

MAGAZINE FOR THE WELLINGTON FILIPINO COMMUNITY

KABAYAN

SUMMER 2014 (DEC 2014-FEB 2015) | ISSUE NO. 8

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*Sharing our Time, Talent
and Treasure*

THE SPIRIT OF BAYANIHAN IN ACTION

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WITH EXCITEMENT

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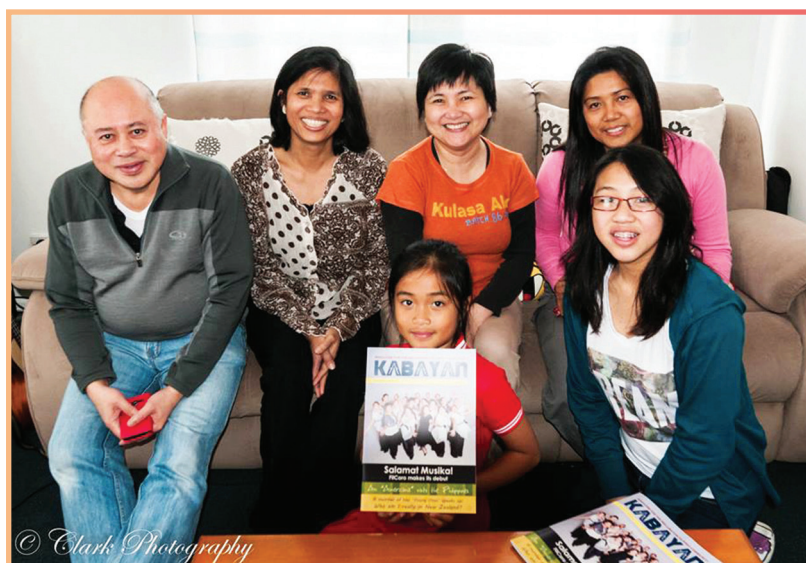


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We wish all our readers, sponsors and contributors a blessed Christmas and a bountiful New Year!



From the Editorial Team: Johnny, Judith, Meia, Didith, Noel, Chia, Mikey and Bea (and our contributors Kyla and Kathy)



We associate Christmas as the season of giving but we must remember that the opportunity to give and share our time, talent and treasure can come at any time.

It was only a year ago when hundreds of Wellington Filipinos and our friends stood on street corners, at bus stops and in the Wellington railway station to collect donations for the victims of typhoon Haiyan. It was a single but collective (if that makes sense) act of generosity by the collectors, organisers and the donors.

It was the spirit of bayanihan in action.

In this issue, we honour those who have helped and volunteered in one way or another to make our world a better one. Surprisingly, their inherent Filipino values reflect on the causes they support. The sense of belonging is a common theme – whether you are a new migrant to New Zealand, a seafarer visiting Wellington's shores, a young Filipino helping to build a place where people her age can call their own or a group visiting the elderly to show them they are not forgotten and are very much valued.

Yes, bayanihan does take effort, sometimes lots of it too, to make things happen. Somehow, the volunteers' vision fuels their bodies and spirits so that the work is not work at all.

I would like to think that many want to volunteer but just don't know how or think that they have nothing to offer (or think that they are too old/too young). Have faith in yourself because your talent and skills are there for a reason. May you be inspired and motivated from the stories in this issue.

Have a meaningful Christmas and a wonderful summer!

Meia

UPCOMING EVENTS

Solemnity of the Immaculate Conception of the Blessed Virgin Mary

Monday, 8 December, 6pm
Sacred Heart Cathedral, Hill St., Thorndon

Simbang Gabi

15-23 December 2014, 7.30pm
St. Martin de Porres Church
Avalon, Lower Hutt

Christmas Eve Mass

24 December 2014, 8pm
Sacred Heart Cathedral, Hill St.,
Wellington

Pasko Festival (a Philippine Christmas)

Saturday, 24 January 2015, 9am-6.30pm
Avalon Park, Taita Drive, Lowe Hutt
Organised by the Bulwagan Foundation
Trust

TALK TO US:

How do you think we are going? How can we make Kabayan better? Any story you'd like to see featured in the magazine? Email us on kabayanmag@gmail.com. We'd love to hear from you.

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DREAM BIG, START SMALL.

Let's build our Filipino Community Hall in Wellington! Support the FilCom Centre Project.
To help, go to the Bulwagan Foundation Trust website www.bulwagan.org.nz and check out the different fundraising programs

(Adopt a Brick, Alkansya and pledges).





Just like a fiesta back home, there has to be some dancing – this one's from the Filifest Dance Group



Bicolanos and friends gather for the celebration



Alvin Divinagracia, this year's 'Hermano Mayor' welcomes everyone



The Young Once join the festivities



Abbot and Rachel Calvelo, loyal devotees to Ina

2014 PENAFRANCIA FESTIVITIES IN WELLINGTON

FIL RANGA

This year's Penafrancia Fiesta celebration in Wellington was deemed another success. Although the weather was not that great, there was still a decent turnout of people during the event. Credit to the unwavering devotion and love for 'Ina', not only by the Bicolanos in Wellington, but all the patrons and devotees of the Nuestra Señora de Penafrancia who have been following this religious activity time and time again.

The memorable event, which was held on the 20th of September 2014, started with the usual novena and procession, and followed by mass officiated by Fr. Bernard Espiritu, SVD, who gave a rousing homily. Fr. Espiritu inspired the crowd with the brief history of the miraculous *Virgen de Penafrancia*. The mass was even made extra special as another Filipino priest Fr. Marion Malyon, SVD also concelebrated the Eucharist.

The fellowship and a short program followed at the Petone Rugby Club, located just a

corner away from the church. The Entrance of Colours opened the program, followed by the welcome speech of this year's '*Hermano Mayor*' Alvin Divinagracia. Philippine Ambassador Virginia H Benavidez delivered her inspirational message highlighting the importance of keeping the Filipino traditions and faith devotions alive even while living offshore.

This year's festivities showcased Bicolano songs and traditional dances such as the '*Pantomina*', '*La Jota Bicolana*' and '*Polka sa Plaza*'. The Wellington Filipino Community Choir (FilCoro) and Filifest wowed the audience with their rendition of their best choreographed performances that were truly unique to Filipinos. Guests were treated with Bicolano cuisine such as '*laing*', '*bicol express*', '*bilo-bilo*' and many more to complement the two '*lechons*'. The raffle was also another crowd pleaser during the night where it brought down the house when it was decided last minute to include the pig's head as a prize! Somebody had

enjoyed '*lechon paksiw*' the following week for sure.

What's the plan for next year? There has been talk of chartering a Dominion Post ferry from Wellington to Petone wharf to mimic the fluvial procession being done in Bicol. This may appear to be a huge ask but don't discount it just yet. It is not actually that remotely impossible. Someone from the organising committee had already made an initial enquiry regarding the cost.

Outside of the cultural and religious event, the Bicolano Ako Wellington group, which hosted the event, is planning to use the remaining proceeds of the raffle to sponsor an indigent student in Bicol. Doing so will make the act of faith and devotion to 'Ina' more meaningful and charity-orientated, other than just a religious social activity.



Ambassador Virginia Benavidez and Hon. Simon Bridges sign the agreement.

BETTER AIR CONNECTIONS WITH THE PHILIPPINES

TEXT TAKEN FROM THE MINISTRY OF TRANSPORT AND THE PHILIPPINE EMBASSY WELLINGTON PRESS RELEASE

Air links between New Zealand and the Philippines are set to improve with the signing of an air services arrangement, says Transport Minister Simon Bridges. H.E. Virginia H. Benavidez, Philippine Ambassador to New Zealand, and the Hon. Simon Bridges, Minister of Transport of New Zealand, signed the Exchange of Letters to confirm an amendment to the existing Air Services Agreement on 12 November 2014 at the Office of Minister Bridges in Parliament.

From January 2015, Air New Zealand will code share (a seat can be purchased on one airline but is actually operated by a cooperating airline under a different flight number or code.¹) with Singapore Airlines for flights to the Philippines.

destination and nearly 14,000 Filipinos visited New Zealand as of September 2014. Minister Bridges stated that “the Philippines is an important friend and trading partner for New Zealand” with Filipinos “making a valuable contribution” to the New Zealand economy, including the rebuild in Christchurch.

Currently there is no direct air service between the two countries, however the new code-sharing provision will help develop the market and build momentum towards possible direct flights in the future.

¹ http://www.princeton.edu/~achaney/tmve/wiki100k/docs/Codeshare_agreement.html

Tourism data show that more than 19,000 tourists from New Zealand visited the Philippines as their main overseas



May and Jun dancing the Rumba.



The dance duo with May's parents, Pete and Annie Delmiguez

FILIFEST DANCERS WIN AT THE NEW ZEALAND OPEN DANCE CHAMPIONSHIP

JIM YOUNG

Congratulations to May Young and Jun Samblaceno for their amazing success at the New Zealand Open Dance Championships held at the TSB Arena Wellington this Labour Weekend, October 25-26, 2014. Our Filipino dance duo was placed first in the Masters 1 Level 3 Latin American dance competition, second in the Masters 1 Level 3 New Vogue, and third in the Masters 1 Level 4 Latin American. This is a remarkable achievement, given they have only been dancing together for two years.

May and Jun enjoy dancing. They are keen members of the NZ Filifest Cultural Group. May has been dancing for some ten years now and is a member of the Wellington Filipino Community Choir. Jun was a top dancer with the Royal New Zealand Ballet. They are fortunate to have perfected their ballroom and Latin dancing skills through

the expert tuition given them by Rob and Cheryl Stevens, both previous national champions, who own the “Step by Step” dance studio in Lower Hutt. May and Jun look forward to next year’s national competition to be held in Hamilton and they are ready to do some hard work to retain their championship status.





FilCoro belting it out

ETHNIC FUSION OF CULTURES FOR A FILIPINO COMMUNITY CENTRE IN WELLINGTON

TEXT TAKEN FROM THE PHILIPPINE EMBASSY WELLINGTON PRESS RELEASE

On October 11, 2014 FilCoro featured in a special concert at the Walter Nash Stadium in Taita, Lower Hutt. The generosity of hearts and sharing of varied talents and creativity made it possible to hold an evening of great entertainment featuring the ethnic fusion of some of New Zealand's leading performers.

What made it extra special were the inspiring and dedicated efforts of the Bulwagan Foundation Trust, a Filipino community-based organisation and Exceptional Communications in putting together this event. Philippine embassy staff led by HE Virginia H. Benavidez, Philippine Ambassador to New Zealand and members of the local community supported the concert. The proceeds from the show aimed to help build a Filipino Community Centre (FilComm) in Wellington which in the words of Bulwagan Trust's Chairperson, Ms. Flora Muriel Nogoy is envisioned to be

“a place of belonging and learning for all people and more importantly, a heritage of the next generation of Kiwi-Filipinos.”

With the theme ‘Music, Culture, Community’, FilCoro rendered an outstanding performance with their repertoire of popular, sacred music, spiritual, jazz, Filipino folk songs and OPM (Original Pilipino Music). Other performers were the Tomorrow People, a dazzling reggae band dubbed as Wellington's biggest success story, 50/50 Dance Crew, a finalist at the New Zealand's Got Talent bringing Bollywood-bhangara-hip hop fusion to the stage and The Noodles, Wellington's busiest professional cover band playing several times a week and pleasing crowds around New Zealand's top night spots.



God is in the centre of YFC friendship. No wonder they are all smiling. (Thanks to the selfie stick I'm in the shot!)



YOUTH FOR CHRIST HOLDS OPEN DAY

MARC JOSEPH ARCELLANA

Youth For Christ (YFC) Wellington held an Open Day on November 15th at the Tawa Community Centre to promote the YFC Entry Camp on December 5 – 7 at Camp Elsdon. Many new young members of the community turned up for the day, which was filled with much joy and laughter. There were games and some current members of the YFC community shared their own experience and journey after joining YFC. The sharers talked about how they all grew more with Christ and built a stronger relationship with Him and with their own friends and family.

Youth For Christ is an international Christian youth group whose aim is to introduce the youth to God and how He influences our lives daily. The youth will learn more about God as well as themselves and discover their own talents while making friends along the way.

YFC is open to all youth aged 13 – 21 years. The theme of the camp is **How I Met Our Father** and will be an enjoyable weekend to learn more about God.



BFT Chairperson Flora Muriel-Nogoy with Ambassador Virginia H Benavidez opens the first alkansya.



Many hands make light work.

ALKANSYA OPENING AT ANG BAHAY

ARLA FONTAMILLAS

As part of the continuing efforts to build our own Filipino Community Centre in Wellington, a number of 'alkansiya' - the Filipino's version of piggy bank - were finally opened in a special ceremony held at 'Ang Bahay' on November 29, 2014.

The 'alkansiya,' which were made out of coconut shells, were given out to the Filipino community a year ago. It adheres to the Filipino's spirit of "bayanihan" or the joining together of small collective efforts for a greater good. No less than the Philippine Ambassador to New Zealand Virginia H. Benavidez along with the Board of Trustees of Bulwagan Trust Foundation led by Flora Muriel-Nogoy spearheaded the ceremony. People who have expressed a keen interest in supporting the Bulwagan

Foundation Trust's vision attended the occasion. Over \$2,300 were collected that day (excluding the other 'alkansiya' that are yet to be collected).

The 'alkansiya' campaign is still ongoing. For those who are interested to participate, go to the Bulwagan Foundation Trust website www.bulwagan.org.nz.



PRAYERS FOR OUR LEADERS

MEIA LOPEZ

The third Prayer@Parliament gathering was held on November 6, 2014. It was the first session after the national election last September. Prayer@Parliament is a series of prayer sessions held every year at parliament to pray for our national leaders, cabinet ministers and public officials. This session was also offered for the new MPs in the nation's 51st Parliament.

Gordon Copeland, former MP opened the session with a prayer followed by welcoming remarks from Hon Chester Borrows, parliamentary host and MP for Whanganui and Pastor Rasik Ranchod, Convener. Philippine Ambassador Virginia H Benavidez and other MPs were also present at the event. Some members of the community from Wellington and the rest of the country attended the event and the Wellington Filipino Community Choir (FilCoro) rendered a couple of prayer hymns. Over 12 years ago, Pastor Rasik noticed that

individuals and groups frequently offered prayers for the needy, the sick and their community in general but not so much for the people in authority.

He started the Prayer@Parliament to specifically pray for those in authority and who lead the country. The next Prayer@Parliament gathering will be in March 2015. For more information or to join the Prayer@Parliament sessions go to <http://prayeratparliament.org.nz/home>.

<http://encounterhouseofprayer.com/wp-content/uploads/2014/08/praying-hands.jpg>

ANITA MANSELL AT YOUR SERVICE

Welcome to New Zealand!

NOEL BAUSTISTA

Filling her life by helping others for literally nothing in return



Anita introducing the visiting Barangay Dance Troupe at the beginning of their show.

Thirty-one years ago, we cannot be 100% sure, but Anita Nadera arrived in Wellington, New Zealand on a typically windy and overcast day. The migrant in her conditioned herself to prepare for anything and everything. It helped her adjust to the vastly alien life of being a new New Zealander, but it also helped her to be strong for her brethren, other new migrants.

Thirty-one years later, on another typically windy and overcast Wellington day, Anita Mansell (she has been happily married since then) looks back with much introspection on half a lifetime of service and volunteerism.

'She believes that well-adjusted migrants are better able to show their pride in their cultures.'

She refuses to choose highlights in her career as a volunteer, and we believe her because she doesn't even want to be called such, only someone who has been there for others. She wasn't a pioneer with the Mabuhay Filipino Association, but she might as well have been. She joined a year after the organisation was conceived; and she has not stopped helping newcomers, refugees and migrants first get settled in (physically and figuratively), then finding out her wards' particular area of difficulty in adjusting. Whether it was the language barrier, getting around or finding a job, Anita would be there. She didn't limit herself to helping other kabayan either – she found herself helping Southeast Asians, South Asians, Middle Easterns. It didn't matter to Anita as long as you needed help.

She believes that well-adjusted migrants are better able to show their pride in their cultures. Showing her Kiwi hosts our native performing arts could help them better understand us. Anita then became more involved in both the Wellington International Filipino Society and the Hutt Multicultural Council, where Anita served as vice-president.

Time flew by so quickly that before Anita and her crew realised it, they had helped and eased into New Zealand society scores and scores of migrant families via the simplest of formula: because she was a former migrant herself, she knew how it was to walk in their shoes. Almost as an afterthought when asked how she had spent so much time in these migrant aid groups, she said, "Helping people is my passion."

In 2011, no less than the New Zealand Government, represented by the Governor General himself, conferred on our kabayan Anita the Queen's Service Medal in recognition of her sterling efforts to serve both the Filipino and migrant communities the last three decades. Only two other Filipinos have been granted an award from the Queen, but Anita says the award itself is a confirmation of the work she has done since she arrived in New Zealand, as a volunteer where the opportunity to help others is its own reward.

Such inspiring words from the Cebuana migrant who jumped into New Zealand on that fateful windy day in Wellington 31 years ago with stars in her eyes, and ended up dedicating her life to helping others.

http://2.bp.blogspot.com/-VhvDNK7_Jng/USwkZUSROKI/AAAAAAAAI7Y/EV6AwIQGtY/s1600/Wellington+sunset.jpg

SLF Family springs to life in New Zealand

PORTIA LUGTU-TUPAZ

"What a wondrous time is spring when all the trees are budding. The birds begin to sing, the flowers start their blooming."

Kurt Kaiser, Pass It On

Spring ushers in new life and new beginnings. This is exactly what the Spring of Life Fellowship is all about: new life in New Zealand, new spiritual growth, and new friendships.

Migrating to a foreign country with a different culture, we try to get our footing searching for things that are familiar to us. In 1998, a group of Filipinos were searching for that familiar spiritual support they grew accustomed to back in the Philippines. Fr. Raymond Soriano, the Filipino chaplain back then, gave his full support to the group, guiding the group in its early activities. Thus, the Spring of Life Fellowship (SLF) was born in the spring of 1999 starting with a Music Ministry. The group bonded not only by its spiritual thirst but also by its love to serve God through singing. It was Fr. Raymond who prodded the group to start a regular Healing Mass every third Sunday with the SLF choir rendering the songs. The SLF started introducing its charism, even singing Filipino songs, not only in the Filipino masses but also at mass for various New Zealand parishes reaching as far as Westport in the South Island. The Music Ministry developed and became involved in the group's outreach activities: visiting various rest homes to entertain the elderly, supporting the Holy Hour at the Sacred Heart Cathedral to pray for priestly and religious vocations, performing at various fundraising events



SLF prayer: "...Help us persevere that we may strive to bring out the best in each of us and, in doing so, we may achieve that higher goal for which You called us..."

like the Lower Hutt Christchurch earthquake appeal, and most recently, at the mini-concert for church strengthening at St. Theresa's in Plimmerton. These outreach activities have made a great impact on the members for these are means of integrating with the New Zealand community, and as such, made the members realise what they, as Filipino Catholics, can share with their new home to nurture it and help it spiritually grow.

'It was indeed a blessing to have a community of believers who affirm your beliefs and strengthen your faith.'

SLF also introduced Growth Series and Bible Studies to its members following the Catholic Life in the Spirit Seminar (CLSS) conducted by Fr. Larry Faraon in October 2000. Being in New Zealand with its own culture and beliefs can sometimes shake one's faith. It was indeed a blessing to have a community of believers who affirm your beliefs and strengthen your faith. Having this spiritual growth, the members learned to put Christ in the centre of their daily lives, even in the simplest activity at home or at work. Volunteering in the local community such as gardening at the Wellington Zoo to doing fund raisers to support various community projects here in New Zealand

and the Philippines brought the group even closer while enriching the wider community with SLF's own 'bayanihan' spirit.

In SLF, the members have not only found new friends but also a new family. This is one of the greatest blessings of the group. Sharing the daily struggles and triumphs helps members deal with their day-to-day journey in New Zealand. For now in this distant place, where most of the members do not have any blood relations, they have found a family who shares in their joys and sorrows. It is a family that runs in the heart.

As spring has ushered new life and new beginnings in SLF, the group prays that they have planted seeds along the way - seeds that will come to the fruition of beautiful blossoms leading to a bountiful harvest yet to come.



Spring of Life annual 'For-a-Worthy-Cause' garage sale at Sts Peter and Paul Parish in Johnsonville

STELLA MARIS: THE APOSTLESHIP OF THE SEA

K.J. HEAD S.M. APOSTLESHIP OF THE SEA CATHOLIC CHAPLAIN, WELLINGTON

About 80% of those who work at sea are men and women from the Philippines.



(Ships on Wellington harbour) Cruise ship season is upon us (image from 2012-2013 season)



Rose Celeste and Laurence Churchman, AoS volunteers, keep the Filipino crew of the Jules Verne company at the Seafarers' Centre



Away from family and friends for many months at a time, working long hours and navigating some of the world's most dangerous stretches of ocean, seafarers and fishers face a tough, lonely and hazardous career. Piracy, shipwreck, abandonment and separation from loved ones are just a few of the problems that they cope with.

Fishers are involved in what is recognised as the most dangerous occupation in the world. Seafarers transport 90 to 95% of the food and goods that the world uses every day, and yet these 1.3 million hardworking men and women, who face danger every day, are often forgotten.

When aircraft crash, we hear about these on the news; when ships sink, it's almost as if no one cares, unless it's a cruise liner like the Costa Concordia. Wikipedia lists 67 ships as "sunk, foundered, grounded or otherwise lost" in 2012. Twenty-five of those shipwrecks resulted in the loss of 943 lives.

Under the guidance and protection of Mary, Star of the Sea, the Apostleship of the Sea (AoS) cares for the fishers and seafarers that visit our ports. In Aotearoa New Zealand, AoS ministers to those who work at sea and in our ports in Auckland, Wellington, Tauranga Moana and Napier. We are in the process opening or re-opening branches in other NZ ports, such as Lyttelton and Seaview, the oil tanker port near Petone in Wellington.

AoS aims to promote, as fully as possible, the spiritual welfare of Catholic seafarers and fishers and the social welfare of all seafarers and fishers, irrespective of nationality or creed. It is an official ministry of the Church. The work of AoS volunteers and chaplains began in Glasgow, Scotland, in the 1890s, and Pope Pius XI approved

their ministry in 1922.

AoS is responsible to the Pontifical Council for the Pastoral Care of Migrants and Itinerant People (a Council of the Roman Curia), and is staffed by Catholic volunteers under the sponsorship of the Bishop in each Diocese. It is part of an international network of about 150 Stella Maris Centres worldwide, and about 100 other centres where AoS ministers work alongside the (Anglican) Mission to Seafarers and the (interdenominational) International Seafarers' Society (formerly the British Sailors' Society).

Archbishop John Dew is the AoS Episcopal Promoter in Aotearoa NZ, overseeing the work of the National Director, Fr. Jeffrey Drane sm.

If you would like to know more about the Apostleship of the Sea, or to become a volunteer, please have a look at our website: www.aos.org.nz, contact: Fr. Jeff Drane, sm, the National Director -- jeffdrane@aos.org.nz -- or speak with Filipino volunteers Johnny and Rose Celeste (tel 04-4764896).



http://www.wallpaperup.com/32039/water_ripple_waves_reflection.html

THROUGH THE EYES OF A CHILD

KATHY LOPEZ

Anyone, at any age, can a make difference



Kathy (in the middle) at Ethnic Fusion, 2014

TO HELP THIS CAUSE,
PLEASE CHECK THE FILCOM
PROJECT INFORMATION ON
PAGE 4.



Kathy at Deck the Mall, 2006

At the mere age of eight, I was one of the youngest cast members of Bulwagan Foundation Trust's production of Deck the Mall, a musical reflecting on the Christmas story amongst the chaotic scramble of last-minute mall shoppers. I only vaguely remember my mother asking me a question after one of the rehearsals. "Do you know why you are doing this?" She asked. I probably wasn't expected to know anyway. Being the quiet eight year old that I was, I probably only replied with a shrug. She explained to me the idea of the trust and their vision of a Filipino community centre here in Wellington.

'This was going to be a place that I can go and really feel like a Filipino; a place to remind myself that this was meant for us.'

I cannot explain what happened, but something just clicked in my head. I decided right then and there that I wanted to help. So when the next rehearsal came around, I came up to one of the trustees, wide-eyed and clutching my clear little plastic bag with the money I wanted to donate towards the centre. Once again, my mother asked me a question, "Are you sure you want to donate your money?" When she said your money, she really meant all your money. Without hesitation I replied, "Yes. I don't have anything to spend it on anyway" (or something along those lines). All the money I had saved up from

birthdays, Christmas and various coins found on the footpath, added to a grand total of twenty one dollars and forty cents. Another eight years later and I am still a dedicated member of the choir (WFCC), and still its youngest member. During all this time, I had almost lost sight of why I had remained committed to the choir. So I must ask myself now, "do you know why you are doing this?" I reflect back to my eight-year-old self. Why would a young girl give away all her money? My first thought was that I was just going through a generous stage, or perhaps I was just generally a nice kid. Unfortunately, the generosity of eight year olds can only take us so far.

I only wish that we could look at the project with the same open-mindedness and optimism as a child. In reality, it will be my generation who will be able to fully utilise the community centre. We will be able to produce our own shows and hold our own events in a place that we can call our own.

Although this probably did not even cross my mind at the time, there seemed to be something else that really appealed to me. This was going to be a place that I can go and really feel like a Filipino; a place to remind myself that this was meant for us. Despite being born in New Zealand, I didn't want to feel detached from where I came from.

I feel there is some sort of magic in hearing that you belong, a magic seen earliest through the eyes of a child.

http://4photos.net/en/image:43-230077-Paper_doll_people_holding_hands_images

Have you ever volunteered your time, treasure or talent?

We asked this questions to our Facebook friends and nobody said anything. We don't believe that they haven't done anything. It's just that they don't want to let others know about it. Fair enough.

We did manage to talk to other friends who shared their experiences with us.

Jade:

I was a parent volunteer at my kids kindy. I learnt a lot from the teachers on how they taught the kids. I was able to follow through at home.

Tisa:

As a student in college (back in the Philippines) I volunteered to participate in the immersion programme in Barrio Obrero in Iloilo. I remember it very well because it was a life changing experience. I had an experience with God. God was so real to me. He was real in my surroundings and He was in the people around me.

Ruth:

I have joined my local church choir so I can share my skills.

Pep:

My husband asked for donations from our friends to construct a wall for the Daughters of Charity's Home for the Aged in Tayuman, Tondo, Manila. From that single event they were able to raise enough money to complete the project!

Cynthia:

I volunteered at the Quirino High school during the summer vacation teaching Pilipino. I was also a candy striper (hospital volunteer) at St Luke's Medical Center, bringing books and magazines to the patients. It is part of the corporal works of mercy. I support the prolife cause in the Philippines and even from here (long distance), I support it by passing on links on social media.

FUN ZONE

Hey kids! Colour in this picture!



SUMMER 2014

UNSUNG HEROES

When we are asked to name Filipino heroes, we immediately think of Jose Rizal or Andres Bonifacio. But have you heard of Jomapa, Teresa Magbanua or General Nicolas Capistrano? Who were they? How did they help our country? Kabayan features three heroes of the revolution.



BICOL'S JOMAPA OR J.M.P

JUDITH BALARES SALAMAT



J.M.P who? Jomapa who?

Bicol is one of those regions that need some re-writing or re-telling of historic accounts and stories. Gerona, a noted Bicolano historian, links this to the “dearth of published materials on Kabikolan history ¹” which resulted in what he called “historical slumber.”

JMP or Jomapa is one of those heroes who should not be a part of this “slumber.” One of the main streets in Naga City called Panganiban Drive and the town formerly called Mambulao, Camarines Norte are named after him.

Jose Maria Panganiban (Jomapa is his pseudonym), born on 1 February 1863, was one of Jose Rizal’s best friends working on La Solidaridad. Accounts point out his active participation with the Filipino propagandists in Spain who longed for the “nationalization” of the Philippines from its colonial state. Like Rizal who shared his

heroism through his pen, Jomapa “called the attention of the Spaniards on the freedom of the press and criticized the educational system in the Philippines... his works were recognized by Jose Rizal who said he was a true orator, of easy and energetic words, vigorous in concepts and of practical and transcendental ideas ²”. Panganiban also contributed numerous articles; some of them were expressions of his yearnings for his home.

Jomapa, however, contracted pulmonary tuberculosis and died at the early age of 27 on 19 August 1890 and, therefore, could not continue helping the propaganda movement. To his good friend Rizal, he expressed that if only he could have the strength before, he could have done his “work with (you) until the bitter end ³.” Jomapa, indeed, had done heroic deeds not only for the Bicol region but also for the entire country. He should no longer be included as a “forgotten Bicol hero.” ⁴

¹ <http://naga.gov.ph/naga-smiles-2/in-search-of-missing-pieces-of-bicol-history/>

² http://www.answers.com/Q/Accomplishments_of_Jose_maria_panganiban

³ “Accomplishments of Jose Maria Panganiban” http://www.answers.com/Q/Accomplishments_of_Jose_maria_panganiban

⁴ Sergio, N., Bicol Mail. <http://www.bicolmail.com/2012/?p=12823>

TERESA MAGBANUA: THE JOAN OF ARC OF THE VISAYAS

JOHNNY CELESTE



In the town of Pototan, Iloilo, in the island of Panay, Teresa Magbanua Day is celebrated on 13 October, the heroine's birthday. Born in 1868, she learned to ride horses and carabaos in her childhood. Educated in Jaro, Iloilo, and in Manila, she eventually became a schoolteacher in Pototan. After marrying Alejandro Balderas, a wealthy landowner in Sara, Iloilo, she settled into farm life, honing her riding skills and learning to fire a pistol.

When the Philippine revolution against Spanish colonial rule started in the 1890s, Teresa joined her two brothers in the Katipunan, becoming the only woman to command Filipino soldiers in Panay. Nicknamed 'Nanay Isa' or 'Nay Isa' ('Mother Isa'), she led with exemplary courage and ferocity. In Yating, Pilar, Capiz and in Sapong, close to Sara, she led her units to victory in November and December, 1898. The soldiers started to call her 'general,' although she was not officially granted that rank. She was highly regarded by General Martin Teofilo Delgado, the head of the army in the Visayas, and was appointed leader in many battles in different parts of Panay.

In 1899, Teresa fought alongside her

brother Pascual when Filipino forces retook Jaro, Iloilo from American forces. After the Filipino regional headquarters in Santa Barbara, Iloilo fell, she and her unit moved to the mountains, resorting to guerrilla tactics. After her brothers were killed, and realising the futility of fighting the superior invaders, Teresa finally disbanded her unit and surrendered, eventually going back to farming.

Nay Isa's husband died during the Japanese occupation, leaving her without any children. Despite her old age, she helped finance the Filipino guerrilla activities by selling her property in Iloilo. To avoid the Japanese, she moved to Pagadian, Zamboanga del Sur. With her sister Marian, she remained there even after the war, until she died on August 1947, at the age of 78.

Sources:

Philippine Heroines of the Revolution: Maria Clara they were not, by Dr. Robert L. Yoder, FAPC, Austrian-Philippine WebSite, APSIS Editor Johann Stockinger, (www.univie.ac.at/Voelkerkunde/apsis/aufi/wstat/heroine.htm)
<http://kahimyang.info/kauswagan/articles/683/today-in-philippine-history-october-13-1868-teresa-magbanua-was-born-in-pototan-iloilo>
WikiPilipinas
The Daily Guardian

MINDANAO'S HERO

MEIA LOPEZ

Nicolas Capistrano was not a native of Mindanao but he was very much a local hero.

Born in Manungko, Bulacan in 1864, Nicolas Capistrano grew up in a large family and had 10 other siblings. He entered the seminary at San Juan de Letran but left the priesthood to study law at the University of Santo Tomas. He completed his degree in 1895 and married Cecilia Trinidad.

His education must have made him more aware of the growing social and political unrest among the Filipinos so he decided to join the revolutionary movement in Manila. However, his concern for the safety of his family forced him to move to the south of the Philippines, to Cagayan de Misamis (now Cagayan de Oro City).

He established himself as a lawyer and educator, and was fondly called 'El Profesor'. After the United States and Spain signed

the Treaty of Paris (where Spain 'sold' the Philippines to the United States for 20 million dollars), Spanish forces started leaving the Philippines. A few months later, Misamis province had its first local elections. They even had a celebration of the inauguration of the first Philippine Republic on January 10, 1899. However, the Philippines' independence was short lived. Less than a month after the celebrations, the war against the United States broke out in Manila and in a ripple effect, ended the idyllic life Nicolas and his young family had enjoyed until then.

News must have travelled as fast as it could in those days. When the people of Misamis found out about the war raging in Luzon and Visayas, they prepared to protect their people and fight for their independence. Nicolas Capistrano was chosen to lead the revolutionary forces.

On March 30, 1900, American forces arrived via the Cagayan River and occupied Misamis.

Capistrano and fellow Cagayanons and Bukidnon Lumads hid in the mountains and descended a week later for a surprise dawn attack on the Americans in their barracks on April 7, 1900. They used the tolling bells from the San Agustin Church as the signal to start the attack with macheteros going first followed by riflemen and cavalymen. As the story goes, the stealthy attack was thwarted when one of the revolutionaries shouted a battlecry, rousing the American soldiers from their sleep. Armed only with bolos (machete) and old rifles, the revolutionaries lost this battle. However, it marked the beginning of a yearlong struggle against the new colonial power.

Sources:

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THE PURSUIT OF A HIGHER EDUCATION IN A DIVERSE CULTURAL ENVIRONMENT

HONORATA DE LEON-MANDILAG

Living in a foreign land, a new adventure begins ...



Tita Nora in her thirties was all smiles for the graduation

Allow me to briefly showcase the learning institution where I completed my postgraduate studies, the Asian Institute of Technology. This institution is incredibly rich in cultural diversity. It is located in Pathumthani Province, outside of Bangkok, Thailand.

'I now realise how important culture is when dealing with people especially in the work and social environments.'

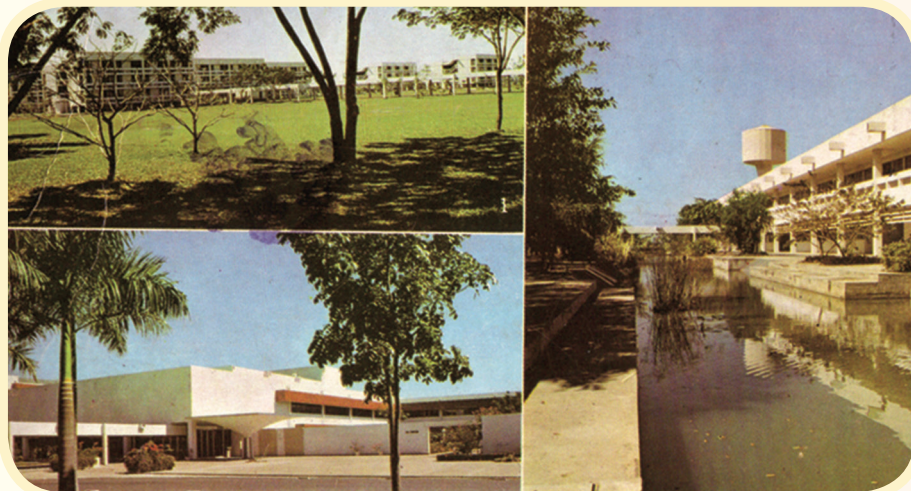
I did my thesis in a government laboratory travelling via public transport five days a week. Those were the most trying moments in my life because everything was written in Thai language including the bus route and number. Not knowing the language, I relied on the bus colour; the faded orange, not the bright orange, is the correct bus to take. I survived using this technique. Going back to school one afternoon, after a very exhausting day, I was overjoyed when I saw a vacant seat beside a monk. I took the seat and the monk moved further away so I thought he was giving me more space. Then out of the blue, a man sat in the very

small space between the monk and myself. When I related my experience to a Thai classmate, he was aghast and said that I have done the monk a grievous offense. It is absolutely forbidden for a woman to sit near a monk! Probably the man understood that I do not know their culture, so he came to the monk's rescue.

I considered that experience as my guiding factor in my succeeding dealings with the student groups, in my role as Cultural Officer of the student union. I became friends with two or three leaders from each nationality. It made my job easier because I had contacts whenever their involvement is concerned. I found this very effective because cultural differences, if not properly managed, can spawn a barrier that is vicious and harmful. This will prevent cooperation and friendship to flourish among the student community.

As an offshoot of this very friendly and truly sincere approach majority of the students, whether they are Iranian, Pakistani, Indian, Malaysian, Thai, Chinese, Nepalese, Sri Lankan, Vietnamese, Cambodian and Filipino joined in sports events, socials and group discussions. The surprise through it all, the student body elected me as the graduation speaker! Truly amazing indeed!

After my study, I now realise how important culture is when dealing with people especially in the work and social environments. To respect and to honour the culture of an individual is tantamount to respecting and honouring the person himself because culture is a path of life, a distinct image that endows a person with a feeling of belonging and security.



The Asian Institute of Technology in Thailand

CONNECTING TO THE REST OF THE WORLD IN NEW ZEALAND

GEO ROBRIGADO

*New friends.
Different cultures.
One common goal.*

When I was a kid, probably around five years old, our grandparents gave us a Childcraft encyclopaedia set. It had 17 volumes plus a child's dictionary and a child's atlas. Being the biggest book on the set, I took on the atlas straight away. I was amazed to find coloured maps of all the countries in the world, together with the national capitals, the national flags, and especially coloured pictures to give the kiddie reader a feel of what could be seen in that country. The atlas gave me an appreciation and fascination for different cultures at a young age, and since then I always wished to meet people from around the world.

Indeed, we are now living in a highly globalised world. Television channels show a wide diversity of programmes from all over the world. Radio stations play songs from different countries. Social media has allowed everyone to connect with each other. Each person in the world has an opportunity to not only learn about different cultures but also find a way to bring cultures together under one common goal.

But what is it like to be united in a truly diverse, globalised society? I have accidentally found the answer to this question when I enrolled in Victoria University for my postgraduate studies. I have hoped (but not expected that much) that I would meet at least one person from a different country other than the Philippines or New Zealand during my stay in Vic, even though I have already made contacts (mostly business) with some people from other countries even before I moved to New Zealand.

But surprise, surprise. When we were asked to talk to our seatmate during the postgraduate orientation programme, I shared experiences with a psychology

student from Colombia. Then more get-to-know-each-other activities came and I met with other students from parts of Latin America, Asia, Africa, and the Pacific Islands. When I arrived at my first class, I met more international students that were taking the same programme. Most of them are scholars from South East Asia.

As the first semester went on, I met a group of international students in a jazz bar in Te Aro. My classmate and good friend Vincent, an exchange student from the Netherlands, introduced me to the group. Ever since that night, I've been invited to their music jams, parties, and other get-togethers. Despite coming from different countries, different cultures, we really clicked together, united by friendship, fun, academic life, and, to an extent, the FIFA World Cup.

With the bond I formed with these international students, I saw that there was so much power in connection and unity that should go beyond obvious diversity. Having friends from different countries opened new horizons for me. Knowing their cultures and traditions even opened a plethora of wonderful opportunities and with these horizons and opportunities, I realised that the key to a united world is one that is made of respect and open-mindedness.

Some of my international friends may not know it, but they definitely changed my life forever. Because of these wonderful experiences I will never see that atlas book again the same way I did when I was a kid. I shall see it not with amazement anymore, but with reminiscing and probably a Grinch-like smile on my face, and say, "Oh, that's where my friend lives!"



WHAT'S THE BUZZ?

JOANNE CASTRO WITH MEIA LOPEZ

Here is a beehive but where are the bees, hidden away in manuka trees ...



From Negros to Masterton

Manuka honey is a mono-flora honey produced in New Zealand and Australia from the nectar of the manuka tree (New Zealand tea tree). It is a beautiful and delicious tasting dark coloured honey with high antioxidant properties and is well known for its antibacterial healing properties.

Beekeeping and honey production are a serious business in New Zealand. In fact, several big beekeeping companies employ Filipinos. My husband, Jerry, works for one of them - Watson and Son in the Wairarapa. We are very lucky that their company employs not just the Filipino beekeepers but their wives as well. Claire Masong, wife of one of the employees, works as a factory assistant in the packaging area - not a bad arrangement at all.

Summertime is harvest time for the honey. Soon Jerry and other beekeepers will be travelling to different parts of the North Island to bring in the honey! It is quite a physical work but he does enjoy his job (he's been there nearly three years!). Jerry says that management looks after them very well and the beekeepers work really hard to deliver for the company that has helped them in so many ways. We are lucky to be part of a family oriented company.



Kabayan had the chance to speak with Watson and Son CEO, Warren Peat and here are his thoughts on their Filipino employees.



HOW MANY FILIPINOS WORK AT WATSON AND SON?

Over 40 Filipinos work on our beekeeping staff, mostly in the Wairarapa, but travelling around the North Island as far as Kaitaia, the East Cape, Wanganui, Taranaki and the Central Plateau. Right now, they are surrounded by busy, buzzing bees, up to their elbows in sticky, sweet, delicious Manuka honey on some of the most pristine and remote areas in the North Island.

HOW DID YOU DECIDE TO HIRE FILIPINOS IN YOUR COMPANY?

When we were unable to find Kiwi beekeepers, we needed to advertise internationally. Word of mouth told us of Edmund B. Benavidez, who runs the Beekeeping Research & Service Center at the Saint Louis University - EISSI Foundation, Inc. We have developed a wonderful relationship with him, based on the quality of his graduates who we've employed over time.



Despite our best endeavours, the NZ situation remains the same, with insufficient numbers of kiwis getting in to Apiculture training and graduating as beekeepers. We now have a good understanding with NZ Immigration who recognise the shortage of skilled staff in Apiculture and support the Work Visa programme for our applicants. Regrettably, it has become more difficult for us this year, as we are now required to submit to the Philippines agency process that has caused many unnecessary administrative delays for good men waiting at home.



WHAT ARE THEIR ROLES?

Most are beekeepers. Most have come initially with a year of training and practical experience. They join crews who are experienced in our New Zealand methods and learn quickly. Some have now been with us for 4 or 5 seasons and several are now in our management team, responsible for running the overall Beekeeping programme and providing support for our 'new kiwis' as they transition into a new culture. We are delighted to also employ a number of the wives of our beekeeping staff. We have a processing plant that packs honey into jars for export and there are several smiling Filipino ladies to greet us every morning in the factory!



HOW DO YOU FIND THEM AS EMPLOYEES?

They are wonderful. One can only imagine the many changes that migrant workers must endure, leaving wives, families and warmer weather to travel great distances to be here. They are always respectful, polite and courteous, your culture is an example to us all! As employees, we enjoy their willingness to work, to work hard, to earn good money over long hours sometimes during our harvest season, always with a smile, a sense of humour and fun, knowing that they are able to support both themselves and their families back home.

We now have a very big Filipino family within our Watson & Son family that are the 'face' of our company to many members of the public, our landowners, when driving our vehicles and living in our community. While there are always things for everyone to learn, our bees could not do what they do for us as a company without the willingness of our Filipino team.

ANY INTERESTING STORY OR ANECDOTE ABOUT THEM YOU'D LIKE TO SHARE?

Sometimes our language barrier can lead to interesting situations. Our men sometimes say 'Yes' when really they should have said 'No' or 'I don't understand'! When they drive off in our big 4WD trucks to service hives in some very remote areas far from a sealed road, we have sometimes had to ask, now how did you end up there with your truck looking like that? There is always a good story and a plausible explanation, but the problem definitely gets solved in a Filipino rather than a Kiwi way!

Now that is another story.

TAKE NOTE, BLUE NOTES

JUDY BOCACAO

Tawa College choir and quartet: young Filipino singers singing out loud.

“From over 250 choirs nationwide, the Tawa College Blue Notes were one of 24 choirs selected to participate in the Big Sing Finale which was held in Auckland 21-23 August. The choir achieved a silver award which is an outstanding achievement. Furthermore, they were judged to have gained the highest mark in one of the 3 singing categories making them the inaugural winners of the Tour Time Cup for best performance of a classical work. Congratulations to their director Mr Isaac Stone, their accompanist Mr Martin Burdan and the 29 students who are members of the choir”. (Excerpts from the Tawa College Newsletter)



Well-deserved award for Tawa Blue Notes all their hardwork in 2014



“Pitchhikers” (Barbershop) from Tawa College, 2013 National Champion

The Tawa College Blue Notes was the only choir selected from the Regional Big Sing held last June, out of 42 choral groups from different secondary schools, to represent Wellington in the national finale.

Being the first time winner of the Tour Time Cup came as a pleasant surprise but a well-deserved accolade for all the collective efforts they have contributed and the extra-long hours of practice that they have tirelessly spared. The last time they had won a Silver award was during the time when their talented director, Mr. Stone, was still one of the choir members in 2006.

Among the 29 choir members, six Filipino kids have passed the tough auditions to be part of this highly acclaimed chamber choir. They are Miguel Quintans, Eric Diputado, Paolo Moredo, TJ Hernandez, Marjel and Mariel Bocacao.

These kids, along with several more Filipino kids, were also part of the Young Men and Women in Harmony (Barbershop) National chorus competition held in Wellington just a week before the National Big Sing. The girls' chorus *Maiden Tawa* placed third and boys chorus *Acafellas* placed first in the competition.

Miguel Quintans, who was also a member together with Paolo Moredo of the quartet called ‘*Pitchhikers*’ that won first place in 2013 competition, recalled the times when they would practise during lunch

every Thursday just so they could master their pieces. He remembered the thrill of preparing for the contests despite their hectic academic and other non-academic schedules. They had weekend rehearsals, generally held a couple of weeks before competitions. However, he could still remember that, as young students, some of their time was also spent ‘chilling out.’

What is it like to be a part of these winning groups, especially the thrill of winning the competitions? Miguel, sharing his and his fellow Filipinos’ joy, expressed that these moments are very memorable, “surreal” even. He continues, “participating in these contests made us panic, especially when we had to make changes to how we should sing our songs. All our hard work has paid off and it would be a moment I would never forget.”

When asked how they felt that quite a big number of these choir members (and quartet) were Filipinos, they happily said that it could have been brought by their nature --- being music lovers --- and their sense of community and involvement that brought them together to have represented first, Tawa College, and then the Wellington region.

Way to go Blue Notes and our young Pinoy singers!



DAVAO

MATILDE TAYAWA-FIGURACION

A majestic mountain, the queen of Philippine orchids and the home of the Philippine eagle



A giant durian sculpture with Lumad and other familiar faces will greet you at the Davao international airport.

¹ Lumad is a Bisayan term meaning 'native' or 'indigenous'. It is adopted by a group of 15 from a more than 18 Mindanao ethnic groups in their Cotabato Congress in June 1986 to distinguish them from the other Mindanaons, Moro or Christian. (<http://www.ncca.gov.ph/about-culture-and-arts/articles-on-c-n-a/article.php?i=189>)=

Ask any foreign tourist what they love about the Philippines and for sure, you'll get a consistent reply; that Filipinos are very friendly and welcoming; there is abundance of adventure opportunities and there is no problem communicating with the locals because they can speak English. Now, if you ask a Filipino their favourite place, they would probably say their hometown. It is the same with me but I have to say that Davao is one special place for me too.

Davao is known for Mount Apo, the highest mountain in the Philippines. As a mountaineer back then, it is a feat to climb its majestic peak. However, Mount Apo is not just a mountaineer's ultimate climbing destination; it is more than that. It has been declared a UNESCO Heritage Park because it is home to the largest number of the endangered Philippine eagle, commonly known as the 'monkey-eating eagle'. It is the most critically threatened bird species in the Philippines.

'It was my encounter with the local people, the people of the land that made Davao truly special'

Aside from the Philippine eagle, Mount Apo also hosts hundreds of endemic species of flora and fauna. Its floral list includes 629 species, 42 of which are endemic and 18 species are considered at risk, including the Waling-Waling, recognised as the queen of Philippine orchids and even recommended by plant enthusiasts as the Philippine National Flower.

For those who love a respite from their busy city life, there are many options to choose from. There is the Pearl Farm with its abundant pristine beaches and

an adventure, spiritual retreat or cultural excursion at Eden Nature Park and Garden Resort. You can also enjoy some quiet time at the Malago Garden Resort, have a family picnic at the Children's Park or take a leisurely walk at the People's Park. For those willing to try something totally different, why not have a close encounter with crocodiles at the Crocodile Farm or challenge yourself at the adrenalin-pumping white water rafting activity at the Davao Wildwater Adventure.

Who would forget durian? Described by many as a 'hell on the outside and heaven on the inside', I have yet to acquire a taste and smell for it. Then there is the sweet mangosteen, the seedless pomelos, rambutan, marang, banana, papaya, pineapples, lanzones and many other fruits. No wonder Davao is known as the 'fruit basket' of the Philippines and is one of the world's producers and exporters of banana, papaya, mangosteen, and even wild flowers.

But these are not what I remember the most in my visit to Davao; it is the friends I spent my time with. I had a great time with my law school friend Atty. Ding de Castro and a Jesuit priest, Paring Bert, whose faces are immortalised in the giant durian monument at the Davao International Airport. A big plus is being up close and personal with one of its pride, sculptor Kublai Millan, whose work includes the giant durian monument. Of course, my work with the Lumad¹ in their fight for their rights and responsibilities as indigenous peoples made a strong impression on me. It was my encounter with the local people, the people of the land that made Davao truly special.

So, if you ask me where my favourite hotspot in the Philippines would be, definitely, Davao would be one in my top list. And you, where's yours?

CATHEDRAL WINDOWS

MEIA LOPEZ AND GIGI TIONGSON (AND GIGI'S FRIEND)

It has many names - Cathedral windows, Stained glass, Broken glass or simply jelly cake. Gigi, my former neighbourette ☺ and friend has very generously shared her recipe (which she got from another friend) with me. With a little bit more tweaking, the recipe here has given us the best result! It has taken a lot of trial and error but our kids have not complained at all (our taste testers of course!). Why not try this for Christmas or anytime of the year? Happy eating!



TIPS:

- It is best to prepare this the night before you plan to eat it.
- If your almond jelly is too hot, the coloured jellies will melt into the mixture. If it is too cold, the coloured jellies won't sink to the bottom of the mould.

FLAVOURED JELLY INGREDIENTS:

1 small box each of multi-colour jelly (yellow, red, orange, purple, green)
Boiling water

ALMOND BASE INGREDIENTS:

8 tablespoons clear unflavoured gelatin powder
Almond essence
300 ml fresh cream
1 small can of condensed milk (you may not use the whole can though)
2 cups boiling water

YOU WILL ALSO NEED:

5 bowls (soup bowls or rectangular takeaway containers will do)
Jelly mould (like the size of a cake tin or a round Tupperware mould)

FLAVOURED JELLY

1. Pour the contents of one box in one of the bowls.
2. Add only half the boiling water required to dissolve the jelly crystals and stir until the jelly crystals are dissolved.
3. Set aside.
4. Do this for each of the coloured jelly and leave to set (you can refrigerate overnight).
5. The next morning, check that the coloured jellies have all set before starting the almond jelly.
6. Without removing from the bowls, cut the jellies into small pieces – they do not have to be perfect square pieces either (you can also mix the cut-up jelly into one bowl if you prefer).

ALMOND JELLY

1. Put the unflavoured jelly in a mixing bowl and add two cups boiling water.
2. Stir until the jelly crystals are dissolved.
3. Add the fresh cream and condensed milk (I usually put $\frac{3}{4}$ can of the small condensed milk and then add more as I feel like it).
4. Add a few drops of the almond essence (to taste).
5. Stir the mixture until fully combined.
6. Pour one third of the almond mixture into the big jelly mould.
7. Let it set for a few minutes.
8. While still slightly warm (and the jelly is still very wobbly), add $\frac{1}{3}$ of the cut-up coloured jellies.
9. Push the coloured jellies down to the bottom of the jelly mould with a spoon

if you need to (this will be the top of the jelly cake when you turn it over so having lots of colour on the bottom is great!).

10. Let it set for a few more minutes.
11. Repeat steps 6-8 until you have filled the mould to the brim with the almond jelly and the coloured jellies. (Note: As you add the coloured jelly, check that there are some that are pushed to the sides of the mould.)
12. Let it set in the refrigerator.
13. To serve, let the mould sit in a bowl of warm water for a minute to loosen the jelly from the mould and then turn the jelly mould upside down and let the cathedral windows slide out of the mould. Enjoy!



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