



FCDC TODAY

Filipino-American Community & Development Center of Ocean County Inc.
2014 Bayaning Pilipino Awardee
March 2024

Member Spotlight - Aimee Carancho Lazaro



Hello, my name is Aimee Carancho Lazaro. I was born in Belleville, NJ . I grew up in Newark and attended Saint Francis Xavier School. My family and I eventually relocated to Howell in 1986 . I attended elementary school at Holy Family a nd graduated from Monsignor Donovan H.S. (Donovan Catholic). I completed my bachelor's degree in Psychology at Monmouth University, but

afterward, I went on to pursue Nursing. My initial nursing job was in Geriatrics, where I stayed for one year. Since then, I switched to Pediatrics, which I've done for 7 years.

I adore working with children.

My mother immigrated to the United States in 1970 from Ilocos Sur to practice Nursing. My father (from Urdaneta , Pangasinan) soon followed in 1971 and was employed in Engineering. My parents raised my older sister (who passed during childhood) and I with traditional Filipino culture and values, even though we were American- born Filipinos.

CONTENTS

Member Spotlight [Page 1-3](#)

Editor's Note [Page 4-5](#)

President's Corner [Page 6-7](#)

Events [Page 8](#)

Attitude Adjustment [Page 9-10](#)

Poem [Page 11-12](#)

Ads [Page 13](#)

I appreciated them making Filipino dishes for every meal, being taught how to respect my elders, learned to call my older sister "Ate " and even learned Ilocano and Tagalog . Also, even though we didn't have extended family locally, I enjoyed growing up with our close family friends. I called everyone by " Tita" and "Tito" and saw them as my real aunts and uncles. Their children were like my own cousins as well. With both my children, I hope to raise them with the traditional Filipino upbringing as my parents have.



After graduating college, I took some time off to go to the Philippines (which I stayed for 6 months) to enjoy and learn about my roots . During my stay, I met my future husband Christian (from Malabon) through my relatives. We have been married for 20 years and are blessed with two wonderful daughters , Alexa (12 years) and Ava (4 years). We are happily residing in Howell.



FAMILY

In my spare time, I enjoy going out with my family and friends. I also love day trips and mini-vacations with my family. We enjoy spending time at the boardwalk, visiting museums, and going to Six Flags. Last summer, we went camping, which my girls enjoyed. They both found their love of fishing and we now enjoy fishing and crabbing locally. Currently, I love spending time with my girls making beaded bracelets, baking and cooking with them, and teaching them how to sing. We also enjoy the quality time of having weekly family game nights and movie nights. Our children are only young once...so I'm trying to make moments count and for them to remember fond memories.

I joined FCDC in the summer of 2023. I wanted my family, especially my daughters, to be part of the local Filipino community. I wanted them to meet other Filipino-American children, learn about Filipino culture, values and be proud of who they are and where they came from. They both attended the FACES summer camp and they were so overjoyed! I am grateful for FCDC and FACES for being kind enough to welcome my family and I into their wonderful community.



love



THANKFUL
grateful
BLESSED



*LETTER FROM THE
EDITOR*
by Jamie Mariano



Education is the key to success. But what if the key does not open the door because the recipient of that key is unwilling to use it?

I read that out loud to my 10-year-old daughter, and it was a lot to comprehend, so I'm going to assume some of you might not understand what I mean either.

You can give people the tools and the opportunities that will potentially set them up for success. The operative word is "potentially." No matter what you do for someone, if they don't use what they've been given, or take advantage of the opportunities afforded to them, there is nothing you can do. You are not in control of what others are doing with what you've taught them or invested into them.

The subject of my column is based on my 12-year-old son, who actually told me to write about him going back to public school. For many reasons (maybe excuses as well), he struggled to be motivated to learn and lacked the self-discipline to complete assignments in class and at home. His teachers, guidance counselor, and myself, tried to strategize and inspire him. There was nothing left for us to do but hope that he would motivate himself and put in the work.

I pulled him out of public school and chose an online academy, and I also supplemented with my own homeschool curriculum. Being away from friends, and having a full-time working mom/homeschool teacher, took a toll on him. He eventually fell into old habits and couldn't climb out of his lack of motivation. So, back to public school!

I know there is hope for his future. The education and how he receives it is not what matters. What matters are the habits and discipline that must be developed. I said it at the beginning of his middle school journey: "I don't care how you learn, as long as you do."

Individuals learn at their own pace, in their own way, and have their own strengths and weaknesses. Not every student will master the art of writing a research paper. Not every student will find the value in learning how to measure angles. Students will not use everything they learn in their future, but they are expected to earn high marks on subjects that do not matter to them.

Encouraging kids to be motivated and disciplined, to be respectful and a team player, are the basic skills that come from going to school and learning. Those skills are transferrable to real life and career. Exercising their minds by using a variety of subjects sounds good, but not every student wants to learn a variety of subjects, so they "workout" less in those subject areas.

Not one person in this world is exempt from doing things we do not want to do. There are options, but then there are also requirements.

That is actually what schools are teaching. So, if you are like me and are challenged by an intelligent kid who simply lacks the inspiration to learn things that seem irrelevant at this time, remember that every person is different. Show a lot of grace, do not let up on consequences and discipline, and keep in mind that your child can still become a successful adult.

Most of the school subjects will always be irrelevant to your child's life, but what will be most pertinent are his or her work ethic, motivation to complete what he or she started, and self-confidence. That is the bigger picture.





PRESIDENT'S CORNER

BY JASMINE ALCID



MARCH IS NATIONAL WOMEN'S MONTH IN THE PHILIPPINES AND U.S.

Celebrating women in the month of March is important because it brings awareness to the many contributions and achievements of women throughout history. It is a time to recognize the progress that has been made in terms of gender equality and to acknowledge the ongoing work that still needs to be done. By highlighting the stories of influential women and promoting their accomplishments, we inspire future generations of women to pursue their dreams and break down barriers.

Celebrating women in March not only honors their successes, but also serves as a reminder of the importance of gender diversity and inclusivity in all aspects of society.

UPCOMING EVENTS

★ DR. YNAYA SCHOLARSHIP APPLICATION DEADLINE - MARCH 31

★ SANTACRUZAN - MAY 18

**FILIPINO-AMERICAN COMMUNITY AND DEVELOPMENT CENTER
OF OCEAN COUNTY, INC. (FCDC)**

PRESENTS

DR. RENE YNAYA SCHOLARSHIP 2024

FINANCIAL SCHOLARSHIP TO A GRADUATING HIGH SCHOOL STUDENT ATTENDING A PUBLIC OR PRIVATE SCHOOL IN OCEAN COUNTY WHO WILL ATTEND A 4-YEAR COLLEGE COURSE

DR. RENE YNAYA WAS A CARDIOLOGIST IN TOMS RIVER WHO PRACTICED HIS PROFESSION FOR OVER 50 YEARS. HE WAS A FOUNDING MEMBER OF FCDC AND FAMS (FILIPINO-AMERICAN MEDICAL SOCIETY) OF TOMS RIVER.

CRITERIA:

- OPEN TO FCDC/ FACES MEMBERS OR ANY FILIPINO-AMERICAN STUDENTS IN OCEAN COUNTY
- STUDENT MUST BE IN GOOD STANDING WHO DEMONSTRATES AN INTEREST IN PURSUING A 4-YEAR COLLEGE PROGRAM.
- STUDENT MUST WRITE AN ESSAY ON WHY HE/SHE HAS AN INTEREST IN HIS/HER CHOSEN FIELD (MAXIMUM OF 350 WORDS).
- STUDENT MUST SUBMIT A 3 YEAR GPA IN HIGH SCHOOL.
- STUDENT MUST SUBMIT 2 LETTERS OF RECOMMENDATION FROM A TEACHER OR INFLUENTIAL ADULT IN THEIR LIVES (NON-FAMILY MEMBER) AS TO WHY HE/SHE DESERVES TO RECEIVE THE SCHOLARSHIP.
- STUDENT MUST SUBMIT A RESUME DETAILING EXTRACURRICULAR ACTIVITIES, YEARS OF MEMBERSHIP AND INVOLVEMENT IN FCDC/FACES, AND OTHER VOLUNTEER/COMMUNITY SERVICES. A PHOTO MUST BE ATTACHED.

8 WINNERS WILL BE CHOSEN WHO WILL RECEIVE \$5,000 (1ST PRIZE), \$3,000 (2ND PRIZE), \$ 2,000 (3RD PRIZE) AND 5 CONSOLATION PRIZES OF \$500. WINNERS WILL BE AWARDED AT THE END OF THE SCHOOL YEAR.

DEADLINE OF SUBMISSION: MARCH 31, 2024.

**FOR MORE INFORMATION, PLEASE CONTACT FCDC AT
FCDCTEAM@GMAIL.COM.**

SANTACRUZAN

SAVE THE
date

FCDC's 6th Santacruzán
LIVE procession!

When: May 18, 2024, Saturday

St. Luke's Church,

1674 Old Freehold Rd, Toms River, NJ

Time: 2:00pm Assembly

2:30-3:30 Procession

4:00pm Mass

5:00pm Refreshments at the
St Luke's Social Hall

Potluck: Sign-up genius link attached

For any questions please email
fdcteam@gmail.com





ATTITUDE ADJUSTMENT

by Ferlie Almonte

Speaker. Author. Life Coach.

COULDA, SHOULDA, WOULDNA

Revealing our age, most especially for women who are more seasoned in age, is something many are not comfortable with, for whatever personal reasons they have. I respect that, and would love to understand why some go at great lengths to hide their age.

Having had cancer taught me great lessons:

♥ The privilege to live longer and get older is a blessing. We are not defined by our looks, but by our mindset, our character, the strength of our will, depth of our faith and the compelling why we must live.

♥ Everything is temporary. Losing our hair with chemo. Losing the youthful luster and natural color of our hair. Weight loss or weight gain. Emotional highs and lows. Hormonal changes. Just to name a few. Our attitude through life's roller coaster dictates our state of being.

♥ Tomorrow is not guaranteed. Let us live our lives fully, boldly, fearlessly and proudly.

♥ No more Coulda, Shoulda, Woulda

♥ Those who love us, care for us, and appreciate us, will stay and support us unconditionally.

So...SEEK MORE. DO MORE. BE MORE. At any age.

Some ladies are mortified about sharing their age like it would be used to judge them...



"I am 62. I am grateful for my Gift of Life & for my blessings & lessons in life. Happy for the chance to get more seasoned in age, and be able to do more and be more."

Ferlie Almonte



Women's Day By Sisa Batongbacal

They say views on women's rights,
Has now improved in the Philippines.
A lot of women are now schooled.
Doors are now open in whatever profession,
To be managers of big corporations,
Or soldiers or policewomen to become generals.

However, in poor communities,
A lot of women are still confined,
To the skirts that cover the problems,
Of the household, be a man's trophy,
A calendar girl for a cheap drink.
To be battered by her husband,
And yet keep things calm.
How many more are chained,
To the locks placed by hideous criminals
Who sells women online for dirty pleasure?

Isn't their love enough?
And the touch of their caring hands?
While men and women were created all the same,
And women even bearing wombs,
That assures the future of humanity,
And a motherly care that endures heartache and pain.

The problem is rooted within the system,
Of this patriarchal society.
While women represent half of the population,
They are only given a handful of rights and power;
The system seemingly tells:
It is not for her or she's just made for certain things.
But the truth has no voice,
That the real freedom for women,
Requires equality in society,
Regardless of race, color, or gender.





Araw ng Kababaihan Ni Sisa Batongbacal

Malaki na raw ang iniusad ng karapatan
Ng kababaihan sa Pilipinas
Mas marami nang nakapag-aral
Bukas ang pinto saanmang propesyon
Maging manedyer ng malaking korporasyon
Kung sundalo't pulis ay maging heneral.

Subalit sa maralitan mga komunidad
Nakararaming babae'y nakakulong pa rin
Sa paldang taga-imis ng problema
Ng pamamahay, tropeyo ng mga macho,
Palamuti sa kalendaryo ng mumurahing alak;
Tagapasan ng relasyong ang pampakalma't
Pampatulog ay mura, tadyak, suntok;
Ilan na nga kaya ang napipiit pa araw-araw
Sa silid-kubakob ng manggagantsong kriminal,
Pinagputang babaeng ibinebenta
Sa internet ang katawan?

Hindi pa ba sapat kanilang pagmamahal?
Pag-big ba'y kapos, haplos ng mapag-arugang kamay?
Magkasabay na nilikha ang babae at lalaki,
Subalit babae lamang ang may sinapupunang
Magpapatuloy ng lahi, sintang mag-iiwi
Ng pangarap, kahit sinusugatan ng pighati.

Kakabit ng sistema ng puhunan,
Kinasadlang patriyarkal na lipunan
Ng kababaihang kalahati ng daigdig,
Ngunit mumunti ang karapatan at kapangyarihan;
Sistema rin itong nagyayabang:
Hindi bagay o kasangkapan ang babae!
Subalit walang tinig ang katotohanan,
Na ang ganap na kalayaan ng babae
Ay sa pag-abante ng lipunang magtatanghal
Na anumang lahi, kulay, kasarian
Tao'y mabubuhay ng pantay pantay!





SHARE YOUR STORY
Email our Editor-in-Chief
Jamie Mariano at
jamiefcdctoday@gmail.com

PLEASE SUPPORT OUR ADVERTISERS

A&W Allergy & Asthma Center of Lacey, LLC
Janet Ang Tumalian, M.D.
Board Certified, American Board of Allergy & Immunology
606 LACEY ROAD FORKED RIVER, NJ 08731
525 ROUTE 70, SUITE 3C BRICK, NJ 08724
609-693-6464 732-370-8006

ALBERTO, ALBERTO, GABRIEL & JIMENEZ MEDICAL ASSOCIATES, P.A.
INTERNAL MEDICINE AND DIAGNOSTIC DIVISION
FENATO D. ALBERTO, M.D. • PRISOLLA M. ALBERTO, M.D.
TIMOTHY C. GABRIEL, M.D. • MARTIN Z. JIMENEZ, M.D. • VIRGILIO R. MARINAS, MD
MELISSA M. ALBERTO-SULIGLIN, MGR. • SHEILA M. ALBERTO-SOARES, MLT
25 MULE ROAD • SUITES A 1 TO A4 • TOMS RIVER, NEW JERSEY 08755
TELEPHONE: 732.240.0404 • FAX: 732.244.3555

OSCAR T. ORTIZ, M.D.
RONALD B. VILLANUEVA, M.D.
FRANCISCO D. CRUZ, M.D.
1163 ROUTE 37 WEST • SUITE A-1
TOMS RIVER, NEW JERSEY 08755
732-736-1000 • FAX 732-736-8811

OFG OCEAN FAMILY GASTROENTEROLOGY
RANGAS LOKCHANDER, MD
NEIL NAGARIA, MD
JOSE R SUATENGCO, MD
REKHA VARGHESE, PA-C
GABRIELLE CORPUZ, PA-C
WENDY STRATTON, APN
Phone: 732-281-1590 Fax: 732-281-1593
OceanFamilyGastro.com

OLIVIA ORTIZ, M.D.
EVELYN TIU, M.D.

1163 ROUTE 37 WEST, SUITE A-1
TOMS RIVER, NJ 08753
732-505-4007 • FAX 732-736-8811

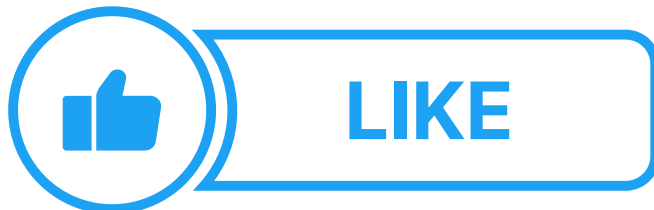
Atlantic printing & design
467 Lakehurst Rd, Toms River, NJ 08755
732.557.9600 | 732.557.9601 (f)
775 North Main St, Manahawkin, NJ 08050
609.597.2727 | 609.597.3715 (f)
info@apadnj.com | www.apadnj.com

Whiting Medical Associates, LLC
65 Lacey Rd STE A, Whiting, NJ 08759 Tel. 732-350-0404
Crisnoel Cervantes, MD * Mario L. P. Gallardo, MD
Vicente Magsino, Jr. MD * Danna Dela Cruz, MD



FCDC
P.O. Box 1418
Toms River, NJ
08754

Find us on Facebook.



You can now visit our website to pay our yearly membership dues
www.fcdcnj.org
Thank you for your support!