



PAANO Newsletter

An Official Newsletter of the Philippine American Association of Northeastern Oklahoma
Tulsa, Oklahoma



President's Message

The year kicked off to a great start for PAANO. I want to thank all the new and past officers who were involved in making the Inauguration Ball a success. We also succeeded in starting the funding for the Cultural Center. We will put our focus on this ambitious, but possible quest to provide for the future of our Association.

I believe that we have touched the hearts of many when we set our goal in uniting this determined and strong organization. It is completely up to us how we drive in the direction that we desire. It takes commitment, hard work, and strong will to make us better each and every day. We must factor all

necessary steps in keeping the times in the past, it is the support of our members and families that makes up our very existence in this community. Each person can make a difference in our search for a better future.

I was astonished at the turnout that we had in our Valentine party. It was obvious that our message of UNITY is revolving among our people. I encourage all of our people to take this in a serious manner. We must reach out to one another and offer our unconditional friendships to our new and old friends. One of the purposes of our organization is to gather with our friends and families to promote camaraderie and to support one

another. We must forget about the negative things that happened in the past and seek a new way of resolving any problems that may arise.

I want to extend my warm invitation to our people to renew their membership every year and support us in continuing to represent our organization not only in this community, but throughout the world. We must show them how we can help our community by displaying examples of how we support one another and by offering them our faithful and unselfish true color of the Filipino people.

Once again, thank you all for continuous support.

- Victor Duran,
2005 PAANO President

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2005 Officers Inaugural Ball

The PAANO President calls for Unity and Shares a Vision of our own Cultural Center.

Everyone had fun at the Inaugural Ball held Saturday, January 22 at Doubletree Hotel. Victor Duran and Cindy Morrison of Channel 8 News were one in calling for

UNITY in the community. Victor also enjoined us to share his vision to build our own cultural center building. This vision is a long term one and would need to be carried on by the succeeding leaders and supporters until its realization.



2005 PAANO Officers Oath Taking Ceremony



PAANO 2005 Calendar of Events

March

Mar 26, Sat. 1-5pm
Easter Picnic
Haikey Creek Park
-Tri Plex

April

April 9, Sat. 8-12n
Basketball
Youth & Family
Center

May

May 7
PAANO Garage Sale
Location TBA
May 14, Sat.
Bowling
Location TBA

June

June 11, Sat. 6pm
Philippine Independence Day and Parent's Day

St. Anne's Catholic Church

June 12, Sun.
Golf Tournament—4 man scramble
White Hawk Golf Course, Bixby

July

July 16, Sat. 1-5pm
PAANO Picnic
Haikey Creek Park—Tri Plex

August

Aug. 20, Sat. 6pm
PAANO Pageant
St. Anne's Catholic Church
Date TBA
Golf Tournament
White Hawk Golf Course—Bixby
Date TBA
PAANO Camping
Location TBA

September

Sept. 17, Sat. 6pm
Barrio Fiesta
Garnett Church of Christ

October

Oct. 29, Sat. 6pm
Halloween Party & Nomination of 2006 Officers
St. Anne's Catholic Church

November

Nov. 19, Sat. 6pm
Thanksgiving Party & Election of 2006 Officers
St. Anne's Catholic Church

December

Dec. 17, Sat. 6pm
Christmas Party
St. Anne's Catholic Church

Announcements

Summer Fun at Frontier City

We are arranging a trip to Frontier City in Oklahoma City during the summer break. If you are interested please contact Victor or any of the officers.

Weddings:

Johnny & Zeny Poblete, Feb. '05
David & Marichu Roth, Mar. '05

New Born:

Congratulations to Joseph & Lorena Asumbrado for their 2nd baby boy, Jason Mathew born on March 10. Jason is 9lbs. 2 ozs. & 20 inches!

Joel & Mary Claire Rios for a baby girl on Feb. 2005

Our condolences to the families of:

Julita Villaflores
Carlota Whittenberg
Melissa Driz

Fundraising

Egg rolls are still being sold for \$8.00 a dozen. This is a continuous process to raise funds for the Building/Land Fund.

Basketball/Bowling Sign-up

If you're interested in playing basketball, bowling, mix volleyball, children's football, please register at Phil-Asia Store or call PAANO President at Tel. No. 322 6083.

Donations & Volunteers Needed

We need more volunteers and donations for PAANO Garage Sale. Please contact any of the officers. Thanks to those who already sent their donations.

Filipino Mass at St. Bernard's Church

There will be a Filipino Mass with Bishop Edward J. Slattery on **Sept. 24th** at 11am at St. Bernard's Church. Pot luck lunch will follow at the St. Bernard's Hall. Anyone interested in singing at the mass can join the choir practice held on the first and third Saturday of the month, after the 5pm mass, at approximately 6:30pm at the choir room at the back of the church.

Volunteers are always needed. Contact St. Bernard's Church or Grace Pascual at phone number (918) 481 1835 if you're interested.

2005 New Members

- Ricardo & Maria Agrabio
- Andrew & Trena Black
- Vener & Rita Crisostomo
- Ed & Heidi Drahos
- Josephine James
- Vickie Johnson
- Sin Ok Nelson
- Grace M. & Felino A. Pascual
- Dawn Rightmire
- Randy Strozier
- Juni Cajefe
- Joel Cheong & Therese Amigo

GOAT MEAT FOR SALE

Goat meat for sale at \$1.00 per pound at live weight. Please contact Mr. Noel Fernandez at Cell Phone No. 906 1848.



Treasurer's Report Steve McQuillen

Financial Report as of Feb. 2005:

Checking Balance :
\$3,969.62

Savings Balance :
\$1,606.19

Sixty-One (61) Members paid the dues. (as of March 2005)

REMINDER:

Membership application form is provided in this issue.

Family : \$25.00

Single : \$10.00

Please mail your membership payment to:

7122 South Sheridan, Suite #2—123, Tulsa, OK 74133

Officers Meeting Held on February 26, 2005

Location:

Victor Duran's house

Present:

V. Duran, G. Pascual, R. Moore, R. Little, S. McQuillen, E. Navarro, D. Guyer & T. Cachero

Highlights:

Possible purchase for a sound system.

E. Navarro will do inventory on party supplies.

The association will continue to charge \$2.00 for those who don't bring food to PAANO pot lucks.

VALENTINE'S PARTY



The Valentine's party was held at St. Anne's Parish Hall on February 12. The event was a success. The new officers were introduced to the members and performed a short speech. It was a pot luck dinner where everybody brought good Filipino food. David Guyer, the Auditor, had a special picture taking event at the party for a reasonable price. There were games for couples and prizes for the winners.

The party ended with an open dance floor for everyone to enjoy.



Featured Cook

Myra Laus caters to a lot of Asian & American customers especially Filipinos. Lately, she came out with a New Cook Book entitled "Pilipino Cooking in America." Last January 31, 2005, Myra was the featured guest at the Cooking Corner at Channel 6 where she was interviewed by Leanne Taylor. She did a cooking demo on "Stuffed Shrimps" recipe. To order her new cookbook or for catering services, call **296 9772**.



WANTED: TRUE IDENTITY OF THE ABOVE PERSON. WHO AM I?

Is it: a) Victor Duran b) Daniel Arquisola c) Rick Moore d) Dan Bailey e) Ray Balangue f) Chito Gorospe g) Noel Fernandez h) Murray Buzzard i) Dominic Mendoza j) Raul Villanueva?

REWARD:

The first person to call the Editor, Rita Crisostomo at **272 0184** with the correct identity will receive a prize.

LUTONG PINOY

By Myra Laus

SALMON IN COCONUT MILK and Vegetables in Bok Choy Leaves (Guinataan Salmon sa Dahon ng Pechay)

2 Lb salmon fillet, cut in serving sizes	4 to 6 leaves whole bok choy
1 c. coconut milk	Salt and freshly ground
1 c chopped red-ripe tomatoes	pepper to taste
1 c. onions chopped	2 green or red fresh chilis,
3 to 4 cloves garlic	sliced
1 1/2 to 2 inch thinly sliced ginger	
ginger root	

Procedure:

Clean and rinse the salmon fillet under running cold water. Put in a colander and let dry inside the refrigerator. Set aside. In a large-size bowl, combine together coconut milk, tomatoes, onions, garlic, ginger & bok choy. Season with salt and pepper. Set aside. Wrap each salmon fillet with the coconut milk mixtures.

In a small size Philippine wok, line each wrapped salmon fillet; pour the rest of remaining coconut mixtures over moderately high heat. Cook to boil; reduce heat to medium-low and simmer for 10 to 15 minutes or until sauce is reduced and thickens and salmon flakes easily when tested with fork. Garnish with slices of fresh green or red chilis. Serve with steamed rice. Yields 3 to 4 servings.

Letter of Appreciation to PAANO Members

(Editor's Note: Sent by Rev. Fr. Francisco Makabenta, Parish Priest of Infanta, Quezon for the donations to the flood victims).

Dear Friends,
Happy Easter to you.

Your kind gesture and generous donation will go a long way in helping our people here in Infanta.

Right now, as we are approaching the Holy Week, we are busy rehabilitating those who have lost house in providing construction materials—mainly g.i. sheets and nails. We have plans in coming up with livelihood programs—like vegetable communal gardens, livestock and hog raising, etc. by providing seedlings and capital.

God reward your generosity and protect you and your families.

God Bless you.

*"Homes are built on the foundation of wisdom and understanding. Where there is knowledge, the rooms are furnished with valuable, beautiful things."
-Prov. 24:3-4*



Philippine American Association of
Northeastern Oklahoma

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HEALTH CORNER

OBESITY

By Dr. Luis V. Gorospe

Obesity is a major worldwide problem. 62% of adult Americans are overweight. 15% of children are overweight. 3% of Americans are morbidly obese. Morbid obesity is defined as having a Body Mass Index of 40 which is equivalent to about 100 pounds over ideal weight. Morbid obesity costs the local economy about 120 billion dollars in losses due to medical care and loss income. This year approximately 365,000 Americans will die from obesity complications. Some of the major complications of obesity are Type two Diabetes, Hypertension, arthritis, coronary heart disease, stroke and sleep apnea. Gout, stress incontinence and gallbladder disease are also common among the morbidly obese. Cancer of the Breast and Uterus in women and prostate in men are increased among morbidly obese population. There is also an increase incidence of cancer of the kidneys and Colon on both sexes. If obesity continues to grow at its present rate obesity will be the leading cause of preventable death in a year or two. Cigarette smoking is the leading cause of preventable death in 2004.

It is believed that obesity is on the rise due to our eating habits and sedentary lifestyle. We eat high fat and carbohydrate foodstuff. Our food serving is also super sized. Fast-food in general has a high fat content. We are accustomed to ride in cars instead of walking even in short distance. Large number of children does not participate in any kind of sports.

Education is the best way to prevent obesity. We need to encourage everybody specially the children to eat healthy and exercise. The best way to lose small amount of weight is by eating in moderation instead of eating one of the fad diets. A good diet and exercise can have a long lasting weight loss. There are several hormones that make us eat. The most important hormone is Ghrelin. Ghrelin is a hormone that stimulates the brain to eat. In normal circumstances Ghrelin secretion is suppressed after eating... On morbidly obese population Ghrelin production does not stop whether the patient is hungry or full. The national institute of Health reviewed the different ways of losing weight and found out that surgery is the only way to have a consistent and permanent weight loss. The two most popular surgeries are Gastric Bypass and Adjustable Gastric banding. Both of these procedures can be performed by Laparoscopic approach. Gastric Bypass is a procedure wherein a small gastric pouch is made... Approximately 95% of the stomach is bypassed. In Gastric Banding a Belt like silastic ring is placed at the upper portion of the stomach. The band will slow the emptying of the upper part of the stomach. Patients cannot eat large servings of solid food. Liquids will pass through the opening easily. Patients can easily take high calorie liquids and maintain or gain weight. Gastric bypass surgery has a faster weight loss than gastric banding.

Results of Bariatric surgery are cure of underlying diseases such as Diabetes and Hypertension. Eighty percent of patients with type two diabetes will not need medications. 70 percent of Hypertensive patients will not require any form of treatment. Morbidly obese people live 10 to 15 years shorter than normal size population. It is important to treat obesity early to prevent irreversible damage to critical organs.

2005 PAANO OFFICERS

President	<i>Victor Duran</i> Phone # 322 6083 Cell # 691 2809
Vice President	<i>Grace Pascual</i> Phone # 481 1835
Secretary	<i>Robert Little</i> Phone # 439 9032 Cell # 955 3556
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Editor	<i>Rita Crisostomo</i> Phone # 272 0184
Business Manager	<i>Tong Cachero</i> Phone # 455 5682

ABANGAN!!!

End of the Year Grand Raffle Drawing

Good Condition Used Car (it comes with 6 months warranty.) Model & Make will be announced on the next PAANO Newsletter. We will be selling raffle tickets at \$5.00 only.

Sponsored by:
Dunamis Auto Service

About our Featured Doctor

Luis V. Gorospe, M.D. is the founder and first President of PAANO. He is a board certified General surgeon. He has limited his practice to Bariatric surgery for the past several years. He is the Medical Director of The center for surgical weight control of Southcrest Hospital. For the year 2004-2005 Dr. Gorospe was awarded by the Consumers Research Council of America as one of the top Surgeons in Bariatric surgery in USA. Dr. Gorospe is the Head instructor of Southside Judo and Jujitsu school of Tulsa.