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A monthly newsletter of the Filipino-American Community and Development Center of Ocean County, Inc.

NO MORE NEW YEAR RESOLUTIONS, JUST SOLUTIONS!



by *Ferlie Almonte*, Motivational Speaker, Certified Life Coach & Image Consultant, International Best Selling Author
www.FerlieAlmonte.com

HA! It's that time of year that we make a list of our New Year's Resolutions. Most likely, the very same things you listed last year made it to this year's list AGAIN! Don't laugh. You are just as guilty as I am (lol!) and many of us can resonate.

Resolutions have a nasty habit of making comebacks, year after year. Let's see. What's the #1 resolution that we keep recycling?

LOSE WEIGHT. HA! Bet you were not surprised. You probably chuckled and agreed that it is a chronic epidemic that has generated billions of dollars in business, preying on people like us who are fad dieters. No judgment here. I am guilty as charged.

After the never-ending feasts and parties we went to from Thanksgiving through December 31st, scores of people all over the world start some kind of a diet to melt away the inches that crept up on us throughout the year after the New Year Weight Loss Motivation Honeymoon is over. Gym memberships, fad weight loss programs, and exercise equipment sell like they are Black Friday deals right after New Year. Pure Madness shopping for ways to regain or achieve our dream weight.

What happens after? Our treadmills end up as clothes hangers, we have piles of bills on credit cards to pay that have more digits than the weight we lost, we are back with our same old unhealthy eating habits. We are disillusioned, and once again, we retreat to postponing our conversion to living a healthy lifestyle.

I am a foodie. I do not want to feel deprived. What I am learning is portion control and MINDFULLY making healthier

choices. Far from easy. What we need is SUSTAINABLE, LASTING SOLUTIONS, and not become a repeater on making promises and resolutions. SOLUTIONS, NOT RESOLUTIONS.

How do we begin to BRING SOLUTIONS to our lives...to our bodies?

Here are 3 simple STEPS to get started.

1. Make a Decision and Commit to it. FIND YOUR WHY. Your non-negotiable reason(s) for wanting to make a permanent change in your lifestyle will keep you focused. Is it your health issues, desire to live long to enjoy your family, desire to look more attractive, or perhaps you are single and ready to mingle? YOUR WHY WILL PUT YOU BACK ON TRACK WHEN YOU FEEL LIKE GIVING UP.

2. DECLARE YOUR INTENTIONS and GOALS with your family, friends, community and the world. People would love cheering you on and celebrating your accomplishments.

3. Surround yourself with people who support your goals. Join a group where you can find accountability partners. Join groups that offer activities that promote health and fitness. Buddy up with someone just as passionate as you are to achieve a healthy lifestyle. Hire a Coach. Fitness, health, weight loss experts and medical professionals are equipped to help you achieve your goals in a safe and nurturing environment. Empower yourself with EDUCATION on healthy nutrition and exercises that will transform your body, inside and out. EXERCISE? Incorporate something you enjoy to exercise. Maybe dance, hiking, or sports you love.

3. REWARD YOURSELF with some incentive when you achieve milestones. New clothes, a dessert treat, a piece of bling! SHARE YOUR VICTORIES.

4. IF YOU SLIP once in a while, don't be so hard on yourself. We are only human. But do not use it as an excuse each time. Remain responsible for your results.

5. BE UNWAVERING TO YOUR COMMITMENT to your lifestyle transformation. The trade off to your decision to give up sweets, carbs or anything that do not nourish your body and spirit well is THE NEW, EMPOWERED, HEALTHIER, SEXIER YOU!



Come join us at our **2nd Adult Paint Party** and bring a friend! Let us relax, laugh, paint and give back to our community!

Date: Friday, February 22, 2019

Time: 6:00 to 8:30 pm

Donation: \$30.00 per person

Venue: FCDC Office - 651 Route 37 West, Toms River, NJ 08755

Paint along with our Artist Christine Laugico to create your own work of art that you will take home at the end of the evening.

Supplies will be provided. No art experience is needed.

Simply be ready to have a good time! **B.Y.O.B.**

Space is limited. RSVP by Feb. 15th at

fcdcteam@gmail.com

Proceeds to benefit the Community Garden and
FACES - Filipino-American Cultural Enrichment School.



FCDC's Year End Party

FCDC showcased talented members of FACES at the year-end party. It was held at Clarion Hotel on December 28th, 2018. Everyone had a great time dancing the night away with a live band.

Our President, Dr. Jose Ramon Suatengco, announced that Jasmine Alcidi will be the new Vice-President of FCDC. Congratulations, Jasmine!

We are grateful to all our sponsors, officers, Board members, volunteers, and members who made our party a memorable event to end the year with a blast!

The Simbang Gabi celebration at St. Maximilian Kolbe Church, Toms River, was held on Sunday, December 16th. As always, it was well-attended by our tight-knit Filipino community. Most notably, the main celebrant of the evening was Archbishop Bernardito Cleopas Auza, Permanent Observer of the Holy See to the United Nations.

Below is the brief history behind the dances and songs performed by FACES at Simbang Gabi. They also performed

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these dances at the year-end party of FCDC.

"Magtanim ay di biro"

The title of this song literally means, "planting is not a joke." The song talks about how hard the work or the job of a farmer is, it also describes how their muscles ache from all the work and that they have to renew their strength for the next day.

Choreographed by: Mrs. Esther Tambor

Performed by:

1. Emma Payumo
2. Aria DiDomenico
3. Tre DiDomenico
4. Pax Perono
5. Scarlett Gleason
6. Alana Cascio
7. Mackenna Wells
8. Elyus Valmon
9. Francis Olarez
10. Akemi Valmon

"Bulaklakan"

This dance is a dance of floral garlands, dedicated to the Virgin Mary during the Roman Catholic celebration of their Holy Week. It is performed widely in early May. "Bulaklakan" refers to green orchids and other flowering plants. The town of Bulacan derived its name after bulaklakan because of the natural floral growth in that area.

Choreographed by: Teacher Ester Tambor

Performed by:

1. Gia Tonog and Jarod Suobiron
2. Julianna Suobiron and Axl Perono
3. Elaina Pamintuan and Jason Buenaflor
4. Bella Baliscao and Jacob Talag
5. Anika Tan and Adrian Perono
6. Haven Olarez and Jamari Valmon

"Kay Ganda ng Ating Musika"

The song was composed by the multi-awarded music director, composer, conductor, and accompanist has been recently named the Philippines' National Artist for Music in 2018, Ryan Cayabyab. Our FACES kids serenaded us as a beautiful tribute to Original Pilipino Music.

Soloists:

1. Alex Babuschak
2. Adrian Perono
3. Chloe Danna Uy

"Maglalatik"

The Maglalatik is an indigenous dance originating from the Philippines which mimics the battle and reconciliation between the Christian and Muslim Moro tribesmen. Coconut halves are attached to the torso and hands of the dancers and is performed by simple repetitive but rapid movements along with percussion using the coconut shells. We are grateful for Dr. Louie and Mrs. Maryann Payumo for teaching the dance and hosting practices for the teens.

Performed by:

1. Gregory Alcid
2. Alex Babuschak
3. Jacob Chong
4. Miles Joven
5. Joseph Payumo
6. Adrian Perono
7. Enzo Gatpolintan
8. CJ Castaneda

Modern Ethnic Dance

Coming from the southern part of the Philippines, the Bagobos are a nomadic tribe with colorful costumes. They love dancing, stomping their feet on the ground. FACES students and their mothers did a modern take on a Bagobo ethnic dance. We are grateful for Dr. Jess Alcid and Mrs. Jasmine Alcid for hosting the practices.

Choreographed by: Jasmine Alcid

Performed by:

1. Gillian, Grace and Jasmine Alcid
2. Chloe and Dahlia Uy
3. Rica and Gia Tonog
4. Ella and Zoe Jacinto
5. Maryann Payumo
6. Jed Juliano
7. Cathy and Julianna Suobiron
8. Ava and Mia Busacay
9. Cecilia and Isabella Cmur

FREE ARNIS classes for FACES kids, Friday
5:00-6:30 pm FCDC office. For details,
email us at fcdcteam@gmail.com

FCDC is Unstoppable!

by Ferlie Almonte, Motivational Speaker, Author, Certified Life Coach & Image Consultant

I love my FCDC of Ocean County family! It's been only a year since we moved closer to the shore. Joji Reyes Ortega-Babuschak introduced me to the marvelous FCDC of Ocean County to MC their Harvest Fundraiser at the Clarion Hotel. Not long after, I was invited to become a board member of this dynamic organization led by its fearless and tireless leader, Dr. Jose R. Suatengco, FCDC President and many other distinguished doctors and professionals like Dr. Rene Ynaya, Dr. Ortiz, Dr. Payumo, Dr. Alcid, Dr. Mario Gallardo, Dr. Martinez, Dr. Meily, among high caliber professionals in many areas of expertise. Very actively involved Board member, Jasmine Alcid, was officially named Vice President, and will begin the 6 month transition period before assuming the position of President of FCDC of Ocean County.

On December 28, we had our Year End Party at the Clarion Hotel. There were 250 family members and friends who gathered to celebrate our amazing organization and its many accomplishments in promoting the Filipino-American youth educational and cultural enrichment programs. Last night, we showcased our talented young members and some parents in highly entertaining cultural dances infused with more contemporary music.

We are unstoppable!

The evening was filled with music, dance, love, friendships, laughter, camaraderie among diverse cultures and races, and a true celebration of what it's truly like to live in harmony, fun, nurturing and culturally enriching way!

FCDC of Ocean County will keep charging forward with more vibrantly unique programs aimed to promote Filipino-American cultural enrichment for our youth.



May Pinto pa bang Nakabukas?

Ni Sisa Batongbakal

Sarado.

Isang napakahabang iisang taon:
Walang Pilipinong maaaring bigyan
Ng tsansang lumusot at maghanapbuhay
Sa pagkansela ng mga espesyal na visa
Papasok sa Amerika;
Ekstensyon ng pinagbabangayang pader
Sa pagitan ng US at Mexico, matatalim
Na kadenang nilalagot ng daang-libong migrante
Mula Honduras, Columbia at Mexico.

Sa Gitnang Silangan, sa Saudi Arabia
Ang lumalalang krisis ay nagpipinid sa kaharian,
Buksan lamang ang trabaho sa sariling mamamayan
At pagsarhan ang mga dayo't aliping naninilbihan;
Pagkandadong 'di malayong matulad sa Iraq, Syria
Yemen, Kabul, Libya at iba pang winasak ng digmaan.
At, walang pinag-iba sa mapagtaboy na rasistang atake
Sa mga Pilipino at iba pang may kulay sa Europa
Sa North Ireland, sa Slovakia, sa mga tren sa London.

Sa magka-kapitbayan, sa Hongkong, Malaysia,
Thailand, Indonesia, Vietnam, China,
Ang kompetisyon sa paggawa ay nagbubuhol
Sa kontrata ng higit na mababang kita
Ng mga migranteng nagbabaka-sakali;
Karugtong rin ng kompetisyon sa hanapbuhay,
Paligsahang walang magwawagi
Ng milyong walang trabaho sa Pilipinas
At sa kakatiting nilang sahod.

May maasahan pa kaya sa pandarayuhan?
Para sa mga anakpawis na trabahador,
Mga piyon at tubero, linis-kubeta at lababo,
Atsay at aliping trabahong domestiko?
Nasa 'balag ng alanganin'
Ang mga migranteng Pilipino, sa panahong ito
Ng krisis at kaligaligan sa daigdig,
Na maging ang pintong pauwi sa Pilipinas
Bagamat naka-awang, ang pag-asa'y nakapinid.

Enero 25, 2019



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Angie Wall and family

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