

Philippine-Australian Association of the
ACT and Monaro Region Inc. Est . 1977



PAA ELECTION RESULTS

PICTURES

By Sarah Lund



President - Noonee Maria- Lourdes Doronila; Vice President (I) - Kym Kunze; Vice-president (E) - Albert de Jesus ;Secretary - Joseph Gasendo; Ass. Secretary - Glo Ross (not in picture); Public Relations Officer - Francis Tankiang (not in picture); Treasurer - Zeny O'Reilly; Asst Treasurer - Alex Ihasz; Public Officer - Toti Verzosa (not in picture).

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PRESIDENT'S MESSAGE

It's is always a big decision to be appointed leader of an organisation, whether it be small, medium or large. The commitment and effort is always immeasurable. Before I start this presidency, I wish to thank our previous president, Albert De Jesus and the committee members, Kym Kunze , Alex Ihasz , Francis Tankiang , Zeny O'Reilly ,Evelyn De Jesus ,Sarah Mercado and Jan Tankiang for their unwavering commitment and support for the PAA and the Canberra Filipino Australian community.



As a committee we worked together well but the real work was done when eating and chatting together. Food , laughter and creative ideas become partners in achieving our annual goals .

As I woke up last Saturday to attend the AGM , I did feel warmed and relaxed about reflecting on ideas about PAA's journey and where do we take this wonderful organisation next . I had a bit of a chuckle to myself when I was elected president as I realised that I am actually a "recycled president"! I also realised that I am surrounded by an executive of ex PAA Presidents and new blood . How lucky is that!

A few years ago I was fortunate to attend The Happiness Conference in Sydney . The theme song of the conference was a song by Ben Lee , We're all in this together .

*Woke up this morning
I suddenly realized
We're all in this together
I started smiling
Cos you were smiling
And we're all in this together*

*I'm made of atoms
You're made of atoms
And were all in this together
And long division
Just doesn't matter
Cos we're all in this together*

Sharing, caring and being together are vital ingredients of our success as an organisation.

This is an exciting time in PAA's history . As members and as part of the Canberra Filipino Australian community we all must reflect and open ourselves to ideas and become builders of our dreams . Stay tuned for PAA's community meeting and an array of activities, as your presence and dreams are essential.

On behalf of the 2013 -2014 PAA executive committee, we look forward to meeting and sharing with you.

Noonee Doronila
President

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**2012-2013
EXECUTIVE COMMITTEE**



PRESIDENT:	<i>Noonee Doronila</i>
VICE PRESIDENT (INT):	<i>Kym Kunze</i>
VICE PRESIDENT (EXT):	<i>Albert De Jesus</i>
SECRETARY:	<i>Joseph Gasendo</i>
-ASST SECRETARY:	<i>Glo Ross</i>
TREASURER:	<i>Zeny O'Reilly</i>
ASST TREASURER:	<i>Alex Ihasz</i>
Public Relations Officer:	<i>Francis TanKiang</i>
Public Officer:	<i>Toti Verzosa</i>



From the Editor...



September in Canberra is always magical. It signals the end of winter and the beginning of spring. I have yet to meet a Filipino Canberra that loves the Canberra winter. Although this winter is shaping up to be one of the warm ones on record it still is challenging for an old Filipino migrant like myself.

So to warm things up you are receiving the September issue of the Philippine Australian Association Newsletter in August. At the Annual General Meeting I was elected as your Public Relation Officer and appointed as your Editor of the Newsletter.

So here I am again. I've changed the format a bit but your old favourites are still there.

The Filipino community in Canberra is constantly growing. According to the Bureau of Statistics, the combined population of Canberra and Queanbeyan is hitting 400,000+. With 1% of the population born in the Philippines, that means that there are now 4,000 Filipinos in our region. That of course does not include children born in Australia of Filipino or Filipino/Australian parents.

So lets hear from you. You must have a story you wish to share. Hope to hear from you soon.

Francis TanKiang
PRO and Editor

Around Canberra



Norma Humphreys' Birthday Party
at her residence in Swinger Hill



MEMORIES

Tears and laughter
bitterness, sweetness
loathes and desires
how they hover
as I ponder weak
and aimless.
Are they the gist
of yesteryears or
segments of the now ?
Let not those memories
Be shadows that haunt
detering me from living on.

By Delia Alexander

Filipino Writers Corner

Beyond Mortality

By Bimbi Flor-Singson



On one of those rare occasions when my Father and I communicated openly, he asked me, “*What happens to us when we die?*”

After deep reflection, I had no qualified answer for him. I didn’t intend to lie. How could I possibly tell him that there was life after death when I had never died and lived to tell my story? All I know is that there are those who make presumptions that there is a life after our earthly entities call it quits and many more will make proclamations that we either experience the glory of eternal life or the wrath of hell, depending on how we have behaved.

When I was a child, I so feared the fires burning all around me that all I ever prayed for was to be spared. And who is a child that wouldn’t be scared to burn in hell...or anywhere for that matter? Heaven, as the religious clergy described it, was more attractive, appealing to the senses. Back then, Heaven was up in the clouds with angels playing harps with a never-ending supply of pink fairy floss. That image was outrageously magical. I wanted to be an angel...no not Charlie’s but God’s. And so my journey of attaining my angel’s wings began.

But after decades as an earthling, it has been a long and arduous endeavour to earning my wings. I doubt very much I ever will be elevated to such holy status. While I may not be sanctimoniously religious, I do believe in a Higher Power. And perhaps I do so because many of the things I experience in life, I have no answer for. I guess it’s the less complex way of trying to grapple with the unexplainable.

So... on that solemn day when we farewelled my beautiful Mother, my Father’s partner of sixty-two years, I had no adequate response for my Father about the afterlife...at least not one that he would have appreciated. I have a feeling he only asked me because he wanted some reassurance that he would see my Mom in the afterlife. Frankly, I was just as lost as he was....

I don’t know what lies beyond death. I don’t know about the afterlife. All I know is the current life – the one I have here on earth – a life that has been given to me – a life I cherish each and every minute of the day. And I take every breath with a lifetime of gratitude because I know I am one of the lucky ones.

Filipino Writer's Corner (cont.)

I wanted to tell my Father that if he knows he has lived his life with respect, dignity and kindness, then that is all that matters. The glory of paradise beyond the grave shouldn't come into play if we know we have lived with compassion, sympathy, thoughtfulness and benevolence. Heavenly glory, as I see it, comes in the many lives you have touched and how you have changed lives in a positive way. For why must we ponder about the afterlife when we have the 'here and now' to embrace?

The 'here and now' allows us to surround ourselves with amazing people with nothing but kindness in their hearts. It allows us to uplift others' lives in more ways than one and enrich their spirits with generosity and love. And it's not as hard as one would think – a smile, a laugh, a kind word is all it takes to spread kindness and show someone you are capable of caring. Whether or not they take it is another story...

Ultimately, how we treat the living is more valuable than reciting childhood prayers to help us reach eternity. So wouldn't it be better to live everyday like it was your last and make happy and lasting memories so your life isn't filled with questions, guilt and regret? Do we really have to deliberate too much about how to treat others? One would hope that kindness comes naturally. I remember this school rule vividly - "Be kind in thought and in deed." While it may be easier said than done, surely it can be achieved. Hence, I keep trying...

In the end, all we have to remind ourselves of is the reality that we only have one life and that at any moment, it can be taken away. And while we cannot ensure our own mortality, we can ensure that we live our lives with love, honour our lives and be at peace with the choices we make. And while I contemplate on the way I've lived my life thus far, I know that I still need to work hard in living a faithful life with those I love. I no longer aim for angel's wings – it's a lot easier to follow the simple, yet thoughtful rule of generosity.

So after months of deep thought, I still don't have an answer for my Father. For his happiness, I hope that when it is his time to leave this world, that my Mom will indeed be at the other end to meet him. And while my Dad sits and waits, I want to reassure him that my Mom's love for him is more than enough to carry him to the afterlife – if there is one.

WARNING SIGN

Like a whisper
soft and subtle
A fleeting sound
from where who knows?
Like bubbles blown
by a gush of wind
now gone at
the wink of an eye
Is it a smell of danger?
a reminder of a sin
of omission, negligence
or unknown fears?

Sign dissolves, where
and when has it gone?
Vague and blurry
Wavering confusing
Is a cross to be borne
Or, is it a future of bliss
awaiting there somewhere?
Only seek the rainbow.

Delia Alexander

Philippine Trivia Information

1. Doctrina Cristiana, the first book printed in the Philippines, was published in 1593, by the Dominican press. Because of the monopoly of printing presses by religious orders prior to the 19th century, early written literature was predominantly religious in content and in purpose.
2. The first women's magazine in the Philippines was El Hogar (The Home), which first came out in 1893
3. The first Filipino immigrants to the United States (1850) settled in Louisiana.
4. Emilio Aguinaldo lost to Manuel L. Quezon in the country's first presidential elections in 1935.
5. The largest crocodile ever captured in the Philippines (1823) was found in Laguna de Bay.
6. Fort San Pedro was the nucleus of the first Spanish settlement in the Philippines. .
7. Farmers' Market Foodome is the largest restaurant in the Philippines (in Quezon City).
8. Cesar Virata is the first and last Prime Minister of the Philippines after WW II.
9. The Cagayan River, the Philippines longest river, originates in Nueva Vizcaya.
10. Aimee Carandang is the first Filipina to become a commercial plane pilot.
11. The oldest Philippine university for women is Centro Escolar University.
12. Jose P. Laurel had 9 children, among the Philippine presidents. There were 6 boys and 3 girls.
13. Eva Estrada Kalaw is the first Filipina to be elected senator twice, in 1965 and in 1971.
14. The first modern building in the Philippines is considered to be the Crystal Arcade in Escolta, completed in 1932.
15. Aurora is the only Philippine province named after a first lady.

MORE PHILIPPINE TRIVIA NEXT ISSUE
(supplied by Mona Amoyen)

Mystery Chief...

Sisig RECIPE

Sisig is a popular dish invented in the 70' s in Pampanga, the culinary capital of the Philippines. In the Pampanggo dialect, the word *sisig* means a dish that has a souring ingredient. It was originally eaten as *pulutan* (dish eaten while drinking beer).

Ingredients:

- * 500 gms. pork shoulder, cut into 1/2" thick steaks
- * Juice of 1/2 lime
- * 2 tsps. soy sauce
- * 2 tsps. fish sauce
- * 1 tsp. dark soy sauce
- * 2 cloves of garlic crushed
- * 2 tsps. sugar
- * 2 tbsps. butter
- * 1 medium red onion, chopped
- * 2 cloves garlic, chopped
- * juice of half a lime or lemon or 2 calamansi
- * soy sauce
- * 2 tbsps. brown sugar
- * 2 tbsps. honey
- * 1 tbsp. Worcestershire sauce
- * 1/2 c. pork crackling, chopped
- * 1 spring onion, cut into rounds
- * coriander leaves, chopped
- * 1 green chilli chopped
- * 1 raw egg



Method:

1. Season the pork steaks with a mixture of the next six ingredients. Leave to marinate for at least an hour.
2. Grill on a grill pan or barbecue for 10-15 minutes. Dice the meat.
3. Mix the garlic, lime juice, soy sauce, sugar, honey and worcestershire sauce for the sauce.
4. Leave 2 tbsps. of the red onion for sprinkling later. Saute the rest in 2 tbsps. butter until soft and translucent.
5. Increase the heat and add in the pork pieces. Stir fry for 2 minutes.
6. Add in the sauce and stir until most of the sauce is absorbed. This is now done.
7. Sisig is traditionally served on a hot plate with an egg in the middle. Sprinkle the spring onions, coriander leaves, chilli, the remain

Bulletin Board

SCHEDULE FOR CALENDAR EVENTS FOR 2013

DATE	EVENT	VENUE
6.30 pm, Saturday, 31 August 2013	ACTFA-SCA 20 th Anniversary	Corina Room, Canberra Southern Cross Club Corina Street, Philip ACT

I hope you enjoy this issue of the Philippine Australian Association Newsletter. Remember to check out our Facebook page (<http://www.facebook.com/actpaa>). It contains more pictures than I can include in the newsletter.

Sarah Mercado Lund is our resident Facebook expert so if you have difficulty in accessing our Facebook drop Sarah an email on:
sarahclund@optusnet.com.au

If you wish to express a view, share an experience, tell a good news story, identify a hero or even just share a joke, send me the article via my email tankiang@homemail.com.au and I'll publish it in the next newsletter. Feel free to forward this newsletter to anyone you think is interested .

If you wish to access previous newsletters and keep up to date with the PAA activities log on to our website: <http://www.paa-act.org.au/>

If you wish to receive a hard copy of the newsletter please ring me on **0418 233 722**.

If you would like to advertise your business within our newsletter, please contact

Francis TanKiang (Editor & Publisher) for further information at tankiang@homemail.com.au

Deadline for submission of articles is by the first Friday of each month.

Please send them to: tankiang@homemail.com.au





Application for Membership

New Application

Membership Renewal

Life Membership

Principal Applicant:
Surname: _____ Given Name(s): _____ Date of Birth: _____

Partner's Name: _____ Given Name(s): _____ Date of Birth: _____

Residential Address:
No. & Street _____ Suburb _____ State _____ P/code _____

Telephone: Home _____ Mobile _____ Work _____

Please write to me by: Post Fax No. Email

Disclosure of personal information

Do you agree to PAA disclosing your personal details to other PAA members or other organisations? **Yes/No (Please circle)**

Children under 18 years of age:

Name _____	Date of Birth _____	Age _____
Name _____	Date of Birth _____	Age _____
Name _____	Date of Birth _____	Age _____
Name _____	Date of Birth _____	Age _____

What social activities would you like PAA to organise?

Art/Craft Classes Barbecues Cultural/Dance Classes Language Classes Dinner/Dances
 Choir Concerts Excursion Karaoke Nights Movie Nights Trivia Nights
 Other suggestions **(Please specify)** _____

Student / Pensioner: **\$5.00** Single: **\$5.00** Family: **\$10.00** Life Membership: **\$150.00**

Applicant's Name: I, _____ apply to become a member of the PAA /renew my membership of the PAA (**delete one**). I agree to abide by the rules and regulations of the Association.

Signature _____ Date / /

Nomination for New Applicants only:

Proposer's Name: I, _____ am a member of the PAA.
Signature _____ Date / /

Secunder's Name: I, _____ am a member of the PAA.
Signature _____ Date / /

Please return completed Application to the address below:

The PAA Membership Secretary
By e-mail: sarahclund@optusnet.com.au **OR:**
By post to: GPO Box 270 Canberra ACT 2601

Payment can be made **by cash** to PAA **or**
By money order made payable to PAA .
 Please post payment with completed Application Form to GPO Box 270, Canberra ACT 2601.

Checklist for Office Use only

- Received / recorded by PAA Secretary on..../.../....
- Endorsed by EXECOM ___ Meeting/Date / /
- Paid \$ ___ Receipt No. ___ Date / /
- Treasurer's Name & initials _____
- Membership Register updated on / /
- Secretary's Name & initials _____
- Sent Welcome letter, PAA Constitution, newsletters
- Listed in 'Welcome' in PAA Newsletter