



People Now In Action



PNIA Newsletter

February 2013 Edition

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Send correspondence to:
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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: pnia@hotmail.com.



~EVENTS SCHEDULES~

[Click here](#) for schedules of events, meetings and activities.

~REMINDER~

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

It is a blessing to many of us that Winter has so far been a mild one this year. Let us hope it will continue to be so until the first day of Spring which is on March 20. Guess what it means. The time to start the sprucing up of the Center and its surroundings is almost upon us. As always, we rely on all the enthusiastic, dedicated, and hardworking members to come up with new ideas to make these mundane annual tasks something we look forward to accomplishing. Some things we can plan on doing would be gardening – planting new shrubs or flowers, repainting and redecorating the rooms, reorganizing the storeroom, etc. PNIA is blessed with many talented members with innumerable skills. Let us put all our talents to good use. Now that we no longer have to pay mortgage on the building, more

funds are available to make improvements. It is also a good time to revisit our plan to have the kitchen certified.

Currently, the Soup Night program was temporarily halted due to lack of participation. We are looking into other ways to continue this community service. One new program that has come our way through CDR. Manuel Biadog is the pickup and distribution of surplus bakery items from Panera Bread. Robert Meria has all the details on this activity. For the last three weeks, PNIA has delivered these items to the Salvation Army, St. Benedict's House, and the Port Orchard Food Bank for feeding the homeless. Please share any recommendations you may have that are in line with this service to benefit the community. Something to

note is that PNIA was invited and recognized at the National Prayer Breakfast at Bangor yesterday, February 14, for our volunteer work in preparing and serving food to the Military servicemen and their families stationed at the Bangor and Bremerton Bases.

Our long awaited first general membership meeting for 2013 was finally held last Saturday, February 9. Ongoing programs that need to be evaluated were identified. New programs were adopted and others were closed. A much needed committee that the membership approved is the newly designated Budget Team. This committee comprises of the Members of the Board, President Advisers, and chaired by the Vice-President.

Judy Seay started our Computer Classes this year with three new enrollees: Siony Closson, Mila Graham, and Gloria Goertzen. They have various levels of computer skills. They were all anxious in learning the basics, like writing and sending e-mails and how to do Facebook. The lessons are geared for seniors who have very little knowledge or those who have some questions on more advanced topics, like WORD, EXCEL, etc. When I asked Siony what she mastered in her first session, she said, "I know how to use the Mouse". One is never too old and it is never too late to learn the use of computers. Next session is on the February 20, Wednesday. Come join us, it is fun.

After doing the Adopt-A-Highway program for all these years, I find out that there are more requirements that need to be fulfilled. First of all, in order to be

on the roster of volunteers published in the WA State Adopt-A-Highway Newsletter, any group must have done at least four pickups a year. One of them has to be in April. A First-Aid kit to be carried along is also required. One member of the group, preferably, the Coordinator must be First-Aid certified. Robert Yago who is fully qualified has willingly volunteered for this all-important function. I encourage all of you to volunteer to assist in this community activity. Our contract for the next four years has been signed and submitted on February 4.

This year, our Chairman for the Fiesta Ilocandia is Dave Allfrey. Knowing him, we can expect another successful one. He has briefed me on some of his ideas and I have given my assurance and support. He has identified his committee members and I see he has chosen wisely. Do give him your

enthusiastic and undivided support when asked to help. Remember that great things are done by a series of small things brought together collectively by untiring and generous volunteers like you. Dave's exceptional organizational skills combined with your unending enthusiasm will lead to the huge success of this or any project.

Let's all enjoy our Center. I encourage you to invite family, friends, and neighbors to our get-togethers and fun nights. Bring in new members – young and "young once". We need future leaders to carry on.

See you all at the Center and let's have fun.

R. Ruster
Rudy

Celebrations

Members who are celebrating their birthdays in February – HAPPY BIRTHDAY!

Dina Lopez, Charlie Romine
Maura Esperanza, Evelyn Cu
Georgina Howard



Members who are celebrating their wedding anniversaries in February – CONGRATULATIONS!

Celia and Cay Asignacion
Joy and Larry Silverthorn



Day-End Dough-Nation Program

By Robert Meria

Pacific Northwest Ilocandia Association is now associated with the Sub Base Bangor Chaplain Corps in supporting and delivering assorted day-end baked products to the various food distribution centers for the needy in Kitsap County.

Silverdale welcomed Panera Bread as the newest business that opened in the last few weeks and one of the bakery's community involvement projects is the "DAY-END DOUGH-NATION PROGRAM". Unsold baked goods at the end of each day are donated to local 501-

C(3) non-profit organizations to be distributed to our area's food distribution centers to help the needy. Through Chaplain Manuel Biadog's recommendation, PNIA and Knights of Columbus Council of Bangor are the two lucky non-profit organizations that Panera

Bread selected to pick up donated goods. We started on January 31, 2013 and our pick-up is one day a week. Recipients of our efforts are the Central Kitsap Food Bank in Silverdale, South Kitsap Helpline in Port Orchard, St. Vincent de Paul Assistance Office Food Bank in Bremerton and Salvation Army Food Bank in Bremerton. To date, we have distributed over 400 lbs. of

baked goods to the different organizations serving the needy in our community.

PNIA volunteers to pick up and distribute are **Rudy Nartea, Bob Meria, Mel Angeles** and **Sal Salvino**. Distribution is time-consuming as it takes about 3½ hours to make the rounds but it is very rewarding knowing that we are helping the less fortunate. Seeing the

line of people waiting for a meal at the Salvation Army building is an eye-opener. PNIA is so honored and thankful that we have the opportunity to get involved assisting and supporting these worthy community programs. True to our organization's motto, we are **People Now In Action**.

[An Enjoyable Field Trip](#)

On Saturday, January 26, 2013 twenty PNIA members went on a field trip to see the Society of Seven (SOS) with Lhey Bella perform at the Muckleshoot Casino in Auburn. They were scheduled to perform at 7:30 PM that evening. Since the show was free we needed to be there at least 2 hours to stay in line so that we can get the best seat in the "house". Most of us sat in the front row or near the front row.



Tony Ruivivar at left and Bert Sagum at right, with Lhey Bella

We were treated with an evening of one and a half hours performance filled with music, comedy and non-stop entertainment. It was well worth the wait. The highlight of the show was when they paid tribute to the USA and honor its troops and veterans by singing among other patriotic songs, "God Bless America" and "God Bless the USA".

Most of us who attended agreed that it was a great show and that we will

do this field trip again the next time SOS is in town.

Formed in Hawaii in the '60s as a pop group the SOS released a number of records in Asia. Their version of "A Little Bit of Soap" was #1 for 32 weeks on the Hong Kong charts. At this time, the group had six members: lead singer Cliff Foenander was backed by Tony Ruivivar on guitar, Stan Robinson on bass, Terry Lucido on piano, percussionist Danny Ruivivar with Bert Sagum doing vocals and playing tambourine.

The Society of Seven opened at the Main Showroom of the Outrigger Waikiki Hotel in 1969. There was considerable turnover in the roster in the years that followed—three members of the group, Danny Ruivivar, Terry Lucido and Gary Bautista, died, and more than 14 others came and went during the next four decades. However, two members of the original 1969 SOS group—SOS leader Tony Ruivivar and vocalist Bert Sagum were still there when the group celebrated its 32nd anniversary at the Outrigger Hotel in 2001. That is believed to be the record for a Waikiki act as the headliner of single major venue.

They perform a variety of songs, comedy sketches, and celebrity impersonations. They have also

recorded for several national and local record labels, but record sales were primarily in Hawaii record stores.

The group was voted "the Best Show in Waikiki" by the readers of Honolulu Magazine. They also received a "Lifetime Achievement Award" from the Hawai'i Academy of Recording Arts in 2007.

A second group was formed, Society of Seven LV (LV short for Las Vegas). This group would be based in Las Vegas while the older group would remain based in Waikiki. However, the original SOS eventually moved to Las Vegas and the Society of Seven LV became the resident version of the group at the Outrigger Waikiki Hotel.

In 2009, Society of Seven with Lani Misalucha was performing at the Flamingo Las Vegas while Society of Seven LV with Jasmine Trias was performing at the Outrigger Waikiki Hotel. Trias, a finalist on the American Idol TV show, was born and raised in Mililani, Hawaii, near Honolulu, and was considered a natural addition to the show.



The SOS with Lhey Bella singing God Bless America

In November 2009 Jasmine Trias

replaced Lani Misalucha in Las Vegas when the Society of Seven opened a new show at the Gold Coast Hotel and Casino. She was doing comedy, impression and dance under a one year contract but it continued for another year. Because of other obligations, Trias quit and her place was taken by various singers including Lhey Bella from the Philippines.

(Note: As of today, Tony Ruivivar, the MC and founder, and Bert Sagum, the comedian, may be the only members left from the original SOS.)

Source: Wikipedia, The Free Encyclopedia



My Personal Perspective on the Philippines

By Sheri Angeles

(The editor of this Newsletter asked Sheri to write this article to share her experiences and her perspective on the Philippines during her visit there. Sheri is from Michigan and is married to Adrian Angeles, youngest son of PNIA members Mel and Cindy Angeles. She and Adrian joined Mel and Cindy on a vacation in the Philippines in December/January.)

When my husband Adrian and I decided that we were going to join the family and head to the Philippines, we were so excited and thrilled! I know for myself, I could not believe this was actually happening. I have wanted to visit the Philippines for the longest time, especially since I had many Filipino friends; I thought it would be awesome to see the country they are from. And now that I am married to a Filipino, my dream was coming true!

To be honest, I really did not know what to expect once we arrived in the Philippines. Yes, I had imagined many different things in my mind what it would be like such as no internet, not much running water, housing would be really bad and the list goes on. My mindset came from what I would see on TV of the third world countries and feed the children commercials, that is all I knew. So upon arriving in the Philippines, I was on top of the world! I was so excited that I was actually there and I could not believe it! I love everything about

the Philippines (still getting use to the food), but I love the people and it was awesome because Filipinos were EVERYWHERE! (My husband can attest to my excitement).

Being in the Philippines for a couple weeks and traveling to different parts of the island, we were able to really see how people lived. I personally loved the fact that we stayed with my husband's family, in the midst of the town his dad grew up in. I was able to see their way of life, how they did things on a daily basis and more. One of the big things that I noticed was the crazy driving! They drive where ever their heart desires, between cars, into oncoming traffic, on the sidewalks, up the walls (I'm kidding), but literally everywhere! And the crazy thing is that families will drive their motorcycles with little 2 year olds sitting between dad's legs with NO HELMET ON!!! I could not stop staring at that, or believe they could get away with doing that. To them, that is normal and everyone does it. We were told that the accident rate

is VERY low and I believe it. Everyone was a safe and alert driver and as crazy as they drive, everyone knows the driving system well and they all follow the chaos. I would say it's well organized driving chaos.



A Filipino family out for a joy ride in their family vehicle. Notice the lack of safety equipment.

Some other things that really boggled my mind were the housing situation some people lived in. Some people I found are fortunate to live in an actual home with air conditioning, internet, warm water and the list goes. Adrian's family is blessed to be able to have those accommodations, while other people are definitely less fortunate. We saw people who lived in shacks, other people lived in homes made from

bamboo with metal framing as their roofs, and some people built their homes of bamboo over the water and used any kind of scraps they could find to make a roof and to make walls! There was literally a town made like this sitting on the water as we drove to Manila. For myself, I was saddened for the people who have to live like this, and we in the USA take our living situations for granted because we are never satisfied just with what we have. However, in other parts of town like Makati, it was very rich and upscale. I was actually surprised because I would not have expected to drive through a town like it! It felt as though I was in a town mixed with New York and Seattle, and when you look outside you can see the lifestyle is way different from those who cannot afford much. In Makati, we saw people with these really expensive cars, the clothes these people wore were top notch; the stores they had were top of the line as though only the elite could shop there.

One of the biggest things though that I noticed was the amount of stares that I received on my own as a white girl, and the stares my husband and I received for being an interracial couple. Anywhere that we all went, people stared at me as though they could not believe what they were looking at, people would wave at me with excitement and smile at me with these huge smiles, it was very flattering actually. And I really felt like a celebrity, so I guess I could say I had two weeks of VERY minor fame for being a white girl and that is the only time that will happen ha-ha. But in reality, people would stop in their tracks while we were at the mall and look at my husband and I in disbelief. Their faces seem to read, "How did that happen?"

Besides the way of life, I really enjoyed seeing the sites that we did. We went zip lining over the rain forest and even drove through the rain forest to take a boat ride to this active volcano where we rode horses to the top. It was SO much fun!



Adrian and I zip-lining over forest in Tagaytay

Adrian's family drove us around to different resorts where they had



That's me on my way to see the crater of Taal Volcano in Tagaytay.

some cultural things taking place, we were pulled by a caribou and more! The only thing that I had a hard time with was the food! There are a lot of very delicious things, and then there is a lot of sea food that Filipinos eat and for me I am going to have to work my way up to eating some of the courses that Filipinos enjoy. I guess it's nice that I married into a Filipino family where I can take baby steps and try new things over the course of time.

Now, my absolute favorite part of the trip was the people! I LOVE everyone that I met from all the new family members to all the people I met out on the town. I have noticed and love how sweet, nice, kind and caring the Filipino people are. I love how everyone is happy and content with what they have, and I love how simple life is there.

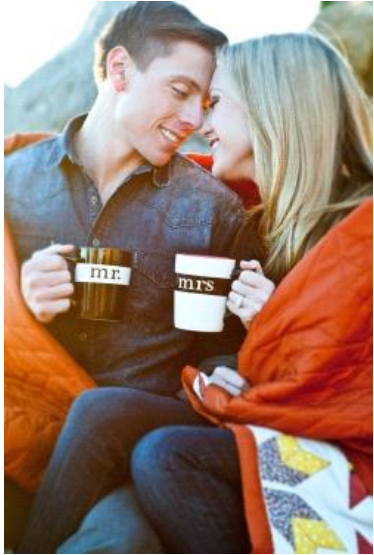


Adrian and I with Lola Delia on her 95th birthday

All in all it was an amazing and unforgettable trip; I truly wish I could go back right now. I had the time of my life and I loved every moment spent there. If the opportunity arose, I could visit for a longer duration of time or even see myself living there. From my visit in the Philippines, it truly helps me reflect on my life and what I have and what I could live without. I believe that everyone in the USA who has a roof over their head, running water, sanitary plumbing, and the like is RICH and well off compared to the way some people live around the world, in this case, the Philippines. Unfortunately, we have a certain mentality that we all want and need everything to be considered RICH and to be well off, and if we don't have it, then we are all struggling to get by just to have it. That is sad. One of the most important lessons in life can be stated, "Be grateful for what you have, who you have, and the life you live. For some people are not as fortunate as YOU!"

Defining Moments

By Sheri Marie Angeles



Facebook: www.facebook.com/definingmomentsbysm

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Above and Beyond Memorial

On Memorial Day 2001, the National Veterans Art Museum located in Chicago added a stirring and spectacular new exhibit to its already highly praised fine art collection. The work of art, an immense 10 x 40 foot sculpture entitled Above and Beyond, is



comprised of imprinted dog tags, one for each of the more than 58,000 service men and women who died in the Vietnam War. Above and Beyond is the first new permanent Vietnam War memorial, other than The Wall in Washington, D.C., to list all those killed in action. Above and Beyond can be seen from the lobby of 1801 S. Indiana Avenue, Chicago, Illinois.



When visitors first enter the museum, they will hear a sound like wind chimes coming from above them and their attention will be drawn upward 24 feet to the ceiling of the two-story high atrium. There



they will see tens of thousands of metal dog tags, spaced evenly one inch apart, suspended from fine lines which will allow them to move like a living thing with the shifts in air currents.

Source: *Article & Photos courtesy of Chicago Tribune*



Frozen Lemons

Amazing frozen lemons, this is really good to know, this is a different twist on the use of the lemon. Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste?

Simple, you place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it to your vegetable salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky, wine, the list is endless.

All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before.

Most likely, you only think of lemon juice and vitamin C. Not anymore.

Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself.

And yes, that's what you've been wasting.

But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier.

It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body.

So place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret! Better late than never, right? The surprising benefits of lemon!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits.

You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the

disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy.

How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations?

As you know, the lemon tree is known for its varieties of lemons and limes.

You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors.

This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that It destroys the

malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas...

The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used

chemotherapeutic in the world, slowing the growth of cancer cells.

And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!

Source: This article was posted in "Everything Under the Sun", www.chattynance.wordpress.com/



The Pacific Northwest Ilocandia Association proudly presents **FIESTA ILOCANDIA 2013**

Saturday, April 27, 2013, 5:00 - 11:00 PM at the PNIA Multi-Cultural Center
1403 Sidney Ave, Port Orchard, WA 98366

**Donation: \$30.00 (General) \$15.00 (10 - 15 Years Old)
9 Years Old & Under - By Donation**



PNIA'S own songstress Cindy Angeles sang the popular Philippine love song, "Gaano Ko Ikaw Kamahal" ("How Much I Love You").



Lawiswis Kawayan (which means, the hissing sound of the wind in the bamboo) dance is a folk dance that is popular in the islands of Kolmbugan, Lanao, Samar and Leyte. There are six versions of this dance. The one shown is a version performed with female dancers holding branches of the "kalipayan" bush and swayed in time to the music.



The tinkling dance is one of the most popular and well known traditional dances in the Philippines. The dance imitates the movement of the tikling birds as they walk between grass stems, run over tree branches, or dodge bamboo traps set by rice farmers. Dancers imitate the tikling bird's legendary grace and speed by skillfully maneuvering between large bamboo poles.

Fiesta Ilocandia is the main fund raising event of PNIA. The support of the community has been instrumental to the success of the organization. We need your continued support to further our vision to a brighter future through community service. Above were the entertainments performed during the Fiesta Ilocandia 2012. So please come and join us for a great dinner, fun and entertainment. Mark your calendar. For more information call 360-871-2019 or email: pnia@hotmail.com.