

Astrid Raisa L. Subingsubing

Writer and Editor

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OBJECTIVE

To utilize a strength with words and eye for detail to create and adapt written content towards effective communication for the organization's intended purposes and audiences

WORK EXPERIENCE

November 2019 – February 2020 **Training Resources Group**

Junior Instructional Designer

- Designed, developed and updated learning and assessment materials
- Reviewed and validated existing materials for quality and compliance
- Proofread, edited and formatted documents for publishing

June 2016 – June 2019 **Christ's Commission Fellowship**

Campus Missionary

- Implemented campaigns and strategies to achieve the purpose of evangelism and discipleship
- Trained student leaders to do evangelism and discipleship
- Mentored female leaders

September 2014 – February 2016 **Operation Blessing Foundation Philippines, Inc.**

Technical Writer

- Wrote and edited project reports for the different outreach programs for Children, Disaster Response, Healthcare, Livelihood, and Water and Sanitation
- Researched, wrote and edited feature stories on the events and beneficiaries of the organization
- Wrote and edited press releases, social media posts and content for collateral materials

July – September 2014 **Sedeca Ventures**

Sales Coordinator

- Served as liaison for franchise operations between Sedeca Ventures and Central Affirmative Company, Inc.
- Managed franchise outlets sales personnel

April – May 2012 **CBN Asia, Inc.**

Intern – Researcher and Production Assistant

- Contacted sources, interviewed subjects and researched topics for stories
- Assisted in shoots

EDUCATION

2008 – 2014 **University of the Philippines, Diliman**

Bachelor of Arts, Journalism

2004 – 2008 **St. Paul College, Pasig**

SKILLS

Writing: Proficient in writing and editing in both English and Filipino, feature writing, report writing, technical writing, creative writing, writing press releases and appeals

Online: Basic skills in social media handling (Facebook, Instagram), Wordpress

Marketing: Writing promotional copies, conceptualizing print materials, video teasers and plugs

Computer: Basic skills in Microsoft Word, Excel, PowerPoint, Adobe InDesign

AFFILIATIONS

Christ's Heritage Church

WRITING SAMPLES

Never Fading

Written By Astrid Raisa Subingsubing, Writer, Operation Blessing Philippines

Her bright yellow duster was pretty hard to miss, outdone only by her smile, even as she sat quietly in the waiting area of the medical mission that day in Tahanang Yaman, General Trias, Cavite. She heartily obliged to tell me her story, answering in between procedures and eager to share about her life.

Cecilia Bantelan is an 81 year old widow. She was 72 when her then-69 year old husband died of a heart attack in his sleep. Nanay Cecilia now lives with her 48 year old son, who is a teacher in Trece Martires, in a house loaned from PAG-IBIG. Her eldest daughter lives in Singapore with her husband who is an OFW, while her youngest daughter works as an administrator in the same school where her son teaches.

Nanay Cecilia used to sell clothes for a living, but she now suffers from shortness of breath, chest pains, high blood and back pain. Still, she remains an active member of their senior citizens' association, doing her best to attend all the meetings. When at home, she still also does some chores, like sweeping the floor.

At the medical mission, Nanay Cecilia was checked by a doctor and given the medicine she needs. Her smile never faded, even as she left the site, accompanied by Helen Muñoz, president of their senior citizens' association, who also served as a marshall for the medical mission. Helen says that they are blessed by and appreciate Nanay Cecilia's faithfulness to the association.

Operation Blessing thanks Grace Bible Church of Central Florida and the local government of Cavite for partnering with us to provide healthcare for the residents of Cavite. You can follow suit and help more people like Nanay Cecilia get the medical attention they need. Call us at 477 7802 to 04 and 06 to find out how, or visit <http://obphil.com/home>.

Together, let us show our brothers and sisters that we care.

(As published on <https://www.obphil.com/home/never-fading/>)

Soar High

Written By Astrid Raisa Subingsubing, Writer, Operation Blessing Philippines

She dreams of being a stewardess when she grows up. “*Kahit sa ospital, eroplano iniisip niya*, (Even when she was hospitalized, she dreamt of being on an airplane,)” said her mother, Mercy Bardenas, 49.

21 year old Mary Jane Bardenas is a statuesque girl who could sure fit the bill of a flight attendant. She is the fourth of seven children born to Mercy and Hernani Bardenas, 58, who make a living by chopping firewood.

Unfortunately, she has difficulty walking. When she was 13, she came down with appendicitis, and the infection spread to her brain, even causing her to go into a comatose when she was confined. This resulted in her losing the strength in her lower legs, allowing her to walk only with the assistance of another person helping hold her up. She is also unable to hold a pen to write and has difficulty using a spoon to eat as well.

She was restricted to nasogastric tube feeding (NGT) and was also unable to speak for about three months after her operation in 2007. She was also limited to a lying position for about five months. As such, she had to stop schooling. She underwent therapy for about three years, but stopped when her family did not see much difference in her condition. Last year, they also tried enrolling her in the alternative learning system, but her father found it too difficult to transport her on his motorcycle.

However, she is still able to help out at home in her own little way by folding laundry and sewing to repair clothes. And when you meet her, you would have no trouble talking to her despite her slightly slurred speech. This gave us hope that she still has a bright future ahead of her. More important was her fighting spirit and desire to continue her studies.

Our volunteer doctor, Dr. Aldrin Yap, therefore recommended she acquire knee braces, and only use a wheelchair temporarily. “*Matagalan talagang therapy ‘yan, pero malaki ang chance na makalakad pa siya kung ituloy-tuloy kasi bata pa siya*, (It will really require long-term therapy, but there is a good chance that she will be able to walk again if she continues because she is still young,)” he said.

He added that if she undergoes thorough therapy to bring back her fine motor skills to allow her to hold a pen again, she can go back to school in no time.

Thanks to Free Wheelchair Mission (FWM), a cheerful Mary Jane got her wheelchair at the Operation Blessing wheelchair distribution held at the Antipolo City plaza. Hopefully, this will help her get back to school. Then she would be able to soar high, whether literally as a stewardess, or as she defies the challenge of her condition along another path.

Mary Jane has a long way to go ahead of her. If you are burdened to help out in whatever way, whether to refer or volunteer as an orthopedic doctor or to give monetary support, please feel free to contact us at 477 7802 to 04.

When you help provide wheelchairs, you not only give the gift of mobility – you also give back the hope of fulfilling dreams.

(As published on <https://www.obphil.com/home/soar-high/>)

Touching Young Hearts

Written By Astrid Raisa Subingsubing, Writer, Operation Blessing Philippines

The air was cool when we stepped out of the van. It was the perfect weather for a Holiday of Hope and Cheer (HOHC) activity at the beautiful Camp Capinpin that morning. We were welcomed by Capt. Eduardo Meclat, Jr. of the 2nd Infantry Division of the Philippine Army, who told us a little about the picturesque grounds we were in. After the short orientation, we then headed to the grandstand where we would hold the HOHC program.

The program began with a prayer. The kids were then asked for a song number, to which two boys gamely obliged. Soon after, the kids got a special visit from Jollibee, who was received with much excitement, giving high fives all around. He did a dance number and posed for pictures with the children as well as the volunteers. Several of the kids also actively participated in a game of *Hep Hep Hooray!*

Next, the kids were treated to a screening of Superbook's The First Christmas episode. Earlier in the program, when they were asked who among them watched Superbook on Saturdays, almost all of them raised their hands. So it was no surprise when many kids sang along to the Salvation Poem after the episode. After the screening, the Gospel was shared to the kids as well as their parents from the military who accompanied them.

The program ended with the distribution of lunch meals as well as teddy bears and gift bags containing toys, puzzles and coloring books.

The kids expressed their gratitude for this event. "*Nagpapasalamat po ako sa mga sponsor. Nag-enjoy rin ako sa pagtuturo samin*, (I thank the sponsors. I also enjoyed how they taught us,)" said Nicole Villanueva, 10. "Thank you *po sa lahat ng shinare nila*, (Thank you for everything they shared,)" added Francesca Fiona Reyes, 10.

HOHC is just one of Operation Blessing's (OB) many programs for children. It aims to impart to kids the true meaning of Christmas. There are many other ways you can help out these kids. You can Bless-a-Child (BAC) with nutritious food to nourish their bodies. Or you can help send a child Back-to-School (BTS).

You can partner with us to give them a fun experience of getting to know Jesus by sponsoring a Happy Kids Camp (HKC) or a screening of the Bible-based cartoon Superbook. Whatever you choose, it is sure to be a blessing, where a little goes a long way.

Call us at 477-7802 to 04 for more information on our children's programs. Together, we can inspire change in the hearts of the young ones.

(As published on <https://www.obphil.com/home/touching-young-hearts/>)