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Celebrating Christmas with traditional Kapampangan food

► By Ysabel Mutuc (12 Jose) Kobe Canivel and Joshua Pangan (11 Luna)
Artwork by Kelly Martin (9 Ruby)

“Food is always the center of every family gathering, especially during Christmas.”

For the Kapampangans, Christmas is not Christmas without spending quality time with their loved ones and, most importantly, without preparing some of the best traditional dishes and delicacies of Pampanga, such as the Christmas hams, *puto bumbong*, *bibingka*, *ube halaya*, *lechon*, *batirol*, and many more!

Although Pampanga’s Best is well known to be the “first and original *tocino* maker in the whole world,” it is also popular for its delicious Christmas hams, which includes the *Piña Ham*, *Ham Pinoy*, and the old-fashioned American ham. These Christmas hams are always present during the *Noche Buena* celebration.

The most sought-after centerpiece of the grand festivities will be highlighted by the all-time favorite, the juicy *lechon*. Staff from Lec’s Lechon commented that their sales went up because the



Kapampangan’s *Noche Buena* is not complete without the *lechon*.

Another popular Christmas tradition is the *bibingka*. One of Pampanga’s favored destinations for this Christmas Special is JunJun’s in San Fernando, the home of the best *bibingka* in the province. The establishment has been around for three generations, and it is known for the authentic *bibingka* with ground rice or *galapong*. This delicacy is best served with *tsokolate de batirol*. The traditional wooden whisk called *batirol* is used to make the all-time favorite sweet drink made from local cocoa beans. Cafe Museo in Angeles City is one of the best choices for this good-old Christmas tradition.

Halayang Ube, the creamy mixture of purple yam, coconut,

and milk *kakanin* that most Kapampangan grandmothers are fond of, is also a classic part of the Kapampangan *Noche Buena*.

Known for its special *ensaymada*, *hopia mongo* and *kundol*, *yemas*, *polvoron*, *buko pie*, and loaf bread, Gee Cee’s Bakeshop remains one of Pampanga’s go-to places for pastries. Its loaf bread is a staple in Kapampangan homes, especially during the holidays.

Food will always mark a special day in our lives as we celebrate the Yuletide season. But let us still remember that the *Noche Buena* is not about the grand and expensive food gatherings; instead, it is a time of togetherness and joy as we all celebrate the birth of our Lord Jesus Christ.

NEWS

OBMC hosts two Parent-Student seminars

► By **Julienne Manalili** (12 Jose), **Jehu Morales** (11 Amorsolo), and **Julia Samson** (9 Emerald)

Two parent-student seminars have been held at the Teatro Maximo of OBMC Angeles to help empower the relationships of the Grade 6 and Grade 9 students with their parents.

Amid busy schedules and abundant workloads, the relationship between parents and their children must always be a priority. The “Can We Connect?” Seminar on October 12 was aimed to help the parents and Grade 6 students understand one another, become more sensitive to the needs and issues of each other, and deepen their relationship. The seminar also highlighted the value of the home and the school working together as committed partners in nurturing the parent-child relationship.

The speaker of the seminar was Mr. Alex Araneta, Chief Catalyst of Catalyst360, certified Gallup Strengths Coach, and a speaker of the People Management Association of the Philippines (PMAP) Industry group. He is married to Atty. Elaine Araneta, Assistant Vice President of Robinsons Land Corporation. They take pride in being hands-on parents, and they exemplify that deep relationships are still possible even in the middle of hectic schedules.

Meanwhile, the “Staying Connected” parent-student seminar conducted for Grade 9 students and their parents was held on November 16. This activity aimed to empower parents

to help their teenagers as they go through their formative years.

Facilitated by Ms. Maribel Sison-Dionisio, AMD Love Consultant for Families and Couples, the seminar helped not only the parents but also the students in understanding each other better, all to form an unbreakable bond. The facilitators included Ms. Aiza Caparas-Tabayoyong, Mr. Enzo Armovit, Mr. Dan Caballes, and Ms. Cherrie Lapar-Ragunton.

Thank you, OB Montessori, for making these kinds of opportunities for personal growth available to us!



A Grade 9 student with her parent during Staying Connected.



A Grade 6 student with his parent during Can We Connect.

Grade 6 Students and Parents grace BARN DANCE 2019

► By **Matthew Malit** (11 Luna) and **Eleica Snyder** (10 Emerald)

The Barn Dance 2019 was held on September 27, 2019, in the Teatro Maximo of OBMC—Angeles. Students, along with their parents, wore their best cowboy gear to fit the traditional theme of the western cowboys. It is a “rite of passage” for Montessorians who are graduating from their Grade School Education. This activity allowed the students to display the social etiquette taught in their Physical Education classes.

Parents and students enjoyed games like Funny Bones, Limbo Rock, and more.

The students also displayed their dancing prowess in various ballroom dances. Grade 6 students Lauren Chua and Fhielle Esguerra both agree that their barn dance experience was unforgettable. Lauren Chua said that the games were fun and enjoyable, while Fhielle Esguerra said that the much-awaited free

dance was her favorite part. According to them, the Barn Dance was the perfect platform to bond with friends and family and to build new friendships.



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JHS students achieve successful Food Fair

► By **Ysabel Mutuc** (12 Jose) and **Jose Siongco** (11 Luna)

Showcasing the JHS students’ Entrepreneurial and management skills, OBMC once again hosted the annual Food Fair and Mini Mart on December 17, 2019. Under the supervision of Ms. Roselle Sarmiento, Technological and Livelihood Education (TLE) teacher, the young entrepreneurs managed their assigned stalls, selling products that ranged

from local street foods, salads, and the silog (*tapa-sinangag-ilog*) recipes to beverages and desserts.

Other than applying the lessons learned and skills acquired from their TLE class, what made the event very successful was the students’ teamwork. Because the students had a common goal, they were able to work in a team while fulfilling their assigned

duties, whether it be a runner, cook, cashier, seller, or manager. Most importantly, the students view the event as something gratifying, not only because of selling out their products but also because of learning how businesses work.



Parents attend Casa Open House

► By **Kobe Canivel** (11 Luna) and **Kentaro Punsalan** (12 Jose)

On September 11 and 12, OB Montessori hosted the annual Casa Open House with the goal of showcasing the Montessori way of learning to all parents. This method teaches the child to be independent through practical life, language, math, and cultural arts exercises. The activities showcased included sweeping the floor, pouring liquid, cutting and pasting paper, and others. In the hour-long event, parents had the chance to learn and interact with their children. The parents also had the opportunity to observe their child during class hours and discover the materials that their children use daily.

The event has been a long-time tradition in OB Montessori—one which strengthens the bond between the child, the parent, and the school.



Montessorian Scouts: The Future Leaders

► By **Jehu Morales** (11 Amorsolo) and **Jose Siongco** (11 Luna)



OB Montessori initiated its students into the brotherhood of scouts as cub and star scouts, and eventually as boy and girl scouts, in the Scouting Investiture during the Growing-Up Ceremony held on September 7, 2019.

The highlight of both ceremonies is the Grand Howl. This rite includes the recitation of the scouts’ oaths and promises before the scout-master, who serves as the witness.

The Scouting Investiture marks the beginning of the scouts’ journeys in facing the real world, bringing with them lessons and skills that they have learned, which will be reinforced in the Growing-up Ceremony as they continue to learn throughout their scouting days. This rite of passage of the newly promoted boy and girl scouts encourages them to become leaders to their peers and future leaders of the society.

OBMC hosts traditional Tea Party

► By **Chloe Dizon** (8 Ruby), **Denise Adriano** (9 Ruby), and **Jose Siongco** (11 Luna)



OB Montessori Angeles held its annual tea party hosted by the Grade 8 students on October 15 and 16. The attendees, clad in a pastel-colored tea party attire, exhibited the proper etiquette for the affair.

Through this activity, Grade 8 students also showcased their skills in baking, food-service, table-setup, hosting, and ushering. The students also used their communication skills to foster coordination with one another.

Chelssy Capati from 8 Emerald mentioned that she was excited because it was her first time preparing and attending a tea party. She also said that through this activity, she learned the value of hard work.

The Philippines hosts SEA Games 2019

By Matthew Gabriel Malit (11 Luna), Ysabel Mutuc and Isabel Libunao (12 Jose)
Photos by Moise Agapito and Ryota Utsumi (11 Luna)

Indeed, the success of SEA Games 2019 and the jumpstart of building world-class sports facilities are a victory for the Philippines. Sean Guevara, the head coach of the Philippine athletics team, commented that the facilities of New Clark City (NCC) were cutting-edge. At the time of the interview, before the event, the athletes were undergoing rigorous training to prepare for the December 6 competition. Coach Guevara added that he appreciated the fact his athletes could focus on their sports without being bothered by secondary priorities such as lodging or the financial support of government sponsors.



The Philippines hosted the 30th Southeast Asian (SEA) Games 2019—

its fourth time since 2005. The SEA Games was held from Nov. 30 to Dec. 11 at a cluster of venues: Clark, Subic, Metro Manila, and other areas. However, the main events of the Games were hosted in New Clark City in Capas, Tarlac, in Central Luzon.

Architect Royal Pineda of Budji + Royal conceptualized the infrastructure to pattern after the local Filipino lifestyle while applying concepts of modernism. The Mt. Pinatubo eruption inspired the architecture of the New Clark City Stadium

with its ringed roof resembling the crater of the volcano and its black and orange color scheme patterned after the color of lava. The volcano's debris was even utilized to build the posts and façade of the facility. The Aquatics Center was inspired by the country's traditional fishing net, the *baklad*. The structure's weaving patterns form an arrow-shaped ceiling while the roof drew inspirations from Capiz shells used in local Filipino architecture. Inside, there are three pools: a 10-

lane pool, an 8-lane training pool, and a diving pool with a 5-meter depth. The center also features a cross-ventilation system which allows cool air to flow, eliminating the need for air conditioners. Additionally, it was designed to face westward to feature a beautiful view of the Zambales Mountain Range and the country's brilliant sunsets.

The government has invested in these world-class projects in the hopes of hosting future sporting events other than the SEA Games. This feat will now be possible as the New Clark City Stadium was granted International Association of Athletics Federations (IAAF) certification, while the Aquatics Center was accredited by the International Swimming Federation (FINA).

With this significant event, the country has earned its reputation as a sports destination, a haven for athletes, and a welcoming venue for future tourists. The SEA Games 2019 is an achievement and an opportunity for the Philippines to promote its culture, to boost its economy, and to ignite Filipinos' love for sports. Certainly, "We Win as One!"



NEWS BRIEF

The Honorary Commodore from OB Montessori

By Ma. Bianca Dagle (10 Emerald, Greenhills Campus)

Over a hundred cadets in gray and white regalia will stand in position. Band members, instruments in hand, will wear their red and white uniform reserved for notable occasions in a

campus filled with honorary embellishments. A momentous one-star flag will fly in front of them accentuating the anticipation and excitement in the air as they all await the one who is coming. The arrival of a commodore wearing a light blue polo shirt and navy blue skirt will be heralded by the cadets with a salute and by the band with the performance of a unique piece. The honorary commodore of the Philippine Coast Guard Auxiliary who will be commended with Arrival Honors—soon in Angeles, just as she has already been in each of the five OBMC campuses under her charge—is none other than Commodore Sara Soliven-De Guzman, the Chief Operating Officer of OB Montessori Center.

Promotion to a high honorary rank such as Commodore does not just happen overnight. Ms. Sara Soliven-De Guzman gained merits that slowly built up toward the promotion. According to Philippine Coast Guard Captain Jose Mari Dela Pena, for many years OB has offered a cadet program for its Junior High School students which focuses on the values of honor, duty, and service to country, and its COO has furthered the partnership of her institution with

the Armed Forces of the Philippines by consistently exposing the Montessori students to different units of the AFP. The cadet program puts a premium on Disaster Preparedness and Risk Reduction, embarking on an Environmental Awareness Program since 2015 in partnership with the PCGA. It has committed its students to their monthly coastal clean-ups and mangrove planting. The school's Cadet Corps also holds an annual Testimonial Parade and Review honoring the men and women of the Armed Services by showcasing the skills and discipline they have acquired through four years of cadetship and student leadership. All this has led to Commodore Soliven-De Guzman being recently inducted as a member of the AFP General Headquarters and Headquarters Service Command Multi-Sector Advisory Board (MSAB), there providing advice and opinions to guide the command in the attainment of its mission and functions, especially as they pertain to the youth.

The promotion of Commodore Soliven-De Guzman not only brings honor to her, but to the whole OB Montessori community. It facilitates our deeper participation in opportunities to engage environmental and other issues, but now on a national level. Our platform toward a wider influence just increased greatly! Thus the journey of OB Montessori and the Philippine Coast Guard Auxiliary continues.



Christmas:

A Time of Giving and Camaraderie The OBMC Christmas Mission at Palan

By Carmela Bien (10 Ruby)

Devastated during the 1991 Mt. Pinatubo eruption, Barangay San Marcelino is now the proud home of our nation's very own Medjugorje known as the Mt. Pinatubo Hidden Temple Shrine in Sitio Palan, Zambales. In celebration of the traditional Christmas spirit, OBMC assures that even those in the most remote places experience some holiday cheer. Members of the school staff make annual visits to this rural community, bringing along relief goods, food, donated clothes, and the like for the hundreds of locals during the Christmas season.

Here, OBMC staff and friends hike up to the shrine and hold a mass in celebration of the holiday. This is followed by a tableau vivant, or a living picture, where the locals and OBMC staff don beautiful costumes and reenact the traditional Christmas story.

This fosters a sense of fellowship, belonging, and, most importantly, joy among the participants and audience.

Afterward, the Pagsasarili staff conducts practical life exercises and literacy activities on site, followed by free medical aid and the distribution of gift packs generously donated by the students and teachers.

The Palan mission is also paralleled every Easter, which is a time of rebirth and renewal, for OBMC believes that sharing our blessings is a year-round privilege and part of the care we should have for our world.



"Charity and Generosity as the True Gifts of Christmas": Project Kaibigan Christmas Drive 2019

By Matthew Malit (11 Luna)

It is an annual Christmas tradition of OBMC to give back to the community, to empathize with the plight of the underprivileged, and to aid these people wherever possible.

This initiative is the "Project Kaibigan," a charity program that mainly donates to disadvantaged groups. Founded in 1985, the project has reached out to numerous vulnerable groups that include our Pagsasarili Schools, orphanages, Home for the Aged, indigenous groups, and our community helpers.

Donations from parents, alumni, and friends of OBMC range from financial contributions to gift items. The program has also dedicated

itself to providing physical aid to victims of natural calamities such as the 1991 Mt. Pinatubo eruption and the 2013 Super Typhoon Yolanda. It has also reached out to the families of our "Gallant SAF 44" and the victims of the Marawi Siege.

This year, OBMC honors this tradition once again with "Project Kaibigan Christmas Drive 2019." Beneficiaries for this year will include the Pagsasarili Aeta Community in Palan, San Marcelino, Zambales, street children, and the school's security and janitorial staff.

The school has always believed in the spirit of charity. This annual initiative reminds us to demonstrate generosity to all members of society. If you wish to contribute to the Christmas magic, you may contact us through the OBMC Registrar's Office.



FEATURES

Achievers in Focus: Student Athletes

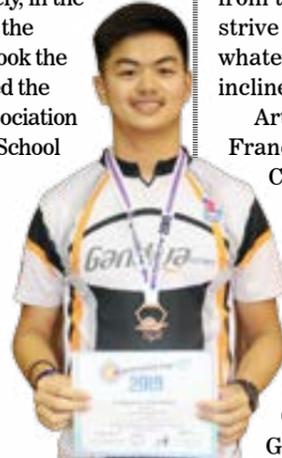
By Julia Samson (9 Emerald) and Denise Adriano (9 Ruby)

Years of training and perseverance make a true athlete. Being an athlete is hard work, especially when juggling school and training.

Still, the OBMC Angeles student-athletes can forge through the challenges and excel in both academic and sports activities. Girvin Cullen Nigel Garcia (9 Ruby) finished 3rd place in the Thailand Princess Archery Cup on June 28-30. Garcia also bagged Four golds in Angeles City Amateur Athletic Association (ACAAA) Meet 2019, which qualifies him to the Central Luzon Regional Athletic Association (CLRAA) Meet on February 2020 in Bulacan. Meanwhile, Andrei Xavier Factora (9 Emerald), Noah Francisco Factora (6 Mercury), and Sophia Tamika Cantrell (8 Emerald) emerged victorious as they bagged Individual Gold in both the Angeles City Private Schools (ACAPS) Sports Association Meet and ACAA Meet for Taekwondo. The

three Taekwondo athletes will also compete in the CLRAA Meet in February 2020. High school swimmers Alexander Quinn Angeles (9 Emerald) and Alicia Fatima Evangelista (7 Emerald) earned three bronze medals and one gold medal, respectively, in the ACAPS Meet. To top it up, the OBMC Volleyball Varsity took the gold as the team completed the Interscholastic Sports Association (ISSA) Tournament High School Girls Division 3.

These aspiring students have shown that they can overcome the challenges they face every day and excel in their sports careers while carrying the pride of OBMC outside the campus.



Achievers in Focus: Student Artists

By Chloe Dizon (8 Ruby) Ayenne Tabora (10 Emerald)

Academic prowess is not the only thing that distinguishes OBMC students from the crowd. They also strive to achieve greatness in whatever field they become inclined to.

Art achiever Sofia Francesca Malig (Advanced Casa - Tulip) won the Top Artist Award, Category A (Coloring, ages 4-6) at the Global Art National Art Competition. Beloved ballet dancers Jazmine Dela Cruz (10 Emerald) and Gwyneth Cassandra Garcia (8 Ruby) danced



their way to the top in the Hongkong Challenge Cup Dance Competition. Dela Cruz won a bronze medal for the Contemporary Solo Category and a silver medal for the Group Contemporary Category. Garcia, meanwhile, won silver for the Group Ensemble Category. In another competition of the same field, Chloe Faith Chua (8 Emerald) won 1st

place for the Open Group Contemporary Category at this year's Association of Ballet Academies of the Philippines (ABAP).

With the victory of the four girls in mind, students come to realize their aspirations and ambitions. It is through hard work and perseverance that one learns the true meaning of success.

Mr. Venturero wins 2nd Palanca Award

By Kentaro Punsalan (12 Jose) and Jehu Morales (11 Amorsolo)

Another one! Mr. John Romeo Venturero, a talented member of the Senior High School faculty, has done it again by winning his second Don Carlos Palanca Award, under the Filipino Division of *Tulang Pambata*, with his work called "Ganito sa Pabrik: Ang mga Tula ng Mga Anak Manggagawa." His work is a collection of 10 short poems that tackle the experiences of factory workers through the narratives of their children. A significant inspiration that he had cited was his experience as an advocate for worker's rights. He admitted to submitting the

collection two years prior, but with less dazzling results. However, he continued to improve the collection because he was determined to profess his advocacy of illuminating the plight of workers and the struggle for their rights.



The Spirit of Christmas

By Trisha Reine Adriano (8 Ruby) Artwork by Kelly Martin (9 Ruby)

Here comes that time of the year, The day when everyone spreads cheer Gather all your family and friends, The day of the Lord is what we'll spend

Light up all your Christmas trees And serve a delectable feast Let us share enlightening stories And create loving memories

Unwrap all the colorful presents, Execute customs and traditions We'll sing carols from day until night Seeing everyone together is a wonderful sight

Even if Christmas fun and all There is an inconvenient downfall Families are distances away And the poor have nothing this day

Let us give what we have to them Make them feel like an important gem The true and pure love is what we'll share And making them see how much we care

The Lord has given us so much Let us share what we have as such

Now, that is the spirit of this holiday "Sharing the love" is the meaning of this day



Alumni Watch

By Romanne Marcelli Pangan (10 Ruby) Paulo Joshua Pangan (11 Luna)

Excelling in a field as noble as medicine, these seven OBMC alumni have dedicated their lives to saving others.



LUZ VIRGINA S. ARENAS, MD
Batch 2005
General Physician at Our Lady of Mt. Carmel Medical Center Clark and Maxicare, SM City Clark; Company Physician at SFA Semicon Clark



JOAN F. GILLEN, MD
Batch 2010
Recent graduate from University of Santo Tomas (Doctor of Medicine), Summa Cum Laude



RAYMOND JOHN S. NAGUIT, RN, MD
Batch 2008
Founder of the largest youth non-government organization for mental health in the Philippines



JACKLYN EVE M. INFANTE, RN, MD
Batch 2007
Anesthesiology resident-trainee at University of Santo Tomas Hospital



ADRIAN JOSEPH C. TABLANTE, MD
Batch 2008
Resident Physician specializing in Orthopedic Surgery at Jose R. Reyes Memorial Medical Center



FRANCIS ADRIAN B. FULLER, MD
Batch 2008
Post-graduate intern at Medical Center Manila



MARTHA ISABELLE G. MUÑOZ, MD
Batch 2009
General Physician (board certified) with post-graduate internship at Makati Medical Center

LITERARY

Ang Pasko ay Pagmamahalan

By Faith Garcia (5 Jupiter) Artwork by Kelly Martin (9 Ruby)

Ang pasko ay kaarawan ng Diyos na may likha Ngiti ang makikita sa kanilang mga mukha Kahit sa mga kapus-palad na dukha Kasiyahan ang nagpapaligaya sa Panginoong lumikha



Maraming tumutugtog sa mga kalsada Nangangaroling ang mga banda Nagsasayawan ang mga tao sa kabilang banda Ang lahat ng mga tao ay bida

Inihahanda ng lahat ang mga pagkain Mga lutong bahay ang kanilang inihain Para sa pagdating ng kanilang panauhin Na kanilang tinatanggap ng buong damdamin

Ang pasko para sa lahat Ay diwa na nararapat Pagmamahalan na dapat Kailangan ng tao, sobra o sapat

LITERARY

When Christmas Bells Chime

► *By Derek Colin Martin*
(5 Mercury)

The close of a year of waiting has come near
The merry sound of the season is finally here
Colorful trees and sounds of carols are dear
Here comes the most favorite time of the year



Shaped like a hollow cup, it rings when struck
Like music from angels, it calls on the flock
Merrily ringing throughout the night
And gathering everyone to see the light

When Christmas bells chime, the message is clear
Seems like the voice of God that is pleasing to the ear
Ding-a-ling, Ding-dong, we hear,
For the Son of God, our Savior, is here!

Christmas

► *By Luisa Monique Katigbak* (6 Mercury)

Christmas is a joyous day
That everyone awaits every year
Come December, one will see varied displays
Of colorful trees and gifts from someone so dear

Christmas is a time of get-togethers
Of friends and families we cherish forever

It is a time for sharing and gift-giving
Amid the children's laughter and carol singing

But let not everyone forget
For us not to regret
A baby named Jesus was born who is God's perfect gift of salvation.



Christmas Season

► *By Fhielle Jeanisha Esguerra* (6 Mercury)

Christmas is coming
Everyone is preparing
They are already decorating
This Christmas is going to be exciting

Let's celebrate Christmas happily
No one celebrates Christmas sadly
All of us give our gifts gratefully

Everyone's Christmas tradition is made nicely

Give love on Christmas day
Let's go in the snow and play
Let us enjoy the best Christmas and pray
We love Christmas in every way!



5 Ways to Make Christmas Gift-Giving Affordable and Eco-Friendly

► *By Joshua Pangan* (11 Luna), *Raco Kian Bangsil* (12 Jose), and *Romanne Marceli Pangan* (10 Ruby)
Photos by Moisev Agapito and Ryota Utsumi (11 Luna)



Sell Your Old Things
You'll be surprised at how much you can earn.



Write Christmas Cards
This is more thoughtful and affordable.



Save Money
Your loose change can make a big difference.



Bake Some Christmas Goodies
Giving food is giving love.



Recycled Reusable Items
Show love to people and our planet.