

FCDC TODAY

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

Member Spotlight - Pearl Hann

Hello, my name is Pearl Tamargo Hann, and I'm a returning member of FCDC. I was born in Clara Maass Medical Center in Belleville, and I'm originally from Lake Hiawatha. I grew up on the Jersey shore since 1987, attended all Ocean County schools, and currently reside in my husband's hometown of Toms River, with our two female German shepherds, Reina and Summer. My husband, Philip Hann, is employed by the Toms River Public Works Department and retired from the Toms River Fire Department. I am a banker at Flagstar Bank.

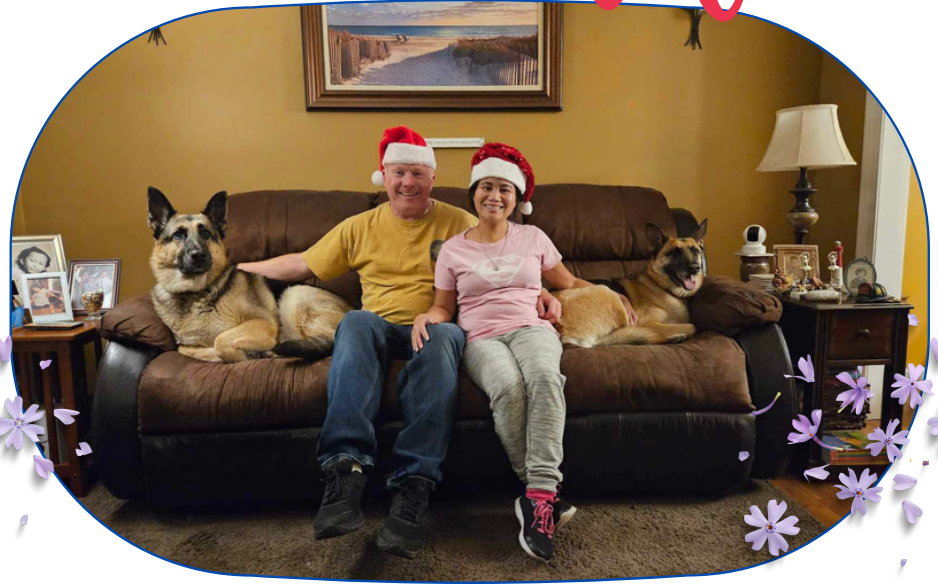


My mother played a huge part in where my family resided. She immigrated to New Jersey in 1969 because of someone she knew, and my parents chose Howell because of its rural area, which was what they were used to in Ilocos Sur. My sister and I grew up with my aunt and her family, who resided in Belleville, and over the years, my parents' sisters and their families joined us. I'm forever grateful to my parents for teaching me to enjoy the simple things in life.

CONTENTS

Member Spotlight	Page 1-3
Editor's Note	Page 4
President's Corner	Page 5-6
Events	Page 7
Attitude Adjustment	Page 8-10
Ms. Philippines	Page 11-12
Ads	Page 13

My parents raised me and my sister with tremendous family values: kindness, patience, foresight, empathy, respect, endurance, honesty, accountability, and forgiveness. We were taught the traditional Filipino value of respecting our elders, even if that person was only older than us by a day. Family before you, family before all, treat everyone like family, was how I was brought up. To this day, I'm close to my family. I grew up with two-hour dinners with my parents, grandmother, and sister, not only a form of therapy and bonding but of educational debates with my father. Church was every Sunday morning with Christmas Eve mass at 12:00 am at Saint Mary of the Lake Church in Lakewood, and then the family gathering afterward. Many of the traditions of my parents taught me have carried well into my family life now, wherein we're altogether or nothing at all.



As the daughter of Filipino immigrants from Ilocos Sur, growing up on the Jersey Shore as part of a bilingual /crosscultural/ multigenerational household, I felt that my upbringing was different than mostly those of the other children I grew up with. I was embraced by my friends and neighbors and misunderstood and bullied by those ignorant of how small Asian girls are, as I am barely 5 feet tall. I've always stood out because of being tiny until people start conversing with me and realize that I'm not a child now that I'm older.

I returned to FCDC and posted much about the Filipino history and culture on my social media due to the racism we endured during the pandemic, like most other Asians, to express my support for us and my belief in this organization. I love the fundraisers FCDC does to give back to the community, coordination with Simbang Gabi, and other charitable events to uplift the less fortunate. I hope this organization's around forever and will continue to be led with such dedication by its amazing leaders.

May your blessings rain down upon you always and keep the family together!



family
is
EVERYTHING



LETTER FROM THE EDITOR

by Jamie Mariano

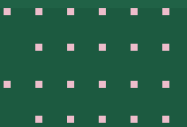
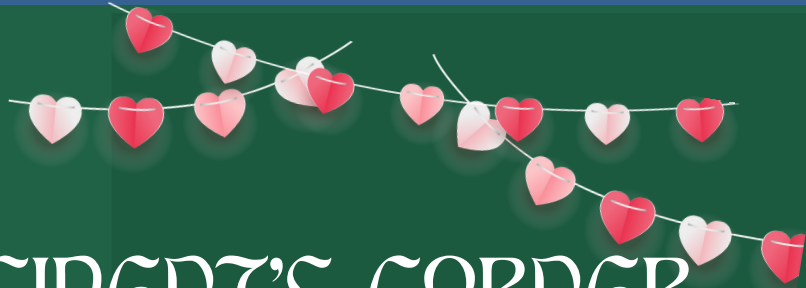


My oldest son and I recently attended Freshman Orientation for his high school. It has dawned on me that the time I have to pour into my kids, guide them, and set them on a path toward success is slim. Of course, I have also learned that I cannot control my children completely: they have to live and learn, choose to take my advice or leave it, and ultimately become responsible for their own personal outcomes -- good or bad. Personally, I have also felt I am ill-equipped to have an almost high-schooler because, given my current situation, I don't exactly feel very "adult" myself, but I have learned that their childhood and their stages of growing up will not wait for me to feel old enough to be their mom. I am their mom, despite my personal circumstances and what others may think of me.

As parents, we tend to want to blame ourselves for our children's mistakes and shortcomings. Likewise, we take credit for their successes and achievements. However, although we can guide and teach our children, the blame and the credit really belongs to them. We do not study and prepare to take tests for them. We do not read the books they are reading in school and write their papers. We are not on the sports fields with them as their teammate. We do not take control of the steering wheel or the gas or brake pedals when they drive.

All we can do is lead them, but if they do not follow, that is not a failure on our part. We did our best by teaching them and being an example for them. The rest is up to them. I think the hardest part of parenthood is realizing that our children are their own selves, they will decide how to handle life, and they will learn and grow into who God created them to be.

Parents, give yourself grace. You are doing your part. You are raising them the way you should. There will always be room for improvement, there is no end of the road for parenting. As a parent, there is no point when you can say you have "arrived." What you have to do for your kids will always be evolving. There will be shortfalls and there will be highs. You are doing your part.



PRESIDENT'S CORNER

BY JASMINE ALCID

SCHOLARSHIP TIME!

Our deadline for the Dr. Ynaya Scholarship is fast approaching and we would like to remind our applicants to submit on or before March 31, 2024. No late submissions will be accepted. Please refer to the following page for more details.

Tips for filling in the application: Try to be complete in the information submitted! This will give the judges a clear picture of the candidate. In terms of FCDC involvement, please list down all the activities the candidate has been a part of, not just participation but most importantly volunteer work, FCDC/FACES representation, and leadership roles.

We have a generous prize package for 2024:

1st prize : \$5,000

2nd prize: \$3,000

3rd prize: \$2,000

5 prizes of \$500 each

We are grateful for the generous donors and supporters of the Dr.Ynaya Scholarship Foundation. If you would like to donate to this cause, our mailing address is P.O. Box 1418

Toms River, NJ 08754

SANTACRUZAN

Please join us for our 6th Santacruzán on Saturday, May 18, 2024, at the St Luke's Church.

Signupgenius link and more information will be emailed soon.



**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.

BE HAPPY NOW, NOT AT 70

THIS IS TIME SENSITIVE. We often learn these life lessons later in life, as we wisen up from our own experiences, mistakes, fulfillments and regrets. Let us not wait till the sunset of our lives to do things a little differently.

Reflecting on life with a few friends who have crossed 70 and are heading towards 80 years of age, I asked them what changed in the way they think and in the manner they live their lives now. These are what they shared...

1. After always putting my family first, loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself. Self-love is important and imperative.

2. I have realized that I am not "Atlas." The world does not rest on my shoulders. I must learn to delegate or not be proud to ask for help,

3. I have stopped bargaining with vendors and small business owners. A few pennies more won't make me broke, but it might help pay for their child's meal or school fees.

4. I leave my waitress or waiter a bigger tip. They work below minimum wage and rely on tips. They'd appreciate the generosity.

5. I am more patient with the elderly. I smile and listen to them tell their stories repeatedly. The stories make them walk down memory lane, relive their past and make them happy, even for a brief moment.

6. I have learned when not to correct people even when I know they are wrong. Peace is more precious than needing to win. I avoid conflict and confrontation.

7. I give compliments freely and generously. Compliments lift spirits, not only for the recipient, but also for the giver. And here's a little advice for the recipient of a compliment... do not deflect praises. Receive them graciously.

8. I have learned not to judge people by what they wear or their imperfections. One's personality and character matter more than what's superficial.

9. I walk away from people who don't value my worth. I deserve to be loved, respected and appreciated.

10. I do not engage in activities that do not align with my values. With integrity is how I live my life.



11. I am learning not to be embarrassed by my emotions. It is fine to express feelings. That's a natural part of human experience.

12. I have learned that it's better to let go of my ego than break good relationships. My ego will isolate me, whereas with the right relationships, I will never be alone.

13. I have learned to live each day as though it's my last. I take chances and waste no time. I leave no kind word unsaid. I leave no room for regrets.

14. I am doing what makes me happy, I engage on what lights me up and makes me come alive. I am responsible for my happiness. It takes mindfulness and decisiveness to choose joy and positivity.

15. I am no longer afraid to be true to who I am. In living an authentic life, the people who would love and accept me unconditionally, deserve to be in my sacred and serene life.

Why do we have to wait to be 60 or 70 or 80 to begin to live a life of self-love, kindness, harmony, service and pursuit of our dreams? Why can't we practice this at any age and stage of our lives?

For more inspiring messages, follow @FerlieAlmonte on social media



FCDC Leaders Dazzle as Judges at Miss Philippines 2024 Pageant

F.C.D.C. of Ocean County Inc's President, Jasmine Alcid, and FCDC Board Member and reigning Ms. New Jersey Senior America 2023, Ferlie Almonte, were part of the distinguished panel of judges at the 17th Annual Miss Philippines Inter-Collegiate Pageant. This was hosted by Rutgers-Newark's Filipino Student Association. It encompasses many awakening socio-economic and cultural messages embedded into the program.

The theme was ALAALA. This spectacular pageant was held at the Newark Symphony Hall on January 27, 2024. The energy in the auditorium was off the charts. The unified chants and cheers were loud and filled with passion. Beautiful, smart and talented representatives from 22 colleges and universities in New Jersey competed for the coveted title of Miss Philippines.



Ligaya Manalastas, a gregarious and dynamic NJIT sophomore, was crowned Miss PH 2024. At the announcement of the winners, Ligaya proudly wore her costume adorned with massive and gorgeous butterfly wings symbolizing that our most treasured memories remain in our hearts through growth and metamorphosis in life.



Congratulations!





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

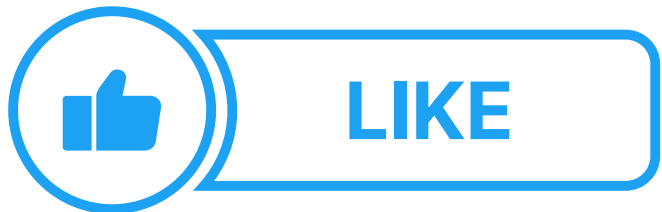
Atlantic printing & design
 467 Lakehurst Rd, Toms River, NJ 08755
 732.557.9600 | 732.557.9601 (f)
 775 North Main St, Manahawkin, NJ 08050
 609.597.2727 | 609.597.3715 (f)
 info@apadnj.com | www.apadnj.com

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!