



FCDC TODAY

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

Member Spotlight Zayne Gomez

Hey there! I'm Zayne, but my family and friends like to call me Zac. I'm five years old! I'm starting kindergarten this September at Westminster Nursery School!



I really enjoy playing Hot Wheels and the Mario Kart games on my Nintendo Switch and listening to music. When I grow up, I want to be a builder. I'm thinking about building a robot.



Summer camp was wonderful! I made new friends there, like Kuya Rayden. The summer camp was a blast, but wow, it really wore me out since I didn't get a chance to nap! I'm definitely planning to join the summer camp next year! By then, I'll be 6 years old, full of energy, and hopefully, I can join in on the big kids' games.



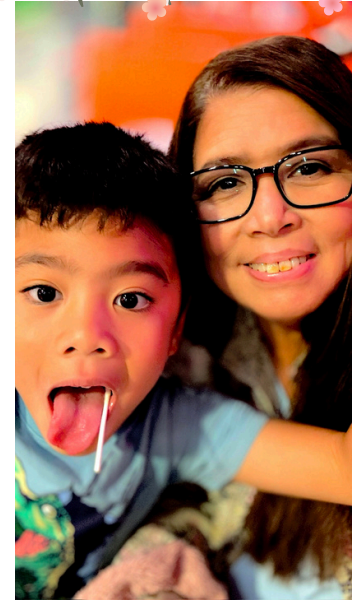
CONTENTS

Member Spotlight	Page 1-2
President's Corner	Page 3-4
Editor's Note	Page 5-6
A Legacy of Service	Page 7-8
Rediscovering Phils.	Page 9-10
Youth Volunteers	Page 11-13
Cooking Inspiration	Page 14
Events	Page 15
Ads	Page 16

family is EVERYTHING



**JERIK & CELINE WITH
THEIR SON ZAYNE**



**GRANDMA/LOLA
CHRISTINE**



**TRIP TO
JOLLIBEE
AFTER THE
SUMMER CAMP**



**ANGEL AT THE
SANTACRUZAN
EVENT**



PRESIDENT'S CORNER

by Jasmine Alcid

I can hardly believe how quickly time passes! Just a few weeks ago, we enjoyed the Filipino Camp, and I still feel the aftereffects of that experience. I hope our FCDC families managed to carve out some time away from their busy schedules. Taking a break from a hectic lifestyle is crucial, especially for students, as it provides a necessary pause to rest and recharge, preparing them for school. Young learners face significant academic pressure, and it's important to assist them in avoiding burnout. Moreover, breaks can create valuable opportunities for experiential learning through travel, hobbies, or even part-time work.



Fall is an eventful season for FCDC, as we have numerous activities lined up for the upcoming months. Kicking off our schedule is the Golf Outing, set to take place on October 1, 2025, at Pine Barrens. The Filipino-American Medical Society of Ocean County, which recently dissolved, will now collaborate with FCDC to organize this event.

We encourage everyone to participate and support this initiative. For the past 23 years, FAMS has successfully hosted this wonderful event, and moving forward, the organizers of the Golf Outing will join forces with FCDC to benefit the identified recipients. Feel free to join us, even if you're not a player—who knows? You might uncover a hidden talent!

Our Music Ensemble is going to be busy with practices this fall, as we will learn new Filipino songs specially arranged for FCDC. Anybody interested to join regardless of skill level (children and adults) is welcome. Copy and paste the link to your browser to sign up.

<https://www.signupgenius.com/go/10COC44AFA72FA2F5C34-57729999-fcdc#/>



We will keep you posted for more activities. Please check your emails as we will send more details soon.

- Filipino-American History Month
- FCDC Rocks (Variety Show)
- Giving Tuesday (December 2, 2025)
- Holiday Party

APPLICATION

Please complete the following for each golfer you wish to register.

Name _____
 Name _____
 Name _____
 Name _____

Contact Person _____
 Address _____
 City _____ State _____ Zip _____
 Tel # _____ Fax # _____

Golfers at \$175.00 each \$ _____
 Sponsorships \$ _____
 Total Participation \$ _____
☐ Payment Enclosed

Kindly Indicate Sponsorships:

Please make your check payable and mail to:
 FCDC
 P.O. Box 1418, Toms River, NJ 08754

Zelle: fcdcocean@gmail.com

For more information call:
 Dr. Mario Gallardo • 732-350-0404
 Dr. Oscar Ortiz • 732-581-3566
 Dr. Dino Espineli • 732-341-2211

www.fcdcnj.org

GOLF COMMITTEE

Dino Espineli, MD
 Oscar Ortiz, MD
 Mario Gallardo, MD
 Jose Ramon Suatengco, MD
 Chairpersons, Golf Committee



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FILIPINO-AMERICAN MEDICAL SOCIETY
 OF TOMS RIVER, INC.
 IN COLLABORATION WITH
 FILIPINO-AMERICAN COMMUNITY
 AND DEVELOPMENT CENTER (FCDC)



OCTOBER 1, 2025
 WEDNESDAY

PINE BARRENS GOLF CLUB
 540 SOUTH HOPE CHAPEL ROAD
 JACKSON, NEW JERSEY

WWW.FCDCNJ.ORG

Dear Friends

Each year we look forward to seeing you at this event.
 We thank you for your support as we continue our
 commitment to serving the community.
 With your help we hope to make this event a success.

Sincerely,
 Mario Gallardo, M.D.
 Chairperson, Golf Committee

Oscar Ortiz, M.D.
 Co-Chairperson, Golf Committee

Dino Espineli, M.D.
 Co-Chairperson, Golf Committee

Jose Ramon Suatengco, M.D.
 Co-Chairperson, Golf Committee

MISSION STATEMENT

FCDC or Filipino-American Community and Development Center of Ocean County, Inc. is a registered 501-c3 nonprofit organization in Toms River, NJ. With its founders, leaders and the unifying mission to build a Community Center, FCDC was incorporated to synergies its efforts with a common vision.

We strive to celebrate culture, to create a "HOME away from HOME" and to preserve our Filipino heritage in Ocean County.

The FCDC logo is represented by the Narra Tree. It is the National Tree of the Philippines. We take and embrace the joyful image to envision what it takes and most importantly, what it means to be a Filipino-American. As we plant our Narra Tree into the common ground of American soil, it is a clear reminder that our heritage has become a strong enrichment for American diversity.

MAJOR SPONSORSHIP

☐ \$2,000 PLATINUM EVENT SPONSOR

- Golf Outing Sponsor
- Four Registered players
- Name prominently displayed throughout the Golf Outing
- Recognition in Golf Program (Back Cover) and Reception

☐ \$1,500.00 Gold Event Sponsor

- Dinner Sponsor
- Three Registered Players
- Name prominently displayed throughout the Golf Outing
- Recognition in Golf Program and Reception

☐ \$1,000.00 Silver Event Sponsor

- Awards Sponsor
- Name prominently displayed throughout the Golf Outing
- Two Registered Players
- Recognition in Golf Program and Reception

☐ \$750.00 Hole Event Sponsor

- Name prominently displayed outside the green throughout the Golf Outing
- Recognition in Golf Program
- One Registered Player

☐ \$300.00 Tee Sponsor

- Name prominently displayed on tee boxes
- Recognition in Golf Program

SCHEDULE OF EVENTS

October 1, 2025 | Wednesday
 12:30 P.M. ~ Shotgun Start

Please register by September 25, 2025

\$175
 Per Golfer

Includes:
 • Green Fees
 • Cart
 • Prizes
 • Lunch
 • Dinner

PRIZES & SPECIAL EVENTS
 CALLAWAY SYSTEM
 LONGEST DRIVE
 CLOSEST TO THE PIN

BENEFICIARIES
 TAX ID # 205840649

Dr. Renato Ynaya Memorial
 Scholarship Foundation
 FACES (Filipino- American Cultural
 Enrichment Studies)





LETTER FROM THE EDITOR

by Jamie Mariano

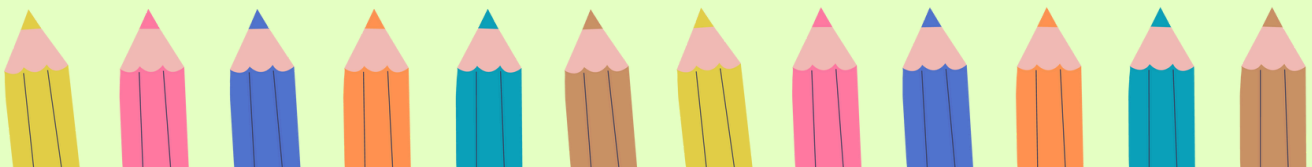


With the school year approaching, I want to remind parents about the pressures our children face.

Academically, they're going to strive to be the best, to do their best, and to please their parents. Setting high standards is a great thing, it keeps them motivated. When they fall short of reaching their goals or struggle in a subject area, give them grace and remind them to give themselves grace. Perfection is not the end goal.

Socially, they might feel pressured to act a certain way out of fear of being bullied or made fun of for their interests. They might struggle to fit in or find friends with shared interests. On the flip side, they might be the leader of their friend group, the influencer who takes charge. Either way, remind them that they have the power to make choices that affect themselves and those around them, positive or negative. Encourage your children to be positive role models among their peers. However, again, perfection is not the end goal. If they make mistakes or a poor decision, show them grace.

Teachable moments don't just happen in the classroom. Life lessons are just as valuable, if not more, than the academic lessons. Childhood, adolescence, and young adulthood are crucial times in a person's life, and parents have a crucial role during these stages. How you speak to your children, how you listen and respect their points of view, and what you teach them, will make a lasting impact.



With the school year approaching, I also want to shed light on the pressure parents feel. Do we join the PTA, and how involved can we be? Was our baked good good enough for the bake sale? Let's not even get into missing the memo or email that was sent from a teacher, and the last-minute hustle to do whatever that email said (hopefully it isn't too late!).

Let's also not fool ourselves into thinking we don't compare ourselves to other parents, even just a little bit. When we attend events, do we not look around and wonder if we dressed nicely enough? When the teachers' wish list is sent home, would we care too much about what they think if we decide NOT to buy the Lysol wipes or tissue boxes? Was the snack or lunch healthy enough? Or are we going to be judged for not loosening up a little and allowing our kid to have a Pop-Tart once in a while?

Perfection is not the end goal. Let's give ourselves and our children some grace this school year. The goal is to ensure that our kids are happy and healthy, and that we don't drive ourselves crazy over the things that might not actually matter. And for the things that actually do matter -- like a conference for concerns about your child's behavior -- please remember that all you can do is your best. Humbly take advice. Keep a clear and open line of communication with your kid. Have patience with them and remind yourself that they're trying to navigate their world through their eyes, not yours.

Have a great school year! Soak up all of the moments before the years are over, even those moments when you're running late, forget that it's Picture Day, or have to leave work to drive to an away game because your kid forgot their cleats at home. Cherish the memories you're making!





A Legacy of Service: FAMS and Its Enduring Spirit **by Dr. Jose Ramon Suatengco**

For nearly a quarter of a century, the Filipino American Medical Society (FAMS) has stood as a pillar of service, compassion, and community in Toms River and beyond. Founded in 2001 as a nonprofit 501(c)(3) organization, FAMS dedicated itself to uplifting lives both locally and in the Philippines. What began as a group of Filipino-American medical professionals striving to give back grew into a movement that touched countless lives through healthcare missions, scholarship support, cultural programs, and charitable outreach.



Achievements and Impact

- **Local Service in Toms River – FAMS brought together medical professionals and community leaders to support health awareness programs, provide outreach to underserved families, and celebrate Filipino heritage in Ocean County. Through its events and initiatives, FAMS strengthened bonds within the Filipino-American community while also extending care to the broader Toms River population.**
- **Aid to the Philippines – True to its roots, FAMS organized medical missions and charitable efforts for those in need back home. Its members carried not only their skills but also their compassion, ensuring that the organization's impact was felt across oceans.**
- **Signature Events – For 25 years, the FAMS Golf Outing became more than just a fundraiser—it became a tradition that united friends, families, and colleagues in a spirit of fellowship and service. This event has funded many of the programs and initiatives that defined FAMS' legacy.**

.....continued on page 8

.....continued from page 7

The Transition to FCDC

While FAMS is now formally closing its chapter as an independent organization, its DNA lives on in the Filipino Community Development Center (FCDC). Established in 2006 by FAMS with the vision of creating a community center, FCDC has since grown into a vibrant nonprofit serving as the heart of the Filipino-American community in Ocean County.

Although FCDC does not have a physical building, it has built something far more lasting: a living community. Through programs that promote cultural pride, provide support services, and bring people together, FCDC has carried forward the mission of FAMS while adapting to the needs of the times. Its merger with FilAm of Ocean County further strengthened its role as a unifying force.

And most importantly, traditions like the FAMS Golf Outing will continue through FCDC, ensuring that the spirit of fellowship and giving endures.

A Founder's Reflection

As one of the founders of FAMS, I feel both a sense of nostalgia and deep pride. I will miss the organization in its original form, but I will forever treasure the memories and achievements made possible by the dedicated colleagues who worked side by side to make a difference.

We built something special—not just an organization, but a legacy of service, compassion, and unity. And though FAMS as a name may be closing, its mission continues. Through FCDC, we will keep moving forward, building community, and serving both here in Toms River and back home in the Philippines.

The story of FAMS does not end—it evolves. Its legacy will always live in the community it helped shape, the lives it touched, and the future it continues to inspire.





*Rediscovering the Philippines: Family, Faith, and Flavorful
Adventures*
by Kyle Koppin

In early July, my family and I were privileged to visit our family in the Philippines. It has been around 10 years since my last trip, so it was almost as if I was visiting for the first time again.

We first traveled to Cagayan De Oro, then Cebu, and lastly Bohol. While I was there, I had many native foods such as durians, puto and sikwate, kinilaw, the sweetest mangoes, chicharon bulaklak, and, of course, lechon. Admittedly, I never adjusted to the heat of the Philippines, which made the cold malls in Cebu evermore pleasing. I enjoyed meeting my family (especially when they spoiled me with overwhelming amounts of food). I was able to meet my Lolo Abet Uy, who we are proud to announce was recently appointed archbishop of the Archdiocese of Cebu.



**MY TITA'S FAMILY IN
DAHILAYAN, MANOLO FORTICH
(BUKIDNON)**



**LOCAL FLAVOR ICE CREAM @
BOHOL BEE FARM/SIKWATE AND
PUTO MAYA**



Until now, I could never say what my favorite experience was, whether it was eating foreign foods, the beautiful beaches of Bohol, or the shopping in the malls for clothes, haha, but I definitely could say that I hope to travel back to the Philippines soon.

**HENNAN RESORT
ALOHA BEACH (BOHOL)**



**SHANG PALACE SEAFOOD
RESTAURANT (TAGBILARAN CITY)**



DAUIS, BOHOL



PUTO & MANGGA



FACES BARKADA VOLUNTEERS AT THE SUNDAY SUPPER

by Jayden Chong

On Sunday the 24th, some FACES Barkada members: Therese Alberto, Gillian Alcid, Gregory Alcid, Jaeda Batin, Jason Batin, and I, Jayden Chong, came together and volunteered at the St. Joseph Parish Church's Sunday Supper. Together we, along with regular Sunday Supper volunteers helped greet and serve those who came to enjoy this event.

Volunteering at the St. Joseph Sunday Supper is merely more than just serving food; it works as an act of compassion and community. We worked hand in hand with regular members of the parish who dedicate their time almost every month to prepare and serve meals to those in need. This event brings together people from all throughout, creating an inviting environment for all involved. The volunteers work tirelessly, from setting up tables to cleaning up afterward, ensuring that the guests feel valued and cared for.

Moreover, volunteering at the Sunday Supper reinstates the need for community and collective action. It shows that even small acts of kindness can have a big impact on individuals and the community as a whole. Working alongside fellow volunteers creates a sense of togetherness and purpose.



The experience of volunteering at St. Joseph Parish Church's Sunday Supper is overwhelmingly positive and deeply rewarding. The sense of fulfillment that comes from serving others and making a tangible difference in their lives is unparalleled. Seeing the smiles on the faces of the guests and hearing their expressions of gratitude creates a powerful connection and reinforces the value of the work being done.

Reflecting on the time spent volunteering, there is a collective agreement to return and continue contributing to this meaningful cause. The desire to return is driven by a deep commitment to serving others and a belief in the power of kindness and community. The opportunity to connect with the guests, have a laugh with the other volunteers, and offer a helping hand to the St. Joseph Sunday Supper is incredibly fulfilling. The lessons learned and the friendships strengthened during this experience are priceless.



PHOTOS COURTESY OF
LITO ANTIOQUIA

Ultimately, volunteering at the Sunday Supper is a reminder of the power of human connection and the importance of giving back. It is an experience that enriches the lives of both the volunteers and the guests, fostering a sense of belonging and shared humanity. A huge thank you to all volunteers and coordinators who made this event possible!



PHOTOS COURTESY OF LITO ANTIOQUIA

COOKING INSPIRATION

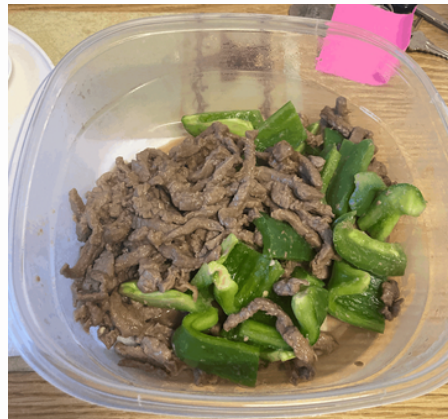
by Zachary Lichter

Everyone enjoys a simple dish, especially during a busy week. I think we can all agree that the last thing we want to do after a full day of work or school is cook dinner. I think the only thing we want to do after a busy day is lay down and go to bed. But thankfully, this dish is very easy to make. It also involves less prep time.

When I was growing up, my Lola made this dish called beef with pepper. The dish looks exactly how it sounds, but it's very easy to make. When I made this dish in my dorm, it took me less than an hour to cook because there weren't too many directions. After making this dish during a busy week, I noticed how easy it was to make. So I guarantee that if you decide to make beef with pepper, you now have an easy meal to make during a busy week.

Ingredients

- 1 Sirloin steak
- 1 green bell pepper
- 1 tablespoon of water
- 2 tablespoons of soy sauce
- ½ teaspoon of cornstarch



Directions

1. Slice the steak into small bite size pieces
2. Place the steak in a bowl and add the south sauce, water and cornstarch and mix it all together. Marinate the steak for 30 minutes in the refrigerator
3. Chop the pepper into small slices
4. After the steak has been marinated, place the steak in a hot pan with the marinade. After the steak turns brown, place the slices of pepper in the pan. Mix everything together until the beef and pepper are fully cooked.
5. Serve and enjoy!

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

**ST. MAXIMILLIAN
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

SPECIAL DINNER & DANCE PARTY

To benefit the Filipino-American Lay Apostolate of Ocean County



Sister Moon & The Groove

Live Music, Food, Dancing, Raffle Prizes!

Saturday

18
OCT

6-10PM

Knights of Columbus Hall
113 Tennyson Ave, Toms River

For information, contact:

Carol Dionisio 732-278-1941
Joji Babuschak 908-783-2680

Ticket:

\$50



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