



An Taclobanon News & Notes

A holiday special newsletter edition — December 2004



Although it's been said many times many ways....

The holidays are here again, and from all of us in the association to all our valued members, our friends, and supporters, here's wishing you and yours a very merry Christmas. May the joys of the season be with you always, and may the spirit of Christmas and New Year remain in your hearts forever.

We all know how stressful this time of the year can be. So here are a few reminders to help us all enjoy the holidays more:

Don't put off until tomorrow. Do you leave your holiday preparations until the last minute...enjoying the adrenaline rush of waiting until the 11th hour? It pays to stop procrastinating. Procrastination causes stress levels to rise and can hamper your health and enjoyment of the season. Try these strategies:

Set a time and stick to it. Don't wait until you "feel like it" to finish work tasks or

Christmas shop. Set a schedule with strict deadlines, and reward yourself when you meet them.

Don't make excuses. Projects such as writing out holiday cards, planning a party or wrapping gifts won't get easier the longer you put them off.

Break tasks into pieces. Divide tasks into manageable chunks, and complete one per day until your deadline.

*Most important...*take a "happiness inventory." Take a minute to focus on the positive. Jot down the good things that have happened this year. You'll be surprised at how much has gone right.

Take a break. The best rewards of the season come when you simply enjoy friends and family.

Inside this issue:

Our Mission, Vision, Values	2
2005 Novena Schedule	2
The Proposed Projects	2
Proposals for Fund Raising	2
Time Management Facts...	3
A Christmas Trivia Quiz	4



An Taclobanon Leadership holds a 'Fabulous' Strategic Planning Session

It's been said that a journey of a thousand miles begins with the first step. Well, let the journey begin.



An Taclobanon Leadership Strategic Planning Conference
Cancun Resort, Las Vegas ★ December 10-12, 2004

A planning session was recently conducted in an effort to refocus on the goals and targets of the organization. The one-day conference was organized by the newly elected Executive Officers and Board of Directors spearheaded by its President Susan Urbayan David.

The event was held at the Cancun Resort and was attended by the group shown during a pause from the hectic schedule.

Group discussions included comments and feedback on the video presentations "Be Prepared To Lead" as well as on "The Art of Criticism.. Giving and Taking." After a brief presentation, Raffy Lagado



Standing: Bobby Aguilos, Baby Cui, Gilda Gacho, Susan David, Edwin Tiu, Nonong Agner & Louie Ocaña
Front row: Raffy Lagado, Jerome Costibolo, Sammy Serrano & Peter Caludac

led a discussion on Leadership and Time Management while Peter Caludac gave a capsulated presentation on SWOT (Strengths, Weaknesses, Opportunities and Threats).

After the presentations and discussions, the participants broke out into workshops tackling among other things, such topics as: (1) Our Mission, Values, and Principles (2) Projects for 2005-2006 (3) Fund Raising Activities/Proposals, and (4) Working Committees for 2005-2006.

After leading the group in summarizing the planning session, Susan thanked everybody for their support and attendance. Everybody felt that this was a step in the right direction, and unanimously agreed that only by working together would these plans, targets and goals come to fruition. Overall, it was a very successful and productive session.

For a sampling of the outcomes of the workshop and group activity, please refer to the next page.



Our Mission, Vision, Values, Beliefs and Principles

Our Vision: To effectively harness the resources of the Taclobanon community in So. CA towards the realization of our socio-cultural & religious commitments.

Our Mission: We are dedicated to promote and protect our members' mutual interests as the Taclobanon segment of the Filipino-American community in the City and County of Los Angeles and nearby counties and other cities and communities while maintaining ties with the old hometown of Tacloban.

Our Values...

Accountability – being responsible for meeting the commitments we make, including keeping ourselves, the members informed, and compliance with regulatory requirements.

Teamwork – to promote the goals and objectives of the organization by actively and faithfully supporting, participating in the association's regular and special activities by our time, talents, treasures, prayers and service.

Respect – we are committed to demonstrate and to treat one another, our members and the public with utmost respect.

Integrity – in all settings, we hold ourselves to high levels of ethical and professional standards; and as promised, to abide by the established rules, policies, guidelines, Bylaws and the Constitution of An Taclobanon Association of So. California.

Financial responsibility – doing my share in helping to meet budgetary and strategic targets.

Synergy – to foster strength, unity by combining our efforts so that together, we are more than the sum of our parts.

Our Beliefs & Principles

We believe the organization could save a bundle in anxiety and reduce the risk of embarrassment by ensuring that its directors and executive officers understand and adhere to four basic principles:

One: Treat trust and credibility as the association's most vital and valuable assets.

Two: Assume all critical facts will eventually be known and make decisions that support and enhance trust.

Three: Avoid strategies that obscure, conceal, distort, misrepresent, mislead or otherwise undermine trust.

Four: Fulfill the specific responsibilities embodied in your role with diligence, independent professional judgment and, above all, an unwavering commitment to core ethical principles, such as: honesty, responsibility, fairness and good citizenship.

Adopted: December 2004

The Schedule of Novenas for 2005 – in collaboration with Liberty Pascual, the 2005 Hermana Mayor, below is the list of the Novena dates, hosts and contact phones.

- ◆ Jan. 29 - Alex & Christine Pascual
Tel. No. 562-260-1291
- ◆ Feb. 12 - Greg & Virgie Fernandez
Tel. No. 714-504-9166
- ◆ Feb. 26 - Letty Almendra-Vallero
Tel. No. 818-891-6681
- ◆ March 12- Romy and Tita Barbaza
Tel. No. 562-868-6758
- ◆ March 26 - Paquillo Family
Tel No. 562-861-0498
- ◆ April 9 - Neil & Klenia Colinayo
Tel No. 951-277-0969
- ◆ April 23 - Antonio & Aida Rinos
Tel No. 818-348-7743
- ◆ May 7 - Louie and Angie Ocaña
Pabs & Esleen Quianzon
Tel No. 562-867-6637
- ◆ May 21 - Liberty Pascual
Tel No. 310-638-4959

Proposed and Ongoing Projects – Some of the proposed undertakings include the following:

- Membership Recruitment/Updating – with many of the information being currently obsolete. it was strongly felt that the membership roster needs to be updated,.
- Compliance with Govt. Regulations – as a duly registered organization, we must comply with regulatory agencies' requirements.
- Fund Raising –
- Communication – it is essential that this be maintained with the general membership to allow for the proper dissemination and effective implementation of programs.
- Amendments/Constitution – as a dynamic organization, it has become necessary to modify/improve some of the provisions. Watch for further details.
- Youth Involvement – we are seriously considering the feasibility of involving the younger generation, otherwise, the association will stagnate.
- Help TACLOBAN – projects along the areas of health, education and welfare are being planned for 2005

Fund Raising Activities – following is a list of ongoing as well as planned events for the coming year. Additional information, details and updates will be shared in the next edition of the newsletter. These include, but are not limited to: Membership Dues Collection , Miss An Maglipayon USA, Fiesta/Raffles, Turn-Around Trips to Las Vegas, etc. and Golf Tournament.



Save the date: The Santo Niño Fiesta celebration will be held on June 18, 2005



Time Management Facts and Figures (Part I)

Some interesting facts and figures about Time Management and Personal Productivity for your use and enjoyment.

- There will be 2.2 million deaths in this country this year. 75% are from causes that are largely preventable.
- There will be 2 million marriages in this country this year and 1 million divorces.
- 95% of divorces are caused by a "lack of communication"
- The average working person spends less than 2 minutes per day in meaningful communication with their spouse or "significant other".
- The average working person spends less than 30 seconds a day in meaningful communication with their children.
- 80% of employees do not want to go to work on Monday morning. By Friday, the rate only drops to 60%.
- The average person uses 13 different methods to control and manage their time.
- The average person gets 1 interruption every 8 minutes, or approximately 7 an hour, or 50-60 per day. The average interruption takes 5 minutes, totaling about 4 hours or 50% of the average workday. 80% of those interruptions are typically rated as "little value" or "no value" creating approximately 3 hours of wasted time per day.
- On an average day, there are 17 million meetings in America.
- By taking 1 hour per day for independent study, 7 hours per week, 365 hours in a year, one can learn at the rate of a full-time student. In 3-5 years, the average person can become an expert in the topic of their choice, by spending only one hour per day.
- 95% of the books in this country are purchased by 5% of the population. 95% of self-improvement books, audio tapes, and video tapes purchased are not used.
- 97% of workers, if they became financially independent, would not continue with their current employer or in their current occupation.
- 20% of the average workday is spent on "crucial" and "important" things, while 80% of the average workday is spent on things that have "little value" or "no value".
- In the last 20 years, working time has increased by 15% and leisure time has decreased by 33%.
- A person who works with a "messy" or cluttered desk spends, on average, 1 1/2 hours per day looking for things or being distracted by things or approximately 7 1/2 per workweek. "Out of sight; out of mind." When it's in sight, it's in mind.
- The average reading speed is approximately 200 words per minute. The average working person reads 2 hours per day. A Speed Reading course that will improve the reading rate to 400 words per minute will save an hour per day.
- 90% of those who join health and fitness clubs will stop going within the first 90 days.
- 9 out of 10 people daydream in meetings.
- 60% of meeting attendees take notes to appear as if they are listening.
- 40% of working people skip breakfast. 39% skip lunch. Of those who take a lunch break, 50% allow only 15 minutes or less.
- It takes approximately 30 days to establish a new physical or emotional habit.
- The average worker sends and receives 190 messages per day.
- The average American watches 28 hours of television per week.
- 78% of workers in America wish they had more time to "smell the roses".





A Christmas Trivia Quiz



'Twas the night before Christmas and all through the house, not a creature was stirring....because everyone had run out of things to do. Here's a Christmas trivia quiz to help further any group's holiday spirit. (Not as much fun as watching "A Christmas Story," but it beats watching the green Jell-O mold melt.)

In honor of "The Twelve Days of Christmas" (named in part because it takes that long to sing it), here are 12 Christmas queries. No cheating please. And keep your eyes on your paper



1. **How did Dec. 25 come to be known as Christmas?**
 - a. It's Jesus' birthday, silly.
 - b. It coincided with the pagan Roman festival marking "the birthday of the unconquered sun" (winter solstice)
 - c. It's a holiday and it seemed like a logical choice.
2. **Why is the evergreen tree part of the Christmas celebration?**
 - a. For ages, the evergreen has been a symbol of survival and birth.
 - b. The nice sturdy branches hold ornaments nicely.
 - c. The oak pays the forestry service for protection.
3. **Where did the modern Christmas tree originate?**
 - a. With the American colonists.
 - b. Western Germany, circa 1600s.
 - c. Rockefeller Center.
4. **When was the first modern Christmas card designed?**
 - a. England, in the 1840s.
 - b. America in the 1920s.
 - c. Whenever someone cared enough to send the very best.
5. **Where did the real St. Nicholas live?**
 - a. The North Pole, really.
 - b. Turkey.
 - c. The Vatican.
6. **What are those weird little green things in fruitcakes?**
 - a. Bell peppers and red peppers (no one ever eats fruitcake so who knows what they taste like).
 - b. Candied cherries.
 - c. Bits of gift wrap from Christmas past.
7. **In what publication did the famous "Yes Virginia, there is a Santa Claus" editorial appear?**
 - a. The Boston Globe.
 - b. The New York Sun.
 - c. The Weekly World News (the original headline was "Homes invaded by enormous red space alien").
8. **What event marks the beginning of Christmas in Austria?**
 - a. The ringing of church bells.
 - b. The Feast of St. Nicholas.
 - c. Julie Andrews romping down the alps, bringing the hills alive with the sound of music.
9. **In the holiday film classic "A Christmas Story" what item is young Ralphie obsessed with receiving from Santa?**
 - a. Red Ryder BB gun.
 - b. G.I. Joe with Kung Fu Grip.
 - c. Beanie Babies – those darned things are everywhere.
10. **Why doesn't Santa like making his rounds in Australia?**
 - a. He's a tad toasty in his red suit. The temperature in Australia in December can reach almost 100 degrees.
 - b. Kids leave him vegamite sandwiches instead of cookies and milk.
 - c. Kangaroos get really mean if they don't get what they asked for.
11. **Which of the following IS NOT an ingredient in eggnog?**
 - a. Eggs.
 - b. Nutmeg.
 - c. Goldschlager.
12. **What fictional character uttered the classic line "God bless us, everyone"?**
 - a. Cindy Lou Who in "The Grinch Who Stole Christmas."
 - b. Tiny Tim in "A Christmas Carol".
 - c. Chevy Chase as Clark Griswold in "National



1. b The exact date of Jesus' birth is unknown
2. a Although b is pretty true too.
3. b
4. a
5. b He was the Bishop of a town in Turkey and known for his kind deeds. The Dutch turned him into a Christmas figure.
6. b But perhaps it would taste better if a or c were correct
7. b
8. b
9. a
10. a The validity of b or c is possible, however
11. c That's a holiday cheer of a completely different kind
12. b & c The only thing Dickens and Chevy Chase will ever have in common

ANSWERS



More photos from the ATA Planning Session at the Cancun Resort in Fabulous Las Vegas - December 10-12, 2004





An Taclobanon

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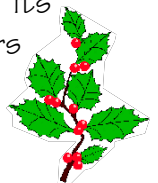


The Symbols and Traditions of Christmas: A Series Mistletoe and Holly

Two hundred years before the birth of Christ, the Druids used mistletoe to celebrate the coming of winter. They would gather this ever-green plant that is parasitic upon other trees and use it to decorate their homes. They believed the plant had special healing powers for everything from female infertility to poison ingestion.

of kissing under the mistletoe probably derived from this belief.

The early church banned the use of mistletoe in Christmas celebrations because of its pagan origins. Instead, church fathers suggested the use of holly as an appropriate substitute for Christmas greenery.



Scandinavians also thought of mistletoe as a plant of peace and harmony. They associated mistletoe with their goddess of love, Frigga. The custom

