



FCAN NEWSLETTER

The FCAN 2023 Cultural Ambassador, Successfully Selected!

(by Carlos Fajardo)



February 11, 2022 – At the monthly executive board potluck meeting, the cultural ambassador for 2023 was successfully selected. The association was fortunate to have received a couple of very impressive applicants this year, Kenneth Lagmay and Kyla Dela Cruz. The two youngsters' both possess the high qualities of an ambassador the FCAN is in search for. The members of the board are very appreciative for the opportunity to meet, greet and listen to what the vying "ambassadors to be" have to say. Both Kenneth and Kyla spoke and presented themselves very well and in a mature manner. But in the end, one must be chosen.

The cultural ambassador is chosen based on positive personality, attitude, poise, communication skills, personal achievements and the FCAN and other Filipino organizations' involvement by the applicant or his/her family. The judging exercise ultimately resulted to picking the applicant who garnered the highest accumulated/weighted judges' scores.



The association's executive team is proud to announce the selection of **Kenneth Lagmay as the FCAN 2023 Cultural Ambassador**. The 7-member panel selection team and the entire executive board would like to thank Kyla Dela Cruz and her parents, Gilbert and Hazel, for allowing us to meet and to have known a very talented young lady and we hope to see her apply again in the next year's ambassador's search.

Kenneth will officially take over the portfolio from the current FCAN Cultural Ambassador, Ethan Zamora, at a featured inauguration during **"The Ambassador's Ball" to be held on March 25, 2023, at the Ovation Ballroom, Festivities Events and Catering, 1311 Egerter Road, Port Robinson, Ontario.**

The Ambassador's Ball also offers a fun-filled night of passed hors d'Oeuvres, a 4-course dinner, cash bar, dancing, door prizes, 50/50 draw, a gift basket draw and late snacks. Tickets are available for \$65 each by calling any one of the members of the FCAN executive board as listed at the bottom of page 4 of this newsletter. Please come out, support, call and get your tickets soon!

(photos by Arlene Alerta)

President's Message

Since the new year has begun, the association's executive board is filled with optimism and a lot to look forward to at the FCAN affairs.

The last few years have been anything but normal and worrisome at times, but with every member's assistance and combined with the very energetic and ever cohesive executive team, the association's programming, events and activities are expected to be in full swing this year.

We encourage all members to continue to get involved and support FCAN through membership dues payments, volunteering, sponsorship, in-kind donation, events ticket purchase & participation, taking part in fund-raising, seeking new members and other means.

Thank you for allowing us to be there for you and "you & us both" to be there for the association!

Wholehearted Words from Ethan Zamora, the reigning FCAN Ambassador



As the Filipino-Canadian Association of Niagara (FCAN) ambassador since 2020, it has been an honour to be your ambassador up until now. It is quite unfortunate that I was not able to participate in any of the open houses or attend multicultural events that were planned for my campaign. My experience as the ambassador is not exactly what I had pictured. The pandemic as it did to my campaign in 2020, had affected the entire FCAN's regular business. The joy I had to be ambassador were gone upon hearing the news of numerous cancellations. As ambassador, it was my job to spread our beautiful culture to other organizations.

While the pandemic halted my progress, it did not stop me from spreading our culture to others. As a post secondary student at McMaster University, I still found myself looking to integrate myself with the Filipino culture. I have joined a club called FMSA, the Filipino McMaster Student Association, where I am now placed at an Associate position. Joining this club allowed me to

remember all the sentiments I had when I was in FCAN.

As a first generation Filipino Canadian, my knowledge was quite limited in respect to the role as a cultural ambassador. However, the joys I had meeting other children my age and learning more about Filipino culture really made me put into perspective on how beautiful our culture is.

FCAN and FMSA have taught me to truly embrace and appreciate our Filipino culture. FCAN had allowed me to learn and practice traditions that my parents performed as children. Our beloved tradition dance, Tinikling, has always been something that felt natural to me, something that I want to perform for others and now I have the chance to perform and teach this dance to McMaster students.



Ethan with his family – (standing M-R) dad Dennis, sister Therese Chelsea and (sitting) mom Clarisa

While my term as ambassador was not ideal, this role had taught me to truly appreciate who I am as a Filipino. For that, I truly want to thank the FCAN community for their support and kind gestures. For the youth, may it be a small role or large role, I ask you to join any Filipino community. Stay involved with your culture, as you never know when you'll get a 100-fold return.

About the Author: Ethan Zamora (he/him) is an Engineering Physics & Society Student in his third academic year at McMaster University. In his free time, Ethan likes to practice new hobbies and refine his musical interests such as singing, learning new instruments and song covering.

Around the Community:

Preparation by the Ontario Festival of Culture, Art and Sports (OFCAS) the organizer of Niagara Fiesta Extravaganza and Niagara Basketball League are currently underway for the following 2023 activities:

Activities	Timelines
Niagara Basketball League	Spring (March 19 – May 28, 2023)
Community Pick Up Basketball	Winter/Spring (Every Friday until June 2, 2023)
Niagara Region Volleyball League - Intercity 1 Day Invitational Games	Tentative Date March 5, 2023
Niagara Region Volleyball League	Spring (Starting March 24, 2023)
Community Pick Up Volleyball	Winter/Spring (Every Friday until June 2, 2023)

Activities	Timelines
Niagara Fiesta Extravaganza	August 5 & 6, 2023
Niagara Basketball League	Fall (Tentatively September 10 - Nov 26, 2023)
Community Pick Up Basketball	Fall/Winter (Every Fridays from September 1 - December 29, 2023)
Niagara Region Volleyball League	Fall (Tentatively September 8 - November 24, 2023)
Community Pick Up Volleyball	Fall/Winter (Every Fridays from September 1 - December 29, 2023)

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The Igorot Traditional Dance

(by Jovelyn Ket-eng)

An FCAN Newsletter highlight of a "Traditional Filipino Display of Artistic Expressions"

Also known as Cordillerans, Igorots are the Indigenous people of the Cordillera Mountain Range in the Northern Luzon Philippines. The region is comprised of six provinces, namely BENGUET, IFUGAO, MOUNTAIN PROVINCE, ABRA, APAYAO and KALINGA. Baguio City, as the regional center, is a chartered city geographically located in the province of Benguet.



There are diverse ethnic dances in the Cordillera, all of which represent the life of the community. These dances are accompanied by gongs or gangsa, hand drum or sulibao,

wooden instruments and bamboo sticks. The gongs are played in a rhythm appropriate to the specific purpose of the occasion such as entertainment or socialization, a wedding, a death or thanksgiving. Every province has its own unique music and movements.

Here are some of the Igorot dances that are commonly performed during festivals or special events:



BENDIAN DANCE: Originating in Kabayan, Benguet, it was a ceremonial circle dance to celebrate the arrival of successful headhunters in the olden times. At present, it is a celebration for an abundant harvest since there are no longer tribal wars. There are eight steps. Each one has a different hand and arm formation and meaning. 1. Pinesbekan/ Dimbaban 2. Salawasaw 3. Kinitangan 4. Kinkiyan 5. Inoshongan 6. Inudiyan 7. Pinadjosan 8. Innabaya.



BALANGBANG: Originating in the western part of Mountain province, it is a victory dance. The gong players move in a synchronized circular direction while the female dancers compliment their steps.

BUMAYAH: From the province of Ifugao, this is a thanksgiving dance. The dance is performed by men and women imitating a rooster scratching the ground.

TUPAYYA: Originating in the province of Kalinga, it is a courtship dance. A male dancer performs first before a female joins him. The couple perform in fast movements, meeting and separating at times.

In a continuing effort to preserve their traditions, the group Igorots in Niagara Region was formed and had its first gathering on July 15, 2022, at Firemen's Park. Thereafter, on July 30, 2022, the newly formed group participated and performed one of the Igorot dances, "Bendian", during the Niagara Fiesta Extravaganza. The performers are Veronica Quintin, Eileen Tinio-Hind, Jovelyn Ket-eng, Wendy William, Kenneth Lagmay, Elmo Inso Jr. and Josie Tomas. On December 16, 2022, the group finally beat their gongs during our first Christmas party in St. Catharines, Ontario. Everyone had a blast dancing with the rhythm of the gongs and traditional music in addition to line dancing, zumba and ballroom dancing. The successful event was attended by some of the Filipino organizations in the region, friends, families and the BIBAK Hamilton group.

Around the Community: *continued*



At St. Antoine Church's Hall in Niagara Falls, the **Monday Night Line Dancing (MNL) Group** celebrated Valentine's Day on February 13, 2023, with music, dancing and sumptuous potluck dinner.



Around the Community: *continued*



Another celebration of Heart's day! The **SAMAHANG PILIPINO NG NIAGARA (SPN)** had their enchanting Valentine's Dinner and Dance on February 14, 2023, at St. Antoine's Church's Hall in Niagara Falls, Ontario



FCAN Logo Travels



"Monday Night Line Dancing (MNLD) group's all-inclusive vacation and dance away at Varadero, Cuba Iberostar Laguna Azul, Jan 29-Feb 5, 2023"

FCAN Upcoming Events

Event	Date
Line Dancing Lessons – "Free" St. Antoine Church, Niagara Falls 4570 Portage Road, Niagara Falls, ON	Mar 8 and 15 6PM to 8 PM
The Ambassador's Ball, Ovation Ballroom 1311 Egerter Road, Port Robinson, ON	Mar 25, 2023
FCAN Annual General Meeting St. Catharines Public Library	May 6, 2023 11:30 – 4:30
FCAN Open House Merritt Community Centre 7 Park Avenue, St. Catharines, ON	May 21, 2023
Philippine Flag Raising Ceremony Niagara Falls – To be confirmed	Jun 8 or 9
FCAN Executive Board Retreat, "KKB" For discussion, e.g., Overnight Camping	July-TBD
FCAN Summer Picnic Charles Daley Park, East Pavilion 4	Aug 19, 2023
Terry Fox Run – FCAN Participation	TBD-Sep 2023
Remembering our departed loved ones St. Catharines Public Library	Nov 4 1:00 – 4:45
Election - FCAN Executive Board St. Catharines Public Library	Nov 18 TBC
2023 Christmas Gala and Induction of the New FCAN Executive Board 1311 Egerter Road, Port Robinson, ON	Dec 9

Please stay tuned or visit the FCAN Facebook page for the details of these events and announcement of potential FCAN activities not yet listed above

The printing of this Newsletter was made possible through the kindness of the following sponsors:

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Emilina
Fajardo**

Disclaimer: The contents posted in this newsletter are merely for informational and to some extent for educational purposes. While the information on this publication has been verified to the best of our abilities, we cannot guarantee that there are no mistakes or errors.



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