



FCDC TODAY

Filipino-American Community &
Development Center of Ocean County Inc.
2014 Bayaning Pilipino Awardee
May 2025

Member Spotlight - Yna Tresvalles



For Yna Tresvalles, theater has always been a way of making sense of the world — and of finding her place in it. Born in the U.S. and proudly Filipino-American, she grew up drawn to stories, music, and the magic that happens when people come together to create something bigger than themselves. That love led her to pursue a BA in Musical Theatre, first at Pace University in New York City, then transferring to the Royal Conservatoire of Scotland — a place that challenged her, shaped her, and made her believe in the power of her own voice.

Her years at the Conservatoire were full of growth. She played roles in Edinburgh's Fringe — Fiona in Shrek and Arachne in the original musical Godcatcher, as well as taking on roles at school, culminating with Charity in Sweet Charity for her senior show. Each one taught her something new about herself, and about the work. There were moments of self-doubt, moments of joy, and plenty of late nights — especially the ones spent on overnight trains to London for auditions while juggling school deadlines.

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Eventually, one of those auditions opened the door to the opportunity of a lifetime: the chance to play Anne Boleyn in the international tour of *Six the Musical*. The role felt like a beautiful fit — sharp, strong, playful, and loud in all the best ways. Yna brought pieces of herself to the performance, along with inspiration from the music and artists that raised her. Every time she steps on stage, it still feels surreal. For her, the role allows her to explore a show that represents women and tells their stories.

The *Six the Musical* tour has taken her all over the world, including finding her way home to the Philippines where she was able to perform for her extended family. It was a homecoming that was intergenerational and felt full circle for her, finally getting to share her love of theater with her mom and lola in the audience. Her parents flew to watch her homecoming show with all her extended family in Manila, who were able to greet her at the stage door, a time-honored tradition after seeing the show.



More than anything, Yna sees theater as a space for connection and visibility. Being part of a show that celebrates women's voices and stories —especially as a Filipina performer — is something she carries with pride and deep gratitude. She hopes her work opens the door a little wider for girls who look just like her.

Today, as she tours with Six, Yna holds close the lessons of her journey: show up fully, stay curious, keep going. The spotlight might be bright, but it's the quiet moments along the way that have shaped her most. - by Anna Tresvalles



YNA WITH BELOVED FAMILY, DR. MONETTE TRESVALLES, RUDY TRESVALLES, ANNA, MICHAEL, RUDY JR. AND MARY.



BLD YOUTH GROUP



YNA PERFORMED THE SALAKOT DANCE WITH FACES/FCDC



PRESIDENT'S CORNER

by Jasmine Alcid



Events

Santacruzán

We have recently concluded our 7th Santacruzán at St Luke's Church on May 10, 2025. We were blessed with great weather so the procession happened outdoors.

Our Hermano Mayor and Hermano Mayora were Mr. Nick and Mrs. Liza Lamprea of Ocean Care Services. We express our gratitude for their support to FCDC. They can be found on Facebook for more information about their business.

This year's Reyna Elena was Princess Cunanan. Her Constantine was Sida Pereira. Photos are available on FCDC Facebook site. Please check them out.

Thank you to all participants, volunteers, donors and all those who have contributed to the success of this event.

Ynaya Scholarship Winners

Congratulations to all winners of the 2025 Ynaya Scholarship. We are happy and proud of your dedication to learning and service to community.

FCDC Camp

Our Filipino summer Camp for the youth is happening on July 14-18 with a new indoor venue. Watch out for the signup link which will be emailed. Members who have paid their annual dues are welcome to join for free.

FCDC Band

Our special project for the year, FCDC Band, has started practicing. Anybody who still wants to join -children and adults- are welcome. Please find the signuLink on your email to sign up.



presents

2025 Dr Ynaya Scholarship Winners



Jason Villegas
\$2,000



Lorenzo Gatpolintan
\$2,000



Jillian Seno
\$2,000



Alyson Dar Juan
\$2,000

Congratulations!

Santacruzán 2025



Photo shows participants of 2025 FDCS Santacruzán held at St Luke's Church on May 10, 2025 with Fr. Michael Kennedy, Pastor of St Luke's Church, Toms River.



Hermano Mayor/ Mayora
Mr. Nick and Mrs. Liza
Lamprea of Ocean Care
Services



2025 Reyna Elena Princess Cunanan under
an arch getting ready for the procession,
with Haring Constantino Sida Pereira



May crowning

Things to know about FCDC's Reyna Elena 2025...

Princess Cunanan



-Artistic and creative – loves drawing and digital arts; spends much of her free time illustrating and working on digital projects

-Aspires to pursue a career in digital arts or a creative field in the future

-Enjoys volleyball – currently plays with her school and club teams, and is growing steadily in skill and confidence

-Make-up enthusiast – considers it another form of artistic expression and enjoys experimenting with different looks

-Sociable and outgoing – loves spending time with her friends and being part of group activities

-Sweet, kind, and supportive – friends often describe her as a great listener and someone they can always count on

-Currently working a summer job at Kohr's Ice Cream – enjoys the responsibility and interaction with customers

-Loves and values the Filipino community – enjoys participating in cultural events and learning more about her roots

-Family-oriented – close to her siblings and always willing to help out at home

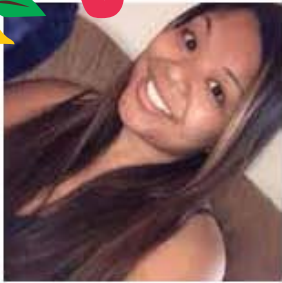
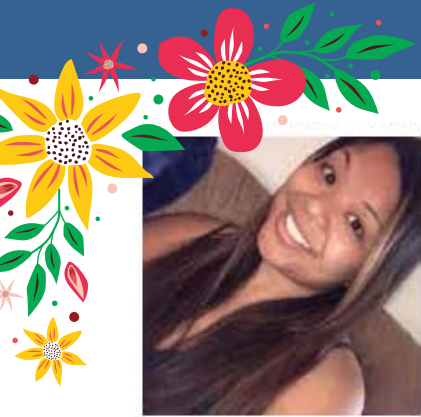
-Motivated and grounded – balances her academics, extracurriculars, and social life with maturity



*Santavcruzan
2025*

More photos
on
FCDC
Facebook





LETTER FROM THE EDITOR

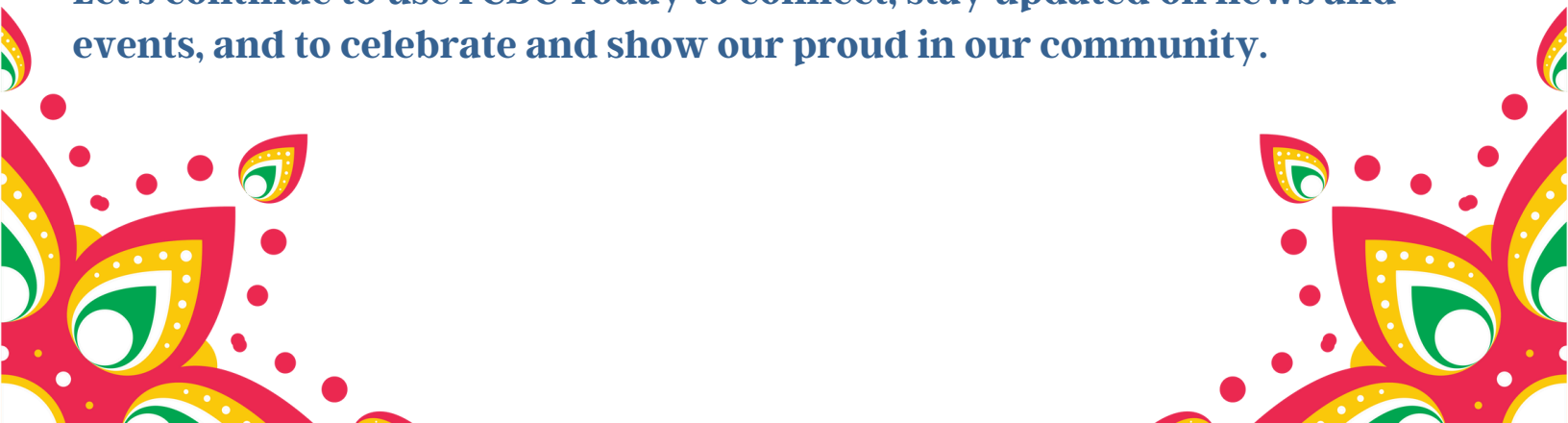
by Jamie Mariano

It's that time of year again! Graduation season is upon us! This means, one of my favorite FCDC Today issues is coming soon: our class of 2025 special edition!

We feature graduates from preschool and beyond. Graduates from any school can be featured. All FCDC members will be receiving an email with instructions on what to include if you would like you or someone you know to be featured in the graduation issue. Our aim is to publish it in July, to ensure that everyone has time to send pictures of graduates in their caps and gowns, and to make sure that everyone can be included.

This month is also Asian American and Pacific Islander Month. Thankfully, with FCDC and FCDC Today, we celebrate our heritage all 12 months of the year. With that said, once again, I appeal to all of you to contribute to our newsletter. Share accomplishments, recent events, recipes, poetry, artwork, etc. FCDC Today is about all of us! Thank you to our regular contributors, Ferlie Almonte and Zachary Lichter, and all of you who agreed to be our member spotlight.

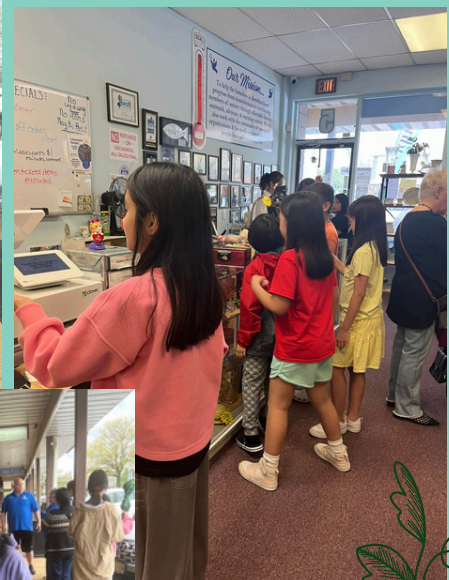
Let's continue to use FCDC Today to connect, stay updated on news and events, and to celebrate and show our proud in our community.



We thank Just Believe Inc., headed by Paul Hulse, CEO of Just Believe Inc., and Lisa Plaitis, Manager at Just Believe Inc. Boutique, for allowing FCDC to gain insight into the organization's mission to support the homeless through the humble contribution of clothing and household item donations.

We are glad that children are starting to understand the value of volunteer work and community service. Thank you to all the families who donated. We will also send the donated books to the Philippines to help those in need. If you missed our activity last April 26th, you may still drop off your donations at Just Believe. It is located at 734 NJ-37, Suite 5, Toms River, NJ 08755.

Thank you for your time and generosity.



The Beginning of Gardening Season: A Fresh Start for Green Thumbs

As the last frost melts away and daylight stretches into the evening, the gardening season officially begins—

a time eagerly awaited by seasoned growers and curious newcomers alike. With the soil warming and buds beginning to bloom, early spring marks the

perfect moment to reconnect with nature and start cultivating a thriving outdoor space.

This season is all about preparation. Gardeners clear out old growth, amend the soil with compost, and sow the first seeds of hardy vegetables like tomatoes, eggplants, and peppers. Flower beds are refreshed with early bloomers such as tulips, pansies and peonies, bringing instant color and life back into the yard.

Beyond the physical work, gardening offers a chance to slow down, breathe fresh air, and experience the joy of nurturing life. Whether you're planting in a backyard, on a balcony, or in a community plot, the beginning of gardening season is more than just a chore—it's a renewal of both the earth and spirit.

So grab your gloves, dig into the dirt, and let the growing season begin.

Many thanks to Maryann Payumo and Agnes Kasper for nurturing seeds into seedlings and generously sharing them with many of our FCDC members who wish to grow plants in their yards. Best wishes for a fruitful gardening season!



Remember those in need. Should your garden yield plenty of produce, donate your extras to a local food bank or church food pantry. Thank you for your generosity.

COOKING INSPIRATION

by Zachary Lichter



Growing up, I always loved steak. It mainly had to do with the fact that my Mom, Sharon Lichter, ate a lot of steak when she was pregnant with me. The flavors of the marinade, tenderness of the meat and the presentation of that big juicy steak makes my mouth water with excitement. I still have memories of my Dad cooking a porterhouse steak for my Lolo, the late Dr. Ynaya, for Father's Day. Steak is the meal you enjoy during a celebration and there are many ways you can enjoy it to your liking.

When I was telling people that I was cooking in my dorm, people were recommending dishes that I should cook. One of them was beef salipicao. Having never tried this dish before, it was not your ordinary Filipino dish because there was butter in it. But as many Filipino Americans know, everything tastes good in butter. It also involved beef tenderloin, which is a fancy cut of beef.

Cooking beef salipicao in a college dorm can be challenging, when you don't have the right cooking supplies with you. Since I didn't have a meat pounder, I had to pound the garlic using a frying pan. Thankfully, the garlic still tasted good even if it wasn't properly crushed. It was also strange marinating the beef with butter in the bowl. However, it did make it taste good in the end.



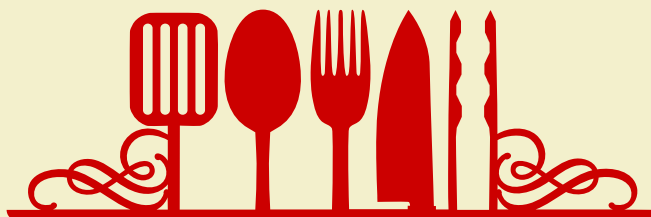
The following is the recipe I used from palansangpinoy.com

Ingredients

- 1 ½ lbs. beef tenderloin cubed
- 1 head [garlic](#)
- 1 teaspoon salt
- 3 tablespoons butter
- ¼ cup olive oil
- ½ teaspoon ground black pepper
- 5 tablespoons Worcestershire Sauce
- 2 tablespoons oyster sauce

Instructions

1. Pound garlic using a mortar and pestle tool.
2. Combine garlic and olive oil in a pan. Turn on your stove and set the heat to between low and medium. Cook garlic while stirring until it turns golden brown.
3. Remove the fried garlic and oil from the pan and place these in separate bowls. Set aside.
4. Combine beef, salt, ground black pepper, olive oil, and Worcestershire sauce. Mix well. Let it stay for 10 minutes.
5. Heat a clean pan. Once the pan gets really hot, sear the marinated beef until the sides turn brown.
6. Add oyster sauce and a bit of butter. Note: save the remaning butter for later. Continue cooking for 3 minutes.
7. Add remaining butter along with the fried garlic and parsley. Continue cooking until the liquid evaporates completely.
8. Share and enjoy





ATTITUDE ADJUSTMENT by Ferlie Almonte *Speaker. Author. Life Coach.*

ERASE NETWORKING FEARS

Does the idea of networking to grow your business terrify you? Do you dread going to events, feeling you'd feel awkward and be judged by strangers? Do you not know what to say to someone new to break the ice?

Networking is very important for entrepreneurs and business professionals. Whether you are in real estate, in law practice, a medical service provider, spa owner, finance or insurance agent, educator, filmmaker, entertainer or any type of entrepreneur, **YOU MUST CONNECT WITH YOUR COLLABORATIVE COMMUNITY** to grow your business, or fulfill your dreams and mission in life.

At the Annual Union County Women Mean Business Summit held this month at the Galloping Hills Golf Course & Country Club in Kenilworth, I was asked to be a speaker in an expert panel to discuss Networking with Purpose and to address the challenges that come with “going out to network.” That event resulted in me being invited by the head of three universities in New Jersey to speak to their students on building confidence, developing better people skills, and creating more effective networking strategies.

I could write a book on this topic but to hopefully eradicate some of our fears that come with networking, I will share a few tips on how you can feel more comfortable putting your entrepreneurial self out there.

1. Be clear of your intention. What is your goal? Who are you looking to meet? How will this course of action change your life or fulfill your ambition or mission?

YOU MUST BE OF THE MINDSET that you will be there **TO SHARE, NOT SELL**. Sales will follow when you connect and cultivate trust with the people you were born to serve.

2. Know your value. What talent or skills can you bless others with? Own it. Share it.
3. Be mindful of your energy that you bring. Smile genuinely. Bring your happy and positive self.
4. Compliment someone on something you see or feel that's amazing about them. People respond favorably to compliments.
5. BE OF SERVICE FIRST. Ask who you can connect them with. You will be richly rewarded in other ways, you'll see.
6. BE INTERESTED, NOT INTERESTING. Put away your ego and the need to brag about yourself. Ask others to speak about themselves. You'd find that's also a way for you to filter who aligns with your intentions, visions and values.
7. Look into people's eyes when you are having a conversation with them. It shows sincerity.



8. Create short but meaningful talk, offer to exchange contact info so you can follow up with a meeting. Allow them to circulate and connect with others during the event

9. Promptly send an email, text or call to follow up, expressing gratitude for the pleasure of connecting with them.

10. BUILD RAPPORT and RELATIONSHIP before asking for their business or referral. Those are earned, and would be more lasting.

REMEMBER... Choose the people you bring into your space wisely. After all, Your Network becomes Your Net Worth.

For more inspiring messages, follow @FerlieAlmonte on FB, IG and LinkedIn



Dear Friends and Supporters,

As the Filipino American Medical Society (FAMS) of Toms River brings its nonprofit operations to a close, we want to say thank you—from the bottom of our hearts.

Since our founding in 2000, FAMS has been a collective effort by Filipino-American physicians and supporters who wanted to make a difference. Together, we:

- Raised funds for communities in the Philippines and in New Jersey
- Collaborated to establish the Filipino Community Development Center (FCDC)
- United as a community committed to service

To our officers, members, donors, partners, and friends—your generosity and dedication have made all the difference.

FAMS may be closing its formal chapter, but its spirit will live on in the lives we've touched and the community we've built.

Maraming salamat po. Thank you for being part of this incredible journey.

With gratitude,
The FAMS Officers and Members
Filipino American Medical Society of Toms River
2000–2025



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and family

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support!