

MAGAZINE FOR THE WELLINGTON FILIPINO COMMUNITY

# KABAYAN

Spring 2016 • Issue No. 15

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***"Leaders become great,  
not because of their power,  
but because of their ability  
to empower."***

*- John Maxwell*



## **DIWATA DIPLOMACY**

*Progress through  
'pantasiya'*

## **ARE LEADERS BORN OR MADE?**

*Papa Doy shares his  
insights*

## **PISTANG PILIPINO**

*Preparations at  
their peak*

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## Kabayan's Cover story



# editorial

Spring's here.

We had a gentler winter compared to previous years in Wellington. One weekend this winter we had our good share of snow in the Turoa ski field. I hope you took the time to visit the snow covered areas, albeit for a short trip over the weekend, especially if you love the snow.

We are always told that we should keep doing that thing we love. A couple of stories we have on offer about Leo and Annabelle is about leading by example and achieving success through following one's passion, a very good example to set for the coming generations. We also look back because we know that there's a lot to learn from the past. Being election year, we offer a recap of Presidents that have led the country since the birth of the Republic of the Philippines. Within is also the opportunity to hear from someone who's "been there and done that". Papa Doy shares his insights about leadership and the leaders he's met in his lifetime.

This season we tackle leadership by successfully providing different angles and perspectives on the topic. That is why we thought it apt to provide a different view of leading the blind from Ben and Rose's story; we highlight trust, loyalty and the symbiosis that could be fostered and maintained. We also hear from our home country's leader representative about his plans for Diwata Diplomacy. Don't be fooled by the mystical and mythical title; this is something that is really happening soon. We of course don't forget that this year is all about Duterte fever so we offer an insight from someone who was in the Philippines in the midst of the elections. Finally, we hear from the young Brent about the type of leadership he seeks for the future.

And how can we forget about Labour Weekend 2016? Hear an update on the upcoming celebrations in October. In case you haven't noted, Pistang Pilipino will be held this year in Wellington. I hope your long weekend plan to enjoy the fiesta in the capital is all sorted. We also bring you other events held in the capital for the Filipino community inside. Speaking of beautiful places, we have snapped a story on the island paradise of Palau. For the intrepid traveller, this should definitely be on your bucket list.

We hope that you enjoy this season's articles of Kabayan. I have truly enjoyed my time as the guest editor for this edition. I think we have a lot to look forward to as Filipinos, especially for our country. According to a Greek proverb, "a society goes great when old men (and of course, women) plant trees whose shade they know they shall never sit in." I'm eternally optimistic and believe that we will find leaders who will be great stewards of the nation. For the contributors, it has been a privilege reading all your work. As we all welcome Spring, we are reminded of new beginnings. I wish you well in the coming months.

Georgina

## Talk to us:

How do you think we are going? How can we make it better? Any story idea you'd like to see featured in the magazine? Tell us your thoughts about the articles in this issue. Email us on [kabayanmag@gmail.com](mailto:kabayanmag@gmail.com). We'd love to hear from you.

# Your next social event? Sige!



## KABAYAN

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## The Dream is here!

We now have our own Filipino Community Centre!

Thank you for all your support thus far - let's keep the community support going!

Visit [www.bulwagan.org.nz](http://www.bulwagan.org.nz) to find out how you can help out.

(Adopt a Brick, Alkansya and pledges).



## FILIPINO YOUTH WORKSHOP ON PHILIPPINE HISTORY

By Kathy Lopez

On August 28th, the Pistang Pilipino 2016 sa Wellington Cultural Committee held a workshop on Philippine history at the national museum of New Zealand, Te Papa. Youth groups from the greater Wellington region were invited to learn about our history in order to prepare for a set of performances during the Labour Weekend festivities in October. Each youth group will present a diorama of significant events from history.

The speakers of the day were Ambassador Gary Domingo, Jon Bayot from Pinoy Stop and Geo Robrigado; with each speaker covering different eras in Philippine history ranging from the Spanish colonial period, American-Japanese war, and modern history. Dancers from Filifest also joined the workshop and performed dances from the various regions in the Philippines, and dances that originate from different eras in our history. Not only was this valuable research for costume ideas, but some youth also participated in the dances.

Thanks to this workshop, preparation for the youth's representation of some of the most significant events in our history is well underway.



## Learn Filipino!

by Society for Southeast Asian Communities

The Society for Southeast Asian Communities in New Zealand, in conjunction with the Philippine Embassy in Wellington, undertook a 4-week Filipino language course for beginners to celebrate the Philippine's Buwan ng (Mga) Wika.

The course started on the 10th of August and was held every Wednesday for the rest of August. Volunteer teachers Mayie Pagalilauan and Jaja Reyes, both pre-school teachers in New Zealand, taught the keen learners basic conversation skills like self-introduction, introducing others, common greetings, counting numbers and haggling in the market.

The students also learned some Filipino songs like the popular *Bahay Kubo* (Nipa Hut song), *Tong, tong, tong, pakitong-kitong* (Crab song), and *Paa, tuhod, balika't ulo* (Body parts).

The session ended with a cooking lesson where everyone shared *pansit* (noodles) and *palitaw*. The language course was very popular with Kiwi partners of Filipinos, Kiwi friends and friends from Southeast Asia.



The culminating activity for the Filipino language lessons for beginners



# LEO FERNANDEZ: FROM MASTERCHEF TO CELEBRITY RESTAURATEUR

interview by Geo Robrigado

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*In 2015, Leo Fernandez had me, and thousands of other Filipinos, glued to our television set.*

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Many people know that I am someone who seldom watches TV and, when I do watch, I am very picky about which TV show I choose. But Leo had me glued as I proudly watched our Kabayan whip up Filipino dishes for the New Zealand audience. Yes, I can honestly say that I was disappointed when he lost to Aucklander Tim Read by two points. But I believe that every Filipino shared the glory of what this pig farmer from Canterbury has achieved for himself and, consequently, the Filipino community.

On 23 July, Leo graced the "Taste of Home" food festival at the Filipino Community Centre (FCC) in Petone, where he sampled three of his creations to an adoring Filipino audience. Leo masterfully whipped up his creations assisted by Bulwagan Foundation trustee Epa Atienza.

After his demonstrations, I caught up with Leo in the FCC kitchen about his stint in MasterChef and what inspires him to create pieces of art that are both pleasing to the eye and to the palate. I also learned that apart from having similar-sounding names we are quite similar in many ways, including a love for food.

**Geo:** *How did you start with cooking?*

**Leo:** For me [cooking] is a necessity. When I went here, one of the things para maibsan yung homesickness is for you to eat, kasi food is comforting. So you have to comfort yourself with your favourite dishes na kinakain natin back home. Kapag kinakain natin sila, na-cocomfort tayo. So when I arrived here, and I don't know how to cook, I had to teach myself how to cook mga cuisines natin, yung mga food na gusto kong kainin, so from there that's where I started, but from the very beginning I love food na talaga, and I grew up in a family na mahilig talaga magluto, and of course with my liking of food, so it evolved from there. It's sort of like a win-win situation.

**G:** *When you joined MasterChef, was it your objective to present Filipino food to New Zealand audiences?*

**L:** Of course, because that is my heritage. And also I wanted to show flexibility in the show. In order for you to succeed in the show, naniniwala ako na you have to be well-versed in different cuisines, but at the same time you have a specific 'genre' that you are capable of. And of course, ano nga ba yung capable mo? It's Filipino food. On the show I tried making dishes, based on the challenges, that are Western, or [anything] other than Filipino, and it didn't work out, parang it's not me. And my brother told me to stick to your roots and cook from the heart. And I think my purpose from the beginning is to give limelight to Filipino food.

**G:** *What was it like backstage in MasterChef? Did you share the Filipino dishes that you presented to your competitors, or the show's producers?*

**L:** Yeah. And nagugulat sila na 'eto pala yung Filipino food, it's actually not bad; it's nice. And from their point of reference parang doble-doble din yung element of surprise. They were amazed. And

for some of the judges, what they saw is that parang Asian cooking din, but they know how rustic Asian cooking is, so you just have to show how to present it and what I've done on the show is give it a little bit of makeover, but still sticking to traditional Filipino roots. Yun yung ginawa ko sa show and nagugulat sila, like it's some sort of awareness for them na that's how Filipino food is, it's not bad, bakit ngayon lang ito lumalabas?

**G:** *Now that MasterChef is over, and you're looking forward to opening your restaurant in Auckland, Azon. Filipinos here in New Zealand look up to you as a 'success story'. What advice could you give to fellow Filipinos especially those who are struggling migrants?*

**L:** Alam mo kasi, tayong mga Pinoy, pasensyoso and you cannot question how committed tayo sa trabaho na pinapasukan natin. So just push yourselves, keep on going, matatagpuan nyo talaga yung calling nyo, kung ano talaga ang para sa inyo. Sa akin, I've been delaying, and I thought that's the role for me, and then came MasterChef and now the restaurant business, so it's a big change, a big shift. And I just keep pushing myself, and with that faith and that positive attitude as a Filipino, kasi we're very persevering and very resilient, ika nga when a door closes, a window opens. So just keep on pushing yourself and prove yourself worthy ka [sic] sa trabaho mo. And just keep on doing your best, give it 110%, and everything will be put into place.



Geo meets Leo



# FILIPINO FIESTA TIME IN WELLINGTON THIS OCTOBER!

*an update by Maricris Samson*

Preparations are ramping up for this year's Filipino Labour weekend celebrations to be held in Wellington on 22-23 October 2016.

This year's event is titled 'Pistang Pilipino 2016 sa Wellington,' and is hosted by the Wellington Filipino Sports Association with the support of various groups, associations and generous individuals and volunteers from the Greater Wellington Region area.

"With just a few more weeks to go, we're into the peak of our preparations for the event," says Boni Laranang, organising committee chair. "And we wouldn't be where we are now without the support of individuals, groups and associations who have committed their time and effort for Pistang Pilipino. My sincere thanks go to these tireless volunteers."

"We're bringing the fun, fanfare and food associated with the 'barrio fiestas' we grew up with in the Philippines," says Carol Parreno, event project manager. "Thanks to the talent and passion of our volunteers, this year's Labour Weekend celebration will truly bring the sights, sounds, taste and ambiance of an authentic Filipino festival to Kilbirnie."

Come and see our parade of festivals at the ASB Sports Centre showgrounds starting on Saturday morning, 22 October, featuring nine vibrant cultural presentations of Filipino groups from all over New Zealand, capped by a cultural competition in the evening at the Wellington Indian Hall.

During the 2-day event, you can visit the Philippine Pavilion exhibit inside the ASB Centre featuring live storytelling and a re-enactment of Philippine history highlights and traditional Filipino games. We also have market stalls at the Wellington Indian Hall, where you can buy sumptuous Filipino food and other merchandise. And of course, we have sports events lined up over the weekend participated in by Filipinos from all over the country. An added highlight will be our Filipino traditional games commonly played by children, usually using native materials.

As with festivals in the Philippines, our event will not be complete without 'Sulyap,' our cultural highlight on Sunday night showcasing music, dance and a parade of beauties. Candidates from all over New Zealand will be vying for the title of Miss Philippines-New Zealand 2016 at the Wellington Indian Hall. The winner of the Parade of Festivals competition will also be awarded during the evening.

There's something for everyone this Labour Weekend at the capital. So why not bring your family and friends and partake of a weekend of Filipino festivities in Kilbirnie? We'd love to see you there!





# Welcome to Middle Earth: Diwata Diplomacy

*H.E. Ambassador Jesus 'Gary' Domingo reaching out to our Kababayans*



New Zealand is world-famous for Sir Peter Jackson's film productions of J.R.R. Tolkien's "The Hobbit" and "The Lord of the Rings" set in the fictional realm of Middle Earth. New Zealand's lush and breath-taking natural scenery was put to good use for shooting Tolkien's epic. Thanks to the success of the films, New Zealand has become practically synonymous with Middle Earth. When friends and family in the Philippines found out about my posting to New Zealand, most of them congratulated me for becoming the Ambassador to Middle Earth.

Among my various responsibilities as Ambassador, I am tasked to promote Philippine culture. The Philippines has its own rich treasure-trove of native fantasy legends with parallels to Tolkien's works. '*Diwata*' will be the Filipino term used for referring to our own Mystical Philippines, encompassing diwatas, anitos, kapres, tikbalangs, and serenas. As a cultural diplomacy activity, would it not be interesting for the people and creative sectors of Aotearoa-Middle Earth to be introduced to our Pinoy fantasy realm?

The idea of Diwata Diplomacy was born as a result of a dinner conversation with the editorial staff of Kabayan! Diwata Diplomacy will be a major cultural programme of the Philippine Embassy, in partnership with the Filipino Community of New Zealand and the country's cultural sectors. Basically, it seeks to introduce our Diwatas to Middle Earth.

*How do we do this?*

Well, my approach to my Embassy work is guided by the concept of neo-diplomacy. Essentially, neo-diplomacy views diplomacy as (1) being about building good relationships across borders for a better world, (2) recognizing that all persons are potential diplomats, and (3) such diplomacy is practiced at all levels of human society. This means you, the reader of this article, can be a neo-diplomat!

Neo-diplomats generally help support the work of the embassy and consulates in specific fields based on our pillars of national security, economic and cultural diplomacy, and protection of the rights and welfare of Overseas Filipinos.



The Embassy will soon offer orientation courses on neo-diplomacy underpinned by a cultural agenda to develop a unique group of Diwata Diplomats.

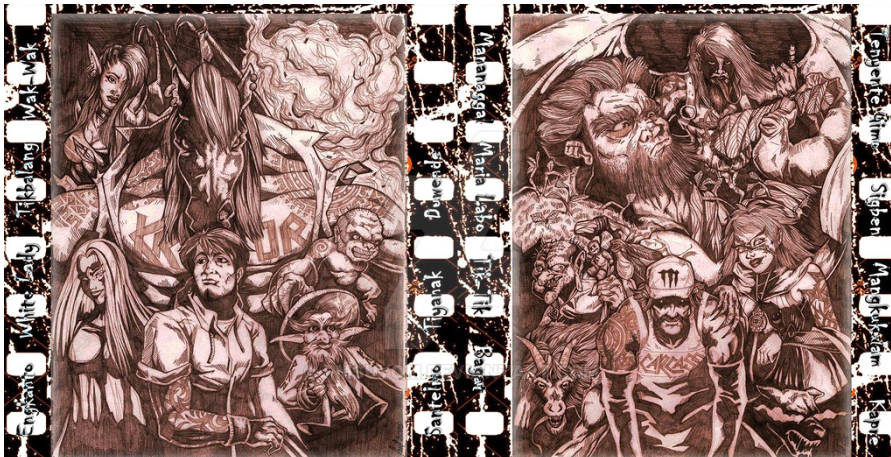
Aspiring Diwata Diplomats will first join an orientation that will be a combination of a live workshop, social media interaction and self-study. Among the programme's contributors are the Philippine Studies programme of the University of the Philippines - Asian Center, and Mr. Jaime Licaucó, a leading Filipino parapsychologist. After the orientation, Diwata Diplomats will have deeper knowledge and appreciation of Mystical Philippines, and will be able to articulate it to the Kiwi public. They will also link up with the Embassy's partners such as the Society for Southeast Asian Societies and our Filipino Community organizations, particularly the regional groups, in promoting Filipino languages and local cultures.

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*Diwata Diplomacy will be a platform for our many Filipino students here in NZ*

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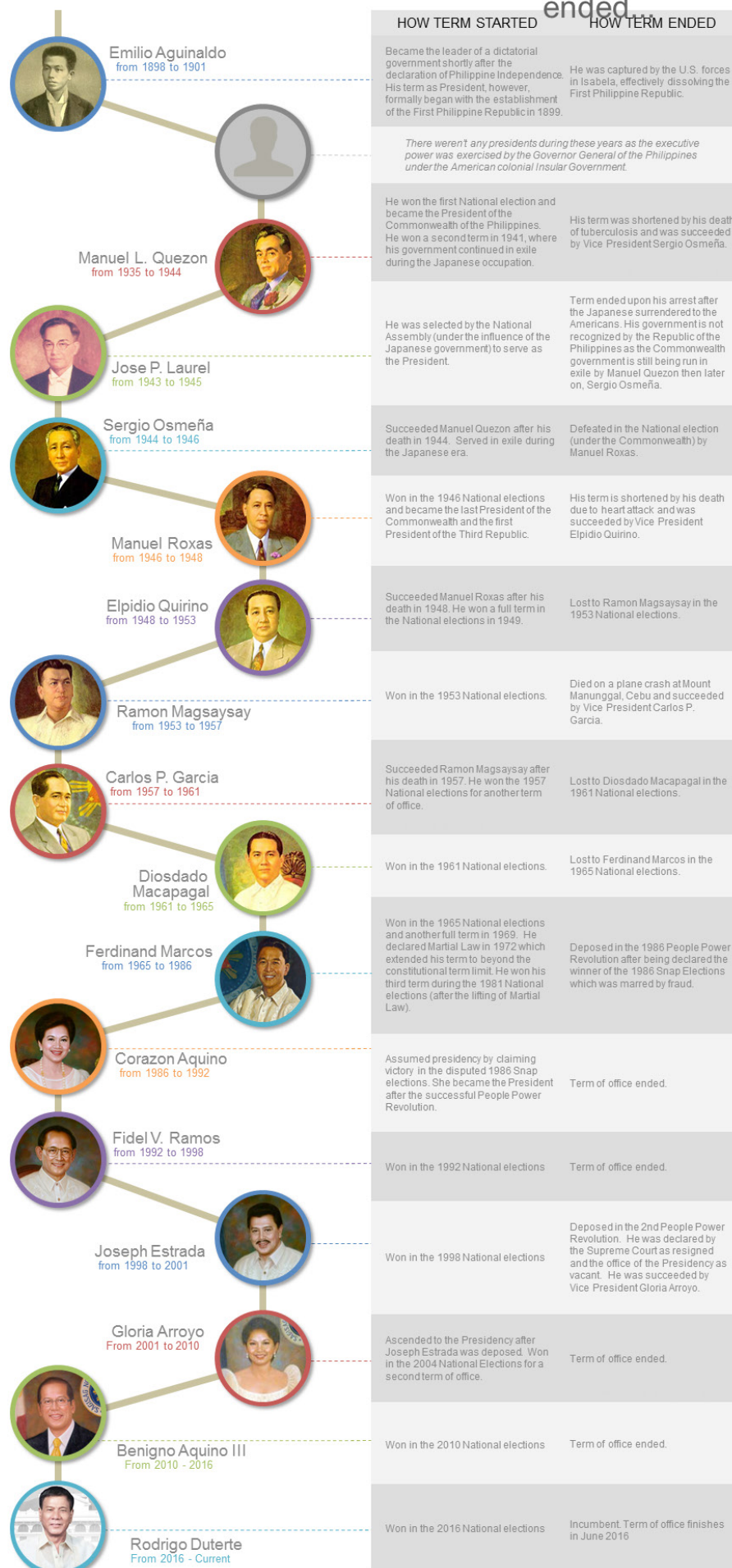
The other aspect of Diwata Diplomacy will be the organisation of cultural and social media activities such as art exhibitions, seminars, participation in cosplay events, in partnership with stakeholders. For example, we are currently working with Edenz College and the NZ-Philippines Business Council in Auckland to organise exhibits of Diwata artwork and multimedia works. Diwata Diplomacy will be a platform for our many Filipino students here in NZ studying arts, media, and literature to showcase their talents through depicting our Diwata world. Diwata Diplomacy also seeks to create a brand for Philippine businesses and the tourism industry as NZ has successfully done with Middle Earth!



Photos for Diwata Diplomacy sourced from:  
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# THE PHILIPPINE PRESIDENTS and how their term ended

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# Annabelle Swain: Life on the Fastlane

*interview by Annie Javier*

In life, you meet people who lead by example. Annabelle Swain's story will show us how following your passion can be a definite path to success and lasting happiness. Hailing from Quezon City, she comes from a small and close-knit family. Her father was a lawyer and her mother the Dean of Graduate Studies at Manuel L. Quezon University. She has two siblings, a brother and a sister. Annabelle is a wife to Tim and a doting mother to Carl (31), Kathryn (27) and Jess (17).

In addition to being devoted to her family, Annabelle has one other passion – bowling. She credits her parents to introducing her to duckpin bowling which was part of their Sunday family ritual. Her love for the game gradually grew and she moved on to playing tenpin bowling. Since then, Annabelle can be found on the bowling lane, which, if you look at the span of her bowling career, is probably the same distance as the lanes in Manila to those here in Wellington today.

## **What was New Zealand like when you first came over?**

We've been here nearly 30 years now. Wellington was pretty much a ghost town after 5:30pm on weekdays and weekends. It was such a different environment especially coming from the Philippines which had too much nightlife. I would be lucky to see another Filipino along Lambton Quay in a fortnight or sometimes in a month.

## **How did you get involved in the Wellington bowling scene?**

I just went to a bowling centre and enquired about leagues and that was it. Since then, I have taken on different roles within the bowling community. This includes acting as the Bowling Coordinator for the Wellington Filipino Sports Association, President of the Wellington Tenpin Bowling Club, and since July 2015, Chief Executive Officer of the Tenpin Bowling New Zealand.

## **Was it difficult being a Filipino representing the Wellington bowling team?**

It does not matter what race you are when it comes to sport. All one has to be confident, have self-belief and train hard to succeed.

## **Do you have any bowling players you look up to?**

When I was in the Philippines, I admired female Bec Watanabe because of her physical strength and how she plays the game. Of course, there's six-time world bowling champion, Paeng Nepomuceno, whose achievements speak for itself. These days, I tend to follow Korean and the Malaysian bowlers because of their discipline in playing the sport.

## **How does playing bowling make you feel?**

One can have mixed emotions when bowling especially when learning new skills and things do not go well. I have reached the point that when things don't go well, I just take a step back and work on the problem. I am the one bowling the ball and I should really have control of what I do.

## **What's your inspiration whenever you play?**

Bowling is a sport for all ages. It's self-satisfaction first and foremost as you are technically competing against yourself. One does not have any control of what your opponent will do. You have to always put your best foot forward. There are days that your best is the best of all, there are days when your best is nowhere near the best. That's just how the game is, but it's what you learn from the experience and what you do with it that matters.

## **What are your greatest successes and challenges to date?**

Successes to date definitely include winning local and international tournaments, such as earning the bronze medal for the ladies' team event in the Seniors Asian Zone held in Manila and being a member of the first NZ National Team that won the overall championship for the Australian Walter Rachuiq Tournament. In 2013, I was recognised in the Australian Senior Team Challenge and was awarded the Sports person of the Tournament and the Tournament Director's Awards.

My greatest challenge is not on the lanes but in my current role as CEO. I volunteered for this as I wanted to give back to the sport I love, and at the same time I knew I can help develop tenpin bowling in this country.

## **So what else keeps you busy when you're not with family or playing bowling?**

I work as a Senior Business Analyst in the public sector these days, and have been a Business Analyst for the last 20 years. Prior to this, I was the Actuarial Controller at Asteron Life.





# Palaui Island: Raw and Beautiful

*adventure recorded by Didith Tayawa-Figuracion*



I grew up in a town located at the Northern-most part of the Philippines. Back then, I was unaware of the existence of the spectacular caves, cascading waterfalls, underground rivers, rock formations, mountains and seas surrounding my birthplace. These wonders of nature remained unexplored because of their remoteness. Added to that was the insurgency problem in the 1970's. The surrounding areas used to be 'no-man's land'; a battleground between the military and the rebels. People were afraid to explore these areas for fear of being caught in the warfare. It was only recently that these wonders of nature were rediscovered and opened up for tourism. Ironically yet fortunately, the insurgency allowed for the preservation of these places and protection against exploitation.

One such place that I never knew existed is Palaui Island. It is a protected landscape and seascape nestled in the northeastern most part of Cagayan Valley. The waters around the island have 21 commercial species of fishes with about 50 hectares of undisturbed corals. It is said to be home to 105 species of rattan, a commercially valuable timber-producing wood species and sanctuary for 90 migratory birds (Source: Wikipedia).

It was only in 2013 that the island became widely known to the public. Thanks to *Survivor*, an American competitive reality television series, for choosing it as a shooting location for its two

episodes in 2013. Then in the same year, CNN voted it 10th out of the 100 Best Beaches in the World. Since then, Palaui Island became a very popular destination, particularly to the young Filipino travellers who are apt to have intrepid journeys.

Palaui Island is made up of different islets and rock formations. The most popular destinations are *Cape Engano* Lighthouse, Anguib Beach, Crocodile Island and Punta Verde. Activities on offer include trekking the centuries-old lighthouse *Cabo de Faro Engano*, snorkelling, reef diving, beachcombing, forest trail hiking, spelunking, dipping in the pools under the waterfalls, and if you were me, talking to the locals. One of our tour guides is an Aeta, indigenous people of the island. She told me that tourism has provided her not only a steady income during the summer season but the opportunity to interact with different visitors to the island. This in turn has increased her self-confidence. Our other guide, a native of Ilocos, had found an opportunity in Palaui Island as a tour guide. He did not complete a degree but with the training provided and the support of the tour guide association (yes, they have) that he is a part of, this is now his full time job.

Raw and beautiful, that is how I describe this fantastic place in the tip of Northern Luzon. Coming from a town near this beauty, it was a journey of discovery for me, too. Come and experience it for yourself.



# “Where is your favourite long-weekend getaway and why?”

collected by Judith Salamat and Didith Tayawa-Figuracion



Our favourite long-weekend destination is a place we have not been to before. It's usually an off-beaten track where my husband, Bernie, can take photos of GOD's creation and where I can meditate, write and read the Bible.

**Mary Velasco, Paraparaumu**



Rotorua, particularly the Luge Ride. Dami pwede gawin sa Rotorua tsaka super enjoy lalo na si Nico sa Luge and Big Splash.

**MJ de Manuel, Newlands**



My favourite long weekend destination is Kimberly Reserve in Levin. It is where I spend quality time with my family and I specially enjoy going for a swim in the river. The place is surrounded by trees and a good spacious area for camping and family activities. Most importantly, "it is free"!

**Norma Armstrong, Waikanae**



Napier. Only four hours out from Wellington City. It is warm and has temperate climate. Generally, I like the art deco scene there. It has a relaxed vibe.

**Carol Panugayan, Johnsonville**



"My favourite long-weekend destination is Mt. Victoria Lookout. My family loves the peace we feel when we are in this place. It is a diversion from the usual places we visit for Zeke (our son). Besides, it is in this place where Romeo (my husband) proposed."

**Jhonaliza Detera, Tawa**



Paraparaumu, a combination of relaxing view and play area for kids.

**Cheryl Avila-Ramos, Wellington**



Definitely South Island Western side, in Fiordland and the great lakes. Very unique and majestic.

**Jun Yamog, Wellington**



Queenstown. Kasi dun kami kinasal at saka dun din ang first family reunion namin.

**Maris Mallari-Evangelista, Newtown**



Long weekends for us means staying up late, waking up late and just taking it easy at home, but if the weather is too good, we explore Wellington.

**Jennifer Billiones, Grenada Village**



# Leading the Loyal: The story of Ben and Rose

*shared by Judith Balares Salamat*

One general catchphrase in news writing that I still remember is: "When a dog bites a man, that's not news. When a man bites a dog, that's news."

In a practical sense, both situations may not be acceptable, but they are used to stress the point of a "human interest" angle. The usual story is about a trained dog leading the blind person. Most of us have seen this kind of scenario in the city or the suburb: the trained dog leading the person on the road or on the way to the bus stop.

Ben and Rose have a different story and relationship altogether. Ben, the person, leads Rose, a blind dog. Ben leads Rose to her daily walks, and her set patterns of meal time; napping time; and playing time. In the course of around 11 to 12 years - from 2005 to date, this tandem of a relationship has blossomed into that of identical to a father-child relationship.

But, who is Ben and who is Rose?

Ben, a Scottish man married to a Filipina from Surigao named Daisy who works in Wellington, used to breed and race horses and raise various kinds of animals. At a young age of 10, back in Scotland, Ben was asked by his teacher, "What do you want to be when you grow up?" He answered, "I want to be a Guide Dog Trainer." Indeed, Ben, who used to be a leading organiser for a Society that raised funds for "blind"





dogs, did not officially become a "guide dog trainer" but became a guide and adoptive parent to Rose. Generally, both Ben and Daisy are animal lovers and look after Rose as if she were their own child. However, as Ben has already retired, he now looks after Rose most of the time. Daisy doesn't mind that Rose follows Ben up to the last details of his instructions. After all, it is Ben whom Rose considers as her "Boss." Talk about loyalty.

Rose, on the other hand, is a purebred Labrador who came into the life of the couple when she was three months old. She is from Wairarapa and was originally a present for Kenneth, the couple's 35-year old son. Because of a hereditary predisposition, Rose became blind when she was 5 years old. Veterinarians confirmed that her blindness is due to genetics but Ben and Daisy didn't want Rose to undergo any surgery. The couple decided that they would just look after Rose despite and because of her blindness through extra-careful, thorough, and loving attention. Hence, Ben and Rose's relationship has become extra special since the latter's blindness.

On a daily basis, Ben and Rose have a clear routine. Ben walks (with) the dog twice a day regardless of the weather. Once Daisy hops on the train to Wellington for work in the morning, Ben and Rose start their walk, around 07:05, along the Wharemauku stream in Paraparaumu. Rose enjoys

"playing" with pukekos and enjoying the "Hi's" and "Hello's" of the neighbours or runners who get to meet them on the street. Once home, Rose plays in the garden while Ben does the mowing, or chases after the family's other "child," Izzy the cat, who incidentally, has become Rose's very good "sibling." In-between the morning and evening walks, Rose will have her regular meals of biscuits (breakfast and lunch) and a specially prepared pasta --- any pasta but sometimes, Bolognese pasta (for dinner) and potato chips and cheese balls for supper. Take note, Rose also eats rice! The exercise-cum-walking routine, which obviously keeps Ben fit, resumes in the afternoon or early evening, again, regardless of the weather. After walking, it is time for her and Ben to meet Daisy at the Paraparaumu Train station.

Asked if Rose manifests some unique actions that prove that it is Ben who is the "Boss," Ben said, "Yes, she will nudge me by sitting in front of me when it's time for meals or signal her legs and body close to me when she's feeling a bit under the weather."

Indeed, this kind of relationship between Ben and Rose is special and manifests trust and openness. They prove that the saying, "Between me and my dog, there are no lies," is indeed true.

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*"Between me and my dog, there are no lies,"*

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# DU30: Is change coming?

*Insights from Chona Smart*

Probinsiyano President? The Punisher? His Excellency? President Digong? Tatay Digong? Dirty Harry of Davao? Certainly, the sixteenth President of the Republic of the Philippines is a man of many names.

"Call me Rody," instructs a brief passed note from President Rodrigo Roa Duterte, the hesitant presidential candidate, who is a "probinsiano" mocked by the Manila mainstream media for his gracelessness and wild rhetoric. Colourful and controversial, his statement "I don't care if I go to hell as long as the people I serve will live in paradise" has forever endeared him with the Filipino masses.

President Digong's rise from being Officer-in-Charge Vice Mayor in Davao City to the top national office has been astronomical. When your President addresses the SONA donning a barong tagalog with its sleeves rolled up as if ready for work, you know the country has a big chance.

I was in Davao for the four frantic weeks before the 2016 general elections. If you were there, you would feel the high-pitched election fever in the air. One could almost feel the sheer physicality of the massive push by the Filipino masses who were determined that their next President could be no other than the fearless Tatay Digong.

For the Filipino voters who have been continuously denied what they wanted by traditional politicians, making the historic choice was more than easy. The traditionalist candidates in their fancy designer barong tagalogs and heavy rhetoric were no match to this Juan from the south who has (shown) no patience for nonsense.

The Filipino electorate was extremely tired and frustrated. The foul scent of hopelessness was uncontrollable and overwhelming as it crept in. Change had to come and the May 2016 elections offered the first signs of hope. If there ever was a time to demonstrate change, the time has definitely come and the election results brought it in.

True enough, not to anyone's surprise but to everybody's jubilation, DU30 won overwhelmingly over his closest rival. Beloved and idolized, the sixteenth President who is regarded as grandfather, father, and brother to all, has ushered in an era of simplicity, sincerity and hope.

How can anyone not love him? He admits to being a "man of many flaws and contradictions" and, in the same breath, declares that he will fight for the people until his last breath. When you see the security people for the SONA provided a packed breakfast at their posts before the event or how the President made time for merienda with the militant group Bayan after the SONA, how can you indeed not love him?

President Digong is the first Mindanaoan to become President and the first lawyer in this post who did not top the Philippine Bar. He is also the first to leap from a local post to the top national position. He was born in Maasin, Southern Leyte, to a Cebuano father and a mother with Maranao ancestry. He belongs to the huge Durano-Almendras and the Veloso clans of Cebu. The Dutertes moved and settled in Davao in 1950 but the President still considers Cebu home. The President has three children from his first wife and a 14-year old daughter from his present partner.

He finished his Bachelor of Science degree, majoring in Political Science from the Lyceum of the Philippines. He then proceeded to complete his Bachelor of Laws degree at the San Beda College in Manila. After passing the Bar exam, he served Davao City as special counsel, before becoming its Assistant Fiscal. From there started the unplanned and never-dreamed-of road towards the Presidency.

We now look forward to watching in action the colossal task of cleaning up the morass and bringing the country forward in the next 6 years. So far, President Digong has put his people in place, has led by example in his first months. His simple rules have been laid: do your job, no cheche-bureche, and keep your nose clean.

Source:  
<http://s.newsweek.com/sites/www.newsweek.com/files/2016/05/26/rodrigo-duterte.jpg>



# Nature versus nurture: Are leaders born or made?

*opinion from Papa Doy Helbano*

Leadership is a fascinating subject, as far as I can remember. It has been discussed, debated, and taught in and out of learning institutions. More intriguing are the proverbial questions around leadership: are leaders born or made? When one takes up a leadership role, is their success due to luck or hard-work? Surprisingly to date, scholars and academic writers have opposite views concerning these proverbial questions.

My experience teaches me that a myriad of factors is at play, which means that any of these could impact leadership. Take these two examples: In my younger years after World War II, leaders are born and success due to luck applies. A grade four elementary school pupil dropped out became standard bearer for Liberal Party. The Nacionalista Party candidate was a top notch lawyer. The Liberal Party candidate won. Another was from my work place. Here, the leader was made; subsequent success was due to hard work. Opposite of Juan, not his real name, was promoted to supervisory position. A co-worker commented, "Pedro, should be the one promoted, he has a command personality." Another colleague commented, "But Juan is a hardworking guy." And in the long run, it paid off.

I worked in the US Navy for almost forty years and was given the opportunity to learn from leadership courses like Supervisor Development Training Course Level 1 and 2; Instructor Training Course; and Safety Production Method. The management spent many man-hours to enlighten us about leadership and management. One thing I took from all these is that a leader must know how to teach.

In my retirement life all lessons learned about leadership became vague. In one of our in-house leadership training sessions, we were asked to answer the question "is success due to luck or hard work?" My reply was "Love and Marriage." It drew laughter. I explained that my reply was actually based on the song's title, "Love and Marriage." I changed the lyrics from "love" to "luck" and "marriage" to "hard work". Then I sang the revised song although I was out of tune then. It went like this: "Luck and hard work, luck and hard work, they go together like horse and carriage, this I tell you brother, you can't have one without the other." Therefore to be successful we have to have the combination of both luck and hard work.

In school, we learned about the lives of great and famous leaders like Alexander the Great, Napoleon Bonaparte, General Douglas MacArthur, Dr. Jose Rizal, General Emilio Aguinaldo, and Andres Bonifacio. What do they have in common? Is it that they had authority and command based on rank? Apart from Dr. Jose Rizal, all of them had armies under their respective command. If not that then what?

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*"We all have this 'glue' in us"*

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I believe they all have a "glue" character in them that make people stick and obey their main objectives. We all have this "glue" in us but in a minute amount. In relationships, a man's and a woman's "glue" make them fall in love and stick together for life. No army was "glued" to Dr. Jose Rizal as he is not a ranked officer but his two books *Noli Me Tangere* and *El Filibusterismo* became a "glueing" force that awakened and united the Filipinos to break the bondage after three centuries of colonisation.

So those who have the opportunity to lead should recognise the importance of being able to bring a group of people together to share a common purpose. Subsequently, they shouldn't become complacent; they should treat the role as a chance to show that the luck that brought them there will be fortified by hard work and good ethics. Because "they go together like horse and carriage, this I tell you brother, you can't have one without the other."



# Seeking True Leadership

*opinion from Brent Bautista*

Leadership is something that we generally associate with other characteristics like charisma, courage, the ability to mobilise large numbers of people for a cause or even just plain and simple likability. We find these characteristics in a number of people that we interact with daily – our boss, a work colleague, a friend, a family member. If you are a parent, you may start seeing this in your child(ren) at an early age.

Leadership in politics is no different and is perhaps where this is most evident. We have all seen politicians deliver rousing speeches, build rapport effortlessly with their electorate, politically mobilise masses and put on a great smile for the camera when needed. This showcase is available from politicians in small localities right through to the national level and can be found across cultures and nations.

We, the people, have collectively experienced time and time again the charm of these politicians, but in a way that is superficial. Their public performance is where their leadership ends. It is an image; one that is carefully constructed and maintained. We have seen it all - from far reaching promises that more often than not are left unfulfilled to obliviousness to blatant disregard and apathy towards the public's concerns and needs. Modern-day politics is littered with the lack of what I would call 'true leadership'.

Leadership is so much more than what is currently being offered to the people. In times rife with socio-political and socio-economic insecurity, and where senseless acts of violence and terror are happening in decreasing intervals, true leadership has been elusive. This is most evident in the current political climate in Europe, the United States and to some degree Australia, where dangerous populist rhetoric echoes through halls filled with people disillusioned with what is happening around them. In times of great uncertainty and pervasive pessimism, a lot more is needed for leadership.

Leadership exists where individuals that were chosen and elected to lead, know, care and feel for the same things as the people that they lead. To know the concerns that keep their people awake in bed at night, to care about these concerns in a way that leads to policy change and tangible action, and to feel as their people do, not only in times of success, peace and prosperity but also in times of uncertainty and insecurity.

A true leader is someone that can blend in with the people that he or she leads. A true leader is someone that can live the lives of the people that he or she leads. A true leader enables real change in society for the better. A true leader is someone that is able to rise to the occasion and face the challenges that are faced by his or her community. In doing all of these, they exhibit that their leadership is one and the same with the collective hopes and goals of their society. That is in my view the essence of true leadership.





# On Becoming Dad

tribute by Noel Bautista

My father is healthy and, despite his advanced age, has many long years ahead of him. Kababayans who have aging parents know that there are activities that become less and less engaging with age. So there are things that we can no longer do together. Similarly, I can no longer expect him to impart to me his memories, learnings and insights the same way he used to do (sometimes too enthusiastically) when we were both much younger.

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*"anything worth doing is worth doing well."*

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But there are things I would have liked to share with my own kids the way my own father did – with the same length of attention, propensity, and certitude. He was/is a man with simple interests and tastes that he devoted to. It's rather trite, but he lived by the saying that anything worth doing is worth doing well.

**Karaoke King.** In regards do-it-yourself singing for entertainment, he was ahead of his time. Just chuck the mike into the amplifier and play "minus one" tapes of timeless standards. He would sing to his heart's content. He was a Karaoke King even before the karaoke was invented. He could match note-for-note any amateur singing champion, as long as the songs were by Frank Sinatra, Bing Crosby, Dean Martin, Matt Monroe, or Nat King Cole. He would inspire at least two of his children, that's me and my eldest brother to sing out of love regardless if the audience was one or a hundred.

I have not yet passed on the gift my Karaoke King father has given me. But it's never too late for that, right?

**Reading for life.** My father loves to read. You will always find him with a book in hand, wherever he goes and whatever else he does. He is an omnivorous bibliophile who is partial to war and war-related novels, political biographies, and a wide range of paperback novelists as long as it's a good yarn. Needless to say, the years have seen me pick up his reading habits. I've now reached the day when, as a dedicated and committed reader, I've truly become my father's son.

**Running buddy.** In dad's middle age, when I was a teenager, he picked up a physical fitness fad that became a lifelong sport for him. Because he had lots of sons he could pick from as running buddies, we all had a turn at running with our father. As years passed, most of us lost interest. But because I always identified running with dad, I could never truly abandon it without abandoning a part of my youth.

Which was why when I ran my first half-marathon after nearly 25 years, there at the finish line, just waiting for me, was one of the most satisfying memories of a similar run at the Luneta, with none other than my first running buddy, dad himself.

Happy Father's Day to all the Wonderful Dads!



# Filipino non-verbal communication cues

researched by Mayie Pagalilauan

## Raising of eyebrows

This indicates a greeting or an act of recognition.

## Pointing with lips

Filipinos sometimes point to objects or directions with puckered lips

## Counting the fingers

When Filipinos use their fingers to count, they generally raise their little finger first and the thumb last.

## Walking through a group

In walking through a group, a Filipino will often 'part the waves' by putting one hand out in a kind of diving or crouching position and say, "Excuse, excuse, excuse..."

## Eating

Filipinos rely a spoon much the same way Western do with the fork. Water is always served; almost always after the meal. Having already 'drank water' is a valid and acceptable excuse for not accepting a second helping of food.

## Hailing people

A Filipino will not signal another to join him with the index finger. The fingers are cupped and move in a scooping gesture. Buses and taxis are stopped in a like manner (except the arm is not raised over the head).

## Laughter

Filipinos often express nervousness or sympathy by laughing mirthlessly.

## Looking one in the eye

Looking at people right in the eyes implies straightforwardness to an American, but to a Filipino it might appear one is staring rudely at another.

## Opening of gifts

Filipinos do not open gifts in the presence of the giver to avoid unnecessary loss of face of the giver.

## Rain covers

When it rains, the Filipino will cover his head with whatever he has available, even with his hands.

## \*Cluck-cluck\*

The tapping of the upper palate with the tongue signifies an admonition to an American. To a Filipino, it signifies pity or sympathy.

## "Ts-ts/Psst!"

One way of signalling for attention is by using the sibilant "ts-td/psst". This sound can be used to indicate "Stop!" to a bus or jeepney driver or to call in crowds. This is called "sutso".

## 'Pagmamano'

Children kiss the hand or put the hand of the parents, elder relatives, siblings, and grandparents to their forehead to show respect.

Source: [http://coatseal.net/cotseal/pages/documents/Journal\\_of\\_SEA\\_http://previews.123rf.com/images/ragnarocks/ragnarocks0905/ragnarocks090500020/4904483-Vintage-old-page-from-a-notebook-with-clip-to-background-Stock-Photo.jpg\\_Filipino\\_2012.pdf](http://coatseal.net/cotseal/pages/documents/Journal_of_SEA_http://previews.123rf.com/images/ragnarocks/ragnarocks0905/ragnarocks090500020/4904483-Vintage-old-page-from-a-notebook-with-clip-to-background-Stock-Photo.jpg_Filipino_2012.pdf)



# Rodic's Style Beef Tapa

*Preparation and cooking: 45 minutes  
Serves 8*

Rodic's is, we've learned, a 'food institution' in the University of the Philippines Diliman. With spring time arriving, we thought we would melt your hearts and excite your palates with a Filipino favourite. In a time of new beginnings, why not try this Beef Tapa recipe and have rekindle an old (gastrointestinal) flame.



## Ingredients

500g beef sirloin tapa cut,  
sliced into 1cm strips against the grain  
1/4 cup brown sugar  
1/4 cup soy sauce  
1/2 tsp garlic powder  
1/4 tsp pepper  
1 tsp oil  
2-4 cups water  
garlic rice, to serve  
sunny side up egg, to serve  
tomato wedges, to serve

## Method

Boil together beef, sugar, garlic powder, pepper, oil and water.

Boil until beef is tender and easily pulls apart.

Once tender, drain from liquid and flake/shred the meat. Leave the liquid in the same pan.

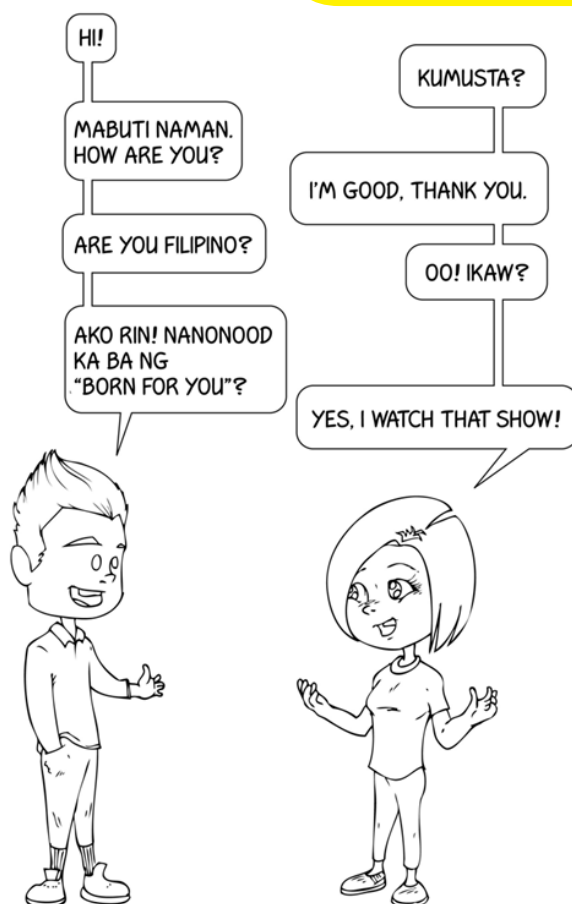
After shredding meat, put back in liquid and continue cooking until all the liquid has evaporated.

Turn off fire and set aside.

Put rice on plate, top with shredded beef.

Serve with fried egg and tomato wedge on the side.





## Upcoming Event

### Pistang Pilipino sa Wellington 2016 Program Overview

<b>22 Oct Saturday</b>	8:00am - 6:00pm	Various sports, Food stalls & Market Day	Various locations
	8:30am - 12:00pm	Padyak Pinoy Cycle Fun Ride	Shelley Bay Wharf
	10:00am - 11:45am	Parade of Festivals	
	12:00pm	Powhiri/Opening of Philippine Pavillion	ASB Sports Centre
	12:45pm - 4:00pm	Philippine Pavillion	
	1:00pm - 4:00pm	Palarong Pinoy Games	
	7:00pm - 10:00pm	Sulyap Philippine Festival Competition and Ms Philippines NZ Talent Competition	Wellington Indian Community Centre
<b>23 Oct Sunday</b>	8:00am - 6:00pm	Various sports, Food stalls & Market Day	Various locations
	8:30am - 12:00pm	FFASCNZI Annual General Meeting	ASB Sports Centre
	10:00am - 4:00pm	Philippine Pavillion	
	1:00pm - 2:00pm	Filipino Mass/Ecumenical Service	Wellington Indian Community Centre
	7:00pm - 11:00pm	Sulyap Miss Philippines NZ 2016 Beauty Pageant and Philippine Festival finals	

For details about the events and venues, visit:  
[www.pistangpilipino2016.com](http://www.pistangpilipino2016.com)





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Henrietta joined the industry in the summer of 2007 which marked the beginning of a flourishing and successful career in Real Estate.

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She sells properties under Leaders Real Estate. If you are thinking of selling your house or buying a house then she can help you. Give her a call.

Free Appraisals and property advice are always available FOR FREE, just make an appointment.

**Kabayan, si Heni po ito at your service. Tawag na!**



## What Others Say About Henrietta

**V. Garnett (Vendor)** - Henrietta was extremely kind, considerate, helpful and extremely professional.

**N. Adip (Purchaser)** - We were very happy with the service we received from Heni being our sales consultant. She was very honest and cooperative. She provided us with most of what we expected, especially in dealing with the few discrepancies that were in the house personally before we could proceed with the deal. It was our pleasure working with Heni.





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