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If you are interested in submitting an article, please contact Judy Sorio Jeffers (judyjeffers@gmail.com)

MESSAGE FROM THE PRESIDENT

By BONG TUMANUT



Following the lead of my parents and brothers, I came to Kansas City in July 1977 to start a new life. My transition to the States, as shocking as it was, was eased by the friendliness and helpfulness of Association members who had already settled in Kansas City. I have come to love the place and the Filipino community – so much that I have never thought of relocating to a warmer (more Philippines-like) climate. I have raised my family here.

2009 marks the Association’s 41st year of existence. It has grown and matured from its early beginnings, but still helps newcom-

ers, as I once was, assimilate into the community. We have our own Cultural Center, the envy of other ethnic organizations. We have several major annual events – Fiesta Filipina, September Affair, and the Ethnic Enrichment Festival. Our dancers, the Sinag-Tala Performing Arts Troupe, have put on major concerts and have been featured in newspapers and magazines. Our Sampaguita Choir performs locally and as far away as St. Louis.

In the coming year, we plan groundbreaking for the expansion of the Cultural Center. We plan to start a Tagalog class – not just for the Filipino community, but also for some outsiders who have expressed keen interest. And we plan to increase our

community outreach, in cooperation with the Philippine Nurses Association, Philippine Medical Society, and the Kansas City World Outreach Lions Club.

There is no denying the immense success of the Association. To sustain this level of performance, it takes leadership, planning, funds, and plenty of volunteers.

I call upon the Filipino community and its friends to keep this worthwhile organization alive and relevant. We need more leaders to head committees and projects – this is an excellent training opportunity for our younger members. We need members to volunteer their time and skills. *Join us at the Kansas*

(Continued on page 5)

MEMORIES OF THE LENTEN SEASON

By ANICETO L. JALBUENA



Prologue

By the time I was 5-6 years old, I experienced the traditional piety of our culture through the religious practices of my family and close relatives. That was the time when mass was celebrated in Latin and what you see at the altar was the back of the priest doing something unseen and unexplained! Then when he delivered his homily, you see his

face in somber contemplation of his parishioners. Being a Lenten Season, I expected some severe admonition from him -. not surprising and not at all new to us in the household because admonition was already started by the sermon of my mom, Conchita.

It was at that age when threats of going to purgatory and worse to hell was a fearsome subject to hear from the old folks. There was no escape from them because there was no TV to deflect their interest and beside

if there was one most likely they will show a movie on the passion of Christ, which to us kids would add more gloom to the already austere atmosphere.

The Making of a Masterpiece

While still single and young, my father embarked in an ambitious project to make a life-size replica of the Last Supper which became part of the Good Friday procession. This is a gist of his story as he told it to us:

(Continued on page 2)

LENTEN SEASON

(Continued from page 1)

The Search. At the start, my father's main challenge was how to procure the replicas of the heads of Christ and the twelve apostles. He approached the caretaker of the Jaro Cathedral and asked to be shown a collection of discarded parts of old "santos" from which he selected a few heads and bodies. My father selected one which resembled Christ and have it reconditioned by a professional sculptor in the Iloilo City. The wooden body was also reconditioned by local .

For the apostles, my father resorted to making papier mache replicas of different heads by molding local clay into the likeness and demeanor of a sample picture of the last supper. He hired a local artist to paint the papier mache. The rest of the body parts was easily made from crude paper mache.

To complete the project, a suitable "carosa" or manually pushed cart of ample size was needed. A family horse-drawn carriage in storage under the big house of his sister, Maria Jalbuena Javelosa was still serviceable. Carpenters were hired to provide adequate support for the ensemble. His Last Supper took part in the procession for the first time sometime in the first half of the 1920's

By the time I was born in 1929 the ensemble was already part of the famous Good Friday procession of our home town. As we siblings grew older, we helped him prepare for the annual Lenten Season.

Other "Carosas" of Relatives

Aside from father's "carosa" my relatives on both sides have their own inherited "carosas". The most memorable one is that of the "Santo Entiero" or the Burial of Christ.

Christ, in life-size, was depicted on a reclining position after He was taken off the cross and readied for burial. His likeness made of porcelain-like material was encased in a silver-gilded sarcophagus and protected by thick glass panels. It was in the care of the heirs of grandfather, Capitan Benito Jalbuena (older brother of my paternal grandfather Aniceto L. Jalbuena)



The Challenges of Fasting and Abstinence and Keeping Noise Down.

These are aspects of the Lenten Season which sometimes made me chuckle because of the extreme compliance by Catholics of Church rules. The good thing was that children up to a certain age were exempted from the rules. Adults were required to observe these rules.

Abstinence from meats was straight forward and the basic requirement to abstain from them on Fridays was not a big deal. Some families practiced abstinence during the whole Lenten Season.

Fasting is another matter. I recalled my mom approximating the quantity of rice on

a plate and the viands that went with it so that they will not exceed a certain weight in ounces. She then sent this serving to a Chinese tiange (variety store) for weighing! This became the sample for adults to limit their food intake in one meal.

Silence, Please. During the entire Lenten Season the members of the household were enjoined to talk softly and avoid unnecessary noise. Loud music and dancing were prohibited. Mom had a hard time controlling the eight of us siblings. It became even more difficult for adults when our boisterous cousins from Silay, Negros Occidental happened to spend their Lenten vacation with us.

The Tales of the Siete Palabras (Seven Last Words) Service started at 12 noon to coincide with the belief that our Lord was about to give up His spirit at that precise time. The services lasted for almost three hours. I went to this service a few times and almost fell asleep. What a great relief after the service!

Easter Sunday, as any where else in the Christian world was joyfully celebrated. People wore their Sunday best and wide smiles were everywhere especially after the long ceremonial church service. Special lunch was usually served by households over town.

\$198M FOR FILIPINO WWII VETERANS

By Judy Sorio Jeffers



If you are a WWII Filipino Veterans, you may be eligible for \$15,000. Read on.

The American Recovery and Reinvestment Act (ARRA) provided authorization for lump sum payments to Filipino Veterans aided American troops in World War II, \$9,000 (non-U.S. citizen) and \$15,000 (U.S. citizen). This payment will not affect other benefits Veterans may

be receiving.

Claims are currently being accepted and must be submitted by Feb. 16, 2010, a year after the bill's signing. The VA is working to disperse payments as soon as possible.

Only veterans included in a master list kept in St. Louis, Missouri are recognized by the US government. The list is composed of Filipino soldiers and guerillas officially given discharge papers by the US Army at the end of World War II. There are only 18,000 listed Filipino war veterans. Six

thousands are in the US, while 12,000 are in the Philippines

To receive information by mail, United States residents may call 1-800-827-1000 or via email at <https://iris.va.gov>. The VA Regional Office in Manila will process all claims for this benefit. Therefore, U.S. residents should mail the application to the Department of Veterans Affairs, Regional Office, PSC 501, FPO AP 96515 -100.



Caring for You

When you need
it the most.

What is Hospice?

Hospice is a special kind of care for patients and families facing a life-limiting illness or condition.

Hospice goal is palliative than curative. It emphasizes quality of life rather than length of life.

Hospice care focuses on pain and symptom control to enable the patient to live as fully and comfortably as possible.

Hospice treats not only the physical aspect but also emotional and spiritual needs of patients. Hospice supports family and caregivers by offering counseling, training and education.

Hospice Care is not time limited. As long as the patient's physician and the Care team physician certifies that the patient has terminal illness, the patient may continue to receive Hospice services beyond the 6- month period or less of life expectancy.



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Our Care Team



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- Home Health Aides
- Chaplain/Clergy
- Social Worker
- Dietitian
- Physical, Occupational
And Speech Therapist
- Trained Volunteers

Other Care Team Members:

- Pharmacy/Pharmacist
- Equipment & Medical Supply Support

Who pays for hospice?

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- HMO's, Managed Care Organizations
- Hospice Is Also Available Under
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HAIL THE SUNSHINE!

By CORAZON SORIO



Are you tired of these cold, dark and dreary winter days? Are you raring to get rid of the thick, cumbersome and heavy coats of winter? Do you feel like screaming out of hibernation and running out for fresh air, open space and OH! the LUXURIOUS

WARMTH OF THE SUN? Arise, and embrace the world of sunshine.

ALL life on earth depends on the sun. No wonder the chief festivals of the pagan world involved solar worship. The daily birth, journey, and death of the sun was the dominating feature of the people's lives. The Egyptians worshipped the sun god Ra and believed that the pharaoh was Ra's son, his representative on earth. The ancient Greeks and Romans believed that Apollo, the god of medicine and health, rode the Sun as his fiery chariot, to bring healing to the people of the earth.

Today, science recognizes the beneficial effects of sunlight on human health and questions the long accepted practice of using sunscreen and seeking the shade. The debate centers around Vitamin D, nicknamed the "sunshine vitamin" because it is made in the skin from ultraviolet rays. Vit. D helps absorb calcium and enables the body to form and maintain strong bones. It prevents rickets in children and osteomalacia (softening of the bones) in adults. Calcium with Vit. D protects older adults from osteoporosis. Current research studies suggest that Vit. D plays a protective role against colon, prostate and breast cancers, heart disease, diabetes, and multiple sclerosis.

Groups that are a high risk for Vit. D deficiency are the following:

Elderly people– Skin makes less Vit. D as people age.

Dark-skinned people - Dark skin requires about 5-6 times more solar exposure than pale skin for equivalent amount of Vit. D synthesis.

People with diabetes – Damaged kidneys have difficulty con-

verting Vit. D into a form that the body can use.

Obese individuals and people with fat malabsorption syndromes– Vit. D is fat-soluble and gets trapped in fat or doesn't get absorbed in diseases such as cystic fibrosis, so there is less available Vit. D for the body to use.

Infants that are exclusively breastfed – Breast milk does not contain Vit. D

People with limited sun exposure especially people living in northerly regions of the globe.

Here are some ways for adults to insure adequate levels of Vit. D:

The skin has a large capacity to make Vit. D. Exposure to sunlight for no more than 15-20 minutes a day is generally recommended. Brief repeated exposures are more efficient at producing Vit D than longer sustained sun exposures that can cause sunburn. Remember to weigh the beneficial effects of sun exposure with the increased risk for skin cancer.

Healthy eating. Fish lovers take note: Salmon, tuna, and mackerel are very good sources of Vit. D. Small amounts are found in beef liver, egg yolk and cheese. Milk, many ready-to-eat cereals and some brands of yogurt and orange juice are fortified with Vit. D.

Vit. D3 supplements. Caution: Because it is stored in fat cells, too much Vit. D can cause dangerous buildup in the body. Check with your health care provider about dosage.

To tan or not to tan? Over and above the Vit. D benefits, there are other payoffs to a small daily dose of sunlight, including better sleep and a happier outlook. Enjoy and be grateful for the sun. For as the famous Galileo said: "The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."



Calling on all Debutantes!

The association is holding its Annual September Affair on September 5 at Hyatt to showcase debutantes.

Anyone who has a Filipino friend or relatives wanting to join the Ball please contact Adela Tan at 816-418-7449 or atan@kcmsd.net, Annie Covillo 913-485-7431 or acovillo@kc.rr.com, or Sonia Tumanut 816-436-8722 or Sonia_tumanut@swbell.net for more information.

Hyatt blocked 20 Rooms for Sept 5-6 at \$119 Single/Double Occupancy. The Reservation Cut-off Date is August 14, 2009 for the Rate of \$119. After the cut-off date, they will not guarantee that same rate. Hyatt Room Reservation <http://crowncenter.hyatt.com/groupbooking/mkcrkphil2009>.



MESSAGE

(Continued from page 1)

Speedway concessions. It's a lot of work, but it is fun and you get to watch for free! *Join us* for the Fiesta Filipina or Ethnic Enrichment Festival to prepare food or set up booths and tents. *Join us* in a Good Samaritan project. *Join us* to mentor our youth. Our Filipino Association is worth sustaining. *Join us* and you'll see what I mean.

VALENTINES DANCE



Mr. Valentines and Ms Valentines show off their prizes.

Valentines diners enjoyed a menu of Salad, BBQ Pork, Salmon, grilled Vegetables, Dessert and Wine. Followed by dancing.



ENDURING A BEAR MARKET

By **RON BOBIS**



You open the quarterly statement and gasp: Your investment portfolio has fallen by hundreds of dollars. The next quarter reveals yet more losses.

It may be tempting to pull your investments out of the market and stick the money in a bank checking account - or maybe under a mattress. Instead, take a deep breath and remember this: the stock market routinely goes through cycles, rising and falling over time. In fact, over long periods of time, the stock market, represented by the S&P 500 Index, has risen steadily, despite intermittent down periods.

Since 1956, the Standard & Poor's 500 Index has risen more than 25-fold. During that time, the market also encountered at least nine "bear" markets, when it fell 20 percent or more. After those falls, the S&P eventually returned to positive territory, typically within 12 months - though a few "mega-bear" markets took several years before the market reached its previous peaks.

After hitting their low points, bear markets historically are followed by vigorous

rallies according to S&P research. That's why some of the world's most famous investors see downturns as a time to increase their stakes in the market.

There are no guarantees if or when a bear market will turn around, of course, but investment management professionals say one of the worst mistakes you can make during a downturn is trying to time the market - pulling your money out of the market as it falls and reinvesting on the rebound. You're just as likely to miss out on the good days as the bad ones. After all, not even the best economic minds know for certain when the market will have a positive day.

A study by Vestek Systems Inc. found that someone fully invested in the S&P for the 10-year period ending Dec. 31, 2007 would have earned a 5.91 percent return. But someone who missed the 10 best days of the market during that span would have seen their returns cut to just 1.13 percent.

In other words, staying fully invested in the market, even a bear market, is the only sure way to capture the best days. Consistency can be the key. S&P 500 is an unmanaged index that tracks the stocks of 500 primarily

large-cap U.S. companies.

Past performance is no guarantee of future results. Investment return and principal value of an investment will fluctuate, and shares, when redeemed, may be worth more or less than their original cost.

This article is provided by Rommel Bobis and is meant to be general in nature and should not be construed as investment or financial advice related to your personal situation. Please consult your financial advisors prior to making financial decisions. Rommel Bobis is a Financial Advisor with Waddell & Reed and can be reached at 913.491.9202 x119 or rbobis@wradvisors.com. Waddell & Reed, Inc. Member SIPC



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SCHEDULE OF EVENTS

March 21 @ **Ethnic Enrichment Commission Diplomatic Ball**, Muebach Hotel. An annual gala celebrating the diverse communities of our city. This year's theme is "Festivals of Asia". \$60/person

March 28 @ 8am-12noon, **Free CPR & AED training**. Please register. Call Beth Rosas @ 816-695-1464 or email bethbrozas@gmail.com

Through April 26, The Kansas City Public Library hosts the Smithsonian traveling exhibit, **Singgalot (The Ties That Bind)**: Filipinos in America, from Colonial Subjects to Citizens

April 12, **Easter Picnic**

April 18, **Philippine Nurses Association: A Night on the Red Carpet**, Hyatt Regency Crown Center. This is the 18th Anniversary Celebration of the Philippine Nurses Association of Greater Kansas City.

May 2 @ 5:30 PM, **the 30th Fiesta ni Sto. Nino**, Christ the King Church (Wornall Road & 85th)

June 30, **World Outreach Foundation Golf Classic**, Loch Lloyd Country Club. Funds raised from the tournament will allow us to build a Mobile Dental Unit.

September 5, **September Affair**. Hyatt Regency Crown Center

Sundays @ 1 PM, **Filipinettes Dance Rehearsals**, Come watch our young ones as they learn their folk dances!

Sundays @ 3 PM, **Sinag-Tala Dance Rehearsals**, Watch/join these weekly dance rehearsal-sals; learn a Filipino folk dance or two!

Fridays @ 7:30 PM, **Sampaguita Choir Rehearsals**, Fun music rehearsals preceded by potluck dinner. All are welcome!

Saturday @ 10 AM & Mondays @ 7:00 PM, **Line Dancing Lessons**

First Friday of each month @ 7:30 PM, **Association's General Meeting**. These monthly business meetings are preceded by a potluck dinner.

Second Saturday of each month @ 11 AM, **Seniors Monthly Meeting**. These monthly business meetings are preceded by a potluck lunch.

MARCH 2009

Sun	Mo	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PAID MEMBERS (THRU MARCH 3RD)

- Jo Abraham (Sarah, Albert, Michael)
- Al Agustin (Angie Chico)
- Coy Amilasan
- Franklin Archer
- James Austin (John, Jamie, Helen)
- Cris Bautista (Lilia)
- Ping Bayani
- Libby Bayani
- Ron Bobis
- Eric Butkovich (Victor, Lazarina, Maria, Slava, Koba, Nina)
- DJ Casterline (Marai, EJ, Ting)
- Carmen Chico
- Beth Cordero-Merrick (David) * Sustaining - Sponsor
- Paul de los Santos (Mirla)
- Jenny Dent (Taylor)
- Carlo Dix
- Joy Doolin
- Don Downing
- Josie Doyle (Brian)
- Joe Flor (Salome)
- Caring Francia
- Fely Francisco
- Herminio Gatapia (Fe)
- Jimmy HiponaL (Lita)
- Lisa Hopkins (Jim)
- Cito Jalbuena (Tacing)
- Jun Jopanda
- Mac Juan (Nora)
- Irma Labre
- Balty Lotuaco
- Amado Mamuric (Normita)
- Kathleen Mamuric
- Rachel Manakul (Sam)
- Norma McCloud
- Rolly Mesina (Amy)
- Stephanie Mina
- Michael Navarro
- Malou Nix (Sean, Mike)
- Nonong Pardo (Lillian)
- Bernadette Rabang-Nguyen (Abby, Chris, Zach)
- Tony Racela (Luchi)
- Lucila Rider
- Buenafe Robertson
- Peter Saing (Michelle)
- Rich Snyder (Alexis, Richie, Gemma)
- Cory Sorio
- Eric Sorio
- Judy Sorio-Jeffers (Dawson, David)
- Armisa Tongson-Cullens (Michael)
- Bong Tumanut (Sonia)
- Hans Vergara (Rowena, Isabella, Nicholas)
- Pete Vilkins (Mayie)
- Phoebe Williams (Arthur)
- Ding Yniguez
- Delia Yzon

MEMBER CELEBRATIONS

March Birthdays

March 2—Fe Gatapia
 March 4—Jun Jopanda Jr.
 March 8—Hans Vergara
 March 9—Lisa Hopkins
 March 13—Lazarina Butkovich
 March 13—Caring Francia
 March 14—Jim Hopkins M.D.
 March 20—David Merrick
 March 23—Helen Austin R.N.

March Anniversaries

None



FILIPINO ASSOCIATION *of Greater Kansas City*

year 2009 membership form

Note: For membership from January 1 to December 31, 2009

Head of Household
 Last Name _____
 First Name _____
 Preferred Name _____
 Birthday __/__/____ (no year needed)
 Anniversary __/__/____ (no year needed)
 E-mail: _____ work/personal
 E-mail: _____ work/personal
 Phone: _____ home/cell/work
 Phone: _____ home/cell/work

Spouse (if married)
 Last Name _____
 First Name _____
 Preferred Name _____
 Birthday __/__/____ (no year needed)
 E-mail: _____ work/personal
 E-mail: _____ work/personal
 Phone: _____ home/cell/work
 Phone: _____ home/cell/work

Tambuli mailing:

 Send my Tambuli in the mail

 Email me the Tambuli

Address: no change

Children under 18:

Last Name _____
 Birthday __/__/____

First Name _____
 E-mail: _____

Preferred Name _____
 Phone: _____ home/cell

Last Name _____
 Birthday __/__/____

First Name _____
 E-mail: _____

Preferred Name _____
 Phone: _____ home/cell

Last Name _____
 Birthday __/__/____

First Name _____
 E-mail: _____

Preferred Name _____
 Phone: _____ home/cell

Addition children (attach or list on back)

Membership (circle category)

Family \$50.00	Individual, Senior \$20.00	Sponsor \$100.00
Individual \$30.00	Couple, Senior \$30.00	Benefactor \$250.00
Patron (Individual) \$50.00		Grand Benefactor \$500.00

I Wish to Participate (circle committee(s))

- | | | | |
|-----------------------------------|--|------------------------|---------------------------|
| • Building & Grounds | • Easter Picnic | • Finance | • Scholarship |
| • By-Laws | • Fiesta Filipina | • Hospitality | • Senior Council |
| • Choral Group (Sampaguita Choir) | • Filippinettes (Dance Troup for young kids) | • Information Services | • Social Affairs |
| • Christmas Party | • Filipino Youth Organization | • July 4th Picnic | • Tambuli |
| • Community Service | | • Membership | • Sinag-Tala Dance Troupe |
| | | • Nominations | • Ways & Means |

Checks Payable to FA-GKC and Send To: 9810 West 79th Street, Overland Park KS 66204
www.filipino-association.org

Senior Council Meeting Minutes- February 14, 2009

Attended by: Lita & Jimmy Hipona, Erlinda & Magno Gabales, Nita & Ric Labayen, Cory Orille, Elvie Berry and Ding Yniguez.

The Council president, Lucila Rider was unable to attend and requested Elvie Berry to preside at the meeting. The meeting was called to order at 11:50 A.M.

- I. The attendees approved the minutes of Council's January meeting.
- II. The Council treasurer, Lita Hipona reported that as of January 31, 2009 the Council had a cash balance of \$8529.50 plus a receivable of \$200.00

III. Elvie Berry stated that the Council budget had been submitted by Lucila Rider to the FAGKC president and that included in the budget is \$250.00 for the sale of 'gift baskets'.

IV. After some discussion on what the gift basket will be composed of and what price will be charged, it was decided that the basket can contain a combination of the items such as cosmetic bag, scarf, 'hopia' and that Elvie will prepare the baskets that should be sold at \$14.99. These gift baskets will be sold primarily on special days/occasions during the year.

VI. Line dancing is a continuing activity but more dancers are needed according to Nita Labayen. Elvie will design the flyer that can be used to recruit dancers.

VII. The group agreed that as suggested by Cory Orille the Tagalog class should be open to the community and not to association members only. Cory will write and present the details of the classes including the syllabus. This might become a major project of the FAGKC and the Senior Council will assist as needed. Lillian Pardo was in contact with Elvie and was told that she has bought Tagalog books while in Manila. Ping Bayani did the same thing.

VIII. Cory Orille presented the attached materials on the Calendar theme of Philippine Fiestas and Cultural Events that she has thus far accumulated. Ding Yniguez reported that Nonong Pardo has agreed to put together materials on Philippine National Heroes if this was chosen as the calendar theme. The attendees were in agreement that both of these themes can be used – one for this year and the other for 2010. This has to be decided at next month's meeting. Nita Labayen suggested that every Council member solicit 20 people each for the calendar.

IX. Nita Labayen pointed out that the Parents' Night theme agreed upon in the last meeting is not really a theme but a program. The attendees then voted on 'TRIBAL' to be the theme. 'Tribal' will refer to any tribe in any country. We will ask the President, Lucila Rider to assign members who will solicit for the Souvenir Program. The price is \$40.00 for a whole page and \$20.00 for a half page. Ric Labayen will design the Souvenir Program. Nita will take care of practicing couples or parent /child who want to dance. Hours for practice will be Mondays at 6:00 P.M. and Saturdays at 10:00 A.M. It was suggested that Ed Tumanut be requested to take care of printing the Souvenir Program. Admission to The Parents' Night Dinner/Dance will be \$25.00 per person for adults and children over 12 years old.. Music should be coordinated with Angie Chico-Agustin. Angie in her email of 2/14/09 to Cory Orille pointed out that Parents' Night should be on May 9th.

X. It was agreed that the CPR training will be scheduled for April. Elvie will coordinate with Beth Rosas.

XI. Nita Labayen suggested that since the Council voted last year on not being in charge of hospitality, that hospitality be distributed by month to the various arms/branches of FAGKC.

XII. A cooking demonstration by Linda Gabales is being planned. Fee and place TBA.

The meeting was adjourned at 1:15 P.M.

Ding Yniguez
Senior Council VP and Secretary

IMMIGRATION ATTORNEY

JEFFREY S. BELL

ATTORNEY AT LAW

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FILIPINO ASSOCIATION OF GREATER KANSAS CITY CONDENSED STATEMENT OF RECEIPTS AND DISBURSEMENTS For the Month Ended January 31, 2009						Prepared by: Hans Vergara Treasurer 2009		
	GENERAL		BUILDING		CULTURAL ARTS FUNDS		TOTAL	
	FUND	SENIORS	FUND	CHOIR	SINAG-TALA	MONTH	YEAR	
CASH PER BOOKS 12/31/08	15,348.65	8,289.50	3,941.22	4,825.76	14,724.01		47,129.14	
CASH PER BOOKS 12/31/08	15,348.65	8,289.50	3,941.22	4,825.76	14,724.01	47,129.14		
ADD RECEIPTS:								
Operating:								
Membership Dues	1,300.00					1,300.00	1,300.00	
Ways & Means	674.36					674.36	674.36	
Sampaguita Choir				450.00		450.00	450.00	
Special Project:								
Building Usage Fee			1,000.00			1,000.00	1,000.00	
Building Donations			450.00			450.00	450.00	
Total Receipts	1,974.36	-	1,450.00	450.00	-	3,874.36	3,874.36	
LESS DISBURSEMENTS:								
Operating Expenses	(1,144.39)		(38.56)			(1,182.95)	(1,182.95)	
Special Project Expenses:								
September Affair			(3,750.00)			(3,750.00)	(3,750.00)	
Building Maintenance			(618.05)			(618.05)	(618.05)	
FCC Consultant	(1,500.00)					(1,500.00)	(1,500.00)	
Total Disbursements	(2,644.39)	-	(4,406.61)	-	-	(7,051.00)	(7,051.00)	
CASH PER BOOKS 01/31/09	14,678.62	8,289.50	984.61	5,275.76	14,724.01	43,952.50	43,952.50	
Add Other Investments	659.97	1,606.03	16,224.08			18,490.08	18,490.08	
CASH PER BANK TOTAL 1/31/09	15,338.59	9,895.53	17,208.69	5,275.76	14,724.01	62,442.58	62,442.58	

FEBRUARY GENERAL MEETING NOTES

Date: Friday, February 6, 2009

Malou Nix – presiding, Bernadette Rabang – recorder, Hans Vergara – Treasurer

Attendance: Malou Nix, Hans Vergara, Bernadette Rabang, Amado & Normita Mamuric, Filipinas Francisco, Rachel Manakul, Paul de los Santos, James Hipona, Lita Hipona, Joy Doolin, Libby Bayani, Lisa Hopkins, Dr. Ding Iniguez, Mirla de los Santos, Carmen C. Chico, Randolph "Ran" Gamboa, Ronnel Bobis, Edward Tumanut, Franklin Archer, Judy Jeffers-Sorio, Joel Gaela

Welcome new guests: Randolph (Ran) Gamboa – parents get the newsletter and suggested he come to the meeting.

The meeting was called to order at 7:35 pm. Malou Nix presided over the meeting since Bong Tumanut was in the Philippines. The meeting agenda was motioned, seconded, and approved.

The January 2009 meeting minutes needed a correction in the Attendance; Dr. Perry Francisco's name should be changed to Dr. Filipinas (Feli) Francisco. Minutes were approved after correction was noted.

President's Report: Email from Bong Tumanut read by Malou Nix.

Budget for 2009 approved by Board of Directors on Saturday, January 31, 2009

Added more people to our leadership team.

Amy Mesina - By-Laws

Beth Rosas - Community Outreach

Nonong Pardo - Board of Directors, Ethnic Enrichment

Ping Bayani - Filipino Cultural Center, Sampaguita Choir

Amado Mamuric - Finance

Cito and Tacing Jabuena - Hospitality

Edward Tumanut - Public Relations including website

Bernadette Rabang - Membership

Lucila Rider - Senior Council

Sonia Tumanut - September Affair

Adela Tan and Annie Covillo - Debutantes Ball

Lillian Pardo - Sinag-Tala

Judy Sorio-Jeffers - Tambuli

Joel Gaela and Lisa Hopkins - Ways and Means

Venir Rivera - Easter Picnic

Gigi Mateo - Christmas Party

Lillia Bautista - Nomination

Malou Nix - Fiesta Filipina

Treasure's Report: Copy of the Treasurer's Report was distributed at the beginning of the meeting. Hans Vergara begins by thanking Paul de los Santos for a very easy and smooth transition of the Treasurer's responsibilities for 2009. Han's noted that Paul gave all bank reconciliations, statements, reports, etc. Han's also stated that everything was clean which makes his job easier. Han's also thanks the Board of Directors for approving the 2009 budget on a timely basis.

Reporting period of January 2009. Beginning cash balance is \$47,129 is December's 2008 ending balance. (See complete report)

United Way Campaign - Han's wanted to recognize and thank 2 individuals, Annie Covillo and John May, who had payroll deductions through work that went to United Way. Through their donation, the Filipino Association received \$644 of those funds.

Discussion on the price increase of September Affair expenses to \$3,750 due to increase of price per plate. Lisa Hopkins and Amado Mamuric got into a discussion about the Debutante's Ball expenses, increases were also due to

increase in price per plate.

The treasurer's report was motioned, seconded and approved.

Board of Director's Report: No Report

Executive Committees Report:

Public Relations Report: Edward Tumanut will be in charge of both the Public Relations Officer role and the Information Services committee area of the association. He will handle communicating information to the public and members of the association through the website and the message groups. He's there to help other committee chairs communicate news to the public and members. He hopes to learn from previous PR committee chairman, especially Lillian Pardo, with press releases and other things like that. The year's agenda for this committee will largely depend on cooperation from other committees/leaders (and possibly any who might join the PR committee). As in the past, my major goal lies in improving the flow of information from within the Association's leadership to its members and the general public by utilizing our online tools and better defining procedures.

Website - Is a Success. People from all over the US have visited the website. People new to the Kansas City area have found the website a useful tool to finding other Filipinos in the area. Ed has expressed that he would like to work closely with Tambuli staff and Cultural center staff to make that information a lot more available to the public.

Auditor Report: No report

Tambuli Report: No report

Sinag-Tala Report: No report

Sampaguita Choir Report: No report

Director for Filipino Cultural Center Report: No Report

Standing Committee Chair Reports:

Hospitality: No Report

Membership: As of 2/4/09 total paid members 88 (individuals). Total membership fees collected for 2009 was \$1620. Some members paid in 2008 for their membership dues 2009.

Suggestions for all members to try to recruit at least 2 new members or remind current members to renew their membership by paying their dues. Recruit at social events, parties, etc...

Discussion on what are the benefits of being a member? Mail benefits to recruit members. Or assign members to recruit in their local areas.

It was suggested to have a membership card.

Send via US postal mail letters and membership forms or make reminder calls to people.

For next meeting, show a breakdown of membership types.

Nominations: No Report

Social Affairs:

Easter - Venir Rivera is the committee chair for the Easter Picnic. She has \$100 budget for eggs, decorations, prizes, and candies. She's accepting donations for eggs, decorations, prizes and candies. Games and Easter egg hunting for the kids She wants to hire an Easter Bunny and will be asking for donations for that. Malou Nix and Lillia Bautista will be helping with the Easter Picnic.

July 4th Picnic: Need a Volunteer.

Halloween Party - Need a Volunteer.

Christmas Party - Gigi Mateo

Ways and Means: Lisa Hopkins reported that a Dinner/Dance for Valentine's Day will be held on February 14th at the cultural center for \$25/ticket.

Wine, Dinner, Dancing for only \$25. Menu - Salad, BBQ Pork and Salmon with grilled Vegetables, Dessert. Not Buffet.

Scholarship: No Report

Community Outreach: No Report

Finance: Amado Mamuric reported that he's looking at

the finances for the expansion of the building fund. He referred back to the Treasurer's report for the building fund and maintenance expenses.

Mirla de lo Santo's asked how the budget was produced. Was there a meeting?

Carmen Chico and Libby Bayani both asked to table to the next meeting since the president was not there. Angie Chico explained how they came up with the budget

Filipino Youth Organization: No Report

By Laws Committee: No Report

Senior Council: Dr. Ding Iniguez reports 2 themes for the calendar, Philippine Heroes or Philippine Traditions. What is the theme for the Parent's Day? Is it a costume party?

Special Committee Reports:

Filipino Cultural Center Foundation: No Report

September Affair: Malou Nix read Adela Tan's email. Debutantes Ball 2009 The association is holding its Annual September Affair on September 5 at Hyatt to show-case debutantes. We have so far about 10 debutantes, some unconfirmed. If anyone has a Filipino friend or relatives wanting to join the Ball, do call Adela, Annie, or Sonia. We would like to reach out to every member to assist in the search of possible debutantes to support this endeavor to show case our young Filipinas in the Filipino community. The association has sponsored the debutante's ball every 10 years and presently doing it every five years. This time, we plan to include as many interested young Filipinas as possible as a service to the Filipino community. The financial obligation for each debutante is two parts. Details will be discussed with interested parties. So come one, come all, and come to the Debutantes Ball! We would also like to invite interested parents to be in the Debutantes Activity Planning as one of the sub-committees of the September Affair. The kick off meeting will be on March 14 at 11 AM. The meeting place will be announced once determined. Please save this date. I have requested Judy Jeffers to announce this event specifically the search for debutantes. Age requirements 16-19 year old girls.

Ethnic Enrichment Commission: Everyone is invited to the Diplomatic Ball, March 20, 2009 @ Muelbach Hotel. \$60/person. 7 countries are represented at the Ball. Each country will have about 15 minutes to perform. Reservations needed. Live Music and Dinner will be provided.

Fiesta Filipina: Malou Nix's objective is to sell more tickets to members and non-members. She also wants to add more food items to the menu.

Booth rental is \$150. Fiesta Filipina is scheduled for June 14th and 15th.

Lisa Hopkins questioned that it may be difficult to prepare all those new foods added to the menu. Angie Chico also questioned who will be in charge of cooking and selling the new menu items.

Lisa asked if members pay less than non-members. Paul de los Santos made a comment that it may be considered discriminating because they are not members. He explains that we need to attract as many people to these events as possible. Carmen Chico explained that comments are being made like, "why are do we need to become members if we're receiving the same benefits as members and not have to pay a membership fee." She makes the point that it is not discriminating because it's discriminating when we don't let them come in. We're letting everyone come in but they must follow our policies. So if you're not a paid member then you should pay extra. Example, for the breakfast non-members - \$6.50 and members were \$6.00. Will discuss further at the next meeting.

Old Business: No Report

New Business: February Birthday's to announce. Happy Birthday to Rachel & Bernadette.

End of reports and discussions. Meeting adjourned at 9:05 pm.



Pictures from the Feeding Program..in Zambales & the Bogo City Medical Mission



HOW WELL ARE YOU READING?

The BBC's Big Read polled its readership of their favorite books. Below are the results from number 1 to 100 in numerical order.

Instructions:

- 1) Look at the list and circle the books you have read.
- 2) Add a '+' to the ones you LOVE.
- 3) Star '*' those you plan on reading.
- 4) Tally your total READ at the bottom.

1. The Lord of the Rings, JRR Tolkien
2. Pride and Prejudice, Jane Austen
3. His Dark Materials, Philip Pullman
4. The Hitchhiker's Guide to the Galaxy, Douglas Adams
5. Harry Potter and the Goblet of Fire, JK Rowling
6. To Kill a Mockingbird, Harper Lee
7. Winnie the Pooh, AA Milne
8. Nineteen Eighty-Four, George Orwell
9. The Lion, the Witch and the Wardrobe, CS Lewis
10. Jane Eyre, Charlotte Brontë
11. Catch-22, Joseph Heller
12. Wuthering Heights, Emily Brontë
13. Birdsong, Sebastian Faulks
14. Rebecca, Daphne du Maurier
15. The Catcher in the Rye, JD Salinger
16. The Wind in the Willows, Kenneth Grahame
17. Great Expectations, Charles Dickens
18. Little Women, Louisa May Alcott
19. Captain Corelli's Mandolin, Louis de Bernieres
20. War and Peace, Leo Tolstoy
21. Gone with the Wind, Margaret Mitchell
22. Harry Potter And The Philosopher's Stone, JK Rowling
23. Harry Potter And The Chamber Of Secrets, JK Rowling
24. Harry Potter And The Prisoner Of Azkaban, JK

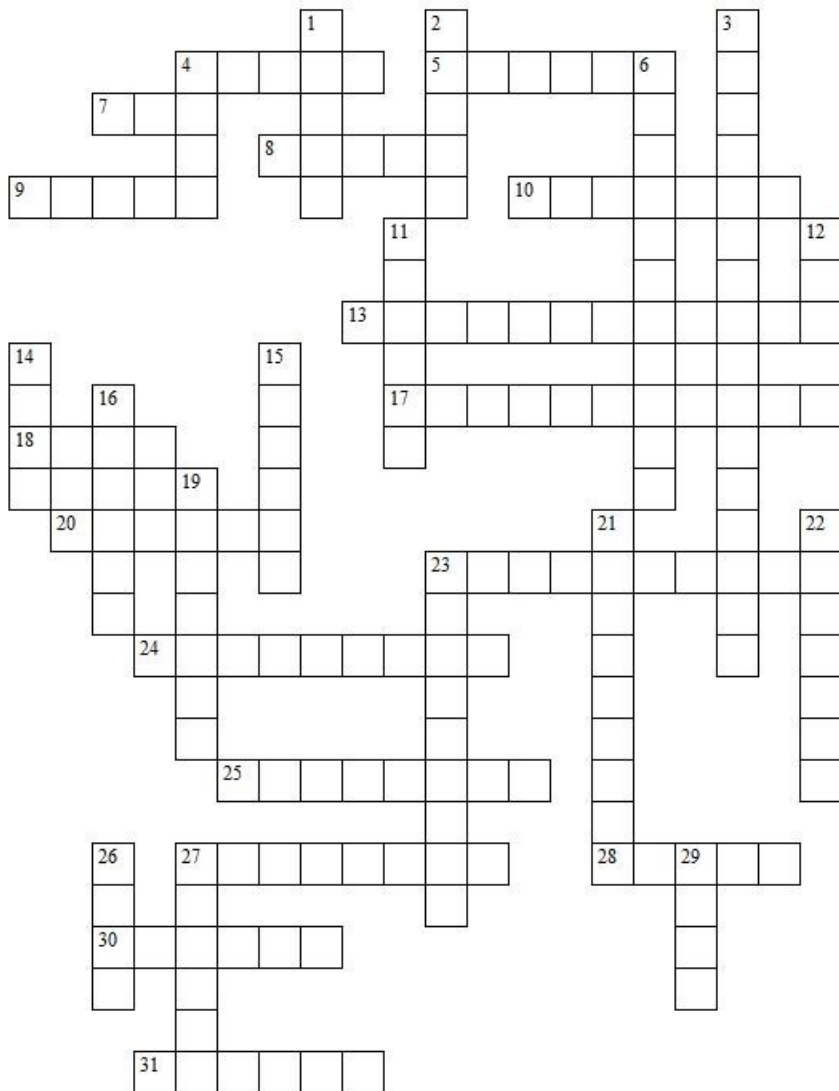
Rowling

25. The Hobbit, JRR Tolkien
26. Tess Of The D'Urbervilles, Thomas Hardy
27. Middlemarch, George Eliot
28. A Prayer For Owen Meany, John Irving
29. The Grapes Of Wrath, John Steinbeck
30. Alice's Adventures In Wonderland, Lewis Carroll
31. The Story Of Tracy Beaker, Jacqueline Wilson
32. One Hundred Years Of Solitude, Gabriel García Márquez
33. The Pillars Of The Earth, Ken Follett
34. David Copperfield, Charles Dickens
35. Charlie And The Chocolate Factory, Roald Dahl
36. Treasure Island, Robert Louis Stevenson
37. A Town Like Alice, Nevil Shute
38. Persuasion, Jane Austen
39. Dune, Frank Herbert
40. Emma, Jane Austen
41. Anne Of Green Gables, LM Montgomery
42. Watership Down, Richard Adams
43. The Great Gatsby, F Scott Fitzgerald
44. The Count Of Monte Cristo, Alexandre Dumas
45. Brideshead Revisited, Evelyn Waugh
46. Animal Farm, George Orwell
47. A Christmas Carol, Charles Dickens
48. Far From The Madding Crowd, Thomas Hardy
49. Goodnight Mister Tom, Michelle Magorian
50. The Shell Seekers, Rosamunde Pilcher
51. The Secret Garden, Frances Hodgson Burnett
52. Of Mice And Men, John Steinbeck
53. The Stand, Stephen King
54. Anna Karenina, Leo Tolstoy
55. A Suitable Boy, Vikram Seth
56. The BFG, Roald Dahl
57. Swallows And Amazons, Arthur Ransome
58. Black Beauty, Anna Sewell
59. Artemis Fowl, Eoin Colfer
60. Crime And Punishment, Fyodor Dostoyevsky
61. Noughts And Crosses, Malorie Blackman
62. Memoirs Of A Geisha, Arthur Golden

63. A Tale Of Two Cities, Charles Dickens
64. The Thorn Birds, Colleen McCollough
65. Mort, Terry Pratchett
66. The Magic Faraway Tree, Enid Blyton
67. The Magus, John Fowles
68. Good Omens, Terry Pratchett and Neil Gaiman
69. Guards! Guards!, Terry Pratchett
70. Lord Of The Flies, William Golding
71. Perfume, Patrick Süskind
72. The Ragged Trousered Philanthropists, Robert Tressell
73. Night Watch, Terry Pratchett
74. Matilda, Roald Dahl
75. Bridget Jones's Diary, Helen Fielding
76. The Secret History, Donna Tartt
77. The Woman In White, Wilkie Collins
78. Ulysses, James Joyce
79. Bleak House, Charles Dickens
80. Double Act, Jacqueline Wilson
81. The Twits, Roald Dahl
82. I Capture The Castle, Dodie Smith
83. Holes, Louis Sachar
84. Gormenghast, Mervyn Peake
85. The God Of Small Things, Arundhati Roy
86. Vicky Angel, Jacqueline Wilson
87. Brave New World, Aldous Huxley
88. Cold Comfort Farm, Stella Gibbons
89. Magician, Raymond E Feist
90. On The Road, Jack Kerouac
91. The Godfather, Mario Puzo
92. The Clan Of The Cave Bear, Jean M Auel
93. The Colour Of Magic, Terry Pratchett
94. The Alchemist, Paulo Coelho
95. Katherine, Anya Seton
96. Kane And Abel, Jeffrey Archer
97. Love In The Time Of Cholera, Gabriel García Márquez
98. Girls In Love, Jacqueline Wilson
99. The Princess Diaries, Meg Cabot
100. Midnight's Children, Salman Rushdie

Total Read _____

MARCH CROSSWORD PUZZLE



ACROSS

- 4 Number of island groups
- 5 Remembrance
- 7 Indeed
- 8 Erupted on february 2, 1993
- 9 Christmas lantern
- 10 Supreme god of the ancient tagalog
- 13 Flowers of may
- 17 Filipinos are known for their
- 18 Specialty sweet biscuit
- 20 Rice terraces\
- 23 Association’s choir
- 24 Gloria macapagal arroyo
- 25 Highest mountain
- 27 "pac-man"
- 28 Former colony of
- 30 Saturday
- 31 Filipino is as pliant as a

DOWN

- 1 Indigenous mountain people (luzon)
- 2 Fish served at filipino breakfast
- 3 Name during philippine revolution
- 4 Volcano in batangas
- 6 Chain or cluster of islands
- 11 Comedian-actor
- 12 Yes (said to elderly with full respect)
- 14 ___ king
- 15 Beer san
- 16 Death march
- 19 Delicious
- 21 Prevalent religion
- 22 Longest river
- 23 Sungka game-board
- 26 Monetary unit
- 27 Fable
- 29 Folk rock band

Get Your Running Shoes Ready

The **2nd annual 5k Medical Mission Run/Walk** will be held on July 25 at the Shawnee Mission Theater in the Park.

Excerpt from: How to train for and complete a 5K run or walk By Elizabeth Quinn, About.com.

http://sportsmedicine.about.com/od/runningworkouts/a/5K_tips.htm

Tip 1: Set an Appropriate GoalA 5K (3.2 miles) can take as little as 15 or 20 minutes for fast runners and as much as an hour for walkers. Because there is such a wide range of abilities, it's important to keep in mind that you are the only one you are competing against, and your goal is to do the best that you can do, avoid injuries, and have fun.

Tip 2: Find and Register for the 5K. (we've got you covered there)

If you are interested in helping plan or volunteer for the event. Please contact Judy Sorio Jeffers email—judyjeffers@gmail.com .

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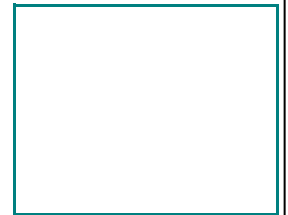
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ADDRESS CORRECTION REQUESTED





**More pictures from the
Medical Mission and the
Moringa Feeding Program**





The Moringa Feeding Program fed about 150 families of "aetas", "unats"





In “just 5 days” the Bogo City Medical Mission treated 2,179 patients.

