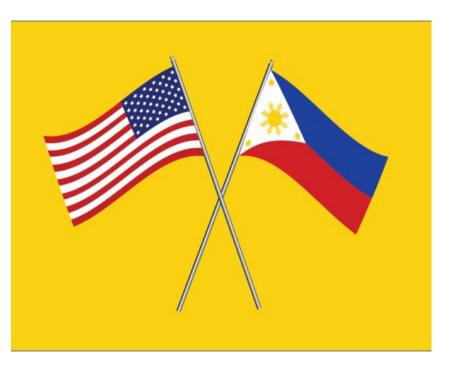




Filipino American History Month

The earliest documented proof of Filipino presence in the continental United States was on October 18, 1587, when the first "Luzones Indios" set foot in Morro Bay, California.





- Filipino American History Month is celebrated in the United States during the month of October.
- On September 9, 2009, the California State Assembly voted to designate October as "Filipino American History Month."
- There are about 4.2 million Filipino Americans in the United States,
 approximately 1.5% of the country's population.
- They speak a wide array of Philippine languages such as Tagalog,
 Bisaya, Ilocano, and Kapampangan, among many others.

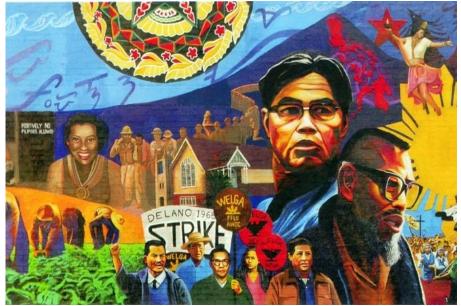
Source: California Teachers Association

History & Fast Facts:



- California has the largest Filipino American population
- Filipino Americans contributed greatly to the American Labor Movement, especially with the United Farm Workers Movement of the 1960s.
- Many Filipino Americans choose not to identify as Asian or Asian American due to a history of exclusion. Research shows that this is attributed to many having darker skin and feeling marginalized in the larger Asian American community. Further, research also suggests that some Filipino Americans identify more with Latinx or Black communities.

When the field of Asian American studies emerged in the 1960s and 1970s at institutions of higher education across the country, most literature and research focused on the experiences of East Asian Americans, particularly those with Chinese and Japanese ancestry. Arguably, the contributions of Filipino Americans to culture and society are still not properly acknowledged, though they make up the second-largest Asian American ethnic group, comprising about 1 out of every 5 Asian Americans.



Source: ESC of Central Ohio

Spanish-American War

- This War and its aftermath delayed Philippine independence until after World War II, but established a relationship that fostered a substantial Filipino population within U.S. borders
- After its defeat in the Spanish-American War, Spain ceded its longstanding colony of the Philippines to the United States in the Treaty of Paris
- The Philippine-American War lasted three years and resulted in the death of over 4,200 American and over 20,000 Filipino combatants; as many as 200,000 Filipino civilians died from violence, famine, and disease



Jose Rizal

Doctor and writer José Rizal is considered one of the Philippines' National Heroes. Rizal aimed to expose the state of the people under Spanish rule.

In 1896, the Spanish publicly executed Rizal, accusing him of his role in the revolution for writing his famous book Noli Me Tangere (Touch Me Not).







The Jose Rizal Community Center in South Sacramento is home to the annual *Filipino Fiesta* held every June. It is open to the public.

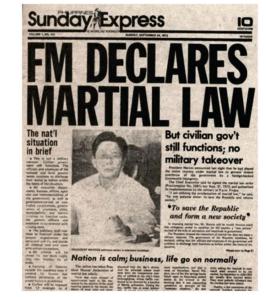
Rizal's execution was the catalyst for uniting Filipinos and for two years, provinces in the Philippines would stand against the colonist rule of Spain.

The Revolution ended with the Spanish American War, ceding claim over the Philippines to the United States.

The Philippines remained a territory of the United States until July 4, 1946 in the aftermath of WWII.

The Marcos Dictatorship

- President Ferdinand Marcos assumed power in December 1965, and again in 1969
- Marcos assumed power under Martial Law, excluded civilian courts, and replaced the 1935 Constitution with the 1973 Constitution
- Opposition to Martial Law led to the fall of the dictatorship: reformist opposition, revolutionary opposition, and religious opposition
- Marcos announced the end of martial law in January 1981, but he continued his authoritarian rule under various constitutional formats
- Marcos fled the country on February 25, 1986 with U.S. urging and went into exile in Hawaii until his death in 1989



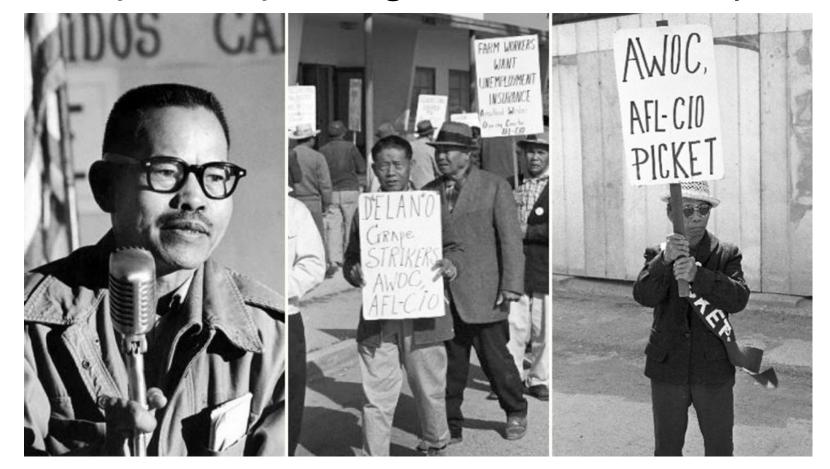


Corazon Aquino- First Filipina President

- Won the presidency in 1986, after
 challenging the dictator responsible for her
 husband's assasination, Ferdinand Marcos.
- TIME named her Woman of the Year.
- Filipinos gave her the nickname of "Mother of Democracy."
- Her son, Benigno Aquino II, also served as President.



The Story of Larry Itliong and The Delano Grape Strike



FILIPINO AMERICAN HISTORY – LEGACY OF THE DELANO GRAPE STRIKE

Filipino workers who immigrated to the U.S. had an immense amount of adaptability, resilience, and perseverance. These characteristics became most evident when they formed community organizing groups in the fight for civil and economic rights.

Their efforts have added significant contributions to the farmworker labor movement and their stories offer us inspiration and pride in the history of Filipinos in America.



WHAT WAS THE DELANO GRAPE STRIKE?

Of the many challenges Filipinos fought against for better working conditions and pay, the Delano grape strike is the most famous.

In Delano, California, 1965, unrest was growing in the area, known for its numerous grape vineyards. Migrant farm workers expressed discontent and frustration over the low wages offered to grape pickers.

Larry Itliong, a Filipino leader from Stockton, had been organizing Filipino workers to get more involved in civil rights and fight for fair working conditions. He began organizing Filipino workers to conduct a grape strike and urged community members to support the farm laborers in their fight for better conditions.



Work with Cesar Chavez

On September 7, 1965, Filipino workers gathered at Filipino Hall and voted to go on strike. The very next day they set down their tools and walked out of the fields.

Itliong then approached Cesar Chavez, a well-known leader in the farmworker movement, to convince him that the Mexican union needed to join the Filipino union in order for the strike to be successful. After some deliberation, Chavez agreed, knowing that it would be better to join forces than ignore the strike.

With both Filipino and Mexican workers collaborating together, they formed what is now known as the United Farm Workers (UFW).



WHAT FINALLY HAPPENED?

The strike attracted a lot of attention and support from activists, human rights groups, other unions, and students.

Then the UFW managed to institute a national grape boycott, which meant that growers would be unable to sell their products. After five long years of the grape boycott, growers finally gave into the demands of the UFW and signed the new contracts.



THE IMPORTANT ROLE OF THE FILIPINO FARMWORKERS

Filipino farm workers played a pivotal role in the labor movement and paved the way for future generations of Filipinos.

Without the courage of Filipinos to fight for their rights and working conditions, the Delano grape strike and the ensuing victory might never have taken place.

It is interesting that the history of Larry Itliong and the Filipino workers of Delano are not well known, even to most young Filipino Americans.



LARRY ITLIONG DAY – OCTOBER 25

Fortunately, recent efforts have been made to share that history and spread awareness of the story of Filipino immigration. In fact, the governor of California has now signed legislation that requires public schools to teach the history of Filipino workers and their role in the grape strike. Governor Brown also signed a bill that recognizes October 25 as Larry Itliong Day.



Link to NPR Audio Segment

Celebrating Filipina American Women

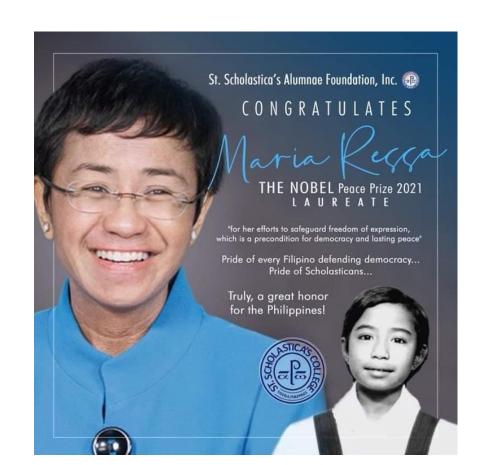


Throughout history, Pinay — Filipina American women — leaders, laborers, scholars, scientists, and activists have been the backbone of the Filipina/o American community. These Filipina Americans have overcome racial and gender discrimination, and have persevered to contribute to their respective fields.

Maria Ressa, Journalist and Nobel Peace Prize Winner

 Awarded the Nobel Peace Prize in 2021 for efforts to safeguard freedom of expression in the Philippines, which is a precondition for democracy and lasting peace.

 Maria Ressa uses freedom of expression to expose abuse of power, use of violence and growing authoritarianism under the Duterte regime in the Philippines.



LGBTQ+ Rights Progress

- anti-discrimination ordinances to protect LGBT rights have been passed in over 25 cities and provinces in the Philippines during the 21st century, the earliest being Quezon City in 2003
 - the Senate faces opposition from religious groups and conservative senators to pass anti-discrimination legislature, so the widespread local ordinances are powerful
- the Sexual Orientation and Gender Identity and Expression (SOGIE) Bill ensures those who discriminate against LGBTQ individuals in the Philippines face fines or jail time
- Congresswoman Geraldine Roman is the first openly trans politician in the Philippines since 2016



Congresswoman Geraldine Roman

- In a 2013 Pew Forum survey, 73% of Filipinos said that society should accept homosexuality—which, for context, is a higher percentage than in the United States
- President Rodrigo Duterte shifts stances on the legalization of same-sex marriage; he granted financial aid to LGBTQ families during the pandemic
- Criminalization of homosexuality does not exist in the Philippines,
 - o unlike 70 other countries in the world



FLOAT - Pixar Short Film



Filipino American Bobbi Rubio is a storyboard artist for Pixar, best known for his work on the short film, *Float*. The film was inspired by his son, Alex, diagnosed with autism at the age of two.





Signs of Respect

Respect is a very important part of Filipino culture. Filipinos show respect to their elders, parents, grandparents, older siblings, relatives, friends, and teachers.

Some examples of respect are:

- Addressing elders with "po" at the end of sentences
- Answering, "opo" to reply "yes" respectfully
- Calling your older sister, "Ate" or your older brother, "Kuya."
- Speaking respectfully to your parents and teachers
- Using "mano po" to request for blessings from your elder relatives. This involves bowing towards the elder bringing their hand to the forehead.



Source: Filamlearers.com

"Parol" or the Christmas Star

The Parol or the Christmas Star lantern has become an iconic symbol in the Philippines for Christmas. "Parol" is derived from the Spanish word "farol" meaning lantern.

Hanging a parol at your home has been a tradition for more than a century to remind Filipinos of hope and joy.

Some people start hanging parol as early as September and it is taken down by January.

The Disney Short Film "From Our Family to Yours" highlights this Filipino Tradition.



Interested in making a star? Watch this Video

Popular Food Dishes

One of the more popular Filipino dishes is pancit. This noodle dish is an essential at birthdays and other gatherings.



Sinigang is a *Filipino* classic. A delicious sour broth usually made tangy by tamarind, it's filled with different vegetables and a meat of choice



Adobo is made by stewing meat (usually chicken, pork, or a combination of both) in soy sauce and vinegar, adding peppercorns and bay leaves for that special flavour.



Kare-Kare is a rich stew is made with peanut sauce and, customarily, oxtail.

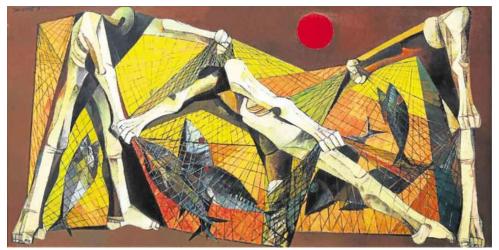




The Filipino version of the egg roll, *lumpia*.

Source: Theculturetrip.com

Filipino Artists



Benedicto Cabrera was a famous artist, known for his paintings, etchings, sketches, and prints which have been exhibited across Asia, Europe, and the US. This painting is called "The Fishermen", painted in 1981.

Fernando Amorsolo's work defines the nation's culture and heritage to this day. The painting below, is called "The Fruit Gatherer" and was painted in 1950. Replicas of the painting are common in Filipino households.





Napoleon Abueva was an abstract sculptor. His expertise was seen in a wide array of materials such as hard wood, abode, steel, cement, marble, and bronze.

The image to the left is of "The Cross at Mt. Samat." The shrine commemorates the thousands of Filipino and American soldiers who lost their lives during the Japanese-led Bataan Death March in 1942.



Eduardo Masferré is regarded as the Father of Philippine photography. He documented the everyday lives of indigenous people of the Cordilleras of the Philippines. His photographs capture the culture of the people in his community and serve as a documentation of their customary practices and rituals. The Smithsonian Institution carries at least 120 prints of his works for the National Museum of Natural History in Washington D.C.

Source: theculturetrip.com

Contemporary Filipina Artists



Left: *Isobel Angeli Francisco* is a digital artist and oil painter. Her works are driven by music. She has staged exhibitions around Metro Manila and Hong Kong.



Faye Pamintuan

constantly travels
between the two places
she calls home—Manila
and Texas—and this
change in energy and
surroundings has greatly
influenced her works.
She continues to exhibit
her work in galleries
throughout the metro.

Source: tatlerasia.com/

Folk Dance

One of the most popular folk dances in the Philippines is the Tinikling. The traditional dance, which usually involves a pair of two bamboo poles, is considered to be the oldest in the country and its appeal has spread across the globe—particularly to the United States.





Source: theculturetrip.com

Folk Clothing







Filipino Folk Clothing is colorful and beautiful. Filipino people lived under the occupation of other countries for centuries. That's why their national attire was formed under the influence of different cultures, picking up diverse features. The US, Spain, and Japan had the biggest impact on the traditional clothing of the Philippines. Nevertheless, Filipino folk dress is very unique, authentic, and even tribal.

The Filipino Salakot











The salakot represents the evolving history of the Philippines.

It serves as a major symbol of the National Clothing of the Philippines.

Of the many Indigenous communities in the Philippines, the salakot is the headgear is known to be worn by the Tagalog and Kapampangan peoples of the Philippines.

Many other helmet variants are found throughout the islands, each interpreted by different ethnic groups in different styles.

Most salakot were made from the materials found in the area, including bamboo, palms, and rattan leaves.

Source: The Natural History museum

Formal and Modern Clothing









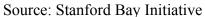




Jitney Transportation

- After World War II, a new system of public transportation was needed: the cable cars in urban areas of Manila were destroyed
- Americans had abandoned war jeeps, which were then modified to accommodate more passengers
- Beginning a temporary solution, Jeepneys evolved into a cultural symbol
 - 40% of transport in Manila and near provinces





http://bay.stanford.edu/blog/2018/3/19/the-rise-and-fall-of-jeepneys-in-metro-manila-philippines



Political Figures with Filipino Heritage

Tani Cantil-Sakauye--California Supreme Court Chief Justice



Rob Bonta--California Attorney General



Celebrities with Filipino Heritage

Gabriella Sarmiento Wilson a.ka, H.E.R.- Singer, Songwriter

Bruno Mars- Singer



Manny Pacquiao- Boxer



Vanessa Hudgens- Actress



Dave Bautista- Actor and Wrestler



Olivia Rodrigo- Singer



Nicole Sherzinger- Singer



Celebrities with Filipino Heritage

Saweetie--Rapper



Manny Jacinto--Actor





Beabadoobee--Singer & Songwriter



apl.de.ap--Rapper, Singer, Producer



Nico Santos--Actor



Jo Koy--Comedian



Common Tagalog Phrases

There are more than 120 languages in the Philippines, but Tagalog is the official language. Tagalog is influenced by Spanish, English, Chinese, Japanese, and many other languages. Below you will find some common Tagalog phrases.

Mahal kita. = I love you.

Sarap nito. = This is delicious.

Maligayang Bati. = Happy Wishes. (Happy Birthday)

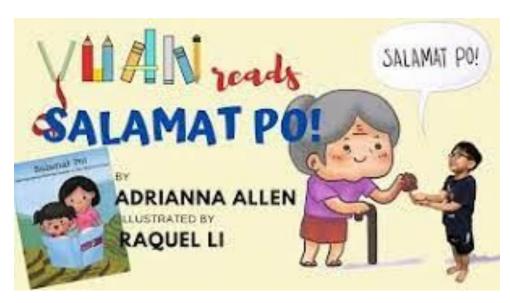
Gusto ko 'to. = I like this. / I want this.

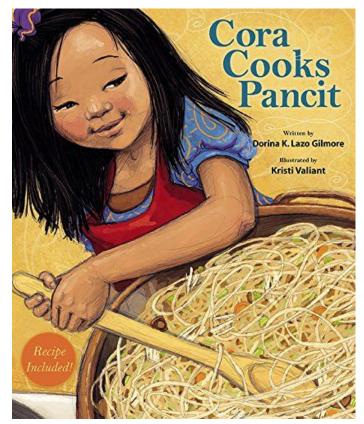
Mabuhay. = Long live! (Commonly used to express good wishes)

Ingat ka. = Take care.



Children's Books by Filipino Authors - Read Alouds





Little Manila: Filipinos in California's Heartland



Filipino Heritage in Folsom-Cordova

October marks Filipino American History Month and the *Equity Team* at FCUSD would like to recognize students and staff members in the district, willing to share their stories/experiences.

If you are interested in being featured in our presentation or on the district webpage, please respond to the following questions and send them to Carrie Jackson at cjackson@fcusd.org

Questions:

- 1. Please share your experience of migration to the United States or if you were born in the U.S., please share the experience of your parents/grandparents
- 2. What part of the Philippines are you or family members/ancestors from?
- 3. What are some cultural traditions you enjoy most?
- 4. What is your favorite Filipino dish?
- 5. What is something people should know about the Filipino community?
- 6. Please include a relevant photo

Carrie Jackson- K-12 Curriculum Specialist, Equity Leader



What part of the Philippines are you or family members/ancestors from?

I identify as a Filipina-American. My mother came to the U.S. in the early 1980s. She is from a rural area of Apalit, Pampanga, on the largest island of the Philippines, Luzon. My mother came to the U.S. for economic opportunities, like many other Asian-American immigrants in the 80s.

What are some cultural traditions you enjoy most?

Honoring elders is an important aspect of Filipino culture. When a family member passes, it is customary to honor their memory each year on the day of their passing. Family members gather to share an evening meal and prayer. These gatherings ensure the souls of our family members live on.



What is your favorite Filipino dish?

My favorite comfort food is Sinigang. This is a sour soup, my mother often cooked and left on the stove for us when we returned home from school.

What is something people should know about the Filipino community?

Filipinos are proud and active in the community. They love to share their culture with others and open to those that wish to learn more about their history, customs, and traditions.

Joel Francisco - Assistant Principal at Cordova High School

Please share your experience of migration to the United States or if you were born in the U.S., please share the experience of your parents/grandparents

My name is Joel Francisco, and I am currently serving as one of the Assistant Principals at Cordova High School overseeing English/English Language Development and Special Education Departments. I migrated to the United States on July 27, 2001, and I have begun working with FCUSD since August 2001. A few months prior to my arrival to the U.S., I participated in a job fair that school districts from the states of California and Texas had conducted in Manila. I was asked to choose a school district from the six districts that offered me a job to work as an English/ELD teacher, and I have been very grateful for choosing FCUSD. I had to stay with relatives in Hercules, California for a week before they brought me to the city of Rancho Cordova. I was welcomed by the Director of Human Resources who interviewed me in Manila and the Director of Categorical Programs. Compared to the experiences of my relatives and family when they migrated to the U.S., I consider mine as something unique because I had to report immediately to my work two weeks after my arrival.



What part of the Philippines are you or family members/ancestors from?

I was born, raised, and educated in the province of Bulacan, which is located north of the capital city of Manila and consists of 24 cities and municipalities.

What are some cultural traditions you enjoy most?

Filipino cultural traditions are a blend of the native Filipino, Spanish, American, and other Asian influences partly due to the Spanish and American colonization of the Philippines for 333 and 48 years, respectively. We value our families so much that we have to address each member of the family with very specific "words of honor" as signs of respect, and it is rooted in the value of respect for elders. I really appreciate our hospitality and generosity, which can be observed in every home whenever there are visitors. Most importantly, Filipinos are very resilient like bamboo, which can be described as our ability to bounce back with a big smile after encountering very difficult situations. One symbolic cultural tradition that I miss a lot is the celebration of Christmas in the Philippines because we are known to have the longest Christmas celebration in the world, which starts as early as September 1st and ends on January 6th.



What is your favorite Filipino dish?

Two of the native Filipino dishes that I love to share with family and friends are lumpia and adobo. Lumpia is a type of spring roll that can be served deep-fried or fresh. Adobo is the Filipino national dish, and is derived from the Spanish word "adobar" which literally means marinate, and Filipinos can prepare adobo using chicken, pork, seafood, or vegetables.

What is something people should know about the Filipino community?

The Filipino community adheres to the spirit of "Bayanihan" or communal spirit, which can be described simply as helping each other at a moment's notice. Even though there are about 187 native languages and dialects spoken in the Philippines, in times of need, we all understand each other because we are all ready to help.



Jessica Abulencia, Science Teacher, Vista del Lago High School

Please share your experience of migration to the United States or if you were born in the U.S., please share the experience of your parents/grandparents.

My parents and brothers migrated to the States on October 21, 1985. My dad's sister — who came to the US in the 60's — submitted a sponsorship application my mom and dad to move to the US back in 1974. However, they had to wait 11 long years until they were officially allowed to emigrate from the Philippines. Since my brothers were only 6 and 9 years old, they were allowed to join my parents on their journey over. I was born in the US shortly after.

What part of the Philippines are you or family members/ancestors from?

Our ancestors are from the main island of Luzon, specifically the northern province of Bulacan.



This photo is from my wedding, summer of 2017. The first photo shows my family wearing various traditional Filipino garb. My dad and brothers are wearing an embroidered button-down called a "barong tagalog" and my mom is wearing a Filipiniana dress.

What are some cultural traditions you enjoy most?

A cultural tradition that my brothers and I still follow is 'mano po' with our older aunts and uncles. We greet them by bringing our foreheads to the tops of their hands and asking for their blessing during our gathering.

What is your favorite Filipino dish?

I have the same favorite Filipino dish as Carrie – I absolutely love sinigang. It always reminds me of home!

What is something people should know about the Filipino community?

Hospitality and community are huge pillars of Filipino culture. Growing up, my brothers and I were taught to take care of others and welcome anyone and everyone into our home.



This photo shows my dad and I doing a traditional Filipino dance called tinikling.

Irene Embry- Instructional Assistant, Folsom Middle School, Equity Leader

What part of the Philippines are you or family members/ancestors from?

I was born Irene Fajardo in Manila, Philippines. I grew up in my familyś home in Pasay City, which is one of the highly urbanized cities in the country. I lived in the Philippines until I got married in 1992, and I had to migrate to New York City to start a life together with my husband. It was in the Big Apple where both our boys were born. We relocated to San Diego, California in 2002, and three years later we moved to Folsom. Almost immediately, I started working as an Instructional Assistant for our school district -- first as a "Dragon" at Oak Chan Elementary, and later (and presently) as a "Jaguar" at Folsom Middle School.

What are some cultural traditions you enjoy most?

As a Filipino, I am convinced that the love for Christmas is in my blood! The Philippines celebrates the worldś longest Christmas season, with Christmas trees and decorations set up and carols heard as early as September 1st and lasting until the Feast of the Three Kings in January. I am thrilled that in recent years, many Catholic churches in our area have started celebrating the traditional "Simbang Gabi" masses for the growing Filipino community.



What is your favorite Filipino dish?

Lumpia and adobo may be considered the most popular and widely-recognized Filipino dishes, but what I would consider my absolute favorite is "sinigang na bangus sa bayabas." It is a Filipino sour soup with milkfish and uses ripe guavas as the souring agent. For me, it is the ultimate comfort food that reminds me of cool, rainy days in our ancestral home.

What is something people should know about the Filipino community?

Whether you are in one of the 2,000 inhabited islands in the Philippines or anywhere around the globe, you will find that Filipinos are generous and welcoming. They are also inherently optimistic, with a pleasant disposition, and a good sense of humor! Moreover, they are helpful and empathetic, and they are always eager to lend a helping hand. For these reasons and much more, I am forever proud to be a Filipino!



Denise Smith, Teacher, White Rock Elementary School

What part of the Philippines are you or family members/ancestors from?

My mother's parents were born in Cebu and Manila. And my father's parents were born in Ilocos Norte. Both sets of Grandparents migrated to the USA in their early teenage years through San Francisco, Angel Island which gave them the opportunity to make their way to the central valley in the Stockton and Lathrop area which had many farm jobs available to make a living.

My parents Deanna and Moreno Balantac made their way to Rancho Cordova where my father landed a job at Aerojet and my mother became a professor of nursing at Sacramento State University.





....we are a family of teachers.

My sister Marguerite David taught at Kinney High School for 20 years, my niece Sarah David has been teaching at Cordova Villa for the last 6 years and I Denise Smith have been teaching at White Rock Elementary School for the last 25 years. My mother was our inspiration to become teachers to serve our community. Many of the educators in the Folsom Cordova Unified School District gave us encouragement, a good education, and the motivation to give back to our community as Teachers.





What is something people should know about the Filipino community?

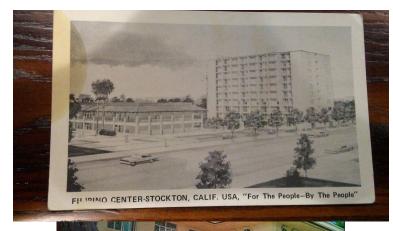
People need to know that Filipinos are kind and generous people. Once you befriend a Filipino you become a part of the family. It's a special gift to know a Filipino! There is a Little Manila in Stockton California. The Filipino Center is a hidden treasure. When we were growing up my grandparents and parents founded the center together with the Governor at that time Jerry Brown. This Filipino group had many dedicated people that cared very much for the

growth of the Filipino Community in Stockton California.

I remember spending a lot of weekends there in Stockton at the Filipino Center where the Filipino Community would get together for a Barrio Fiesta and celebrate with lots of food, dance, and song.

What are some cultural traditions you enjoy most?

Holidays are special occasions. Our family's favorite was Thanksgiving. The gathering of family was important to my grandparents and my parents. We would gather at Auntie's and Uncle's homes and rotate that tradition amongst my mother's siblings. We enjoyed the food. The pancit, the pork adobo, the fried rice, of course the lumpia and the honey wantons and bico rice balls. We started a recent tradition and started making a variety of lumpias. Sarah became the master of making lumpia for special occasions.







Extra Resources:

<u>Curriculum and Resource Guide from San Francisco Unified</u> <u>School District</u>

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