



# FIL-AM BULLETIN

The Official Newsletter of the  
**Filipino-American Association of Greater Columbia, SC**  
(A Non-Profit Organization to Promote Inter-Cultural Education and Understanding)

"Together  
We Make A  
Difference"  
[www.FilAmSC.org](http://www.FilAmSC.org)

★ Volume 22, Number 2 ★

P.O. Box 24112, Columbia, SC 29224 ★

Spring 2013 ★

## Fil-Am Spring Picnic, Easter Egg-hunt on March 31 at Sesqui Park

The Columbia Fil-Am annual spring picnic will be held at the Sesqui-centennial State Park on Easter Sunday, March 31, 2013, starting at 1:00 p.m. In addition, the election of FAAGC officers for the next term will be conducted.

The annual spring picnic has become a tradition for meeting new and old Fil-Am members and acquaintances in one of Columbia's most beautiful state parks [9564 Two Notch Road, Columbia, SC 29223; (803) 788-2706]. (continued on Page 2)

## Fil-Am Display To Feature "Karatong" Theme at Columbia International Festival

FAAGC will participate again in the annual *Columbia International Festival* at the Cantey Building of the SC State Fairgrounds on April 13-14, 2013. Now in its 18th year, the festival enable area residents and visitors to experience "the world [when it] comes to Columbia." The Columbia International Festival showcases the music, culture, food and performing arts of the various cultures, nationalities, races and language groups represented in South Carolina.

(continued on Page 3)

## FAAGC Membership Directory Available Soon

The Columbia Fil-Am Association (FAAGC) will be publishing a new edition of our *Membership Directory*, to be distributed free to members at the Easter Picnic (March 31, 2013).

If you would like to have your name/family included in the listing, please do the following:

▶ (1) Sign up for membership and pay your membership dues (\$15 for single, \$20 for family). Membership forms can be downloaded from the FAAGC webpage ([www.Filamsc.org](http://www.Filamsc.org)). Please mail your membership form with payment (check (continued on Page 2)

## Columbia Fil-Am To Elect Officers for 2013-2015

Elections are just around the corner. Yes, the election of FAAGC officers for the term 2013-2015 will be held on Sunday, March 31, 2013, during the annual *Columbia Fil-Am Spring Picnic/Easter Egg-hunt* at Sesqui-centennial State Park. The new set of officers will serve from July 1, 2013 through June 30, 2015.

As stated in the Association By-laws, currently-paid members in good standing are eligible to vote and run for office. As long as unpaid members pay their dues by March 31 during the picnic but prior to the actual voting, members can still vote (and

be elected).

For current membership status, check with Nieves McNulty (781-9509; [nmcnulty@columbiasc.edu](mailto:nmcnulty@columbiasc.edu)) or Helen Alon (738-0372; [helenqda@yahoo.com](mailto:helenqda@yahoo.com)). An updated membership list will be available at the picnic.

All are encouraged to take a more active and participatory role in the Fil-Am Association by voting or running for positions in the Fil-Am Executive Board. For more information, see the *Fil-Am Election Primer* on Page 4 or contact any officer listed on Page 2. ♦

## FIL-AM VOLUNTEERS

### It's What You Can Do For The Community That Counts, NOT What The Community Can Do For You

by Helen Alon (with interview assistance by I.C. Go)

I remember when President John F. Kennedy JFK said in his 1961 inaugural address: "ask not what your country can do for you — ask what you can do for your country." I was 11 years old then and somehow that saying stayed in my mind until I was in college when I began to be active in the Student Council. I held several positions before becoming president of the student body. Since that time, I have always remembered JFK's

speech. As such, I always think that what you can do for the community is what matters more rather than what the community can do for you. Maybe that saying is also true for others because we have people, whether they are rich or poor, all over the world who voluntarily do something for their communities.

Here, we want to recognize some Columbia Fil-Am members, who aside from their Fil-Am volunteer work, also find some time to volunteer in their respective churches and especially in their communities at large. In this article, we interviewed several members who we know have been doing some volunteer work for sometime; in subsequent articles, we will feature other Fil-Am volunteers who are active in and outside FAAGC (continued on Page 4)



◀ The Columbia Fil-Am Children Dance Troupe wait to perform during the 2012 Columbia Fil-Am Christmas Party. (front, l-r): Andrea Robichaud, Lara Tijjing, Taryn Clark, Jela Lucillo, Julia Szoke. (middle, l-r): Brandon Clark, Jaxen Castañeda, Erik Daquilanea. (top, l-r): Shane Clark, Lanz Tijjing. Photo: Carlton Edwards

[See related article on Page 4]



*From the President* ..... by Marj Peña

## THANKS For All Your Support

*Greetings to all!*

It is hard to believe, but my second term will soon come to an end!

The election of the new set of Officers and Executive Board will take place during our **Annual Spring Picnic and Easter Egg Hunt on March 31<sup>st</sup>**. I would like to encourage those who are interested in serving on the Executive Board to run for office. It is indeed a great privilege to represent our organization in showcasing the Filipino heritage and culture in the Columbia, South Carolina community.

Having served as Secretary for four years (2001-2005) and President for the last four years (2009-2013), I can attest to the warmth and camaraderie among the officers and our pride in the privilege of representing the Philippines in the community. I am humbled by your trust in us and honored to serve with the talented, hardworking, and enthusiastic members who have been with me on the Executive Board for the last four years.

On behalf of the 2011-2013 outgoing Officers and Executive Board Members, I would like to extend our sincerest **THANKS** for all your support and for making the FAAGC the wonderful and strong organization that it is today! We couldn't have done it without your presence in all the activities that the FAAGC has organized.

**We invite you to the following upcoming events:**

▶ **Columbia International Festival** – April 13-14, 2013, Cantey Building, SC State Fairgrounds

▶ **Summer Picnic and Membership Appreciation Day** – June 15, 2013, Weston Lake Recreation Center, 1 PM

▶ **23<sup>rd</sup> Annual Gala** – September 21, 2013, Columbia Marriott

Mark your calendars for these events and we hope to see you all there!!!

*All the best,*

### Spring Picnic ..... (continued from Page 1)

[Note: The park charges an entrance fee of \$2 per adult and \$1.25 per SC senior; children aged 15 and under are free].

This is a **POTLUCK** picnic so please bring a 2-liter bottle of soda and a covered dish to share according to the first letter of your last name as follows:

- A-B: Beef dish
- C : Chicken
- D-E: Vegetable dish
- F-H: Dessert (cakes, cookies, fruits, etc.)
- I-K: Fish dish
- L-O: Bread, Pizza, fried rice
- P-S: Pork dish
- T-Z: Noodles (*pancit, palabok*)

FAAGC will provide: hotdogs, hamburgers, rice, ice, plates, utensils, condiments, etc.

Planned activities include an Easter egg-hunt and games for children and adults. Parents with young children are requested to bring at least a dozen goodies-filled plastic Easter eggs for the egg hunt.

FAAGC members, supporters and other interested parties in the area Fil-Am community are all invited to come and share the fun and food with family and friends. Those who wish to spend more time at the park can come earlier and all are encouraged to bring portable or folding chairs

For map, directions and updated information, visit the Columbia Fil-Am website at

[www.FilAmSC.org](http://www.FilAmSC.org)

### How Long Have You Been in SC?

We are gathering information on the historical presence of Filipinos and Filipino-Americans in South Carolina, especially in Columbia and surrounding Midlands communities.

Let us know when you and/or your parents/grandparents first came to Columbia and/or South Carolina. Contact the *Fil-Am Bulletin* editor at [FAAGC@hotmail.com](mailto:FAAGC@hotmail.com) or (803) 738-0372.

### Directory (continued from Page 1)

made payable to FAAGC) directly to:

**Marj Peña**  
108 Laurel Branch Way  
Columbia, SC 29212

▶ (2) If you are already a member, please e-mail the President ([mpena1213@gmail.com](mailto:mpena1213@gmail.com)) the following information to make sure that your information is entered correctly:

- First and Last Name
- Spouse Name
- Children's Name(s)
- Mailing Address
- Tel. No. (note if home or cell)
- E-mail Address

We will only publish the information you want. If you want any information left off from the Directory, please indicate so.

▶ (3) If you want to advertise your business in the directory, the cost for a business card size ad is \$35. This will help to defray the cost of printing of the directory. Please e-mail the information/ad to the President at [mpena1213@gmail.com](mailto:mpena1213@gmail.com) and send the payment to the address in (1) above.

The deadline for all information is March 16. ❖

### How To Contact Us

**FAAGC**

P.O. Box 24112  
Columbia, SC 29224

[www.Fil-AmSC.org](http://www.Fil-AmSC.org)

e-mail: [faagc@hotmail.com](mailto:faagc@hotmail.com),  
or [Fil-AmSC@yahoo.com](mailto:Fil-AmSC@yahoo.com)

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### 2011-2013 EXECUTIVE BOARD

President

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**MARIBEL TIJING**  
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**FILIPINO-AMERICAN**  
Association of Greater Columbia, SC  
P.O. Box 24112  
Columbia, SC 29224

The **FIL-AM BULLETIN** is one vehicle of the Association to achieve its objectives and maintain regular communications with its members and interested parties. Contributions of articles (as well as financial donations) are most welcome; contact the Editor for more details.

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**WELCOME  
NEW  
MEMBERS**

★ **COREY & VENONIKA RICHARDS** of El-



The RICHARDS Family

gin, SC. Originally from Las Piñas, Metro Manila, she is a dental assistant with the Berger Dental Group. From Camden, SC, he is a real estate agent with Home Shop Realty. They have a baby son, Jakob James.

★ **LOURDES MURRELL** of West Columbia, SC.

★ **VIVIEN DODGE** of Columbia, SC. ❖

**Maraming Salamat !**

**Recent Membership Renewals:**

- \* Rudy **DIZON**
- \* Galen & Joanne **MANAPAT**
- \* Cesar **SUBIBI**
- \* Keith **SEYMOUR**
- \* Charles & Precy **WALKER**
- \* Roy & Carina **BALACANAO**

**We hope others will also continue their support of the Columbia Fil-Am !**

**ACHIEVEMENTS GALORE**

The next issue of the newsletter is the **FIL-AM BULLETIN's** annual "**ACHIEVEMENTS GALORE**" issue when we make a special recognition of the graduation and recent scholastic, athletic, community and other achievements of Fil-Am adults and children in the area during the 2012-13 school year.

Provide us with the details so we can give due recognition of your and/or your child/ren's achievements. A form can be downloaded from the FAAGC website:

[www.FilAmSC.org](http://www.FilAmSC.org).

**~CONGRATULATIONS~**

✿ to **RAYMOND BROWN** on his marriage to Hazel Fajardo on December 22, 2012 in Columbia, SC. A longtime former *Columbia Fil-Am Dance Troupe* performer, he is the older son of FAAGC Lifetime Member **Linda Brown** of Columbia, SC.

✿ to **CHRISSY HOPKINS** of Lexington, SC, on the birth of her daughter Elizabeth Diane on December 20, 2012. *Congrats* also to the grandparents, FAAGC Lifetime Members **Dave & Cindy Tefft** of Las Vegas, NV.

✿ to **Richard & RIZZA (BAGNAL) PHILLIPS** of Birmingham, AL, on the birth of their daughter Riley Grace on December 27, 2012. *Congrats* also to the grandparents, FAAGC Lifetime Members **Ruben & Chari Bagnal** of Columbia, SC.

✿ to **KRISTOPHER & ALEX BISHOP SCOTT**, on the birth of their son Benjamin Christian on February 19, 2013. *Congrats* also to the great-grandmother, FAAGC Lifetime Member **Edith Alston** of Hopkins, SC.

◆ to **SEAN MARIO SCOTT**, son of **Edith Alston**, on his new career as marine survey boat captain for the Garmin International GPS company. ❖

**Liunoras Honored for "Life-Saving Efforts"**

**I**gnacio Liunoras was recently honored for helping save the life of a heart attack victim in The Villages, FL, shortly before Christmas in 2012.

Ignacio and his friend Tony Truax took turns performing CPR within seconds of the cardiac arrest of Mark Panigoni, an assistant basketball coach at The Villages Charter School as they waited for the 911-dispatched public safety crew to arrive. Their fast-acting CPR response was credited for preventing a much worse outcome for Panigoni who after a brief hospital stay was able to spend Christmas at home with his family.

Ignacio and Tony as well as the Public Safety response crew were officially recognized by The Villages Public Safety Depart-

**International Festival ..... (continued from Page 1)**

**Philippine Exhibit**

The Association's cultural and educational exhibit will feature a "Karatong Festival" theme complete with a colorful bamboo décor reminiscent of the *Karatong* festival of Leyte. A *karatong* is a percussion instrument made out of bamboos that serves as signaling device by Filipino ancestors particularly in the areas of Leyte. It is usually struck against small pieces of wood or another bamboo to make sounds. The display will also have other Filipiniana cultural items.

Set-up for the festival will begin at noon on Thursday, April 11. FAAGC members and supporters are enjoined to help set-up as well as volunteer during the festival. If anyone has unique Philippine products/items that could be displayed in our cultural booth, please let us know. Call Marj Peña [(803) 360-2469; [mpena1213@gmail.com](mailto:mpena1213@gmail.com)] or the other officers listed on Page 2 for inquiries about cultural display items and/or volunteer sign-up.

**Performances**

The **Columbia Fil-Am Dance Troupe** will perform Philippine folk dances (*cariñosa*, *tiniking*, *silong sa ganding* and *tiklos*) during the

festival's cultural entertainment program on Saturday and Sunday.

Some Fil-Am children and adults in Filipino traditional attire will take part in the pageantry *Parade of Nations* on Saturday at 2:00 pm and the *International Fashion Shows* on Saturday and Sunday at 3:00 pm.

**Filipino Delicacies**

The Philippine food booth, with Cecilia Jacobsen in charge, will sell the usual Filipino delicacies (*adobo*, *pansit*, *lumpia*, among others) that festival goers have come to expect. FAAGC will sell Philippine-native *barako* coffee and an array of Filipino desserts such as cassava cake, *palitaw*, *biko*, and pastries.

As before, the Philippines will be represented in the International Bazaar by a booth also run by Cecilia Jacobsen (owner of the *Fil-Am Store* in Sumter), selling Philippine groceries, gift items, and other products.

FAAGC Executive Board Member Grace Collins is a continuing member of the 2013 Columbia International Festival coordinating committee.

For more information, visit the festival website:

[www.cifonline.org](http://www.cifonline.org) ❖



▲ **Ignacio Liunoras (right) poses with Tony Truax (left) after they were honored for saving the life of Mark Panigoni (center).**

Ph.D. in Physical Therapy at Nova Southeastern University (Ft. Lauderdale, FL) and will be graduating in May 2013. A former *Columbia Fil-Am Cultural Dance Troupe* performer, he is the son of FAAGC past president Peter & Olga Liunoras of Columbia, SC. ❖

activities. If you know of anyone doing volunteer works in the community besides FAAGC and their own churches, please let us know at [FAAGC@hotmail.com](mailto:FAAGC@hotmail.com).  
\*\*\*\*\*

**ODESS BRINKMAN** has been an active FAAGC member since 1997. She is currently serving as 2011-2013 secretary and is one of the Columbia *Fil-Am Cultural Dance Troupe* choreographers/directors.

She is an active member of St. Peter's Catholic Church through her participation in its ministries such as the Solidarity of Blessed Virgin Mary, the Bereavement Committee, and the Prayer Group.

She has participated in the April Smith Caring Casseroles that provides meals to families of patients at Palmetto Health Baptist Neonatal Intensive Care Unit (NICU) and assists at the St. Peter's Catholic School library. Also an active member of her neighborhood group, she helps with environmental cleanup and regularly participates in the annual River Alliance's river cleanup.

**CECILLE GEOGHEGAN** has been an active Fil-AM member and a *Columbia Fil-Am Cultural Dance Troupe* performer since 2001 and served as a FAAGC Executive Board Member in 2009-2011.

She participates annually in the St. Joseph Catholic Church's Christmas gift-giving program for children in which she helps wrap gifts donated by parishioners in fulfillment of family wish lists for the holi-

## FIL-AM VOLUNTEERS

(continued from Page 1)

days.

She is active with the United Way of the Midlands as a clinical volunteer in its Medical Missions, in which she helps assess patients' conditions and determine the services they need in the free clinic. She also helps the patients fill out their forms and provides guidance for their follow-up check up. Cecille works fulltime as phlebotomist at Palmetto Health Richland.

**IMELDA GO**, a member since 1996 and recognized as a FAAGC *Lifetime Sustaining Member* in 2012, has been volunteering with FAAGC in a number of ways. She served as treasurer for two years in 1997-1999. She has been part of the *Columbia Fil-Am Cultural Dance Troupe* through the years, as a dancer and as a choreographer. She has written regularly for the *Fil-Am Bulletin* newsletter since 1999.

In addition to her involvement in several other community-oriented organizations and projects for several years now, her more recent non-FAAGC volunteer work includes sending bereavement cards for an outreach committee, serving as the photographer and videographer at community and/or fund-raising events, and helping run silent auctions for charitable fund-raising events.

**YANHRAG GOULD**, since joining the Fil-Am in 2008, has

become an active member and is currently serving as a performer, choreographer and adults coordinator of the *Columbia Fil-Am Cultural Dance Troupe*.

Her non-FAAGC volunteer works includes her coordinating "Project Beginnings," a book donation project of the University of the Philippines (UP) Palaris Confraternity International Alumni Association of which she is the vice-president. In November 2011, she personally delivered and distributed four *balikbayan* boxes of donated books to elementary and high schools in Pangasinan, Philippines.

For two years now, she is a non-clinical volunteer with the United Way of the Midlands in its Medical Missions, in which she helps welcome patients and directs them to their needed services.

**TESSIE KENERSON** is one of the first recipients of the FAAGC *Lifetime Charter Membership* plaques, having been a continuous charter member since 1991. She has served as an officer in various positions and as performer, choreographer and director/coordinator of the *Columbia Fil-Am Cultural Dance Troupe*. She has regularly assisted at the annual gala, at the annual Christmas party, and at the Fil-Am display during the annual Columbia International Festival's *Global Education Day*.

She has also regularly pro-

vided rides to senior citizen friends who need to visit doctors, buy groceries or run other errands. Since her retirement in 2010, she has been very active with St. John Neumann's Catholic Church in various capacities. In addition to giving communion to homebound parishioners, she is a member of the Altar Guild, is as an usher during Sunday masses, and serves in the Health Cabinet Ministry that plans for health fairs and in the Environmental Committee, where she is involved with planning and organizing book sales, donation collections for different charities, park clean-ups, and other ways to encourage people to reduce, reuse, recycle and repurpose.

**ALMA ROBICHAUD**, since joining the Fil-Am in 2009, has been active helping with the *Columbia Fil-Am Children Cultural Dance Troupe*. She has also performed with the adult dance troupe.

A volunteer with the Palmetto Health Hospice since 1993, she helps welcome newly admitted patients to the hospice program, sits with patients to give regular caregivers a chance to have a break, and assists with the bi-monthly memorial services in memory of the patients from Palmetto Health Baptist and Palmetto Health Richland who passed away. She also assists in the annual Brett's Rainbow Bereavement Camp which helps children and adults experiencing loss of love ones deal with their grieving process. [See *Alma's own story on this page*].

How did I get into volunteering? Well, I wanted to find a good activity that not only made me feel better but also allowed me to give something back to others outside the sphere of my family, friends, and work. As a child, I witnessed my mother's generosity as she helped and gave time to others. My goal was to do something positive and good for others like she did.

I decided to sign up for the then Baptist Hospital's Friends of the Hospice in the Midlands program training class in 1993. This program helps patients diagnosed with terminal illness who don't seek active treatment anymore and also provides assistance to their families. The aim is to provide palliative care for patients and help family members so that the final days of the loved one are comfortable and dignified. I've

### Being a Volunteer Is an Enriching Experience

by Alma Robichaud

given over 2,000 hours for the Hospice program, but I've known many extraordinary volunteers that have done plenty and have given much more.

As a volunteer since 1993, my experiences have run the whole gamut from welcoming new patients to celebrating their lives after they pass away. I participate in welcoming patients by delivering what we call a "Love Bag," a white bag topped with blue tissue that contains items which they can use. I've sat with patients in order for the caregiver, usually a family member, to get a break and allow him/her to do things for him/herself. Visiting patients might mean keeping them company, reading to them, hearing them

share their life stories, or simply a quiet time listening to their favorite music with them.

Palmetto Health Baptist is a non-profit organization, and I've helped in some fund-raising activities such as Lights for the Hospice. There have been instances in the past in which I came into the lives of families after their loved one had passed away --- conducting a bereavement visit which focuses on the grieving process for the ones left behind. The hospice conducts a bi-monthly memorial service to honor the memories of those who passed away, an activity that I am currently participating in since I don't have an assigned patient right now.

One program that I also hold close to my heart is the Brett's Rainbow Bereavement Camp. This camp is free and helps children who lose love ones deal with their grieving. This program used to be done over a two-day weekend, and I started volunteering in this program after I became a hospice volunteer. It allowed me then to help by staying out of town overnight, sleeping with a group of children at night, and participating in some of their activities during the day. For a long time now, this yearly event has been done in just a single day. I started volunteering for this camp before I had my daughters, but I continued with it while I was pregnant and after they were in strollers. Now, they join me in volunteering when their school activities permit it.

It means so much to me to  
(continued on Page 5)

I first heard the following Tagalog riddle as a little girl in the Philippines: *“May isang prinsesa, nakaupo sa tasa.”* This literally means *“There is a princess who sits on a cup.”* The answer to the riddle is **KASOY** (cashew). I didn’t fully understand what the riddle meant and just accepted the answer by faith until I finally saw a cashew tree in Palawan many years later.

The cashew is inside the kidney-shaped shell, called the drupe, which grows on the heart-shaped fruit known as the cashew apple. The drupe is the true fruit, while the cashew apple is the false/accessory fruit of the cashew tree. If you turn the picture upside down, you can imagine the drupe as a little princess sitting on a cup in the form of the cashew apple.

The cashew tree’s scientific name is *Anacardium occidentale* where *ana* means “upwards” and *cardium* means “heart.” These terms describe an inverted heart, which is the shape of the cashew apple.

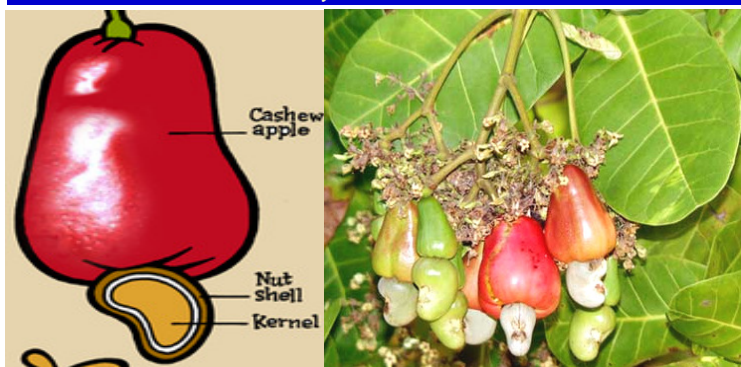
**Possible Allergen**

Although the riddle likens the cashew to a princess, raw cashews actually have the urushiol toxin, which is also found in poison ivy, poison oak, and poison sumac. Urushiol is an oil produced by the plant to protect itself and is found on the outside of the plant.

In the United States, the natural cashew sold in stores has actually been steamed to deactivate or neutralize urushiol. It is important to quickly wash with soap and water areas on the body that might have been exposed to urushiol within minutes of exposure. All items exposed to the sap should also be washed.

Not everyone reacts to urushiol, but allergic reactions can be very extreme (severe itching, redness, swelling and then blisters) once the toxin has been absorbed by the skin.

~~~ **KASOY** ~~~  
**Going Nuts Over Cashews in the Philippines**  
 by I.C. Go



Urushiol can also be inhaled when the plant is burnt.

People with known sensitivities to poison ivy and other plants that have urushiol should be careful around cashew trees and cautiously eat cashews until they know how they will react to them. Ingesting large amounts of urushiol can also be fatal although cashew poisoning is rare.

**Cashew Capital**

You might know about the relatively recent international spotlight on Palawan due to *“The Bourne Legacy”* movie, which was filmed there in February 2012. **Palawan** is also known as the cashew capital of the Philippines, which hasn’t always been the case.

In 2004, around 60,000 acres in Palawan were dedicated to cashew plantation as part of the One Town One Product (OTOP) project. This versatile tree can now be found in every municipality in Palawan and thrives in heavy rainfall and in hot draught conditions. It is able to adapt to different soil types where other crops may not thrive. During my trips to Palawan I always bought several pounds of the freshest cashews I’ve ever tasted.

The cashew tree is actually native to Brazil but was brought to the Philippines during the 17<sup>th</sup> century. There was

a time when the Philippines did not have the mechanical technology to harvest the cashews from the drupes. The harvests were instead exported to China for processing and the Philippines would import cashews into the country. So much more is now known about the cashew tree and no part of this tree goes to waste.

**“No Part Goes to Waste”**

The evergreen cashew tree itself is good for reforestation due to its ability to thrive under different conditions. It grows to a height of 33-40 feet with an irregularly shaped-trunk and a small domed-shaped crown or canopy.

Its wood has been used to build boats and rafts. Its bark can help sore gums and tooth aches. Its leaves can help cure burns, skin ailments, and stomach disorders, while younger leaves can be eaten raw in salads.

Two to three years after planting, the cashew trees start to bear fruit. Full bearing occurs in 10 to 15 years and continues for at least another 20 years. The tree can live up to

30 to 40 years. In the Philippines, the trees bear flowers from November to March. Harvesting starts in February, peaks in May and can last until June.

The young cashew apple is green or purple and becomes completely yellow or red as it ripens and becomes ready for harvesting. The cashew apple gets larger, heavier, softer, and juicier as it matures. The cashew apple falls to the ground when it is ripe. It can be eaten raw or used to make jam, chutney, wine, and other beverages.

The drupe is green and hard when young. The nuts can be harvested when the drupe is ash gray in color.

Cashews are a good source of certain nutrients. The cashew nut and kernel are known to be nerve tonics and stimulants, among other things. The nut meat can be used as antidotes for irritant poisons. The cashew nut shell liquid (CNSL) has been used to treat leprosy, elephantiasis, psoriasis, warts, and corn and cracks in the soles of feet. The roots of the tree have purgative properties.

**Sans Rival**

I particularly like cashews because it is also an important ingredient in the *sans rival* (meaning *without rival*) cake, a very popular dessert in the Philippines.

In the 1920s to 30s, many Filipinos went overseas to study. A number went to France and brought back French cooking techniques.

*Sans rival* cake is made with layers of meringue (*dacquoise*) prepared with crushed cashews that are then baked till crispy. Buttercream frosting is placed in between layers.

*References:* *Images from Wikimedia Commons*  
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**Enriching Experience** ..... (continued from Page 4)

volunteer and it has given me so much pleasure. Helping out was a common activity that my mother practiced with neighbors and her students. I consider myself blessed and very fortunate, and I am forever grateful to Palmetto Health Hospice for giving me the opportunity to do something that has enriched both me and my family in unique ways and also to my family for allowing and understanding me in this activity I am a part of.

## Columbia Fil-Am ELECTION Primer

### VOTERS

- ▶ A paid member can cast one vote during the election. Under the By-laws, those with family memberships are allowed two votes per family.
- ▶ A qualified voter who cannot be physically present during the election may cast a vote via a **proxy**. He/she should notify the Election Committee (ELECOM) **before noon of March 31** regarding the proxy who will vote in and for his/ her behalf.

### ELECOM

- ▶ The Election Committee (ELECOM) supervises the conduct of the election. The ELECOM is empowered to promulgate rules and regulations governing elections.
- ▶ ELECOM members and their immediate families are **not** eligible to run for any elective office.

### CANDIDATES

- ▶ A candidate for any elective position must be a paid member prior to election, and must be present during the election **OR** if he/she cannot be present, must inform the ELECOM of his/her intention to serve if elected. This ensures that only those willing to accept nomination and election can be voted for.
- ▶ Although different members of the same family can be nominated for one or more positions, only **one** member from the same family can hold an elective office during the 2013-2015 term.
- ▶ Under the three-term limit set in the By-laws, all the incumbent officers are still eligible for re-election to their respective present positions, if they so wish.
- ▶ Nominations will be finalized just before the actual voting on March 31.

### DUTIES OF OFFICERS

- ▶ The **PRESIDENT** is the executive officer of the Association. The President presides at all general meetings and Executive Board meetings, call special sessions of the Executive Board, appoint committees, act on behalf of the Association at community functions, report to the general membership all actions taken by the President, other officers, or the Executive Board, and have general supervision responsibilities over all matters pertaining to the organization.
- ▶ The **FIRST VICE-PRESIDENT** assists the President especially in external affairs and act as President in the absence or incapacity

of the President.

- ▶ The **SECOND VICE-PRESIDENT** is in charge of disseminating information regarding membership, seeking new members, and assuring that adequate provisions are made to assure that social functions and meetings have whatever facilities and supplies are necessary. The Second Vice-President also coordinates the standing and special projects committees.

- ▶ The **SECRETARY** keeps minutes of all meetings of the Executive Board, notify and/or send out meeting notices to members of the Executive Board meetings, and reads the minutes of previous meetings. The Executive Secretary attends to all Association correspondence and maintain custody of correspondence files and the originals of all other documents/papers of the Association.

- ▶ The **ASSISTANT SECRETARY** keeps minutes of all general membership meetings and notifies and/or sends out meeting notices to members of the Association. The Assistant Secretary keeps an accurate roster of all members and a list of all standing and special projects committees.

- ▶ The **TREASURER** keeps the financial records of the Association's accounts, receives and issues receipts for Association monies, dues, and contributions, pays all bills of the Association as properly authorized and retains proper vouchers for all disbursements. In coordination with the President, the Treasurer insures that annual income tax returns and license requirements are properly prepared and submitted on time to the appropriate governmental agencies.

- ▶ The **ASSISTANT TREASURER** assists the Treasurer and act as Treasurer in the absence of the Treasurer. The Assistant Treasurer serves as the Association Property Custodian and has control of all properties and equipment of the Association.

- ▶ Each of the five **EXECUTIVE BOARD MEMBERS** can be appointed by the President to assist another officer and/or to serve as chairperson of a standing or special projects committee. When deemed necessary by the Executive Board, a Board member elected at-large may also serve as a temporary replacement officer.

**Be Involved  
In Your  
Association**



## Youth Committed to Fil-Am Dance Troupe

by Odess Brinkman



Together we make a difference as the FAAGC slogan goes! Indeed, these group of children and teenagers, together, had dedicated their time, talents and efforts to make a difference! Each of these dancers has a story to tell on how they go about their busy schedules from home to school, or from after school activities to doing their homework and weekend household chores. Performing before the Fil-Am community at special events like the annual gala and Christmas party, the children and teenagers have always brought entertainment to the delight of the audience.

I have the pleasure of working with the children group as much as I have enjoyed watching the teen group perfecting their dance routine during practices. As cultural dance director of the children group for four years, I don't have to tell you how much effort these children have contributed to the dance troupe. If not accompanied, the children are dropped off by their parents or grandparents at a specified place and time and after about three hours, they are picked up. For the teen group, the dance practice is held at the home of Joette Flora who directs the teen group dancers, while the children dance practice is usually held at the Polo Road Recreation Center.

Fil-Am members who have children 6 to 12 years old who show interest in dancing are most welcome to participate. I would like to encourage you to sign-up during the Easter picnic or send me an email at [filamscusa@gmail.com](mailto:filamscusa@gmail.com).

### Recent Public Performances of the Dance Troupe

- **Korean Fall Festival** — Nov. 10, 2012  
— Korean Community Presbyterian Church, Columbia
- **Festivals of Sharing** — Dec. 8, 2012  
— EdVenture Children's Museum, Columbia  
(FAAGC also had a display on Philippine holiday traditions)
- **Santo Nino Fiesta** — Jan. 12, 2013  
— St. John Neumann School auditorium, Columbia



## COLUMBIA FIL-AM BASKETBALL TOURNAMENT March 9, 2013

The Filipino-American Association of Greater Columbia, South Carolina (FAAGC) hosted its fourth **Columbia FIL-AM Basketball Invitational Tournament** on Saturday, **March 9, 2013**, at the Polo Road Park gym (730 Polo Road, Columbia, SC 29223).

The Charleston team defeated the Columbia team to win the tournament championship. The Augusta and the FAAGC teams were second and third runners-up, re-

spectively. Charleston also received the "best uniform" and tournament MVP trophies.

Proceeds from the tournament and the accompanying food sale fundraiser benefited the *Columbia Fil-Am Scholarship Fund*.

FAAGC acknowledges with thanks and appreciation all the food donors, food servers, tournament staff, and other volunteers for helping make the tournament successful. ❖



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213 GREENWOOD RD  
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103 SADDLECHASE LANE  
Bed: 3 Bath:2. SF: 1442  
\$94,500



804 SUMMIT SQUARE WY  
Bed: 3 Bath: 2.5 SF: 1686  
\$109,900



343 WOODCOTE DR  
Bed: 4 Bath:2.5 SF: 2139  
\$118,000



2213 DART STREET  
Bed: 2 Bath: 1 SF: 702  
\$19,900



109 CHASAN HILL CT  
Bed: 4 Bath: 3 SF: 1988  
\$134,900



227 LUPINE ROAD  
Bed: 3 Bath:2 SF: 1464  
\$102,900



1484 THORNTON DR  
Bed: 5 Bath: 2 SF: 3026  
\$163,900



2425 FEATHER RUN TRL  
Bed: 5 Bath: 3 SF: 2310  
\$204,900



305 PALMETTO AVE  
Bed: 4 Bath: 2 SF: 1635  
\$34,999



702 KELLY MILL ROAD  
Bed: 3 Bath:2 SF: 2750  
\$238,000



107 SUMMIT DRIVE  
Bed: 4 Bath:2.5 SF: 2684  
\$229,900



216 VALCOUR RD  
Bed: 3 Bath:2.1 SF: 1800  
\$79,900



32 ACME ST  
Bed: 3 Bath:1.1 SF: 1404  
\$52,000



125 HUNTWOOD TRAIL  
Bed: 3 Bath:2 SF: 1414  
\$53,700



772 SPIERS DR  
Bed: 3 Bath: 1 SF: 1115  
\$67,995



4626 CORBETT STREET  
Bed: 3 Bath: 1.5 SF: 1275  
\$29,000



374 WISE STREET  
Bed: 2 Bath: 1 SF: 825  
\$23,900

## Columbia FIL-AM CALENDAR OF EVENTS

- \* **March 31, 2013** (Sunday, 1 pm)
  - ▶ **Columbia Fil-Am Spring Picnic, Easter Egghunt & Election of Officers**
  - ◆ **Sesquicentennial Park**  
9564 Two Notch Road, Columbia, SC 29223
- \* **April 13-14, 2013** (Saturday-Sunday)
  - ▶ **Columbia International Festival**
  - ◆ **SC State Fairgrounds**  
1200 Rosewood Drive, Columbia, SC 29201
- \* **June 15, 2013** (Saturday, 1 pm)
  - ▶ **Columbia Fil-Am Summer Picnic & Membership Appreciation Day**
  - ◆ **Weston Lake Recreation Center**  
4420 Leesburg Road, Columbia, SC 29061
- \* **September 21, 2013** (Saturday, 6 pm)
  - ▶ **Columbia Fil-Am 23rd Annual Gala**
  - ◆ **Columbia Marriott Hotel**  
1200 Hampton St Columbia, SC 29201

**Mark Your Calendars Now!**

### Discovering The

**Filipino American Experience**  
A Symposium and Exhibition Celebrating  
Asian Pacific American Heritage Month  
May 18, 2013 (Saturday, 9 am — 4pm)  
The National Archives at Atlanta  
(5780 Jonesboro Road, Morrow, GA 30260)

Free and open to the public, this Fil-Am oriented event will feature oral history presentations, exhibits, cultural performances, traditional Filipino food and children's activities. *For details, visit online:*  
[www.filamexperience.com](http://www.filamexperience.com)

## FAAGC Lifetime Membership Now Available

**L**ifetime membership in the FAAGC is now available to members and others interested in supporting the Association. The relevant part of the recently amended Association By-Laws reads:

Article III. MEMBERSHIP  
Section 3. MEMBERSHIP CATEGORIES

**D.** Lifetime membership may be extended by the Executive Board to any member who has paid or willing to pay the equivalent of twenty (20) years of membership. Lifetime members do not have to pay membership dues afterwards and are entitled to all the rights and privileges of membership.

As part of its 20th Anniversary celebration during the 21st Annual Gala on September 10, 2011, the Filipino-American Association of Greater Columbia (FAAGC) honored 18 long-time charter members who have been continuously dues-paying members since 1991 by naming them as *Lifetime Sustaining Charter Members*. At the 22nd Annual Gala on September 15, 2012, six subsequent qualified *Lifetime Members* have been recognized with commemorative plaques.

Those who may be eligible or interested to become *Lifetime Members* should contact the Treasurer, Nieves McNulty (553-6540; [nmcnulty@columbiasc.edu](mailto:nmcnulty@columbiasc.edu)) or Helen Alon (738-0372; [helenqda@yahoo.com](mailto:helenqda@yahoo.com)).



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**Graduating Fil-Am high school students** are reminded to apply now for the *Columbia Fil-Am Scholarship*. Started in 2002, the Fil-Am scholarship awards are given to college-bound students who have participated actively in FAAGC activities and whose parents are active paid FAAGC members for at least one year. *For details, contact Nieves McNulty (553-6540; [nmcnulty@columbiasc.edu](mailto:nmcnulty@columbiasc.edu)).* Application forms can also be downloaded from the FAAGC website: [www.FilAmSC.org](http://www.FilAmSC.org)

# FIL-AM BULLETIN

"TOGETHER WE MAKE A DIFFERENCE"

of the **Filipino-American Association of Greater Columbia, SC**

★ P.O. Box 24112, Columbia, SC 29224

★ Spring 2013

★ Volume 22, Number 2

★



**Don't Forget:**

**See Y' All There!**

- \* **Columbia FIL-AM Election of Officers and Annual Easter Picnic / Egghunt** will be held on **Sunday, March 31, 2013** at the **Sesquicentennial Park, Columbia.**