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I remembered that “aha” moment many years ago, when Chaminade University decided to launch its nursing program. I was then a new member of the Chaminade’s Board of Regents, and along with then fellow regents Eddie Flores and Robin Campaniano, had hosted a small group of Filipino community leaders to do a tour of Chaminade and to explore opportunities for collaboration. During the discussion, the topic of why Filipino students do not choose Chaminade despite the fact that it is a Catholic school came up. After all, someone reasoned out, many parents send their children to Catholic schools. And one would imagine that they would like to continue that “values-driven” education all the way to college. Then someone mentioned the idea of the group chimed in: “offering nursing, and they will come.”

The proverbial light bulb went on in people’s mind, and that, as they say, is the rest of the story.

The Chaminade University administration, led by then Provost Bro. Bernie Oshiro (currently President of the University), took the idea, explored it further, sought the necessary funding and certification, and opened the School of Nursing a few years later. Today, the Nursing program is one of the most robust academic programs offered by the University, and it continues to meet expectations on growth and development.

At the university’s 2013 commencement ceremonies, the first graduates from Chaminade’s nursing program marched across the dais in a historic moment. I was asked to be the commencement speaker that year, and I could not have been prouder to be part of the discussion.

To say that we have to support nurses is an understatement. To set the stage for further discussion, consider these statistics on nursing: (From Hawaii State Center for Nursing)

• Nurses are one of the most trusted professions.
• Nurses represent the largest segment of the health care industry.
• According to the US Bureau of Labor Statistics, it is also one of the fastest growing professions in the country.
• With health care getting more and more complicated, federal projections indicate that there will be a 36% in the demand for nurses amongst hospitals by 2020.

In Hawaii, the biggest bulk of the nurses are baby boomers (ages 45-70) and many are expected to retire in 5-7 years.

One other fascinating statistic: According to the U.S. Bureau of Labor Statistics, “the Philippines contributed by far the highest number of individuals to the US pipeline of nurses in 2010 — almost seven times that of South Korea, which ranked at number two. I think that nurses from the Philippines, followed by 750 from South Korea, 640 from India, and 425 from Canada.

The Philippine-trained nurses come to the United States? It’s primarily driven by economics. A nurse in the Philippines are formally bring home an average monthly rate of $26.65 per hour or about $320 for a 12-hour shift. They would like to assert that for many Filipinos, it is more than just money that motivates these nurses. Inherently to our culture, Filipinos are a caring nation, and we simply reach out to those in need.

Even Anthony Bourdain, in his latest version of the CNN news special, ‘Parts Unknown’ tries to explain this aspect of the Filipino psyche which he covers in the program: “This episode is an attempt to address the question of why so many Filipino-trained nurses come to the United States because of a special relationship between the mother country and its former colony.”

In more recent times, when the United States faced the U.S. Immigration laws in 1965, it gave birth to the third wave of Filipino nurse immigration. It allowed Filipino nurses and other professionals to immigrate to the U.S.

The fourth wave is supposedly on the way and evolving, which adds, “We’ve been really worried about the future workforce because we’ve got almost 900,000 nurses over the age of 50 who will probably retire this decade, and we’ll have to replace.”

However optimistic the horizon may be, there are still challenges for today’s nurses, particularly those who live and work in Hawaii. This takes just more than just this column to do psycho analysis of why we produce so many people who work in the health care industry. Let’s focus on nurses, however, and we begin to understand that their migration to Hawaii was not a recent phenomenon.

There were actually three separate migration waves for nurses

a) The first wave of nurses was recruits by the US Army shortly after the United States started colonizing the Philippines. The Pensionado Act of 1933, which allowed Filipino nursing students were amongst those who were sent to the United States to work in nursing education.

b) In 1948, the second wave of nurses from the Philippines started arriving after the U.S. State Department set up an Exchange Visitor Program to “combat Soviet propaganda”. The Philippines and the Philippines were amongst those that were sent to the United States to work in nursing education.

Here are Hawaii’s ranking when compared to other states: (note: 1 is Best and 25th is average)

• Amongst the various categories, it is sad that Hawaii’s best ranking is #25 (in the average number of hours worked).

• #41 in commute time

• #34 in median starting salary per capita

• #49 in number of health care facilities per capita

• #50 in community college cost last in monthly median starting salary, adjusted for Cost of Living.

We hope you will join us as we say mahalo to all our hardworking nurses. We are grateful for all that you do to ensure the health and welfare of our community is properly maintained.

In this issue, we also say Mabuhay as we celebrate the community’s Filipinos de Mayo and Fiesta which will be held on Saturday, May 14, 2016 at the Kapilolani Park. We hope you will come and support the Filipino Nurses’ Association which have strong initiatives in place.

We will also have the Fil-Am Courier booth at the Festival.
In celebration of Nursing week 2016, the Filipino-American nursing community was photographed by the talented James Ramos.

James can be reached by 808 345-3924.

Cover concept by Noah Felipe. Mahalo to Jeff Orig.

Both Noah and Jeff can be reached at www.origmedia.com or at 447-9559.

The Art of Caring
National Nurses Week 2016

In many hospitals across Hawaii, in countless hospital rooms, a nurse is like a beehive of activity as she (or he) monitors the condition of the patient. It does not matter the time of day, a nurse is a figure of effectiveness and efficiency, yet mind you, at a moment’s notice, her warm protective nature swoops in, to comfort the patient and attend to their needs.

Who amongst us has not benefitted from the tender care of a nurse? The nation celebrates this week, all the wonderful attributes that make nurses our everyday heroes.

Centering on the theme, “cultivating the culture of safety”, the occasion will be marked by various activities.

Hawaii’s Filipino nurses added their voices to the celebration and spoke to the Fil-am Courier in exclusive interviews spread out over a week.

Nancy Walch, a Past President of FNOH, was one of the organizers of the special effort to honor the nursing legacy especially since Filipinos comprise a significant portion of today’s nursing population. Born and raised in the Philippines, Walch confessed that she initially wanted to be a doctor when she was growing up but somehow, it became clear that nursing was to be her destiny.

Nancy embraced it and has not looked back ever since. “If I were to make a choice all over again, I would still choose to be a nurse.”

“After all”, she concluded, “for the past 15 years, Gallup poll has deemed nursing as the most trusted profession.”

Walch believes though that Filipino-American nurses need to aspire to leadership positions. “They’re good caregivers, but our people don’t necessarily need to know how to progress and advance in their careers.”

“I believe the future for nursing is bright; it is the hope of health care, especially considering that people are living longer. I hope that Filipino-Americans can push themselves to pursue higher education and become administrators.”

Walch practices what she preaches. Despite the challenges of running her own successful business, she had gone back to school.
to pursue a Doctorate in Nursing Practice (DNP) at the University of Hawaii.

Walch’s advise to young graduates: “Look for a mentor. Let this person be your role model. Do the right thing at the right time. Never compromise the welfare of your patient. Instead, always advocate for your patient.”

Ramon Sumibcay shares Walch’s views and considers the nursing shortage as the biggest threat to their profession. Sumibcay is the President of the Philippine Nurses Association of Hawaii. (PNAH)

“Any kind of outreach to students should be pursued. We need to establish good relations with the various nursing schools. Ideally, we would want to assign our members to be liaisons with each school. That collaboration will pay dividends in the future.”

Sumibcay is equally proud of a program which his organization started and which seeks to encourage the rest of the organization to lead healthier lifestyle. “Our nurses take good care of other people but not themselves,” said Sumibcay, “they work long hours and don’t really eat on time. Our program will nudge them to take the steps so they can lead long fulfilling lives.”

Sumibcay also shared that PNAH is looking for community partners to do additional outreach. He said they are also casting a wider net to recruit community health navigators who can assist them with their health education efforts.

When asked about where he thinks the nursing profession is going, Sumibcay said he would like to see than in ten years, there will no longer be shortages of nurses.

“The baby boomer generation is slowly passing on, and most of the people acknowledge that. So we need to be more pro-active in getting the millennials to work in the nursing profession.”

President of the Filipino Nurses Organization of Hawaii (FNOH) Stephanie “Penny” Chung could not agree more. Her organization is the oldest nursing association in Hawaii as it was established by Ines Cayaban, Hawaii’s first Filipino-American nurse.

Chung believes that the way to encourage new nurses to stay in the profession is to keep them focused on why people were drawn to the profession in the first place.

“Money is obviously not the main driver when people choose to go into nursing. Armed with good intentions, we are the type who wants to make a difference. We

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James Ramos Photography
Bennette Espineli Misalucha is the Fil-Am Courier’s Managing Editor. She has been affiliated with the Courier since 1987 as a contributing writer and as Managing Editor since April 2013. She started her career as a journalist, and was a reporter/producer both in Hawaii (at KHON Channel 2 News) and in Cebu, Philippines.

Pennie Chung

The University of Hawaii’s College of Nursing will be celebrating its 60th birthday this year by honoring 60 of its outstanding alumni. The honorees, who are of Filipino-American include the following:

a) Richelle Asselsteine
b) Nancy Atmospera Walch
c) Clementime Seria-Ulep
d) Sharon Contrades
e) Gloria Fernandez
f) Julie Gamboa
g) Larson Layuga

Top Washington DC immigration law firm has opened an office in Honolulu and is offering FREE immigration consultations with founding partner, David Garfield. Please call or email for an appointment.
There will be a free Forum on housing loan programs, affordable housing, and PAG-IBIG savings program in the Philippines on May 15, 2016, Sunday, 10:00 am-12:00 noon at the Philippine Consulate General.

The forum will be conducted by PAG-IBIG Fund, in partnership with the Philippine Consulate General. An open forum/Q and A with our resource speakers from PAG-IBIG will follow their presentations.

The Pag-IBIG Fund (Home Development Mutual Fund) is the Philippine government institution mandated to offer provident savings programs and housing finance... to its members worldwide. Pag-IBIG is an acronym which stands for Pagtutulungan sa Kinabukasan-Ikaw, Bangko, Industriya, Gobyerno. Roughly translated, it means the synergy among its different stakeholders (the employees or workers, banks and other financial institutions, the different industries/companies and the government) Membership benefits include access to the Fund’s savings program which includes annual dividends, and to the short-term and housing loan facilities at affordably low interest rates.

Please RSVP by May 10, 2016 to this email address pcghonolulu.culturalsection@gmail.com or call 808-595-6316 to 19.
MARTIN NIEVERA IS COMING HOME TO HAWAII TO PERFORM FOR YOU!

1 p.m. Plus, Award-Winning Elvis Tribute Artist – Leo Days from the mainland will perform the hits of Elvis in a show receiving rave reviews at 1:30 p.m. Hawaii’s first “American Idol” and KITV4 On-Camera Personality – Jordan Segundo will perform at 3 p.m. Emcee and Entertainer Al Waterson will be introducing the acts in the afternoon.

The annual Filipino Fiesta began 24 years ago when L & L Drive-Inn founder Eddie Flores initiated the celebration as part of the awareness not should always remain grounded and never forget where he or she came from. That among other things is the magic of Hawaii. Time stands still even when you don’t......

You can catch Martin Nievera’s exciting performance at 4 p.m. on May 14 at The Kapilolani Park Bandstand. He is the main headliner for this annual event which celebrates its 24th year and admission is free to the public for Martin’s performance and for all of the entertainment throughout the day.

The day-long Festival begins with a colorful parade on Kalakaua Avenue at 9 a.m. which ends in Kapilolani Park. Then the entertainment begins on stage with a variety of local singers and cultural dancers. Some of the highlights onstage will be Sam Milby (Superstar Vocalist) and Comedian Gelo at 11:30 a.m. and Giselle Tongi (Host and Producer of Kababayan Today) will take the stage at 1 p.m. and 3 p.m. A huge variety of dolphin shows, food booths and autograph sessions will keep visitors entertained throughout the day.

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The celebration includes the traditional Santacruzan processional. Janine Marie Raymundo Tugonon, a Filipino Model, Television Presenter and Miss Universe-Philippines 2012 and First Runner-Up at Miss Universe 2012 will grace the event as Reyna Elena for the Santacruzan.

In addition to the fantastic entertainment, there will be a variety of food booths to enjoy and autograph sessions with the stars.

The annual Filipino Fiesta began 24 years ago when L & L Drive-Inn founder Eddie Flores initiated the celebration as part of the awareness...
campaign to garner support for the building of the FilCom Center. It has since become Hawaii’s largest showcase of Filipino culture with an annual attendance of more than 10,000 people attending each year.

This year’s theme for the fiesta is “Sama-Sama sa Saya” or “Happy Together”, highlighting the common Filipino nature of being happy and hospitable. Bring the whole family to The Filipino Fiesta on May 14 to enjoy a day of happiness!

Filipino Food, Cultural Activities & More!
24th Annual Filipino Fiesta & Parade

FILIPINO FIESTA ENTERTAINMENT SCHEDULE
KAPIOLANI PARK BANDSTAND - MAY 14

10:00 A.M. - Host - Amelia Casamina Cabatu - FILCOM
10:00 A.M. til 11:30 A.M. - Locally-based singers and dancers will perform
11:30 A.M. - Host - Gelo of Barangay USA (ABS-CBN - TFC)
11:30 A.M. til 12:30 P.M. - Sam Milby
12:30 P.M. - Host - Via Bokhoven - SEAFOOD CITY
12:30 P.M. til 1:00 P.M. - Locally-based singers and dancers will perform
1:00 P.M. - Host - Amelia Casamina Cabatu - FILCOM
1:00 P.M. - Drawing - 1 Round Trip Ticket to The Philippines from Everlasting Travel (Must be present to win)
1:00 P.M. til 1:30 P.M. - Locally-based singers and dancers will perform
1:30 P.M. - Host - Al Waterson
1:30 P.M. til 2:15 P.M. - Leo Days - Elvis Tribute Artist with two dancers
2:15 P.M. - Giselle Tongi - KIKU/KABABAYAN TODAY
2:15 P.M. til 3:00 P.M. - Locally-based singers and dancers will perform
3:00 P.M. - Host - Al Waterson
3:00 P.M. til 3:30 P.M. - Jordan Segundo
3:30 P.M. - Host - Amelia Casamina Cabatu - FILCOM
3:30 P.M. til 4:00 P.M. - Locally-based singers and dancers will perform
4:00 P.M. - Hosts - Al Waterson and Sol Solleza - PHILIPPINE AIRLINES
4:00 P.M. til 4:45 P.M. - Martin Nievera
4:45 P.M. - Host - Amelia Casamina Cabatu - FILCOM
4:45 P.M. til 5:00 P.M. - Grand Prize Drawing - 2 Round Trip Tickets to The Philippines from Philippine Airlines (Must be present to win)
Hands that turn caring into action
Touch that turns compassion into comfort
Smiles that turn love into healing...
Happy Nurses Day!

Happy Nurses Week to our daughter,
Kristine Laguit, RN, BSN,

Love and Best Wishes, Mom and Dad
Eddie and Noemi Laguit

Happy Nurses Week
Ashley Atmospera, CN III, BSN, CMSRN
We are very proud of your accomplishments and Congratulations!

Love from
Dad, Mom and Brother
Sonny, Goria & Germain Atmospera

Happy Nurses Week
Katherine Valdez, Janette Valdez and Joey Alagonez

Love, Mom and Dad
Romeo & Charmen Valdez

Happy Nurses Week to our daughter,
Desiree Talavera, RN, BSN, MSN, PhD Student

Love from
Mom and Dad
Edgar & Elsa Talavera

Congratulations to our Children for becoming Nurses, the most Trusted Profession for 15 years! Happy Nurses Week!

Michelle Tan, Michael Tan,
Kristine Tan & Ashley Tan

Love from Mom and Dad
Cornelio and Fanny Tan

Happy Nurses Week to my Daughter Jocelyn Gomez, RN, BSN and daughter in-law Noe Gomez, RN, BSN

Very Proud Mom,
Maria Gomez
Hands that turn caring into action
Touch that turns compassion into comfort
Smiles that turn love into healing...
Happy Nurses Day!

Happy Nurses Week to ALL Nurses, but especially to
Nancy Atmospera-Walch
for being nominated to the National Board of the Philippine Nurses Association of America

Edith Guday
Owner of Everlasting Travel
tel. No.

Greetings from
Dr. Arnold and Dory Villafuerte

Happy Nurses Week to ALL Nurses, but especially to
Nancy Atmospera-Walch, one of the 60 Outstanding Alumni being Recognized by the UH Manoa School of Nursing during their 60th Anniversary for her Leadership, Excellence & Innovation!

Greetings from
The Callo Family
Stephen, Angeli and Stephanie

Congratulations to ALL NURSES but most especially to our Dear Friend, Nancy Atmospera-Walch for being nominated to the National Board of the Philippine Nurses Association of America

Greetings from Dr. Arnold and Dory Villafuerte

Our Warmest Greetings to ALL Nurses and Thank You for all that you do!
Happy Nurses Week to ALL, especially our GREAT ADVANTAGE Health Nurses

Greetings from Nancy Atmospera-Walch, RN, BSN, MPH, NHA, MChES, CCHN, CMC, DNP Student (2017)

Happy Nurses Week to ALL Nurses, but especially to Nancy Atmospera-Walch, ONE of the 60 Outstanding Alumni being Recognized by the UH Manoa School of Nursing during their 60th Anniversary for her Leadership, Excellence & Innovation

Greetings from Boy & Bernadette Fajardo
B2B Printing

Greetings from
Dr. Lindy Aquino

The Philippine Nurses Association of Hawaii (PNAH) and its friends Congratulates Nancy Atmospera-Walch on her Nomination to the National Board of the Philippine Nurses Association of America (PNAA)! Good Luck Nancy! PNAA invites ALL Nurses to Join them on their 37th Annual National Convention on July 20-24, 2016 in Washington, DC!
The Philippine Nurses Association of Hawaii (PNAH) Members Congratulates Ramon Sumibcay and all of the new PNAH Officers and Board Members on their in-coming installation as the 2016-2018 PNAH Officers during the up-coming 9th Biennial Philippine Nurses Association Gala on May 14, 2016 at the Ala Moana Hotel. PNAH invites ALL of you to join them and help them Celebrate the 2016 Nurses Week.

Hands that turn caring into action
Touch that turns compassion into comfort
Smiles that turn love into healing...
Happy Nurses Day!
Hands that turn caring into action
Touch that turns compassion into comfort
Smiles that turn love into healing...
Happy Nurses Day!

Happy Nurses Week to ALL Nurses!
More Power to All!

Congratulations,
Liza Cabaccang, RN, BSN, CNN

Happy Nurses Week to All and Congratulations!
Best Wishes,
Aurora Sera, RN
Owner, Sera ARCH-Expanded

Congratulations to All Nurses!
Happy Nurses Week 2016
Best Wishes,
Tina Salvador, RN, BSN

"Toassic and I wish all nurses "A Happy Nurses Week" especially the nurses in our family,
Ledi Precious Sumibeay, Delia Diola-Dilo Sumibeay
and Nuelle Sumibeay, and to all our PHAA Ohana.

Congratulations and
Happy Nurses Week
Best Wishes,
Stephanie Chung,
RN, BSN, MSN, DNP Student

Violeta Arnobit, RN, BSN
Hands that turn caring into action  
Touch that turns compassion into comfort  
Smiles that turn love into healing...  
Happy Nurses Day!

Happy Nurses Week to All!

Best Wishes from
The Jacob Nurses,
José Jacob, MSN, ED, RN  
Marinella Jacob, MSN, APRN, FNP-BG, RN  
Natalie Jacob, BSN, RN

Happy Nurses Week to our Daughter,
Lisa Fernandez Yokoyama, RN

Love from
Mom and Dad
Elias and Tina Fernandez

Congratulations and
Happy Nurses Week to our daughter
Jaqueline Dardeen, RN, BSN

Very Proud of your accomplishments!
Love from Mom and Dad
Jun & Violet Sadural

Congratulations to our two daughters
who followed my footsteps and
joined the Most Trusted Profession, Nursing!
Happy Nurses Week
Cielito Swartz, RN, BSN, MSN
Mary Grace Dowd, RN, BSN

Love from Mom and Dad
Edel Matias, RN, BSN
Orlando Matias

Happy Nurses Week to my Daughter
Jaymilette Gaoing Moken, RN
Congratulations on becoming a Nurse,
the Most Trusted Profession

from
Mom (Letty Saban), Jayden
and Devani

We salute to ALL the NURSES for their
love and dedication to maintain healthy
and comfortable living!!!

Glory-Ann R. Velasco, RN, CRRN
Hands that turn caring into action
Touch that turns compassion into comfort
Smiles that turn love into healing...

Happy Nurses Day!

Happy Nurses Week to All Nurses!
More Power to You All!

Happy Nurses Week to ALL Nurses,
but especially to
Nancy Atmospera-Walch,
ONE of the
60 Outstanding
Alumni being
Recognized by
the UH Manoa School
of Nursing
during their
60th Anniversary
for her Leadership,
Excellence &
Innovation!

Happy Nurses Week to ALL Nurses and Caregivers,
especially to my
Mom’s caregiver.

Happy Nurses Week to All Nurses,
but most especially
my friends.
You are all
Angels on Earth!

Love,
Mom, Levy Vargas

Vanessa Tan Kop

Amelia Casamina Cabatu

Espie Badua

Naty Miyat
Owner, Miyat Community Care
Foster Family Home

Marcelo and Sylvia Ibera
Owners of MSI ARCH-Expanded
by Dr. RICKIE CAMARA

May, the fifth month of the year, in the midst of Spring, is upon us. Several planets are running retrograde now for varying periods of time; so it is nice to turn inward and reflect and review. May is also Mental Health Awareness Month, serving as another reminder to mind our health.

Mental health is our sense of emotional, psychological, social and spiritual well-being. It encompasses our physical health as a body that is not at ease, i.e. diseased, will affect how we think, feel, and act. Being well is a sense of contentment; a happiness without attachment to the need to be happy or the continuous search for it.

This contentment, this happiness, is not a thing or a state that happens to you; it is something that you do. It is not something found outside of you; it is something you constantly create. The more you rely on circumstances outside yourself to make you happy, the more you deplete your energy and inner resources.

Something you enjoy externally through the senses gives you pleasure, and is transient. Controlling the senses and turning it inward like a mirror to reflect your true Self brings that joy which is permanent. Many people even abdicate their self-esteem to others; feeling worthy and confident based only on how they are judged or accepted by others. Self-esteem is not something you get from others or a state that happens to you; it is something that you actively do to manifest positive attitudes toward yourself.

A chronic negative self-esteem and lack of feeling of well-being can lead to states of depression. The National Center for Health Statistics recently reported that suicide in the United States is at its highest levels in nearly 30 years with increases in every age group, and rising steeply in women and even in girls as young as 10 – 14 years old. This finding is consistent with other research that shows a general unhappiness and malaise, even a sense of desperation, in this country with links between poverty, hopelessness, and health.

It is no wonder that the current political mood is to look for someone ‘outside’ of the system whilst in reality change can only occur from within us.

When one realizes, i.e. feels it experientially in their bones, that they are God-embodied, the “Kingdom within,” will one attain true Self-esteem. The purpose of life is to awake to God-consciousness; not only is God within but everything is dissolved in God. “There is no Reality but God; there is only God” (Rumi). Every cycle of birth and death, creation and destruction; every duality of bad and good, light and dark is transcended in the Unity of God.

This Self-Realization of God-Consciousness, this source of true Self-esteem, is not a state that comes to you; it is something that you do. Live simply, within your means. Control your mind to stay away from negativity and focus on positive expectations. Control your senses so you can turn it inward to reflect your true inner state. Meditate daily and live a life of self-reflection, continuously learning where you get drawn and distracted to so you can keep bringing the seat of attention to your true Self. There are no mistakes, only lessons; no obstacles, only opportunities. Learn to trust and have Faith in your Self. Be gentle and grateful that you may receive the grace of Self-Realization. Embrace the perfection and immortality that you already are in God.

And the happier you are in this Realization, the more you will want to share this inner joy with others. Don’t be stingy! The more you give, the more you will receive. Love is indeed the key; selfless, limitless, undying love. Having reached a state of God-Consciousness and having shared it with others, just let Go(d) and come what may.

Mental health is our sense of emotional, psychological, social and spiritual well-being. It encompasses our physical health as a body that is not at ease, i.e. diseased, will affect how we think, feel, and act. Being well is a sense of contentment; a happiness without attachment to the need to be happy or the continuous search for it.

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When one realizes, i.e. feels it experientially in their bones, that they are God-embodied, the “Kingdom within,” will one attain true Self-esteem. The purpose of life is to awake to God-consciousness; not only is God within but everything is dissolved in God. “There is no Reality but God; there is only God” (Rumi). Every cycle of birth and death, creation and destruction; every duality of bad and good, light and dark is transcended in the Unity of God.

This Self-Realization of God-Consciousness, this source of true Self-esteem, is not a state that comes to you; it is something that you do. Live simply, within your means. Control your mind to stay away from negativity and focus on positive expectations. Control your senses so you can turn it inward to reflect your true inner state. Meditate daily and live a life of self-reflection, continuously learning where you get drawn and distracted to so you can keep bringing the seat of attention to your true Self. There are no mistakes, only lessons; no obstacles, only opportunities. Learn to trust and have Faith in your Self. Be gentle and grateful that you may receive the grace of Self-Realization. Embrace the perfection and immortality that you already are in God.

And the happier you are in this Realization, the more you will want to share this inner joy with others. Don’t be stingy! The more you give, the more you will receive. Love is indeed the key; selfless, limitless, undying love. Having reached a state of God-Consciousness and having shared it with others, just let Go(d) and come what may.

Mental health is our sense of emotional, psychological, social and spiritual well-being. It encompasses our physical health as a body that is not at ease, i.e. diseased, will affect how we think, feel, and act. Being well is a sense of contentment; a happiness without attachment to the need to be happy or the continuous search for it.

This contentment, this happiness, is not a thing or a state that happens to you; it is something that you do. It is not something found outside of you; it is something you constantly create. The more you rely on circumstances outside yourself to make you happy, the more you deplete your energy and inner resources.

Something you enjoy externally through the senses gives you pleasure, and is transient. Controlling the senses and turning it inward like a mirror to reflect your true Self brings that joy which is permanent. Many people even abdicate their self-esteem to others; feeling worthy and confident based only on how they are judged or accepted by others. Self-esteem is not something you get from others or a state that happens to you; it is something that you actively do to manifest positive attitudes toward yourself.

A chronic negative self-esteem and lack of feeling of well-being can lead to states of depression. The National Center for Health Statistics recently reported that suicide in the United States is at its highest levels in nearly 30 years with increases in every age group, and rising steeply in women and even in girls as young as 10 – 14 years old. This finding is consistent with other research that shows a general unhappiness and malaise, even a sense of desperation, in this country with links between poverty, hopelessness, and health.

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The 74th Araw ng Kagitingan, also known as the “Day of Valor,” was observed for the first time at the Main Memorial Shrine in the National Memorial Cemetery of the Pacific (NMCP) at Punchbowl in Honolulu on April 16, 2016. In previous years, the ceremonies were held at the Outlook. Nearly 200 guests attended the ceremony including about 20 veterans and their families, U.S. and Philippines government officials, State and County officials, military officers from the U.S. Pacific Command, and Hawaii Filipino community leaders.

This annual commemoration ceremony was spearheaded by the Philippine Consulate General in Hawaii in coordination with the U.S. Pacific Command, and the Philippine Celebrations Coordinating Committee of Hawaii (PCCCH), chaired by Allan Alvarez. The ceremony paid tribute to the fallen heroes who fought for freedom during the Second World War. Philippine Ambassador to the United States Jose L. Cuisia, Jr., served as guest of honor and speaker.
Angie Dytioco Santiago, our Gathering Place columnist, is a U.H. Manoa graduate. She is currently a Governor of the United Filipino Council of Hawaii (UFCH), a Public Relations Officer for the Bulacan Circle & Associates of Hawaii (BCAH) and a member of the Philippine Celebrations Coordinating Committee of Hawaii (PCCCH). She served as 1st Vice President of the Oahu Filipino Community Council (OFCC) from 2013 to 2014 and as the BCAH President from 2010 to 2012. She is the daughter of Angel & Rubing Dytioco and is married with two sons. She enjoys photography and participating in cultural and social activities and events.

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Michael Paulo, one of the hottest musicians in Smooth Jazz and one of the greatest artists of Filipino descent to ever come from Hawaii, is celebrating his 60th birthday with a huge birthday bash/concert on May 14 at The Hawaii Convention Center – Liliu Theater at 8 p.m. Michael Paulo is one of the most versatile and cosmopolitan saxophonists in pop, soul and contemporary jazz for nearly 35 years and has added his distinct saxpertise to an impressive list of artists: Al Jarreau, Rick Braun, Oleta Adams, Kenny Loggins, Patti Austin, Jeffrey Osborne, Jeff Lorber, David Benoit, Bobby Caldwell, Johnny Mathis and more. He has invited some very special guest artists to join him onstage for his birthday celebration including some big Filipino Stars: Peter White (International Acoustic Guitarist), Pauline Wilson (Grammy Award Winning Vocalist), Boy Katindig (International Jazz Pianist), Rene Paulo (Legendary Pianist), Jordan Segundo (“American Idol” Finalist – Season 2) and more. Al Waterson (Popular Entertainer) will be emceeing this incredible evening. Tickets can be purchased at TIX.com or (951) 696-0184. For more information, check out www.michaelpaulo.com

Get ready for the biggest Filipino Fiesta ever to be held in Honolulu on May 14 at The Kapiolani Park Bandstand at 10 a.m. til 5 p.m.! The entertainment line-up is spectacular! The headlining artist is Megastar from The Philippines – Martin Nievera. Although Martin was born in Hawaii, he has become one of the most popular entertainers ever in The Philippines and achieved major success in concerts across the nation and around the world as a premier vocalist. Martin has not performed in Hawaii for over three years, so this is his homecoming performance. In addition, ABS-CBN is presenting superstar vocalist - Sam Milby and Comedian - Gelo. Plus, Award-Winning Elvis Tribute Artist – Leo Days from the mainland will perform the hits of Elvis in a show which receives rave reviews worldwide. Hawaii’s first “American Idol” and KITV4 On-Camera Personality – Jordan Segundo will perform. Emcees will include Al Waterson (Entertainer), Giselle Tongi (Host and Producer of Kababayan Today) and Amelia Casamina

By NANCY BERNAL

Giselle Tongi
Sam Milby
Boy Katindig
Pauline Wilson

Martin Nievera

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Lani and Noli Misalucha
Cabatu (Emcee). Numerous local artists and Filipino cultural dance troupes will also participate. And the best part is ADMISSION IS FREE! Bring the whole family for this incredible showcase of talent. There will be lots of food booths! Enjoy a wonderful parade on Kakakaua Avenue at 9 a.m. that ends at the Kapiolani Park Bandstand! Mark your calendars – May 14!

After a very successful “Laugh Under The Stars” Tour raising money for BRAVE Hawaii, and celebrating 25 years of doing comedy with sold-out shows statewide, Augie T announces the “Chance Em Tour” with the legends of Hawaii comedy: Frank Delima, Mel Cabang and Augie T. The tour kicks off with a show on Oahu on May 27 at The Hawaii Theater at 7:30 p.m. The tour then continues on Kauai on June 4, Hilo on June 10, Kona on June 24 and Maui on July 1 and July 2. For more information, check out www.AugieT.com.

The 2016 Hawaii Pet Expo is happening on May 7 and 8 at The Blaisdell Exhibition Hall at 10 a.m. til 4 p.m. This annual event offers a wide variety of booths featuring pet products, organizations and general information about animals. There are also dog and cat shows. Admission is free and you are welcome to bring your own pet to enjoy this special event.

Leo Days (Top Elvis Tribute Artist) is back in Hawaii by popular demand to perform in select shows. His Tribute to Elvis Show is a big hit showcasing the tunes of Elvis, as only Leo Days can do. He truly reigns supreme in captivating the sound, moves and look of musical icon Elvis Presley. While in Hawaii, Leo Days made promotional appearances on KHON2’s “Living 808” Television Show and The KITV4 Morning Show. Check out his performance at The Filipino Fiesta at Kapiolani Park on May 14 at 1:30 p.m. For now, That’s Entertainment! (If you would like to submit entertainment information, please contact Nancy Bernal at 947-5736 or e-mail her at Nancy Bernal@aol.com)

Lani and Noli Misalucha love Hawaii and they send their best wishes to all of their friends in the Aloha State. Leo Days (Top Elvis Tribute Artist) is back in Hawaii by popular demand to perform in select shows. His Tribute to Elvis Show is a big hit showcasing the tunes of Elvis, as only Leo Days can do. He truly reigns supreme in captivating the sound, moves and look of musical icon Elvis Presley. While in Hawaii, Leo Days made promotional appearances on KHON2’s “Living 808” Television Show and The KITV4 Morning Show. Check out his performance at The Filipino Fiesta at Kapiolani Park on May 14 at 1:30 p.m. For now, That’s Entertainment! (If you would like to submit entertainment information, please contact Nancy Bernal at 947-5736 or e-mail her at Nancy Bernal@aol.com)
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