



# FCDC TODAY

Filipino-American Community &  
Development Center of Ocean County Inc.  
2014 Bayaning Pilipino Awardee  
**October 2022**

## Member Spotlight - Zachary Lichter



If I were to say one thing about my Filipino heritage, it would be that it has significantly impacted my life. My Filipino heritage makes up how I present myself because I am smart, caring, kind, funny, and down to earth. It makes up most of my faith and spiritual life because I am a practicing Catholic and an altar server. It also makes up most of my diet because I eat a lot of rice, pork, chicken, steak, and other foods. It even makes up my love of music because I played the trumpet for ten years and love singing karaoke.

At an early age, my Lola, Nancy Ynaya, and my Lolo, Dr. Rene Ynaya, had this goal of teaching my my cousins, Dylan Laureigh, Michael Porter, Benjamin Porter, and myself, about Filipino culture.

My lola watched me from when I was three months old up until I was 13, and I remember when I was a baby, she would speak

Tagalog on the phone. She used to sing me “Pen Pen de Sarapen” whenever I was going to take my naps. I remember listening to Lola speak Tagalog to either Lolo or Tita Norma Deolanda whenever I was at Lola’s house. I always asked myself, “What are they saying?”

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When we all got older, Lola and Lolo talked about their immigration story and why they came to the United States. When I was 8 years old, I got to go to the Philippines. Lola and Lolo took me to Boracay, and my parents took a side trip to Boracay. During the three weeks when I was away, I got to meet a lot of extended family and learn about the history of the Philippines. The biggest takeaway from that trip was that we were supposed to learn how fortunate we are. Both Lola and Lolo grew up poor, and they both did not have an easy childhood. As Americans, we take for granted what we do have and forget that not everybody is so lucky. These moments that I've had with Lola and Lolo definitely brought us closer, and hearing those stories and having these experiences were really good bonding experiences.



When my lola watched me, she always cooked dinner, which would last a week. She made dishes like eggplant omelet, bistek, beef with pepper, pancit, menudo or, as my family calls it, chicken with mixed pickles, and pork/chicken adobo. She would always say to me, "I always cooked things that I figured Mom and Dad would like," because my dad, Jay Lichter, never ate Filipino food as a child, and my mom, Sharon Ynaya Lichter, didn't like certain Filipino foods. My mom sometimes made spare ribs, another one of Lola's recipes. I have also had halo halo, lechon, longaniza, and lumpia during my childhood. Whenever my parents and I were in Toms River, we would go to Tropical Island, and I would order dinuguan and barbecue, or as my family calls it, shish kebab over rice. After Tropical Island closed, my family would either order Filipino food from RJ's Sariling Atin or Little Kusina. I remember learning when I was 10 years old that dinuguan had pork blood in it, and I never really let it bother me. Filipino food is considered comfort food for me because I enjoy eating it. Now, whenever I go home from college at Catholic University in Washington, D.C., I look forward to eating Filipino food because I do miss it.



One thing I know about Filipino culture is that we love music. I took piano lessons from 8 years old until middle school. Then I started playing the trumpet when I was 10 years old. I did band from fourth grade up until the end of high school. I did concert band, marching band, jazz band, competition band, pit orchestra, and wind ensemble. I also was a member of All Shore in eighth grade and did three summers with the Manasquan Music and Dance Academy's Summer Jazz Ensemble. Besides playing the trumpet, I sang in the Wall Township Youth Choir in fifth grade. Plus, I would always sing karaoke for fun. Music has always been a big part of our family because everyone did an activity that involved music. I would say that doing band has helped me make friends throughout school and college.

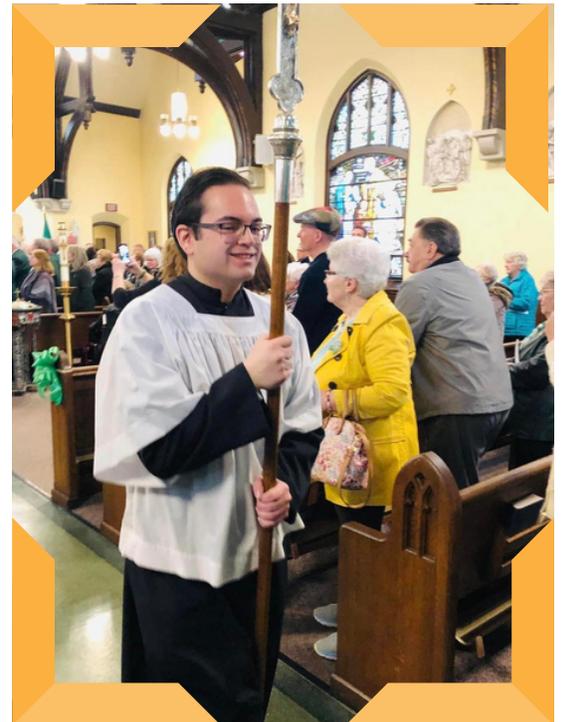


Another thing I know about Filipino culture is that many Filipinos are Catholic. The Philippines was under Spanish rule up until the Spanish-American War, and that's where Catholicism originated for people living in the Philippines. My mom and her sisters were Catholic growing up, and when I was 8 years old, my mom took me to mass since I was starting Confraternity of Christian Doctrine Classes (CCD). After going to mass for two years, one of the priests told me, "I think you should be an altar boy one day," which set the idea for me to become an altar server. Altar serving has brought me closer to God because I got scheduled for many Masses. I also considered it my way of serving Him. I got to experience many things through altar serving, and I got to meet a lot of priests over the years. When I was a sophomore in high school, I became the head altar server at St. Rose of Lima in Belmar because I was scheduled every week. Altar serving played a big part in my decision to go to Catholic University because it was half the reason I chose that school. I am now one of the head altar servers at the Mass I altar serve.



Everyone took Spanish in the first grade, and I told my parents I wanted to learn Tagalog. So, my mom had me do FACES, and Tita Rica Tonog was the teacher. I made many friends and learned a little more about Filipino culture. I remember learning how to do the maglalatik and itik itik, and Tita Mency Ward would teach the dances to us for an upcoming event. Lolo often stopped at FACES after his rounds at Community Medical Center to see me. Besides learning Filipino dances, I learned a few Filipino words like guapo, maganda gumaga po, maganda hapoon po, maganda gabi po, masarap pito, mabutay, mabuhay, salamat po, opo, hindi, walang alaman, magitayang bati, magitayan karawan, sabenja, kamusta, and pa alam. Towards the end of third grade, I stopped going to FACES because, at that time, there were fewer classes because Tita Rica was pregnant with Gia. I also was busy with Cub Scouts. I didn't come back to FACES until I was thirteen when I went to the FCDC picnic, and it was at that moment I wanted to participate more. Coming back to FCDC has been great because I still am learning about Filipino culture, and I get to see the kids in FACES now learn the dances I did when I was a kid.

What's been great about FCDC is that I've enjoyed attending some events. I always feel like the events FCDC has put on were another bonding moment with Lola and Lolo. I would say that Lolo considered the members of FCDC as his second family because it was a big part of his life, and many people did things for him in return. When Lolo was in the hospital with COVID-19, FCDC did a good job bringing Lola food. They held a prayer service over zoom and a novena after he died. A scholarship was made in honor of him. And now, with my mom as a board member, I know that Lolo would've wanted her to take his place. I'm very grateful to everyone in FCDC who helped my family get over this time of grief. I'm also thankful for my Filipino culture's impact on my life. I don't know where I would be without it being my most significant influence.





## *LETTER FROM THE EDITOR*

*by Jamie Mariano*



It is Filipino American History Month! Although this commemorates the first Filipinos to arrive in the United States, many Filipino Americans continue to make history even now.

In recent years, celebrities of Filipino descent have become major hitmakers in the mainstream music industry seemingly more than ever before. We have H.E.R., Olivia Rodrigo, Saweetie, and Bruno Mars to thank for that. Many of them have showcased their Filipino pride, which has brought our culture to the forefront on many social media-related occasions. Saweetie even wore a gown adorned with the Philippine flag to the renowned 2021 Met Gala. We have Toms River's own Maria Ressa to celebrate, as she is a Toms River High School North alumna who earned the Nobel Peace Prize in 2021 for her impact on journalism.

We have much more to celebrate right here in Ocean County, in addition to Ressa's remarkable accomplishment. Ocean County is home to Filipino medical professionals and military men and women. We know many of them, both retired and active in their fields. We have Filipinos in law enforcement, social services, and there are also small business owners and clergy men and women. This includes current and past FCDC members, and we thank you for all that you do or have done in your respective careers, and for what you have contributed to FCDC in time, money, and wisdom!

What is most humbling about being Filipino is that we have a lot to be grateful for, a lot to be proud of, but we do not brag or boast or think of ourselves as higher or more important than anyone else. We embrace each other, root each other on, and are proud to see our fellow Filipinos succeed. I think this has so much to do with our roots. Not all of us came from money. Some of us, or our parents or grandparents, immigrated to this unfamiliar country with nothing but a dollar and a dream, to build the lives that we are witness to today. Let's take Dr. Rene Ynaya as an example, since his grandson is featured in this month's Member Spotlight. Zachary mentions how his Lolo did not grow up rich. However, as most of us know, he came to this country with hardly any money, yet became a top-rated cardiologist who was well respected among his colleagues. Being born here, I cannot relate to that rags-to-riches story, but I always have deep admiration for those who built their lives from the ground up. Some of us are still building and are inspired by your stories.

As Editor of FCDC Today, every month is a celebration of our Filipino culture for me. We get to learn about each other through our Member Spotlight column and through our special features. We are filled with pride as we read about students' success stories, from graduating with high honors to finishing in the top three of spelling bees and science fairs. We celebrate our culture in every issue of our newsletter, not just one month out of the year, and that is why I am so grateful to be part of FCDC and so blessed to be Editor. As always, this month's issue is packed with reasons to celebrate who we are! Most of all, thank you for giving us a reason to celebrate!





## PRESIDENT'S CORNER

*by Jasmine Alcid*

### FILIPINO-AMERICAN HERITAGE MONTH CELEBRATION

It was wonderful to showcase our Filipino-American Heritage on October 20 at the Mancini Hall in Ocean County Library.

There were displays of Filipino items like an interpretation of a Bahay Kubo by Chloe Uy, native items like bayong, sungka, bakya and splendid artwork by Christine Lauguico and Adrian Perono, to name a few.

Guests were also treated to a selection of Filipino snacks like lumpiang shanghai, ensaymada, otap, and candies Filipinos enjoy.

Entries for the essay, poster-making and art contests were also displayed as well as the fall photo and pumpkin decorating contests.

### FALL FUN AT ARGOS FARM



Several families visited Argos Farm on October 9 for a Fall Fun activity sponsored by FCDC. Kids played on the mountain slide, zip line, obstacle course, corn maze, tug of war and corn blasters. The hay ride was a highlight which everybody enjoyed.

The Fall Photo Contest kicked off on this day and members took amazing shots at the farm. Each family also received a pumpkin to decorate for the Pumpkin Decorating Contest.

**AND THE  
WINNER IS...**

### CONTEST WINNERS

The winners of Filipino-American Heritage Contests is found on this issue. See following pages for the list. Congratulations!



*Fall Fun  
at Arges*



# Filipino-American Heritage Month Celebration





# FCDC's Filipino-American Heritage Contest Winners



## *Essay*

Winner: Elaina Pamintuan



## *Poster-Making Contest*

1st: Gia Tonog  
2nd: Elaina Pamintuan



## *Art Contest*

- 1st: Gia Tonog  
(Cariñosa)
- 2nd: Gillian Alcid  
(The Philippines)
- 3rd: Therese Alberto  
(Boracay)
- 4th: Rosie Alberto  
(Tarsier in the Tree)
- 5th: Kateri Alberto  
(Philippine Birds)



**Thank you to our sponsors!  
All winners received a gift card sponsored by Drs. Mark and Myra  
Alcid of the Martin and Alcid Foundation.**



# FCDC's Filipino-American Heritage Contest Winners



## *Pumpkin Decorating Contest*

## *Fall Photo Contest*



1st place: tie between  
Tonog Family      Wall Family

1st: Jared Babuschak



2nd: Supapo Family

2nd: Lorenzo Salud

3rd: Augustus Salud



3rd place: tie between  
Tupaz Family      Salud Family

4th (tie):  
Maryann Payumo

4th (tie):  
Grace Alcid

Consolation prizes:  
Robinson-Lacson Family  
Suobiron Family  
Payumo Family



5th: Malou Tupaz

Consolation Prizes:  
6th: Jaye Rosete  
7th (tie): Lina Payumo  
and Gregory Alcid  
8th: Alden Wall

Thank you to all our judges!

# 2nd Halloween Fun Run



The 2nd Halloween Fun Run happened on October 29, 2022 at the Winding River Park. The weather was chilly but it didn't stop the members from running and celebrating with the community.

Thank you to all our sponsors for the Fun Run, as well as the volunteers and organizers who made it happen. To the members of the committee headed by Dr. Angela Pamintuan supported by Dr. Louie Payumo, Maryann Payumo, Jasmine Alcid, Rica Tonog and Lorna Tejada, FCDC members appreciated the time and effort spent in planning and executing the whole event .

Congratulations to all the fast runners and finishers! All finishers received a medal and a backpack filled with goodies. Meanwhile, all winners received a special medal and gift card! Amazing! Winners are found in the next pages of this issue.

In celebration of Halloween, runners wore a costume to either run 1K, 5K or both! Afterwards, decorated trunks were displayed by creative parents. Kids and adults alike went around the parking lot to grab some sweets. The costumes were also displayed in a mini-fashion show where the winners were selected. Best in Costume went to Aria Didomenico, Cooper McPartlin and Laile Uy.

The day wasn't done without a picnic. Everyone was treated to burgers and pizza. For those who brought food to share, thank you very much! Pictures are found on the next pages and on our FCDC Facebook page.

We hope to see everyone next year! ~J.A.



FUN RUN team



Winners 5K 12 y.o and over, male



Winners 5K 12 y.o and over, female



Winners 1K 12 y.o and over, male



Winners 1K 12 y.o and over, female



Winners 1K 6-11 y.o., male



Winners, 1K 6-11 y.o., female



Winners, 5K 6-11 y.o.



Winners, 5K 6-11 y.o., female



Winners, Best in Costume



Dr. Alcid of Ocean Orthopedics



5K Runners



1K Runners



Day of the Dead trunk



# Congratulations

## to our Halloween FUN RUN winners!

5K OVERALL		Time (Min:Sec)
1	Gregory Alcid	24:41
2	Gillian Alcid	27:09
3	Cooper McPartlin	27:37
4	Grace Alcid	31:47
5	Joseph Payumo	34:09

1K OVERALL		Time (Min:Sec)
1	Vincent Mandanas	5:17
2	Gia Tonog	5:29
3	Zoe Jacinto	5:38
4	Elaina Pamintuan	5:41
5	Gabe Satterfield	5:50

5K MALE 12+		Time (Min:Sec)
1	Gregory Alcid	24:41
2	Joseph Payumo	34:09
3	Axl Perono	34:54

1K MALE 12+		Time (Min:Sec)
1	Ross Jacinto	5:38
2	Roger Uy	17:49
3	Eric Alberto	18:06

5K FEMALE 12 +		Time (Min:Sec)
1	Gillian Alcid	27:09
2	Rechie Mandanas	36:19
3	Chloe Uy	41:49

1K FEMALE 12 +		Time (Min:Sec)
1	Dawn Shafer	7:42
2	Angie Wall	8:36
3	Therese Alberto	9:23

5K MALE 6-11		Time (Min:Sec)
1	Cooper McPartlin	27:37
2	Michael Wall Jr	39:28
3	n/a	n/a

1K MALE 6-11		Time (Min:Sec)
1	Vincent Mandanas	5:17
2	Gabe Satterfield	5:50
3	Pax Perono	6:04

5K FEMALE 6-11		Time (Min:Sec)
1	Grace Alcid	31:47
2	Zoe Jacinto	70:02
3	n/a	n/a

1K FEMALE 6-11		Time (Min:Sec)
1	Gia Tonog	5:29
2	Zoe Jacinto	5:38
3	Elaina Pamintuan	5:41

1K Under 5		Time (Min:Sec)
1	Kateri Alberto	9:26
2	Thomas Alberto	14:32
3	Genevieve Satterfield	16:05

Thank You



**THANK YOU TO OUR SPONSORS:** The Freed Foundation

**GOLD:** Urso Financial Management & Consulting, LLC

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and Drs. Dominic and Angela Pamintuan

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• Ocean Orthopedic Associates c/o Dr. Jess Alcidi  
• Dr. Louie and Mrs. Maryann Payumo

• Mrs. Lorna Tejada • **BANNER :** Kuya Arnel's Cooked Sweet Pork Sausage



Dr. Rose M. Maddatu  
Linda McPartlin  
Joji Babuschak  
Rowela Antioquia  
Gatpolintan Family  
Angela & Elma Pontipiedra

Maraming Salamat!



**FCDC's  
Annual Field  
Trip  
  
at the  
Philadelphia  
Museum of Art**



Find the Igorot lunch box and Filipino girl's hat at the museum!

Further details will be emailed. RSVP now at [fcdcteam@gmail.com](mailto:fcdcteam@gmail.com).  
Bus seating is limited. First come first served.

12.03  
2022  
8am

*2022 paid members:  
All children and 2 adults/ family will get  
free admission and bus transportation.*



## **ATTITUDE ADJUSTMENT**

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

### **A PEEK OF THE SEASONS IN YOU**

What season is your life in now? We often hear people refer to stages in their lives as “in transition.” Let us look at what that means through what we all experience.

**WINTER.** Are your days mostly dark? Uncomfortably cold and dreary? Like you want to just hibernate and stay in your comfort zone? Your slate is clear. Soul searching. You are setting up for new beginnings. A new direction. A new you!

**SPRING.** Are things looking up? You feel life is promising. Hopeful. Becoming brighter and more colorful? You feel exhilarated. The bud in you is prepped to open up to your possibilities and you are eager to show the world how awesome you can be.

**SUMMER.** You’ve blossomed! It’s your time to shine in your unique magnificence. You’re energized to go out, share the harvest and celebrate. Bask in the beauty of everything. Days are longer. You’re bursting with excitement.

FALL. Time for 'the old you' to be stripped. A chapter, a cycle of your life has ended. You reflect and see so many shades of you. Beautiful and radiant in different ways. You try and identify who you really are. As layers of you fall off, you are left with a bare soul. A time for reflection. A time to decide what you want to be.

We all evolve in life. It is a never ending SELF DISCOVERY and MANIFESTATION. It is important to find what's good in all phases we go through in life. Not always easy, but doable. Be glorious, kind and grateful through all seasons. Enjoy every moment while they last. Life transitions, though tough at times, are necessary for us to grow and blossom.

For my inspiring messages, follow Ferlie on social media @FerlieAlmonte.com



## Pamanang Pilipino Ni Sisa Batongbacal



Pumatak na ang dugo  
 Ng isang Pilipinong maglalayag  
 Sa magaspang na dalampasigan  
 Ng Murro Bay sa California,  
 Bago pa ang ibang lahi ay magtatag  
 Ng kolonya sa labintatlong unang  
 Estado ng Amerika. Hindi nagtagal,  
 Sangkot na ang Pilipinong paggawa  
 Sa pagtanim, pagpitas, pag-empake  
 Ng pinya at mansanas sa Hawaii,  
 Sa Carolina, Boston at Florida;  
 Naghagis ng lambat, sima at kawil  
 Nanghuli ng isda, naglinis, nagdelata  
 Sa Alaska hanggang New York.  
 —At lumatag sila sa plantasyon,  
 Mina at pabrika, mga angkas at takas  
 Sa mapang-aaliping barkong Espanyol:  
 Anak nila at inapo ang dinatnan  
 Ng kasunod na migranteng Pilipinong  
 Nagpaandar din sa mga planta  
 Tumao sa mga tanggapan ng serbisyo,  
 Nagmaneho ng taksi, trambiya, bus,  
 Sasakyang pangkargamento,  
 Sa barkong pangisda ay nagpiloto,  
 Tagakwenta ng pera sa bangko,  
 Guro ng Ingles sa paaralang publiko,  
 Doktor, nars, siruhano,  
 Tagabuhat ng pasyanteng  
 Kung hindi umaangil ay umuungol,  
 Mga saltang markado ang kulay  
 Sa antas ng trabaho at sweldo—  
 Hindi na takas sa mapang-aliping barko  
 Walang takot silang naglayag,  
 Puhunan ay pawis at dugo, dumaong  
 Sa magaspang na dalampasigan  
 Ng Estados Unidos upang tugisin  
 Ang bangungot, ng napakailap  
 Na Great American dream.



## **THE FILIPINO LEGACY BY SISA BATONGBACAL**

**BEFORE OTHER NATIONS WERE ABLE TO SET UP THEIR COLONIES  
IN THE FIRST THIRTEEN STATES THE UNITED STATES,  
FILIPINO SAILORS ALREADY SHED THEIR BLOOD  
IN THE ROUGH SHORES OF CALIFORNIA'S MURRO BAY.  
NOT LONG AFTER, FILIPINOS BECAME INVOLVED  
IN FARMING, FRUIT-PICKING AND PACKING  
OF PINEAPPLES AND APPLES IN HAWAII  
IN CAROLINA, BOSTON, AND FLORIDA;  
NETS WERE THROWN, HOOKS AND BAITS,  
TO CATCH, TO GUT, TO CLEAN, TO CAN A FISH  
FROM ALASKA TO NEW YORK.  
THEY LINED UP IN PLANTATIONS,  
IN MINES AND FACTORIES  
THEM WHO HITCHED AND BORE THE SLAVERY OF SPANISH SHIPS,  
WITH THEIR CHILDREN AND GRANDCHILDREN  
WHO WERE THEN MET BY THE GENERATIONS OF MIGRANT FILIPINOS.  
THEM WHO RUN PLANTS AND WHOLEHEARTEDLY PROVIDED SERVICE,  
DROVE TAXIS, BUSES, AND PUBLIC TRANSPORT,  
HANDLED TRUCKS AND MANAGED CARGOES,  
MIGHTY CAPTAINS OF FISHING VESSELS.  
THEM WHO BECAME BANK TELLERS AND TEACHERS  
DOCTORS, NURSES, AND SURGEONS  
EVEN CAREGIVERS WHO DILIGENTLY CARE FOR THE NEEDY AND PAINED.  
THEY ARE MIGRANTS WHOSE COLOR  
DEFINES THE LINE OF WORK AND PAY  
WHO ARE NO LONGER CHAINED BY SLAVERY  
AND FEARLESSLY SAIL ACROSS THE ROUGH TIDES  
OF LIVING IN THE UNITED STATES  
ALL TO BE ABLE TO SUCCEED AND SURPASS  
THE NIGHTMARE, AND BRING TO LIFE  
THE SO CALLED GREAT AMERICAN DREAM**

**OCTOBER 18, 2022**



# NEW MAILING ADDRESS



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**New FCDC Members**

- Beth Lacson and family
- Renato Rosete Jr. and family