

FCDC Today

SEPTEMBER 2020

A monthly electronic newsletter of the
Filipino-American Community & Development Center of Ocean County Inc.
2014 Bayaning Pilipino Awardee

MEMBER SPOTLIGHT **ANIKA ELYZE TAN**



Anika Elyze Tan is the 8-year-old daughter of Eric and Arlene Tan, who is humbled and blessed to be given the opportunity to be with the people that she can call friends and family in the BLD community as part of the Mark 10 Ministry where she learns about the love of God, and of course the FCDC. Her journey with the FCDC began in the year 2017, and it is through them that she gains knowledge, appreciation, and understanding of Filipino culture and heritage. In view of the FCDC's leadership, Anika was able to learn basic conversational Filipino language, traditional Philippine folk dances, Filipino folk songs such as "Bahay Kubo," and other original Pilipino music like Smokey Mountain's "Da Coconut Nut" and "Manila" by the Hotdogs. During this period, she also participated in the Santacruzian and concert fundraising events that have brought the community together for a greater purpose.

By means of the FCDC, she found herself developing her talents in singing and dancing. These activities have helped her build her confidence in her other interests such as being a member of the children's choir at St. Luke's Church, her regular piano lessons, and swimming classes. In her free time, Anika's fondness of baking goods is apparent. She enjoys making ube cheese pandesal, brownies, cookies, puto, banana cake, and ube jam. This summer, she was able to discover how to cook Hibachi rice which has become one of her favorite meals.

This school year marks another time that Anika will be learning using a full virtual method of teaching through St. Joseph's Grade School due to the pandemic situation. It's different from what she is accustomed to, but she is willing to adapt and learn to engage the beauty of virtual learning.

.....*Continue from page 1 Member Spotlight*

Anika is thankful that she came to appreciate and understand the Filipino culture which helps her establish relationships with people from the same backgrounds. At her young age, she recognized that for Filipino culture to flourish, she needs to learn, share, and integrate the dynamics of her roots and heritage into the community, the same way the FCDC is at the forefront of its purpose.



From the Editor
Jamie Mariano

September is Suicide Prevention Awareness Month. Here are some myth-busters to help you learn the facts about suicide. If you or someone you know might be considering suicide, please call 800-273-8255.

Myth: People who talk about suicide won't really do it.

Fact: Almost everyone who attempts suicide has given some clue or warning. Don't ignore even indirect references to death or suicide. Statements like "You'll be sorry when I'm gone," "I can't see any way out,"—no matter how casually or jokingly said—may indicate serious suicidal feelings.

Myth: Anyone who tries to kill themselves must be crazy.

Fact: Most suicidal people are not psychotic or insane. They are upset, grief-stricken, depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

Myth: If someone is determined to kill themselves, nothing is going to stop them.

Fact: Even a very severely depressed person has mixed feelings about death, fluctuating between wanting to live and wanting to die. Rather than wanting death, they just want the pain to stop—and the impulse to end their life does not last forever.

Myth: People who die by suicide are people who were unwilling to seek help.

Fact: Many people try to get help before attempting suicide. In fact, studies indicate that more than 50 percent of suicide victims had sought medical help in the six months prior to their deaths.

Myth: Talking about suicide may give someone the idea.

Fact: You don't give someone suicidal ideas by talking about suicide. Rather, the opposite is true. Talking openly and honestly about suicidal thoughts and feelings can help save a life.

Source: HelpGuide.org



President's Corner

Jasmine Alcid

FACES Members Receive Complimentary Masks

As we prepare to embark on the new school year, the PPE Brigade of FCDC provided FACES members with two complimentary masks to face the challenges of this pandemic. Students have a unique school year in 2020-2021 due to the nature of instruction, with choices of in-person, hybrid, or all-virtual learning. To help protect our learners and those around them, three-layer cotton washable fabric masks made by a popular brand were distributed. We miss all of you, but for now, FCDC wishes everyone a great school year! Let's pray that we will be together soon to continue to learn about our Filipino heritage and culture.





And With One Voice We Sing: Creating the FACES' Virtual Choir Isabella Villanueva

Bella Villanueva was a former member of FACES, the Project Director of Fil-Am's Got Talent as well as the Youth Director of FACES. She is currently studying at NYU Tisch School of the Arts pursuing a BFA in Musical Theatre, with a double minor in Psychology and Business of Entertainment, Media and Technology.

Performers have had to adapt during the pandemic in order to continue being active and relevant. While it is not yet safe for us to sing, act, or dance in-person, COVID-19 has allowed us to explore a new platform: the internet. Over the summer, I joined a virtual choir that was produced by members of my mom's singing group, the Bukas Palad Music Ministry. This was a great opportunity for me to sing again, and it allowed me to virtually meet and perform with 40+ kids from around the world. The video got so many positive comments and messages, and I was proud and grateful to have been part of something that gave comfort and inspiration to a lot of people.

It was because of this experience that I wanted to create a virtual choir for FACES. Not only would this give the kids the opportunity to sing with each other again, but it would also give them a chance to use their talents to hopefully inspire, or even just bring a little joy to others. I chose the song *I Am But a Small Voice* because of its positive and timely message, and also because it had both English and Tagalog lyrics, so the kids could have the opportunity to sing in both languages. Since music is such an important part of our culture, I only thought it was appropriate to have a beautiful, yet simple song incorporate languages from both of their cultures.

The whole process of creating a virtual choir was very new and exciting. Since I had never created a virtual choir before, I got in touch with Tita Candice Cipullo, who helped create the Bukas Palad kids choir video, and asked her to teach me her tips and tricks (thank you Tita Candice!). First, I took all the kids' audio recordings and mixed them so no one was too loud or too soft, and blended the harmonies. I tried to distribute solos and small groups so each child had a chance to shine. Once the audio was done, I moved on to the video editing. This step involved a lot of trimming videos, changing the shapes, creating outlines for boxes, and matching up the audio to the kids' videos as perfectly as possible. I had to make sure the fade ins and outs occurred smoothly, and tried my best to give each child the spotlight, and to put siblings in the same frame when possible so FACES moms and dads could see them together. It was definitely a challenging task, but for a first virtual choir production I was happy with the results!

I couldn't have done this without the very talented kids who participated. They all sounded amazing, and looked adorable! Thank you also to Tita Jasmine and the FCDC Board for supporting this project, and to Tita Rica for helping me coordinate and communicate with everyone. Thank you again to everyone who participated. I hope that you all had fun, and that you can look back on this experience once the pandemic is over and remember how you were able to find a way to continue singing with each other (even while apart!) and how you were all able to create something beautiful, even during this difficult time.

Hindi Sapat ang Palakpak

Ni Sisa Batongbacal

“Covid hero pay rise zero”

— mga nagpuprotelang NHS workers sa London

Nakakataba naman talaga ng puso
Ang palakpak at pasasalamat
Humahaplos sa pagod, lumalaban
Sa pagkainip, sa pangungulila ay yumayakap.

Minsan kasama niyan ang plake
O papuri ng presidente sa harap
Ng pambansang telebisyon—
Mga bagong bayani ng maligalig na panahon,
Timbulan ng ating pag-ahon
Sa bumabahang luha ng daang-libong
Pagkasawi sa pandemya.

Ilan na nga ba ang pumanaw o nanganib
Hindi lamang sa *frontliners* sa pagamutan?
May puyat na drayber na sumalpok
Sa barandilya ng tulay,
May sumemplang na rider
Na tagahatid ng produktong *online*,
May nagpatiwakal na marino
Sa *cruise ship* na nakabara
Ng tatlong buwan sa daungan.

Salamat sa mga parangal, subalit
Kailangan ding mag-aral ng aming mga anak
Kailangang bayaran ang nahiram
Kailangang kumain, mag-impok
Sa sariling pagkakasakit
Kailangan ding magbayad ng buwis
Para patuloy na magkapondo
Ang mga nagdedebateng pulitiko
Kung dapat bang itaas ang kakarampot
Naming sahod at benipisyo
Na isang araw lamang dadaan sa ATM
Bago lamunin ng utang at bayarin.

Salamat sa taun-taong paggunita
Sa araw ng paggawa, salamat,
Subalit hindi sapat ang mga palakpak.

Araw ng Paggawa,
Setyembre, 2020



Attitude Adjustment

One Day or Day One

by Ferlie Almonte *Motivational Speaker, Author, Resilience & Confidence Coach*

How many times have you found yourself saying that "One day, my dreams will come true?" You have big aspirations. You can imagine what your life could look like. You want to be somebody, have a fancy car, become rich, and live in a big house in a nice zip code. You want to travel, see places and experience a life of luxury. You want everything that comes with being successful.

BUT HOW DO YOU GET THERE?

Do you know, for sure, what you want to become? How clear are your goals? Do you have a roadmap to where you want to go? How driven are you? Are you willing to do what it takes to make your dreams come true? Can you stay focused? You say you want it bad, but you have not gotten off your cozy couch or your cellphone to do anything even remotely recognizable as a fine effort to move the needle of your success barometer. You say, "One day, I'll start."

WHEN IS ONE DAY?

That day may never come. One of my mentors once told me, "If it is not scheduled, it is not going to get done." You'd have an easy excuse to opt out because you never really committed to taking action. Or may not believe in yourself enough to say, "I can do this, and I will."

When there's no goal and a profound reason as to why you need to hustle, and go through the pain and risks, there will be no motivating factor that will keep you fired up to get up every time you stumble. When there is no clear intention, there is no decision. Without a decision on what you want to achieve, you cannot make any plan. Without a blueprint, you'll be lost in the process. Are you truly committed to take on the work that your dreams require to succeed?

No commitment or decision, no action. No action, no result. Indecision, procrastination and inaction are dream killers. The only antidote is Massive, Inspired and Consistent Action.

"One day" DOES NOT WORK. You know what does? DAY ONE. Decide to BEGIN YOUR JOURNEY TO SUCCESS AND SIGNIFICANCE NOW! Here's how you can get started...

20 SENSIBLE STEPS TO SUCCESS:

1. SEARCH FOR WHAT YOUR HEART AND SOUL DESIRE.
2. SELECT and DESIGN THE LIFE YOU WANT.
3. STOP THE PROCRASTINATION.
4. SNAP OUT OF ANALYSIS PARALYSIS.
5. START NOW.
6. SUMMARIZE YOUR GOALS.

.....Continue from page 6 One Day or Day One

7. SET YOUR INTENTION.
8. SIMPLIFY YOUR PLAN OF ACTION.
9. S.M.A.R.T. SYSTEM MUST BE IN PLACE FOR TRACKING.
10. STRATEGIZE YOUR IMPLEMENTATION.
11. SURROUND YOURSELF WITH PEOPLE SMARTER THAN YOU.
12. SCHEDULE TASKS AND ESTABLISH DEADLINES.
13. SUPPLY YOURSELF WITH DAILY MOTIVATION
14. SERVE FIRST, BEFORE SELLING.
15. SAVOR EVERY LITTLE WIN AND LEARN FROM FAILURE.
16. SAY A PRAYER OF GRATITUDE ALWAYS.
17. SELF CARE IS IMPORTANT, REWARD YOURSELF.
18. SUCCEED WITH HUMILITY and GENEROSITY.
19. SUPPORT OTHER DREAMERS YOU MEET ALONG THE WAY.
20. SCREAM WITH GRATITUDE FOR YOUR GUTS, GUIDANCE and GLORY.

DREAMS DON'T WORK UNLESS YOU DO.

For more inspiring messages, visit FerlieAlmonte.com or follow on FB, IG or LinkedIn @ferliealmonte



Celebration and Blessing for Healthcare Workers Around the Globe Honoring Frontline Heroes and the Year of the Nurse

Mission Sunday, October 18, 2020
2:00pm

St. Luke Roman Catholic Church
1674 Old Freehold Road
Toms River, NJ 08755



LAST DAY TO REGISTER IS SEPTEMBER 30!

Your Fil-Am Community is counting on you!

REGISTER TODAY!



YOU COUNT, GET COUNTED.

US CENSUS 2020

KABILANG KA, PABILANG KA.



 newyorkpcg.org
 /DHLinNY
  @phinnewyork
  @PHinNewYork



Filipino-American
Community &
Development
Center
of Ocean County Inc.
Sow • Root • Grow • Branch
www.fcdcnj.org • Tel: 732-664-8120 • Find us on Facebook

**Proudly supports FCDC
(Fil-Am Community Development Center, Inc.)**

775 North Main Street
Manahawkin, NJ 08050



609-597-7421
609-597-2727
Fax: 609-597-3715
info@apadnj.com

"Equal Giving is Equal Sacrifice"
FCDC, Inc. is a 501(c)(3) tax
exempt organization. Kindly drop or
mail donation to FCDC
651 Route 37 West • Toms River, NJ 08754
Tax ID 205 840 649
Tel. 732-664-8120

Have a blessed school year to all
our children, teachers and parents!



THE FCDC COMMUNITY APPRECIATES YOUR SUP-
PORT INCREASE EXPOSURE AND MARKET SHARE. FOR
RATES & INFORMATION, PLEASE CALL
732-664-8120.

Email us:
fcdcteam@gmail.com
Please Support Our Advertisers.

Jamie Mariano
Editor in Chief

Ramon Suatengco • Jasmine Alcid • Rhett Yap • Rica Tonog
Fred Mariano
Editorial Board

**SHARE
YOUR
STORY**

Email our Editor
Jamie Mariano at
[jamiiefcdctoday@
gmail.com](mailto:jamiiefcdctoday@gmail.com)

WHITING MEDICAL ASSOCIATES, LLC

Elena R. Buenviaje, M.D. • Donald Caruso, M.D.
Crisnoel Cervantes, M.D. • Mario L. P. Gallardo, M.D.
Vicente Magsino, Jr., M.D. • Danna dela Cruz, M.D.

65 A Lacey Road • Whiting, NJ 08759 • 732-350-0404

**ALBERTO, ALBERTO, GABRIEL & JIMENEZ
MEDICAL ASSOCIATES, P.A.
INTERNAL MEDICINE AND DIAGNOSTIC DIVISION**

RENATO D. ALBERTO, M.D. • PRISCILLA M. ALBERTO, M.D.
TIMOTHY C. GABRIEL, M.D. • MARTIN Z. JIMENEZ, M.D. • VIRGILIO R. MARINAS, M.D.
MELISSA M. ALBERTO-SULIGUIN, MGR. • SHEILA M. ALBERTO-SOARES, MLT
25 MULE ROAD • SUITES A 1 TO A4 • TOMS RIVER, NEW JERSEY 08755
TELEPHONE: 732.240.0404 • FAX: 732.244.3555

**OSCAR T. ORTIZ, M.D.
RONALD B. VILLANUEVA, M.D.
FRANCISCO D. CRUZ, M.D.**

1163 ROUTE 37 WEST • SUITE A-1
TOMS RIVER, NEW JERSEY 08755
732-736-1000 • FAX 732-736-8811

**A&A Allergy &
Asthma Center
of Lacey, LLC**

• 606 LACEY ROAD
FORKED RIVER, NJ 08731
609-693-6464

Janet Ang Tumaliuan, M.D.
Board Certified, American
Board of Allergy & Immunology

• 525 ROUTE 70, SUITE 3C
BRICK, NJ 08724
732-370-8006

**OLIVIA ORTIZ, M.D.
EVELYN TIU, M.D.**

1163 ROUTE 37 WEST, SUITE A-1
TOMS RIVER, NJ 08753
732-505-4007 • FAX 732-736-8811

Your Ad here.

PLEASE CALL, 732-664-8120.
Email us:
fcdcteam@gmail.com
Please Support Our Advertisers.