

# FCDC TODAY

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

## Member Spotlight 2025 Dr Ynaya Scholarship Winners

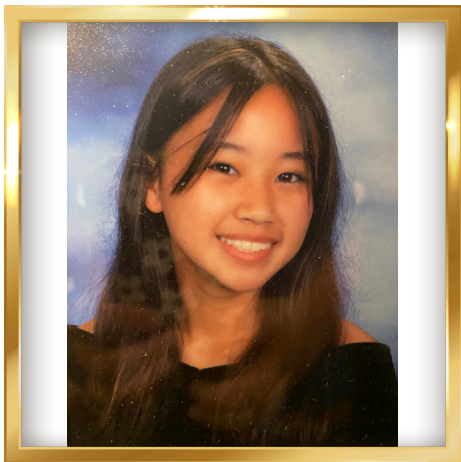


**Alyson Dar Juan**  
Nursing  
Ocean County College

*Congratulations*



**Lorenzo Gatpolintan**  
Civil Engineering  
Rutgers University



**Jillian Seno**  
Chemical Engineering  
University of  
Delaware



**Jason Villegas**  
Nursing  
Ocean County  
College

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## PRESIDENT'S CORNER

by Jasmine Alcid



### Filipino Camp

Summer activities offer immense value in a child's development by providing opportunities for learning, growth, and fun outside the traditional classroom setting. Engaging in outdoor play, sports, arts and educational programs during the summer helps children stay physically active, develop social skills, and explore new interests.

These experiences can also prevent the "summer slide" by keeping young minds engaged through creative and informal learning. Additionally, summer activities encourage independence, build confidence, and foster a sense of curiosity, all of which contribute to a well-rounded and resilient child.

### FCDC Band

Our FCDC Band is currently practicing Filipino songs. Some of the numbers have been specially arranged and customised to cater to the participants' instruments and skill level. We are still accepting members who wish to join the band (children and adults). Please contact Jasmine or Rica at [fc dcteam@gmail.com](mailto:fc dcteam@gmail.com) for more information.



### Variety Show

I have always wanted to do a follow-up of FCDC Rocks Variety Show which we did in 2019. A lot of reasons come into play preventing us from realizing it. However, we continuously pray that we will be given the perfect combination of "ingredients" for this year- a venue, good health of the community, participation of community talents, and content worth watching.



### cont... Filipino Camp

FCDC's Filipino Camp offers the above for one whole week free to members. It is our 4<sup>th</sup> year and we aim to build lasting memories through learning many cultural traditions. We hope you could join us. Signup is required and registration forms need to be submitted to join. Please check your email for the signup link sent a few weeks ago. Seating is limited.

For more information, please email [fc dcteam@gmail.com](mailto:fc dcteam@gmail.com).

## Dr. Ynaya Scholarship Awards Night



L-R: Jason Villegas, Alyson Dar Juan, Lorenzo Gatpolintan & Jillian Seno



FCDC officers and Board Members with the awardees

The 4th Dr. Ynaya Scholarship Awards took place on June 27, 2025, at the Clarion Hotel. It was a memorable evening filled with celebration. FCDC proudly recognized four senior students who excelled in academics, community service, and extracurricular activities. We are incredibly proud of our awardees for embodying the qualities of future great leaders. We wish them success in college and hope FCDC will be part of their journey. Congratulations to Jason Villegas, Lorenzo Gatpolintan, Jillian Seno, and Alyson Dar Juan.

FCDC also took the opportunity to honor Board Members who completed their terms. Mr. Rossano Jacinto and Ms. Ferlie Almonte both dedicated over two terms to serving the Filipino Community. Their commitment and passion led to the creation of engaging activities and cultural events enjoyed by all members. We extend our heartfelt thanks for the time they devoted as Board Members.

On this occasion, we welcomed the newly elected Board Members who will serve a term of three years. Chairwoman of the Board, Ms. Lorna Tejada, administered their oath. We are hopeful that they will help guide our organization toward achieving its goals.

Debuting that night was the FCDC Band, formed just two months prior. The songs they performed were carefully selected, as they evoked cherished memories from living in the Philippines. The emotions stirred by the music were truly remarkable. We are fortunate to have so many talented individuals in our close-knit community. The band featured a variety of instruments, creating a rich ensemble. Thanks to musician Mr. Michael Rosin, we successfully accommodated players of diverse skill levels. We were especially grateful to have Michael arrange "Forevermore" and "Magkaisa," resulting in an amazing performance. Mr. Rosin received an individual artist fellowship in music composition from the New Jersey Council on the Arts. He was the only Ocean County resident to receive this award in 2025.

No celebration is complete without line dancing! The band members led the dance floor, inviting everyone to join in on popular line dancing songs, all in the spirit of Filipino tradition.



# Inside Look at Ynaya Awards Night

Board member Malou Tupaz



L-R: Malou Tupaz, Jaye Jacinto, Steve Gallagher with Chairman of the Board Lorna Tejada, administering the oath.



Zachary Lichter



Emcee of the night



Past Board member Mr. Ross Jacinto



Past Board Member Ms. Ferlie Almonte



Jason Villegas and family



Alyson Dar Juan and family



FCDC President Jasmine Alcidi



2024 scholarship winner Chloe Uy



Lorenzo Gatpolintan and family



2024 scholarship winner Adrian Perono



The 2025 Scholarship winners with FCDC Officers, Board Members, Mrs. Nancy Ynaya and Zachary Lichter.



Jillian Seno and Family



line dancing

More Photos on FCDC Facebook site





## FCDC Band



FCDC Band with musical arranger and conductor, Mr. Michael Rosin

### Performers:

Therese Alberto - keyboard  
 Gillian Alcid - clarinet  
 Grace Alcid - Violin, trumpet and electric guitar  
 Gregory Alcid - Drums  
 Jaeda Batin - violin  
 Jason Batin - cello  
 Ellie Dar Juan - violin  
 Maxxine de Ocampo - trumpet  
 Lorenzo Gatpolintan - Bass guitar  
 Ella Jacinto - violin  
 Zoe Jacinto - violin  
 Liah King - trumpet  
 Kyle Koppin - electric guitar  
 Zachary Lichter - trumpet  
 Emma Payumo - violin  
 Adrian Perono - viola  
 Axl Perono - violin  
 Pax Perono - cello  
 Bella Sadsad - violin  
 Gia Tonog - violin  
 Elizabeth Tupaz - violin  
 Emma Tupaz - cello  
 Chloe Uy - violin

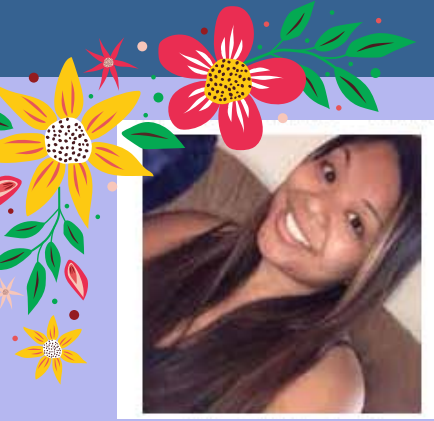
Band created by Jasmine Alcid



Adrian Perono and Bella Sadsad singing "Kisapmata"



Band practice



## *LETTER FROM THE EDITOR*

*by Jamie Mariano*



### **Summer BREAK**

It's officially summer break, and for many of us, it's not exactly a time-stands-still season. In fact, it's packed to the brim with sports clinics, camps, graduation parties, and family trips. It's the time to schedule doctors' appointments that didn't fit in during the school year. Even the fun days are exhausting because they involve planning, driving, cleaning, and oftentimes, earlier than usual wake-up times and much later bedtimes.

So, it might be a break from the routine of school, but it is not a break in the way we expect it to be: long, lazy days at the beach or poolside, sleeping in, lounging in pajamas all day. The daily demands are actually increased because the kids are home basically all day ... "bored," despite everything their parents planned for them or the fun they seemed to have had being with their friends all day.

Even so, summer is the best time for quality family time. There is less pressure in some areas of life, like trying to fit dinner, showers, and homework in between practices and bedtime. The days are longer thanks to the later sunsets, which does buy us some time, giving us extra daylight.

Whatever your "break" looks like this summer, enjoy the busy days and the lazy days, all of the memorable days that will not come around again.





## ***COOKING INSPIRATION***

***by Zachary Lichter***



Every adult can remember one or multiple dishes that their parents made for them during their childhood. One dish that my Mom made for me occasionally was her pork spare ribs. Out of everything she cooked for me, this one had to be my favorite because the meat was so tender and the sauce gave the rice a nice garnish. It always smelled good while they were baking in the oven. This recipe was actually my lola's, but she never made it for me growing up.

What makes this dish interesting is the cooking process. The ribs take eight hours to marinate in order to get the caramelization that you see in the picture above. They also are baked in an oven instead of being cooked on a grill. In fact, I didn't know that Americans end up with my mom making this recipe. I also grew up with my lola boiling spare ribs in her pork adobo, which is a recipe for another time.

When I made spare ribs for my friends, I made the marinade at 7:00 AM in the kitchen inside my dorm. I used St. Louis style ribs because that's what was only available in the grocery store and it was the same size as a spare rib. I marinated the ribs meat side down for four hours and then flipped them so they could marinate bone side down. The ribs turned out good and my friends enjoyed them. They enjoyed them so much that they ended up getting seconds and there was none left. If you plan on making this recipe, this is a good dish to cook on a weekend because of how long it takes to marinate the ribs. I don't recommend cooking this dish on a weekday. I also don't recommend bringing this dish to a party because it's very easy for the sauce to splatter in your car.

HERE IS MY MOM (SHARON LICHTER) / LOLA'S (NANCY YNAYA) RECIPE FOR PORK SPARE RIBS:

### INGREDIENTS

- 2 PACKS OF SPARE RIBS (1 PACK OF BABY BACK ALSO WORKS TOO)
- $\frac{3}{4}$  CUP OF SOY SAUCE
- $\frac{1}{2}$  CUP OF WATER
- $\frac{1}{2}$  CUP OF SHERRY WINE
- 2 TABLESPOONS OF HONEY
- 3-4 CLOVES OF GARLIC
- $\frac{3}{4}$  CUP OF WATER

### DIRECTIONS

1. MIX ALL OF THE INGREDIENTS FOR THE MARINADE IN A BAKING DISH
2. PLACE THE RIBS MEAT SIDE DOWN IN THE BAKING DISH
3. MARINATE THE RIBS MEAT SIDE DOWN IN THE REFRIGERATOR FOR FOUR HOURS. BE SURE TO COVER THE BAKING DISH WITH TINFOIL.
4. TAKE THE RIBS OUT OF THE REFRIGERATOR. USING A PAIR OF TONGS, FLIP THEM OVER, SO THEY ARE MARINATING BONE SIDE DOWN. PUT THEM BACK IN THE REFRIGERATOR SO THEY CAN MARINATE FOR ANOTHER FOUR HOURS.
5. WHEN IT IS TIME TO BAKE THEM IN THE OVEN. REMOVE THE TINFOIL FROM THE BAKING DISH. SET THE OVEN TO 350 DEGREES.
6. BAKE THE RIBS FOR 45 MINUTES UNTIL THEY ARE FULLY COOKED.
7. SHARE AND ENJOY







## ATTITUDE ADJUSTMENT

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

### ***A MUST READ FOR PARENTS***

This article was written by Dr. Luis Rojas Marcos, psychiatrist in 2021. The issue of mental illness among our youth remains prevalent. Awareness starts at home. The sooner we recognize changes in our children's behavior, the more we succeed in getting involved in positive intervention.

Dr. Ovid, pediatric neurologist, warns of a silent tragedy that is unfolding in our homes today.

There is a silent tragedy unfolding today in our homes, and concerns our most beautiful jewelry: our children. Our children are in an emotionally devastating state! Over the past 15 years, researchers have given us more and more alarming statistics on an acute and constant increase in childhood mental illness that is now reaching epidemic proportions:

Stats don't lie:

- 1 in 5 children have mental health issues
- A 43% increase was observed in ADHD
- An increase of 37% in teenage depression has been observed
- A 200% increase in the suicide rate among children aged 10 to 14 has been observed.

What's going on and what's wrong with us?

Kids these days are over-Stimulated and over-given material objects, but they are deprived of the foundations of a healthy childhood, such as:

- Emotionally available parents
- clearly defined boundaries
- Responsibilities

- **Balanced nutrition and adequate sleep**
- **Movement in general but especially outdoors**
- **Creative gaming, social interaction, informal gaming opportunities and spaces for boredom**

Instead, the last few years have been filled with the children of:

- **Digital Distracted Parents**
- **Pampering and permissive parents who let children "rule the world" and be the ones who make the rules**
- **A sense of law, to earn everything without earning it or being responsible for getting it**
- **Inappropriate sleep and unbalanced nutrition**
- **A sedentary lifestyle**
- **Endless stimulation, technological teddy bears, instant gratification and absence of boring moments**

**What to do ?**

If we want our children to be happy and healthy individuals, we need to wake up and get back to the basics. It is still possible! Many families are seeing immediate improvements after weeks of implementing the following recommendations:

- **Set boundaries and remember that you are the captain of the ship. Your children will feel safer knowing you have the government in control.**
- **Offer children a balanced lifestyle filled with what children need, not just what they want. Don't be afraid to say "no" to your children if what they want isn't what they need.**
- **Provide nutritious food and limit junk food.**
- **Spend at least one hour a day outdoors doing activities such as: Cycling, hiking, fishing, bird / insect watching**
- **Enjoy a daily family dinner without smartphones or technology distracting them.**
- **Play table games with the family or if the kids are too small for board games, let your interests be carried away and let them be the ones sending in the game**
- **Involve your children in a task or housework according to their age (folding clothes, ordering toys, hanging clothes, unwrapping food, setting the table, feeding the dog etc. The whole world**



- Implement a consistent sleep routine to ensure your child sleeps long enough. Times will be even more important for school-age children.
- Teach responsibility and independence. Don't overprotect them from frustration or error. Being wrong will help them develop resilience and learn to overcome life's challenges,
- Don't load your children's backpack, don't carry your backpacks, don't take on the tasks they forgot, don't peel their bananas or peel their oranges if they can do it themselves (4-5 years old). Instead of giving them the fish, show them how to fish.
- Teach them to wait and delay gratification.
- Provide opportunities for "boredom", because boredom is the moment when creativity awakens. Don't feel responsible for always keeping kids entertained.
- Do not use technology as a cure for boredom, nor offer it at the first second of inactivity.
- Avoid using technology during meals, in cars, restaurants, shopping malls. Use these moments as opportunities to socialize by training the brains to know how to function when they are in "bored" mode
- Help them create a "Boredom Bottle" with activity ideas for when they're bored.
- Be emotionally available to connect with children and teach them self-regulation and social skills:
- Turn off the phones at night when kids have to go to bed to avoid digital distraction.
- Become an emotional regulator or coach of your children. Teach them to recognize and handle their own frustrations and anger.
- Show them to greet, to take turns, to share without being left without anything, to say thank you and please, to recognize the mistake and apologize (don't force them), be a model for all these values that it instills.
- Connect emotionally - smile, kiss, tickle, read, dance, jump, play or spoil with them.

Article written by Dr. Luis Rojas Marcos, psychiatrist.

<http://palermonline.com.ar/wordpress/?p=65783>

**Adrian Wil Perono**  
**2024 Recipient of the**  
**Dr. Renato Ynaya Scholarship**  
**June 27, 2025 Speech at Clarion Hotel**  
**Toms River, New Jersey**



Hello, everyone! My name is Adrian Wil Perono and I was one of the recipients of last year's Dr. Ynaya Scholarship. First, I want to thank the Ynaya Family and FCDC for making tonight possible. Your support and generosity have truly made an impact—on my journey, and the journeys of so many others—and I'm always grateful for that. I'd also like to take a moment to thank all the families here today. You have sacrificed so much, and you have so much to be proud of. Finally, of course, I'd like to congratulate all the graduates. You've worked hard, you've earned this moment!

Alright, a little about me...

I just finished up my freshman year at Rutgers University on the pre-med track, I'm currently working as a Patient Observer at Southern Ocean Medical Center, and I'm also interning at Hackensack Meridian Health's Medical Research Institution doing research on pancreatic cancer. Through these opportunities, I've learned a lot about myself about what it really means to grow. The mantra I live by is, "We live and learn," and during my first year of college, I did a lot of living and even more learning. So tonight, I want to share a few lessons I picked up along the way.

### **Lesson 1: Seize every opportunity**

In college, opportunities don't usually fall into your lap; you have to actively pursue them. That might mean talking to your professors after class, asking questions, sending that cold email to a research lab, or showing up to something new even if you're nervous. You'd be surprised what can happen when you take that first step. And it's not just about internships and activities. Seize every opportunity to make your time count. One of the most important things I've learned is that time is a tool, and how you use it adds up. For example, it's really easy to fall into the habit of waking up 30 minutes before your first class of the day (I've been there), but I encourage you to wake up a little earlier and use that time to do something that really benefits you. Whether it's going to the gym, taking a walk, getting ahead on work, or just reflecting, these early hours can end up being the most productive and grounding parts of your day. So make every second count.



## Lesson 2: Surround yourself with the right people

As you navigate your first year, you're going to meet a lot of people. Some will come and go, but some will become your closest friends. Find the people who believe in you. People who inspire you to be better, who hold you accountable, and who celebrate your wins like they're their own. College is full of tough days and long nights, and trying to do it all alone makes it ten times harder. So don't be afraid to ask for help. Lean on others. And just as importantly — be someone others can lean on, too.

## Lesson 3: Practice gratitude whenever you can

Be grateful for the people who helped you get here: your family, your friends, your mentors, your teachers, your community. But also, be grateful for the path that's shaped you, even the messy, difficult parts. When I started college, one of the hardest transitions was going from a packed high school resume to what felt like starting from scratch. My professional resume felt empty, and that was hard to sit with. But over time, you'll begin to accumulate new experiences — new connections, projects you're proud of, meaningful work you've done — and these things are things to be grateful for. It's really easy to start comparing yourself to others and panic that you're not doing enough. When that happens, pause. Then take a moment to reflect on your own journey. Think about the experiences you've had: the challenges you've overcome, your wins, and your progress. Be grateful for these moments because they've taught you something, and they've shaped you. I want to be clear though: gratitude doesn't mean being satisfied with where you are forever. It means appreciating where you've been, so you can keep moving forward with confidence. You're not behind. You're becoming something, and what you're building is something truly incredible: you. To circle back to my mantra — "we live and we learn" — with this combination of living and learning comes growing.

During your first year of college, you're going to have all kinds of new experiences — some exciting, some challenging, all meaningful. And each of those moments will come with lessons that are uniquely your own. Use them. Allow them to shape who you're becoming. College is going to be such a special chapter in your life. You're stepping into a place full of living, learning, and growing—and from everything I've seen tonight, I know you're more than ready for it. You're a brilliant group of individuals, and I truly can't wait to see all that you'll accomplish.

Thank you.

**CHLOE UY****Dr. Renato Ynaya Memorial Scholarship Awards****June 27, 2025 2024 Recipient of the****Dr. Renato Ynaya Scholarship****June 27, 2025 Speech at Clarion Hotel****Toms River, New Jersey**

Good evening, everyone! I'm so excited to see everyone and speak to you all here tonight. I'd like to acknowledge the behind-the-scenes work and dedication for this event, so thank you very much to everyone who made tonight possible!

I'm Chloe Uy, and I was one of last year's recipients for the Dr. Rene Ynaya Scholarship Foundation. Dr. Ynaya was one of the founders of FCDC (as well as other organizations), and we all fondly remember him for his fervor for life and helping those around him. I'd like to extend my gratitude to the judges who evaluated my application and helped me put money toward my education at Rutgers University-New Brunswick.

I'm a rising sophomore through the Honors College, and I'm very fortunate to continue higher education. I'm officially declared as a Molecular Biology and Biochemistry major with an intended minor in Music as a pre-med student.

I graduated from the Marine Academy of Technology and Environmental Science in Manahawkin, fondly known as MATES. Graduating from a small class size of 65 students to suddenly attending the state university of NJ was a bit of an adjustment, and that's actually what I'd like to talk about—navigating college.

The thought of college was exciting and frankly a little nervewracking as a freshly graduated high schooler, but I always had my support system, my friends and family, to help me through. Navigating my first year in college came with realizations and life lessons, but it also presented me with opportunities and friendships for me to learn from. My biggest piece of advice is to always take advantage of the opportunities presented to you. To put yourself out there and be comfortable with being uncomfortable. Rejection and unexpected outcomes are normal and give you ways to grow—view them as redirection and not failure.

Your first year is a time for you to explore your interests and what really makes YOU tick. What do you really like? What is something you've always wanted to try? Find the time to appreciate your independence and embrace it with confidence. Always make the effort to develop your interests professionally and personally—little steps make big progress over time. I'm very blessed to be involved with many organizations and opportunities on campus after exploring the resources offered at Rutgers.

And on the flip side, remember that you aren't perfect. College life is different from high school life. Give yourself grace for mistakes that you make—one mistake does not throw you off track completely and does not define who you are. The achievements and opportunities that others receive is not a reflection of your "failure" or "lack thereof." It does not make you any less of who you are and what you've done to get to where you are today. Acknowledge areas to improve on, and make the effort to improve. That's what counts.

Lastly, find reasons every day to keep pursuing what you love. For me, it's my family. Everything I do is for my family. My mama, my papa, my cousins, Titas, Titos, Lolos and Lolas alive and passed, it's for the people who I love and who have supported me my whole life.

To this year's seniors, be thankful for the time you have in your first year. Enjoy your freshman dorm if you're dorming. This is the time to build friendships and relationships with others. Remember that you will figure it all out, just like you've always been doing. Thank you all for tonight, and congratulations to this year's recipients





# Ocean County's Simbang Gabi 2025

Theme: "Jesus is the HOPE for this holy season"

DEC  
13

**ST. JUSTIN THE MARTYR  
ROMAN CATHOLIC CHURCH**  
975 Fischer Blvd.  
Toms River, NJ 08753  
President: Fr. Mark Kreder  
Rosary 6:30pm Mass 7pm

DEC  
18

**THE CHURCH OF  
ST. MARTHA**  
3800 Herbertsville Rd  
Point Pleasant, NJ 08742  
President: Fr. David Swantek  
Rosary 6:30pm Mass 7pm

DEC  
14

**CHURCH OF  
ST. DOMINIC**  
250 Old Squan Road  
Brick NJ 08724  
President: Fr. Carlo Calisin  
Rosary 7pm Mass 7:30pm

DEC  
19

**CHURCH OF ST.  
MONICA**  
679 W Veterans Hwy  
Jackson, NJ 08527  
President: Fr. Alex Enriquez  
Rosary 6:30pm Mass 7pm

DEC  
15

**ST. JOSEPH'S ROMAN  
CATHOLIC CHURCH**  
685 Hooper Ave  
Toms River, NJ 08753  
President: Fr. Scott Shaffer  
Rosary 6:30pm Mass 7pm

DEC  
20

**ST. LUKE'S ROMAN  
CATHOLIC CHURCH**  
1674 Old Freehold Rd  
Toms River, NJ 08755  
President: Fr. Mike  
Kennedy  
Rosary 6:30pm Mass 7pm

DEC  
16

**ST. JOHN'S  
CATHOLIC CHURCH**  
619 Chestnut St.  
Lakehurst, NJ 08759  
President: Fr. Tito Ignacio  
Rosary 6:30pm Mass 7pm

DEC  
21

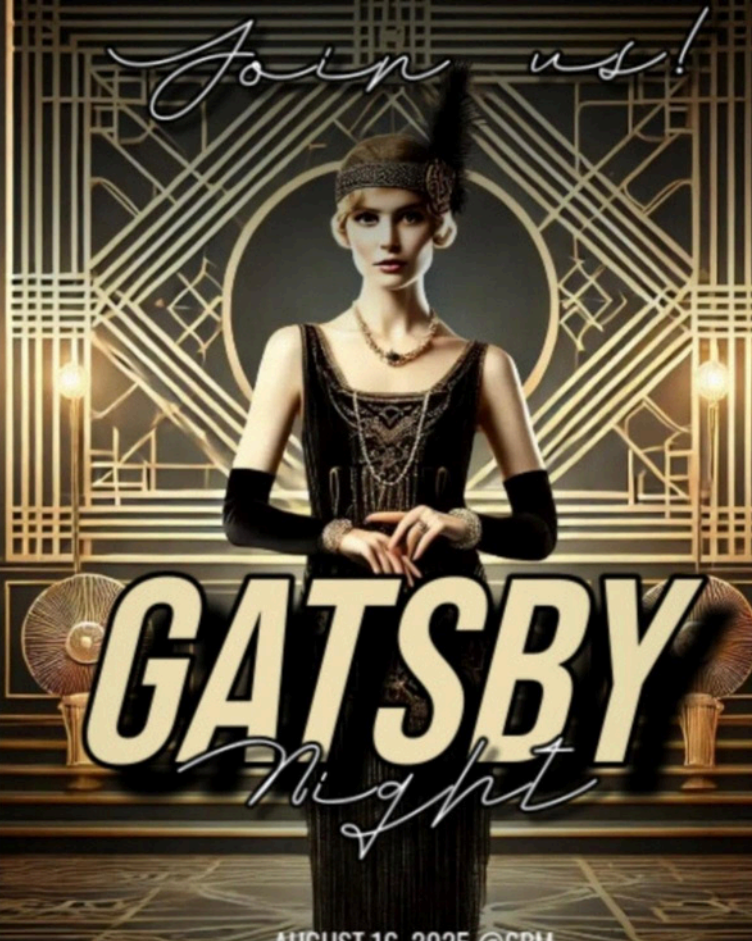
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KOLBE CHURCH**  
130 St Maximilian Ln  
Toms River, NJ 08757  
President: Very Reverend  
Edward Blanchett  
Rosary 5pm Mass 5:30pm

DEC  
17

**ST. MARY OF THE  
PINES**  
100 Bishop Way  
Manahawkin, NJ 08050  
President: Fr. Vic  
Magdaraog  
Rosary 6:30pm Mass 7pm

Merry Christmas and a Happy New Year

Join us!



# GATSBY

Night

AUGUST 16, 2025 @6PM  
Clarion Hotel Toms River, NJ

DINNER • DANCE • PHOTO BOOTH • DOOR PRIZES  
\$60.00/PERSON

RSVP: 8/8/25  
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# Sto. Niño Festival

July 20, 2025  
Sunday - 2 PM Mass  
St. Luke's Church  
1674 Old Freehold Rd, Toms River, NJ

Bring your Sto Niño for blessing/dancing  
-Refreshment. POTLUCK. After Mass.

Contact  
Joji -908 783 2680  
Carol D.- 732 278 1941





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**Toms River, NJ**  
**08754**

**NEW**

We welcome  
our new  
members!  
**Celine Gomez &  
family**

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support!