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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



President's Corner

Half of the year is almost over. When you are busy, having lots of fun, and over the golden years (62 +), time really goes very fast. Judging from all the events and activities that PNIA has accomplished so far, we are on our way to making this year another resounding success. Way to go – “People Now In Action”!

Approaching our midyear in our participation with the Panera Day End Dough-Nation, Silverdale Branch, we can assess how successful the program has been. PNIA's participation started the first Wednesday of January 2013. Bob and Susie Meria were at the door at closing time with their empty boxes to pick up leftovers. They came out with all their boxes full and a few more bags of various baked items ranging from assorted cookies, as well as pastries of all sorts, and a variety of breads in all shapes and sizes. Distribution was scheduled in the morning. Susie

was assigned the tedious job of making sure all items to be distributed were divided proportionately to the number of recipients. Bob and I did the distribution process the next morning and delivered the goods to: Central Kitsap Food Bank, Silverdale; Salvation Army and St. Vincent de Paul, Bremerton; South Kitsap Helpline, Port Orchard. These pickups lasted a few months until additional requests to pick up for other teams came from our Coordinator - the Knight of Columbus. Eventually, Tuesdays, Thursdays, and Sundays were added. Mel and Cindy Angeles alternate with Leo and Aida Monis on Tuesdays, Bob and Susie Meria take care of Wednesdays and Sundays; Tita and I do Thursdays. To date, we are working four pick up days very efficiently. The initial delivery of the four locations we made in our first attempt, now stands at twelve listed as follows: Benedict House, Bremerton;

Bremerton Food Line; Central Kitsap Food Bank, Silverdale; Georgia Mattson Center, Bremerton; Grace Community Fellowship, Port Orchard; Marine Corps Security Force Battalion, Naval Base Kitsap, Bangor; North Kitsap Fishline: Food and Emergency Services, Poulsbo; Society of St. Vincent de Paul, Bremerton; South Kitsap Helpline, Port Orchard; The Salvation Army, Bremerton and Weaver Foundation, Bremerton. Bob Meria, Chairman, has done a fantastic job in organizing the pick up team and running the operation. We have very high hopes that PNIA will be the primary contract holder in 2014.

Again, under the leadership of Bob Meria, the 2013 Golf Tournament has surpassed previous years' attendance. Many thanks to all the 40 golfers who participated in this worthy cause and to every member who donated all the delicious

potlucks for lunch. Special thanks to Susie Meria and Tita Nartea for the prizes. It was another avenue of showing off our members' crocheting, knitting, and sewing craftsmanship.

On the third Thursday of June, PNIA with the financial contribution of the Grace Community Fellowship (GFC), will start preparing and distributing meals to the OASIS Teen Shelter Support Center. Our program coordinator, Pat Allfrey will need all the support from the membership to make this new undertaking a success. I encourage you to come on over to the Center during Soup Night to help out and join in the fun.

Here is one more good news. Through the research of Justin Chan, Executive Assistant of the Commission on Asian Pacific Affairs (CAPAA), PNIA was made known to the State Board Of Commissioners and subsequently invited to their board meeting last Saturday, June 15 at the Kitsap Resource Center, Bremerton. It was a very advantageous meeting for PNIA. Tita and I represented our group as the other members were tied up with the Golf Tournament. They were handed the PNIA brochure before my presentation. The Commissioners were impressed with all our objectives and the activities outlined in the PNIA brochure. Thanks to the efforts of Dave Allfrey, Roy Padaca, and inputs from Officers in making the necessary revisions to incorporate all the newly added activities to the very well-prepared

brochure. This was all done in record time and paved the way for me to streamline my presentation to fit my allotted time. This is what teamwork is all about. Thank you. They asked how we were funding our operations and what they can do to assist us. I made a plea for help in the certification of our kitchen. I told them the need for having a certified kitchen so we can better serve the seniors, homeless, and the community with home cooked meals, and cater our own events for fundraising purposes. After a short deliberation from the Commissioners, a motion was moved and seconded to include the request for allocation of funds. The resounding response was positive from all Commissioners and was duly noted by the Chairperson. A letter of endorsement will be sent to PNIA for use when submitting requests for funding through grants, state assistance, and other sources of donations. There were a lot of ideas from the audience including their coming in and supporting our fundraising events if invited. Tita Nartea was quick in getting their cards and e-mail addresses. I was also approached by Rey Pascua, Ist Vice Chair. He stated that he will personally help us follow up our request to obtain funding and gave an open invitation to visit him in Yakima. Cindy Angeles was quick to tell me that Mr. Pascua was a schoolmate of hers in Wapato. It looks like we are off to a good start. After a review of brochures and publications, here's what I found. Commission on Asian Affairs is a statewide government agency created by a Governor's Executive

order in 1974. It mandated the legislature to improve the well-being of Asian Pacific Americans by ensuring their access and participation in the fields of government, business, education, and other areas. You can find more information by visiting the Commission's website at www.capaa.wa.gov.

Here is another opportunity for PNIA. Front page of Kitsap: JUNE 5, 2013 - Nonprofits invited to cash in on what: Grab Plants is taking applications for registered nonprofit organizations to make some extra cash by providing three volunteers to work from 8:30 – 5:30. Saturday and Sunday and earn 15 percent of gross sales. If there are any interested PNIA members who wants to volunteer for this opportunity, please contact Tita Nartea. Remember the Kenny Chesney concert when everybody including myself was not too sure we can do it? I was overwhelmed with the show of hands. It turned out to be a welcome bonus to our fundraising. We have also gained two more volunteers, Vicky Olalia and daughter Catherine Olalia. I believe that if we choose to accept any challenge, we will prevail. PNIA has unbelievable members who possess many talents, unsurpassed dedication, and commitment. I can't help but be proud of being part of the team. There is never enough gratitude to give for your support. PNIA is what it is today because of all of you! God Bless and enjoy the rest of spring.

R. Nartea

Celebrations

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

*Welma Garoutte, Olive Qutevis
Judy Seay, Robert Yago*



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

*Mel and Cindy Angeles
Gary and Catherine Campisi
Quintin and Mary Ann Mugas*



Congratulations

Congratulations and best wishes to the newest PNIA members and newlyweds, **Buddy** and **Jamie Calfy**. Their marriage ceremony

was officiated and performed by Navy Chaplain Cdr Don Biadog, and celebrated in the PNIA Center last Sunday, June 16, 2013. Like the Chaplain said about the ring,

we wish you both happiness and love like the unending circle of your wedding ring.



Joy of Sewing

By Jeanne Quindag-Raffels

I swell with pride as our sewing students have taken my passion to the next level with their individual projects. In the past four weeks, we have had one class and two free-style sewing sessions, which also included our usual knitting corner. We had new participants attend our individual events, enjoying the camaraderie and delicious potluck delights.

Mary Ann Mugas said that all her friends have enjoyed the Margo bags, asking if she would make some for them. She even brought her friends, Vicky and Catherine Olalia, to our class so that they could make their own purse. Cindy

Angeles bought her sewing machine a year ago and has already made purses, totes, cell phone wallets, etc. Necie Quilpa is meticulous to detail, attributing her initial lessons to her mother. She has built upon those skills with her creativity, resulting in colorful purses, totes and aprons. Attracted to Swarovski crystals, Cathy Anies-Campisi took embellishment to an heirloom level with three beautiful dresses for her granddaughter. Meanwhile, Aida Monis uses our class techniques and amazes us with eye-catching multi-media creations. It is especially rewarding to see husbands and children taking an interest in our projects, which is

essential in passing on our passion to others. Everyone works as a team, helping those in need and providing tips to enhance their skills.

We started two years ago with our first lessons in creating polished pillowcases and table settings. Through the years, we contributed to our community through the PNIA Boutique, table runners for a luau, cell phone wallets as a fundraiser, etc. I'm so very proud of all of you! For everything you make and share, remember that you are sharing a part of you ... and is much appreciated!

MAY 18 - FREE STYLE SEWING



L-R: Jeanne Quindag-Raffels
& Cathy Aneis-Campisi



L-R: Mary Ann Mugas, Aida Monis, Necie Quilpa,
Jeanne Raffels and Cindy Angeles

MAY 25 - FREE STYLE SEWING



L-R: Aida Monis & Necie Quilpa



L-R: Cherie Perrone, Preicy Garin,
& Cindy Angeles



L-R: Catherine Olalia &
Vicky Olalia



L-R: Jeanne Raffels, Mary Ann Mugas &
Cindy Angeles



L-R: Zaldy Quilpa & Mel
Angeles

JUNE 6 - DESIGNING YOUR OWN APRON



L-R: Cindy Angeles, Jeanne Raffels, Aida Monis & Necie Quilpa



L-R: Necie, Cindy, Jeanne & Aida



A family Affair: Mother - Cindy Angeles, Father - Mel Angeles & Son - Gabe Angeles



Supporting Husbands: L-R, Quintin Mugas, Mel Angeles & John Raffels

Seahawks Fundraiser, 2013

PNIA volunteers (see photo below) kickoff their Seahawks Fundraiser in 2013 by working their assigned concession booth on June 1, 2013

during the Kenny Chesney Concert at the CenturyLink Field, home of the Seahawks. The first Seahawks game will be on August 17th This year a

new management has taken over the concessions business at CenturyLink Field. Unlike the old management, it is mandatory that all volunteers

attend a training class to acquaint them about their procedures and policies. Training classes are

scheduled every month until the start of the Seahawks 2013 season in August. So, if you would like to

volunteer contact Bob Meria for more information.



Left to Right: Pat Allfrey, Catherine Olalia, Manny Abutin, Vicky Olalia, Rudy Nartea, Mary Ann Mugas, Aida Monis, Emy Quitevis, Robert Lundberg, Cindy Angeles, Zaldy Quilpa, Quintin Mugas and Tita Nartea. Missing from photo: Roy Padaca

PNIA Fundraiser Golf Tournament

The PNIA 5th annual Golf Fundraiser Tournament was held on Saturday, June 15, 2013 at Rolling Hills Golf Course in Bremerton. It was beautiful sunny day. There were 40 golf participants and about 20 of them were from the Washington Pinoy Golf Club who came from as far as Vancouver. The tournament format was a Callaway System (or Callaway Scoring System). It is a sort of a handicapping system that can be used in events where most of the golfers have different abilities to compete fairly at stroke play. It allows handicap allowance to be determined and applied to each golfer's score. The higher a competitor's gross score, the more holes that player will be deducting;

The Callaway Scoring System applies a one-time handicap that is actually based upon a player's gross score for the event.

All participants were invited for lunch at the PNIA Cultural Center after the tournament. The lunch included lumpia, pancit, ham, turkey, pinapaitan, adobo, etc and various desserts. Judging from their comments, the golfers had a good time and enjoyed their lunch which was set up and prepared by the PNIA members.

Winners were as follows: First Place – Jess Flores; Second Place – Gene Knoll; Third Place – John Gaboury; Most Birdies – Dave Macanlalay; Most Pars – Ed

Aquino; and Most Bogeys – Ray Fernandez. Special prizes were given to the Lady Golfers who were brave enough to compete with the men.

We want to thank all the golfers for participating in our annual Golf Fundraiser Tournament. Your participation and donations are greatly appreciated. We are looking forward to seeing you again in next year's tournament.

We also want to thank the following non-golfers who also made monetary donation: Edgar Mesina, Rudy Nartea and Robert Meria.

And special thanks to all the PNIA members who brought potluck,

donated the prizes or who donated their time and energy preparing the lunch that contributed to the success

of this tournament. The money we raised this year far exceeded the

fundraising goal we set. CONGRATULATIONS!

TOURNAMENT PARTICIPANTS



Bono Rulloda, Ray Fernandez, Raul Adrena & Ernie Oliveras



Primo Agliam, Roy Padaca, Bob Nicholson & Jane Nicholson



Ed Aquino, Ed Alupay, June Aquino & Dan Vanichul



Art Flores, Dave Macanlalay, Mark Dea, & Zachary Dea



Jess Flores, Myrna Flores, Anne Knoll & Gene Knoll



Richard Lemeiux, Jim Baker, Bart Baril & Merrill Evans



Mario Urobio, Ferdie Feliciano, Paul Dorsher & Lito Garlit



Sieu Che, Joy Silverthorn, Larry Silverthorn & Gensho Yukawa



Chicako Gaboury, John Gaboury, Glenn Miyamoto & Ellen Miyamoto



Chito Linsangan, Medel Calayag, Jaime Fuertes & Fred Tutol

Awesome Friends



Look carefully in each picture for the cat as he makes his way down from the roof to the dog. Then, check the explanation at the end. The story behind this picture is this: Every day - at the same time - she waits for him. Sometimes she barks to call him. He comes; they rub and greet each other and they go for a walk. They have done this for 5 years and no, they don't belong to the same owners. The owners didn't

know until neighbors seeing them together so frequently commented to the cat's owner, who then followed the dog home which was a distance away - not in a house close or next door. How it started no one knows.

Wouldn't it be great to have friends like this - always, no words needed, they just intuitively recognize the

value of each other in their lives and act accordingly.

LIVE, LAUGH, LOVE. Life is not the way it's supposed to be. It's the way it is. The way we cope with it is what makes the difference.

Source: Unknown

Life Needs a Little Laughter

1. **Elderly Couple.** An elderly couple is beginning to notice that neither of them seems to be able to remember things as well as they used to. So, they go to see their doctor, who explains that there is nothing really wrong with them, just typical memory loss associated with old age. He suggests that they each get notebooks and write notes to themselves to help remember things. The couple goes home and that evening while watching TV the man gets up and heads for the kitchen. His wife asks if he can bring her some ice cream when he returns. He says he will, and she says he should write it down. "I'm just going to the kitchen, I'll remember." "Well, I want that with nuts, too." "O.K. he says ice cream with nuts." She asks again if he's going to write it down. "No, I'm just going to the kitchen." "And a Cherry on the top?" He agrees and turns toward the kitchen again and she asks again about writing it down. Now the old man is angry, "Look, old lady I'm not senile, I can

remember ice cream with nuts and a cherry on top." He goes in the kitchen for 10 minutes and when he returns he sets a plate of bacon and eggs in front of his wife. She looks up and says, "Honey, you forgot my toast."

2. **Middle-Aged Woman.** A middle-aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience. Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, two months and eight days to live." Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer. After her last operation, she was released from the hospital. While crossing the street on her way home, an ambulance killed her. Arriving in front of God, she demanded, "I thought you said I had another 40 years? Why didn't you pull me out of the path of that ambulance?" God

replied, "Girl, I didn't recognize you".

3. **A Retired Man.** During his physical examination, a doctor asked a retired man about his physical activity level. The man said he spent 3 days a week, every week in the outdoors. "Well, yesterday afternoon was typical; I took a five hour walk about 7 miles through some pretty rough terrain. I waded along the edge of a lake. I pushed my way through 2 miles of brambles. I got sand in my shoes and my eyes. I avoided standing on a snake. I climbed several rocky hills. I took a few 'leaks' behind some big trees. I ran away from a pissed off mother bear and then ran away from one angry bull Elk. The mental stress of it all left me shattered. At the end of it all I drank eight beers and a tall glass of bourbon". Amazed by the story, the doctor said, "You must be one hell of an outdoors man!". "No," the guy replied, "I'm just a really shitty golfer".

For Your Health

From Mayo Clinic

1. Heart Attack and Water - Very Interesting.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night? A friend of mine asked his doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. We need our minimum water to help flush the toxins out of your body.

2. Correct time to drink water. Very Important. From A Cardiac Specialist! Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

Physician said water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

3. Aspirin. Mayo Clinic Aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

- If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
- Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).

Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets. Why keep Aspirin by your bedside? It's about Heart Attacks -There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.- Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival andDO NOT LIE DOWN!