



The Mabuhay Star

SPRING 2015

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

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Message from the President

By Liezl Argente

Hello members and Happy Spring! Welcome to the first issue of the Mabuhay Star Newsletter for 2015. We are delighted to share with you the various events, activities and achievements of Mabuhay, Inc. in the first quarter of 2015 here in our area and in the Philippines. The biggest highlight of which is the successful Dental Mission to the Philippines in February.

We are also happy to bring to you in this Newsletter a few articles written by some of our Youth Group members sharing their own personal thoughts and experiences on the different activities they have done in the first quarter of 2015. We hope that you will enjoy reading our Newsletter.

Mabuhay!

LIBRE PARA NGATANAN!

1. Tooth extraction (Pan-ngiho)
2. Partial dentures
 - a. Pustiso
 - b. Pag-adjust hit hukal nga pustiso
 - c. Reconstruction hit pustiso
3. Oral prophylaxis (paglimpyo hit ngipon)
4. Fluoride gel application (para hit day care children)
5. Oral health education for schoolchildren
 - a. Shampooing (alis kuto)
 - b. Nail trimming
 - c. Proper handwashing
 - d. Proper toothbrushing
 - e. Dental flossing

PARA MAKA-AVAIL:

Palista ha opisina han Burublig para ha Tanauan (Real St. cor. Constitution St.) or didto ha iyo Barangay Health Worker (BHW) an gusto magpangihon, magpalimpyo o magpapustiso.

Para han mga magpapapustiso, kinahanglan macheck-up kamo yana nga semana han Dentist ha RHU para mapanginano an iyo ngipon ngan magabutan.

Dental Mission – Leyte

By Jimmy Cardano

Mabuhay, Inc.'s Dental Mission to the Philippines was indeed a success. Held on February 6, 7 and 8, 2015, in Tanauan, Leyte, about 30 minutes away from Tacloban where the super typhoon "Haiyan" locally known as "Yolanda" devastated the area. There were 17 volunteers from Mabuhay, Inc. and 10 dentists from our partner, Manila Dental Chapter, headed by Dr. Delia Barba and the Philippine Dental Association. The Burugblig, National Association of Dental Prosthetic Laboratories Inc. (NADPLI), Tanauan dental practitioners, Tanauan LGU, Tanauan Rural Health Unit, Army Charlie Company 78th Infantry Battalion- 8 ID, JCI Tanauan, nurse volunteers, and Team ZAFRA (Tanauan Volunteer Rescue Unit), each of these groups shared their own way of getting involved in this mission. Together we made a difference to the people of Tanauan. We were able to serve 54 barangays of Tanauan. Thanks to the 78th Infantry Battalion soldiers who transported the patients from their barangays to the mission site.

Out of the 54 barangays, 1,845 residents received dental and oral care as follows:

- Dentures (145)
- Tooth extractions (835)
- Dental cleaning (380)
- Oral Health Education (485)



Dental Mission – Leyte (continued)

By Jimmy Cardano

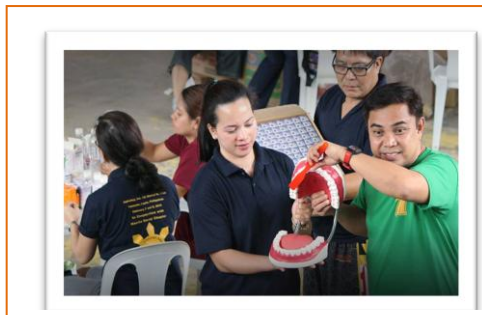
Additionally, through contributions made by the members and friends of Mabuhay, Inc., our dental team was able to give out medicine, dental materials, toothbrushes and toothpaste, toys, school supplies and gently used clothing to residents who were there to receive the free dental services.

Special thanks to the following individuals who made this mission possible:

1. Dr. Delia Barba
2. Cris de Veyra Cortez
3. Ray Salvado
4. Madonna Songalia
5. Sarah Songalia

Most importantly, thanks to the members and friends of Mabuhay, Inc., especially to the sponsors and players of our Annual Golf Fundraising Tournament, for their continued support and generosity. This dental mission would not have been possible without you. GOD BLESS YOU ALL!

NEXT MISSION FEBRUARY 2017.



A Lesson in Hopefulness

By Mencie Hairston

We have all heard about and seen images of the widespread devastation “Super Typhoon” Haiyan left in its path as it slammed the provinces of Leyte and Samar in Philippines on November 8, 2013. Countries all over the world generously responded with aid and assistance for the victims of Haiyan.

Mabuhay, Inc. quickly answered the calls for help by conducting fundraisers through personal appeals, t-shirt sales, and a bowling tournament. A portion of the proceeds was distributed immediately to Mabuhay members whose families were affected by Haiyan in Samar and Leyte. Fifteen months after Haiyan, on February 6, 2015, the 2015 Mabuhay Dental Mission led by Jimmy and Judy Cardano delivered the balance of \$1,000 to two schools: Santo Niño Elementary School (SNES) and Tanauan School of Craftsmanship and Home Industries (TSCHI). Both schools were leveled to the ground when Haiyan barreled through on November 8, 2013. As one enters the SNES grounds, there are two structures visually at odds with each other. On one side, there is a modern low-rise concrete building in the process of construction that seems to be nearing completion. On the other side is a makeshift structure of wood, bamboo, galvanized iron and tarp that is currently being used as classrooms by the students.

On behalf of Mabuhay, Inc., we gave P20, 000 (approximately \$500) to SNES Principal Marlon Cinco-Tangpuz. Mr. Cinco-Tangpuz informed us that he would use this money to purchase black boards and bulletin boards for each of the classrooms in the newly constructed school building.

Similarly, we presented P20, 000 to TSCHI Principal Richard Laurente. TSCHI is a trade school that prepares and trains its students to enter the workforce. Mr. Laurente told us that he would use our donation to purchase much-needed supplies for its culinary arts classes. When we spoke, TSCHI was still waiting for a roof over its school building.

To all our generous donors and volunteers, we bring back all the warm greetings and heartfelt thanks from the students and teachers of SNES and TSCHI! Tindog Tanauan! Mabuhay!!



My First Trip to the Philippines

By Lisa Hardy

February 2015 was my first trip to the Philippines. For part of our time visiting the islands, we volunteered with Mabuhay, Inc. and their Dental Mission in Tanauan. The Dental Mission was an amazing experience. I was motivated and inspired by the teams of volunteers that I met on this mission. It was heart-warming to see so many people giving so much of themselves - their time, their resources, their expertise - to help those less fortunate.

I met local people in Tanauan - dental patients and volunteers alike - whose courage and strength were humbling and awe-inspiring. It was interesting to me to see so many parallels between this place half a world away and the areas near me on the East Coast of the United States that have sustained storm damage and have struggled with nature's fury. It makes the world seem smaller to know that just as I was in Tanauan helping people who I hardly know, they would do the same to come to my aid if the situation were reversed. Almost everyone I met would give you the shirt off their backs and smile at you the entire time. What graceful and giving hearts!

Many of the people I spoke to were so friendly and shy, and interesting. I heard many stories and made many friends. We danced and we laughed. We did a lot of pointing and gesturing when we could not understand each other's words. I learned a little bit of Tagalog and ate a lot of delicious food. We toured the ruins of people's homes and businesses. We looked silently and sadly at the mass graves and viewed the platform where Pope Francis spoke to the people and gave them hope. We planted a mangrove tree as a symbol of that hope.

After the Dental Mission, I saw beaches and mountains, cities and farms. I took pictures of a cow and a baby goat. I drank from coconuts. I went to Catholic mass in a beautiful breezy country church hidden in the center of Manila, tucked away from the traffic and the noise. We shopped, haggled and bartered. This trip was great fun and I cannot wait to return. I know my new friends will be waiting there with a big smile when I get back.



Reflections of a First Dental Mission Volunteer

By Brian Alexander

The Mabuhay, Inc. dental mission was also my first trip to the Philippines and looking back, I would not have wanted to do it any other way. I have heard other people's experiences that have gone on this dental mission in the past and I am excited to be part of it myself. The people of Tanauan were amazing, the patients and volunteers were filled with stories and faces, which provided memories that I will never forget, many sad stories but others that would uplift your spirit.

The devastation that the people of Tanauan faced from Typhoon Yolanda in late 2013 was present, which made this mission even more heart wrenching. Many people lost loved ones including family members and friends, but they treated all of us with the most gracious hospitality as if we were family. That did not surprise me too much because that is how most Filipinos are; it is one of the fine traits of our culture. I knew this mission was important but what surprised me is just how much it meant to the patients that received dental services. Dental care is something that is much more accessible to us in the states than in some parts of other countries around the world, not just access to dentists but toothbrushes, toothpaste, and oral education. This was the case in Tanauan. People traveled many miles in hopes to receive services, some waiting hours. That really showed me how important it was for us to be there and how greatly this mission is needed.

The number of patients was staggering and what was accomplished in two days was beyond amazing. I cannot say enough about the effort and dedication that the local and visiting volunteers put into this, with not only the time they sacrificed, but also the sheer physical labor of working on one thousand patients in two days and serving every single one of them. The big payoff in the end was seeing people walk away with smiles on their faces, some who were receiving dental care for the first time in their lives. Those were the priceless moments that make you really understand why you are there, along with the thank you's and the tears of joy and appreciation -- those are the things you can actually feel.

The dental mission was a life changing experience, one that has touched me and gives me the urge to give more of my own time and efforts to those in need. It was very humbling and gave me a deeper appreciation for all the hard work and effort Mabuhay, Inc. has put into this mission every two years along with their partners like the Manila Dental Association. Like many of the patients that were served in Tanauan, I too left that experience as a changed person for the better.



Mabuhay, Inc. Culture School (MICS) Highlights



MLK Day of Service (January 2015)

By Nicholas Manzo

The MLK Day of Service for 2015 was a great experience for me. The Mabuhay, Inc. Culture School (MICS) students gathered at the Bethesda North Marriott Conference Center and volunteered to help the people that needed support in the Montgomery County community. In honor of Martin Luther King, Jr. Day, over 60 organizations including Mabuhay, Inc. helped in service projects along with other local volunteers. The MICS students helped in almost all of the activities including packing peanut butter and jelly sandwich lunches for the homeless and "Snow Day Boxes" with the help of Meals on Wheels. We helped in constructing blankets and scarves for the patients at Montgomery Hospice; making toys and cards for the children at the NIH Children's Inn; and making blanket squares for Warm Up America Pack Personal Care kits for the homeless. We also wrote letters and cards, and we made paracord bracelets for Veterans and active Military members. I personally enjoyed making the blankets and paracord bracelets the most.

The organizations including Mabuhay, Inc. and the local volunteers made a big impact in the Montgomery County community, which helped a lot of people in need. The day of service would not have been possible without all the help provided by the people who volunteered. I had an amazing experience volunteering for the MLK Day of Service for 2015. This is great for Mabuhay, Inc. and I highly suggest that we do this again.



An Exciting Experience at Pentagon City

By Kayla Argente

Performances, such as our most recent performance at Pentagon City Mall on February 28, spread culture and heritage to a large variety of people. Expressing culture and instilling it in today's generation is a great way to continue the traditions and values that our ancestors held. Presenting the traditional clothes of the Philippines brings a sense of Pinoy pride that is highly valued in the Filipino community. From the perspective of today's generation of Filipino-American youth, I believe that the Pentagon City performance was successful in bringing many elements involving culture to others. The audience seemed to be in awe upon seeing the unique styles of Filipino clothing.

Seeing the Asian culture showcased in front of a crowd, I noticed that others view culture as beautiful, majestic, and amazing. Cultural outfits and traditions are scarce today due to modern trends and the ever-changing style of the current century, and thus become forgotten. The cultural performance at Pentagon City was one of many examples of efforts toward keeping culture alive.



MICS White House Field Trip 2015

By Joseph Abelardo Conaty

Let me begin this short article by thanking Tita Monette for the entire behind the scenes organizing that was required for this excellent trip. Our trip to the White House took place on Saturday, March 7, 2015. When we went to the White House, we saw many paintings and photographs. The paintings showed all the presidents of the USA. We first saw pictures of presidents at their inaugurations. Then we saw formal portraits of each president. We also saw the inside of the White House. There were many rooms. There were also sculptures of the presidents. We saw almost every room of the White House, except for the classified areas and the living quarters. We also saw portraits of the first ladies of the White House. There was even a portrait of Benjamin Franklin above one of the many fireplaces. We saw furniture in the White House and at least two pianos. There were candles, chandeliers, dinner tables, and fancy chairs. The White House was very fun to visit. Here is a picture of our group just outside the front door.



Highlight of the Franciscan Monastery Visit

By Eliza Ann A. Buan

On March 28, 2015, Mabuhay, Inc. Cultural School students and parents attended a trip at the Franciscan Monastery located in Washington, D.C. We all enjoyed going there because it showed us replicas of the actual figuration and set up in Jerusalem. I had enjoyed this place because I live with my faith and it inspires me. It was really beautiful! I actually thought we were in Jerusalem and Rome! The Franciscan Monastery has a tour that explains everything in detail. We learned about Nazareth and Bethlehem, how people were buried back before and after Jesus was born, and the background history of the people who followed the Lord God. We saw replicas of where Jesus was crucified and placed on Easter. The replicas seemed so real to me. There is even a church inside of the Monastery! The church had small altars showing every single detail from the day Jesus was born, the day He healed the sick and opened the eyes of the blinded, up until His death and resurrection. The big altar was filled with historic and “magical happenings” that Jesus Christ did throughout His life. It was huge and beautiful with carved-in Saints that are still remembered today.

The inside of the church was memorable but the outside was perhaps much more entertaining. There is a walkway with the inscription of the Lord’s Prayer and Hail Holy Queen Prayer on the walls in various languages. From the translation of English to Tagalog, Ilocano, Visaya, Pampanga, even Hawaiian, French Japanese, Italian, Russian, Spanish, Egyptian Symbols and much more! The scenery is glorious and peaceful. The outside of the Church building in the Franciscan Monastery is beautiful in the spring and summer because all the flowers bloom, grow and create a heartwarming scene. Additionally, behind the Monastery is a Grotto of Gethsemane, a Grotto of Lourdes, a statue of Saint Anne, and the walk through the Stations of the Cross. We –the Mabuhay, Inc. Cultural School students, parents and teachers- invite you to visit the Franciscan Monastery. It is a pleasant trip and a memorable place to experience the places that the Son of God, Jesus Christ, has walked throughout His journey in life.

Thank you.



Mrs. Lulu Belen Alexander – Citizen of the Month*by Kierra Sartor*

Mrs. Lulu Belen Alexander was the first Filipina Woman to graduate in the Citizen's Police Academy of Prince George's County on December 8, 2014.

This course includes 12 weeks of training from Sept. 15, 2014 -Dec. 8, 2014. She was honored and presented a Certificate by Chief Mark Magaw, of the PGPD (Prince George's County Police Dept.) She was nominated by Capt. Steve Yuen, Community Outreach Commander at the Chief's office and approved by Capt. Irene Burks, District 11 Commander, also of PGPD. This training opportunity allows our community partners to become familiar with the Prince George's County Police Department procedures. This course also provides exposure to the officers regulating training such as investigative procedures, conflict management, crime scene investigations, less lethal weapons, judgment enhancement training and much more.

She is a current member of the CAC (Chief Advisory Council) of the Prince George's County Police Department, Education Chair of DGCA (Dresden Green Civic Association), member of the Senator Paul Pinsky Scholarship Committee, Chair member of the APAC and PACAS. In addition, Lulu has served as Commissioner of the Human Relations Commission, and has received many awards from multiple organizations such as the MHC, PAFC, FAWN, Maryland Governor 's Award, AAUW, PGCPD. She is also a founder and first President of Mabuhay Inc and presently serves as Board of Trustee.

Mabuhay Inc. is very proud of Lulu's many accomplishments.



Special Feature: Liezl Argente, Community Leader

Don't Miss Public Affairs

with **Awee Abayari**

Executive Vice-President, 1st Tri-Media Group of Companies & Station Manager

**LIEZL ARGENTE, A COMMUNITY LEADER
AND PRESIDENT OF MABUHAY, INC.
GAVE HONOR TO PHILIPPINE CULTURE
BY
SHOWCASING PHILIPPINE FOLK DANCES
DURING THE LUNAR YEAR CELEBRATION
IN WASHINGTON, DC.**



Leading the Philippine participation in the recent Lunar celebration in Washington, DC was Liezl Argente, the President of the Mabuhay Inc., a non-profit organization based in Maryland established in 1985. Aside from helping to meet the concerns of the Filipino-American community including providing emergency assistance to qualified persons in need, Mabuhay Inc. also offers lessons in Tagalog and Philippine Culture.

In a brief interview with Liezl Argente she mentioned she learned folk dancing from her elementary school performances and from the YouTube. "There are approximately 300 members although not all are actively involved", she said. Past performances included Asian Festival, Philippine Embassy, Bicol Gala, PAFC Festival, Outreach at Senior Homes, Mabuhay, Inc. Picnic and Pasko 2014. Costumes and props come from the Philippines and sometimes they are handmade. This year will be busy for the Mabuhay, Inc since they plan to entertain and feed the seniors including conducting a dental mission as they celebrate their anniversary. (AA, WDC/2/2015)

For more interviews: www.youtube.com/user/AweeAbayari • aweeyabayari.com

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Informative interviews with various personalities; community leaders, politicians, legal experts, celebrities, religious pastors & groups, etc. *

Thought-provoking dialogues * Discussion of current issues: immigration, political empowerment, community involvement, etc.

† THOUGHT FOR THE DAY †

Every word of God is pure; He is a shield unto them that put their trust in Him. Proverbs 30:5

Mabuhay, Inc. in 2015

By Marilen Manzo

2015 is off to a good start for Mabuhay, Inc. The year began with a day of service on MLK Day in January headed by the students of Mabuhay Inc. Culture School (MICS). In February, the Dental Mission team went on a successful trip to the Philippines for their 5th year dental mission to serve the residents of Tanauan, Leyte, one of the towns devastated by typhoon Haiyan. In addition, despite a harsh winter, the students of MICS were able to make two memorable and educational field trips in March, the White House tour and the tour of the Franciscan Monastery. In addition, our MICS Dancers performed at the Pentagon City during the Lunar Year Celebration by displaying Philippine Fashion Show and Folk Dances to give honor to Philippine culture.

Look out for the next newsletter for more exciting news and articles.

Maraming salamat po!



Upcoming Events

- May 16 - Golf Fundraising Tournament
- May 17 - Mother's Day Brunch
- May 30 - Mrs. Philippines Senior Homes Outreach
- June - Zumba Fundraising
- June 20 - Father's Day Brunch
- August 15 - MI 30th Anniversary Ball
- September 12 - Annual Picnic/Membership Meeting
- October 3 - MICS Open House
- October 31 - Youth Halloween Activity
- December 12 - Pasko 2015

MABUHAY, INC.

(A Filipino-American Association)

Established in 1985, MABUHAY, INC. was organized in response to a felt need in the Filipino American community for a support group — a network of individuals, families and their friends who have similar concerns about assimilation into the American mainstream, interracial marriages, raising biracial children, and maintaining ties with the “old country” — the Philippines.

You Can Help

BE A SUPPORTER

Your tax deductible contribution will help us carry on the various projects we have for our youth, senior citizens and community outreach.

Mabuhay, Inc. is a 501(c)(3) organization and all donations are tax deductible to the full extent allowed by law.

BE A MEMBER

Membership is open to everyone who supports the goals of the organization.

Register online at www.mabuhayinc-md.org/

For more information please contact Marilen Manzo at 301-438-3162



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THANK YOU FOR YOUR CONTINUED SUPPORT!