

Pinoy Bulletin

FAAV Bi-annual Publication

Filipino-American Association of Vancouver, WA

From the Upuan

By Chuck Reidy



As the new Chair of Fil-Am Vancouver (FAAV), I just want to say that I am very humbled and honored to take on this opportunity to serve our community. I want to thank former Chair, Vivian Tadeo for her gentle mentorship and encouragement. I also want to thank the rest of the Board of Directors for their confidence and support in my taking on this new role. I have served FAAV (formerly FAACCV) for over 8 years and I'm up to the challenge. I'm happy to say that we as a group have already accomplished much in only six months and we are all looking forward to the community activities that will be coming up in the months ahead.

I'd also like to give special recognition and appreciation to Vivian Tadeo for her many years of outstanding service with this great organization. 2014 was her last year serving as Chair after holding the position for two years, and we are very pleased that she has remained as a board member and has also taken on the position of the Welcome Wagon Committee Chair.

All of us at FAAV are still mourning the passing of our beloved board member, Nilda Loriz after a long illness. Nilda is survived by her 10-year old daughter Anna and husband Doug. Anna and Doug have been adopted by FAAV as lifetime members of the Barkada group which means that they are welcome to select events and gatherings as our special guests.

Thank you to the FAAV directors for their hard work and enthusiasm during these past six months of my tenure. During that time, we've accomplished much for the community, starting with the Consulate on Wheels (COW) event that we co-hosted with PACCO and FGG this past April. This community outreach event provided consular services to more than 1,000 Filipino-Americans coming from as far north as Canada, nearby California, Oregon, and Idaho. I'm so proud of our FAAV volunteers!

Finally, the upcoming community outreach events that FAAV is planning and organizing are the annual Philippine Independence Day celebration in Vancouver and the visit from University of the Philippines Concert Chorus who will be arriving on Aug. 9th to perform in a series of concerts.



FAAV board members and families at Barong & Terno Ball 5-16-15 (L-Clockwise): Bob Osilla, Jon Oribello, Guy Way, Brian Ness, Eric Tadeo, Brad Roberts, Bob Connery, Chuck Reidy, Cindy Reidy, Malia Halsey, Hilda Connery, Joan Roberts, Lourdes Mashinski, Vivian Tadeo, Gretel Ness, Zenny Way

Editors: Zenny Way & Lielanie Villanueva

2015 Issue 1 June 13, 2015

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FAAV helps sponsor high school students to Philippine 12th National Science and Math Quest

By Rita Schaljo

The Filipino American Association of Vancouver, Washington (FAAV) and Freedland's Travel are proud to support and congratulate the Students and Teachers of Teodoro Hernaiz National High School (THNHS), Santa Lucia, Ilocos Sur for winning Top Prizes in the recently concluded Department of Education 12th National Science and Math Quest in Pasig City, Metro Manila on February 6-8, 2015

Event	Rank in Division Level (Ilocos Sur)	Name of Participant	12 th National Science & Math Quest Results	Coach
Mathematics Quiz IV	1st Place Div	Bon Joey Bernesto	2nd Place National	Ms Marivic Barnachea
Mathematics Quiz III	1st Place Div	Arvin Lee	1st Place National	Mrs Alicia R Halabaso
Mathematics Quiz III	2nd Place Div	Marc Abella	6 th Place National	Mrs Alicia R Halabaso
Damath Level IV	1st Place Div	Rheynalie Bado	2nd Place National	Mr. Felix P Urbano
Damath Level I	2nd Place Div	Enrique "Iking" Villarete	6 th Place National	Ms Denise C Racca
Rubiks Cube	1st Place Div	Michael Angelo Avila	6 th Place National	Ms Marivic Barnachea

Teodoro Hernaiz National High School (THNHS) is a public high school in Santa Lucia, Ilocos Sur, Philippines, established in 1973. In recent years, it has been designated by the Philippine Department of Education as a specialized high school with a focus on excellence in Mathematics.



Students and Teachers of THNHS work hard throughout the school year and put in countless extra hours to achieve excellence in Math. Through their dedication, the school has consistently sent students to division, regional and national competitions in Mathematics. This year, THNHS is the Over-all Champion in the Ilocos Sur Division Mathematics Festival and was set to represent the Division at the National Level in Metro Manila this month.

The school however, had no budget to cover the cost of sending their outstanding students to the Nationals, in the Math and Science categories. The students whose parents are farmers and fishermen, and the teachers who earned low wages from the Philippines public school system also could not afford the expenses that the trip would entail. A plea for support was heard by FAAV and the group immediately responded with financial assistance. Amy Freedland of Freedland's Travel and other caring people in the community also contributed generously to help defray the cost of registration, food, and lodging expenses for the group of six (6) high school students in the city where the competition was held.



Maraming salamat po sa tulong nyo po sa mga students po namin. Co-teacher ko po si Miss Barnachea and we will be joining the national science n math quest.... we are glad to meet people like u po and ur initiative to help us kahit di pa po nyo kami naki kilala inspires us a lot. Many thanks and God bless u n ur family po...

Teacher Alicia Halabaso

Ma'am thank you po talaga sa help na ibinibigay po ninyo sa amin.. napakalaking tulong po ninyo sa amin... we may not repay you materially but you are in our prayers... and may God bless the works of your hands... thank you po...

Teacher Marivic Barnachea

The Filipino-American Association of Vancouver WA (FAAV)
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Gawad Kalinga

by Gretel Ness



“Caring is not about a project, which oftentimes is not sustainable, or a program, which is incomplete. It is about people and presence, and building relationships that last.”

Tony Meloto

On a beautiful Sunday, May 3rd, 2015, a group of about 75 gathered for the Gawad Kalinga “Philippines Rising” Social Business Conference in Portland, Oregon, the last stop in a two and a half week tour across the country by Gawad Kalinga. Headed by Tony Meloto himself, the charismatic co-founder of Gawad Kalinga, along with Dylan Wilk, founder of Gameplay.com and co-founder of Human Nature, the socially innovative, pro-poor, pro-environment, pro-Philippines natural health and beauty company, Fabien Courteille, the Master’s program dropout turned social entrepreneur of Plush and Play, Frank Chiu, Chief Operating Officer and co-founder of GK Enchanted Farm, Thomas Graham, social entrepreneur of MAD Travel, writer and author of the book, *“The Genius of the Poor: A Journey with Gawad Kalinga,”* and Marie Cavosora, Managing Director of GK Enchanted Farm’s Wholeness Center, the group reminded everyone of what most already knew: that the Philippines is a land of wealthy of resources and opportunities, simply waiting to be tapped. Armed with just their stories, each of the Gawad Kalinga speakers captivated the audience, at times bringing us to tears, after hearing of and seeing the simple building of its trademark colorful villages in some of the

joy in the faces of those Gawad Kalinga has partnered up with in the most impoverished areas of the Philippines.

“Greed, apathy and corruption are the enemies of development, but their culprits are not powerful politicians or wealthy businessmen alone. Rather, weak governance is the consequence of weak citizenship – so to bring about lasting change we needed to find a way of inspiring radical, ethical citizenship not only at the top, but at the bottom, too.” Hearing these words from Tony

Meloto, we were reminded of what makes Gawad Kalinga’s core approach to helping the poor different from those of other organizations. It is not enough to simply dole out funds and feel good about one’s self. We have to really see the needy, walk and work alongside them, and be true partners in their growth, creating a long lasting relationship versus simply completing a ‘project.’ After all, social entrepreneurship is not just about creating a business; it is about creating a business that also benefits the community, a community that involves the entire supply chain sustaining the business. Gawad Kalinga’s (GK) Enchanted Farm in Bulacan has been serving as a unique platform, an incubator of



sorts, focusing on social entrepreneurship. With a goal of raising 500,000 social entrepreneurs, it uses a bottom up approach to ensure that the Philippine’s economic growth does not leave the poor behind. As Tony Meloto puts it, *“We are a country so rich in resources, but claim we are poor. What we need to do is educate and bring the genius of the poor and rich together. Let’s show the world we can do it.”* The GK Enchanted Farm partners with both rich and poor in the development of its social businesses and educational programs and has established corporate partnerships with global companies like Air France/KLM, Shell, Hyundai, Schneider Electric, Nestlé and Microsoft.

“Walang Iwanan” or loosely translated as “No One is Left Behind” is one of Gawad Kalinga’s key beliefs. It is at the heart of everything that Gawad Kalinga stands for and all that it does. Throughout the conference, this belief manifested itself time and time again in the businesses started at GK’s Enchanted Farm where the social entrepreneurs are working hand in hand with the suppliers who were often the most impoverished and taken advantaged of by middlemen, and in the 2500 Gawad Kalinga houses

Gawad Kalinga

Cont'd from p. 4



built to date alongside the poor who would occupy them. Indeed, if you think about it, isn't it ironic that for a country so rich in natural resources, full of bright, talented, and resourceful people, that over 18 million or more than 90% of the total number of households belong to the poor and low income group earning less than P5,000 per month (roughly US\$114)? Income inequality is clearly one of the biggest problems in the Philippines, much worse than its neighboring countries. In a 2012 study conducted by the Ateneo de Manila, it found that for the 40 richest families in the Philippines, the growth in their aggregate wealth in 2011 – which Forbes Asia reported to have risen by \$13 billion in 2010 to 2011 – was equivalent in value to 76.5% of growth in the country's total GDP at that time. By 2014, the net wealth of the 40 richest families was at \$72.3 billion.



Money
- Sense -

by Cori Susi Harms

Ask: "What is the worst
that would happen?"

Always ask that question- and know the answer- before you invest in anything. Could you lose it all? Could you be stuck not being able to get your money back if and when you need it? Or is the worst case that your money will sit there and earn you nothing- which means you are losing after taxes and inflation. Understanding the upside is only half of what you need to know before making any important investment decisions.

"How can I think of heaven up there, but allow God's people to live in hell down here?" Reading Thomas Graham's book, tagged as one of the best books ever written by a foreigner about the Philippines and its poor by Tony Meloto, truly opens your eyes to what it is like to be poor in the Philippines. The stories the book shares when Tony Meloto and other Gawad Kalinga volunteers first arrived at Bagong Silang, the biggest slum area in the Philippines, for example, are not only heart wrenching but shocking at times. For a devoutly Catholic/Christian country like the Philippines, how can its people truly think of heaven when so many are living in hell?

At the end of the day, I, along with the other attendees, left this social business conference not only with a sense that the Philippines is indeed a country worth investing in, but more importantly, it left us with a sense of purpose: that there is more to life than making money. Wanting to make money by itself is not a bad thing, we all should want to do this for ourselves and our families. But family means more than just one's self and immediate family. It means not forgetting the ones that allow us to make money. It means not forgetting the poor and the helpless and the ones who have the same hopes and dreams as us but just not given the same opportunities in life. *"As a human being, that's the greatest lesson in leadership: to learn how to love without waiting for anything in return"*: words to live by courtesy of Tony Meloto.



(L—R) Eric Tadeo, Tony Meloto, Francis Guevara, & Julius Agbayani

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www.filamvancouver.org

“A eulogy for my dear departed friend Nilda”

by Vivian Tadeo

As long as I have resided in the United States, longer than some of you were born, 44 years to be exact, I still get excited when I spot a brown skinned person in public. Such was the way I met Nilda for the first time.

One morning in Vancouver Clinic, Salmon Creek, Eric and I were waiting to be called by a lab technician, I noticed a brown skinned woman coming our way. I whispered to Eric, “she could be Filipina”. Then I glanced at the child by her side and once again whispered to Eric. “She is married to a Caucasian”. Her daughter is “mestiza”. This brown skinned woman seemed to be shy and not smiling. Unbeknownst to me then, she thought I was Chinese. I broke the ice and said hello. But then my name was called by the lab technician so I excused myself. By the time I went back out, Eric was already talking to her. Nilda was now smiling from ear to ear, because she and her family just moved from Iowa and she has not met any Filipinos yet. She actually thought there were none in Vancouver.

We exchanged information and before the day was over, Nilda and Anna were having lunch at my house. She confessed that she had to go home first to call Doug who was working as air traffic controller at PDX. “Shall I go”? she asked him “They seem nice”. Thank you Doug for encouraging her to go.

Being a board member of the Filipino-American Association of Vancouver, I started inviting her to meetings, for which she would come always arriving “American time” If there is a medal for punctuality, Nilda gets it hands down. By the end of the year, the Fil-Am association had invited her to be a board member.

Amongst her special gifts, Nilda has the gift of Filipino hospitality. She would cook up a storm when we gather at their home, cooking more than enough so we can have some food to take home. So Filipino indeed. If you go to her house, you better not have eaten because whether you like it or not, she will insist that you eat and drink something and will not stop until you are chewing. So Filipino indeed. There is an urban legend that Filipinos do not greet each other with “How are you” but that Filipinos greet each with “Have you eaten?”. So Filipino indeed and so true with Nilda. Even on her sick bed during her last days, weak as she was, when I would visit to bring her some Filipino comfort food she is craving for, she would insist that I eat something too. No use arguing. I will not win. I would just go and get my own drink and my own food or she will ask husband Doug or sister Genny to get it for me. So Filipino indeed!

I will long for Nilda's smile, her enthusiasm for life, her kindness, her respectful attitude to the elderly, meaning this elderly. I will miss this young lady who seemed to have been born with a camera attached to her hands, but I will smile when I see the snapshots she took of our time together. Nilda loved Fil-Am Vancouver. Fil-Am Vancouver loved Nilda!



Nilda Loriz
Aug 27, 1964—Jan 4, 2015

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FANHS celebrates 50th Anniversary of the U.S. Immigration and Naturalization Act of 1965 on October 2015

The Filipino American National Historical Society’s (FANHS) board of trustees at its national conference held in San Diego, approved the “50th Anniversary of the U.S. Immigration and Naturalization Act of 1965” as its official theme for Filipino American National History Month in October, 2015. The historical society is planning a yearlong schedule of activities during 2015. FANHS and its founding president, Dr. Fred Cordova, have been the catalyst and major proponent of the month of October as a time dedicated to the history of Filipinos in America. This movement to recognize the experiences and achievements of the Filipino American community has steadily gained momentum and popularity within our community nationwide. Observances can be found on numerous college campuses, and with many state and local government entities. California, Hawaii, Oregon and Washington are states that have officially made this recognition, as well as the U.S. Congress.

Reprinted from Philippine News.

FAAV Note: *Fil-Am Vancouver joins the Filipino American National Historical Society (FANHS) in celebrating the 50th Anniversary of the U.S. Immigration and Naturalization Act of 1965 by informing Filipino American residents of Clark County and Vancouver, Washington of this milestone in our Filipino-American history.*

Hello Fil-Am Vancouver!

by Hilda Connery

Kumusta po, my name is Hilda Connery from the Philippines, relatively new in the United States. I have a teenage daughter named Bhanca, and I am married to Bob Connery.

I hold a Bachelor's Degree with a major in Economics, plus additional training in Culinary Arts, but my passion is being a beautician and massage therapist. After earning my college degree, I went back to school and got my Cosmetology and Massage Therapy license through TESDA (Technical Education and Skills Development Authority) in the Philippines. In my hometown, I owned and operated a small salon spa business which is currently being run by my friends. I also taught beauty care cosmetology and massage therapy under TESDA in Malaybalay, Misamis Oriental. In my free time, I volunteered to help others who were less fortunate. I am not rich financially, but I am not afraid to lend a hand wherever it is needed.

In 2013 when Bob came to visit me in the Philippines and asked me to marry him, one of the first questions I asked him was if there were Filipino associations in the US where he lived. His reply was that, Yes, there are many Filipino groups in Washington.

I was very excited and so happy to hear that!

While my daughter and I were waiting for our petition to come to the US, I searched for Filipino American associations online. I was praying and wishing to find a good group of people

whom I could meet when I move to the United States I found the Filipino American Association of Clark County and Vicinity.

But then when I tried to contact this group there was no reply. I felt a little bit sad and discouraged but I never gave up. I kept trying to contact them through email.



(L-R) Bianca, Hilda & Bob Connery

When I arrived in the US last September 2014, I asked Bob to try and search for FAACCV. Bob tried to email them, but still no reply. I kept thinking and wondering, where are you guys?

And still, I never gave up. Bob and I got married, and, after our wedding, I tried to contact this group again through email. Last November 2014, I finally got a response from one of the board members. She introduced herself as Lourdes and invited us to Pasko Na Naman.

I was soooooo happy and was very excited when I got the message from Lourdes. Unfortunately, we couldn't go to the event because we already had plans for the whole month of December 2014.

A few weeks later, Lourdes sent me a private message on my Facebook with her contact phone number. I was so happy and I called her right away. It was Christmas day. That evening while having dinner at a restaurant. I was so excited and told everyone I received a special gift from God. I told them that Lourdes is my angel sent by our Lord God almighty. My prayers were granted!

This is what happens to your body when you stop drinking soda

Courtesy MSN Health and Fitness

Soda is an addiction — similar to tobacco, alcohol, or drugs, it feels good when you consume it, but it can wreak havoc on your body long-term. As more and more research investigates the ill effects of soda on the human body (and the environment), it may be time for you to give it up, or at least reduce the amount you intake on a daily or weekly basis.

The evidence speaks for itself: Your health will drastically improve once you begin replacing your daily Coke or Mountain Dew with water. Pretty much every organ will benefit from quitting soda, as explained below.

Heart

First and foremost, you'll be taking better care of your heart the moment you put down the soda. A 2012 Harvard University



study found that sugary drinks increased a person's risk of chronic heart disease (CHD). Participants who drank the most soda were 20 percent more likely to have a heart attack, the researchers discovered. Another study, published in 2011, found that sugary beverages raises a person's blood pressure, and it increases the more you drink. Even cutting back by one soda per day can decrease your blood pressure and improve your heart health.

Brain

Many people reach for a Diet Coke or a soft drink in the drowsy after-lunch hours at work, hoping to get a caffeine and sugar boost. It may help you focus temporarily, but in the long-term drinking a lot of soda can have a negative effect on your brain function and thinking processes. One study found that long-term consumption of sugar could lead to impaired learning, memory, and behavioral plasticity.

Cont'd. p. 9

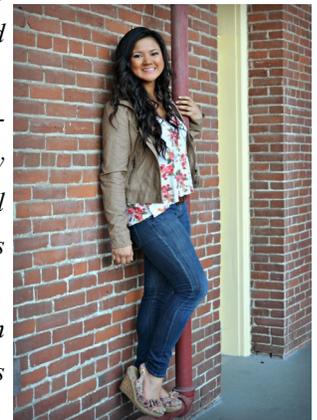
FAAV Scholarship Award Recipient Essay

Growing up with divorced, middle class parents taught me many things in life. Because my mom was supporting two daughters on her own, my sister and I did not have very many luxuries when we were growing up. However, my mom never stopped paying for me to be a cheerleader. Although I am extremely thankful for everything that she has done for me, I want my own children to grow up differently.

For about two to three years when I was growing up, I remember that we would eat Hamburger Helper every night when my mom came home from work. My sister would take the ground beef out of the freezer, my mom would turn on the stove, and I would take out the milk. It was almost clockwork. I was cautious of what I ordered on the few occasions that we did go out to eat, and got used to the subtle answer "We can't afford that." However, my sister and I never complained. We knew that money was tight as my mom was working in Human Resources, but as a result, my mom taught me that I have to work hard for everything I want. She was not one to spoil my sister or I, but she also never failed to support us. Even at a time when both my parents were unemployed, I was still able to do cheerleading, and there was food on the table.

After college, I hope to eventually be married and working as a mechanical engineer. I cannot complain about my childhood, but I do hope that one day I will be fortunate enough to support my own children without them having to worry about my income. With a degree in engineering, I will hopefully make up to \$80,000 per year and be able to support myself financially with a generous amount of money saved so that my children can go to college.

My dreams begin here. With this scholarship, I will be one step closer to graduating from Washington State University, Vancouver, and then be able to live my life without money shortages being a burden on my life. ~ Taryn J. Llorente



**Congratulations
to
Evelyn Katigbak
& Greg Manalo
on their recent
engagement!**

~ **FAAV**

Greg and Evelyn (FAAV board member) have first met over 27 years ago and they will finally be tying the knot on Dec 12, 2015 in Lipa City, Philippines.

They plan to celebrate this very special occasion with friends and family from the US and the Philippines. The couple then plan to settle in both countries.

**Apply for a Fil-Am Vancouver
Scholarship Award!**

Open to students pursuing a vocational, certificate, technical, associate, or bachelor's degree program.

Details and application online at:
www.FilAmVancouver.org

This is what happens to your body when you stop drinking soda

Cont'd. from p. 7

We have investigated a potential mechanism by which a diet, similar in composition to the typical diet of most industrialized western societies rich in saturated fat and refined sugar (HFS), can influence brain structure and function via regulation of neurotrophins," the authors of the study write. They found that animals placed on this high-sugar diet had reduced amounts of a chemical called brain-derived neurotrophic factor (BDNF), which in turn impacted their ability to learn and remember things.

Various other studies have also found a link between drinking a lot of soda and an increased risk of Alzheimer's disease or other types of dementia; the link showed an increased amount of plaque deposits in mice that were given sugary sodas — signals of Alzheimer's or other disorders.

Teeth

Soda destroys your teeth, so stepping away from this vice will lead you toward better oral health and a whiter smile. In some extreme cases, drinking a lot of soda can leave your mouth as corroded as that of a meth abuser, according to a 2013 study. In the study, researchers found that a woman who drank 2 liters of diet soda every day for three to five years had the same level of severe tooth erosion as that of a methamphetamine addict, as well as a crack cocaine addict. The citric acid in soda erodes tooth enamel, making it softer and more vulnerable to cavities and yellowing. Stepping away from soda and replacing it with water will protect and clean your teeth.

Bladder

Soda is a diuretic, essentially meaning that it will make you need to pee urgently and frequently. It has also been known to irritate your bladder and exacerbate bladder infections or urinary tract infections. Switching it out with drinking clear fluids, like water, unsweetened juices, or seltzer water, could instead help keep your body and bladder clean.

Bones

Abstaining from soda will also improve your bone health and decrease your risk of osteoporosis. In addition, the less soda you drink, the more you may turn to milk or other calcium-fortified drinks that will benefit your bones way more than soda ever would.

Kidneys

Your kidney is also going to be in better shape once you kick

the dirty sugar habit. Studies have shown that drinking a lot of soda can increase your risk of kidney disease and ultimately kidney failure. Diet sodas aren't exempt from this damage, either: researchers from the Nurses' Health Study found that women who drank a lot of diet soda every day had decreased liver function compared to women who didn't drink soda. So stay away from it and your kidneys will thank you.

Reproductive organs

In some cases, soda cans may contain bisphenol-A or BPA, which has been linked to an increased risk of cancer as well as impairment of endocrine function. Some studies have also shown that BPA is linked to premature puberty or infertility, essentially messing up a person's reproductive organs.

According to the Breast Cancer Fund, BPA is one of the most common chemicals out there — exposed to us via food and drink containers to dental fillings. It's a synthetic estrogen that impairs the hormonal system, increasing a person's risk for breast cancer, prostate cancer, metabolic disorders, and even type 2 diabetes. Choose to lower your exposure to this chemical by not touching those soda cans and your risks will be lower.

Weight loss

One of the easiest ways to lose weight is to cut soda from your diet. If you're a rabid drinker (drinking it several times a day without fail, day and night), cutting down to one can a day could be a good start, at least until you're eventually comfortable with cutting it out to once a week or leaving it behind completely.

According to Malia Frey, a weight loss expert writing on About Health, dropping a daily large Coca-Cola from McDonald's completely (if you drink about one per day) would result in reducing your annual calorie intake by over 200,000 calories

— or about 60 pounds — in one year. Replace that soda with water and overcome obesity.

Fight Diabetes, Other Chronic Disorders

As the obesity epidemic continues to surge in the U.S., Americans will continue to stubbornly order McDonald's and their giant Coca-Colas, then proceed to sit on their couch for hours and watch TV — or sit in their office for hours. All of these factors lead to obesity, an increased risk of diabetes and a higher chance of developing other chronic disorders like cancer or heart disease. Long-term consumption of large, sugary, fatty sodas will ultimately contribute to, and directly cause, diabetes. Lose the soda and lose the pounds.

Live longer

Here's one easy way to live longer: Drop the soda. A recent study published in the American Journal of Public Health found that people who drank a lot of soda had shorter telomeres in immune cells, meaning their risk of dying sooner was higher. Telomeres are protective DNA units that are situated at the ends of chromosomes, and the shorter they get, the more a person ages and is at risk for disease and death. So cutting out that good-for-nothing sugary drink from your life will seemingly only offer you good things, by lengthening your telomeres as well as your life span, and improve your overall health.



Filipino American Events Calendar

June 13, 2015 – Little Princess of Portland Coronation

Time: Call Contact

Sponsor: Filipino American Assn of Portland and Vicinity, Inc.
Location: Fil-Am Center, 8917 SE Stark St. Portland, OR 97216

COST: Call Contact

CONTACT: Ben Avecilla (503) 761-6115

June 19-21, 2015 – Consulate on Wheels, Seattle, WA

Time: 9:00 am—5:00 pm

Location: FCS Center, 5740 ML King Jr. Way South Seattle
By Appointment only as a large volume of applicants is expected. Please contact FCS at (206) 722-9372

July 4, 2015 – Fil-Am 4th of July Potluck Picnic

Time: 10:00 am—4:00 pm

Sponsor: Filipino American Assn of Portland and Vicinity, Inc.
Location: Blue Lake Park, Celilo A & B Shelters

**Filipino-American
Association of Vancouver, WA**

www.filamvancouver.org
PO Box 65053
Vancouver, WA 98665
Phone: 360-574-6275
Fax: 360-694-7061
Email: evcntadeo@msn.com



FAAV

To engage in humanitarian, civic, educational, cultural and charitable activities that would preserve, promote, and share with the community the customs, values, and heritage of the Filipino culture.

**Check us out on the Web:
www.filamvancouver.org**

Filipino American Events Calendar

Contact: Ben Avecilla (503) 761-6115
July 18, 2015 – CSO Annual Picnic
Time: 11:30 am—4:00 pm
Cost: Potluck
Location: Cook Park, 17005 SW 92nd Ave., Tigard, OR 97224
Contact: Mila Dones (503) 508-1079 or Maricel Beaman (503) 282-8974
Aug. 2, 2015 – Aguman Capampangan Fiesta La Naval Picnic
Time: 11:00 am—4:00 pm
Cost: Potluck
Location: The Oaks Park SG3, 7805 SE Oaks Park Way, Portland, 97202
Contacts: Mary Kay Moore (503) 253-4900 or Maryann Gaviola maryanngaviola@hotmail.com (503) 510-7659
August 9, 2015 – Univ of the Philippines Concert Chorus
Time: 4:00 pm
Sponsor: Fil-Am Vancouver
Cost: \$15 General Admission; \$50 Gold Sponsor
Location: Northside Baptist Church, 5201 NE Minnehaha St. Vancouver, WA 98661
Contact: Lourdes Mashinski (360) 931-3812 or Evelyn Katigbak at (503) 481-7368
August 29, 2015 – 8th CFAA Convention “Celebrating the 50th Anniversary of the 4th Wave of Filipinos in Oregon & SW Washington
Time: 10:00 am—6:00 pm
Sponsor: Council of Filipino American Association of Oregon & SW Washington (CFAA)
Cost: Free
Location: OAME Delta Park Business Center, 731 N. Hayden Meadows Dr., Portland, OR 97217
Activities: Entertainment, Food, Games, and Door Prizes

Save the Date—Pasko Na Naman



*Fil-Am Vancouver
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