

MAGAZINE FOR THE WELLINGTON FILIPINO COMMUNITY

# KABAYAN

Spring 2017 | Issue no.19

FREE COPY

*Pinoy food ambassadors*  
**Sharing our culture  
through food, Sharing  
our culture of food**

## IN THIS ISSUE...

Election 2017:  
Pinoy in the house?

Youth for Christ:  
Standing on solid ground

This delicious nut  
is not a nut!



Also available online at: [pinoystop.org/kabayan](http://pinoystop.org/kabayan)

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Cover photo taken at Weltec's Wellington School of Hospitality kitchen, 52 Cuba St.

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# EDITORIAL



Strictly speaking, they are competitors in the food industry. But they are, in a sense, kindred spirits out to conquer the world one plate of *adobo* or one bite of a lechon crackling at a time.

Thanks to all our Pinoy food ambassadors, Pinoys in the Wellington area have places to go to for a taste of home. When you read their stories, you can feel their passion and desire to share our culture through food and our culture of food to the wider Wellington (and New Zealand) community. Some of them have grown up in the food business with their parents and other family members as their mentors. Now, they have ventured on their own in the coolest little capital in the world. All are brave entrepreneurs making their mark on the culinary world.

While their goals are the same, their business models are different – a food truck, fine dining restaurants, café, catering, fast food and pop up street food style. They serve main meals, desserts, snacks and cakes. They can cook for one or feed a few hundred. There is something for everyone to fill that hunger. But one thing is certain, their food (and our food) is tasty, aromatic and full of flavour, guaranteed.

Then I realised all the other articles in this issue also talk of satiating different kinds of hunger. There is that hunger for the spiritual growth from our youth; it is good to see them deepening their faith. There is that hunger for our old hometown or province as seen in our feature on Bukidnon. There is also the hunger for a meaningful relationship with our extended family.

There are a few more articles here to feed your mind. Some are funny and light hearted while others are of a more serious nature. All are a very worthy read, guaranteed.

So why don't you get a snack from the pantry, sit down and read on Kabayan.

*Meia*

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<https://pixabay.com/>  
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**KABAYAN** is also available online at:  
[pinoystop.org/kabayan](http://pinoystop.org/kabayan)

### 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!**

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



## Wellington hosts OCON 2017

By Kathy Lopez

On the 14<sup>th</sup> to the 16<sup>th</sup> of July 2017, over 700 delegates from all over New Zealand, Australia and the Pacific gathered at El Rancho in Waikanae for the Youth for Christ (YFC) Oceania conference (OCON). This biannual conference is often hosted by an Australian city, so it was quite an honour for Wellington to be chosen to host OCON this year. The theme of this year's conference was Solid Ground. It was inspired by the Couples for Christ (CFC) theme for 2017 which was taken from the bible verse 1 Corinthians 16:13-14.

Over the course of the three days, delegates listened to talks by leaders from the YFC and CFC community. Each talk featured some brave speakers who shared their testimonies of some difficult moments in their lives and how God was part of that journey. Each chapter present was also able to participate in competitions such as chorale, band, dance, spoken word, short film photography and tug-of-war. Overall, the most resounding message of the conference was that if nothing else, the YFC community and our shared vision of "young people being and bringing Christ wherever we are" is our solid Ground. Read the related story on pages 18-19

## Upcoming events

### Spring of Life Fellowship Garage Sale

**When** 8 am-12 noon, Saturday, 30 September 2017

**Where** Sts Peter and Paul Johnsonville church hall

Donations will be accepted from 5:30-8 pm on Friday, 29th Sept at the church hall. There will also be some bric-a-brac and food for sale as well as hair cutting and massage services available on the day. All funds raised will go towards the parish capital project needs and the SLF outreach programmes.

### Gloria – The Wellington Filipino Community Choir Concert

**When** 6:30 pm, Saturday 4 November 2017

**Where** Filcom Centre, 92-94 Cuba St. Petone

For tickets, please contact Judith Mendoza (027 566 0800)

### Annual Pistang Pilipino Labour Weekend

**When** Friday-Sunday, 20-22 October 2017

**Where** Various locations, Christchurch

Support the Annual Pistang Pilipino Labour weekend celebrations in Christchurch. Check out their Facebook page for more details.

Wellington Filipino Community Choir  
 Choirmaster  
 Robert Ty

*Gloria*

Saturday 04 November 2017 6:30pm  
 Filipino Community Centre  
 92-96 Cuba St. Petone, Lower Hutt  
 Tickets \$20 unwaged \$15

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## Tibiao Caterers/Capital Bakery Ltd

By Meia Lopez

If you have lived in Wellington for a number of years, you might be familiar with Sonny and Nieva Lim, the husband and wife team of Tibiao Caterers /Capital Bakery Ltd. For the past 20 years, they have served the Wellington community with their delicious specialty Pinoy breads and all-time favourite dishes like pork barbeque, a full *lechon*, *palabok*, *lechon paksiw*, *sisig* and a lot more.

Specialty breads were a natural option for them. Sonny Lim comes from a family of bakers and they have a well-established bakery business in Tibiao, Antique. Nieva explains, "Tibiao Bakery Inc (since 1953) is Sonny's family business that brought the taste of fine breads as well as the name of the town Tibiao to many homes. It has nationwide clientele in the Philippines. It is a landmark in Iloilo."

They want to make it a household name here in New Zealand too. It is certainly well known in the Filipino community which makes up 70% of their market. Today, they are able to reach more people because they have a network of retailers who sell their products nationwide. They are also very active in the local festivals and corporate events so they have been able to slowly introduce Filipino dishes and breads to the wider community.

It wasn't sheer luck that they have remained strong even after the global financial crisis (GFC) of 2007-2008. "The secret to keep up with this volatile market is consistency, consistency, consistency of the quality of your products; keep introducing new products and customers will always come back to you."

Nieva and Sonny support other home cooks who sell their specialty food like *kakanin* through Tibiao Caterers. They guide them on the health and safety requirements and help them slowly kick-start their own business.

Thanks for your generous and supportive spirit  
Nieva and Sonny!

## Kubo by Leslie

By Matilde Tayawa Figuracion

Food experts predict that Filipino food would be the next big thing in the US. A number of Filipino restaurants are taking centre stage in the food business in that part of the world. Filipino chefs and restaurant owners showcasing Filipino food are getting positive reviews and the long overdue recognition. This food trend is manifesting itself in the New Zealand food scene too. A Filipino finalist in MasterChef New Zealand, a popular cooking competition, has helped put Filipino cuisine on the New Zealand map.

In Auckland, there are a number of Filipino restaurants that were established in the last few years. Wellington is not too far away. There is a growing number of restaurants, café, catering and food truck that specialise in Filipino cuisine now. Kubo by Leslie, a restaurant inspired by the popular Leslie's in Tagaytay City, Philippines, is the newest kid on the block. It will open to the public in September.

What would be their signature dish? Lelain Paelmo, General Manager, said that they have several favourites but their smoked salmon *sinigang* risotto with banana blossom and *taho* panna cotta are just a few of them. Lelain, who studied culinary arts in the Philippines and did further studies at Le Cordon Bleu here in Wellington, said she wanted to showcase Filipino cuisine and great flavours by adapting modern techniques and using Kiwi ingredients. With her stint as the Executive Chef of Leslie's in the Tagaytay since 2008, authentic Filipino food will also be on the menu. "Do expect some Filipino home cooking too", she interjected.

We look forward to the opening of Kubo by Leslie. All the best Lelain!

### Image:

Nieva and Sonny Lim,  
Tibiao Caterers

### Image:

Lelain Paelmo,  
Kubo by Leslie



## Grill Republic

By: Meia Lopez

Grill Republic is the only Filipino food truck in Wellington. It is a Filipino jeepney-inspired food truck designed and built from scratch by its owner-operator Clark. He's a regular at the Wellington market on Sunday mornings and at Karori's Food Truck Friday. He has also served at the Porirua Night Market, Kai on High in Lower Hutt and at major events within and outside Wellington.

So why a food truck? "You are mobile and therefore, you can sell food fresh anytime and anywhere in New Zealand. You are not restricted where to trade. We also do catering where we serve fresh food and Filipino barbeque on the go at a venue of choice by the customers. This makes our customer base more widespread."

He says, "Many of our customers have not tasted Filipino food before. It is a good feeling to share a part of your culture to this very multicultural city and country, and that you are able to contribute to its diversity."

While his wife Matilde handles the administrative, marketing and financial side of the business, he handles the best part – cooking, of course. He even completed a culinary course "to improve my service and know the health and food safety requirements of running a food business."

You might just find their jeepney food truck in the next Wellington festival so keep an eye out for their pork barbeque and *chicken pork adobo* (CPA). "Filipinos have 101 ways of cooking *adobo*. But one Kiwi catering customer said that she had tried *adobo* in the Philippines and in New Zealand before but our one is the best she's had so far."

How's that for a compliment? Go ahead, try it out for yourself!

### Image:

Clark Figuracion, Grill Republic

## Kravings

By Matilde Tayawa Figuracion

Love sweets? Do you crave for Filipino favourites like *ube macapuno*, *ube pandan*, mango caramel cake, *sans rival* and other Filipino pastries? Not to worry because Kravings got your cravings sorted!

Husband-and-wife tandem, Billy and Michelle, started an online cake and dessert business in New Zealand three years ago. Recently, they launched their cake shop/food business at a pop up food pod at Courtenay Central.

Food business runs in their blood so their passion for food manifested even at an early age. It was a no-brainer to engage in a food business as well.

Michelle's passion for a food business started when she was 12 years old. She recalled with pride how she earned her first peso by selling ice candy, and how she felt when she got great feedback from her first customer. Since then, she never looked back. "Instead of hanging out with my friends I helped my parents in our bakeshop. Mum taught me how to cook, bake and decorate a cake. My dad taught me how to run the business, to organise the books and do some simple accounting," Michelle said. As a child, Billy was always a big fan of food as well. Who wouldn't be when your dad was the chef of the town! "I love to watch my parents cook because they put love into it and that what made me a chef today," he added.

Aside from Filipino desserts and pastries, they have added the famous *Ilocandia* street food, *Ilocos empanada*, to their menu. Its crispy shell is made out of rice flour with papaya, mung bean, Filipino sausage and a whole egg.

Next time you are at Courtenay Central, check out their pop up food pod.

### Image:

Billy and Michelle Valenzuela, Kravings



## The Great Tasti

By Matilde Figuracion

When Roy and Malou Cabauatan bought The Great Tasti, a Kiwi café, eight years ago, it was a fulfilment of their dream to showcase Filipino food to Filipinos and non-Filipino patrons in the Lower Hutt area. "It is a great way to get our younger Pinoys and the local Kiwis to appreciate how different and tasty Pinoy food is", they echoed.

The transformation of their business into a Filipino café and catering business did not happen instantly. They did not want to alienate the customer base of the café so they introduced Filipino food in their menu slowly. Since their café served continental breakfast, they started to offer Filipino favourites such as *tapsilog*, *tosilog* and *longsilog*. This proved to be a hit even to non-Filipinos. They then added more Filipino food to their menu.

While running a business like this is fulfilling, it has its share of challenges too. Foremost to Roy and Malou is the lack of reliable and trustworthy workers in the industry and inconsistent support of local customers. The latter could be a reflection of the small market that is Wellington. Despite this, they are still very positive and excited about showcasing our native food and delicacies. Having been in the food business for a reasonable time, their secret to surviving the small market is to produce high quality food at very reasonable prices. "The feedback we get from our customers is that we deliver consistently at a relatively higher standard than what they can find in other competition", Roy said.

Aside from promoting our culture through food, they are able to help and employ other *kababayans* and prove how hard-working Filipino business operators can become.

We salute you Roy and Malou for your good intentions. May your tribe increase!

### Image:

Roy and Malou Cabauatan and their children, The Great Tasti

## Smokin' BBQ and Grill Ltd

By Meia Lopez

Capital Market on Willis Street is a multicultural food court. When you get there you'd expect that there is a Filipino stall. You won't be disappointed.

For three years now, Smokin' Grill has been dishing out Filipino food at the food court. Their aim is to serve delectable Filipino dishes to their customers fast. It is after all a fast food stall. The good thing is, their menu changes daily so you get to choose different dishes everyday. Wynda Balmadrid, owner-operator of Smokin' Grill explains, "This enables us to showcase the many different Filipino recipes to a society that acknowledges diversity."

The idea of having a business started with her passion for cooking great Filipino food. "Many of our friends enjoyed our home cooked meals and so we were encouraged to take it further. So for someone who loves to cook Filipino food, it was a pleasure to set up a food business that will not only bring our *kabayan* together but also share our Filipino culture to society."

How do they share our culture? Let's start with the food. They serve authentic Filipino pork barbeque, *chicken inasal* and *seafood palabok* which is their specialty. For the more adventurous, they offer a 'dare to try' *dinuguan*. (If Filipino food is new to you, just go ahead and try it.) "All our meals are prepared on the day to serve the best and keep everything fresh," Wynda adds.

Aside from the food, they share our culture by treating their customers with the well-known Filipino hospitality. "We want our customers to leave happy with the food and through great customer service."

Good food and great service, always a winning combination. Keep it up!

### Image:

Wynda Balmadrid, Smokin' BBQ and Grill





## Café on Plimmer

By Meia Lopez

As you walk up Plimmer Steps off Lambton Quay on a weekday, you can smell fried rice and *tapa* wafting in the air. You wouldn't expect to find Filipino food being served in a well-established Wellington café. But there it is!

Café on Plimmer serves our Pinoy *silog* favourites to their customers. With a Filipino owner and a Filipino chef running the kitchen, it is not a surprise. Jun Capistrano has owned the business for two and a half years and added Filipino dishes to their menu last year when he met Chef Archie. They are lucky to have their food prepared by a well-acclaimed chef like Archie (owner of Kanto Freestyle Restaurants in Manila). Their Filipino dishes are prepared on order from the kitchen. Jun adds, "We do not try to deviate from the original nature of our food by doing fusion or radical alteration, but we present our food for fine dining which is appealing not only to Filipinos, but to our existing customers."

So they present their (all-day) breakfast *silog* like no other. Picture this: a choice cut of New Zealand grass-fed, rib-eye steak, marinated in the Filipino traditional beef *tapa* blend and grilled as Kiwi steak, served with fried garlic rice, topped with poached eggs, drizzled with freshly made hollandaise sauce and grilled tomato on the side.

Through word of mouth or the tempting smell of *tapa*, their menu is getting popular among multi-cultural workers in the CBD. A bonus is seeing groups of Pinoy meeting up for Friday lunch gatherings over plates of yummy *tapsilog*! That's a real treat.

### Image:

Jun Capistrano, Cafe on Plimmer



## the think tank

### Starting Your Own Business

New Zealand has a very strict code of conduct and compliance requirements, and these are the main challenges during set up. Here are some handy tips from Nieva and Sonny Lim of Tibiao Caterers/Capital Bakery Ltd.

When running a food business not just in Wellington but most of New Zealand, make sure that you:

- **Comply with health requirements of the Ministry of Primary Industries.**
  1. Food has to be prepared in an approved commercial kitchen. If starting a home business, ensure that you meet the other requirements under the Food Act 2014.
  2. When selling during festivals, you must have the correct license and be able to comply during random inspections i.e. the food you sell must have the correct temperature to ensure no contamination or food poisoning will occur.
- **Comply with government and local body requirements.**
  1. Register your business, pay your GST, and tax obligations.
  2. Check the local council's food safety requirements when selling at festivals.
  3. Have public liability insurance.
  4. Treat your staff well.

## CAFÉ ON PLIMMER



Kaldereta fettucine

Tapsilog

## KRAVINGS



Ilocos empanada

Cake

## TIBIAO CATERERS



Catering services, dinuguan, embotido, pork barbecue, lechon

## KUBO



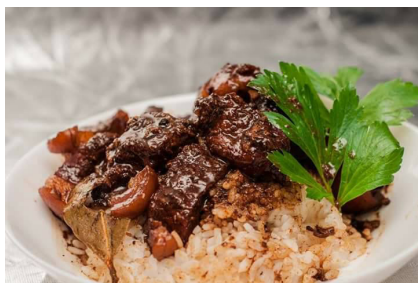
Smoked salmon sinigang risotto with banana blossom

## SMOKIN' BBQ AND GRILL LTD



Chicken inasal

## GRILL REPUBLIC



Adobo



Taho panna cotta



Seafood palabok

## THE GREAT TASTI



Pork barbecue



Halo-halo

Tapsilog

6:15 am

[Messages](#)

## The confusion is sari-sari

[Details](#)

*humour by John Gutierrez*

"Ben and his Ma" is a humorous depiction of parenting and growing up in the 21st-century Pinoy household in New Zealand.

"Ben," his "Ma," and other characters in the story series are purely depictions and the stories depicted are completely fictional.

Ma, I'm just gonna pass by the super-market after gym ok. Be home soon

Today 5:42 pm

Son, r u still at d grocery?

Yes ma, I won't be here long though, just getting a snack.

Okay thanks, can you get me bawang, sibuyas, carrots, talong, luya

...

Don't forget Toto

toyo\*

omg ma

Y, wats wrong?

I'm not even getting much there

Pls anak, or else we won't have dinner. Ur dad will get angry

ok

I don't even know what half of those things are

U forgot bahay kubo already

Tenks xoxo

I should really move out of the house

When u can always put ur dirty clothes and brief in the labahan, then u can move out

labyu

# samu'tsari

## Ang halaman doon ay sari-sari

By: Meia Lopez

If I had a time capsule, I would have put in an old reel tape\* recording of my cousin and I singing Bahay Kubo. We were a couple of chatty toddlers then, trying to outdo each other in song. It was one of those songs I learned at a really young age and it's right up there with "Twinkle twinkle" and "Sitsirtsit". But I digress. This is not about just any Filipino folk song or nursery rhyme. It is about Bahay Kubo.

Bahay Kubo is probably the quintessential Filipino folk song that everyone knows about or should know about. I don't remember how I introduced this to my daughter; our conversation probably went like this:

**Daughter:** So what does bahay kubo mean?

**Me:** Literally, it's a cubed house but it's also a traditional Filipino house made of nipa, it stands on stilts for ventilation.

**Daughter:** So the song is about the house?

**Me:** No, it's about the vegetables planted around the house.

**Daughter:** Like?

**Me:** Like ... (singing in my head "*bahay kubo kahit munti ... skip this part...*" Then singing aloud) *singkamas at talong, sigarilyas at mani*.

**Daughter:** What?

**Me:** Eggplant, peanuts ... I don't know how to translate the others.

**Daughter:** Hmmm

**Me:** (trying to impress) You know, like, string beans and ah ... *patola*. You know loofah? The one you use to scrub with when you shower? That is the dried up gourd called *patola*. Fresh *patola* is good in misua. You should try it some time.

**Daughter:** Loofah or misua?

\*for those who have no clue what a reel tape is, it was the high tech audio equipment of a bygone time.

**Me:** Both. But wait there's more! *Upo't kalabasa* – that's another kind of gourd, and squash or pumpkin whatever you prefer to call it. (and then sings) *at saka mayroon pa labanos, mustasa. Sibuyas, kamatis, bawang at luya. Sa paligid ligid ay puno ng linga.*

Meanwhile my daughter sits patiently, her eyes glazing over. She's fiddling with her fingers.

**Me:** \*SIGH\* It's a lovely song. Doesn't it just evoke images of an idyllic provincial life? It reminds me of home, Fernando Amorsolo and Sylvia la Torre.

**Daughter:** Huh? What? Who? Why?

**Me:** *Ay basta*. Anyway, let's go back to Bahay Kubo. I wonder why *linga* is in the song. We don't often use it when we cook, unless we are making *palitaw*.

**Daughter:** I like *palitaw* ... so is there a carrot in the song?

**Me:** No

**Daughter:** How about *repolyo*?

**Me:** No

**Daughter:** *Patatas*?

**Me:** Ah no.

**Daughter:** Why not?

**Me:** I don't know. I guess it is talking about the local produce you know. Carrots, *repolyo* and *patatas* were just introduced to us.

**Daughter:** Like, hello! I'm carrot ... (extends her hand to me)



**Me:** Don't get smart. Anyway, they missed a lot of other local vegetables like *ampalaya*, *kamote*, *sayote*, *gabi*, *okra*, *saluyot*, *kangkong* and *talbos ng kamote*, *ampalaya*, *sitaw*, *bulaklak ng kalabasa* ...

**Daughter:** Can you cook all of the ingredients in the song?

**Me:** Not all in the same dish. Maybe some of them. *Dinengdeng* would be my top dish. Others can be *sahog* in meat dishes.

**Daughter:** So, why is it called bahay kubo again?

**Me:** *Basta*.

~~~~~  
*Bahay Kubo*  
*Nipa hut*

~~~~~  
*Bahay kubo, kahit munti*  
*Nipa hut, even though it's small,*  
*Ang halaman doon, ay sari sari*  
*The plants that grow around it are varied:*

*Sinkamas at talong, sigarilyas at mani*  
*Turnip & eggplant, winged bean & peanut,*  
*Sitaw, bataw, patani.*  
*String bean, hyacinth bean, lima bean.*

~~~~~  
*Kundol, patola, upo't kalabasa*  
*Wax gourd, sponge gourd, bottle gourd*  
*(white squash) & pumpkin,*

*At saka mayroon pang labanos, mustasa,*  
*And there's also radish, mustard greens,*

*Sibuyas, kamatis, bawang at luya*  
*Onion, tomato, garlic & ginger*

*Sa paligid-ligid ay puno ng linga.*  
*And all around are sesame plants.*

~~~~~

## Bahay Kubo Recipes

We asked a group of friends what dishes they can make using the ingredients from Bahay Kubo. Here are their answers



### Ayie Fernandez

Adobong mani  
 Tortang talong

### Image :

Thinking up recipes.  
 From left – Ayie Fernandez, Marie Aron,  
 Fred Aron, Eric Fernandez

### Marie Aron

Atcharang labanos  
 Dinengdeng  
 Ensaladang talong  
 Misua with patola  
 Sinigang na baboy  
 (alaga sa paligid)

### Eric Fernandez

Ginataang kalabasa at sitaw  
 Kending kundol  
 Adobong sitaw  
 Singkamas ice cream (invention  
 test, Masterchef 2017)

### Fred Aron

Ginisang upo  
 Ginataang mustasa

### Image:

Ginataang kalabasa



### Image:

Dinengdeng



## BUKIDNON

By Ryan Peralta

Love your pineapples? I do. I grew up in Bukidnon, the province where the **Del Monte** (the biggest pineapple plantation in the Philippines) and **DOLE** pineapple plantations, are located. But pineapples are not the only fruits our province grows. Due to its pleasant climate, without the usual extreme heat of the tropics, and its fortunate location outside the typhoon belt, it has a progressive agriculture-based economy. It is a major producer of rice, corn, coffee, rubber, bananas, sugarcane, tomato, flowers, cassava and other fruits and vegetables, making it the food basket capital of Mindanao.

Growing up in Don Carlos, Bukidnon, I enjoyed going places within and around the province. Aside from the pineapple plantations (of course) with its own golf course, the Philippine Carabao Center, Monastery of Transfiguration and Dahilayan Forest and Adventure Park are the best-known places of interest. But what I enjoyed the most was the Kaamulan Festival, a celebration of unity amongst the seven tribes (Bukidnon, Higaonon, Talaandig, Manobo, Matigsalug, Tigwahanon and Umayammon), the original inhabitants of the province. From the word *amul*, which means 'gathering', members of these tribes get together to celebrate a special occasion such as a datuship ritual, a wedding ceremony, a thanksgiving festival during harvest time, a peace pact, or all of these put together. This traditional celebration has evolved. The festivities now include the Rodeo, a fun-filled competitive sporting involving Filipino cowboys, and the street dancing competition.

Now that my family lives in New Zealand, and especially that my father works in a New Zealand farm in Wanganui, I am reminded of the fresh chocolate milk from the Philippine Carabao Center, the nicest fresh milk I have ever tasted, I dare say. Because we have some family members living in Cagayan de Oro, we always pass by the centre along Maramag Highway. We would always stop to buy snacks and the milk-based pastillas were my favourites.

My family are devout Catholics so a visit to the Monastery of Transfiguration in Malaybalay, the capital of Bukidnon, is always a go-to-place during the Holy Week and whenever we have visitors to the province. Its pyramid structure was made by National Artist Architect Leandro Locsin. It is run by the Benedictine monks. Aside from it being a great place to contemplate, coffee from the beans grown by the monks is always a great treat.



**Image:**

Street dancing at the Kaamulan Festival



**Image:**

Monastery of Transfiguration, Malaybalay, Bukidnon

If you love adventure, we have it in the province too. The Dahilayan Forest and Adventure Park located in Manolo Fortich has the first and longest dual zipline in Asia. Do you enjoy the luge and zorb in Rotorua? The park has them too, plus more, including amenities such as bars, cafes, picnic grounds and function areas. As a day is not enough to explore and experience the place, accommodations are plenty.

New Zealand is now my home but Bukidnon will always be special to me. The memories, the people and my family that remain there make it super special. You should come and visit too.

## Young Once

### The bonds that shape us

By: Erika Sison

They say one of the greatest relationships you can have is with your grandparents.

Growing up as a child, my grandmother has always been right beside me. I only have fond memories of my grandmother. She always took care of my cousins and I as we played and always gave us snacks and lollies. You could always count on her to have food! We were spoiled.

She made sure that my siblings and I were ready for school and that we were wearing enough layers to keep us warm. She checked that we had brought our food for lunch. Her constant concern for our well-being was a reassurance for me. She was always present, always encouraging, ever loving. Through the eyes of a seven-year-old child, she was my hero.

Now, things are slightly different. I am no longer seven years old. My grandmother has become so much more than just a hero. She has become something even more precious. A friend. As I grew older, we became even closer. We continue to bond over many things – our love for Filipino *tele-seryes*, the stories of her youth and even random trivial issues such as boys.

She's always the first person I run to when I have a problem or when I am in need of guidance. I know that I can always count on her to say the right thing. We can talk about anything and everything under the sun. Peeling off the eyes of a seven-year-old child, I now know that there is so much more to my grandmother than meets the eye. Through the stories of her youth, I have learned many things. Her courage, strength and will to keep going despite all the obstacles life throws at her are inspirational.

I am 17 years old now and I can say with utter conviction that my relationship with my grandmother has shaped me in many different ways. Like her, I seek to be strong and persevering in the face of hardship. I believe that she truly epitomises *'the flower that blooms in adversity'*.

Even now, I see how she makes so many sacrifices for her family. At age 68, my grandmother still works to provide for her family. This act alone shows selflessness beyond measure, and displays just how big a heart she has for the people she loves. Her faith and passion for the pro-life movement and relentless endeavour in standing up for life

is something that I truly admire. It is truly inspiring to witness her unceasing love for God and her fearlessness to stand up for her faith. She is truly a woman on fire for the Lord.

I thank God everyday for blessing me with such a wonderful woman to be my grandmother. Even though I fail her many times, her love is always waiting for me, unflinching and steadfast. I hope to repay all the love she has given me one day.

Praise God for the gift of grandparents <3



**Image:**

Erika and her Grandma – Friends forever



**Image:**

Grandma with her daughter Tiza and her family (Erika is on the far right)

## Pinoy Represent!

By: *Geo Robrigado*

What does it mean for the Filipino community to have representation in the New Zealand Parliament?

On 23 September 2017, New Zealanders will troop to the polling stations to vote in this year's general election, which will determine how the New Zealand government will be made up for the next three years. This year's election, however, can be considered a milestone for the Filipino community as two Pinoys – Romy Udanga for the Labour Party and Paulo Garcia for the National Party – are standing for election in two different electorates in the Auckland region.

First, a bit of context. A constitutional monarchy, New Zealand follows a Westminster-style parliamentary form of government. According to sections 14 and 15 of the Constitution Act 1986, government is dominated by the Parliament, which is composed of the Sovereign, who is the Queen as represented by the Governor General, and the 120-member House of Representatives. The members of the House of Representatives, popularly known as Members of Parliament or MPs, are all democratically elected through a mixed-member proportional system. Seventy-one are elected from their electorates through a 'first-past-the-post' system and the remaining 49 are filled through a proportional representation system from the 'party vote' in the ballot; the second type of MP is called 'List MP'. Both Udanga and Garcia are standing for election through the North Shore electorate and the New Lynn electorate, respectively. If they lose to their opponents, they can still get into Parliament as a List MP if their party garners enough votes for them to get in.

Filipinos are now the third largest Asian ethnic group in New Zealand; around 50,000 Filipinos who have decided to call New Zealand their home are scattered across the country. The two major parties – the National Party and the Labour

Party – have recognised the contribution of the Filipino to New Zealand society and it is most likely that both have recognised the need for the Filipino to be represented in Parliament. While Udanga and Garcia are standing in the election as electorate MPs and are expected to be more committed to their electorates' needs, as Filipinos they can also address the needs of their kababayans through several democratic processes that are available for the people such as submissions and town hall consultations. Furthermore, recent data suggest that both North Shore and New Lynn are among the electorates with the highest concentration of Filipinos.

But why is ethnic representation very important? Can Filipinos not voice their concerns through their respective MPs? In any society, particularly in settler societies such as New Zealand, immigrants are considered an entire sector, politically speaking. While they can consult the MP of their respective electorate, immigrants would have specialised needs that might be best dealt with by a peer. In addition, immigrants, Filipinos in particular, can have a unified stance on certain issues that a Filipino representative can therefore consolidate in Parliament.

As a democratic country, New Zealand relies on its people for the country to run smoothly. Considered an integral part of New Zealand society, Filipinos, like all other immigrant groups, can have their own say in issues that affect this country. New Zealand is ethnically diverse, but each ethnic group has needs that must be addressed in government, hence ethnic representation in Parliament is important. As one of those ethnic groups that make this country uniquely diverse, it is high time that the Filipino gets a voice of its own in Parliament.



## Paulo Garcia

By Noel Bautista

Contrary to current popular wisdom, profound and sweeping social change need not be violent and tumultuous. The power of the ballot is the slow but steady, tried and tested way to effect reform in democracies all over the world. Here in New Zealand, this mode of social change is constantly refreshed by new participants, most recently by newly welcomed and fast-assimilating migrants, championed in the Pinoy community by National Party candidate for Parliament Paulo Garcia. A practicing lawyer in both the Philippines and New Zealand for the last 22 years, Paulo brings to the table the wealth of his experience as advocate, negotiator, and defender of both Pinoy and Kiwi. KABAYAN pried him out of his busy campaign schedule and asked him a few questions:

### 1. What motivated you to run for Parliament?

Filipinos have been found to be the happiest migrants here. Filipinos are well loved in healthcare, logistics, construction, dairy, IT, engineering, metal fabrication, food services, hospitality among others. The Filipino migrant community in New Zealand is approximately 50,000 strong and growing. We work hard to provide for our families, our extended families and all want to make sure that our children perform well in school and find meaningful work afterwards. We are blessed and fortunate to have the opportunity to move to New Zealand and it is time to give back to the country that has been welcoming and appreciative of our community.

### 2. How does your present career help you to prepare for a political career?

As a lawyer of over 22 years, with close to 5 years concurrently as Philippine Honorary Consul General in the Auckland and Northland Regions of New Zealand, I have worked long hours professionally – to pro-bono services for Citizen's Advice Bureaus since 2007, Filipino community groups, self-help groups and e-groups, church groups, regional organisations, the New Zealand Police, as well as in the Consulate General in Auckland. Legal training and actual law practice work and the exposure to all levels of engagement with New Zealand agencies and organisations all contribute to performing well in the greater role of a political career.



### 3. What impact will the campaign (successful or not) have on the Pinoy Community?

Our two objectives are to open the eyes of the Filipino migrant community – particularly our second-generation migrants – to the possibility of roles in government as potential careers. Through greater awareness and increased involvement of the Filipino community in politics, we create another pathway for Filipinos to serve the New Zealand public – giving more of themselves to the service of others and giving back to New Zealand to the level that their abilities and circumstances will allow.

The second is to establish a pathway for policy considerations to be brought to Parliament – policies that could contribute to the continued growth and stability not just in the Kiwi economy but to its society as a whole. These may arise from our unique qualities – love for the family and caring for our children, promoting the importance of a solid education, fostering hard work and looking to enjoy the fruits of hard work, the importance of safety and security and the need to support and provide for the elderly, our joy and ability to smile in the face of hardship and challenges that we encounter, the ability to dig deep when called upon to serve.

Thank you and Godspeed kabayan Paulo, may the odds be ever in your favour!



## Solid Ground

Well Spoken is the group composed of Jordan, Marco, Kathy, Matt and Kaela. All are members of the Wellington chapter of Youth for Christ. They represented the Wellington chapter in the Spoken Word competition during the Oceania Youth Conference held in Waikanae in July 2017.

Using the conference theme Solid Ground, based on a bible verse, each group wrote and performed this oratorical piece. They won first place beating all other groups from New Zealand, Australia and the Pacific region. So here it is in their own words.

### All:

Now this is a story all about how  
My life got flipped, turned upside down  
And I'd like to take a minute  
Just sit right there  
I'll tell you how I became a child of God through prayer.

### Jordan: Be on Guard

God is waiting at church for me  
But my friends want me to ditch, they just can't see  
They're blind to what I want, what I need  
They don't understand what it is to believe.

They say it's a waste of time  
They're wasting time because I don't think I'm wasting mine  
I think I'm doing what's right, lifting His holy name up on high  
But on the other hand, I wish I could make them understand  
that I'd rather be talking to the other man.

He puts me on guard.  
The Lord is my strength and my shield  
He puts me on guard  
Giving me courage, giving me kindness, giving me faith  
I put that on God.

BUT DAMMMM, LOOOK AT CHU  
"Mr Perfect, Mr Great"  
You think you have everything you need  
But let me just get one thing straight.

Yes, you may be popular on social media  
You know, Snapchat, Facebook, Vlogs  
But I have the one thing you need most,  
A 17-year streak with God.

**Marco:** Be strong and courageous  
Blessed are those who believe,  
that's what Jesus said  
So why am I ashamed of my faith instead?  
I'm embarrassed whenever I pause to say grace because  
My friends always have this look on their face that says  
What are you doing?

See my faith isn't exactly something I'm comfortable sharing  
Because the last time that someone noticed me praying  
They laughed at me asking me why I even bothered  
And honestly, I was too scared to even give them an answer.

Now however I know it's ok to be nervous  
Because through God I am strong and courageous

I can bravely proclaim that I believe God exists,  
And that right now he is here in our midst  
So if we truly believe that God is right here  
Let us ask ourselves what do we have to fear?

**Kathy:** Stand Firm in the faith  
It gets hard sometimes living in a country  
Where believing in God makes me the minority  
All around me I see, people questioning my beliefs  
So how do I stop myself from reflecting that on me?  
Their words of doubt seem to shame and harm me  
So how does one soldier stand up against an army?

See this is where it begins  
When my life is shaken  
My spirit broken  
This is the real test  
Do I remember who I am?  
Do I remember the one who called me by name?

How do I even try to understand that my power is faith  
And faith is all that I need.

Because with it,  
Nothing shall hurt me  
Nothing shall shake me  
No tremor so strong in life can break me.

I know now that I cannot be shaken  
As long as my faith rests with Him.

**Matt:** Solid Ground  
I'm walking home after a long day,  
And I see everyone else going their own ways.  
The ground becomes uneven,  
And I start to feel uneasy  
Suddenly I stumble and fall,  
Onto the unforgiving asphalt.

As I lay there, I get a flashback,  
About the day I turned on God's back.  
I look at the ground,  
And it's cracked into two parts,  
Which reminds me of my broken heart,  
Crying for all of my burdens to depart

Helpless and without hope, I lay there,  
Grasping desperately for a breath of air  
Suddenly, I hear footsteps  
I look around,  
Yet nobody's to be found  
And then, I see Him,  
Standing before me  
I reach out to Him,  
And He grabs my hand  
I get back up,  
And I am finally free,  
Of all the burdens that harboured me.

The ground is no longer split,  
And it hardens like concrete.

If there is one thing I learnt that day,  
It's to pray, pray, pray  
As the ground is a representation of my faith  
I learned that if my faith is strong,  
I am bound  
To stand with God on Solid Ground.

**Kaela:** Do everything with love  
Darkness surrounds me and I can't see where I am going  
I feel trapped, I can't breathe, I am all alone  
But most of all I am tired  
I am tired physically, mentally and emotionally.

In the silence I hear footsteps, coming closer to me  
The beat of my heart gets louder and then I see YOU  
You standing before me in your holiness, in Your presence,  
in Your great love  
As if you are the light against my darkness.

You step closer to me, Your hands are wide open  
And as I embrace You I am surrounded by Your love  
I am safe, I am happy, I am truly home.

Love is patient  
Love is kind  
Love tells you you are worthy  
You are beautiful  
You are loved  
Love is God and God is love  
So in everything we do we must do with love.

**All:**  
I'm not afraid  
To take a stand  
Everybody  
Come take my hand  
We'll walk this road together,

To be on guard  
To be strong and courageous  
To stand firm in the faith  
To stand on solid ground  
To do everything with love.  
And to never forget about our father up above.

Well Spoken from Wellington:  
Jordan, Kathy, Matt, Kaela, Marco



# BLAST from the PAST

## Creamy Coconut and Taro

By: Judith Balares Salamat

After talking about numbers in Māori, Samoan (Polynesian) and Bicolano in Kabayan's winter issue, let's talk about food, particularly something creamy: yes, coconut (milk) and taro (gabi).

These ingredients are generally present in Māori, Samoan (Polynesian) and *Bicolano* (Filipino) dishes, either used on its own or incorporated into the dish. Perhaps, aside from the kumara that is popular in their cuisine, coconut milk/cream and taro are indispensable to their menus.

Why do they prefer these culinary ingredients?

We can trace this to two main things: Mother Nature and the migration process.

Like any community in history, they used what was abundant in their land. Coconuts and taro certainly were (and still are)! When early Polynesian explorers travelled the Pacific, they must have brought this taste of home with them. One can only guess this was the case for Kupe, the first Polynesian explorer, when he travelled to Aotearoa.

The Philippines, and in particular, the Bicol region, is not only a recipient of strong Austronesian (the family of languages spoken in parts of Asia, Oceania and Africa) linguistic influence but also of its cuisine such as the use of coconut milk/cream as well as taro. However, Mother Nature, and what she can offer, is also one of the contributory factors to the use of these ingredients. Some bloggers and agriculturists would agree that coconut trees, growing in tropical places like Bicol, which is situated in the southern part of Luzon, also abound because these trees can withstand the strong ravages of 20 or so typhoons (or tropical storms) every year. Taro (*Colocasia esculenta*) on the other hand, thrives best in places with

very warm temperatures, consistent moisture and rainfall distribution; and Bicol is an ideal place for growing this plant.

These major dishes use coconut milk/cream in main meals, desserts and snacks. I have known that in some parts of the Pacific, the locals cook rukau, a dish using taro leaves with coconut sauce (or milk) together with other ingredients like onion (Cook Islands). They also cook *palusami*, a taro-leaf-wrapped dish (Fijian or Samoan). These are similar to the Bicolano main-meal called *pinangat* or the taro leaves cooked in creamy coconut milk in a dish called *laing/natong/gulay na katnga*. In Bicol, out of ten local snacks and desserts, around seven or eight of them use coconut milk/cream as the main ingredient. The same could also be true in the Southern Tagalog, Eastern Visayas, Western and Southern Mindanao where coconut trees abound.

As a Bicolana, I grew up in a family with taro plants as well as coconut trees around the house. I have seen these crops harvested, prepared, and cooked in different dishes, snacks and desserts. When I was old enough, I helped prepare these dishes myself. In those days, there weren't any machine to grate the coconut and to squeeze the milk from it, so members of my family would take turns to do this (and of course, eat the product later). Such a big effort in preparing a dish but definitely worth it!

So, the commonality of these two ingredients in Maori, Samoan (Polynesian) and Bicolano/Filipino dishes may lead to something that goes beyond the plate and the palate. They may tell us more stories of identity and culture. Perhaps, it's time that we unravel these stories. After all, as Jose Andres, a Spanish-American chef once said, "If we talk to ingredients, they will tell (us) a story."

### Image:

From left: palusami a Fijian and Samoan dish, pinangat a Bicol dish, laing



## The tree of life

By Meia Lopez

Ryan Cayabyab's novelty song *Da Coconut Nut* is funny and very Pinoy. It has given the world an idea of how we use the coconut tree. After listening to the song, I could think of one word to describe the coconut tree: *sulit* (worth it) for the simple reason that we have found a way to use pretty much all of its parts. Nothing is wasted.

From its roots to the tips of its fronds, the coconut has domestic and industrial uses. We eat parts of it, use it as medicine and cosmetics, build houses with it and even use it for decorations. We have come up with a list of what the coconut is used for. Can you think of other uses of the coconut tree?



<https://en.wikipedia.org/wiki/Coconut>  
[https://en.wikipedia.org/wiki/Coconut\\_production\\_in\\_the\\_Philippines](https://en.wikipedia.org/wiki/Coconut_production_in_the_Philippines)  
<http://lambanog.org/coconut-wine/>  
<http://www.wattalyf.com/hearts-of-palm/>  
<https://herbalremedies.knoji.com/coconut-palm-medicinal-uses-antiseptic-and-regulates-urinary-disorders/>

# SILID ARALAN

## Salawikain

"ubos-ubos biyaya, bukas nakatunganga"

"If you spend everything today, tomorrow you'll have nothing."



This proverb is about the consequences of spending lavishly. The cartoon shows a mother and a daughter trying to make ends meet after buying something expensive (iPhone).

This salawikain is a reminder to spend wisely and be sensible with resources. Today, anything can be purchased at a click of a button (through internet); it's so easy to spend all your savings that you will end up with nothing for the time when you really need some money. Another example is the use of our natural resources. If we use it all up because of greed, younger generations won't be able to enjoy the same environment that we relish today.

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### Trivia Filipiniana

1. Where is Jollibee's first outlet located?
2. What is the main ingredient in bopis?
3. What is the rice paste wafer usually shaped like a leaf used in the Pahiyas festival in Lucban, Quezon?
4. What province holds the annual Lanzones festival?
5. What product had the slogan "Iba na ang matangkad"?
6. What is the barbecued chicken feet commonly called?
7. What province is known for its batchoy?
8. What is the sweet puffed rice called?
9. What are the hard boiled quail eggs coated in orange batter and deep fried called?
10. What product had the slogan "Malutong kahit na anong ipatong"?

### Sila - Sina

Two words separated by one letter. When do you use one and not the other?

When translated in English they both mean 'they/them'. However, there is a slight difference on how you use them.

#### Here's the tip:

Use sina if you are referring to specific names. The word sina is followed by the people's names. For example, "Nakita ko sina Jun at Beth kanina."

Use sila if you are referring to a group without actually naming them individually. For example, "Nakita ko sila kanina."

1. first outlet opened in Cubao; first franchised branch opened at Ronquillo, Sta Cruz Manila (<http://www.jollibee.com.ph/about-us/>); 2. pig's lungs; 3. kiping; 4. Camiguin; 5. Star margarine; 6. adidas; 7. liloilo; 8. ampaw; 9. kwek kwek; 10. Skyflakes

Answers:

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