

# Pinoy Bulletin

FAAV Bi-annual Publication

Filipino-American Association of Vancouver, WA

## From the Upan By: Chuck Reidy



Maligayang Pasko at Manigong Bagong Taon sa Inyong Lahat! (Merry Christmas and a Happy New Year to all!). As Chair of FAAV, this past year has been filled with wonderful community activities and personal challenges that our group has undertaken together. I'm so proud of all the support the FAAV directors have given me this year and who have once again challenged me to take on a second year as their Chair. I willingly take up the challenge and wholeheartedly accept their endearing support and confidence in me. We have accomplished so much together for our community during this past year and look forward to even more beneficial endeavors for 2016!

Amongst our many achievements for the year 2015, the FAAV group volunteered to lend a hand to the Philippine Consulate on Wheels as they visited the Portland area to provide their annual consular services. Our group assisted approximately 1,000 kababayans with their consulate transactions over a two-day period. We also supported the Teodoro Hernandez National High School (THNHS) Math Quiz students with a donation that provided for their transportation to the national competition. Our group organized a Philippine Independence Day annual celebration with a picnic held at Frenchman's Bar Park in Vancouver. We made arrangements to sponsor and welcome the University of the Philippines Concert Chorus (UPCC) to entertain the local community with an outstanding stage performance by this international award-winning choral group. We raised funds for our scholarship program and awarded a \$500 grant to a most deserving recipient, Taryn Llorente who was chosen through a scrupulous selection process. Congratulations Taryn! FAAV has chosen to support a good friend, Fonda Daly, who also happens to be the spokeswoman for Holt International, by giving her our assistance on the day of her presentation regarding the adoption process of Filipino children in need of loving families. As the year draws to a close, we have been busy with our preparations in putting together our annual Pasko Na Naman dinner/dance. This event is the kick-off to the start of the holiday season designed to bring the various Fil-am associations and the community to celebrate together for one delightful evening.

My sincere thanks to my directors and barkada for their enthusiastic efforts, their valuable time, their multi-faceted talents, and limitless resources that they have given freely throughout the year... all of which contributed to making FAAV's mission a great success this year!

In closing, we come together during Pasko Na Naman to celebrate His Season, have fun, break bread while dancing with our barkada, and initiate the incoming officers for 2016. I do hope you will all pause, hold your loved ones a bit closer this Season and thank Him for his blessings and protection. Be mindful of those around you who may struggling a bit more than you and give what you can of your time, talent and treasure. I know you always give generously. Even the kind gesture of a smile can lift others up as we go about our day.

Merry Christmas to all!



FAAV board members at UPCC's Saliw Himig concert August 9<sup>th</sup>, 2015 in Vancouver, WA  
(L-R Back Row): Rita Schaljo, Amy Freedland, Vivian Tadeo, Gretel Ness, Edel Tiolengco, Bernie Gerhardt, Lourdes Mashinski, Hilda Connery, Cori Harms, Lielanie Villanueva  
(L-R Front Row): Jon Oribello, Francis Guevera, Julius Agbayani, Bob Osilla, Evelyn Katigbak, Joan Roberts, Zenny Way

Editors: Zenny Way &  
Lielanie Villanueva

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### 2015 FAAV Officers/Directors

- Chuck Reidy, Chair
- Cori Harms, Vice-Chair
- Julius Agbayani, Treasurer
- Gretel Ness, Asst Treasurer
- Joan Roberts, Secretary
- Francis Guevara, Asst Secretary
- Bernie Gerhardt, Auditor
- Lourdes Mashinski, PRO
- Evelyn Katigbak, PRO
- Zenny Way, Newsletter Editor
- Lielanie Villanueva, Newsletter Editor
- Rita Schaljo, Webmaster
- Jon Oribello, Photographer & DJ
- Vivian Tadeo, Director
- Amy Freedland, Director
- Edeliza Tiolengco, Director
- Bob Osilla, Director

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## A Company With A Heart By: Gretel Ness

Human Heart Nature is the first and largest natural personal care brand in the Philippines and the country's largest social enterprise. Along with select members of its US based team, co-founder and CEO, Dylan Wilk, embarked on a multi-state roadshow this past August and September, traversing the East Coast and the West Coast, to jumpstart the company's U.S. reseller program. The reseller program encourages those wanting to make some extra income to become social entrepreneurs while having the potential to make up to 30% on personal sales of the company's products. Those wanting more information or are interested can sign up online at [www.humanheartnature.com/us](http://www.humanheartnature.com/us).



At its core, Human Heart Nature USA aims to spread goodness by:

- **BEING GOOD FOR THE EARTH AND ALL THAT LIVE ON IT**

Human Heart Nature USA creates affordable, quality, genuinely natural products that are 100% free from harmful chemicals.

- **BRINGING HOPE, DIGNITY OF WORK, AND QUALITY OF LIFE TO FARMERS AND WORKERS**

For centuries, farmers in developing countries like the Philippines have been trapped in a never-ending cycle of patronage, dependency, and poverty. Human Heart Nature USA provides sustainable livelihood, fair trade conditions, and equipment and infrastructure to these modest farmers who produce our raw materials. In a world where executives' salaries soar criminally high above rank-and-file workers' wages, and where minimum wages can be as low as \$10 a day in developing countries, the company pays wages that raise its workers' quality of life, and allow them to provide for their families.

- **BEING GOOD FOR THE COMMUNITY**

Human Heart Nature USA commits to sharing a percentage of its business profits to schools, organizations, social programs, and disadvantaged communities.

### VISION

Human Heart Nature USA aims to be the gold standard of a globally successful enterprise with a heart that will embolden all businesses to better serve society.

### VALUES

**Development Approach:** Human Heart Nature USA seeks to help developing countries grow in a responsible and sustainable way, leaving nobody behind in our globalized society.

**Stewardship in Business:** Human Heart Nature USA focuses on addressing poverty head on by providing employment and livelihood opportunities and services to the disadvantaged communities, carrying out the great responsibility that comes with our role as social entrepreneurs.

**Sustainable Practices:** Human Heart Nature USA commits to making business decisions and processes that are deliberately put in place to make minimal impact on the environment. The company's products are responsibly grown, made, and consumed, without harming any land, water, air, nor any humans or animals.

**Heart of a Hero:** Human Heart Nature USA is self-sacrificing and committed to the cause. In the U.S., the company operates with the best interests of the community in mind by committing to share 1% of its gross U.S. sales to those who need it most.

**Constant Innovation:** Human Heart Nature USA strives to continuously improve its products and processes, and will constantly push boundaries to develop sustainable jobs and means of livelihood for disadvantaged communities.

**Integrity:** Human Heart Nature USA upholds the truth and discloses all ingredients in every product. The company also provides dignified wages and advocates fair labor practices to its entire workforce from the ground up.



**World-Class Excellence:** Human Heart Nature USA strives for excellence by striving to apply best practices in everything that it does.

**Bayanihan:** "Bayanihan" is a beautiful Filipino word that translates to "a spirit of communal unity and cooperation." Human Heart Nature USA promotes a culture of collaboration and mutual support.

**Quality of Life for all:** Human Heart Nature USA creates optimal working conditions and treats its workforce with dignity, so that all may have the opportunity to live well.

**Stewardship:** Human Heart Nature USA develops its gifts, people, and environment towards the creation of products that are good for every person and our planet.

**Compassion:** Human Heart Nature USA cares for the world and all that live on it.

## Gianan Siblings Working Hard On Their Dreams

By: Tess and Biboy Gianan



*2015 Sectionals - In the recent Junior Sectional tournament in August 2015, Hannah (and her partner Joyce) won First Place in Doubles and Jacob (and his partner Hayden) won Second Place in Doubles.*

In the spring of 2007, a dear friend, the late Jobel Verzosa, introduced us to tennis. His passion for the sport and enthusiasm to teach us sparked a deep interest and before we knew it, we were hooked! Little did we know that what started as a mere fun activity would turn in to something that our kids, Hannah and Jacob, would love and pursue at a level that is higher than we expected.

After a few years of rigorous training and competing within the region, Hannah made it to the top 15 players in the Pacific Northwest (PNW) and joined a select team of kids from Oregon, Washington and British Columbia to represent the PNW in Arizona to compete with kids from other states. Playing at a National level each year has been one of her goals since then and she hasn't been disappointed. Hannah competed with the PNW team in Colorado in 2012, Texas in 2013 and 2014, and Louisiana in 2015. Hannah is also a player on the Camas High School (CHS) tennis team. She joined the team during her freshman year without much expectation other than being able to represent her school and play her best. It didn't take long in her first season before her potential was noticed and subsequently moved to be the school's #1 player. Playing doubles with the #2 player proved to be the best decision they made. After 37 years of waiting for a Championship title in Tennis for CHS, Hannah and Jenn broke the wait and won the Washington State Championship - Girls Doubles in 2014. Their partnership continued the following year and they again won the WA State Championship in 2015. These achievements did not come easy for her but with hard work and perseverance, she delivered. Hannah is now working on her dream of getting a State Championship title in Singles and eventually becoming a varsity player in College.

something if he puts his heart in to it. Like his sister, at the age of 12, he qualified and represented the Pacific Northwest in Arizona earlier this year. He is dreaming of getting a WA State Championship title as well. It is funny that he started practicing what he would say for interviews after he overheard his sister while being interviewed by the sports reporter from the Columbian and the Camas Post Record newspapers. Apart from tennis, Jacob also aspires to become a soccer player and is now a member of the Washington Timbers team. He is trying to balance both sports while he is figuring out which one to pursue farther.

Jacob is no different. Like his sister who he draws inspiration from, Jacob puts the same passion and hard work to get where he wants to be. Being a chaperone to Hannah in various tournaments for many years made him realize that he too loves tennis and can achieve



*2014 State Champs and 2015 State Champs – Hannah and Jenn after their back to back win for State Championships in Doubles in 2014 and 2015.*



### Congratulations to Mr. and Mrs. Manalo!

Join us in congratulating our much beloved FAAV board director and PRO, Evelyn Katigbak, who will marry her prince charming, Greg Manalo, this December in the Philippines. Greg a "farmer" and owner of a sugarcane plantation in Padre Garcia, Batangas had his first date with Evelyn 27 years ago. Greg described his first sight of Evelyn as "you swept me off my feet, you're the most beautiful girl I have ever seen, I vowed to myself I gotta know this girl!" after seeing her at a basketball league where he was a player and Evelyn was the muse of the other team. They had a daughter Trixie, but then separated ways.

Walking down the aisle before family and friends on December 12, 2015 at Our Lady of Mediatrix Church in Lipa City, Batangas, Evelyn and Greg will pledge their love before God and all of their loved ones and finally start their happily ever after.

## Money Sense By: Cori Harms



Things we take for granted. Be sure all your beneficiary designations are up to date. You may be at an age when it's time to get serious about estate planning. And if you haven't kept your designations current (for your employer-sponsored retirement plans, IRAs, life insurance policies, mutual funds, bank and brokerage accounts, annuities and 529 college savings plans), your assets could go to the wrong people when you die, regardless of what your will says. Think about it now. You don't want your money to go to your former spouse, do you? Some financial advisers suggest also naming secondary or contingent beneficiaries. If you don't, and your primary beneficiary dies before you do, your assets will go to probate, which can be costly and time-consuming.

### A Celebration of Life

Farewell to Jobel Verzosa, beloved brother, husband, father, and friend. Your Fil-Am Vancouver family will miss you.



**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:  
[FilAmVancouver.org](http://FilAmVancouver.org)

### Mrs. Hilda Connery, Fabulous At 40

Hi, my name is Hilda Connery and I am the newest incoming FAAV director. I recently celebrated my 40<sup>th</sup> birthday and wanted to share this wonderful event with all of you. It was the most amazing birthday party that has ever happened in my life. I am very thankful to my sweet, fun-loving, caring husband, to my ever supportive and lovely daughter, my fantastic family, to my wonderful Fil-Am Vancouver family and to all my friends. I am so grateful and thankful to our Lord God Almighty in heaven for giving me these wonderful gifts. I feel proud being loved by all of you... I love you all.

May God always shower his blessings upon us all...



## FAAV Daughter wins Best of Show in 2015 Washington State's Junior Duck Stamp Design Contest



In March 2015, Maria Schaljo submitted a Wood Duck oil painting to the 2015 Washington State Federal Junior Duck Stamp Design Contest in Olympia, Washington. She had been working on this painting for almost a year during her art classes at Medallion Art School in Vancouver, WA. Her painting won First Place in her age group (Grade 10-12) and it was also chosen as Best of Show, winning across all age groups (Grades K-12). Her art work

represented the State of Washington at the National Federal Junior Duck Stamp Design Contest in Washington D.C. where it was judged Top 10 among all the entries from the 50 States and the US Territories.

Congratulations, Maria!!!

- From your FAAV family

### FAAV's Basketball Champions

On August 23rd, FAAV's very own basketball team is the summer 2015 Champion in Portland's Asian Pacific Basketball League's Recreational Division. Most games are played on Saturdays at Columbia Christian School (Glisan and I-205).

Pictured below from left to right: Julius Agbayani, Oj Vitug, Jay Castro, Neptali Santiago, Hyzon Santiago, Jeff Francisco, Zedrick Vitug, and Andru Ramirez.



## Summer Vacation 2015 by Luis Ordon

When my wife migrated to the United States to be with me almost 10 years ago, one of the things I promised her was that we would go back to the Philippines as often as possible because most of her family still lived there. Well, this trip back to the homeland marked the fifth time we went back since I made that promise. I know that some of our kababayans have not made the trek back to the Philippines since they have migrated to the U.S. so this has been a blessing for us that we have not taken for granted.

This time around, we decided to include a side trip to Singapore so we could enjoy the city-state and visit her aunt and uncle who helped raise her when she was a kid. This was also included in one of my many “honey I promise” lists.

Our initial plan was to go back in June of 2015, just after my daughter’s school let out for the summer break, and just before the weather goes bad in the Philippines. However, my



older sister got a hold of my vacation plans and suggested we go back together in August so that we are able to attend my cousin’s wedding together. I could not say no to my older sibling, albeit that this was normally the middle of typhoon season in the Philippines. At least the plane tickets were slightly cheaper during this time of the year.

Our first week was spent in Manila and it consisted of getting adjusted to the new time zone (i.e. getting over jet-lag), getting pampered with trips to the salon and spa, eating all sorts of Filipino dishes and native fruits, and sorting through and handing out the “pasalubongs” to the designated recipients. I was able to experience Ocean Park in the Philippines for the first time. I would have to say that it was well worth the price of admission.

We also had the chance to ride the LRT/MRT trains for the first time. This was an adventure that I do not necessarily recommend one should embark on unless they have someone with them who is experienced in riding the trains. The lines were long and one must be prepared to be sandwiched into the train when boarding. My seven-year old braved the experience and made the most of it. Unfortunately, this experience was made necessary by the lack of taxis in the area willing to take us to our destination (from Roxas Boulevard to Ortigas Avenue in the middle of typhoon season). I would like to stay positive with this article so that is about as in-depth as I am going to get with the taxis in Metro Manila.

As I mentioned at the beginning of the article, our trip coincided with my cousin’s wedding(s). They had two, one of which was held outdoors at L’Orchard Gardens in Antipolo, and the other was in a catholic church that we were unable to attend due to our tight schedule. However, the garden wedding was a beautiful setting and everyone was well dressed for the occasion. I personally loved how my barong looked on me. However, I failed to consider the humidity when selecting the outfit I wore so I was practically soaking wet under it by the time the wedding was over. The wedding was also delayed at least 30 minutes because they were waiting for some congressman who was a “ninong” for the wedding. Finally, just as everyone made it inside the giant awning for the reception, rain started to pour down. The food was great and the company was even better. To sum it up, it was a typical Filipino wedding in the Philippines.

The day after the wedding, we went to Tagaytay. I love that place and my wife and I have plans on building a house there someday. It took us less than two hours to get there from Manila. We enjoyed the views, ate an authentic Beef Bone Marrow Soup, and stopped by a pastry store to buy a coconut-filled pie and other pastries that my wife asked me to pick. We had plans on stopping at all these other places on our way back to Manila such as Emilio Aguinaldo’s house, but we ended up skipping it because we got caught up in traffic and the trip back to our hotel ended up taking five hours. Our service driver later made a joke that it was a good thing that we decided not to go to Aguinaldo’s house because he was not sure how to get there. He said he was absent from school when they took a field trip to go there (this sounded better when he jokingly said it in Tagalog).

We then spent the next 10 days in Baguio City, my wife’s hometown. I was hoping for a much cooler climate than the one we experienced in Manila. Unfortunately, the weather in Baguio was unseasonably warm, although the temperatures did cool down a bit in the evenings. The days were spent sightseeing and enjoying the views (we went and checked out this fictional town from a now defunct TV series called “La Presa”), and the nights were spent hanging out with friends and family. We even spent a day out in one of the many hot spring resorts just 30 minutes away from the city. The appeal that Baguio City is the summer capital of the Philippines still holds true for the most part, but the place is so crowded and almost bursting at its seams.



## FAAV Board of Directors and Officers 2016



### **CHUCK REIDY, Chairperson**

Chuck is a mestizo, born and raised at Clark Air Base, Philippines and is married to Cindy Fernandez Reidy. They have 3 children: Clarissa, Carlo and Cameron (fraternal twins) and granddaughter, Malia.

Chuck graduated from Saint Martin’s University, Lacey, WA with a BA in Management Information Systems. Retired from the US Air Force after 20 years of service, he now works for Microsoft as a Technical Account Manager for the Veterans Administration. This past year was Chuck’s first, and very rewarding year serving as Chair, and is immensely looking forward to continuing his 2<sup>nd</sup> term in 2016.

### **LOURDES MASHINSKI, Vice Chairperson**

Lourdes grew up in her hometown of Valenzuela, named after her great grandfather, Dr. Pio Valenzuela. Lourdes immigrated to San Francisco, CA at the age of 14. After 15 years in the Bay Area, Lourdes and husband Andy moved to Vancouver, and has been involved with FAACCV for the past 9 years. Lourdes celebrated her 26th year with Nordstrom and is the CFAA Calendar Administrator for the Filipino community in both OR and SW WA.

2015 has been a blessing to the family, her husband Andy officially became an RN, while Lourdes and their children Angie and Zoe, had a chance to do a lot of travelling especially the long awaited Philippines trip this December!



### **EDELIZA “EDEL” TIOLENGCO, Treasurer**

Edel is a single mother of two beautiful girls, Nicole and Christianne. She has worked at a local hospital for 12 years and is also involved in her church’s music ministry and with other community choirs.

Edel loves to dance Zumba and traveling to exotic locales. Her most recent travel was to Kauai, HI, which was the ultimate vacation for her. She has previously served with the Fil-Am Association from 1995-2005. This is Edel’s first year back, serving the FAAV after 10 years in hiatus.



### **FRANCIS “KIKO” GUEVARA, Asst. Treasurer**

Francis was born in Manila and raised in Quezon City and Marikina along with his two brothers and two sisters. He migrated to Guam in 1980, where he met his wife Susan. They moved to Vancouver, WA in 1998. Francis joined FAAV in 2000 for about three years, and came back in 2011.

Francis is active with various church ministries at Holy Redeemer like choice music, faith formations and Simbang Gabi. Francis enjoys spending time with family and friends, fishing, biking, walking, singing and dancing.



### **JOAN ROBERTS, Secretary**

Joan joined FAAV to attain her long time goal to be of service to the community and to stay connected with her heritage. Joan was born in Manila, and grew up in Antipolo City. Joan received her Bachelor of Arts degree from Philippine Normal College, Major in Psychology. She moved to Clark County a few years ago to be with her husband, Brad. Her only son, Joseph, recently joined the US Air Force.

An enthusiastic and sociable person, Joan loves to make people laugh. Joan enjoys traveling, social celebrations and being around family and friends. She also enjoys singing and is a member of the St. John Choir and the Simbang Gabi Choir.



### **GRETEL NESS, Asst. Secretary**

Gretel, a partner and immigration attorney with the Portland firm of Parker, Butte & Lane, focuses her practice on employment immigration, family immigration, and citizenship issues. In line with her specialty, Gretel has the unique advantage of knowing firsthand what it is like to be an immigrant in a new country, having immigrated from the Philippines in 1985.

In her leisure time, Gretel enjoys spending time with her family, walking the beaches of Ocean Shores, WA, reading and traveling.



## FAAV Board of Directors and Officers 2016 (cont.)



### **JULIUS AGBAYANI, Auditor**

Julius, is the sole practitioner of Julius D. Agbayani, CPA PLLC. He is licensed to practice in WA and OR. He received his B.A. in Business Administration, with emphasis in accounting, graduating Cum Laude from WSU Vancouver in 2006. He specializes in small business accounting and taxation.

Julius is active in the community and serves as Treasurer of the Philippine American Chamber of Commerce of Oregon. He enjoys basketball and cycling. Win or loss, he loves to watch the Seattle Seahawks and the Portland Trailblazers.

### **EVELYN KATIGBAK MANALO, Public Relations Officer**

A pure Batangueña, Evelyn has been active with the Fil-Am Association of Vancouver, WA since 1990. She has served the association in different capacities, as its Chairman and as the PRO. She has brought various Filipino artists to perform in the Northwest such as Gary Valenciano, Vina Morales, Diva To Diva's Kuh Ledesma & Zsa-zsa Padilla, The Hitmakers and more. Most of these concerts have contributed to the fund-raising efforts of the association.

Evelyn was a former TV news anchor with PTV Channel 4 in Manila during Cory Aquino's government (1986-1992). She holds a degree in Mass Communication. Evelyn has two children, Trixie & Nico and she also owns and operates an adult care home in Portland.



### **ZENNY WAY, Newsletter Editor**

Zenny is a real estate broker specializing in new home sales and currently works for Lennar, a national homebuilder. She has been involved in several local community outreach programs and for the past seven years, has served on the FAAV Board of Directors. Zenny is looking forward to another exciting year serving as Newsletter Editor with the association.

Zenny and her husband Guy have two sons, Alex & Patrick, one daughter, Nicole, two teen grandsons, Alex & Mikey, and two unruly granddogs, Boris & Rocket. In her leisure time, she enjoys hanging out with family and friends, practicing yoga, and playing golf.

### **RITA SCHALJO, Webmaster**

Rita has been away from the motherland for over 20 years and feels honored and grateful to have found a home-away-from-home with the Fil-Am community in Vancouver, Washington where the warmth and camaraderie of the FAAV Directors and Barkadas are beyond compare. She loves the challenge of learning how to manage a website and contributing to the special projects of the association. She continues to work with special needs children and sings for the Lord on the weekends. She keeps in touch with family back home in Ilocos Sur through FaceTime, as well as relatives and friends all over the world through Facebook.

Rita and her husband, Steve, are proud of their daughter, Maria, who is now a senior in High School.



### **JON ORIBELLO, Photographer and DJ**

Jon was born in La Union, Philippines and is the oldest of 6 children. He migrated to the U.S. in 2009. Jon and his wife, Myrna, have a daughter named Jamela. His hobbies and interests are photography and music DJ. 2016 will be Jon's third year with FAAV and he is excited to be a part of the association and all that lies ahead.

### **VIVIAN TADEO, Welcome Wagon Representative**

Still keeping her cul-de-sac busy with constant company, Vivian is also the loving Lola of Mason Carlo Emmanuel Humphries, 7 years old and Jack Richard Enrico Humphries, 2 years old.

When not busy in front of her sewing machine creating tote bags, she tends to her garden sowing upo, kalabasa, sitaw, bataw, and patani. She not only sews and sows, she loves to welcome new "kababayans" to the family home she shares with husband Eric and daughter Noelle.



**FAAV Board of Directors and Officers 2016 (cont.)**



**BERNICE BEVARD, Director**

Born and raised in Manila, Bernice migrated to the U.S. and pursued her MBA from Gonzaga University in 2002. She moved to the Portland-Vancouver area when she married Nick in 2007. The Bevards have a daughter Audrey, and son, Liam. Bernice is currently a Sr. Financial Analyst at Nike

In her spare time, Bernice enjoys watching movies and relaxing with her family. Bernice has been involved with FAAV since 2008 and is looking ahead to 2016 with much anticipation.

**HILDA LAGAMON CONNERY, Director**

Hilda is from Laguindingan, Misamis Oriental on the island of Mindanao in the Philippines. She holds a Liberal Arts Degree from the Philippines, major in Home Economics, Culinary Arts, and Cosmetology, specializing in hair styling, hair color, and haircutting. She also holds a Massage Therapy License from the Philippines. She is currently enrolled at the Elite School of Beauty in Vancouver, WA so she can get licensed in the U.S. She came to the United States in September of 2014, and married Bob Connery in October 2014. She has one lovely daughter, Bhianca, who is a sophomore in High School.



**AMY FREEDLAND, Director**

Amy is looking forward to her 7<sup>th</sup> year with FAAV having served in several capacities over the years. She has been active in raising funds and garnering donations from local and overseas resources to support several FAAV and other fundraising projects close to her heart.

For 2016, Amy plans to enjoy her retirement with her husband Gary and live part of the year in the Big Island of Hawaii, where her two sons and their families reside. Her three grandchildren are Dillon DeMarcus, LeAndra Avrielle & Arie Kimiko Auli'i Freedland.

Amy is looking forward to working with the FAAV officers and board of directors in 2016!



**BERNIE GERHARDT, Director**

Bernie Gerhardt has been active on the FAAV Board for over six years. She came out of retirement to work part time for "Friends of the Carpenter", a Faith based Day Center for the Community. Bernie is a Volunteer and Community Outreach Manager, and has hosted three Filipino Muslim exchange students from Mindanao, for three separate school years to introduce the students to the American Culture and for the community to be exposed to the Filipino Muslim Culture.

When Bernie is not doing public service, she enjoys spending time with her son, Paul; her two daughters, Taryn and Amy; her three grandchildren, and three great-grandchildren.



**CORI SUSI-HARMS, Director**

A native of Pampanga, Cori is from the big Susi family. She migrated to Portland in July 1990, presently residing in Battle Ground WA with her husband Robert. Cori is a graduate of Philippine School of Business Administration. Cori believes in continuous education. She attended some classes in City University of Vancouver and Portland State University and also attended a lot of business conferences related to her field. She works for Meggitt OECO in Milwaukie as Asst. Controller. She has been a board member for OnPoint Community Credit Union for the past six years; past treasurer and board member of Aguman Capampangan, a Filipino American association in Portland which was co-founded by her late father-Ben Susi. Cori and Bob are parents to 20-year old twins – Kenneth and Jewel, who both live in Vancouver.

Cori has served FAAV for the past four years. She has high respect for the FAAV board and how it serves the FilAm community. Cori is taking a year of leave of absence to be able spend more time with her 80-year old Mom, Sol Susi, and her 6-month old grandson, Brady. She will continue to support FAAV this coming year, behind the scenes.



## 10 Skills That Are Hard to Learn But Pay Off Forever

### By Rachel Gillett

The best things in life may be free, but that doesn't mean they won't take time, sweat, and perseverance to acquire. That's especially the case when it comes to learning important life skills. In an effort to ascertain which talents are worth the investment, one Quora reader posed the question: What are the hardest and most useful skills to learn? We've highlighted our favorite takeaways.

**1. TIME MANAGEMENT** Effective time management is one of the most highly valued skills by employers. While there is no one right way, it's important to find a system that works for you and stick to it, Alina Grzegorzewska explains. "The hardest thing to learn for me was how to plan," she writes. "Not to execute what I have planned, but to make so epic a to-do list and to schedule it so thoroughly that I'm really capable of completing all the tasks on the scheduled date."

**2. EMPATHY** "You can be the most disciplined, brilliant, and even wealthy individual in the world, but if you don't care for or empathize with other people, then you are basically nothing but a sociopath," writes Kamia Taylor. Empathy, as business owner Jane Wurdwand explains, is a fundamental human ability that has too readily been forsown by modern business. "Empathy — the ability to feel what others feel — is what makes good sales and service people truly great. Empathy as in team spirit — esprit d'corps — motivates people to try harder. Empathy drives employees to push beyond their own apathy, to go bigger, because they feel something bigger than just a paycheck," she writes.

**3. MASTERING YOUR SLEEP** There are so many prescribed sleep hacks out there it's often hard to keep track. But regardless of what you choose, establishing a ritual can help ensure you have restful nights. Numerous studies show that being consistent with your sleep schedule makes it easier to fall asleep and wake up, and it helps promote better sleep in general.

**4. POSITIVE SELF-TALK** "Ultimately it doesn't matter what others think of you," writes Shobhit Singhal, "but what you think of yourself certainly does, and it takes time to build that level of confidence and ability to believe in yourself when nobody else does." On the other side of positive self-talk is negative self-talk, which Betsy Myers, founding director of The Center for Women and Business at Bentley University, believes can slowly chip away at your confidence.

**5. CONSISTENCY** Whether you're trying a new exercise routine, studying for the LSATs, or working on an important project, Khaleel Syed writes that consistency is vital to maintaining any kind of success. People often stop working hard when they reach the top, he explains, but to maintain that top position, they have to work harder and be more consistent in their work.

**6. ASKING FOR HELP** "I once was told in a job interview, 'You can't have this job if you can't ask for help when you need it,'" Louise Christy writes. "Naturally, I said I could. Later, I found out that the previous person with that job had screwed up big-time because he was in over his head but couldn't admit it and didn't ask for help."

She explains that knowing when you need help and then asking for it is surprisingly difficult to learn and do because no one wants to be perceived as weak or incompetent. But a recent study from the Harvard Business School suggests doing so makes you look more, not less, capable. According to the study authors, when you ask people for advice, you validate their intelligence or expertise, which makes you more likely to win them over.

**7. KNOWING WHEN TO SHUT UP — AND ACTUALLY DOING IT** "You can't go around whining about every other thing that seems not-so-right to you in this world," writes Roshna Nazir. "Sometimes you just need to shut up."

There are many instances when keeping to yourself is the best course. "When we are angry, upset, agitated, or vexed," writes Anwasha Jana, "we blurt out anything and everything that comes to our mind." And later, you tend to regret it. Keeping your mouth shut when you're agitated is one of the most valuable skills to learn, and of course, one of the most difficult.

**8. LISTENING** Along with shutting up comes listening, says Richard Careaga. "Most of us in the workplace are so overwhelmed with things to do — instant messaging, phones ringing. I mean, our brain can only tolerate so much information before it snaps," Nicole Lipkin, author of "What Keeps Leaders Up At Night," previously told Business Insider. One tip for active listening is repeating back what you heard to the other person. "It makes things so much easier when everyone is on the same page," she said.

**9. MINDING YOUR BUSINESS** "It takes ages to learn and master this," writes Aarushi Ruddra. Sticking your nose into other people's work isn't helpful and wastes time and resources, she says. "You have no right to put forth your two or four cents, even if you are the last righteous person standing."

**10. MASTERING YOUR THOUGHTS** To do what you want to do and accomplish what you want to accomplish, you need to consciously direct your thinking, writes Mark Givert. "The challenge is that we are the product of our past experience and all of our thinking is the result of this," he says. "However, the past does not equal the future."

## FAAV Board of Directors and Officers 2016 (cont.)



### **BOB OSILLA, Director**

Bob Osilla is a graduate of University of the East with a Bachelor's degree in Law. He retired from Comcast after 27 years and is now the Operations Manager for Santa Barbra Investments. Bob will be opening his own Filipino Bakery in Portland, called St. Barbra Pinoy Bakery in the next four to five months.

Bob is also an active member of both Fil-Am Portland and PACCO. He's very much looking forward to his third year term with FAAV.

Bob has been married to Charisse for the past 30 years and together they have one daughter, Jade. In his spare time, Bob enjoys camping, hiking, and traveling to exotic places.

### **LIELANIE VILLANUEVA, Director**

Lielanie is married to Julius Agbayani and together they have two girls, 11 year-old Alexa and 10 year-old Adrienne. She and Julius are expecting their third child in late January 2016.

Lielanie has been an active FAAV board member having served in various capacities since 2006. She is looking forward to assisting with the organization's 2016 projects. In her spare time, Lielanie enjoys gardening and crafts.



### **FAAV'S 2015 PHILIPPINE INDEPENDENCE DAY PICNIC**



FAAV's Annual Philippine Independence Day Picnic was held on June 13, 2015 at the beautiful Frenchman's Bar Park in Vancouver, Washington.

The day started with a 5k walk/run fundraiser hosted by the Philippines Nurses Association of Oregon and Washington (PNAOW). Funds raised were donated to Gawad Kalinaga in the Philippines.

The turnout was incredible! The main course, Lechon (roasted pig) was complimented with guests favorite dishes and desserts, creating a Filipino foods buffet. There was music by DJ Jon, and a variety of entertainment and activities including games, face painting, trivia, prizes, a tinkling dance group from Salem, karaoke, a song performance from Louranza, and a Zumba workout.



Thank you to the board members of FAAV, picnic committees, barkadas, family and friends that made this picnic another successful community outreach event by tirelessly working hard, completing assignments, multi tasking, helping out, and helping each other.

Thank you to everyone who attended including our usual association's supporters, Barkadas, family and friends. It was nice to see people having fun, laughing, smiling and enjoying the day together while celebrating the 117<sup>th</sup> Philippines Independence Day.

Let us take this opportunity to invite you to...

### **SAVE THE DATE!**

FAAV 2016 Philippine Independence Day Picnic

Saturday, June 11<sup>th</sup>, 2016

Frenchman's Bar Regional Park

Hope to see everyone again in our annual celebration.



## Summer Vacation 2015 (cont.)



Now it is time for the Singapore portion of the trip. This is the part of the vacation that I was most excited about since I have never visited this place before. We traveled back from Baguio City to Manila the day before for our morning flight out. I was in awe of the place from the time that we landed until the time that we left. I could tell right away that the Singaporean government spends a lot of money improving the country's infrastructure. They have an efficient transit system: taxis, double-decker buses, and rail transit. The place is expensive, but the comfort and security level of its citizens and people who live there shows through. Everything just seemed so well organized. Their downtown skyscrapers were awesome, and no one takes a trip to Singapore without posing in front of the Merlion, the half lion and half mermaid statue in downtown Singapore. Five days went by so fast that it was time to go before I knew it. Singapore is a "fine city", which means that they fine you for just about everything that you do wrong so everyone seems to be on their best

behavior at all times. We had a chance to visit their Chinatown, Jurong Bird Park, the Singapore Zoo, Marina Bay, and many other places. This is a trip that I highly recommend to anyone, but just be warned that it is listed as the most expensive place for a tourist to visit.

We flew back to Manila and spent the remaining four days of our trip squeezing in pasalubongs into our already fully stuffed luggage. We also used this time to just unwind and enjoy the time poolside. I would say that this last part of our trip was the most relaxing simply because we had no agendas planned. We were just unwinding while waiting for our trip back home.

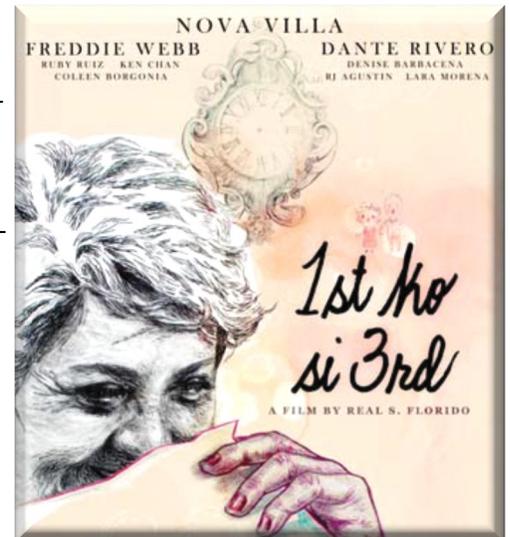
Now that we are back home and back to the daily grind of life here in the U.S., I am already missing the Philippines. Even though I tell my wife that the reason we go back there so often is because I made a promise that I aim to keep, deep inside I truly enjoy going back and I take the good and the bad with it. I love the place. I am, after all, Filipino.



### Filipino Independent Film "1<sup>st</sup> Ko Si 3<sup>rd</sup>"

On Saturday, September 19, 2015, main actor and veteran of Philippine movies Nova Villa came to Portland, together with the young director of the film Real Florido and young actor RJ Agustin and brought the show to Oregon and Washington. The film which was shown at the Fil-Am Community Center through the joint efforts of Evelyn Katigbak and Kuya's Cuisine was well-received by the Filipino American community in the area.

Prior to its showing, there was a luncheon hosted by Nova Villa's cousin, Vivian Tadeo, one of the board directors of the Filipino American Association of Vancouver, WA (FAAV). The luncheon was graced by friends and family of FAAV. It was indeed an enjoyable afternoon having the opportunity to take selfies and rub elbows with some "artista" or celebrities from the Philippines. Organizers are grateful for the support given by the community and plan to bring more quality films in the future to the area.



1<sup>st</sup> Ko Si 3<sup>rd</sup> (Third Was My First) is a Filipino independent, world-acclaimed film. It is a story of a 65 yr old woman, Cory, who faces the harsh reality of life in retirement. She accidentally gets reunited with her first love and finally the supposed first date happens five decades after they got separated.

# University of the Philippines Concert Choir (UPCC) Hosted By FAAV By: Lourdes Mashinski



With special thanks to the brilliant vocal talents of the University of the Philippines Concert Choir (UPCC) and the never-ending support of our audience, FAAV has completed another successful musical event in this year 2015!

UPCC is a world-renowned choir consisting of 25 gifted singers, an accomplished pianist, a very efficient tour publicist, and a distinguished conductor. After three months traveling throughout Europe, the choir arrived at the only West Coast concert destination in the U.S., Vancouver, Washington. FAAV has welcomed the choir to Vancouver multiple



times in the past making it a favorite stop for the choir as it feels very much like a second home to them.

After the long journey, the choir's excitement was palpable as they awaited their last performance in mainland USA. Prior to the main event, FAAV had a

variety of work to do, including but not limited to, general planning, venue selection, ticket design and printing, selection of and coordination with host families; and promotion and selling of tickets. The choir arrived from Dallas, Texas on August 7, 2015 and the FAAV Board of Directors and host families were at the airport to give them a most gracious welcome. The Board had organized a full schedule for them in the five days that they were in town. The week was filled with activities including: a get-to-know-your-host night; a couple of flash mob events held at The Grotto in Portland and the Vancouver Farmer's Market in Ester Short Park; shopping, dining, and lots of camaraderie with the FAAV community.

On Sunday, August 9th, dawned the day of the big event! FAAV, host families, and UPCC started the day by attending the morning mass at St. John the Evangelist where the choir was well received by the parishioners. The presiding priest expressed his delight with the vocalists with this comment, "It's like the angels are singing to us." The main concert at Northside Baptist Church, had FAAV and volunteers bustling around with preparations as everyone was committed to producing an excellent show. The two-story church was filled with attendees



and FAAV was extremely delighted to announce another sold out UPCC concert event!

UPCC's bold vocals, intricate choreography, and eye-catching costumes have the audience mesmerized for the length of the show. At the end of the concert, there was thunderous applause from the audience accompanied with great comments and requests for upcoming UPCC performances. FAAV and the local community are looking forward to hosting this talented group of performers again in the near future. Until then we will continue to wish them the best as their dedication and vast talents lead them to win award after award, and as they continue to entertain people across the globe with their remarkable musical gifts.

## Comments From the Audience:



**Jocelyn Mercado Minier**

That was an awesome concert. Hey, I think you deserve to charge more. Worth it.

August 10 · Unlike · 2 · Reply · Message



**Lara Tetz**

What a show! I enjoyed the concert tremendously! Better than the Broadway! Thank you so much for the wonderful and entertainment yesterday! Come back again Jai!

August 10 · Unlike · 2 · Reply · Message



**Jack Burkman** added 3 new photos — with **Sherry Burkman** and 4 others at **Northside Baptist Church**.

August 9 · Vancouver, WA ·

What a great concert put on by the University of Philippines Concert Chorus!

I didn't realize they had performed for almost 2 1/2 hours until it was over. The time flew by because we were all thoroughly enjoying their amazing talent. Vancouver was only one of twelve stops they made in the whole US. It was a honor to have them perform for us!



**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.

**Filipino American Events Calendar - Save The Date**

**DECEMBER 19, 2015 –**

**ADULTS CHRISTMAS PARTY**

DATE: Saturday, Dec. 19 TIME: 6:00pm- 12 midnight  
 SPONSORED BY: Filipino American Association of Portland and Vicinity, Inc.  
 LOCATION: Fil-Am Center, 8917 SE Stark Street, Portland, OR 97216  
 CONTACT: Ben Avecilla @ 503-761-6115

**DECEMBER 20, 2015 –**

**CHILDREN CHRISTMAS PARTY**

DATE: Sunday, December 20 TIME: TBA  
 SPONSORED BY: Filipino American Association of Portland and Vicinity, Inc.  
 LOCATION: Fil-Am Center, 8917 SE Stark Street, Portland, OR 97216  
 CONTACT: Ben Avecilla @ 503-761-6115

**DECEMBER 31, 2015 –**

**NEW YEAR'S EVE PARTY**

DATE: Thursday, December 31 TIME: TBA  
 SPONSORED BY: Filipino American Association of Portland and Vicinity, Inc.  
 LOCATION: Fil-Am Center, 8917 SE Stark Street, Portland, OR 97216  
 CONTACT: Ben Avecilla @ 503-761-6115

**2016**

**APRIL 29 TO MAY 1, 2016 –**

**11TH ANNUAL DISORIENT ASIAN AMERICAN FILM FESTIVAL OF OREGON**

DATE: April 29, April 30, May 1, 2016  
 SPONSORED BY: DisOrient  
 LOCATION: Bijou Art Cinemas, Eugene, Oregon  
 COST: \$5.00 to \$75.00  
 CONTACT: Anselmo Villanueva  
[anselmo@disorientfilm.org](mailto:anselmo@disorientfilm.org)  
 Check website for updates at [www.disorientfilm.org](http://www.disorientfilm.org)

**JUNE 11, 2016 –**

**PHILIPPINES INDEPENDENCE DAY PICNIC**

DATE: Saturday, June 11, 2016 TIME: 11:30am  
 SPONSORED BY: Filipino American Association of Vancouver, WA  
 LOCATION: Frenchman's Bar Regional Park, Riverview Shelter, 9612 NW Lower River Road, Vancouver, WA  
 CONTACT: Lourdes Mashinski @ 360-931-3812  
 Check website for updates at [www.filamvancouver.org](http://www.filamvancouver.org)

Be a Friend of FAAV  
 Apply for your Barkada card at:  
[www.filamvancouver.org](http://www.filamvancouver.org)

**Simbang Gabi Schedule - Washington and Oregon**

**2015 SIMBANG GABI VANCOUVER, WA**

- Dec 14 - 6:00pm:** St John the Evangelist Church, 8701 NE 119<sup>th</sup> St., Vancouver, WA 98662-1198  
 Contact: Fr. Achilles or Fr. Thomas Belleque (360) 573-3325
- Dec 15 - 6:00pm:** St Joseph Church, 400 S. Andresen Rd., Vancouver, WA 98661  
 Contact: Fr. Gary Lazzeroni (360) 696-4407
- Dec 16 - 6:00pm:** Our Lady of Lourdes Church, 4723 NW Franklin St., Vancouver, WA 98663-1718  
 Contact: Fr. Woody McCallister (360) 695-1366
- Dec 19 - 5:00pm:** St Thomas Aquinas, 324 NE Oak St., Camas, WA. 98607-1439  
 Contact: Fr. Gary Lazzeroni or Fr. Dean Mbuzi (360) 834-2126
- Dec 20 - 12:00noon:** Holy Redeemer Church, 17010 NE 9<sup>th</sup> St., Vancouver, WA 98684-6419  
 Contact: Fr. Tom Nathe (360) 885-7780

**2015 SIMBANG GABI - OREGON**

- Holy Trinity Catholic Church**  
 13715 SW Walker Rd., Beaverton, OR 97005  
 Dec 15 - Dec 23 @ 7:00pm and Dec 19 @ 5:30pm
- St. Therese Catholic Church**  
 1260 NE 132<sup>nd</sup> Av., Portland, OR 97230  
 Dec 15 - Dec 23 @ 7:00pm
- St. Joseph Catholic Church**  
 721 Chemeketa St. NE  
 Salem, OR 97301  
 Dec 15 - Dec 17 @ 7:00pm and Dec 20 @ 5:00pm