), a collective of visual artists, educators, and cultural workers dedicated to social justice, environmental sustainability, and organizing through the medium of public art and activism. Her artwork can be seen throughout California, the East Coast, overseas in Europe and Southeast Asia. If she isn't creating art, you can find her in Sacramento, seeking and building opportunities for other artists to share theirs.



EMAGN - Eric Nodora

Eric "Emagn" Nodora is an accomplished

artist whose journey from the Philippines to Sacramento to the Bay Area, California, at a young age has deeply influenced his artistic expression.

Immersed in a new community, he embraced the opportunity to connect with diverse individuals, both those who shared his background and those who did not, fostering a deep appreciation for the rich tapestry of California's cultural landscape.

Drawing inspiration from the people and social issues that surround him, Emagn has developed a profound affinity for street art and graffiti. He firmly believes that these art forms, akin to Jazz, Hip-Hop, and Spoken Word, serve as powerful platforms for social commentary and conscious communication. At the core of his artistic vision is a commitment to amplifying the voices and struggles of the underserved, using art to bridge gaps and spark meaningful conversations.

With an unwavering dedication to community engagement, Emagn has embarked on a journey that has taken them from Sacramento to the Bay Area and beyond. He has imparted his artistic knowledge and passion through teaching art workshops and classes to K-12 students in San Francisco, Oakland, and Sacramento. Encouraging students to explore their inspirations, motivations, and emotions, he guides them in sharing their messages through art.

The impact of Emagn's work extends beyond the classroom, as he has actively collaborated with artists, professionals, organizations, and companies on projects both large and small. His art radiates socially conscious messages, promoting themes of embracing diversity, fostering community pride, ensuring accessible education, championing literacy, and advocating for equal opportunities regardless of race, gender, or creed. His art can be found in underserved communities throughout the country, from Oakland and San Francisco to Compton, Baltimore, Charlotte, and New Orleans.

Among his notable achievements are a variety of compelling murals, each making a distinct impact. For instance, he designed and painted the Sacramento Kings basketball court at LaVar Burton Park in Sacramento, paying homage to local heritage. He also created the Dr. Gwen Agustin-Nodora memorial mural at Caliber HS in Vallejo, serving as a source of inspiration for the surrounding community. In addition, his Passing on of Literacy mural on the walls of the Lakeview Library in Oakland emphasizes the importance of reading and education. His contributions extend to empowering women, as evidenced by the Brown Skin Ladies piece designed for YAS (You Aspire Success) Queen, a Filipina run women's empowerment group.



Angelo Manzano

Born to Filipino parents and raised in Manila, Angelo first formally studied art at the Philippine High School for the Arts where he got exposed to its many forms. Under the visual arts program, he learned about how indigenous Filipino tribes depict their culture, lore, beliefs, and day-to-day lives through patterns, symbols, and colors on clothing, pottery, woodwork, architecture and even on their own skins in the form of tattoos. Surrounded by peers who study other art forms, he

was also exposed to traditional and native Filipino dances, music, literature, and theater.

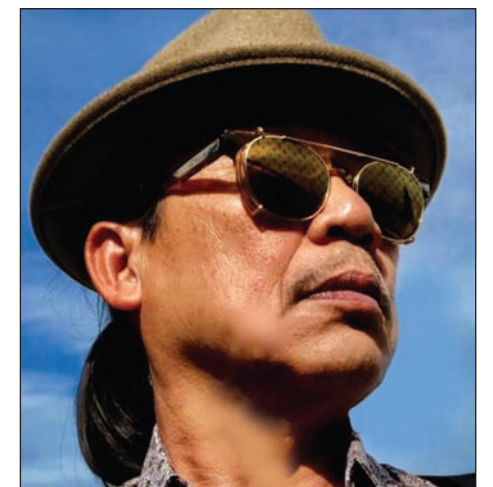
His family immigrated to the United States when he was 19 and was intimidated by the initial impact of culture shock for a brief period. He later got his degree in interior design and now works for Hibser Yamauchi Architects, Inc., an architectural firm based in Davis, CA. With all these changes in his life, art-making took a back seat until a personal epiphany and sudden flood of inspiration descended upon him in December of 2022.

Currently, Angelo is back to painting as "Divine Gut Painter", an intuitive artist who uses his art to help others realize their own strengths, capabilities, and worth. He's a member of the LGBTQ+ community and is actively developing his network of like-minded artists and art enthusiasts.



Crafti Babii - Caralie Wegeng

Caralie, a.k.a Crafti Babii, is a mixed media artist who focuses primarily on print-making, digital drawing, and clay jewelry making. Her work explores a variety of topics such as her mixed race Filipino identity, sexuality, grief, trauma, and environmental justice. Through the identity of Crafti Babii, Caralie is thrilled to have been chosen for this project. Even more, she is deeply honored that she is able to use her artistic voice as a tool of representation for Filipinx LGBTQIA+ folks and their fight for visibility, rights, and dignity.



Dave San Pedro

At 73 years old, Dave continues to be involved in the Filipino community in Sacramento, doing what he loves to do, as publisher and layout artist of a family-managed, now online Philippine Fiesta newspaper, since 2002. In similar line of family-owned arts business, he was a shirts screen printer of Kamiseta Ng Pinoy, a photographer, and has been serving as the Filipino community's volunteer artist. Soon after emigrating from the Philippines in 1975, he joined the US Army as a band musician until 1978, then worked at the US Postal Service until his retirement in 2006.

Dave graduated with a degree in Fine Arts, major in advertising, from the University of Santo Thomas in the Philippines, in his younger years. He has 3 grown children and now enjoys being around his two lovely granddaughters with his wife.



**Ilaw ng Tahanan (2024)
By Franceska 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 pagitingin 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 nagnanais 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 pagwawalang bahala na udyok ng marubdob na galit sa karahasang natamo bagkus marapat na ipaalam; at paigtingin ang ating pangunawa na may nakalaang tulong sa sinomang naging biktima nakaligtas man o pumanaw sa krimen; pagbayuhin ang pagbibigay lunas ng komunidad sa pamamagitan ng pagtutulungan ng magkakaiba pang pang lahi. Ang lahat ng tulong pananalapi ay itinataguyod ng State of California, pinangangasiwaan ng California State Library at sa pagtutulungan 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



La Niña may happen in 2024. Here are the flood-risk areas in Metro Manila

BY VIANCA JASMIN ANGLLO

The Philippines can expect more storms in the latter half of this year due to La Niña, according to state weather forecasters. For several areas in Metro Manila, a heavy downpour means there will be floods.

In the Philippines' densest region, analysis of government data showed that barely one in 100 evacuation facilities are permanent shelters. At least 60 in every 100 of Metro Manila's "evacuation centers" are schools and basketball courts.

Rappler mapped the evacuation centers in the capital region and looked at the facilities' and people's exposure to floods. In our months-long investigation, we found that one-fifth of Metro Manila's land area are high-risk flood zones. Several evacuation centers are built in these areas and there is not enough space for the surrounding community.

According to a disaster resilience expert, the Philippines has made significant strides since strong typhoons battered the country in recent decades. But Metro Manila still has a long way to go.

"While I understand the intention behind the proposal, I've decided to prioritize discipline over penalties," Marcos says

Deaf community builds sign language corpus for climate change vocabulary

Sounds Right listed the Philippines as one of the natural landscapes to be prioritized for funding because of its great level of biodiversity and endemic species.

In the past three decades, nearly 107,000 Filipinos in Metro Manila have been affected by typhoons each year. Among cities in the metro, Marikina City has always been the hardest hit, where nine in 100,000 Metro Manila residents have died from typhoons since 2003.

Flooding is a fact of life in Marikina City. Essentially a catch basin, it lies in the Marikina Valley, bound by the Sierra Madre mountain range to the east and the hills of Quezon City to the west. The Marikina River cuts through the western portion of the city.

The Torres family lived near the Marikina River for as long as they can remember. Arlene, 33, and Reizan, 31, grew up in houses apart from each other when they were young. When they got married, Reizan moved into his wife's house.

Just like the Torreses, their home has endured tough times. Repeated flooding has stained the wall and left a musty smell inside. From blue and green walls, they have since repainted them to white.

Of all the typhoons she has lived through, Arlene said Typhoon Ondoy (Ketsana) in 2009 and Typhoon Ulysses (Vamco) in 2020 were the ones she could not forget.

"I remember it very well. It was on September 26, [2009],"



Among cities in Metro Manila, Navotas will be the most affected when flooding hits. About two-thirds of Navotas' land area will be submerged by floods, while half of Malabon, Marikina, and Pasig will be swamped with water.

she said. Within six hours from landfall, Ondoy brought a deluge of rain equivalent to a month's volume in the country.

Arlene, a high school student at the time, was left stranded at her school due to Ondoy's downpour. She said the students were asked to go home because the flood had been rising, but they were unable to leave the premises.

"It was my older sister who rushed home. The water was already so high that she had to use a boat to reach our parents. They made a hole in the roof on the second floor of our house to avoid the flood," Arlene recalled.

ONDOY. Reizan Torres points at the roof of their home where Arlene's family had to make a hole to survive Typhoon Ondoy in 2009. Photo by Vianca Jasmin Anglo.

"We laid our father on a table to prevent him from getting wet again," she said. But because of runoffs from the mountains and the trash that blocked access to roads, we could not get anyone to bring him [to the hospital]. He was cold and was coughing up blood. Days later, when we finally arrived at the hospital, he was declared 'dead on arrival.'"

Ondoy was the deadliest typhoon that Metro Manila had faced in recent decades, Office of Civil Defense (OCD) data showed. At least 464 people were killed due to the onslaught of the typhoon, and more than half of them were from Metro Manila.

For many Filipinos, Ondoy was a turning point. It exposed Metro Manila's vulnerabilities and lack of preparedness. A year later, lawmakers passed Republic Act No. 10121 or the Philippine Disaster Risk Reduction and Management Act of 2010.

Majority of Manileños at high risk of floods

The Torreses are among millions of Filipinos who face the risk of having their homes flooded during typhoons or heavy downpours. According to government data, at least eight in 10 Manileños live in flood zones.

More than a decade since Ondoy, Arlene and Reizan still live in the same house where the latter survived the deadly typhoon.

Having lived through strong

storms, the Torreses knew what they had to do when Ulysses made landfall – get all the essential items and documents, prepare for evacuation when the Marikina River reaches 15 meters above sea level, and move their appliances and furniture to the second floor.

Living near the river, Reizan had to regularly monitor the updates on the city government's social media feeds during Ulysses. He knew that once the river's water level rose to 15 to 16 meters, his wife and children had to evacuate to his in-laws.

So they did. Arlene and the children went to her sister's house but Reizan was left at home to guard their belongings. Then, the flood reached the second floor. Reizan said he was fortunate that rescuers went to their area.

"When the water reached the second floor, the refrigerator was knocked over. I lost the will to guard our things. There was no use in staying. I just left," he recalled.

Ulysses made landfall in the middle of the pandemic, in November 2020, packing maximum sustained winds of 150 kilometer per hour (kph) and gustiness of up to 205 kph

as it crossed Central Luzon.

During Ulysses, the Marikina River's water level rose to 22 meters, breaching Ondoy's record of 21.5 meters. While Ondoy brought more rain than Ulysses, PAGASA noted that it was possible that Sierra Madre was unable to absorb them – three storms had hit the country within three weeks before Ulysses – resulting in a runoff.

According to UN OCHA [United Nations for the Coordination of Humanitarian Affairs], over 40,000 houses in Marikina were partially and fully submerged under flood water. All evacuation centers were packed, leaving residents to seek temporary shelter in the homes of their families and friends. Evacuation centers are at risk of flooding

Evacuation centers are supposed to provide refuge from disasters. However, not all evacuation centers in Metro Manila are located in safe areas. They are not enough for everyone.

Analysis of the data from government hazard portal HazardHunterPH showed that one-fifth of Metro Manila's land area is at high or very

high risk of floods.

Among cities in Metro Manila, Navotas will be the most affected when flooding hits. About two-thirds of Navotas' land area will be submerged by floods, while half of Malabon, Marikina, and Pasig will be swamped with water.

Latest shelter data from OCD and the Department of the Interior and Local Government showed that over 1,300 evacuation centers were listed as evacuation centers in the capital region. Rappler mapped these facilities to see which of them are in high- and very high-risk flood zones.

Areas with a high risk of flooding may be under one to two meters of water for over three days, according to the environment department's Mines and Geosciences Bureau, one of the government offices involved in the creation of HazardHunterPH. For an average Filipino, this depth is already waist- to chest-deep.

Those with a very high flood risk may face over two meters of flooding. This height is taller than the average Filipino.

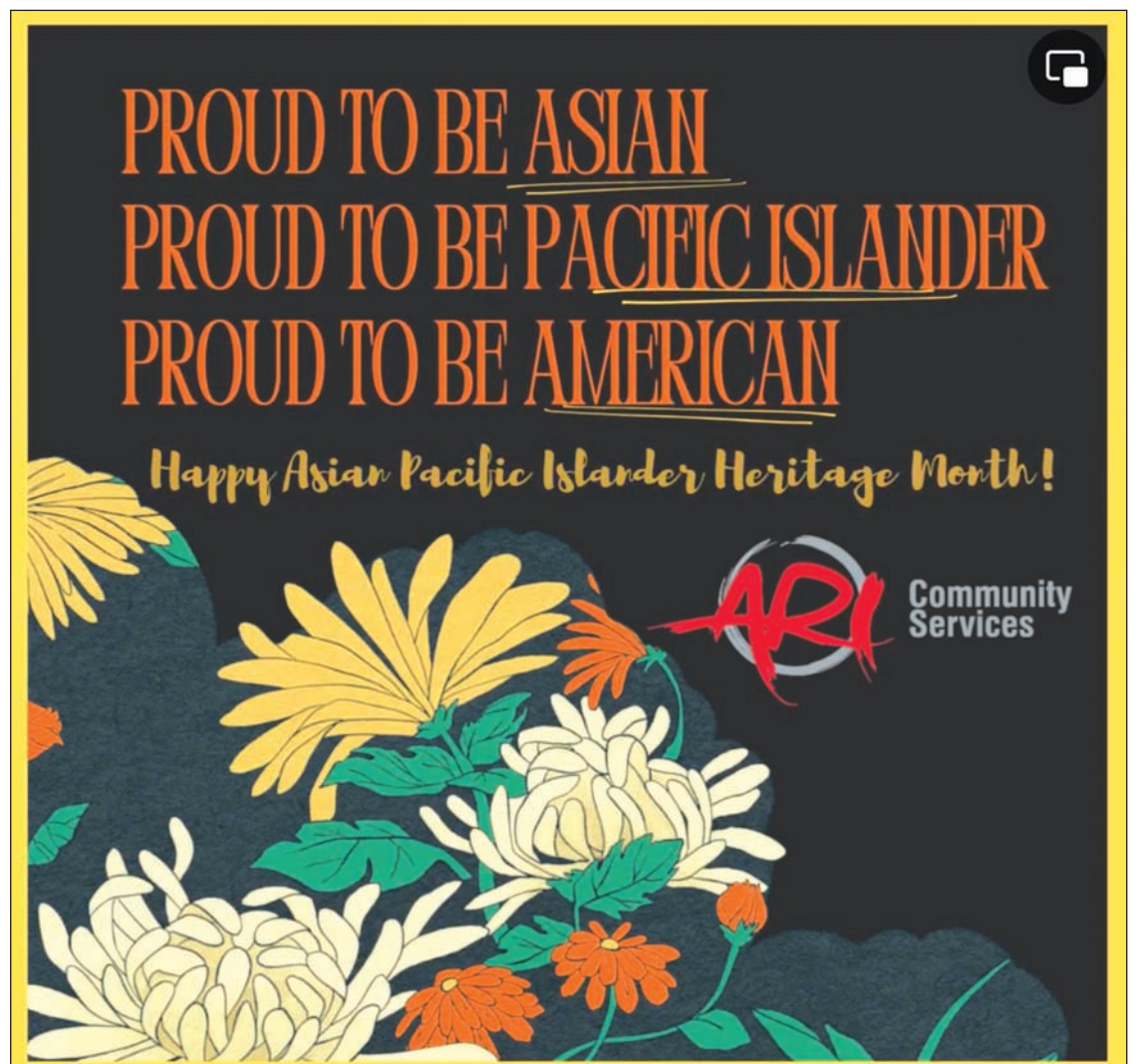
According to our analysis, one in five evacuation centers in the metro are built in high-risk areas. Several of them are in Quezon City, Valenzuela, and Pasig.

Aside from the risk, the designated evacuation centers in the metro could not possibly cater to every resident.

Small cities San Juan and Navotas have the lowest evacuation center-to-population ratio in Metro Manila. San Juan has one evacuation center for every 2,200 residents, while Navotas has one for every 5,600 residents.

In the capital Manila, only two evacuation centers were in official government lists for a population of over 1.8 million people. According to OCD, the Delpat and Baseco evacuation centers can fit 3,700 people.

– Rappler.com





Bayanihan (2024)
By Emagn Nation

Bayan ay ginagamit din sa bansa, lugar ng syudad o probinsya at saka kumunidad. Ang salita na *Bayanihan* ay larawan ng ispiritu ng kumunidad sa pagkakaisa at pagtutulungan para matapos ang ano man na dahilan. Tayo ay ibat-iba sa kumunidad at ang bawat pamamahay ay hindi pareho, pero tayo ay dapat matibay ang pagkakaisa para tayo kapwa magpaitaas at magsaya. "Tayo ay magtindig sa mga balikat ng mga higante."

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 bg 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.**



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



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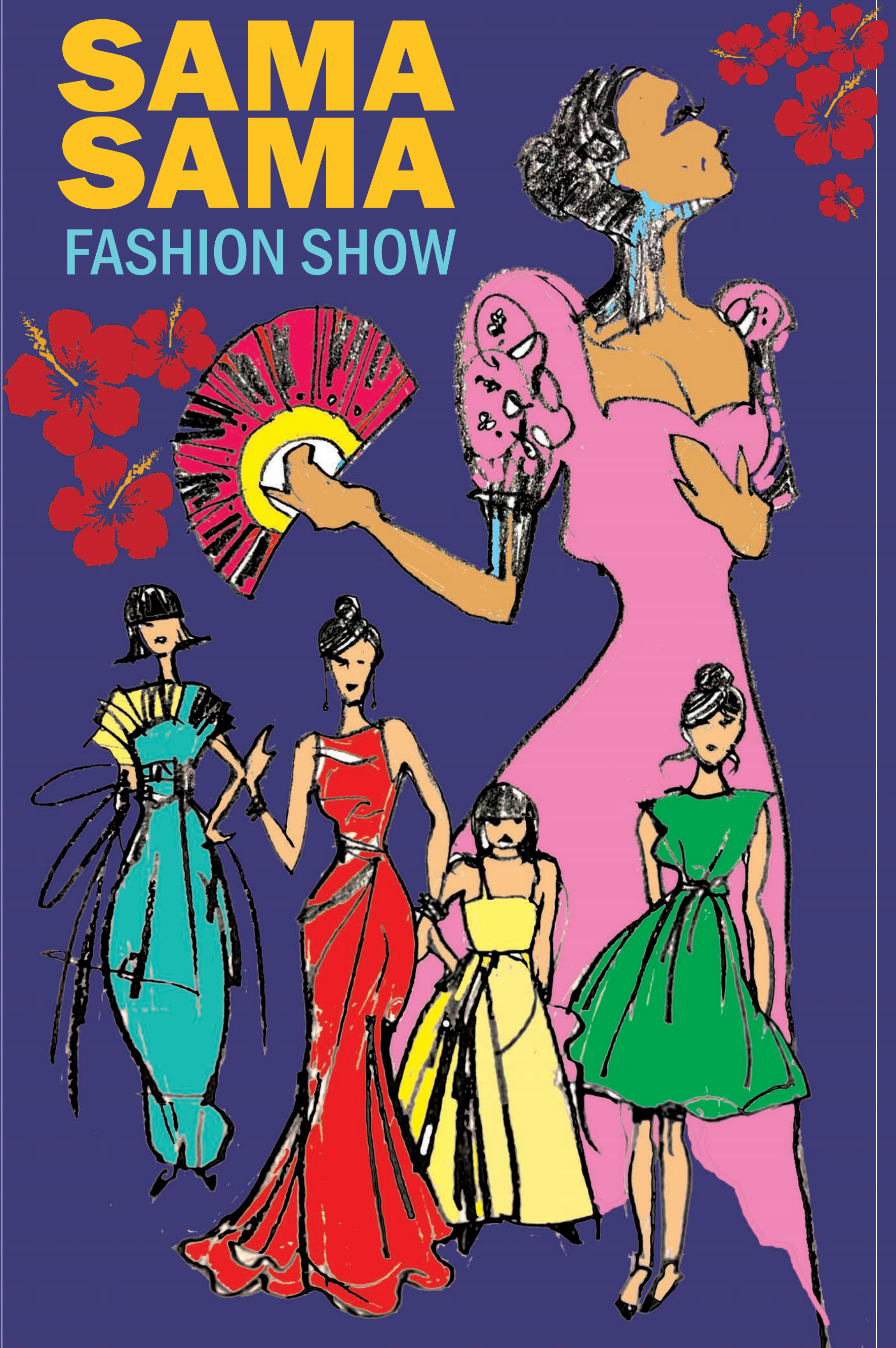


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