

Kapayapaan!

FROM THE PRESIDENT A Christmas Message

On behalf of the KCCC board of directors, I convey warm greetings and best wishes for a merry Christmas and a happy new year to all our members, donors, volunteers, supporters and the community as a whole. We thank you once again for your support of our centre and we look forward to partnering with you again this coming year. We had a good year 2009 and it warms our hearts to know that we have moved forward again though little by little. And together, we'll go further some more. Slowly but surely we'll have our day of glory. Rome was not built in a day, remember?

For all of you at Christmas time, here's my simple message:

“ AND ON EARTH PEACE,
GOODWILL TOWARD MEN . . . ”

“For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have everlasting life.” (KJ John 3:16)

In our daily life, crime and violence of all forms happen even on events such as Christmas. The world in which Jesus was born was not draped in pine boughs and soft glowing lights. Families were gathering to sign the tax rolls of a tyrannical Roman government, not to sing carols or exchange gifts.

But JOHN 3:16 offers a redeeming factor: God so loved the world – the givers and takers, movers and shakers, sinners and saints ---- that He



Lana Mae and Mrs. 'Mama' Ching Quejas at the Kalayaan Kid's Fun Christmas Party

gave his only Son, that whosoever --- the haves and have-nots, frightened children and anxious parents --- believes in Him should not perish but have everlasting life.

And the offer still stands. People everywhere, all of us, can have peace on earth if we look for it in Jesus. The angels said at Jesus' birth that He was bringing peace on earth. Yes, we can receive God's inner peace if we believe in His Son and follow His commandments.

That he who loves Him must love his brother also. “For if a man says he loves God and hates his brother, he is a liar, for he that loves not his brother whom he has seen, how can he love God whom he has not seen.”

(Continued on page 4)

Tips for Staying Healthy Through the Holidays!

It's that time of year again: the time for holiday cookies, chocolate and candies – not to mention the parties and feasts! With all these temptations of the holiday season, how is one to stay healthy? Here are a few easy tips to help you out.

1. Drink up! (Water, of course)



Staying adequately hydrated is important for the overall health of our cells and also for excreting wastes. How much water is enough? A good rule of thumb is half your body weight in ounces. (For example, a 100 lb person needs about 50 ounces of water per day. This equals approximately 6 glasses.) Remember, this calculation is for pure water only – coffee, tea or juice doesn't count because these drinks can actually be dehydrating.

2. A Little Lemon for Your Liver



Think of your liver as your body's detoxification powerhouse. It processes everything we ingest, so give it a kick start every morning with a cup of warm lemon water. Squeeze the juice from one half of a fresh lemon into your warm water and enjoy! Cabbage, broccoli, brussel sprouts, beets, kale, and garlic are also great liver supporting foods, so include these in your holiday meals!

3. You've Got to Move It, Move It!



Take a break from work, but not your exercise regime. Even a little exercise is better than none at all, and main-

(Continued on page 5)

WINNING PERFORMANCES AT KCCC ZARZUELA

By: Karyn Milne

“Thoroughly entertaining performances and a great evening overall, I am glad I came to the show!” Ms. Sebastian stated after the KCCC Zarzuela performance at Meadowvale Theatre on Saturday, November 14th. Art patrons flocked to Meadowvale Theatre to watch two 1-Act plays, each in a different genre and language. Both plays were coached to success through the talents of Imelda Espiritu-Papa, Musical Director, and Rey Tamayo, PhD, Stage Director & Choreographer. The first play, “Valentina”, told a tragic tale about the triumph of Valentina’s love for Celso, played by Randy Fabico, over



her secret life as a vampire and was performed in Tagalog. Chiqui Pineda, a well-known musical performer with the hit song “How Did You Know”, and star of the musical play “Rama’t Sita played the lead role in “Valentina”. The characters Kiko (Kelly Topacio) and Pepang (Vangie Alcasid), Valentina’s domestic helpers, provided the lighter moments of



the show. Joy Almojuela, Edwin Dumlao, Elly Rosalin, Del Palileo, Marilyn Palileo, and Alex Rosalin, with the special participation of the KCCC Senior Choir, rounded out this impressive cast. The second play, “New Yorker in Tondo”, was per-

formed in English and was a hilarious play about Kikay (Audrey Fabico), a Tondo girl who went to New York and came back changed with her “New York” ways which are not necessarily to the liking of her Tondo friends. New Yorker in Tondo featured 5 talented amateur artists; Audrey Fabico, Bernice Fabico, Jason Nepomuceno, Francis Pendon, and Alma Torreno. Both plays showcased the talents of seniors and youth from the community.



Highlights from Valentina included the tragic death of Valentina, played by Chiqui Pineda-Azimi, when she could no longer live her life as an aswang (vampire) and took her own life by succumbing to the power of the cross while her human lover Celso (Randy Fabico) watched on in dreadful misery as she died in his arms. Celso let out a scream so wounded and heart-wrenching as the lights went out on the final scene. And no one can forget a scene on the lighter side where Kiko (Kelly Topacio) was laying in a chair with his eyes closed and was excited to feel a woman’s hands massaging his neck. Thinking it was his crush, Pepang (Vangie Alcasid), he terribly enjoyed this attention, but soon to his horror he realized it was Laura (Joy Almojuela) who had recently descended to the depths of evil as a vampire and was out for blood.... his!



Highlights from New Yorker in Tondo consisted of Mrs. Mendoza, played by Alma Torreno, wowing the audience with her outfit of shiny black tights and a sequined disco shirt, acting her part as the flamboyant mother



who has been put in a ‘New York’ trance after her daughter Kikay’s travels to New York produced a complete transformation to the once native Tondo girl! There was also the cat fight of Kikay (Audrey Fabico) and Nena (Bernice Fabico) in New Yorker in Tondo. Their romantic counterparts Tony (Jason Nepomuceno) and Totoy (Francis Pendon) did everything in their power to stop the hilarious fight, but in the end Kikay and Tony were the ones knocked down and injured.



And no one can forget the KCCC Senior Choir giving the audience an unexpected treat when the second play ‘New Yorker in Tondo’ opened with the choir shaking their hips to the rhythm of ‘New York, New York’! The crowd squealed with delight and cheered on the seniors, some of them nearing 90, as they sang and danced their hearts out. It was moments like all of the ones mentioned that made the KCCC Zarzuela such a memorable experience for those who came to take in the show.

This performance was made possible by a grant from Service Canada thru the New Horizons for Seniors Program.

Tulang Pamasko

By Ben Montada

Ang kumatha ng tulang ito ay hindi ko po alam
Kung saan ko ito nabasa ay hindi ko po matandaan
Ang pag-saulo ko nito bagama't may-roon ng katagalan
Ito ay hindi pa rin nabubura sa aking diwa't isipan.

Ang tulang ito ay mayroong malungkot na kasaysayan
Na tulad ng nararanasan ng iba nating mga kababayan
Mga kababayan nating pumupunta sa albularyo
Pag sila'y may karamdaman
Sapagkat ang bayad sa doctor o gastos sa ospital
Ay hindi nila makayanan.
Mga kababayan nating bagama't isang kahig isang tuka ang uri ng pamumuhay
Ay hindi sila nakakalimot magpasalamat sa Poong Maykapal.
Mga kababayan nating ang pagkalkal sa basurahan
Ang tanging ikinabubuhay
Subalit hindi sila nawawalan ng pag-asang balang araw
Makakaahon din sila sa lungga ng kahirapan.
Mga kababayan nating napapatahak sa landas ng kasamaan
Upang mayroon lang makain ang kanilang mga mahal sa buhay.

Ang mga nagpapalakad ng ating pamahalaan
Dito sa Canada at lalo na doon sa ating Inang Bayan
Na hindi tumtupad sa kanilang pangako sa mga mamamayan
Sana ang magkabilang pisngi ng kanilang puwit ay tubuan
Ng mga pigsang naglalakihan
Na sana'y hindi gumaling hangga't hindi nila tinutupad
Ang mga pangakong binitawan.

ANG PASKO NI ZAYDA

Sa harap ng hukom ay kiming nakatayo
Ang kawawang batang mga mata'y namumugto

Sa kanyang mukha ay mapagtatanto
Hirap ang kanyang laging kalaro.

"Ano ang ngalan mo?" simula ng hukom
"Zayda de Villa po" ang mahinang tugon
"Totoo ba Zayda ang kanilang sumbong
Na ikaw ay nagnakaw ng isang lantang salmon?"

Tumango si Zayda bago nagsalaysay
"Opo, totoo nga po ang kinilang sakdal
Nagnakaw po ako sa nasang mabigyan
Ng pantawid gutom ang ina kong mahal."

"Di man po tinatanong ang mutya kong ina
Sa pagkakaratay ay buto't balat na Wala na rin akong mapagpalang ama
Upang tumangkilik sa aming dalawa.

"kaya't kung tunay man na labag sa batas
Sa pagnakaw ko ako ay nangahas
Magdusa man ako'y magiging matimyas
Huwag lang pong mamatay ang ina kong liyag."

Sa mata ng hukom namuo ang luha
Ibig parusaha'y nagdadalang awa
Kahabagan ang naghari sa puso at diwa
Huminga siya ng malalim at saka nagwika.

"Ngayon ay buwan ng kaarawan ng Poong Hesukristo
Ang balana'y nagsasaya't nagdiriwang sa buong mundo
At sapagkat nalalapit na ang araw ng Pasko
Sa iyong pagkakasala'y kapatawaran ang igagawad ko."

"Kaya't ineng, ikaw na ay gumayak
Pahiran ang luha't huwag ka ng umiyak
Ang salmang ninakaw ay iyong dalhin
At iyaginaldo mo sa ina mong may lagim."

Nang ito'y marinig ng abang si Zayda
Siya ay napalundag sa labis ng saya
Kinipkip ang salmo't lumisan pagdaka
Tanging laman ng isip ay inang may dusa.

Lubog na ang araw nang siya'y makarating
Sa dampang uuga-uuga sa hampas ng hangin
Halos patakbo pa nang kanyang panhikin
Sabik na sabik siyang ina'y makapiling.

Subalit oh palad nang siya'y makapanhik
Nanlisik ang mata sa kanyang nama-sid
Paano'y ang kanyang iniwang maysakit
Malamig ng bangkay nang siya ay makabalik.

Sa mariing dagok ng sama ng loob
Sa dibdib ng bangkay siya'y napalugmok
"Diyos ko! Diyos ko!" ang kanyang himutok
"Kay pait po ng paskong Inyong ini-handog!"

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2010 Activities:

Rondalla - Monday
7:30 p.m. - 9:00 p.m. with Rondalla Master Norm Perez

Line Dancing - Monday
7:30 p.m. - 8:30 p.m. with instructor Gerry Macasero and wife Marilyn (starts Jan. 11)

Philippine Tango - Monday
8:30 p.m. - 9:30 p.m. with instructor Marilyn Palileo

Hip Hop Dance - Wednesday
7:00 p.m. - 8:00 p.m. with instructor Gina Humilde, ages 16+ (starts Jan. 13)

KCCC Book Club
Meets bi-monthly on Wednesday evenings

FROM THE PRESIDENT

(Continued from page 1)

Let us, therefore, learn to love one another if we truly love our God not only on Christmastime but everyday of our lives. Let's make each day a Christmas day. As Mother Teresa of Calcutta said: "It is Christmas every time you let God love others through you It is Christmas every time you smile at your brother and offer him your hand."

"Glory to God in the highest, and on earth peace, goodwill toward men"(KJ Luke2:14).

Have a merry Christmas, everyone!

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**KCCC OFFICERS
2008-2009**

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Linda Carin

Mars Cebrero

Delfin Palileo

Charity Roda-Lim

Ruffy Romano

Belle Tumbokon

2010 Upcoming Events:

- Jan 22 Karaoke
- Mar 20 Bowlathon
- Apr 16 Spring Dance & Karaoke Party
- May 16 Children's Fashion Show

HIGHLIGHTS OF 2009!

As we fondly close on another notable year for Kalayaan Centre, we look back with a feeling of accomplishment at everything that has come to fruition this year. Our volunteers, members, donors, and supporters have helped to make 2009 a success, and what a year it has been! Here are some of the main highlights...

A Special Children's Fashion Show



Rodel Meier spearheaded our most lucrative fundraiser this year along with Charity Lim and Mayette Balbastro. This top-notch fundraiser realized an impressive \$11,384.58 for the KCCC. The event was very popular and the children were beautiful and charming as they modeled Mrs. Meier's fashions on the runway. We are very excited to present a new show on May 16, 2010!

Launching of the KCCC Newsletter

Edgar Frondozo's hard work and literary talents led to the realization of our very own KCCC newsletter this year entitled 'Nayon'. Nayon is a quarterly newsletter that highlights the achievements and activities of Kalayaan Centre as well as other pertinent news. Major contributors are Edgar Frondozo, Ching Quejas, Tito Adona, Karyn Milne, and Sheryl Chavez.

Zarzuela

The impressive KCCC Zarzuela was held on November 14, 2009 and took many months of preparation and organization. Please see page 2 for all of the exciting details.

Bowlathon

Joy Almojuela chaired Kalayaan Centre's first ever Bowlathon on March 21st of this year with help from Pasky Oliveria and others. This fundraiser delighted the crowds that came out to play a few games of bowling for a good cause!

Golf Tournament

Golf tournament guru Marcelino Cebrero along with frontrunners Evelyn Laraya and Edgar Frondozo organized the 2009 Annual KCCC Golf Classic on August 29th at the Royal Ontario Golf Club in Milton. Over 90 golfers came out to raise funds for Kalayaan Centre at the highly regarded golf course. Lionhead Golf and Country Club in Brampton will be the location for our 2010 tournament.

Walkathon



Archie Ayala, Zeny Ayala, Resty Del Rosario, Karyn Milne,

and Ruffy Romano were on the organizing committee for the 2009 KCCC Walkathon on August 15th. The KCCC board provided Filipino and Canadian breakfast that all of the walkers enjoyed once they crossed the finish line. Get your walking shoes ready for next year's family friendly Walkathon! The event will take place on July 24, 2010.

Halloween Bash

Costumes galore at this Halloween Party! An entertaining night of dancing and a lot of laughs!

Volunteer & Donor Appreciation Night

Thank you to the so very many that contribute to the KCCC! We are forever grateful for your generosity.

Hawaiian Night



Zeny Ayala, Karyn Milne, Lumi Montada, Nora Nunez,

Siony Relato-Srnka, Ellie Rosalin, and Rowena Sancho along with others made the Hawaiian Night Party sizzle on July 24, 2009! Our guests came out to take in the Hawaiian dance performances by Siony's Dance Company and then to get on the dance floor themselves!

Ang Pinoy nga Naman

Ni: **Tito I. Adona**

Volunteer Language Instructor



Matagal tagal na rin na hindi kami nakapanood ng aking may bahay na si Bernice ng isang stage show. Kung natatandaan ko pa

sa Pinas kami nakapanood ng "Miss Saigon" at si Lea Salonga pa ang gumanap na Kim, siyempre, magaling at maganda ang palabas. Pero nuong Nobyembre 14, naimbita ko ang aking kaibigan na mag asawang Errol at Adi na manood ng Zarsuela sa Meadowvale Theatre para manood ng dalawang palabas ang Valentina at ang New Yorker na taga Tondo. Pareho ang aming naging komentaryo maganda at magaling. Naalaala ko pa na inimitahan ako ni Mama Ching para maging bahagi sa palabas, buti na lang hindi ako puede, at naging matagumpay ang kanilang palabas. Matapos ang Sabado ng gabi ng palabas, dumalaw ako sa Centre, dito binati ko sila Mama Ching at Evelyn na siyang nadatnan ko sa magandang kaganapan at biniro ko sila na sanay maulit muli. Sa mga naging bahagi ng palabas, mga kabataan at di katandaan, sa mga taong nag alay ng kanilang talento at oras, sa mga nag isip at nagplano ng nasabing programa, mabuhay kayo, iba ang Pinoy na katulad ninyo.

Pagkatapos manood ng zarzuela, nagpunta kaming mag-asawa sa bahay ng isa pang kaibigan at duon upang manood at saksihan ang paglaban ulit ni Manny Pacquiao laban kay Miguel Cotto. Nasaksihan ng lahat na hindi lang basta suntok ng suntok si Manny, natuto rin siya sa kanyang coach na si Freddie Roach na gumamit ng taktika para talunin ang kanyang katungali para makamit ang ika pitong korona sa boksing at gumawa ng isang bahagi sa kasaysayan. Katulad ng dati disiplina, tapang, at talino ang ipinamalas ng pambansang kamao upang magwagi

at iyan ang Pinoy, mabuhay ka Manny.

Dala pa rin ng mga Pinoy kahit saan ang makulay na pagdiriwang ng Pasko, tulad ng dati, kapansin pansin ang mga palamuti sa mga tahanan na pag-aari ng mga Pinoy dito sa Canada. Sa bungad ng mga bahay mayroon mga ilaw (Christmas Light) na nakasabit. Dahil abot kaya ang halaga ng mga ito, sa gabi nagiging makulay ang labas ng bahay. Sa loob ng tahanan siguradong mayroong nakagayak na Christmas Tree gawa sa plastic or tunay na puno ng pine tree. Sa madaling salita handang handa na sa pagdiriwang ng pasko at may mga regalo pa sa ilalim ng X'mas tree. Naala -ala ko tuloy sa Pinas nuon, kapag mayroon nagkakaroling ang mga kinakanta ay " bago sumapit sa pasko namimili ang nanay ko at itong tatay ko ay gumagawa ng parol para isabit sa munting X'mas tree." Ito ang mga magandang kaugaliang Pinoy sa pagdiriwang ng Pasko, kahit malayo tayo sa Pinas, ipinagdiriwang natin ang Pasko sa ating pamamaraan, ngunit sa aking tingin ay hindi lang sa mga material na bagay dapat, sapagkat ang tunay na kahulugan ng Pasko ay kapayapaan at pagmamahalan, maari nating isagawa ito dito sa Canada, tulungan natin ang ating samahan kahit sa maliit na pamamaraan sa pamamagitan ng pag boluntaryo o tulong pinansiyal, upang maisulong ang adhikain at iyan ang tunay na Pasko.

MALIGAYANG PASKO AT MANIGONG BAGONG TAON SA LAHAT!

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BEST NEWS OF 2009!

Our mortgage has shrunk from a whopping 9.5% interest rate to 3.75%! Thanks to our guarantors L. Carbonell, E. Frondoza, & R. Sinajon.

Tips for Staying Healthy...

(Continued from page 1)

taining some physical activity will help keep those holiday pounds off. If you can't make it to the gym, do whatever you can: take the stairs, go dancing, or walk wherever possible.

4. Rest and Relax



Have you ever heard the phrase "needing a vacation from your vacation"? This scenario is all too common, so be sure to *make the time* to actually relax. Whether you get a massage, take a bubble bath, read a book, or meditate, it's not about pampering yourself - it's about living a balanced lifestyle.

5. Boost Your Immunity

You will likely be visiting family and friends over the holidays and lots of people means lots of germs! Especially during this particularly rampant flu season, it's important to strengthen your immune system. Remember the basics like frequent hand washing; but also remember the natural immune boosters like vitamin C, vitamin D, and Echinacea. There are also plenty of other immune supporting herbs and homeopathic remedies that offer effective natural prevention. It is best to consult with a naturopathic doctor to learn which natural products will be most suited to your individual needs.

Overall, *enjoy* yourself! We all deserve to indulge every now and then – just do so in moderation and always remember to support your body's natural physiological needs like water, detoxification, movement, rest and immunity. Happy Holidays!

Dr. Ruth Shuster, ND is a Licensed naturopath in Mississauga and Burlington. For more information, visit www.ruthshuster.com or email info@ruthshuster.com

Did you know? Interesting Philippine Facts!

Karaoke is a Filipino invention, not Japanese. Karaoke means "singing without accompaniment" in Japanese and was invented by Roberto del Rosario. He called his invention "Sing-Along-System", which was later called karaoke. (www.philippinedomain.com/philippine-facts)

The Philippine flag is the only flag in the world that is displayed upside-down when the country is in war (red on top and blue at the bottom when in war). (www.philippinedomain.com/philippine-facts)

Dr. Jose Rizal, the national hero of the Philippines could read and write at the age of 2. He grew up speaking 20 foreign languages including French, Greek, Chinese, Latin and German. (www.philippinedomain.com/philippine-facts)

The total land area of the Philippines is 115,830 square miles or 300,000 square kilometers. That is comparable in size to Italy. (www.philippinedomain.com/philippine-facts)

The world's third largest English speaking country is the Philippines. (<http://www.ex-designz.net/philipinofacts.asp>)

The Philippines is considered the largest producer of coconuts (www.lakbaypilipinas.com/philippines_trivia.html)

Of the 500 known coral species in the world, 488 are found in the Philippines. (www.lakbaypilipinas.com/philippines_trivia.html)

Gemma Cruz was the first Filipina to win an international beauty title - Miss International 1964 (www.lakbaypilipinas.com/philippines_trivia.html)

With a population of about 90 million people, the Philippines is the 12th most populous country in the world. (<http://lifestyle.iloveindia.com/lounge/facts-about-philippines-2219.html>)

The Philippines was the first Southeast Asian country to gain independence in 1946, following World War II. (<http://lifestyle.iloveindia.com/lounge/facts-about-philippines-2219.html>)

NAYON

Quarterly Newsletter of the
Kalayaan Cultural Community
Centre

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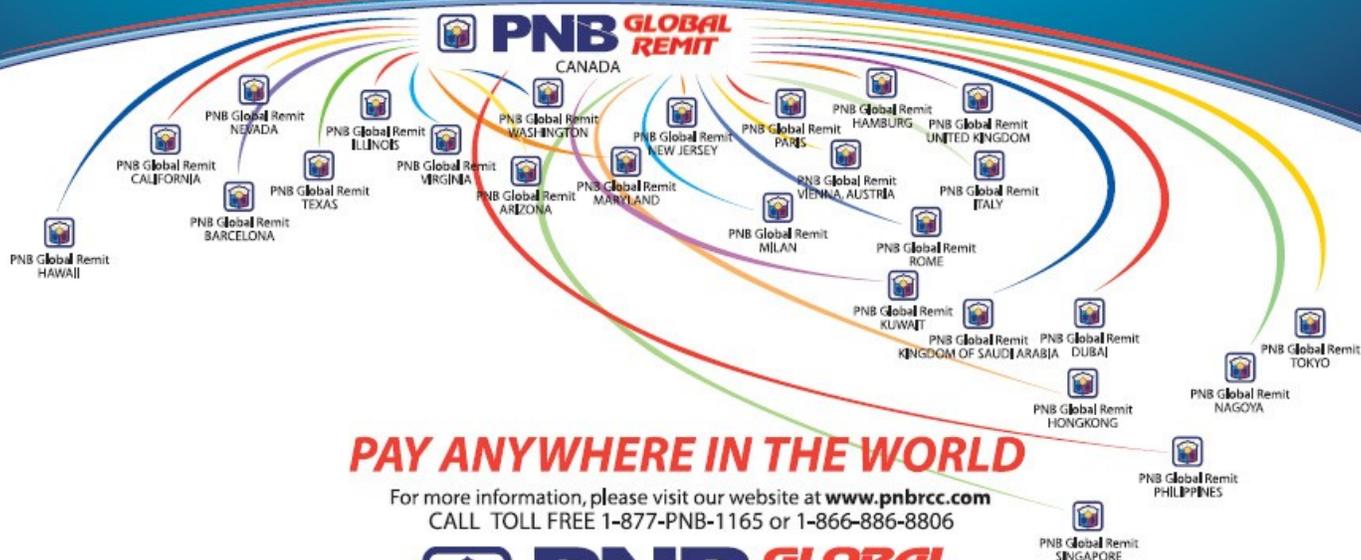
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