

MAGAZINE FOR THE WELLINGTON FILIPINO COMMUNITY

KABAYAN

Summer 2016 • Issue No. 16

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OF SERVICE

In good hands with Milan
Philippa in the Philippines

Agnes Espineda: being a mentor

Ren-C makes it right

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just get out!"**

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earthquake

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Philippa on her volunteer visit to the Philippines



"Five of the kiddies napping on me. LOVE them."



Milan with some of his Kapiti "family"



Ren-C with his support crew - his parents

editorial

I knew nothing about Dr. Minor Meyers Jr. until I came across a quote from him. A google search later led me to the president of the Illinois Wesleyan University, a well-respected administrator and a popular professor with the students. In a recording of his message to the graduating class of 2002 he said: "Go forth and do well. But even more, go forth and do good."

What a powerful statement. It's a message that needs to be said to everyone and not just a graduating class. Many of us are driven to do well in our jobs, our studies, hobbies and interests. But that is expected, right? Wouldn't it be great if we do good along the way as well?

I think that was what compelled me to push and make helping hands the focus of this Kabayan issue. Helping others is doing good; and doing good makes you feel good.

We have found some people who are doing just that.

In this issue we talk to Milan Luceñara, a dedicated manager at a dementia care facility in the Kapiti Coast. He talks about how you need lots of compassion and understanding to work in such a place. Then we have (Tita) Agnes Espineda who goes out of her way to mentor and coach others with their careers. We also feature Ren-C Tamayo, a young student who has used his musical talents (together with a friend) to compose, arrange and sing a song about making things right. Finally we hear about Philippa Fox' experience with volunteering in an orphanage in Cebu. Her story will tug at the heartstrings.

We have other great articles like Noel's earthquake experience and links to help you get through an emergency, Auie's WOW event experience, the Javier family and a recap of the very successful Pistang Pinoy celebrations in Wellington. With summer upon us, we also have a Welly Hotspots section where Craig Phillips shows us some great sights around town. Instead of a story from our past, read some relevant and thought-provoking quotes from selected Filipino movers and shakers.

Here's something new. We are starting a new section called Silid Aralan. This section will contain Filipino trivia, sayings (*salawikain*), riddles (*bugtong*) and grammar (*balarila*); it's a good refresher for those who have been in New Zealand for a while. Feel free to also send us sayings, riddles and trivia that you know and help those who want to learn about our language and our culture.

Let me end with a song my daughter used to sing when she was at pre-school (I can feel her cringing right now). This is her version of Santa Claus is coming to town:

*You better watch out you better not cry you better not pout I'm telling you why,
Santa Claus is coming to town.
He sees you when you're sleeping, he knows when you're awake, he knows if you've been bad or good,
so do good do good do good!*

Perfect! Proud mum moment. Merry Christmas everyone. Remember to help others and do good.

Meia

KABAYAN

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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. We'd love to hear from you.



Your next
social event?
Sige!

Hay! what a year!

The reception that the Filipino Community Centre has had from various groups of various backgrounds has been nothing short of amazing!

Thank you for all your support thus far - let's keep our community growing!

Visit www.bulwagan.org.nz to find out how you can help out.

Spring of Life Fellowship (SLF) Annual Garage Sale

by Portia Lugtu-Tupaz

One of the outreach activities of the Spring of Life Fellowship is our annual garage sale during September, in time for spring-cleaning. All the proceeds from the sale go to a charity or a cause nominated by our group. Since 2011, we have donated the proceeds to the following: the Christchurch earthquake victims, the Manila flood victims, and the Sts. Peter and Paul Johnsonville church strengthening. This year the funds raised (\$2,115.00) will once again go towards the church strengthening.

Everything at our garage sale is donated by the community – furniture, electronics, appliances, clothing, books, CDs, DVDs, bric-a-brac, delicious baked goods, cooked food and drinks. We even have professional hairdressers and masseurs donating their services to the event. On two occasions, we have stall holders who sell their own goods like origami, paper mache boxes, toys, and art prints. A percentage of their sales are donated to the event.

Being involved in this garage sale, you witness the outpouring of support in cash and in-kind from the community. You

experience generosity - the selfless sharing of time, talent and treasures. That is truly the blessing because that inspires you to do more - to make a difference and help transform the world even in a small way.

We pray that next spring, you will find your way to our garage sale. Get involved by donating your pre-loved goods or just come over to shop. You'll never know what precious blessing you will find.



WFCC holds Christmas concert

by Alice Lozano

On Saturday night, 12 November, the Wellington Filipino Community Choir (WFCC) serenaded the hundred or so attendees to the **Munting Sanggol** concert held at the Filipino Community Centre. Despite the awful weather and the torrential rain, everyone's spirits were uplifted by the rendition of beautiful songs by WFCC.

Munting Sanggol depicts the beginning of the Christmas celebration with the birth of baby Jesus. The concert title takes after Ryan Cayabyab's song, a favourite song for many Filipino artists and choirs like the Ateneo Chamber Singers. Wellington Filipino Community Choir's rendition of the **Munting Sanggol** caught listeners by surprise. Attendees were mesmerised not only by the beautiful voices of the group but also by the arrangement and lyrics of the song.

The Wellington Filipino Community Choir sang three different sets of beautiful songs ranging from Christmas carols, sacred

music, traditional and pop Filipino songs, and a special Maori song (**Tarakihi**). The songs were mostly sang a capella, the preferred singing style of the WFCC.

We also had the opportunity to listen to other talented young musicians in the community - Sam Non played the violin while Dominic Tomas played the guitar. The audience sang along with them when they played **Thinking Out Loud** by Ed Sheeran.

What I truly enjoyed was the community singing of **Hark the Herald Angels Sing** at the end of the concert. Everyone joined in the singing including the former and inactive members of the choir and the audience. It was remarkable and demonstrated a true sense of community. Well done Wellington Filipino Community Choir. Merry Christmas to one and all!



Couples for Christ raise funds for ANCOP

by Roman Zarate, Wellington ANCOP Head Coordinator

Couples for Christ Wellington had its first fundraising concert on 12 November 2016 at the Stop Out Sports Club in Lower Hutt. The concert is for the benefit of Answering the Cry of the Poor (ANCOP) Cornerstone Project.

ANCOP is a social ministry founded by Couples for Christ, a faith-based Vatican-recognised international lay organisation. ANCOP was founded to consolidate CFC's effort in building the church of the poor (www.cfcancop.org). One of its aims is to reach out and help primary and secondary students who

struggle to read by providing reading tutorials. They also provide pastoral care through values formation and their Parenting Formation provide family support.

The Fundraising concert showcased the talents of the Kids, Youth, Singles and Couples for Christ with the special participation of SLUR Band and Suzuki Violin - Fiddling Holies. The concert was made possible by the generous sponsors and friends of CFC Wellington and its various ministries. Lined up for next year is the ANCOP Global walk, a bigger stage production and the ongoing Child Sponsorship Program.



Wellington hosts Pistang Pilipino 2016

by Meia Lopez

Wellington City hosted the Pistang Pilipino celebration on 21-23 October 2016. The Wellington Filipino Sports Association (WFSA) together with volunteers from around the region headed by Carol Parreno organised the events. From the official welcome at Parliament and the concert on Friday night to the coronation of Rovelyn Milford as Miss Philippines New Zealand 2016, it was indeed a very successful celebration. The ASB Centre in Kilbirnie was the main hub for many of the sports competitions and the Philippine Pavilion. The nearby Wellington Indian Hall was the venue of the concert, cultural programme, pageant coronation and sports awards ceremony.

The annual beauty contest attracted eight contestants from around the country. Rovelyn Milford, from Palmerston North took home the crown. There were also sporting

competitions for basketball, volleyball, table tennis, lawn tennis, badminton, golf and tenpin bowling. WFSA won the Golf and Tenpin Bowling Shields while the Tauranga Filipino Society won the Sportsmanship Cup.

One of the highlights of the weekend was the Saturday morning parade showcasing different Filipino festivals and tribal groups. Various Filipino groups throughout New Zealand participated in the cultural presentation and parade. Many visitors also visited the Philippine Pavilion at the second level of the ASB Centre. Here, visitors were treated to some delectable snacks, costumes, music, role-play of snippets of Philippine history, arts and crafts.

Check out some pictures from the weekend and reflections from Mayie Pagalilauan and Nicole Araiza on pages 12 and 13.

Milan, the singing Home Manager

by Judith Balares Salamat

"I basically sing for my passion," replied Milan Luceñara as to why he would sing lines of his favourite songs even while working in a Facility for the Elderly as Home Manager. "Singing is and has become a part of my life, so it is second nature to me to hum or sing a few lines anywhere, wherever, and whatever I am doing," Milan stressed. Those who have met Milan would remember him singing his trademark Communion song "Your Heart Today," with the Barangay Santa Maria Assumpta Choir, or his tenor rendition of "I Believe (When I Fall in Love)..." with the Wellington Filipino Community Choir, or training the voices of the "Titas" in the 7seven1four group in Kapiti.

But these are not all there is with Milan. He is a Home Manager at one of the wings at Millvale Lodge Lindale in Paraparaumu, a dementia rest home and hospital care facility owned and operated by Dementia Care New Zealand (DCNZ). Once you know this other side of Milan, you'll get to know his work ethic and personal philosophy. Milan utters that being a Home Manager and care staff in a dementia facility is "not for the faint-hearted...not for everybody... You need lots and lots of patience." He also adds that, "A nurse or any care staff can work in a facility for the elderly, but not all can work in a dementia care facility." After all, Milan firmly states that, the theories that we learn from books on dementia particularly, may not necessarily be the things that actually happen. In most cases, reality is three times tougher than what books actually say.

Daily Grind. As the Home Manager, Milan has to ensure the smooth operation of his wing. Just as important, he needs to make residents feel at home where they are safe and cared for, and their guests and family feel welcome.

He gets to put his nursing knowledge and skills to good use, a challenging yet fulfilling experience. He realises that "Caring is the core of nursing." Without the real essence of caring, nursing would be futile. Milan stresses that, "You can be a caregiver, but might not be caring." These two --- 'caring' and being a 'caregiver' --- should go together.

Milan believes that to blend these two together is to just apply the basic laws of 'karma' and the Golden Rule.

Caring for his Lola (Grandmother) and his interest in Caring for the Elderly. How did this young man from a family of police officers eventually work within the medical field? Well, Milan was in the last year for his Management Accounting degree when his grandmother suffered a stroke. Everyone in his family lent a hand and took turns looking after her. Outside his family, he observed the nurses and doctors facing big and tough responsibilities looking after his lola. He was so inspired that it triggered a career change. From his Accounting degree, he pursued a Nursing degree.

Between 2009 and 2013, he became the Secretary of the Nursing School in Digos, Davao del Sur, a Clinical Instructor in one of the polytechnic colleges in the same institution, then a School Nurse (2013). A month before he finally came to New Zealand, he had his lucky exposure to a home for the aged as Clinical Instructor. This trained nurse-turned Home Manager got a glimpse of what his work would be like in New Zealand.

Love, lots of. Here's one secret (not anymore) - when he is not working, or singing in the choir, or helping new migrants move their things to their new home, he is most likely chatting with his wife Kaye, a medical doctor, and their son AJ and daughter Iza. His commitment to his family will make him rush home despite an ongoing dinner party or his friends' coaxing for a longer joy ride around Kapiti just so he can catch up with them virtually.

Yes, that's how committed Milan is. He puts his heart into every engagement he has --- choir, community, work, and of course, family. It may be safe to say that Milan has fallen in love with service and caring for others. Like the song; when he falls in love... it will be forever.



How coaching and mentoring has helped me (and you too)

by Matilde Tayawa Figuracion

Wednesday, 22 June 2005, my plane landed in this country called "The Land of the Long White Cloud". I arrived in Wellington, New Zealand with great trepidation, sometimes questioning the rationale for moving to a new country, new environment, new beginning given that my life in the Philippines was relatively good. Just like the experience of any new migrant, there was the fear of the unknown.

But I came prepared. I was prepared to start from the bottom of the rungs. However, I did not lose sight of getting that dream job, a job I was familiar with - a government job. I was fortunate to have known someone (referred by a common friend in the Philippines) who coached me on how to conduct myself during a job interview, a skill that had helped me get that dream government job I now enjoy. She is Agnes Espineda, a self-made businesswoman who herself was a product of coaching and mentoring.

Despite her busy schedule, she accepted my invitation to have a coffee and chat about her personal experience being coached and mentored, her experiences mentoring and coaching staff members, friends and strangers (like me), and her views on what makes a successful mentor-mentee relationship.

Twenty-four years ago (in 1992), Tita Agnes (I fondly call her that) was hired as technical writer at Tactics Technology. She vividly remembered the time when her Managing Director asked her to complete the analysis and design for a training project for an electricity industry client. Based on her analysis and design assessment, it would take one and a half days of classroom training time to deliver the required competencies. Her manager insisted that it would only take a day. Tita Agnes did not agree and insisted on her analysis. She politely excused herself, not yielding to pressure. She thought she would be fired for what she did. The next day, her boss told her "Ok, 1 and ½ days it is. Congratulations, Agnes! You passed the test". At that point, her manager saw her potential and she was coached and mentored until she eventually took ownership of the company (now Tactics Ltd., a company that delivers expertly crafted content and training services for public and private sector clients in New Zealand and overseas).

Because of this experience, she had coached and mentored a number of her staff to achieve their full potential. One mentee she considered a product of a successful mentoring was a former Executive Assistant who eventually became the Resourcing and Engagement Manager of her company.

Asked what she considers when selecting a mentee, she is particular about one's potential - the way the person presents herself/himself, the questions they ask, their long term-perspective, an air of confidence but not arrogance. "I can spot if someone has that potential," she said.

How does she carry out her coaching and mentoring?

- Mutually agreeing to a result to be achieved
- Descriptive feedback provided on the spot, if appropriate
- Making time to sit down and talk through learnings after each project
- She finds 'role-play' an effective tool in coaching. They engage a lot with Subject Matter Experts (SMEs) in the technical writing field. Role-play prepares the person to extract and distil the required information and practice the art of active listening in the limited conversation time with SMEs.
- Finally, for coaching and mentoring to be successful she believes that there should be mutual respect and trust and a willingness to go through the journey in a collaborative and trustful environment.

...continued page 22



Myself (right) and the venerable Tita Agnes

Make It Right

Editor's note: Ren-C Tamayo and Hugh Woodbury are students at St Patrick's College, Kilbirnie and they received a high commendation in the Caritas Aotearoa New Zealand's Sing out for Justice senior category competition earlier this year. Here is their story.

About our song (by Ren-C Tamayo)

We were inspired by the refugee crisis and it is reflected in many of the lyrics – "No more faces are glowing." We felt it was important for the lyrics to be heartfelt and we spent a lot of time painting a picture that will inspire action in others. We chose a guitar accompaniment to keep it pure and simple and to illustrate the simplicity of the song's message – the time is now and we must do what we can to help. I started playing chords and Hugh joined in. Hugh sang some tunes, and together we developed these melodic ideas. We both felt that we had something to say. So we came up with lyrics comfortably, which conveyed our advocacy.

It's time to make a difference for the people who are vulnerable. So many people these days are quick to judge those who are suffering and going through so many challenges without understanding what has really happened to them. There are some who "can't say their goodbyes," "dry the tears in their eyes". It's time we make others realise that everyone belongs with us, as we are all people and children of God. We can only do this if we lend our hands, use what we've been gifted with to actually make a difference, and to, ultimately, make it right in our world today.

Make it right

by Ren-C Tamayo and Hugh Woodbury

Verse 1

Somewhere out there in the morning
Somewhere out there in the night
No more faces are glowing
And there's no more reason to smile

Verse 2

Somewhere out there in the distance
In a place where we don't thrive
Hoping someone would listen
To the sound of their cries

Pre Chorus

They can't say, their goodbyes.
Cry the tears in their eyes.
It's time to stand for something
Without love there would be nothing at all

Chorus

We've got a chance, we've got to plan to make a change
As long as we can, we'll lend a hand so this won't break
We've got a chance to make a difference
Use what we were gifted in this life
To make it right

Verse 3

In a planet that is broken
Broken in 10,000 pieces
Love is going unspoken
To people living, living in strife

Pre Chorus

They can't say, their goodbyes.
Cry the tears in their eyes.
It's time to stand for something
Without love there would be nothing at all

Chorus

We've got a chance, we've got to plan to make a change
As long as we can, we'll lend a hand so this won't break
We've got a chance to make a difference
Use what we were gifted in this life

Bridge

Something's going wrong, why can't they belong with us
People aren't we all, seeking high and not a fall
We may not see a difference but it's time to make the whole world try

Chorus

We've got a chance, we've got to plan to make a change
As long as we can, we'll lend a hand so this won't break
We've got a chance to make a difference
Use what we were gifted in this life

To make it right



Philippa in the Philippines

by Philippa Fox

A work trip to ANZ Manila turned into a life-changing experience for me. In 2014 I travelled to Manila on an eight-month work assignment. That trip inspired me to return to the Philippines earlier this year as a volunteer.

When I was working in Manila it was as a 'rich white' person, we were exposed to the poverty but at that time there was not a lot I could do - I was there to work. I came home to NZ and wanted to go back to be able to make a difference! I ended up finding an organisation called Projects Abroad that gave me a two-month placement at an orphanage in the Bogo City, Cebu - Beato Tommaso Maria Fusco Hope House. There were 25 children between 3 and 14 years old at the orphanage, which was run by three nuns. The children won't be adopted as their parents are still alive, but can't care for them. They all had extremely sad stories and there were definitely a lot of tears hearing them!

We spent the mornings teaching the children letters, numbers, colours and shapes, as a lot of them couldn't speak English. We also taught them to write their own names. The children's different ages and backgrounds made it hard to get them to focus at times, but they all enjoyed the afternoons! The children loved music so we played games, sang and danced. We also planned activities like a 'pool party', beach day and a movie day - things which they had never done.

The most challenging experience was a sleep-over at the orphanage. While I usually saw the children happy and involved in activities, as it turned dark it wasn't the same. The children slept together on mattresses and a quarter of them cried themselves to sleep - some quietly and some inconsolably. I cuddled pretty much all 25 of them at some point in the night; it was heart wrenching.

Although it was tough, being able to make a difference is an indescribable feeling. The orphanage can't feed the children without donations and their meals are mainly rice and canned sardines. With the massive help of family, friends and Give a Little, I was able to donate clothes, toys, a washing machine, a lot of food, toiletries and medical equipment etc. I also took a whole suitcase of Whittakers chocolate and rugby balls which they enjoyed immensely!

I also had the opportunity to stay with a Filipino family. It was the absolute flipside of my stay in Manila and a huge eye opener for me - it makes me realise how lucky I am to have grown up in NZ and to have had the childhood I had!

The whole experience was incredible and I really miss the children - they are amazing. I've already decided to return to the Beato Tommaso Maria Fusco Hope House for Christmas to make it one the children will never forget. I like to think of the Philippines as my second home, it is such a beautiful country and it is the people that make it so!



The kids that Philippa has grown to love

Wacky and overwhelmingly Wonderful

by Auie Robrigado-Barberan

There is a giddy childlike tingle running up my spine and the apples of my cheeks when I see my imagined garments become perfectly tangible. The same sense washes over me, with an additional squeal and hopping, when I witness the magic of theater. Would it not be the greatest, most extravagant feeling if both came together?

I felt exactly that, plus more, when I had the chance to watch the World of Wearable Art (WOW) this year. WOW is an international design competition held annually across the end of September to the beginning of October in Wellington. The rule is simple – design a wearable garment. The WOW website states that as long as it is “original, beautifully designed and well-made” it can “find a place on stage.”

Watching my two passions - fashion design and theatre showcased at Wellington's TSB Arena was simply spectacular! That was exactly what I and nineteen other fashion design students from Invercargill witnessed when we went up to Wellington for this event and left with our minds filled with inspiration.

Clap, clap, clapping to the beat of a playful saxophone welcomed hundreds of WOW enthusiasts including myself as we were ushered to our seats. At block 5, row c, seat 10, the ticket said, was where my childlike self - minus the squealing and hopping - excitedly watched the massive arena glittering in green and blue. Outside, even more women, men, and children entered the dazzling TSB Arena. One more opening number before a voice over announcer issued a warning: no photographs, no cell phones. Then there was thunder and lightning. The show had begun.

A majestic tiger sat on a massive rock in the middle of the palm-like stage. It roared through the speakers, and I was slowly freezing, fearing the large life-like cat in front of me. Then it spoke! He spoke towards the audience a spotlight had chosen. Laughter and awe filled the arena the entire show.

Movement, light and music transformed that stage from a jungle to the heavens, the past and the future, transporting the audience's emotions, senses and imagination. One of my favourites was the 18th century section with its extravagant and elegant baroque and rococo theme. Another section that had stuck well in my memory was the showcase of Māori culture through clothing.

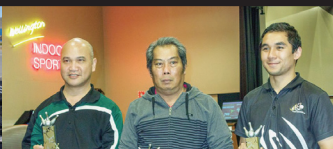
Then I thought, "wouldn't it be nice to bring the Philippines to New Zealand through clothing?" I was inspired to dress people in my culture someday. Let others see what I saw growing up. Let them feel the warmth and luxury of the Philippines. I dream of one day displaying the gems of the country and making them wearable.

My imagination was as wild as the dancing on stage. My hands gripped the arms of my seat at every lighting and musical change. The stage before me moved from one theme to another so seamlessly I couldn't believe when the tiger bid farewell. I was left wanting for more, hoping he only meant intermission.

Alas, nothing could last forever. My little wonderland turned a dull unexciting black and white under the fluorescent lights. Nonetheless, I left with a fire burning inside me, inspired by the magic of theater, the creativity of art and the beauty of fashion.



Auie and company - ready for the magic that awaits them inside the arena



Welcome, welcome, welcome

To the different groups of people
from the Philippines, from near and far,
from the four corners of Aotearoa
who have come here to celebrate the Philippine Festival
to show your culture to the people of Wellington

Welcome!

You have gathered here today in the ancestral lands of our
tupuna. The name of the land is Whataitai.

Welcome!

Karanga at the powhiri 22 October 2016
June Jackson and Alexander Watson
Kaumatua

Philippine Pavilion: A Walk Through Philippine Culture & History

by Mayie Pagalilauan

The Philippine Pavilion was a hub of display and activity at the recent Pistang Pinoy hosted by the Wellington Filipino Sports Association. The Maitarangi Room at the ASB Sports Complex was transformed into an exhibition room where visitors experienced the Philippines with their senses of sight, sound, smell, taste, and feel.

Historical snippets, scenic photos of the 18 regions of the Philippines, traditional dresses and costumes, and artwork on Philippine mythical creatures were on permanent display. Interactive activities, such as traditional games, writing in Baybayin, and live story telling of Philippine legends and stories were also available. The organisers kept a steady supply of Pinoy snack samplers for all visitors.

Live portraiture of select Philippine events and heroes that shaped the country's history and culture were also showcased by nine youth groups and by our own Ambassador Gary Domingo. Living History of Filipino migration to New Zealand which dates back to 1936 was also shown in a video. The video was a product of months of research.

Other highlights were the live music performances by the children's ukulele group Munting Tinig, Tawa Rondalla Group and Palmerton North Rondalla Group.

The Pavilion also featured an archway integrating elements of both Filipino and Maori culture. It depicts the relationship between New Zealand and the Philippines. The pavilion exhibit was formally opened with a powhiri and Māori blessing led by Toi Maori Aotearoa. The Philippine Department of Tourism also provided big banners of Philippine festivals and sceneries.

The success of the Philippine Pavilion was a product of a year's work of dedicated and selfless volunteers to make it happen. The commitment of the youth participants is also commendable.

Congratulations and job well done!



History comes to life

by: Nicole Araiza

This year's labour weekend Filipino festival has again featured our rich heritage and distinctive identity.

The organisers encouraged younger members of the community to actively participate in the activities. Different youth groups around Wellington were assigned to portray heroes in historical events at the Parade of Festivals and at the Philippine Pavilion. I was glad to be part of this activity. Each act that we portrayed showed us how brave, dedicated and humble our Filipino heroes were, values that we youth sometimes take for granted.

Through this experience, I now have a better understanding and appreciation of our rich Philippine history. This has shaped my culture and values, especially that I now live here in New Zealand. Being involved in the Filipino festival has made me realise what I can do and how I can help the younger generation of Filipinos in New Zealand to better appreciate the sacrifices made by our Filipino heroes.

Our involvement in the festival has also given us the opportunity to work closely with other members of the youth community. The workshops, researches and rehearsals enabled us to bond together. We shared our talents and our learnings with each other. It made our journey together exciting and fun.

"Earthquake, just get out!"

by Noel Bautista

Quarter to zero hour, that's midnight, I was so looking forward (not!) to a week of night shifts, in unexpectedly chilly late spring weather, at work. My focus was starting up the network of old machines struggling against wear and tear, lack of maintenance and startup crankiness (common to all old factories) in the middle of night, when everyone else was snoring in dreamland.

I was therefore lucky. The factory responded well to my ministrations and a recent lubrication project, I started the shift with a low-end product, not too much stress quality-wise and production-wise and, against the odds, the ebbs and flows, air pressure, and different settings of the more temperamental machines were holding and under control. Things were looking good.

Famous last words. Just when I was settling down to do my chores (unshuttering the windows to cool the rapidly heating machines), across the main production area, where by pure chance a door was opened showing me the adjoining area where packing machines and pallets of finished product were situated, I saw a scene that was straight out of **Poseidon Adventure** (a 1970s disaster movie, for those under 40).

All the hanging halogen-strength lights were swaying 45 degrees left and right, and the pallets of product, each weighing roughly a ton and stacked four high, were doing the Gangnam Style strut and starting to fall on each other. I swear Mom (if you're reading this), never in my 51 years had I seen something like that.

The packer who did night shift, my brother-in-arms, looked like he'd chugged a few cervezas, glugged a litre of milk, a tub of ice cream and then ridden a dozen roller coasters, was as pale as the Balet Drive Lady. He was ready to bail out of the site, not even bothering to shut down his machines but alert enough to shout to me: EARTHQUAKE! JUST GET OUT!

Sound advice, in fact the best I heard that night. No arguments from me...

Two other guys were in the site, and as there were just four of us, a roll call was foolish: my shift partner Jacob, ready to retire in two weeks (he is in fact past the retirement age, being 70 years and barya), his trainee, the nauseous packer guy, and yours truly. We weren't gonna wait for the obvious: aftershocks which on their own were scary and almost as strong as the original tremor, and even scarier, the potential tsunami, which brought to mind the tidal waves which killed more than 10,000 in Japan half a decade ago.

But a modicum of protocol had to be followed, and we each called our respective supervisors. The packing supervisor wasted no time: just pack up and get out of there, you're less than a kilometre from the bloody sea, for jeez sake. My ops supervisor was somewhat vague, so vague that my call went to voicemail. So that's that, I had no choice but to call the overall site manager. She was in Auckland out of town, an hour away by plane, but I hadn't known it yet. Because she knew my number, this was her first sentence:

"Noel? Are you guys OK?"

She already knew. The earthquake was that bad. The whole North Island was shaken (literally).

"A few spouts popped out boss. Pallets fell on top of each other, one big machine off the moorings, but otherwise the site's fine."

"Never mind that - I mean, how are you guys? Everyone safe and accounted for?"

"We're OK all of us Boss, hope you're safe on your end."

"Turn everything off and shut everything down, and get the eff out of there OK? We'll talk tomorrow. Stay safe."

And that, my friends, is why Boss is our Site Manager.

...continued on page 22



Not me at my prettiest, but here I was cleaning a packing bin just four days before the Big One. Imagine if it had happened while I was cleaning the bin! hu hu hu hu ...

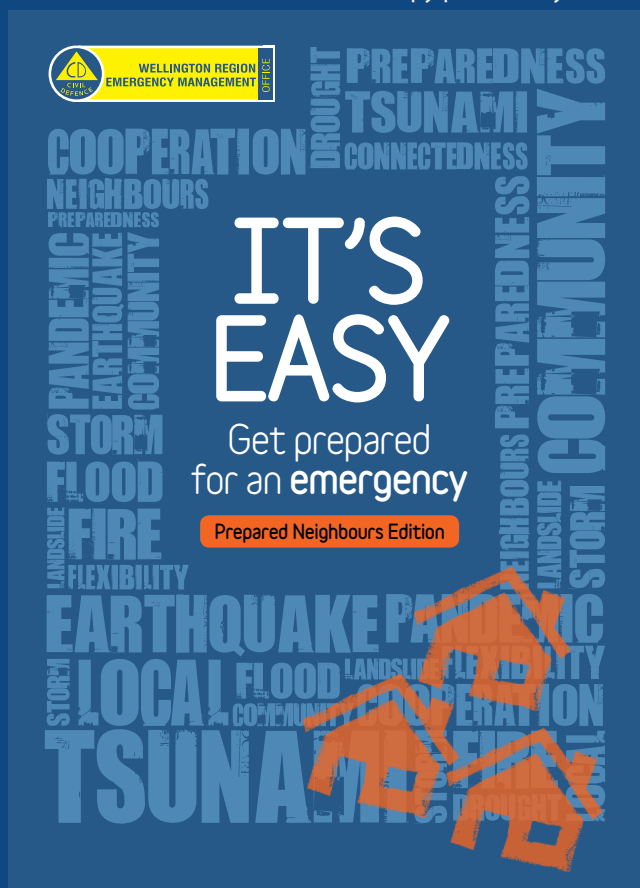
Are You Ready?

The 7.8 magnitude earthquake that rocked Kaikoura - along with the rest of the country - is still at the top of everyone's mind. It has made us all ever-watchful and vigilant. The question is: Was that the big one? Nobody knows. But we all need to be prepared just in case the big one is yet to happen.

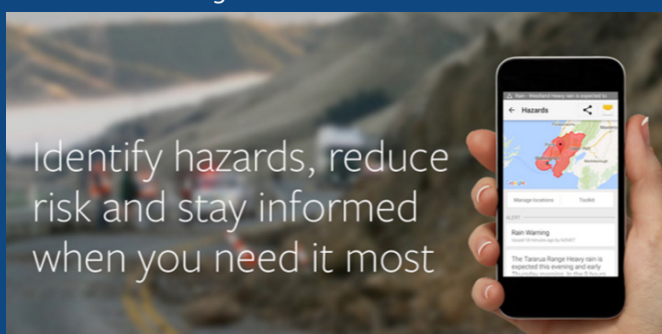
We want to keep our kabayans safe. So we have put together a list of online resources to help you when the "big one" comes.

The Wellington Region Emergency Management website has the "It's easy: get prepared for an emergency - Prepared Neighbours Edition" guide; with 12 easy steps to help your household (family or flatmates) get through a disaster.

You can download a PDF or have a copy posted to you.



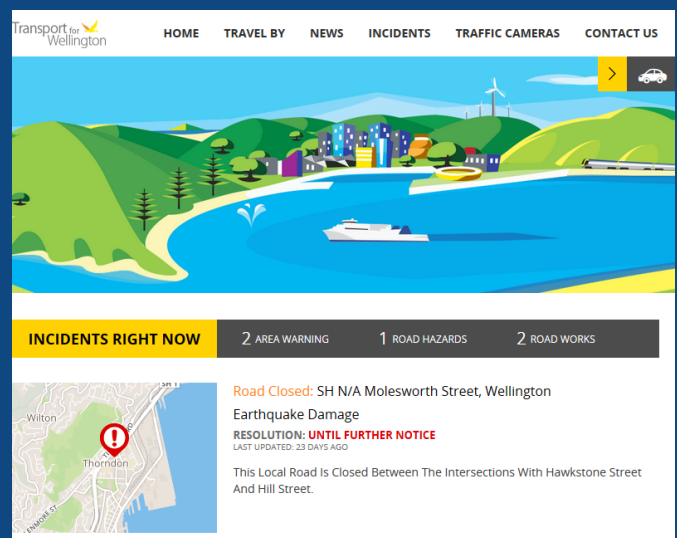
Download the NZ Red Cross app to keep you informed during disasters and emergencies.



A great place to start is the Wellington Region Emergency Management website. It has all the essentials you need to be informed and prepared for the next major calamity. Also keep up-to-date with their Facebook and Twitter for instant updates.



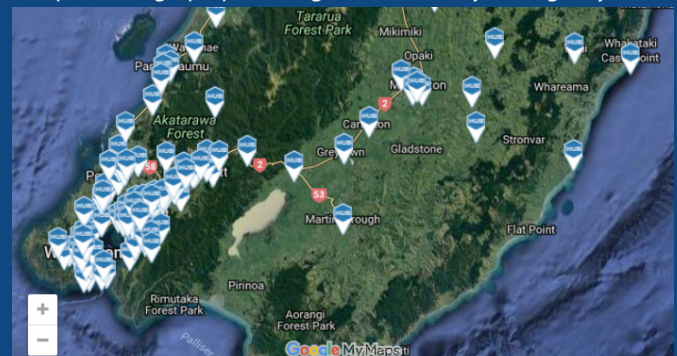
Keep up-to-date with the Transport for Wellington website for traffic incidents, road closures and incidents in an around the city.



Find out the Community Emergency Hub in your suburb (formally known as Civil Defence Centres).

"Community Emergency Hubs are equipped with an operating guide to help describe the most efficient way to run the Hub, a map, a small amount of stationery to assist in coordinating whatever the community feels should be done, and a radio so the community can communicate with the official Emergency Operations Centre. There are no caches of emergency supplies at Community Emergency Hubs. Community Emergency Hubs are not Emergency Assistance Centres (formerly known as Welfare Centres) where official government support can be accessed."

<http://www.getprepared.org.nz/community-emergency-hubs>



It's all about the family

by Carmel Tuya

It's all for the family.

This is one of the main reasons why the Javier family made the big move to New Zealand. They saw New Zealand as a country that will provide better opportunities and a better quality of life for their family.

"...they were attracted to the simple and well-balanced lifestyle here."

Butch Javier, the patriarch of the family, his wife Noemi and their children Annie, Liz and Francisco migrated to Wellington in 2007. When they migrated, the Javier children were already grown-ups (Annie was 24, Mariliz was 22 and Pancho was 16), and both Butch and Noemi were already in their 50s. They left the hustle and bustle of the big city of Manila for the quiet and laid-back life in New Zealand. New Zealand was an easy choice since they were attracted to the simple and well-balanced lifestyle here. Other family members and friends have also migrated to New Zealand at around the same time which further fuelled the desire for a new life.

The Javiers are enjoying their new life here where it is less stressful and more peaceful. They appreciate living in a safe and secure community. They also like the down to earth attitude of Kiwis - they don't tend to flaunt their status or wealth. They find that the locals here are less obsessed with politics, unlike in Manila, and have a low tolerance for dishonesty and corruption. They saw New Zealand as a country with political stability, an egalitarian society, with better job opportunities (merit-based!), better access to healthcare and most of all, less traffic! As former residents of Manila, they appreciated the efficient transportation system in here. What a contrast to how life was in Manila where apart from having to work long hours, a lot of time is wasted in traffic. In New Zealand, less time spent on the road and work meant more quality time with the family.

The family will celebrate their tenth year in New Zealand next year. During this time, the family has grown - they have gained a son-in-law and have been blessed with two beautiful grandchildren, Wacky (6 years old) and Ella (2 years old). More family members made the move to New Zealand which made for a fun occasion when the family gathers together. Making the move to New Zealand was the best decision the family has ever made. It is a country that provided them with a better life, a country that will provide their grandchildren with a better future.



In their humble opinion...

Editor's note: Instead of relating a story from the past, we bring you some quotes from Filipino leaders and influencers. Even if their words were uttered many years ago (some over a hundred years ago), they still ring true with the political and social events unfolding in the Philippines today.



"Silent forces are working while a false calm is reigning, Calm that precedes the storm-soon will the hurricane rage, and with more firmness, more prudence will our work we continue and start the struggle again, but with more ardor and strength, Until in the end we shall triumph, till dried your tears shall be."

Translated from "A la Patria" - Emilio Jacinto, general during the Philippine revolution

"I am a Filipino—inheritor of a glorious past, hostage to the uncertain future. As such I must prove equal to a two-fold task—the task of meeting my responsibility to the past, and the task of performing my obligation to the future..."

"At the vanguard of progress in this part of the world I stand—a forlorn figure in the eyes of some, but not one defeated and lost. For, through the thick, interlacing branches of habit and custom above me, I have seen the light of the sun, and I know that it is good. I have seen the light of justice and equality and freedom, my heart has been lifted by the vision of democracy, and I shall not rest until my land and my people shall have been blessed by these, beyond the power of any man or nation to subvert or destroy."

From "I am a Filipino" - Carlos P Romulo, general, diplomat and journalist



"Thou shalt love thy country after God and thy honor and more than thyself: for she is the only Paradise which God has given thee in this life, the only patrimony of thy race, the only inheritance of thy ancestors and the only hope of thy posterity; because of her, thou hast life, love and interests, happiness, honor and God."

"Thou shalt strive for the happiness of thy country before thy own, making of her the kingdom of reason, of justice and of labor: for if she be happy, thou, together with thy family, shalt likewise be happy."

Translated from "Verdadero Decalogo de Apolinario Mabini" (The True Decalogue of Apolinario Mabini) - Filipino revolutionary leader

"Yes-men are not compatible with democracy. We can strengthen our leaders by pointing out what they are doing that is wrong."

"The superior virtue is not to receive justice, it is to fight relentlessly for it."

Jose W. Diokno, nationalist



"Today's events are tomorrow's history, yet events seen by the naked eye lack the depth and breadth of human struggles, triumphs and suffering. Writing history is writing the soul of the past... so that the present generation may learn from past mistakes, be inspired by their ancestor's sacrifices, and take responsibility for the future."

Epifanio de los Santos, historian, literary critic

"I believe our greater responsibility, in a crucial time like this, is to seek and know the truth, for ourselves as well as for others, because in the language of the Gospel, only the truth will set us free. The good thing about truth is that no superpower here on earth can bomb the truth or shoot it down."

Jovito Salonga, Senate President



Sources

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10 PLACES TO VISIT AROUND WELLINGTON

ventured by Craig Phillips

1. Red Rocks (Pariwhero)

Highlighted in the Māori legend of Maui catching *Te Ika a Maui* (the North Island), this area on the south coast of Wellington features red coloured rocks, seals, rock pools to explore, divers and magnificent views of the South Island on a clear day. Beginning at Owhiro Bay, a lovely walk taking half a day to a day – on a fine day, take a picnic.

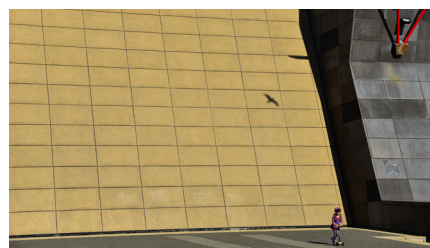


2. Oriental Bay

Featuring a very popular beach, the Freyberg swimming pool, restful spots, nice views of the Wellington CBD, the Carter Fountain, and the start of the Southern Walkway. Take a picnic and enjoy the day here, including walking or cycling along the waterfront. The Waitangi Park area has basketball hoops and cycle/skateboard area. Public toilets are available.

3. Te Papa (Our Place)

New Zealand's national museum is open from 10am to 6pm daily, except Christmas Day. A major feature is Te Marae, an authentic yet inclusive marae (communal meeting house) where you can experience the Māori culture. Exhibitions change about every six months. Featured until April 2019 is the Gallipoli Exhibition. The Museum also maintains websites featuring significant collections, such as the Marti Friedlander collection *Kuia Mau Moko* which presents the last generation of elderly Maori women to receive the tradition of moko kauae tattooing. Regular film showings take place in the Soundings Theatre – bookings are essential.



4. Meridian energy wind sculpture walk

Situated at the head of Evans Bay, a gentle flat to see the five sculptures is well worth doing. There are playgrounds at the Kilbirnie green when you finish as well as the indoor swimming pool at Kilbirnie. The easiest place to access the walk and park your car is at the Evans Bay Marina, off Evans Bay Parade.



5. Weta Cave

The 'home' of the animation creative geniuses that gave us *Lord of the Rings*. Situated in Miramar, take the number 2 bus and get off at Darlington Road. You will get there after a two or three-minute walk. There is an entry fee and you may need to book ahead. An option for a tour also includes a return trip from the Wellington CBD to Miramar. There is parking available in the streets nearby.





6. Old Government Buildings at 15 Lambton Quay (opposite Parliament)

Constructed in the 1870's it is the largest wooden building in the southern hemisphere (and the 3rd largest in the world). Originally the site of New Zealand's entire civil service and the cabinet meeting room with the Education Department being the last department to occupy the building. The building has been substantially restored during the 1990's and is now the home of the Law Faculty of Victoria University. The premises are open to visitors most days on the first floor and the cabinet rooms on the first floor – tours are held (free) on Saturdays.

7. Wellington Botanic Garden

A botanic marvel, with approximately 25 hectares of unique landscape, protected native forest, conifers, specialised plant collections, colourful floral displays, and views over Wellington city. It features the Lady Norwood Rose Garden, Begonia House, a café, an outdoor arena (the Dell) which is used heavily for a summer entertainment programme, a great children's play area and the Treehouse Visitor Centre which has regularly scheduled events. The Cable Car Museum and the Carter Observatory are also located in the Garden.



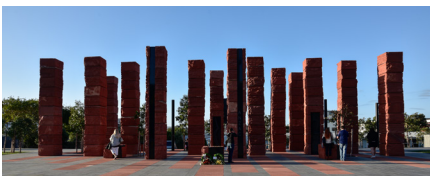
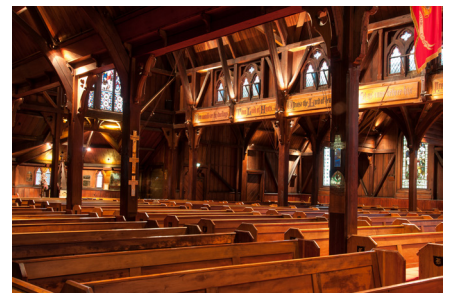
8. Kapiti Island/Paraparaumu

At Paraparaumu Beach, there is beautiful swimming, lots of coastal birdlife, and access to a range of tours including either a Kapiti Island Tour or a Kapiti Explorer tour which also takes in the Waikanae Estuary bird reserve (set aside a day for both). The cost is well worth the experience. This makes a great birthday present for a loved one and you can stay behind and go to the Paraparaumu Beach market (Saturday) and enjoy wandering along and paddling at the beach.

9. Old St Paul's

This famous building is one of New Zealand's greatest heritage places. Old St Paul's was built by the Anglican Church between 1865 and 1866 on what was originally the site of Pipitea Pā, a Māori settlement on Wellington's waterfront.

Constructed from native timbers, inside, it is simply breathtaking. Spectacular lighting gives the interior a rosy glow, enriching the appearance of brass fittings, stained glass windows and exquisitely embroidered furnishings. Recognised as one of the best examples of Gothic Revival architecture in the world, it is a short walk from the Archives Building on Murphy Street (Archives is where the Treaty of Waitangi is stored).



10. Pukeahu National War Memorial Park

The Pukeahu National War Memorial Park is the national place for New Zealanders to remember and reflect on this country's experience of war, military conflict and peacekeeping, and how that experience shapes our ideals and sense of national identity. The Park contains the Tomb of the Unknown Soldier, the Carillon, and the Hall of Memories.

11. Wellington waterfront walk (BONUS ROUND)

Wandering along the wonderful Wellington waterfront is one of the top 10 Wellington must-dos. There are many cafes and shops along the waterfront, and on a Sunday morning you can link this to the Wellington Harbourside Market. Hire roller skates, cycles, kayaks and explore the climbing wall. A children's play area by Frank Kitts Park is very popular. You might even see that well known busker Pedro Delmiguez



Chocolate crinkles

Preparation: 10 minutes

Baking: 10-12 minutes

A treat known by children for decades - this Filipino version of brownies neither disappoints nor lasts on the plate very long. Perfect as Christmas giveaways - just tell Santa to exempt you from the naughty list this time around.

Ingredients

¾ cup oil
1 cup white sugar
1 cup brown sugar
4 eggs
1 ¼ cups cocoa powder
1 teaspoon coffee powder*
2 teaspoons vanilla
3 cups all-purpose flour
2 ½ t baking powder
½-teaspoon salt
Icing sugar (in a shallow bowl or small plate)

Method

Preheat the oven to 180°C and line a cookie sheet with baking paper

Combine the dry ingredients in a bowl – flour, cocoa powder, coffee powder, sugar, baking powder and salt

Add the oil and vanilla, and the eggs one at a time, mixing thoroughly as you go

You can chill the cookie dough for a couple of hours - even overnight - to make it easier to handle

Roll the dough into balls (golf-ball sized are good)

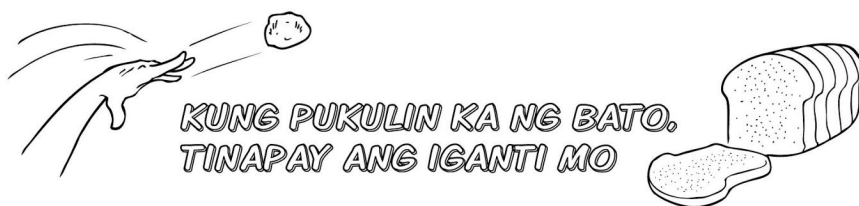
Coat the balls with icing sugar

Flatten a little and put on the prepared baking tray

Bake for 10-12 minutes or until the cookie cracks (don't overbake as this will dry out the cookies)

*Coffee enhances the chocolate flavour.





TRIVIA FILIPINIANA

- Who was the first Filipina to win the Miss International beauty title in 1964?
- Gloria Diaz won the Miss Universe contest in what year?
- What is the color of the 1,000 peso bill?
- Who was the host of "Spin-A-Win?"
- What is the number on Robert Jaworski's basketball jersey?
- What does the acronym "BLTB" stand for?
- What street used to be called Calle Azcarraga or Paseo de Azcarraga?
- Who was the only survivor of the plane crash that killed President Ramon Magsaysay?
- What year did President Magsaysay die in a plane crash?
- Who was the Vice President when Disodado Macapagal was president?

Ano sa Tagalog ang:

- | | |
|-------------------------|--------------|
| a) building | h) vision |
| b) test/exam | i) tax |
| c) letter (in the mail) | j) reference |
| d) newspaper | k) office |
| e) picture | l) interview |
| f) success | m) expert |
| g) typewriter | n) dessert |

Sagot: 1. Gemma Cruz, 2. 1969, 3. Blue, 4. Jeanne Young, 5. 7, 6. Batangas, Laguna, Tayabas Bus, 7. Recto Avenue, 8. Nestor Mata, 9. 1957, 10. Emmanuel Pelaez, a) gusali, b) pagsusuli, c) liham, d) pahayagan, e) larawan, f) tagumpay, g) makinilya, h) panghaharap, i) buwis, j) sangguni, k) tanggap, l) panghaharap, m) panghaharap, n) panghaharap

BUGTONG

- Nang hatakin ko ang baging, nagkagulo ang mga matsing.
- Kung kailan pinatay, saka humaba ang buhay.
- Magandang prinsesa, nakaupo sa tasa.
- Kay lapit lapit na sa mata, di mo pa rin makita.
- Buto't balat lumilipad.

Sagot: 1. kampana (bell), 2. kandila, 3. kasoy, 4. tenga, 5. saranggola

Upcoming Events

Simbang Gabi schedule

Sacred Heart Parish, Petone (15-23 December 2016)

Date	Time
15 Dec - Thursday	7:30pm
16, 17 Dec - Friday, Saturday	7:00pm
18 Dec - Sunday	5:30pm
19, 20, 21, 22 Dec - Monday, Tuesday, Wednesday, Thursday	7:00pm
23 Dec - Friday	6:00pm

Christmas Eve Mass

24 December 2016, 7:00pm Sacred Heart Cathedral, Thorndon

New year's Day Mass

1 January 2017, 12:00pm St's Peter and Paul Parish, Lower Hutt

continued from "How coaching and mentoring has helped me (and you too)" page 8

Looking back, I owe a lot to Tita Agnes for preparing me to hurdle the many job interviews I had when I was job hunting. The skills I've learned then are skills I still find useful when I get interviewed in various leadership roles I play in the wider community. Paying forward, I, too, am involved in coaching and mentoring.

Interested in coaching and mentoring or being coached and mentored? Get in touch with us here in KABAYAN.

Mentoring and coaching are used interchangeably, but they are different. The below table provides a good analysis of the difference between mentoring and coaching.

Mentoring	Coaching
Ongoing relationship that can last for a long period of time	Relationship generally has a set duration
Can be more informal and meetings can take place as and when the mentee needs some advice, guidance or support	Generally more structured in nature and meetings are scheduled on a regular basis
More long-term and takes a broader view of the person	Short-term (sometimes time-bound) and focused on specific development areas/issues
Mentor is usually more experienced and qualified than the 'mentee'. Often a senior person in the organisation who can pass on knowledge, experience and open doors to otherwise out-of-reach opportunities	Coaching is generally not performed on the basis that the coach needs to have direct experience of their client's formal occupational role, unless the coaching is specific and skills-focussed
Focus is on career and personal development	Focus is generally on development/issues at work
Agenda is set by the mentee, with the mentor providing support and guidance to prepare them for future roles	The agenda is focused on achieving specific, immediate goals
Mentoring revolves more around developing the mentee professional	Coaching revolves more around specific development areas/issues

Source: http://www.brefigroup.co.uk/coaching/coaching_and_mentoring.html

continued from "Earthquake, just get out!" pages 14-15

Less than an hour later, the inevitable tsunami alert is called by the local government, and the natural thing to do is to literally, head for the hills. Mahal my beloved, our two flatmates and Your Loyal Kabayan spend two hours in a car on the road up to Wainuiomata, which is the highest point on a 20 kilometer radius. Our instructions from the Civil Defense Office are simple.

Stay off beaches. Stay out of the water. Do NOT go sightseeing. And share this information.

Simple enough, but we are on a hillside, because we ALSO want to get down asap. And hillsides are also known for landslides. And guess what? We just had a 7.5 magnitude earthquake (editor's note: this was later changed to 7.8 magnitude), just what you DON'T need for landslides. As soon as the tsunami alert stops wailing, we head down. We don't even think of passing by McDo or Burger King, as the employees have undoubtedly up and left their stores.

We stay by the radio and don't go to sleep until 5 am.

For all its imperfections, New Zealand is razor sharp and steroids strong on safety alertness. Which is why, if even one life is lost from this latest earthquake, it will be regarded as a national tragedy.

Which is also why your loyal kabayan, as long as he is wanted, will work in New Zealand.



A Filipino jeepney-designed food truck painstakingly built by its owner

-operator Chef Clark Figuracion in 2013.

Clark and Matilde are active members of the Filipino community in Wellington and thought that one way of sharing the Filipino culture is through food. There was nowhere to find Filipino food in Wellington at that time. And so Grill Republic food truck was born to make accessible Filipino food to the people, anytime, anywhere in Wellington.



First Friday of the month, Karori Food Truck Friday, 4pm-8pm
Third Thursday of the month, Kai on High, 5pm-9pm
Last Thursday of the month, Porirua Food Night Market, 5pm-9pm
Every Sunday, Harbourside Market, 9am-3pm
... and at various events and weddings all year round!



54B Monaghan Avenue, Karori, Wellington 6012

Menu



The best pork BBQ in town!

Filipino street food freshly grilled, cooked and served anytime, anywhere!

Phone: 027 444 2195
Landline: 04-9763787
E-mail: grillrepublic@xtra.co.nz
ckfiguracion@gmail.com



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

She shares her success with her family who have played an essential role with their continued support.

Henrietta has continuously delivered with consistent achievements since the beginning. She loves the challenge of helping sellers realise a successful sale and helping buyers find their dream home.

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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