



PNIA Multi-Cultural Center

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*This Newsletter is published as a service to the PNIA members. All opinions and statements appearing within the Newsletter are those of the writers and are in no way to be construed as statements by PNIA or its officers. We encourage every member to participate in writing articles. Please write them in WORD document and email them to: [rpadaca@msn.com](mailto:rpadaca@msn.com).*



Turn to the PNIA Calendar in the last page for schedule of meetings, events and activities.

Please continue to bring non-perishable food items for the food bank, and warm jackets and blankets for the homeless whenever you come to the PNIA Center.



### **The President's Corner**

*From what I gathered, things went well while Tita and I went on a three week trip to the Philippines. I had a brief on what minor incidents happened while I was gone. Corrective actions were done by **Bob Meria** and **Manny Abutin** to repair a leak on our hot water tank. I am glad to note that the quick intervention made was the key to no major repairs or replacement needed.*

*After several years of planning to go home to visit relatives and friends in the Philippines, this year we finally did. It was an experience that will be forever etched in my mind. There are so many memorable events that picking one to relate will not do the*

*others justice. Suffice it to say that all the apprehensions and hectic preparations in planning for the trip were well worth everything that happened there. There is so much to write in this corner about the trip so I decided to do so in the next issue of this Newsletter.*

*PNIA involvement in community activities is remarkable. Bob Meria, at the request of CDR Biadog coordinated the serving of breakfast at the Children's Christmas Party at the Bangor Chapel on December 8. We got back from our trip in time to participate in this event. It was a huge success. The PNIA crew got a lot of praise and thank you from all the guests. The next day, we were off*

*to man our Concession Stand at the Seahawks game.*

*I wholeheartedly commend all the hardworking volunteers who participated in these events. I also challenge all the other members to support and share their talents to create a better community for all of us. Every bit of effort helps and will not go unnoticed.*

*Christmas is almost upon us. Tita and I wish all of you a most wonderful season of blessings. Merry Christmas and a Happy New Year to all!*

*R. Nartea*

## Celebrations

### Members who are celebrating their birthdays in December – **HAPPY BIRTHDAY!**



*Pat Allfrey, John Amlag  
Gary Campisi, Alice Carlos,  
Archie Dela Cruz, Merolle Ebsolo  
Aida Monis, Lucy Prill  
Candy Sanchez, Paz Smith*

### Members who are celebrating their wedding anniversaries in December – **CONGRATULATIONS!**



*Virgie & Conrad Echon  
Necie & Zaldy Quilpa  
Delia & Ed Tingco*

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## Coming Events and Activities

(Note: Please see Calendar of Events below for canceled or added events and activities.)

- **Saturday, Dec 15<sup>th</sup>** – Christmas Party 3:00 PM, PNIA Center
- **Saturday, December 22<sup>nd</sup>** – Get Together, 3:00 PM at PNIA Center.
- **Sunday, December 23<sup>rd</sup>** – Seahawks Game
- **Sunday, December 30<sup>th</sup>** – Seahawks Game.
- **Monday, December 31<sup>th</sup>** – New Year's Eve Celebration, 3:00PM at PNIA Center

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## Thank You

The PNIA officers wish to give special thanks and to express their appreciation to the PNIA volunteers who have sacrificed their precious time and talent working the games during the Seahawks 2012 season. They are: **Quintin Mugas, Rogelio Padaca, Robert Lundberg, Manny Abutin, Cindy Angeles, Tita Nartea, Rudy Nartea, Mark Abraham, Ed Tacardon, Richard (Sal) Salvino, Francis Cabaluna, Mel Angeles, Frank Sandoval, Randy Nartea, Margaret Nartea, Pat Allfrey, Mary Ann Mugas, Emy Quitevis, Maura Esperanza, Nap Esperanza, Aida Monis, Elizabeth Cabaluna, Archie Dela Cruz and Charlie Romine.**

This has been the most lucrative fund raising event. The money raised during these games has enabled PNIA to pay the mortgage for the PNIA Center, the operating expenses and the annual property tax of the Trigger Avenue Property.

In order to appreciate the efforts of these volunteers, the following is a

overview of what they go through when they participate in one of the Seahawks Fund Raising games.

They begin the day by waking up early Sunday morning to meet the other members of the volunteer group no later than 6:45 AM at the PNIA Center. Some get there early to make coffee. Pat Allfrey usually brings two dozens of donuts/and or cupcakes for breakfast.

After eating a quick breakfast and drinking coffee, they board the carpool van to catch the ferry to Seattle.

In all Seahawk games, PNIA volunteers permanently staff a concession stand known as Thai Place which obviously specializes in selling Thai food, mainly prawns with fried rice or Phad Thai noodles, cashew chicken with mango, fried rice or Phad Thai noodles and Simmering chicken with fried rice or Phad Thai noodles. These foods are prepared by Thai cooks. The stand also sells tap beers, variety of

coke drinks, pretzels, Seahawks Dog (glamorized regular hot dog), ice cream, coffee, hot chocolate and red bull drinks (energy drinks).

They start selling as soon as the gates open at 11:00 AM. This gives them less than 2 hours to prepare the hot dogs, pretzels, coffee and hot chocolate, and to inventory every items to be sold. The busiest times of selling are just before the game starts and during half time. There are 8 cashiers in the stand and the rest of them are “runners”, i.e., when the cashier yells “**Cashew chicken with Phad Thai noodles**”, a runner would immediately bring the item to the cashier

When the game ends at around 4:00 PM (for day game) (8:30 PM for evening game), again every unsold items are inventoried (ending count). The beginning and ending counts determine the number of items sold. They also refill all the drink dispensers, put away equipment that were used, remove the garbage and mop the floors.

By around 6:00 to 6:30 PM, they are ready to head back to the Center. They usually arrive at the Center by 7:30 – 8:00 PM. **A very long day!**

The Seattle Seahawks 2012 season is winding down. There are only two more home games left, although there is a chance of having an extra home game if the Seahawks win out,

and if the 49'ers lose one more game. If this happens the Seahawks will be the number 2 seed in the National Football Conference. This means that they will have a bye in the first playoff round and play at home in the second round.

The two games left are on Sunday, December 23<sup>rd</sup> and on Sunday, December 30<sup>th</sup>. The game on

December 23<sup>rd</sup> will be shown on Sunday night football, prime time (National TV) and will start at 5:25 PM. The game on December 30<sup>th</sup> will start at 1:25 PM. Volunteers are still needed for these games, so please inform **Robert Meria** if you can participate. We are required to provide a minimum of 12 volunteers to staff the stand.

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## In Memoriam



Feliza Costales

September 30, 1916 – December 7, 2012

Feliza S. Costales, 96, mother of PNIA members Susie Meria and Linda Tuey, passed away on December 7 in Poulsbo. She was born September 26, 1916 in Bauang, La Union, Philippines, the oldest of four children. She married first husband George Webb in 1945; she later married Tomas Costales of Stockton, Calif. in 1981 and enjoyed a wonderful marriage until his passing in 1992.

Feliza had a well-respected career with Proctor & Gamble as primary caretaker of their Baguio City Staff House from 1948 to 1970. In 1972,

she joined daughter Susie and family and traveled the world as her son-in-law Bob's Navy career took them to Rhode Island, Italy, Scotland, and Bremerton. She was a sweet and kind lady, who loved gardening, sewing, and above all, family.

She is survived by her brother, Bernardo of San Francisco; daughters, Erlinda Tuey of Roseville, Calif. and Susie (Bob) Meria of Bremerton; grandchildren, Richard (Catherine) Tan of Bauang, P.I., Michelle (John) Williams of Poulsbo, Charito Tan of Beaverton,

Ore., and Ramil (Mirla) of Roseville, Calif.; and 10 great-grandchildren.

The family wishes to thank the amazing staff at Martha & Mary for all the love and care they gave to Feliza during her years there.

The family also wishes to thank the PNIA members and friends for their support and for their kind gestures and sympathy during their time of loss,

## Diabetes Myths

Source: American Diabetes Association



There are [many myths about diabetes](#) that make it difficult for people to believe some of the hard facts – such as diabetes is a serious and potentially deadly disease. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma. You may also be interested in our book, [Diabetes A-Z, 6th Ed.](#)

Recently the American Diabetes Association tested Americans knowledge of common diabetes myths and facts. See how they [scored](#).

Get the facts about diabetes and learn how you can [stop diabetes](#) myths and misconceptions.

### **Myth: Diabetes is not that serious of a disease.**

**Fact:** Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

### **Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.**

**Fact:** Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

### **Myth: Eating too much sugar causes diabetes.**

**Fact:** The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends that people should limit their intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include beverages like:

- regular soda
- fruit punch
- fruit drinks
- energy drinks
- sports drinks
- sweet tea
- other sugary drinks.

These will raise blood glucose and can provide several hundred calories in just one serving!

See for yourself:

- Just one 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar!
- One cup of fruit punch and other sugary fruit drinks have about 100 calories (or more) and 30 grams of carbohydrate.

**Myth: People with diabetes should eat special diabetic foods.**

**Fact:** A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in fat (especially saturated and transfat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

**Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.**

**Fact:** Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate-containing foods per meal is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

**Myth: People with diabetes can't eat sweets or chocolate.**

**Fact:** If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

**Myth: You can catch diabetes from someone else.**

**Fact:** No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

**Myth: People with diabetes are more likely to get colds and other illnesses.**

**Fact:** You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

**Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.**

**Fact:** For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

**Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.**

**Fact:** Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

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## Pacific Northwest Ilocandia Association (PNIA)

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Tax ID #91-1689380

# EVENTS CALENDAR

Events, meetings, activities and dates shown are tentative and subject to change.

The Center is open Tuesday through Thursday 10:00 AM - 2:00 PM, Weekends as scheduled.

JANUARY 2012	FEBRUARY 2012	MARCH 2012	APRIL 2012
<p><i>Wed, Jan 4:</i> Senior/Veteran Workshop, 10:00 AM at PNIA Center</p> <p><i>Thurs Jan 12:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Jan 14:</i> Get Together &amp; General Membership Meeting, 12:00 Noon at PNIA Center</p> <p><i>Sun, Jan 22:</i> Retirement Celebration for Tita, Aida, Cindy and Mel</p> <p><i>Sat, Jan 28:</i> Get Together 12:00 Noon at PNIA Center</p>	<p><i>Wed, Feb 1:</i> Senior/Veteran Workshop, 10:00 AM at PNIA Ctr</p> <p><i>Thurs, Feb 9:</i> Soup Night, 5:00 - 7:00 PM at PNIA Ctr</p> <p><i>Sat, Feb 11:</i> Get together &amp; Officer's Meeting 12:00 Noon</p> <p><i>Wed Feb 15:</i> Computer class 2:00 - 4:00 PM at PNIA Ctr</p> <p><i>Sat, Feb 18:</i> Valentine's Celebration, 4:00 PM Potluck at PNIA Ctr</p> <p><i>Sat, Feb 25:</i> Get together 12:00 Noon PNIA Ctr</p> <p><i>Wed Feb 29:</i> Computer class 2:00 - 4:00 PM at PNIA Ctr</p>	<p><i>Wed, Mar 7:</i> Senior/Veteran Workshop, 10:00 AM at PNIA Center</p> <p><i>Thurs, Mar 8:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Mar 10:</i> Get Together &amp; Officer's Meeting, 12:00 Noon at PNIA Center</p> <p><i>Sat, Mar 24:</i> Highway Clean Up 10:00 AM &amp; Get Together at Center after clean up</p>	<p><i>Wed, Apr 4:</i> Senior/Veteran Workshop, 10:00 AM at PNIA Center</p> <p><i>Thurs, Apr 12:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Apr 14:</i> Get Together &amp; General Membership Meeting, 12:00 Noon at PNIA Center</p> <p><i>Sat, Apr 21:</i> Fiesta Ilocandia 2012 at PNIA Center</p> <p><i>Sat, Apr 28:</i> Get together and Fiesta Critique, 12:00 Noon, Potluck at Center</p>
MAY 2012	JUNE 2012	JULY 2012	AUGUST 2012
<p><i>Wed, May 2:</i> Senior/Veteran Workshop, 10:00 AM at Center</p> <p><i>Thurs, May 10:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, May 12:</i> Get Together &amp; Officers Meeting, 12:00 Noon at PNIA Center</p> <p><i>Sat, May 26:</i> Get Together 12:00 Noon at PNIA Center</p> <p><i>Sat, May 26:</i> Golf Tournament Fundraiser (Morning). Lunch at Center after tournament.</p>	<p><i>Wed, Jun 6:</i> Senior/Veteran Workshop, 10:00 AM at PNIA Center</p> <p><i>Sat, Jun 9:</i> Get Together &amp; Officers Meeting, 3:00 PM at PNIA Center</p> <p><i>Thurs, Jun 14:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Jun 23:</i> Get Together 3:00 PM at PNIA Center</p>	<p><i>Wed, July 4:</i> Senior/Veteran Workshop - Canceled</p> <p><i>Sat, July 7:</i> Highway Clean up 12:00 Noon at Belfair State Park &amp; get-together 3:00 PM at PNIA Center</p> <p><i>Thur, July 12:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Jul 21:</i> Get Together, general membership meeting &amp; to prep for Whaling Days, 3:00 PM potluck</p> <p><i>Fri-Sun, Jul 27-29:</i> Whaling Days</p>	<p><i>Wed, Aug 1:</i> Senior/Veteran Workshop, 10:00 AM at PNIA Center</p> <p><i>Thurs, Aug 9:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Aug 11:</i> Seahawks Pre-season game 7:00 PM</p> <p><i>Sat, Aug 18:</i> Picnic 12:00 Noon at PNIA Center</p> <p><i>Sat, Aug 25:</i> Macy's SHOP FOR A CAUSE, Kitsap Mall</p> <p><i>Thurs, Aug 30:</i> Seahawks Pre-season game 7:00 PM</p>
SEPTEMBER 2012	OCTOBER 2012	NOVEMBER 2012	DECEMBER 2012
<p><i>Wed, Sep 5:</i> Senior/Veteran's Workshop, 10:00 AM at PNIA Center</p> <p><i>Sat, Sept 8:</i> Yard Sale, 9:00 AM at PNIA Center</p> <p><i>Thurs, Sept 13:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Sept 15:</i> Get Together &amp; Officer's Meeting, 3:00 PM at PNIA Center</p> <p><b>CANCELED</b></p> <p><i>Sun, Sept 16:</i> Seahawks game 1:05 PM</p> <p><i>Mon, Sep 24:</i> Seahawks game 5:30PM</p> <p><i>Sat, Sep 29:</i> Highway Clean Up 12:00 Noon at Belfair State Park &amp; get together 3:00 PM at PNIA Center</p>	<p><i>Wed, Oct 3:</i> Senior/Veteran Workshop, 10:00 AM at Center</p> <p><i>Thurs, Oct 11:</i> Soup Night t:00-7:00 PM at PNIA Center</p> <p><i>Sat, Oct 13:</i> Get Together &amp; General membership meeting 3:00 PM at PNIA Center</p> <p><i>Sun, Oct 14:</i> Seahawks Game 1:05 PM</p> <p><i>Sat, Oct 27:</i> Hawaiian Night, 5:00 - 11:00 PM at the PNIA Multi-Cultural Center</p>	<p><i>Sun, Nov 4:</i> Seahawks Game 1:05 PM</p> <p><i>Wed, Nov 7:</i> Senior/Veteran Workshop, 10:00 AM at PNIA Center</p> <p><i>Thurs, Nov 8:</i> Soup Night, 5:00 - 7:00 PM at PNIA Center</p> <p><i>Sat, Nov 10:</i> Get Together &amp; Officers Meeting, 3:00 PM at PNIA Center</p> <p><i>Sun, Nov 11:</i> : Seahawks Game 1:05 PM</p> <p><i>Sat, Nov 24:</i> Get Together 3:00 PM at PNIA Center</p>	<p><i>Wed, Dec 5:</i> Senior/Veterans Workshop, 10:00 AM at PNIA Ctr</p> <p><i>Sat, Dec 8:</i> Baby Sitting, Navy Lodge, Subase Bangor</p> <p><i>Sun, Dec 9:</i> Seahawks Game 1:15 PM</p> <p><i>Thurs, Dec 13:</i> Soup Night, 5:00-7:00 PM at PNIA Ctr <b>Canceled</b></p> <p><i>Sat, Dec 15:</i> Christmas Party</p> <p><i>Sun, Dec 16:</i> Christmas Caroling <b>Canceled</b></p> <p><i>Sat, Dec 22:</i> Get Together &amp; Officer's Meeting, 3:00 PM</p> <p><i>Sun, Dec 23:</i> Seahawks Game 1:15PM</p> <p><i>Sun, Dec 30:</i> Seahawks game, 1:15PM</p> <p><i>Mon, Dec 31:</i> Get Together to celebrate New Year</p>
JANUARY 2013	OTHER ACTIVITIES	ONGOING CLASSES	
	<p>1. Church Worship Services and other activities every Sunday.</p> <p>2. Self-Help Program.</p>	<p>1. Computer Class - Basic skills.</p> <p>2. Handcraft</p> <p>3. Language skills - Tagalog</p> <p>4. Ballroom Dancing</p>	<p>5. Sewing Forum</p> <p>6. Scrapbooking</p>