



Pinooy Bulletin

FAAV Bi-Annual Publication

From the Upuan

Chuck Reidy

Editor : June Sustento-Reyla

June 2026 Edition

Welcome to the 2026 FAAV Philippine Independence Day Potluck Picnic at Vancouver Lake. Together we celebrate Philippine Independence Day, enjoy the various activities and games, plus plenty of Filipino cuisine, including Lechons. A special thank you to our generous sponsors for donating towards the Lechons, Filipino dishes and game prizes.

A Year of Impact and Community Spirit

FAAV has made significant strides through its scholarship programs and community events. Our commitment to fostering education and community spirit remains unwavering, and we are proud of the positive contributions we have made.

With your help and support, FAAV can continue to have impact in our local community and in the Philippines. To donate, please use this link to continue your support for 2026 and as we begin our budget planning for 2027 (<https://www.filamvancouver.org/donate>). This link will take you to our Facebook page with our FB donate button on the top right side of the page.

Christmas Outreach

In December 2025, the family and friends of FAAV board member Theresa Mallari organized a Christmas outreach in partnership with FAAV. Coordinated with the Sisters of the Poor of St. Catherine of Siena and Catanduanes State University in the Philippines, the outreach provided groceries to 250 families. This initiative exemplifies the spirit of giving and community support that FAAV embodies. Additionally, responding to devastation caused by Typhoon Uwan, FAAV donated sakolin for needed construction repairs and rice to those impacted in Catanduanes.

Senior Outreach

Spearheaded by Luis Ordon, FAAV continues to expand its outreach efforts and gathered a list of our "senior barkada" in Vancouver and vicinity. This year we sent Christmas cards as a friendly greeting from FAAV to give thoughtful joy to our seniors. (*continue to page 7*)



2026 FAAV Officers/Directors

- Chuck Reidy, Chair
- Tess Mallari, Vice-Chair
- Gretel Ness, Treasurer
- Bernie Gerhardt, Assistant Treasurer
- Cori Harms, Secretary
- Dolly Horton, Assistant Secretary
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- June Sustento-Reyla, Newsletter Editor
- Vivian Tadeo, Welcome Wagon
- Zenny Way, Welcome Wagon
- Hilda Lagamon, Community Relation 1
- Evelyn Manalo, Community Relation 2
- Amy Aguinaldo, Community Relation 3
- Rita Scaljo, Web Master
- Bob Osilla, Sergeant-at-Arms
- Luis Ordon, Quartermaster
- Jon Oribello, Photo Historian
- Joan Roberts, Director

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Alam ba Ninyo? Ni Ka June

June Sustento-Reyla

Idyoma - Idioms : Match the picture with the idioms below:



open palms – bukas- palad
 post of the home – haligi ng tahanan – born wealthy
 foaming mouth – bulang gugo
 flower tongue - bulaklak ng dila
 hit the ground - Hampas lupa
 tongue of an angel – dilang anghel

Mga Idiyoma

number	idyoma	Transliteration	Meaning English
1	Gintong kutsara	Golden spoon	Born wealthy.
2	Hampas-lupa	Hit the ground	Poor or low-status person.
3	Haligi ng tahanan	Post of the home	Father; pillar of the home
4	Hulog ng langit	Dropped from heaven	A blessing; heaven-sent.
5	Bukas ang isip	Mind is open	Open-minded.
6	Bukas-palad	Open palms	Charitable
7	Bulang-gugo	Shampoo froth	Someone unreliable.
8	Bulaklak ng dila	Flower of the tongue	Exaggerated or flowery speech.
9	Daga sa dibdib	Mouse in chest	Deep fear or anxiety
10	Dilang anghel	Tongue of an angel	Someone whose words bring good luck.

(continue to page 8)

Pasko Na Naman 2025: A Night of Celebration, Culture, and Community

Tess Mallari

The Filipino American Association of Vancouver, Washington (FAAV) brought the community together once more for an unforgettable evening as **Pasko Na Naman 2025** returned in grand style. Held on **December 6, 2025, at the Embassy Suites**, the event once again filled the venue to capacity, reflecting the strong support and enthusiasm of the Filipino community.

The evening was marked by elegance and festive energy, as guests arrived in stunning holiday attire, setting the tone for a joyful celebration. FAAV Directors proudly donned traditional Filipino clothing—**Filipiniana gowns and Barong Tagalog**—adding a meaningful cultural touch to the occasion. Laughter, lively conversations, and the sharing of delicious food filled the room, while beautifully adorned Christmas trees and seasonal décor enhanced the warm holiday ambiance.

A significant moment of the evening was the **swearing-in ceremony of FAAV's 2026 officers**, who officially stepped into their leadership roles with a commitment to serve the organization with responsibility, unity, and enthusiasm in the year ahead.

One of the most inspiring moments of the evening was the **recognition and presentation of FAAV's scholars**, reflecting the organization's unwavering belief in the power of education to transform lives. Through its **U.S. Scholarship Program** and **Philippines**

Scholarship Program, FAAV continues to invest in the dreams and potential of young leaders on both sides of the globe. This year, FAAV proudly awarded scholarships to **five exceptional students in the United States** and **ten deserving students in the Philippines**—students whose dedication, resilience, and commitment to excellence embody the values of our community. Their recognition served as a powerful reminder that when we come together to support education, we help open doors of opportunity and inspire the next generation to reach higher and give back.

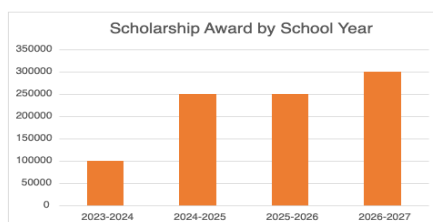
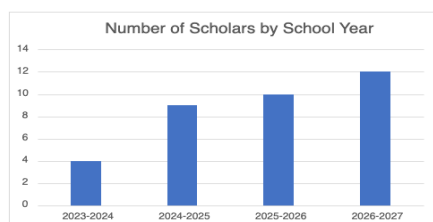
As **Chair of Pasko Na Naman 2025**, I extend my sincere appreciation to the FAAV Board, volunteers, and everyone who attended and supported this event. Your continued presence and encouragement are what make this tradition meaningful year after year. Beyond the festivities, Pasko Na Naman continues to serve as a reminder of the importance of togetherness during the holiday season—an opportunity to reconnect, reflect, and celebrate the bonds that unite our community.

With hearts full of gratitude and holiday cheer, we look forward to gathering once again for **Pasko Na Naman 2026**. Thank you all for being part of this special celebration, and best wishes for a joyful holiday season!



FAAV Philippine Scholarship Program

The FAAV Philippine Scholarship Program continues to empower students through education and community support. This edition highlights our growing network of scholars, the generosity of our donors, and the inspiring journeys of each student.



Want to support a student's future?

Contact us:
faaccv@hotmail.com

School Year 2025-2026 Scholars



Christ John Paul Abraham, a student from Bataan, worked part-time to overcome family and financial challenges while pursuing a degree in Technical-Vocational Teacher Education at Bataan Peninsula State University.

Jericho Apran, a first-year student at East Systems Colleges of Rizal, stands out for perseverance and faith despite family hardships. The scholarship opens new opportunities and inspires Jericho's dream of becoming a web developer and giving back.



Jolina Aquile is a high-achieving, honor student from an indigenous community in Bataan, taking Technical Vocational Teacher Education at Bataan Peninsula State University.

Marcelino Bello is a dedicated and grateful student whose journey has been shaped by the support of the FAAV scholarship. Known for resilience, and a commitment to academic excellence, he credits the scholarship for enabling the pursuit of college ambitions and inspiring a desire to give back and help others in the future.



Nica Cayetano is a hardworking student who, despite financial challenges, remains motivated to become a licensed architect—seeing the profession as both an art and a social responsibility, and using hardships as inspiration to pursue higher goals.

FAAV Philippine Scholarship Program



Mharc Jarabejo is a resilient student who, despite family hardships like a parent's cancer and the loss of a stepfather, stayed committed to academic excellence—earning high honors and a science quiz bee championship. These challenges taught the importance of perseverance, family, and faith, motivating achievements and support for loved ones.

Mary Rose Ruiz, a 16-year-old Grade 9 student at Morong National High School, overcame family hardships and separation from siblings with the support of a religious congregation. Passionate about the arts and determined to excel, Mary Rose M. Ruiz is deeply grateful for opportunities that help her pursue her education.



Renelyn Saceda is a hardworking Juris Doctor student at Catanduanes State University, balancing studies, work, and side jobs to support her family, while staying committed to graduating and taking the bar exam.

Peter Soria is an 18-year-old Grade 12 student at Orani National High School. He is grateful, respectful, and expresses deep appreciation for the support received, emphasizing how important the scholarship is for their education and family.



Remy Teves is a hardworking college student from a low-income family, seeking scholarship support to continue her education. Despite financial struggles, Remy remains dedicated to studies and hopes to uplift their family through academic success.

To our incredible sponsors, because of your generosity, dreams are being realized, futures are being built, and lives are being transformed. Your support goes far beyond financial assistance—you are giving hope, opportunity, and a path forward for every FAAV scholar.

We proudly recognize and thank our valued sponsors:

- **Sonny & Amy Aguinaldo**
- **Paul & Ana Banta**
- **Rolly Corre**
- **Fil & Lucy Flores**
- **Conrad Garduce**
- **Biboy, Tess, Hannah & Jacob Gianan**
- **Jerome & Jona Guiang**
- **Cori Harms**
- **Rudy & Corie Lalangan**
- **Evelyn Manalo**
- **Ton & Cla Reyes**
- **June Reyla**
- **Nina Rumbines**
- **Olan, Luz, Kaizz & Kat Santos**
- **Dolly Specht**
- **Leny Vasallo**
- **Guy & Zenny Way**
- **Ode & Luchie Zet**
- **Terrie Schaumberg**

Thank you for being part of the FAAV community. Together, we are shaping brighter futures—one scholar at a time.

On Immigration issues*Gretel Ness***Welcoming the Stranger: Immigration, Family, and Filipino American**

Values Immigration is more than politics or headlines—it is about people, families, and the search for a better life. For many Filipino Americans, immigration is not an abstract issue. It is part of our own family stories. Parents, grandparents, relatives, and friends made sacrifices to leave behind familiar places, loved ones, and familiar communities in search of opportunity, security, and hope for future generations. For Filipino families, those stories are deeply personal. Many remember long waits for family petitions, years spent apart from loved ones, overseas work, and the sacrifices made so children and future generations could have more opportunities. Because of these experiences, immigration often feels less like a political issue and more like a family issue. Faith also plays an important role in Filipino identity. The Philippines remains one of the largest Catholic countries in the world, with roughly 79–80% of Filipinos identifying as Catholic—more than 85 million people. The country also has one of the largest Catholic populations globally and the largest in Asia. For many Filipino Americans, Catholic traditions, parish life, fiestas, Simbang Gabi, devotion to saints, and strong family-centered In the same presentation, Sr. Veronica further reminded us that Catholic teaching also points to an important idea that sometimes gets overlooked: people should not be forced to leave their homes in the first place. Poverty, violence, war, disasters, and lack of opportunity often push people to migrate. The Church has repeatedly emphasized the importance of addressing these root causes so families can remain safely in their own communities if they choose. As a practicing immigration attorney, I know firsthand that today's immigration debates can become heated. People may disagree about border policies, enforcement, or how immigration laws should be reformed. Reasonable people can hold different views. But Catholic teaching encourages us to remember that before immigration becomes a policy discussion, it is a human issue. Behind every application is a person. Behind every case number is a family. Behind every journey is a story. For Filipino Americans, perhaps this message hits especially close to home. Many of our own families once arrived as newcomers—sometimes uncertain, sometimes separated from loved ones, but always carrying hope. Our faith traditions and cultural values remind us that welcoming others does not require agreement on every policy question. It begins with compassion, dignity, and remembering where many of us came from. Especially so for Filipino Catholics, our faith teaches us not only to pray together but to walk with one another. And perhaps that spirit of family, **bayanihan**, and care for others remains one of the greatest gifts Filipino Americans can continue to share with future generations.

Gretel Ness is an immigration attorney with the Portland firm of Parker Butte & Lane PC and is member of the board of directors of The Grotto and the Catholic Charities of Oregon.

MACAPUNO



Ang **macapuno**, na tinatawag ding **coconut sport**, ay isang likas na nagaganap na uri ng niyog na may hindi normal na pag-unlad ng **endosperm**. Ang resulta ng hindi normal na pag-unlad na ito ay isang malambot at mala-gelatinang laman na halos pumupuno sa buong loob ng niyog, na may kaunti o halos walang tubig ng niyog. Ang pangalang **macapuno** (na isinusulat din bilang **makapuno**) ay nagmula sa salitang Tagalog na *makapuno*, ang lokal na pangalan ng

ganitong uri ng niyog sa Pilipinas, na nangangahulugang “nailalarawan sa pagiging puno o punô,” bilang pagtukoy sa paraan kung paano pinupuno ng endosperm ng mga niyog na macapuno ang guwang na loob ng buto ng niyog.

***Macapuno**, also called **coconut sport**, is a naturally occurring **coconut cultivar** that has an abnormal development of the **endosperm**. The result of this abnormal development is a soft translucent jelly-like flesh that fills almost the entire central cavity of coconut seeds, with little to no **coconut water**. The name macapuno (also spelled makapuno) is derived from **Tagalog** makapuno, the local name of the phenotype in the **Philippines**, meaning “characterized by being full”, a reference to the way the endosperm in macapuno coconuts fill the interior hollow of coconut seeds.*

Sa **lutuing Pilipino**, malawakang ginagamit ang **macapuno** at kilala dahil sa matamis nitong lasa na parang niyog. Maaari itong kainin nang mag-isa o gamitin bilang sangkap sa mga tradisyunal na panghimagas tulad ng **halo-halo** at **pastillas**, o kaya’y lutuin sa arnibal bilang **minatamis** (pinatamis na prutas na preserba). Ginagamit din ito nang malawakan sa mga produktong naproseso, kabilang ang mga krema, pastry, keyk, kendi, at iba’t ibang inumin.

Isang tradisyunal na kombinasyon sa lutuing Pilipino na karaniwang ginagamit din sa mga panghimagas ay ang **macapuno** at **ube halaya** (minasang ube), na kilala bilang “**ube macapuno**.”

*In **Filipino cuisine**, macapuno is widely used and is popular for its sweet coconut flavor. It can be eaten on its own or used as an ingredient in traditional desserts like **halo-halo** and **pastillas** or cooked in syrup as a minatamis (**fruit preserve**). It is also used widely in processed food products, including ice creams, pastries, cakes, candies, and beverages. A traditional combination in Filipino cuisine that is also a common flavoring in various desserts is macapuno and **ube halaya** (mashed **purple yam**), a pairing known as “**ube macapuno**”.*

From the Upuan

by Chuck Reidy

US Scholarships 2025 Award

During the "Pasko Na Naman" event, five local high school and college students were awarded FAAV US scholarships. These scholarships are part of FAAV's ongoing efforts to support the educational aspirations of students within the community.

If you are or know eligible students for the 2026 FAAV scholarship...please guide them to our application on the FAAV website and submission before our October 1, 2026 deadline.

(<https://www.filamvancouver.org/scholarship>)

FAAV Children's Christmas Event

On December 20, 2025, the annual FAAV Children's Christmas Event took place in the community room at St. Thomas Aquinas Church in Camas. Approximately 45 children and their families attended the event, which featured pictures with Santa, games, and prizes. No child went home empty-handed, making it a memorable occasion for all. This was the third year FAAV held this event, and we look forward to welcoming even more families next year.

Philippine (PH) Scholarships

The PH Scholarship program was expanded to include college and vocational scholarships

through a sponsor-based award system. FAAV partnered with Catanduanes State University to select two college scholars. FAAV also partnered with Sisters of the Poor who selected 2 college and 2 high school scholars, and Shepards of the Tribe also selected 2 college and 2 high school scholars. Each scholar is receiving about 25,000 pesos a year. This reflects FAAV's commitment to providing educational opportunities at various levels.

Pasko Na Naman

Our annual FAAV Christmas Event, "Pasko Na Naman," was held on December 6, 2025, at the Embassy Suites and sold out. The event was an evening filled with festive activities and performances, bringing the community together to celebrate the holiday season.

Looking Ahead

As we move forward, we are excited about the future and the continued impact we can make together. To help FAAV and be part of its community impact, please use this link (<https://www.filamvancouver.org/donate>) to donate. Thank you for your unwavering support and dedication to our community.

Mabuhay!

Chuck Reidy, 2026 FAAV Chair

Alam ba Ninyo? Ni Ka June

June Sustento-Reyla

Mga Sawikain - Sayings

1. **Ang araw bago sumikat ay madilim** — Hardship comes before success.
2. **Ang bahay ay hindi itinatayo sa buhangin** — Success needs a strong foundation.
3. **Ang dahan-dahan ay walang talo** — Slow and steady wins.
4. **Ang dila ay walang buto** — People talk carelessly.
5. **Ang hindi lumigon sa pinanggalingan ay hindi makararating sa paroroonan**— Don't forget your roots.
6. **Ang ibinabato mo sa iba ay bumabalik sa iyo** — Karma; what you do returns to you.
7. **May pakpak ang balita, may tenga ang lupa** — Even the quiet notice things.
8. **Ang katotohanan ay parang langis** — Truth always rises.
9. **Daig ng maagap ang masipag**— Hard work beats talent.
10. **Ang may kalawang ay may kinakalawang din** — Hidden flaws eventually show.

In Memoriam

Marciana Labrador Ligid Hope passed away on June 2, 2026, after years of living with cancer. A retired teacher with Portland Public Schools, she spent her entire retirement founding and leading the Ingan Leyte Project (ILP), a nonprofit organization that provides assistance to disadvantaged children, families, and schools in her hometown in Southern Leyte, Philippines. Marci's legacy extends from school supply donations, to student scholarships, to a farmer's co-op fund, and a large multipurpose community center that began operations in July 2025 — among many other endeavors. Marci passed peacefully at Kaiser Sunnyside Hospital in the company of her loving son Matthew and nephew Doy. She was preceded in death by her parents, Felix Ligid and Fedila Ligid, her brother Ben Ligid, and her husband, John Hope. She is survived by her son, Matthew Hope, and her siblings, Lilia Ortega, Ana Ligid, Rosie Pan, Sarah Mahinay, Ephraim Ligid, Elsie Platon, Elmer Ligid, their families, and the many friends in her church and nonprofit communities who helped build her legacy.



FAAV Picnic Sponsor

Thank you to our Dear Sponsor

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- *Cedric Redula*
- *Dolly Harlton*
- *Dolly Specht*
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