



People Now In Action



May 2013 Edition
PNA Newsletter

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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

Sayings like "Home is where the heart is." or "There is no place like home." are so true. It is always a nice and comforting feeling to come back home. Port Orchard has been our home for over 30 years. The long trip Tita and I had cross-country has been a really great experience. We enjoyed the travel to so many places that we have never been before and the wonderful visits with family and friends in Denver, CO; Houston, TX; Mulberry, AR; El Paso, TX; and Los Angeles, CA. Traveling by car is the way to go if you really want to see more of the United States. I would never have attempted the more than 7000-mile trip without Tita who drives so much faster than me, keeps me on my toes, and knows directions with the help of the GPS. I also kept in mind Richard Salvino's chiding on my "cautious" driving habit – "Rudy, you will never get out of Texas if you go 55 miles per hour." With Tita,

who has a penchant for driving within the speed limit or more, we got out of Texas in record time. In case you are not aware of it, a stretch of Texas Highway has now posted an 80 MPH speed limit.

The several weeks of planning and preparing for the Fiesta Ilocandia finally paid off. From what we experienced and the feedback from the guests and members, it was no doubt, a very successful one. Next year's Chairman and team will have a tall order to top this one. As always, great teamwork was at play to make this happen. I commend and give my thanks to Dave and Pat Allfrey, their outstanding committee members for a job well done. One great addition to the Fiesta, thanks to **Jeanne Raffels**, is the Boutique that showcased the crocheting, knitting, and sewing skills of our PNIA ladies - Maura Esperanza, Elvie Gonzales, Aida Monis, Mary

Ann Mugas, Tita Nartea, Necie Quilpa, Jeanne Raffels, and the one and only gentleman - Zaldy Quilpa. All your endeavors and contributions are admired and appreciated. Bravo is in order for the collective efforts of Andrea and Roy Padaca on the Souvenir Programs that made them worth keeping.

I want to acknowledge the several days of work by Manny Abutin, Nap Esperanza, and Richard Salvino in clearing the very thick Blackberry bushes along the wire fence of our backyard. There was a lot of appreciation received from our neighbors for the cleanup. Also noteworthy is the repair of the fence that was expertly done by Leo Monis and Zaldy Quilpa. Finally, the formidable task of moving two rocks, estimated to weigh several hundred pounds each and half buried was managed by the

ingenuity of Mel Angeles, Buddy Calfy, Quintin Mugas, and Zaldy Quilpa. After tenaciously working for almost an hour, the rocks were safely moved alongside the fence. Dante Ganaden took care of racking the leaves and debris at front and side of the Center under the guidance of Tony Caligdong. As a result of these tasks done prior to the Fiesta, a few more parking spaces were created. Where else can you find such spirit of hard work and team effort but here among our PNIA (People Now In Action) group? We are truly blessed.

Mark your Calendars. The third Thursday of every month starting in June, the Soup Night will be revived. In addition, PNIA and GCF (Grace Community Fellowship) have co-sponsored to provide precooked dinners to the Oasis Teen Shelter in Bremerton. This program will be chaired by Pat Allfrey.

The Outreach Military Program on May 6, Monday, 400 Marines were served dinner. The following PNIA volunteers, through the leadership of Bob Meria assisted in the procurement, preparation, and serving: Pat Allfrey, Cindy and Mel Angeles, Aida and Leo Monis,

Quintin Mugas, Roy Padaca, Charlie Romine, and myself.

The Panera Bread Donation Program is ongoing. Pick up has been expanded to four days: Tuesday, Thursday, Friday, and Sunday every week. More deserving groups have been added to the delivery list.

The TOPS (Take Off Pounds Sensibly) group, consisting of mostly GFC parishioners, has started using the Center from 5 to 7 PM every Monday for their meetings. They have extended their invitation to our PNIA members to join them.

This year, the majority of members decided not to man a concession stand during the Whaling Days. It was much to my dismay as it is my pet project. However, I have to concede that most of the participants are no longer "spring chickens". The spirit and willingness are strong, but the physical prowess is not as it used to be. It is then imperative to actively recruit the younger generation to continue our legacy of community involvement well into the future. This year, PNIA will join the parade. It is our way to advertise our presence and hopefully entice

new members to join and contribute to our cause. I encourage all the members to come and walk with us or cheer us on.

It was a little "iffy" after the Seahawks Restaurant management change that we will be asked to continue to manage a concession stand this year. Due to our exemplary work reputation, we were again picked up to work at the Thai Place Concession Stand. I am very proud and grateful to all the dedicated and ever-ready volunteers who have contributed their time and unyielding dedication to this venture. Thanks to Roy Padaca for his persistence in following it up. This is a great source of funds for PNIA's community activities. I encourage all the members to volunteer. Your help is most needed and always welcome. I won't deny that it is a lot of hard work, but it is also a challenging, satisfying, and an enjoyable experience. Do give it a try.

God's blessing to all. See you around the Center.

R. Narten

Celebrations

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

Dave Allfrey, Cay Asignacion
Lory Cabalum, Lolity Calfy
Conrad Echon,



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

Helen & Jun Gundran
Mimi & Robert Lundberg





Fiesta Ilocandia 2013

By Dave Allfrey, Chairperson

Applause! Applause! Applause! Ahh, the sweet sound of success! That sound was heard many times during the 2013 Fiesta Ilocandia. On Saturday, 27 April, PNIA celebrated its 26th birthday with a “standing room only” crowd who came to join in our Fiesta.

The evening began with the emcee, Francis Cabaluna, introducing the singing of the American National Anthem by Cindy Angeles and the Phillipine National Anthem by Esmie Delacruz followed by the Pledge of Allegiance by David Allfrey. Dave Allfrey then introduced the attending dignitaries who included Port Orchard Mayor Tim Matthes, Bremerton Mayor Patty Lent and State Senator (Retired) Phil Rockefeller. Although he was unable to attend this year’s event Congressman Derek Kilmer did send a wonderful message to PNIA which was printed in the event’s Souvenir Program. After the welcome address by PNIA President Rudy Nartea everyone dined on a wonderful buffet style dinner of teriyaki chicken, steamed vegetables, pork lo mein, beef short ribs, spring rolls, fried fish and

white rice. The dinner was topped off with fresh fruit and assorted Filipino desserts.

The evening continued with an artful display of entertainment. First on the floor were the PNIA dancers, Mary Ann Mugas, Quintin Mugas, Lori Santos and Dante Ganaden. They performed a traditional Philippine dance, called Subli, a religious ritual dance. It was a beautiful dance which the audience enjoyed immensely. Next up was our own Cindy Angeles singing a Filipino song followed by the Barbra Streisand hit “Memories”. Her awesome performance brought the crowd to its feet with a well-deserved standing ovation. The guests were then treated to a special “surprise” song and dance routine by special guest James Klinefelter. He sang a traditional Filipino song followed by the well-known “Puttin On the Ritz” song and dance. He was amazing and again the crowd stood for his standing ovation. He continued through the evening teaching several new dances to those courageous enough to give them a try! Rounding out the evening was the usual fabulous dancing music

provided by PNIA’s Robert Yago who always manages to wow the crowd with his tunes.

Once again we had the PNIA Boutique up and running under the great management of Jeanne Raffels. There were many styles of beautiful, handcrafted crocheted and knitted items on display which were made by PNIA members. Customers left thrilled with the purchases they made. Another great success!

Being the chairperson for this event took a lot of time and work but it could never have been accomplished without its two key elements: the guests and the PNIA volunteers. This year’s attendance was at an all-time high and we very much enjoyed serving and entertaining our guests which really made the event possible. The PNIA volunteers, again, performed seamlessly in setting up, serving and clean up. It never ceases to amaze me how tirelessly everyone pitches in and works so hard to make this event such a success year after year. So, to these two elements I say “Bravo” and give a heartfelt THANK YOU!

Fiesta Ilocandia 2013



Former State Sen. Phil Rockefeller

Port Orchard Mayor Tim Matthes

Bremerton Mayor Patty Lent





Celebrating Nurses Week

By Jeanne Quindag-Raffels



Delivering **Quality & Innovation** in patient care

Since 1997, National Nurses Week is celebrated by focusing attention on the diverse ways America's 3.1 million registered nurses work to save lives and to improve the health



Florence Nightingale

of millions of individuals. It is a time to reflect on the important contributions that nurses make to provide safe, high-quality health care; stand as patient advocates;

inform and educate the public to improve the health and safety of patients; and impact the lives of patients. This year's theme, developed by the American Nurses Association, is about Delivering Quality and Innovation in Patient Care. It began on May 6, marked as RN Recognition Day, and ended on May 12, the birthday of Florence Nightingale, founder of the nursing profession.

Nurses are present in hospitals, long-term care facilities, homes, research and academic institutions, state legislatures, and Congress. Proud of the largest health care profession, nurses selflessly give of

themselves to the art and science of nursing. The amazing breadth and depth of the nursing profession continues to meet the expanding health care needs of our American society seven days a week, 365 days a year.

Although the week has passed, take the time to share your appreciation with the nurses in your life! Happy Nurses Week!

Source: American Nurses Association and Washington State Nurses Association websites

PNIA Boutique

By Jeanne Quindag-Raffels

Many thanks to knitters, crocheters, jewelry-makers and sewists for another successful PNIA Boutique event during the 2013 Fiesta Celebration. With the dedication and creativity of Maura Esperanza, Elvie Gonzalez, Aida Monis, Mary Anne Mugas, Tita Nartea, Necie Quilpa, Zaldy Quilpa, and Jeanne Raffels, the boutique displayed over 140

items. Our featured artisan was Zaldy Quilpa with his beautiful scarves as Mayor Patty Lent of Bremerton congratulated him for his exceptional talent and yarn selection.

The net profits from the PNIA Boutique sales assist us in our many community support projects. If you

wish to learn or develop your knitting or crocheting skills, stop by at one of our Saturday get-togethers. There is always someone present with their crochet hooks or knitting needles, willing to teach their craft. See you at the next PNIA Boutique event!



Crochet



Sewing



Crochet Jewelry



Scarves n Set



Bremerton Mayor Patty Lent and the Quilpas,
Necie and Zaldy

Sewists Expand Their Capabilities

By Jeanne Quindag-Raffels

The hum of sewing machines and the pride in their completed creations highlight the enthusiasm of sewists this month. Within the first two weeks of May, we had three sewing events: Cell Phone Wallets (by Valori Wells Designs) on 3 May, Margo Handbags (by Lazy Girl Designs) on 9 May, and free-

style sewing on 11 May (making more purses, totes, and embellishments). In fact, the men even joined us and established a knitting corner during free-style sewing Saturday.

The sessions were long, but at the choice of the participants. Our next sewing class is tentatively scheduled for Thursday, 6 June. If you wish to join us and are not part of the Sewing Forum email group, email me at pniaboutique@yahoo.com. Happy sewing!

Sewing Forum Class



May 3: Cell Phone



May 9: Margo Handbags



May 9: Margo Handbags, Towne Purse & Pick-a-Pocket Tote



May 11: Completed Margo Bag



May 11: Making a Laptop Case



May 11: Knitting Corner



May 11: Free Style Sewing



May 11: Sewing a Margo Bag



Century/Link Field- Home of the Seahawks

Seahawks Fundraising 2013

By R. Padaca

As you probably know, in the past four years PNIA volunteers have been participating in the Seahawks Non-Profit Group Fundraiser Program. This program is designed to give local non-profit volunteer groups the opportunity to raise funds by working in concession stands during Seahawks home games at CenturyLink Field. It has been very lucrative and an overwhelmingly successful which kept PNIA financially afloat. In fact, one of our members called it "easy money". Each year the participating volunteers earned nearly \$10,000.

This year, Delaware North Company Seattle Sportservice has taken over Levy Restaurants of running the concessions. Fortunately, DNC Seattle Sportservice has invited PNIA to continue to participate in this program.

During most games there was no shortage of volunteers, but there is a problem coming up with the

minimum of 12 volunteers required to man our stand during weekday, Sunday night and Monday night football games.

Yes, it is easy money because the work is not very hard, but to some it is lots of fun and it brings a "feeling good" about themselves. On a given Seahawk day game, volunteer's day usually begins when they get up early in the morning to meet at the PNIA Center. After a cup of coffee and doughnut for breakfast, they then board the PNIA van at 6:50 AM to catch the 7:20 AM Bremerton/Seattle ferry and arrive back at the PNIA Center at around 7:30 PM on the same day. On a night game, the volunteers usually get back at the Center at around 12:30 AM the next day. Work required running their assigned stand includes inventorying stock items, cooking and wrapping hot dogs, salting and warming up pretzels, making coffee and hot chocolate, wiping counters and cashiers.

This season the Seahawks play ten games at home, the first two being pre-season games as follows:

- Sat, Aug 17, 7:00 PM vs Broncos
- Thur, Aug 29, 7:00 PM vs Raiders
- Sun, Sept 15, 5:30 PM vs 49'ers
- Sun, Sept 22, 1:25 PM vs Jaguars
- Sun, Oct 13, 1:05 PM vs Titans
- Sun, Nov 3, 1:05 PM vs Buccaneers
- Sun, Nov 17 1:25 PM vs Vikings
- Mon, Dec 2, 5:40 PM vs Saints
- Sun, Dec 22, 1:05 PM vs Cardinals
- Sun, Dec 29, 1:25 PM vs Rams

Sign-up sheets are posted on the bulletin board in the dining area of PNIA Center. Volunteers must be at least 18 years old. If you would like more information or to volunteer to work in the Seahawks games, please contact our coordinator Bob Meria at 360-990-6279 or bmeria_b@hotmail.com.

Proud to be in this Land – America!

Here's a refresher on how some of our former patriots handled negative comments about our great country.

1. Secretary of State, Dean Rusk, was in France in the early 60's when DeGaulle decided to pull out of NATO. DeGaulle said he wanted all US military out of France as soon as

possible. Rusk responded, "Does that include those who are buried here?" DeGaulle did not respond. You could have heard a pin drop.

2. When in England , at a fairly large conference, Colin Powell was asked by the Archbishop of Canterbury if our plans for Iraq were just an example of 'empire building' by George W. Bush. He answered by saying, "Over the years, the United States has sent many of its fine young men and women into great peril to fight for freedom beyond our borders. The only amount of land we have ever asked for in return is enough to bury those that did not return." You could have heard a pin drop. Amen

3. There was a conference in France where a number of international engineers were taking part, including French and American. During a break, one of the French engineers came back into the room saying, "Have you heard the latest dumb stunt Bush has done? He has sent an aircraft carrier to Indonesia to help the tsunami victims. What does he intend to do, bomb them?" A Boeing engineer stood up and replied quietly: "Our carriers have three hospitals on board that can treat several hundred people; they are nuclear powered and can supply emergency electrical power to shore

facilities; they have three cafeterias with the capacity to feed 3,000 people three meals a day, they can produce several thousand gallons of fresh water from sea water each day, and they carry half a dozen helicopters for use in transporting victims and injured to and from their flight deck. We have eleven such ships; how many does France have?" You could have heard a pin drop.

4. A U.S. Navy Admiral was attending a naval conference that included Admirals from the U.S., English, Canadian, Australian and French Navies At a cocktail reception, he found himself standing with a large group of officers that included personnel from most of those countries. Everyone was chatting away in English as they sipped their drinks, but a French admiral suddenly complained that, whereas Europeans learn many languages, Americans learn only English. He then asked, "Why is it that we always have to speak English in these conferences rather than speaking French?" Without hesitating, the American Admiral replied, "Maybe it's because the

Brit's, Canadians, Aussie's and Americans arranged it so you wouldn't have to speak German." You could have heard a pin drop.

5. And this story fits right in with the above. Robert Whiting, an elderly gentleman of 83, arrived in Paris by plane. At French Customs, he took a few minutes to locate his passport in his carry on. "You have been to France before, monsieur?" The customs officer asked sarcastically. Mr. Whiting admitted that he had been to France previously. "Then you should know enough to have your passport ready." The American said, "The last time I was here, I didn't have to show it." "Impossible...Americans always have to show their passports on arrival in France!" The American senior gave the Frenchman a long hard look. Then, he quietly explained, "Well, when I came ashore at Omaha Beach on D-Day in 1944 to help liberate this country, I couldn't find a single Frenchman to show a passport to." You could have heard a pin drop.

Source: Everything Under the Sun

Let's honor our veterans and great Americans during the Memorial Day Celebration

[And Then It is Winter](#)

(Editor's Note: Required reading for Seniors.)

You know - time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is - the winter of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is my friends are retired and getting grey. They move slower

and I see an older person now. Some are in better and some worse shape than me but, I see the great change. Not like the ones that I remember who were young and vibrant, but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore — it's mandatory! — cause if I don't do it on my own

free will — I will just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done, but never did!! But, at least I know, that though the Winter has come, and I'm not sure how long it will last, this I know, that when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done — things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your Winter yet, let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether this is your Winter or not! You have no promise that you will see all the seasons of your life. So, live for today and say all the things that you want your loved ones to remember and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

“Life” is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. **Live it well! Enjoy today! Do something fun! Be happy! Have a great day!**

Remember **“It is health that is real wealth and not pieces of gold and silver.” LIVE HAPPY IN 2013!**

Lastly, consider the following:

Today is the oldest you've ever been, yet the youngest you'll ever be, so – enjoy this day while it lasts.

~Your kids are becoming you –but your grandchildren are perfect!

~Going out is good — Coming home is better!

~You forget names, but it's okay because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything — especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called “pre-sleep.”

~You miss the days when everything worked with just an “ON” and “OFF” switch.

~You tend to use more 4 letter words — “what?” “when?”

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is “sleeveless”!!!

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet — 2 of which you will never wear again.

~But “Old” is good in some things: Old Songs, Old movies, and best of all, OLD FRIENDS!!

~Stay well, “OLD FRIEND!”

Source: Everything Under the Sun