

Zumba: From Fitness to Friendship (Zumba: Mula Fitness hanggang Pagkakaibigan)

TOTAL DURATION: 00:16:35

Time in	Time out	Transcription	Translation
00:15:00	01:59:21	<p>Jenelyn: Hello and welcome po sa Speak My Language Program na kung saan ang mga taong nabibilang sa culturally at linguistically na komunidad ay magsasalaysay tungkol sa pamumuhay nang matiwasay na may kapansanan. Ako po ay si Jenelyn Terkildsen at nagtatrabaho para sa Ethnic Communities Councils of New South Wales. Sa ating mga panayam, atin pong natutunan sa mga taong may kapansanan ng iba't ibang kulturang komunidad tungkol sa paggamit ng personal na kakayahan at resources ng komunidad para mamuhay nang matiwasay kahit saan man sila. Nagbabahagi po tayo ng totoong kuwento, mga tip at kaalaman na nanggagaling sa mga taong may kapansanan na makapagsalaysay ng mga na-access na lugar, mga aktibidad at oportunidad. Sa araw na ito, ang atin pong panauhin ay pinili na hindi gagamit ng kaniyang pangalan sa panayam na ating gagawin. Hello and welcome po! Sa panayam na ito, ang ating panauhin na kapapanayamin natin o storyteller ay magbabahagi ng kaniyang kuwento tungkol sa kaniyang kinabibilangan na Zumba class. Ang pagsali ng Zumba class ng ating storyteller ay nagbigay sa kaniya ng maraming oportunidad. Kabilang na dito ang pagkakaroon ng maraming kaibigan at iba't-ibang grupong kinabibilangan. Matanong po kayo, nabanggit niyo po na sumali kayo sa Zumba. Paano niyo po nalaman ang tungkol sa Zumba class? Maaari niyo po</p>	<p>Jenelyn: Hello and welcome to the Speak My Language Program where people who belong to the culturally and linguistically diverse community will talk about living well with a disability. My name is Jenelyn Terkildsen and I work for the Ethnic Communities Councils of New South Wales. In our interviews, we learned from people with disabilities of different cultural communities about the use of personal skills and community resources to live well wherever they are. We share real stories, tips and knowledge from people with disabilities who tell us about accessible places, activities and opportunities. Today, our guest has chosen not to use her name in the interview we will be doing. Hello and welcome! In this interview, our guest interviewee or storyteller will share her story about the Zumba class she belongs to. Joining the Zumba class gave our storyteller many opportunities. This includes having many friends and different groups in which to belong. Can I please ask, you mentioned that you joined Zumba. How did you find out about the Zumba class? Can you explain it?</p>

		ba itong ipaliwanag?	
02:02:17	03:01:15	<p>Storyteller: Oh, yes, magandang araw diyan sa Filipino community na nakikinig sa atin ngayon. 'Yong auntie ko po at mga kaibigan, siya ang naggayak sa akin na sumali sa Zumba class. Nakuha ng auntie ko ang impormasyon sa community center. Sinubukan ko pong mag-attend ng Zumba class. Nong una medyo nahirapan akong sumunod sa step nila. Kalaunan at natutunan at nakasanayin ko na rin. Kami ay nagtitipon sa Zumba dalawang besestuwing linggo, dalawang beses kaming nag-zuzumba. Sa aming araw-araw na interaksyon, aking napag-alaman na marami palang mga aktibidad at programa na inihanda ang ating local na community center.</p>	<p>Storyteller: Oh, yes, good day to the Filipino community listening to us today. It was my auntie and friends who encouraged me to join the Zumba class. My auntie got the information from the community centre. I tried to attend the Zumba class. At first it was a bit difficult for me to follow their steps. Later on, I learned and got used to it. We meet at Zumba twice a week, we do Zumba twice. In our daily interactions, I found out that there are many activities and programs that our local community centre has prepared.</p>
03:01:22	03:02:22	Jenelyn: Maraming salamat po.	Jenelyn: Thank you very much.
03:02:24	03:03:20	Storyteller: Yeah.	Storyteller: Yeah.
03:04:02	03:11:11	Jenelyn: Ano po ang benepisyong makukuha sa pag-access ng mga impormasyon at kaalaman na galing sa ating local na community centers?	Jenelyn: What are the benefits of accessing information and knowledge from our local community centres?
03:15:05	04:30:24	<p>Storyteller: Maraming benepisyong. Unang-una, magkaroon ka ng tiwala sa sarili mo. May mga bagay pala na akala mo hindi mo kaya. Ngunit kung iyong susubukan, malalaman mo lang na kaya mo pala. Pangalawa, ang ating kakayanan na makipagtalastasan sa ibang tao or mahasa sa pamamagitan ng kanilang programa, madagdagan ang bilang ng ating kaibigan, magdami ang mga kaibigan natin sa loob lamang ng ating komunidad. Pangatlo, ang ating balance. Kailangan natin ng kakayahan na mamuhay nang sarili at matagal ay napapanatili sa pamamagitan ng mga aktibidad. At sa programa na inihanda ng ating Local Community Center, ma-iibsan ang stress mo sa buhay sa</p>	<p>Storyteller: There are many benefits. First of all, you'll have confidence in yourself. There are things you think you can't do. But if you try, you will know that you can do it. Second, our ability to communicate with other people or practise through their program, increase the number of our friends, increase our friends within our community. Third, our balance. We need the ability to live independently and longer through activities. And with the program prepared by our Local Community Centre, you can relieve the stress in your life by participating in various activities. It removed the stress. Daily interactions with people provide an opportunity to make many friends and share their knowledge and experience on</p>

		<p>pamamagitan ng pagsali sa iba't-ibang aktibidad. Nakawala ng stress. Ang pang-araw-araw na interaksyon sa mga tao ay nakapagbibigay ng oportunidad na magkaroon ng maraming kaibigan at makapagbahagi ng kanilang kaalaman at karanasan kung papaano mamumuhay nang matagal.</p>	<p>how to live a long life.</p>
04:31:01	06:06:18	<p>Jenelyn: Ang ganda po, 'no? So, kung tutuusin ang maraming benepisyo talaga ang makukuha sa Community Centers kaya... Masaya po ako na ibahagi niyo po ang inyong kaalaman at karanasan para po sa ating mga tagapakinig na Filipino o Filipinong komunidad. So, sinasabi niyo po nahikayat kayo ng auntie ninyo at saka 'yong kaibigan ninyo na sila po ang nag-imbata sa inyo na mag-attend kayo ng Zumba class. Bakit kayo nahikayat? So ano ang nag-engganyo sa inyo, ang nagbibigay sa inyo ng motibasyon na sasali kayo sa Zumba class.</p> <p>Maramdaman mo talaga pag nasa grupo ka na, yung enjoyment. Masaya ka makihalubilo sa iba't-ibang... mga kasamahan mo. Lalo na sa zumba, pag marami kayo at masaya yung pakiramdam.</p> <p>Jenelyn: So, ano po ang mga naging kaibahan po, 'yung pagkatapos niyo po mag-zumba, naikuwento niyo po sa akin na yung may mga pagbabago sa pakiramdam niyo. Gaya ng mga kilos niyo gaya yung pagyuko, gaya yung mga movement ninyo. Maikuwento niyo po.</p>	<p>Jenelyn: It's beautiful, isn't it? So, after all there are many benefits that can be obtained from Community Centres so... I am happy that you shared your knowledge and experience to our Filipino listeners or the Filipino community. So, you are saying that your auntie encouraged you and then your friend, they invited you to attend the Zumba class. Why were you encouraged? So what enticed you, what gave you the motivation to join the Zumba class. You can really feel the enjoyment when you are in the group. You enjoy socialising with your various... colleagues. Especially at Zumba, when there are many of you and the feeling is fun.</p> <p>Jenelyn: So, what were the differences, after you did Zumba, you told me that there were changes in how you felt. Like your actions like bending down, like your movements. You can tell the story.</p>
06:06:20	06:43:08	<p>Storyteller: Ay... opo, noon, nahirapan akong yumuko. At may mga gawain akong hindi ko magawa. Ah, dahil... siyempre, parang medyo masakit yung katawan. Sa pamagitan ng pag-zumba, nung nag-attend na ako ng zumba class, nagkakaroon ako ng pagbabago sa aking pakiramdam. At ang aking</p>	<p>Storyteller: Oh... yes, back then, I had a hard time bending down. And there were tasks I couldn't do. Ah, because... of course, the body felt a little sore. Through Zumba, when I started attending the Zumba class, there was a change in how I felt. And my view on life was that there were things that we thought we couldn't</p>

		pananaw sa buhay ay may mga bagay na pala na akala natin ay hindi natin magagawa. Ngunit magagawa pala natin kung tayo ay talagang...	do. But we could do them if we are really...
06:43:10	06:54:11	Jenelyn: Oo, ang galing nyan po, magagawa po natin yung mga bagay na inaakala nating hindi po magawa. So, magawa natin kung tayo ay susubok. "Try and try".	Jenelyn: Yes, that's great, we can do things we thought we couldn't do. So, we can do them if we try. "Try and try".
6:55:04	06:56:00	Storyteller: Susubok.	Storyteller: Will try.
06:56:02	07:19:16	Jenelyn: Ganda! So ngayon po, maraming salamat po. Maraming salamat sa pagbahagi niyan. Ngayon po, matanong ko po kayo. Now, balikan natin yung Community Center. Lokal na Community Center. So, bukod sa Zumba, may mga iba't ibang programa ba na mayroon ang inyong lokal na Community Center para sa ating mga tagapakinig diyan na Filipino Community?	Jenelyn: Nice! So now, thank you very much. Thank you so much for sharing that. Now, can I please ask you. Now, let's go back to the Community Centre. Local Community Centre. So, aside from Zumba, are there any other programs that your local Community Centre has for our listeners in the Filipino Community?
07:22:21	09:21:06	Storyteller: Ay opo, meron! Meron silang art and craft. Meron din tai chi. Meron yung... tumutulong sila puwede, humingi ka ng tulong sa Local Community Center kung medyo ikaw ay nahihirapan magbayad ng iyong electric bills. Meron silang energy account payments assistance. Hindi ako sigurado na lahat ng lokal na Community Center ay makakatulong sa bayaran ng gas at electricity, ngunit, maaari mong tawagan ang iyong Community Center upang kayo ay mabigyan ng referral sa iba't-ibang community center kung wala mang energy account payment assistance ang iyong lokal na Community Center. Mayroon din silang financial counselor na maaaring makatulong kung puwede may nahirapan kang mag-manage sa iyong pang-araw-araw na gastusin. Mayroon din silang no interest loan scheme na maaari mong ma-access	Storyteller: Oh yes, there are! They have arts and crafts. They also have tai chi. There is... they can help, ask for help at the Local Community Centre if you are having a little trouble paying your electricity bills. They have energy account payments assistance. I'm not sure if all local Community Centres can help pay for gas and electricity, but, you can call your Community Centre to get referrals to different community centres if your local Community Centre does not have an energy account payment assistance. They also have a financial counsellor who can help if you have difficulty managing your daily expenses. They also have a no interest loan scheme that you can access if you are unable to buy household appliances, such as TV, computer, refrigerator and so on. Not everyone is eligible so call your local Community Centre for more information. Local Community Centres also have flyers and

		<p>kung ikaw ay walang kakayahang bumili ng mga kagamitang pang-bahay, kagaya ng TV, computer, refrigerator at iba pa. Hindi lahat ng tao ay eligible kaya tawagan ang inyong local na Community Center sa karagdang impormasyon. May mga flyer at voucher din ang mga local na Community Centers na maaaring magbibigay ng kalamang tungkol sa karapatang pangtao. Ang mga center at opisina na maaring tawagan kung kailangan mo ng tulong.</p>	<p>vouchers that can provide information about human rights. The centres and offices that can be contacted if you need help.</p>
09:21:08	09:24:07	<p>Jenelyn: Ang galing po, ang dami pala, 'no?</p>	<p>Jenelyn: It's great, it's a lot, isn't it?</p>
09:26:18	09:27:14	<p>Storyteller: Yeah. Ngunit hindi limitado ang local na Community Centers. May mga inclusion na aktibidad na kung saan ang lahat ng tao, anumang kultura ay maaaring sumali.</p>	<p>Storyteller: Yeah. But local Community Centres are not limited. There are inclusion activities in which all people, any culture can participate.</p>
09:42:20	09:46:18	<p>Jenelyn: 'Yong panghuli po napakaganda dahil nabanggit n'yo po ay ang inyo pong local na Community Center ay may mga inklusyong aktibidad na hindi po limitado na kung saan yung mga galing po sa mga iba't-ibang kultura, iba't-ibang grupo dyan ay maaaring sumali, so napakaganda po. Napakaganda. Maraming maraming salamat po. So, ano po ang pakiramdam nyo ngayon na kayo po ay active at kasali sa Zumba Class? Anong pakiramdam natin ngayon na, okay, yehey, may zumba class ako.</p>	<p>Jenelyn: The last one is very good because you mentioned that your local Community Centre has inclusion activities that are not limited to those who come from different cultures, other groups there can join, so it's great. Very good. Thank you very much. So, how do you feel now that you are active and participating in the Zumba Class? How do we feel now, okay, yehey, I have a zumba class.</p>
10:18:06	11:29:24	<p>Storyteller: Yeah! Ako ay masaya. Siyempre naman, masaya. Mayroon akong maraming kaibigan. Yung mga kaibigan ko sa Zumba Class ay lumalabas kami paminsan-minsan, kumakain sa labas. Ang sarap ng pakiramdam, mayroon kang mga kaibigan na nakikinig sa'yo. At maaasahan mo rin sa oras ng iyong kalungkutan. Ang aking mga kaibigan ay</p>	<p>Storyteller: Yeah! I am happy. Of course, happy. I have many friends. My Zumba Class friends and I go out sometimes, we eat out. It feels good, you have friends who listen to you. And you can count on them in your time of sorrow, too. My friends also serve as a guide when I face challenges in life. And apart from the above, I have also done my gardening. I have plants that I take care of that serve</p>

		nagsisilbing gabay din sa oras ng may mga hamon sa buhay ako na kinakaharap. At bukod sa nabanggit, nagawa ko na rin ang aking gardening. May mga halaman ako na inaalagaan na nagsisilbing inspirasyon ko sa buhay. Nagkaroon ako ng adhikain sa buhay na sa tuwing gigising ako araw-araw dahil may mga halaman ako na nag-aantay sa akin. Didiligan, aaruga, kakausapin. Masaya ako sa mga pagbabago na aking buhay kumbaga nagkaroon akong bagong simula sa buhay.	as my inspiration in life. I had an aspiration in life that every time I wake up every day because I have plants waiting for me. To be watered, nurtured, talked to. I am happy with the changes in my life as if I had a new beginning in life.
11:30:01	11:38:04	Jenelyn: Ang galing po! Maraming salamat! So, maraming salamat! Ang galing! So, may mga ibang aktibidad po ba kayong sinasalihan bukod sa Zumba Class?	Jenelyn: That's great! Thanks a lot! So, thank you very much! Very good! So, do you participate in any other activities besides Zumba Class?
11:40:14	12:15:20	Storyteller: Ah, oo, meron pa. Meron akong sinasalihan na... body movement group. Sa isang linggo, meron ako nyan. Kaya... masaya ako dahil madagdagan ang aking kaalaman at impormasyonkung paano manatili ang pagiging independent at maalagaan ko ang aking sarili na maiwasan ang fall o pagkatumba. May kasabihan nga "Prevention is better than cure".	Storyteller: Ah, yes, there is more. There is a body movement group that I join. In a week, I have that. So... I am happy because I have increased my knowledge and information on how to remain independent and I can take care of myself to avoid falls or falling over. There is a saying "Prevention is better than cure".
12:16:13	12:17:23	Jenelyn: Maraming salamat po!	Jenelyn: Thank you very much!
12:18:00	12:22:04	Storyteller: Ayan! Salamat din, mabuhay.	Storyteller: There! Thanks too, long live.
12:22:06	13:38:11	Jenelyn: Dumating po tayo sa pangwakas ng ating panayam. Ako po ay nagpapasalamat ng lubos sa ating storyteller sa pagpaunlak sa ating panayam tungkol sa kanyang karanasan at pagbabahagi ng mahalagang impormasyon kung papaano mapanatili ang pamumuhay nang matiwas ay na may kapansanan. Ang dami po nating natutunan. Para sa akin, ang pag-access po ng mga resources at suporta na makukuha sa loob at labas ng ating	Jenelyn: We've come to the end of our interview. I am very grateful to our storyteller for allowing our interview about her experience and sharing important information on how to maintain a good life with a disability. We learned a lot. For me, access to resources and support that are available inside and outside of our local community such as Community Centres is very important. Like our storyteller who said at the end that "Prevention is better than cure" that if we

		<p>lokal na komunidad kagaya ng Community Centers ay napakahalaga po. Kagaya ng ating storyteller na yung pangwakas niya na sinabi na "Prevention is better than cure" na kung gusto nating maiwasan ang pagkatumba, you know, yung mga aktibidad na ino-organize o inihahanda ng ating Community Center kagaya ng mga movements diyan, body movements o may mga tai chi. May mga exercises ay nakakatulong para po maiwasan ang falls, o pagkatumba. So, bilang pangwakas, tatanungin ko po kayo kung ano ang maaari nyong ipabaon sa ating mga mahal na Filipinong tagapakinig. Ano po ang inyong masasabi?</p>	<p>want to avoid falling over, you know, the activities that are organised or prepared by our Community Centre such as the movements there, body movements or tai chi. There are exercises that help prevent falls, or falling over. So, in conclusion, I will ask you what you would like to say to our dear Filipino listeners. What would you like to say?</p>
13:42:19	15:14:09	<p>Storyteller: Mga kaibigan, mga kababayan, tayo po ay maswerte na narito tayo sa Australia. Mapapanatili natin ang pamumuhay nang matiwasay na may kapansanan. Ang maipabaon ko lang at maaaring sabihin na huwag po kayong mag-atubili na puntahan ang inyong lokal na Community Center. Marami pong mga aktibidad at mga makukuhang impormasyon sa Community Centers. Maipagpatuloy po natin ang ating pamumuhay na maligaya at matagal sa pamamagitan ng pag-access ng mga resources at supporta na makukuha natin sa ating lokal na Community Centers. Ang pagsali po sa anumang programa ay isang hudyat ng bagong simula sa ating buhay. Ang liwanag ay nandyan kung ito ay ating titingnan. Kaya sa mga Filipino na tagapakinig, sali na po kayo sa mga programa at aktibidad na makakatulong na mapalago ang ating pamumuhay at mapalawak ang ating kaalaman kung paano malalabanan ang mga hamon sa buhay. Maraming salamat at mabuhay</p>	<p>Storyteller: Friends, countrymen, we are lucky to be here in Australia. We can keep living well with a disability. All I can say is don't hesitate to visit your local Community Centre. There are many activities and information available at Community Centres. We can continue to live happily and long by accessing the resources and support we can get at our local Community Centres. Joining any program is a sign of a new beginning in our lives. The light is there if we look for it. So, to the Filipino listeners, join the programs and activities that will help grow our lifestyle and expand our knowledge on how to overcome life's challenges. Thank you very much and let's all live long.</p>

		tayong lahat.	
15:14:19	15:16:02	Jenelyn: Maraming salamat po.	Jenelyn: Thank you very much.
15:16:04	15:17:06	Storyteller: God bless!	Storyteller: God bless!
15:19:22	16:26:15	<p>Jenelyn: Kung kayo po ay nasiyahan sa ating recording pakibisita lang po ang aming website "speakmylanguage. com. au" na kung saan makukuha n'yo ang karagdagang impormasyon at pakibahagi po sa iba ang tungkol sa Speak My Language. Maaari nyo po kaming makita sa Facebook, Twitter, Instagram, o LinkedIn at tulungan n'yo po kami na maipamahagi ang kwento sa buong Australia o di kaya'y sa buong mundo. Ang Ethnic Communities Councils of New South Wales ay nalulugod na maibabahagi ang programa ng Speak My Language sa New South Wales. Ang programa ng Speak My Language ay pinupondohan ng Department of Social Services at pinamamahagi sa buong Australia sa pamamagitan ng pakikipagtulungan ng lahat ng mga state at territory, Ethnic at Multicultural Communities Councils at Multicultural Councils sa buong Australia. Ang ating national na broadcast partners ay ang SBS at NEMBC.</p>	<p>Jenelyn: If you were satisfied with our recording, please visit our website "speakmylanguage. com. au" where you can get more information and please share with others about Speak My Language. You can find us on Facebook, Twitter, Instagram, or LinkedIn and help us spread the story around Australia or even around the world. The Ethnic Communities Councils of New South Wales are pleased to share the Speak My Language program in New South Wales. The Speak My Language program is funded by the Department of Social Services and is delivered across Australia in partnership with all states and territories, Ethnic and Multicultural Communities Councils and Multicultural Councils across Australia. Our national broadcast partners are SBS and NEMBC.</p>