



# FCDC TODAY

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

## Member Spotlight

**CHRISTINE CIPRIANO, A Hidden Treasure**  
By: Ferlie Almonte

**MAKE NO MISTAKE.** Christine Cipriano may be soft spoken and very humble, but her many zones of genius speak loudly of the multi-faceted, remarkable visionary that she is.

Christine is a Licensed Practical Nurse, a Financial Resilience Leader and Mentor in an insurance marketing group, a Certified Golf Teaching Professional, an Author and a Staten Island Bowling Hall of Fame Inductee. She excels in all areas.

After a 20-year IT Management career at DTC on Wall Street, Christine found herself shifting to a career in Health and Wellness after being laid off. Fascinated with the human body, she got licensed in Massage Therapy, and worked with a chiropractor,



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before switching to Nursing. Christine is a naturally compassionate person, with exceptional leadership skills and impeccable work ethics. She currently works at a sub-acute, rehab and continuing care facility in Lakewood, NJ.

As a kid, Christine played street football. She also loved to hang out with her avid golfer uncle. She was self-taught in golf, and her love for the game led her to obtain formal training and become a USGTF Certified Golf Teaching Professional. She has co-authored an Amazon International Best Selling book, *Women Innovators: Leaders, Makers and Givers, Volume 5*, where her original quote was featured on the cover of the book. Christine wrote about how women are changing the landscape of golf, and gave powerful insights and tips on how to best utilize golf as a tool for building a career or business. Teaching the youth on how to play golf also gives Christine a profound sense of fulfillment knowing that she is preparing our future leaders for higher education and career advancement.

Christine is remarkable in sports! She has made history in bowling in her younger years. In 1984, Christine was a member of a five-woman bowling team sponsored by the Canadian Club. Their team have competed against men. Unheard of during that time! In one major league, their team compiled a 3378 three-game scratch series, finishing just ONE PIN short of shattering the 25-year standing International Women's Bowling record of 3379 set in 1959-60 series. Her accolades in bowling includes being inducted to the Staten Island Bowling Hall of Fame in 2009.

Christine's active involvement in F.C.D.C. of Ocean County stems from her Filipina spouse of 12 years, Ferlie Almonte, who serves as member of FCDC's Board of Directors. Christine loves the Filipino culture. She enjoys our happy nature, close family ties and friendships, line dances, and karaoke. Christine sings Filipino songs like "Lisa pa Lamang" and "Bonggahan." Line dancing? She's the first one on the dance floor when familiar tunes play, but admits it took her nearly a year to learn to dance Todo-Todo. She enjoys eating Filipino food including dinuguan, claiming it tastes similar to the blood sausage her Polish mother used to serve at dinner. Her dad is Italian.



In FCDC, Christine’s most valuable contribution was donating her time and expertise by being one of the golf instructors in FACES’ Youth Golf Clinic.

As a nurse, she witnessed from the front seat the repercussions of poor or delayed planning for personal catastrophes illnesses like cancer, stroke, heart attack including cognitive impairment. The cancer ratios are scary. Cases of dementia are staggering. No one knows when a heart attack or stroke would happen, leaving families, stressed, broke and terrified. Christine loves being able to Educate and Empower families and small business on the incredible options to access tax free cash when they need it the most, or how to best prepare for old age and retirement without money worries. Christine’s greatest advocacy right now is to spare families and businesses from devastating situations by blessing them with Peace of Mind. Christine cries out, “It’s crazy that people miss out on hefty sums of money available to them simply because they don’t know they exist.”



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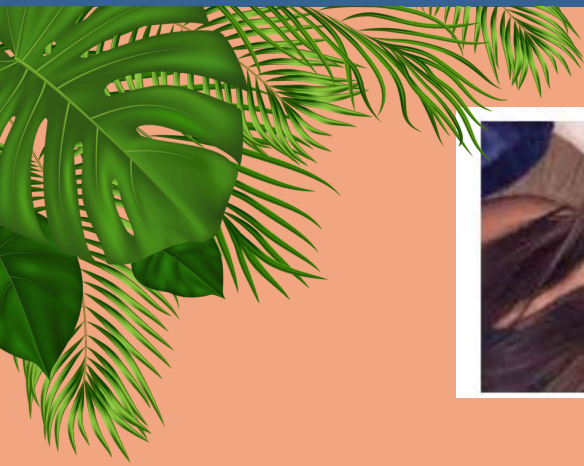
So, Christine has purposely and magnificently integrated her two main service-driven passions. Nursing and Financial Resilience Mentorship. Isn't it incredible how a woman like Christine can design a life that's so much fun, life transforming, business or career building and impactful?

**EDUCATE. EMPOWER. ELEVATE.**

That's Christine's philosophy in helping others **ACCELERATE PROSPERITY** and Find **SERENITY**.

If you are open to exploring ways Christine can add value to your life or business in the many facets of knowledge, wisdom, skills and resources she beautifully possesses, follow her on facebook @ChristineCipriano or call her at 917-838-7080.



***LETTER FROM THE  
EDITOR***

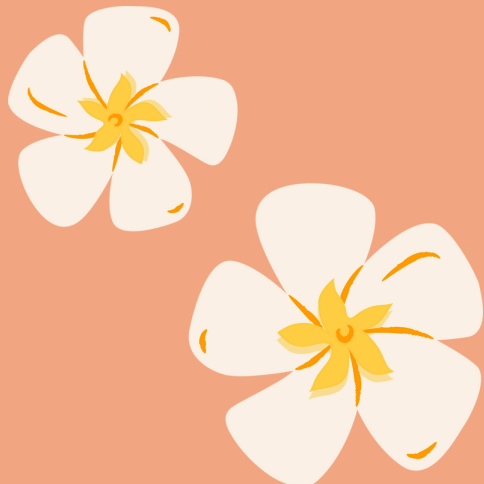
***by Jamie Mariano***

With summer approaching, our FACES kids have something to look forward to during their time off from school. I am sure that many of them, as well the volunteers, are looking forward to the jam-packed week of lessons, activities, and fun competition. It's great to see adult and teen volunteers donate their time and talent to enrich our children's lives so that they can learn and embrace their Filipino heritage. Ocean County is privileged to have our organization as a way to connect Filipinos of all ages with each other!

Also with summer approaching, we will have graduates of all levels of education to celebrate! Our annual graduation feature has become my favorite issue of FCDC Today.

If anyone in your family is graduating from preschool, kindergarten, elementary school, middle school, high school, trade school, college or beyond, we would be honored to feature your graduate in an upcoming issue of our newsletter. Please email [JamieFCDCToday@gmail.com](mailto:JamieFCDCToday@gmail.com) with more information!

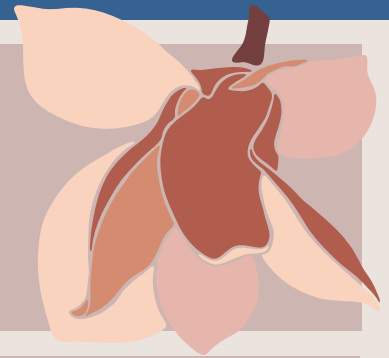
I pray that all students have a successful rest of their school year!





# PRESIDENT'S CORNER

by Jasmine Alcid



## DATES

Santacruzán - May 18 @ 2p

Lumpia Demo at the Library:

*Berkeley - May 9 @ 630p*

*Lacey - May 14 @ 630p*

Filipino Summer Camp - July 15-18

Here comes spring! It is like a burst of energy after a long winter. As the days grow longer and the weather warms, there's a palpable sense of renewal and anticipation in the air. I hope that our FCDC families will emerge from the post-winter slump with a renewed vigor, fueled by the promise of fresh goals, activities and perhaps new acquaintances.

**SANTACRUZAN** -Our annual procession is back at St. Luke's Church on May 18. We will walk on the grounds of the church. There is no rain date. If the weather is not feasible for the outdoor procession, we will process inside the church. Please sign up on the signupgenius link emailed to you. Instructions are on the link, as well.

**LUMPIA DEMONSTRATION AT THE OCEAN COUNTY LIBRARY** - Invite your friends to learn lumpia-making and eat it, too! This is a free event at the library but you need to sign up on the OCL website to be counted. There are 2 sessions scheduled. Our very own youth will be there to show the way it's done!

**FILIPINO SUMMER CAMP** - Please save the date - July 15-18, 2024. We have 4 days (M-Th) of learning and fun at the Winding River Park this year. Our volunteers are starting to brainstorm on the activities that will bring out an enriching experience. Start learning Filipino words at home now. Who knows if they will come in handy.



We are looking for

**YOUTH TEAM LEADERS**

for the Summer FILIPINO CAMP. If you are above 12 years old, responsible and love to have fun, we want you! Volunteer hours will be given. Email [fcdcteam@gmail.com](mailto:fcdcteam@gmail.com) or [jcjuliano29@yahoo.com](mailto:jcjuliano29@yahoo.com).

**F.A.C.E.S**  
*Summer*  
**CAMP**

**WINDING RIVER PARK PICNIC 1**  
NEAR THE SKATING RINK,  
OAK RIDGE PARKWAY  
ENTRANCE,  
TOMS RIVER, NJ

**9-3 PM**

**15-18 July 2024**

**RSVP**  
6/30/24  
[FCDCTEAM@GMAIL.COM](mailto:FCDCTEAM@GMAIL.COM)

**FREE (FCDC members)**  
Non-members email us at [fcdcteam@gmail.com](mailto:fcdcteam@gmail.com)

**REGISTRATION & DETAILS TO BE POSTED SOON!**

# 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](mailto:fdcteam@gmail.com)



**SIGN UP**



# LUMPIA MAKING

for teens

PRESENTED BY  
THE FILIPINO-AMERICAN COMMUNITY &  
DEVELOPMENT CENTER OF OCEAN COUNTY INC.

LEARN TO MAKE LUMPIA WITH THE  
FILIPINO-AMERICAN COMMUNITY &  
DEVELOPMENT CENTER OF OCEAN  
COUNTY INC.

FOOD MAY CONTAIN POTENTIAL ALLERGENS.

BERKELEY BRANCH  
732-269-2144

MAY 9<sup>TH</sup>  
6:30 PM

LACEY BRANCH  
609-693-8566

MAY 14<sup>TH</sup>  
6:30 PM

Registration  
Required





## **ATTITUDE ADJUSTMENT**

**by Ferlie Almonte**

*Speaker. Author. Life Coach.*

### **TIME WELL SPENT OR WASTED?**

**There's 1440 Minutes in a day! Each one of us gets an equal share. Time is a gift that cannot be returned or retrieved once spent. HOW WE CHOOSE to spend our valuable time defines us and sets us apart from others.**

**Reflecting on the different generations opens up different perspectives. The younger generation will argue that digital communication, text messages, emojis, email, the use of electronics for entertainment, or get work done, are most efficient and effective. HIGH TECH, LOW TOUCH. In terms of speed, the best! In terms of meaningful connection and profound exchange of communication, no way! I belong to the tail end of Baby Boomers. I love in-person conversations, personal service, human touch, live entertainment, visits from loved ones, leisurely walks, travels and new experiences.**

**Why can't there be a beautiful fusion of technology for efficiency and personalized connection for effectivity?**

**People's idea on how to spend their own time will vary depending on one's mindset, priorities, intentions and concept of time available to them.**

**AFTER SEVERAL DECADES OF WORKING AS AN EMPLOYEE AND ENTREPRENEUR, I NOW CHOOSE TO USE MY 1440 MINUTES IN BUILDING A LEGACY OF KINDNESS AND SERVICE. BY EDUCATING, EMPOWERING AND ELEVATING PEOPLE IN A SYNERGISTIC WAY. TO CONNECT, IN PERSON, IN MY CAPACITY AS A SPEAKER, COACH AND ENTERTAINER, AND REACH OUT TO THEM DIGITALLY THROUGH SOCIAL MEDIA, MY TV SHOW, PODCAST, VIRTUAL COACHING AND AVAILABILITY OF E-BOOKS. THIS LOVELY INTEGRATION, I BELIEVE, IS A BEAUTIFUL HARMONY OF EACH GENERATION'S STRENGTHS, IN HELPING OTHERS BECOME BEACONS OF LIGHT, SO THEY, TOO, CAN BEST USE THEIR 1440 MINUTES IN MAKING THIS WORLD A BETTER PLACE.**

**FOR MORE INSPIRING MESSAGES, FOLLOW @FERLIEALMONTE ON SOCIAL MEDIA**



*“The time you  
enjoy wasting, is  
not wasted time”  
~John Lennon*



**Sa Piling ni Ina  
Ni Sisa Batongbacal**

Ang sinapupunang una nating duyan,  
Inugoy sa awit, at heleng malambing  
Niyayakap tayo sa ating paghimbing,  
—Ni Inang gigising sa ating paggalaw;  
Hanggang sa iluwal; sa daloy ng dugo,  
Sa Diyos ay una ang pasasalamat,  
Kasunod ay palahaw nating iyak,  
Kay ina, sa sakit, sapat nang pampunas.

Una nating gabay sa ating paghakbang,  
—si ‘Ma-ma,’ na unang salita na ating nasambit.  
Pumilas ng damit na naging pantapal  
Sa ating noong ang lagnat ay apoy;  
Nag-abang sa hugis ng tawas  
Upang mapalayas ang hilab sa tiyan;  
Ang unang nagsubo sa atin ng kanin  
Sa tinik ng isda’y matiyagang naghimay  
Kahalo ng saging sa ating hapunan.

Oo si Ina, datnan at dalawin  
Sa nilakhang lunan ng pagkakamalay  
Unang umiiyak sa ‘ting kabiguan,  
Tagapagmalaki sa ating tagumpay;  
Tagapayong tapat, kakampi,  
Sa bawat labanang ating kinaharap,  
—si Ina, unang kaibigan, at unang pag-ibig.

At sa piling niya, kahit sa pangarap,  
Tayo’y magbabalik.  
Saanman tayo ipadpad nitong mga paang  
Hindi humihinto sa paglalagalag;  
Sa matinding lungkot, o pintig ng sakit  
Sa pananatili nating isang bata,  
Sa hindi nauubos nating pananabik,  
Hangga’t diwa’y buhay, ay lakip ang hibik,  
—sa puntod ni Ina, sa tabi ni ina,  
Duon din hihimlay, duon pahahatid.

**Abril 22, 2024**



In the Arms of Mother  
By Sisa Batongbacal

The womb that was our first cradle,  
Rocked by songs and tender lullabies,  
Embracing us in our slumber,  
—Oh Mother, who wakes to our every stir;  
From birth, through the flow of blood,  
First to God goes our gratitude,  
Followed by our first wailing cry,  
To mother, for the pain, a sufficient wipe.

Our first guide in our steps,  
—‘Ma-ma,’ the first word we ever uttered.  
She tore her clothes to dab  
Our feverish brows when they burned like fire;  
She waited by the alum's shape  
To chase away the cramps in our belly;  
The first to feed us rice,  
Patiently picking out fish bones  
Mixed with banana for our dinner.

Yes, Mother, visited and revered  
In the place where our consciousness grew  
First to cry at our failures,  
Proud promoter of our successes;  
Faithful adviser, ally,  
In every battle we faced,  
—Oh Mother, our first friend, and first love.

And by her side, even in dreams,  
We will return.  
Wherever these restless feet may roam;  
In deep sorrow, or throbbing pain  
In our continued childhood,  
In our endless yearning,  
As long as the mind lives, included is the sob,  
—by Mother's grave, beside Mother,  
There too shall we lay down, there we shall be led.

April 22, 2024



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Email our Editor-in-Chief  
Jamie Mariano at  
[jamiefcdctoday@gmail.com](mailto:jamiefcdctoday@gmail.com)

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