



# The Mabuhay Star

Official Newsletter of Mabuhay, Inc.  
A Filipino-American Association  
[www.mabuhayinc-md.org](http://www.mabuhayinc-md.org)

Winter 2011

## Inside this issue:

- Get Into the MICS **2**
- Mabuhay, Inc. Senior Events **2**
- Mabuhay, Inc. Cultural Performances **3**
- 2011 Dental Mission **3**
- King and Queen of Hearts **4**
- Mabuhay, Inc. Carolers **4**
- Silent Auction Donors **4**

*Seasons Greetings from my family to yours!*

*May the miracle of Christmas fill your hearts with warmth, love, sharing, and forgiveness.*

*On behalf of the Officers, Board of Directors, Trustees and Youth Officers, we would like to thank all our volunteers, sponsors, guests, members, and friends for a wonderful 2011. It was a busy year and all worth it! Your presence and tireless support to our organization are very much appreciated. I wish you all a fruitful and blessed 2012.*

*Maligayang Pasko at Manigong Bagong Taon sa inyong lahat!!*



*Vicky Calizo  
Mabuhay, Inc.  
President*

## What I learned at Mabuhay Culture School

Mabuhay Culture School is a great, fun, and educational place to learn about our Filipino language and heritage. I have been with Mabuhay for about 3 or 4 years now and I learned a lot about my heritage. I like learning about Filipino dances, famous Filipinos and famous Filipino-Americans, Filipino food, and more.

Filipino dances I've learned and performed at various events are the Subli hat, Pandanggo sa Ilaw, Itik Itik, and hopefully next year, I will learn how to dance the Tinikling. Some famous Filipinos & Filipino-

Americans are Cristeta Comerford a chef at the White House; Manny Pacquiao, a famous champion boxer; Vanessa Hudgens, an actor and singer; and Nonito Daniare (known as the flash), a flyweight champion boxer (some say he is the next Manny Pacquiao). Some Filipino foods I learned about are Adobo, Sinigang, Hamonado, lechon, torta, puto, pancit, kare-kare, and more.

We also have crafts and activities for Filipino holidays and American holidays. For example, parols are made for Christmas;

by Kayla Argente

crosses and eggs are made and decorated for Easter; tales and stories about creatures and monsters like the Duwende, Kapre, Manananggal, Tikbalang, and the Tiyanak (or impakto) for Halloween.

The Mabuhay Culture School is the place to be to learn Filipino dances, language, our heritage, and more. I encourage all Filipino-American kids out there to come and join me at Mabuhay, Inc. Culture School.



## Ang Galing-Galing ng MICS Students

The MICS parents watched their children with pride during their cultural performance at the Philippine Festival Community Picnic and Sports Fest located at Tucker Road, Oxon Hill, MD on June 26, 2011.

The children performed the folk dance "Tiklos" and even though it was a hot day, everyone can only see smiles and enthusiasm on their faces until they finished their performance. It was another

great experience and opportunity for our young kids to show our Filipino culture and what they have learned at culture school. The MICS students also participated at the parade and joined various games during this event. As what they always say about Mabuhay, Inc. Filipino-American kids, "Ang galing-galing"!!



by Liezi Argente



The Mabuhay, Inc. annual picnic was held on August 7, 2011 at Schrom Hills Park and it was a great success! The great weather, the camaraderie, special guests, youth awards, games, line dancing and all the yummy food were enjoyed by all! We hope to see you all again next year.

#### SPONSORS

Mabuhay, Inc. Officers, Directors, Trustees, Youths, Members, Dr. Bong & Zeny Juanitez, and food/beverage donors

#### VOLUNTEERS

Set-up, Grillers, Food Servers, Halo-Halo, Interactive & Clean-up at marami pang iba

#### COMMITTEE

Chair ~ Manny & Mylene Lopez  
Co-Chair(s) ~ Liezl Argente & Vicky Calizo  
Adviser ~ Zeny Juanitez  
Emcee ~ Sharon Richardson  
Raffle ~ Roy Cobo  
Interactive tent ~ MICS Parents  
Youth Award ~ Liezl Argente & Trustee  
Games & Halo-halo ~ Monette Roxas-Tharp & Youth  
Sounds ~ Jomike Cardano & Kevin Argente

#### COMMUNITY MASS

Celebrant ~ Msgr. Balbago, Jr.  
EMs ~ Zeny Juanitez, Alice Roxas, and Darryl Roxas  
Choir Director ~ Dr. Robert Bagtas  
Holy Family Filipino Heritage Choir:  
Pianist ~ Mrs. Wilma Bandong  
Alto ~ Glo Balbalec, Mildred Lagrana & Boots Padayhag  
Soprano ~ Renalou Albano,  
Mary Robelyn Bagtas, Dianne Ferrer, Carla Matthews  
Base ~ Rey Bandong & Ruben Calizo  
Tenor ~ Rico Lagrana & Junel Padayhag

## **Get Into The MICS (Mabuhay, Inc. Culture School) by Moks Laureles**

Established in 1985, Mabuhay, Inc. was organized in response to a need from the Filipino American community for a support group that is comprised of a network of individuals, families and their friends who have similar concerns about assimilating into the American mainstream, interracial marriages, raising bi-racial children, and maintaining ties with the "old country" -- the Philippines. Under the auspices of its founding members, Lulu Alexander and Mencie Hairston, Mabuhay Inc. Culture School (MICS) began its' humble roots.

A weekend of cultural and educational enrichment program for Filipino-American children ages 4 - 16, MICS, is designed to teach the common bonds of history, geography and culture between the United States and the Philippines and enhance the self-esteem and "cultural competence" of our young Filipino-Americans --- youth who know, shares, and are proud of their parents' customs and traditions.

### **What can MICS offer you and you child(ren)?**

MICS will provide your child(ren) the opportunity to discover and learn about their Filipino-American culture and heritage while having the chance to develop skills in arts and craft, folk dancing, and the Filipino language. They will also be exposed to the historical and cultural similarities between Filipino and American life.

### **What is a typical MICS Saturday morning?**

MICS teachers and student volunteers create an atmosphere where your child (ren) not only gain a sense of their Filipino-American roots and traditions, but they also build and nurture in themselves a deeper appreciation of their ancestral roots and strengthen their self-esteem as a productive and civil-minded Filipino-American in the United States and of the globally-expanding citizen of the world.

Each weekend, we have the

following activities:

Arts and Crafts ~ History and Culture ~ Performing Arts ~ Language and Literature

### **Mabuhay, Inc. Culture School Saturday sessions:**

From October 2011 through May 2012 ~ 10am until 12pm @ College Park Community Center

### **What will it cost for attending MICS?**

Aside from bringing your child on time, especially during field trips, it is free to all Mabuhay Inc. members. Non-members will be asked to pay a nominal fee to cover operating expenses. For further inquiries or questions, please contact any of the following MICS teachers:

**Mencie Hairston:** 240-355-4930  
[mencie.hairston@gmail.com](mailto:mencie.hairston@gmail.com)

**Moks Laureles:** 202-957-1620  
[fmflii@gmail.com](mailto:fmflii@gmail.com)

**Liezl Argente:** 301-595-5813  
[liezl.argente@yahoo.com](mailto:liezl.argente@yahoo.com)

## **Mabuhay, Inc. Seniors**

**by John Richardson**

The Mabuhay, Inc. Seniors have been active this year in attending and participating in many community events. On May 24, 2011, our seniors attended a reception for former President Fidel V. Ramos at the Mrs. Philippines Home for Seniors in Oxon Hill, MD. President Ramos's spoke about supporting our veterans who were there to protect and defend the liberties that we enjoy. An Ilocano harana serenaded him and group pictures were taken. Mabuhay senior members who attended were: Elena Barnachea; Marcelina Rosal; Adoracion and Fernando Calizo; Lulu Alexander; and John and Nenita Richardson.

A Father's Day Pancake Breakfast was hosted by the Knights of Columbus in Bowie, MD on June 19, 2011. A dinner and dance was held on October 16, 2011 at the Knights of Columbus Hall in Bowie, MD and participating seniors were sponsored by Mabuhay, Inc.

Please make sure that the membership committee has your up-to-date contact information so that we can keep you informed about up-coming events. Many times we can arrange transportation for you as well. Hope to see you on our next event!





**Lulu Alexander performing at a PGCPES ESOL Event on June 26, 2011**

**Fun Trips to AC!  
by Mely Alcazar**

Two successful Atlantic City trips were held on March 26 and July 23, 2011. All the participants had fun and played Bingo and raffles games while on the bus and snacks were provided.

All proceeds from these trips will help us support cultural and outreach projects sponsored by Mabuhay, Inc.

We would like to extend our heartfelt thanks to all volunteers, food donors, and committee members for this trip, specially to Roy Cobo, Ways & Means; Alexis Isip, Auditor; and Lulu Alexander our first Mabuhay, Inc. President and Trustee.

Hope to see you all on our next AC trip!



**Mabuhay, Inc. Cultural Performances**

**by Kierra Sartor**

On May 26, 2011, Mabuhay Inc. was invited to perform at the County Administration Building in Upper Marlboro, MD in celebration of the Asian Pacific Heritage held during the month of May. The group was headed by Judy Cardano and Lulu Alexander who in a short period of time prepared and practiced four types of dances.

Several Mabuhay Inc., Board, Trustees, and Members performed the following dances: La Jota Moncadena (Judy and Jimmy Cardano, Mike and Alexis Isip, John and Nemita Richardson,

Roy Cobo and Lulu Alexander); Carinosa (Jimmy Cardano and Lulu Alexander, Mike and Alexis Isip, Roy Cobo and Marcina Rosal, John and Nenita Richardson); Muslim- Ian Dance (Judy Cardano and Alice Roxas); and Tiklos (Ruvi Ann Calizo, Julia Cardano, Carmelina Lim and Carmelisa Lim). After their performance, the performers received two invitations to perform at the following events: June 10, 2011 for the Prince George's County Board of Education, ESOL Office at the Holiday Inn, College Park and on June 26, 2011 during the Philippine

Festival Picnic at Tucker Road, Oxon Hill, Maryland.

A big thank you to Jimmy and Judy Cardano for opening their home for the dance practices. "Bravo" to everyone for their commitment and for a great performance. Judy and Lulu also shared their collections of Philippine Arts and Crafts which will be displayed at the County Executive Office for the whole month of May. Community outreach is a very good exposure for Mabuhay Inc. We need to continue to make an effort to make people aware of our wonderful organization.

**2011 Dental Mission**

**by Lita Dialino**

The third Mabuhay, Inc. Dental Mission was held on January 2011 and continued to touch lives and bring smiles to patients who were not able to afford dental expenses. This endeavor was made possible by partnering with and recruiting volunteer dentists from the Philippine Dental Association, Manila Dental Association, and La Union Dental Association. The dentists provided free dental examination; tooth extraction, denture construction and oral prophylaxis services.

distribution of dental supplies. A medical mission was also held on site by local physicians.

say mass at another site was attended by approximately a thousand people who were served by this mission.

Spearheaded by former president Jimmy Cardano and chaired by former president Lita Dialino, Mabuhay Inc. provided funding for transportation from Manila to the mission sites and for purchase of dental and medical supplies and other miscellaneous expenses. Mabuhay Inc. volunteers assisted the dentists in anyway possible especially in the

The first part of the dental mission was held at St. Cabrini Medical Center in Santo Thomas, Batangas. Mabuhay Inc. sponsored 2 children ages 6 months and 18 months for cleft lip and palate surgeries. Jimmy and Judy Cardano and Lita Dialino observed during the surgery and the thought of these children having beautiful normal smiles is a gift they will treasure forever.

Mabuhay Inc. members and volunteers raised funds for this mission by hosting various fund raising events such as Christmas caroling and golf tournament. Thank you to the 2010 carolers headed by our musical director, Dr. Robert Bagtas and to all the donors who supported this worthy cause. Thank you as well to all the golfers who participated during the golf tournament. With your support, the mission was possible and very successful.

The second part of the dental mission was held in the parish of St. Joseph the Worker in Bauang, La Union of which Fr. Edwin Fontanilla, is the parish priest. This underprivileged church where parishioners had to travel through mountains to get to church and attend mass or Fr. Fontanilla will travel on foot to

A ton of gratitude to the members of the 2011 Dental Mission: Jimmy, Judy and Julia Cardano; Manny and Lita Dialino; Marita Canlas; John and Nenita Richardson, and Alex and Marita Canlas.



## King and Queen of Hearts

On April 9, 2011, the residents of Attick Towers in College Park, Maryland, were entertained by Mabuhay, Inc. This annual outreach event provides an opportunity to showcase the many talents and offerings of the Mabuhay, Inc. organization to the American community. The residents were serenaded by Mabuhay, Inc. Culture School (MICS) students, who sang and danced to Filipino custom music while wearing traditional outfits. Performances of Subli Hat, Tinikling, Cha-Cha, Carinosa were also part of the program.

The Young at Heart Mabuhay Senior Community graced the stage with a fashion show and traditional Filipino dance, while several Mabuhay, Inc. members and volunteers presented various line dances.

Performances by songstresses Kayla Argente and Marjorie Desamito, and violinist, Julia Cardano were also very well received. Part of the program include acknowledging any residents who are 90 years and older and to draw this year's King and Queen of Hearts. Congratulations to Dale S. and Vincent Thompson, who drew the winning tickets as King and Queen!

The event was successful due to the hard work of the volunteers and food donations from several Mabuhay, Inc. members and community organizations, including Eileen DeCesare and Lita Dialino. The menu included a tasteful selection of Filipino cuisine: lumpia, chicken adobo, rice, and pancit.

by Sharon Richardson

Special invited guests and presenters included: Former Prince George's County Clerk of the Court, Ms. Peggy Magee; Councilman Eric Olson; Wanda Brooks-Assst to the Councilman; Mayor of College Park, Andrew Fellows; Dale DeShame; and Dr. Marlene Desamito.

Mabuhay, Inc. wishes to thank the many volunteers, guests, presenters, and especially Ms. Mitchell and the residents of Attick Towers, for making the King and Queen of Hearts program, another memorable event. We look forward to next year's program! Mabuhay!

Liezl Argente and Sharon G. Richardson ~ Outreach Committee Co-Chairs

## Thank you!

Mabuhay, Inc. would like to thank the following silent auction donors whose generous donations made it possible for Mabuhay Inc. to support different service projects such as the cultural school; senior citizens program; outreach projects; and the dental mission to the remote areas in the Philippines.

- ◆ Gloria Mongia (Travelco)
- ◆ Cross Creek Golf Club
- ◆ Gerry Berdan (Kamagong Balikbayan Box)
- ◆ Jojo Chavez
- ◆ Todd Velazques (Roadrunner Sports)
- ◆ Nick and Elly Cabanayan
- ◆ Holiday Inn (Cathy Hockman)
- ◆ Manila Mart (Tony and Emma Bioc)
- ◆ Hoffmaster's Auto Care (Steve)
- ◆ Ted and Lynette Aspillera
- ◆ Ash and Elsa Moustafa (Ask Maids Inc)
- ◆ Mike and Alexis Isip
- ◆ Pete and Alan Belen
- ◆ Joy Valdellon
- ◆ Carlos and Beth Lim
- ◆ Leo and Liezl Argente
- ◆ Ruben and Vicky Calizo
- ◆ Juancho and Midgie Cajayon
- ◆ Paul and Angie Buan
- ◆ Jimmy and Judy Cardano
- ◆ Cynthia Vankirk
- ◆ Mabuhay, Inc.
- ◆ John Bechet (BechetPhoto.com)

## Mabuhay, Inc. Carolers by Lita Dialino

The Mabuhay, Inc. carolers shared the joyful sounds of the holiday season from November 2010 until January 6, 2011 to raise funds for the Dental Mission.

The choir group was directed by Dr. Robert Bagtas and chaired by Lita Dialino. Carolers who generously lent their special talents were Ted and Lynette Aspillera; Ruben, Vicky and Ruvy Anne Calizo; Mike and Alexis Isip; Leo, Liezl, Kevin, Kyla, and Katherine Argente; Jojo and Jasmine Chavez; Aurora Albano; Alice Roxas; Jimmy, Judy, and Julia Cardano; Carol Daquis; Andy, Lea, and Yna Madarang; Manny and Lita Dialino; Jenifer Aranico; and Nellie Balmoris.



We want to thank all the families that welcomed us into their homes, for supporting our worthy cause, and for the sumptuous delicacies on each visit. Your generous donations gave children in the Philippines a chance to have beautiful smiles and a normal life and for that reason; we cannot thank you enough for supporting us.

*Maraming salamat po and Merry Christmas to you and your family!!*

**Merry Christmas and a Happy New Year!**

## Welcome to our new members!

- Ofelia and James Olsen
- Mark Barnachea
- John Michael Cardano
- Jacquelin Cobo
- Lynzander and Beverly Marantal and Family
- Janet B. Gardose and Realito S. Villar
- Eric Strobel and Irva Defensor-Strobel and Family
- Fred Laureles, II, Eleanor Gutierrez-Laureles, and Baby David
- Melissa Constantino
- Kristian Felix
- Darryl Roxas
- Nadia Richardson
- John Chavez and Family
- Lolita Cruz
- A.J. Valencia
- Jonathan Juanitez
- Nenette Shimek & Family
- Andrea Calizo



**Parol Making at Asian Festival July 23, 2011**

## NEWSLETTER COMMITTEE



Liezl Argente



Monette Roxas-Tharp



Paul Buan