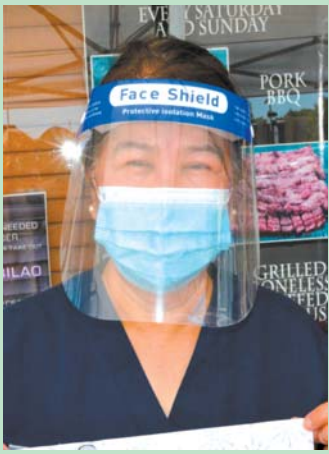


**What Our Readers Say...**



*This is an unusual situation that we are all in. But the best thing that we can do is to strictly follow the guidelines by health authorities.- Emma Pagalunan Rosales, RN*



*I salute the leadership of CFO-AZ and the PNA-AZ for initiating the distribution of free face masks. It is a pleasure to have volunteered.*  
- Melanie Punzalan



*Corona Virus pandemic has greatly affected my piggery business in Cebu because of travel ban imposed by national and local government authorities. But all that we can do is to follow the guidelines.*  
- Janice Schiller

**Mabuhay!**  
*Jesus said: "I am the way, the truth and the life; no one comes to the Father except by me." John 14:6*

**Filipino Community United on Free Face Mask Distribution**

By Leonardo O. Aromin

Phoenix, Az - In the spirit of unity and cooperation and in response to the surging Covid-19 cases in Arizona, members of the Filipino community distributed some 700 face masks in several locations in the: East Valley and the West Valley.

Upon the initiative of the Philippine Nurses Association of Arizona and immediately supported by the Council of Filipino Organizations of Arizona, headed by Alma De Garriz, several volunteers spent their time on June 27th (Saturday) distributing free



*Filipino volunteers distributing free face masks in front of Halo Halo Kitchen Restaurant in Phoenix.*

face masks to the general public.

Actually, it was Emma Pagalunan-Rosales who first suggested for the distribution of free face masks. It was immediately adopted by the leadership of PNA-AZ under Erlinda Singarajah and such proposal was immediately endorsed by the CFO-AZ.

Alma de Garriz said, "it is a great

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**Phoenix PhilAm Lions Club inducts new officers**



Phoenix, Az- The Phoenix PhilAm Lions Clubs held their 2020 Officers' installation on June 24th via 'internet' due to the Covid 19 where it is prohibited to have group gathering.

Installed as President is Nena Ingermanson, who will serve until next year.

Phoenix PhilAm Lions Club is now on its 27 years of service as a service organization not only locally but internationally.

The Phoenix PhilAm Lions Club has been regularly conducting 'medical and humanitarian mission activities' in the Philippines.

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**Ducey pleads with Arizonans to stay at home, but doesn't invoke stricter measures as pandemic spreads**

Maria Polletta  
 Arizona Republic

Calling recent spikes in COVID-19 cases, hospitalizations and deaths "unacceptable," Gov. Doug Ducey on Thursday pleaded with Arizonans to take every step possible to reverse those troubling trends.

If you can avoid going out, stay home, he said at an afternoon press briefing. Wear a mask and distance yourself from others if you can't. And, please: Stop gathering in large groups.

But the governor didn't take any additional steps to mandate changes in the public's behavior. Instead, he appealed to

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Gov. Doug Ducey

**Talk of the Town**

**Hundreds of scientists say coronavirus is airborne, ask WHO to revise recommendations: NYT**

(Reuters) - Hundreds of scientists say there is evidence that novel coronavirus in smaller particles in the air can infect people and are calling for the World Health Organization to revise recommendations, the New York Times reported on Saturday.

The WHO has said the coronavirus disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes or speaks.

In an open letter to the agency, which the researchers plan to publish in a scientific journal next week, 239 scientists in 32 countries outlined the evidence showing smaller particles can infect people, the NYT said nyti.ms/2V1xp67.

The WHO did not immediately respond to a request for comment from Reuters.

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# Free Face Masks for the community... from page 1



(L/R: Emma Pagalunan Rosales, Chita Pagalunan, Zenaida Pagalunan Gacutan, Sonia Sekito and Julie Bautista Fernandez, singing the Lupang Hinirang at the start of the Free Face Masks distribution in front of Halo-Halo Kitchen in Phoenix. (FAJ Photo)

The distribution in the West Valley was overseen by Emma Rosales, the initiator of the project and Alma De Garriz of the CFO-AZ.

Volunteers from the PNA-AZ, CFO-AZ, Lions Clubs and other organizations helped in the orderly distribution.

In the East Valley several locations were used as distribution centers: At My Place Café Restaurant, AZ International Market in Mesa and Nanay's Cuisine in Chandler.

Some 400 face masks were distributed in the East Valley which was overseen by Maribel Dillard.

In an interview with *The Filipino American Journal*, Alma De Garriz, Chairperson of CFO-AZ, said, "The CFO-AZ in coordination with PNAAZ and members of the council, distributed more than 700 FREE masks at Saturday's event in 2 different locations. With the over 1,000 daily increase in COVID cases, it is our responsibility to help decrease the spread of this virus by wearing masks while out in public and practice real social distancing! I commend the volunteers and donors for their selfless support!"

De Garriz is also one of those who volunteered in the distribution of face masks at the vicinity of Halo-Halo Kitchen Restaurant in Phoenix.

Emma Pagalunan Rosales, past president of the Philippine Nurses Association of Arizona (PNA-AZ) was the one who recommended the distribution of free face mask to the public. And her recommendation was immediately approved by the leadership of the PNA-AZ and the CFO-AZ.

During an interview, Rosales said, "first and foremost, KUDOS ! to the kindness and generosity of the donors, community supporters, seamstress, business owners, volunteers for without you, this outreach won't not have been possible and successful. For such a short time, a Good Cause was accomplished.

"Today, Saturday, June 27, the FACE MASK INITIATIVE , ONE COMMUNITY EFFORTS came to fruition.

The theme "MASK UP KABABAYAN" was conceived in God's perfect timing. AZ became one of the hot spot of COVID -19 pandemic, a dramatic 300% increase of cases in 24 hours time.

"It is a common knowledge that this undertakings of giving away FREE face mask, is our own little way of helping slow down the spread of corona virus pandemic,"

The initial plan of this activity in the east valley was a joined ventures with the COVID -19 testing site. After careful consideration that our volunteers are not properly attired of PPE , ( gowns, gloves N-95 mask especially ) swabbing of the nasopharyngeal, droplets lingers in the air for about 3 hours ( according to research) can potentiate exposure .

"This community outreach is indeed surrounded with a true sense of camaraderie. Each team of volunteers were assigned with specific assignments," Rosales said.

The volunteers sang Lupang Hinirang which was followed by a prayer.

"While social distancing was not strictly followed but, volunteers are wearing protective equipment like face mask, gloves, other with face shields , the rest of them had kept their own shades as goggles."

At the end of 2 hours, approximately total of 250-300 masks were distributed

Incidentally, the free mask was combined with the campaign materials from census 2020 like bags, water bottles, pens , fliers etc.. It was certainly a WIN WIN situation for the Filipino people.

"MASK UP KABABAYAN! Let the Filipino be the role model ."

For her part, the current president of PNA-AZ, Erlinda Singarajah said, "One of the three over-arching goals of the **Philippine Nurses Association of Arizona (PNAAZ)**, is to engage in activities that will impact health of our community. CDC recommends the use of cloth face mask to prevent transmission of the SARS-CoV-2 in areas of increased COVID-19 community-based transmission."

Singarajah also said, "as a result, PNAAZ developed a COVID-19 taskforce committee to support their members and the local community. One of the COVID-19 program is the face mask initiative."

When this program was approved, PNAAZ did not anticipate that AZ would become the national hotbed of COVID-19 cases. Therefore, it was equally important to urgently implement this program.

The planning and execution of a large-scale event to distribute masks at two different locations with very limited time was very challenging, but the Filipino kababayans pitched in together.

This initiative would not have been possible without Emma Rosales, 2016-2018 PNAAZ past president for being the lead in partnering with the members of CFO, headed by Alma de Garriz, multiple community partners, seamstress, donors, and volunteers.

The PNAAZ members are pleased that they were able to contribute in safeguarding the health of the local community, while continuing to serve as front liners in their immediate work settings.

Erlinda Singarajah, the new PNAAZ president's mantra is "together as 1 by reflecting, engaging, and making a difference."

The face-mask initiative, is an example of how PNAAZ, Filipino, and non-Filipino community members successfully collaborated to hopefully help curb the spread of the virus.

The distribution of free face mask at the east valley site, was supervised by Maribel Dillards with the support of a number of volunteers.

Face masks were distributed at My Place Cafe and at Nanay's Cuisine.

Masks were also delivered to Fleur Magbanua at the AZ International Market where they were conducting free COVID-19 testing.

Dillard also said that face masks were also distributed at Banner Health Hospital, VA Hospital and at Sonoran Lab.

Distribution at the East Valley



Distribution at the West Valley

