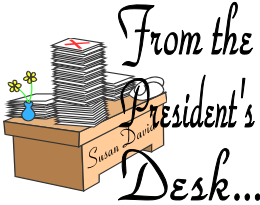




JANUARY/FEBRUARY 2006 News Notes

<http://www.antaclubanon.com>

News & Notes is a communication piece published bi-monthly for members of An Taclobanon Association of So. California



Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering you own imperfections but instantly set about remedying them - every day begin the task anew. -St Francis de Sales

Some people, particularly women have a huge problem with this principle because all their lives, they've tried to be perfect—the perfect wife, the perfect mother, the perfect employer, the perfect friend. How about you? Will you try to be the perfect success story, too? I sure hope not. For 2006 let's shoot for a more realistic goal of achieving a mental and physical transformation. Let us resolve to optimize our strengths, navigating around our vulnerabilities, and goin' for it. Let's go for progress rather than perfection.

if you work hard and keep your focus 80 percent of the time, you're doing great. The other 20 percent of the time, you get to be human—fallible. If you fall off the wagon, for a day, a week, or a month, don't carry on like the world is coming to an end. Look for the lessons. Regroup, and get back on track. Instead of saying, "I aim for perfection," say "I aim for progress. Instead of saying, "I wasn't perfect," say "I did the best I could, given the constraints and restrictions in my life."

Well, I am now almost at the end of my second term as President of this great association, serving from 2003- 2006. There were challenges to face and lessons to learn . We set goals , developed projects and am proud to say that with all the help of the officers, board of directors, liaison officers and members, my two terms were indeed challenging yet productive, rewarding and fulfilling.

In retrospect, we have built relationship in harmony with true principles of trust, integrity and values by being accessible to all members either through our newsletters or through our website (www.antaclubanon.com).

Let us focus to our goals as **goals** are tools for focusing on and an inspiration to take action. I look forward to working with everybody in order to successfully implement the plans we have for 2006. This may be our final term of office and I can promise you that our team will dedicate its collective efforts to go for, move forward, and continue progress versus pursuing perfection. While some of us may think that it's just another year, we ought to consider ourselves blessed for the opportunity and challenges that a new year often brings.

ATA Events/calendar of activities

With the new year, it's time to enter some dates and events into our calendars, PDAs or electronically

Strategic Planning Session

Saturday • Jan 14th • 8:30-4:30

Las Vegas. This is the second time your executive officers and members of the board will meet to strategize and refocus on our goals, programs, projects, as well as our administrative capabilities.



Medical Mission Project

February 11-17 in Tacloban,

Leyte. Communications have been sent to the Honorable Cong. Matin Petilla, Cong. Bem Noel, Gov. Jericho Petilla, and Mayor Bejo Romualdez. We hope our leaders are all ready for the team. After all they have all put in a lot of effort to make this mission a success! The volunteers are not only doing a service to both the LPH and the EVRMC, but they will also be bringing supplies for the St. Paul's hospital and the City hospitals, through the efforts of the An Taclobanon of California. Linda Calderon is the mission coordinator. Let us keep her and all the volunteers in our prayers for a safe trip and a fruitful mission, as always. Again, our thanks deepest appreciation go to Dr. Linda Astorga, Jun Acidre, and May Camulte for coordinating this project.

Joint Meetings (subject to change)

- **Saturday • Jan 28 • 2:00 p.m.**
Location to be determined
- **Saturday • Feb 25th • 2:00 p.m.**
Location to be announced
- **Saturday • Mar 25th • 2:00 p.m.**
Location to be determined
- **Saturday • Apr 22 • 2:00 p.m.**
Location to be determined
- **Saturday • May 20 • 2:00 p.m.**
Location to be determined
- **Saturday • June 3 • 2:00 p.m.**
Location to be determined

Novena Schedule

Please refer to page 3 for a partial list of dates, times, hosts, co-hosts, and location. Complete list is on our website.

Santo Niño Fiesta Celebration

Please refer to page 2 for a complete list of dates, times, hosts, co-hosts, and location.

CAMPING

No specific dates as of yet; however, this is planned for late August implementation. Watch out for upcoming announcements.

through your personal computer. While listed events and/or activities are always subject to change, the hope is to give you a heads-up on the events within the association.

The Medical Mission Project

An Taclobanon's role in this joint project with APMAM is to provide the Medical Supplies needed by the 3 surgical teams; for the volunteers to help in the post operative care of the patients, and dispensing prescribed medicines. So far, the Association has sent 19 balikbayan boxes of assorted medical supplies.



Again, the purpose of the fund raising is to be able to purchase the supplies necessary for the Medical/Surgical Teams.

Our new website Is up and running. You can access it by typing <http://www.antaclabanon.com>. Navigate through the website by clicking on the buttons to the left of the home page. You may encounter that some of them are still under construction. Nevertheless, it's a great start and something we hope to maintain and keep it current. Our hats off to **Peter Caludac** for all his time and efforts in coordinating this project.

Miss An Maglipayon USA

Congratulations to all our candidates. They all did a wonderful job in helping to raise funds for our medical mission. The presentation and coronation night was well attended. If you missed it, you missed an evening of great fun. Just watching our candidates perform during the talent portion was worth the price of admission!

Again, congratulations to our new Miss An Maglipayon, **Meniphae Paquillo**. First Runner-up was **Danica Ramos** of Norwalk, California. The 2nd Runner-up was **Gretchen Castro** of Silverlake, California. And the 3rd Runner-up was **Sherry Molina** of San Diego, California.

MEMBERSHIP DUES

A Friendly Reminder: Membership Dues Renewal – 2005/2006

To All Our Valued Members:

This is a reminder that if you have not remitted your membership dues for the period of 2005-2006, please do so as they are now overdue. As has been the practice, dues are good for a period of two years. Therefore, all membership dues are effective from January 1, 2005 to December 31, 2006.

Membership dues have remained the same over the past several years — \$20 for couples; \$15 for singles; \$10 for senior couples; \$5 for senior singles. Again, dues are good for one administrative term which covers a two-year period. Senior rates apply to 60 years old and over.

An Taclobanon values your membership and sincerely appreciates your support you have provided to the association. Currently, the record shows that only **25% of members are paid**. Please help us meet our goal of at least



Resolutions, anyone?

New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the final seconds of the year tick away, we become introspective. Invariably, that introspection turns to thoughts of self-improvement and the annual ritual of making resolutions, which offer the first of many important tools for remaking ourselves.

Since the New year is a time for new beginnings, many people make New Year resolutions; they promise themselves that they will do better in some respects than they have before. It is said to be bad luck to break a new year resolution so be careful when making one. New Years Resolutions were once promises made to the gods, in the hope that the gods would grant some favor in return, such as a good harvest.

Why is it that most New Year's resolutions fail? Think about the ones you have made in the past—to lose weight, stop smoking, find a mate, make more money, achieve lasting peace and harmony—whatever you might have resolved to do or change. Did it work? Did you keep any of your past resolutions?

Don't worry, most people are unable to make lasting changes simply by resolving to do so. After all, the things we resolve to do—or not do—generally involve the most difficult, unsolvable problems in our lives, or bad habits that have taken years to develop. It is unrealistic to think that suddenly we will have the power to erase our conflicts and negative behaviors just because it is the beginning of the New

Top 10 Most Common New Year Resolutions

1. Lose weight
2. Stop smoking
3. Stick to a budget
4. Save or earn more money
5. Find a better job
6. Become more organized
7. Exercise more
8. Be more patient at work/with others
9. Eat better
10. Become a better person

With a new year upon us, it might be time to revisit some aspect of your finances each month. Here are some suggestions from an expert.*

January — Resolve to increase savings.

With each new year, many of us resolve to quit a bad habit, but this year you should resolve to start (or ratchet up) the habit of saving. First, increase your 401(k) deferral by the same percentage as your raise. So, if you currently defer 7 percent of your paycheck to your 401(k) and your annual raise for 2006 is 3 percent, increase your 401(k) contribution from 7 percent to 10 percent. You will not miss the money and will benefit from this increased savings down the line. In addition, sign up for an automatic investing program through your bank or mutual fund firm. Start with a manageable amount, like \$50 or \$100 a month, and increase this amount over time. By having the money automatically debited from your checking account and deposited into a savings or investment account, you miss it less than if you were to deposit the money yourself.

February —

Make your 2005 IRA contribution.

You can contribute a total of \$4,000 to either a traditional IRA or a Roth IRA for 2005, and you can make your 2005 contributions until Monday, April 17, 2006. If you are age 50 or older, you can contribute an additional \$1,000 in catch-up contributions for a total of \$5,000. To participate in a Roth IRA, your adjusted gross income, or AGI, cannot exceed \$95,000 for single filers and \$150,000 for joint filers. Contributions and earnings grow tax free with a Roth IRA, and eligible withdrawals are tax-free as well. With a traditional IRA, earnings and contributions grow tax-deferred with eligible withdrawals subject to income tax.

March — Avoid the rush and get organized for your 2005 tax-return filing.

Look out for 1099s and your W-2. To minimize the painful ordeal of completing your tax return, take the time now to gather all the necessary paperwork. By the end of this month, you should have received your W-2 wage statement from each employer, as well as form 1099 from each bank, brokerage firm, investment company and mutual fund in which you invested in 2005. If you have not received these forms by the end of the month, call the respective institutions immediately to request additional copies. Keep in mind, even if you are not ready to delve into completing your tax return, it is important to have all the paperwork at your fingertips now, as waiting until April can often be too late. On average, it takes banks three to five business days to mail you a duplicate 1099; however, many branches allow customers to come in for a reprinted copy. Additionally, it may take up to a week for shareholders to get duplicate paper copies of their brokerage account or mutual fund 1099.

* Source: Melody Hobson, president of Ariel Capital Management in Chicago, is ABC News' personal finance expert.

FINANCIAL REPORT - RECEIPTS & DISBURSEMENTS November 26, 2005 - Sportsmen's Lodge, Studio City, California

MISS AN MAGLIPAYON USA

NOTE:

This report was prepared by the Treasurer, Baby Esperas Cui. For details and other information, please feel free to contact her directly by telephone at (626) 799-9637 or by email at cui@gps.caltech.edu



| A. Receipts | | \$ 21,480.00 |
|--|-------------|--------------------|
| 1. Sale of Dinner Tickets (291 Total)-(282 paid @ \$45; 9 paid @ \$50) | \$13,140.00 | |
| 2. Souvenir Program (Paid Ads) | \$ 3,480.00 | |
| 3. Ballots (total sold by the candidates) | \$ 3,598.00 | |
| 4. Crowns & Trophy donors (Freda Sumalangcay, Tating/Marilou Zosa, Ester Couch, Linda Enriquez, Erin Debuayan, Lully Delgado, Chona Santos, Puring Talaro, Lydia Astorga & J. Sheppard) | \$ 722.00 | |
| 5. Cash Donations from the following: | \$ 540.00 | |
| 5.1 Raffle prize donors (Charrise Badar, Kris Daley & Cesar Urbayan) | | |
| 5.2 Other cash donations (Ampy Salazar; Ludy Salazar); & V. Refuerzo-\$40) | | |
| B. Disbursements | | \$16,343.19 |
| 1. Sportsmen's Lodge | \$ 9,479.44 | |
| 2. Souvenir Program | \$ 2,031.62 | |
| 3. Subsidy for the three canvassing venues | \$ 600.00 | |
| 4. Cash Prizes (had to be replaced using our ATA checks) Charisse Badar & Family - \$200; Kris Daley - \$100; Cesar Urbayan - \$50; DVD/VCR from Badar family; BBQ Grill from Eva Quejada; Mikasa set from Gilda Gacho, Plates from Yoli Ramo; DVD Player from Edwin Tiu | \$ 350.00 | |
| 5. 4 Crowns (\$269) and 4 Trophies (\$388) | \$ 657.00 | |
| 6. Printing of ballots (\$692.80) & dinner tickets (\$470.89) | \$ 1,163.69 | |
| 7. Miscellaneous expenses (postage, lunch w/ candidate) | \$ 72.20 | |
| 8. Videographer | \$ 900.00 | |
| 10. Supplies (4 big Poinsettias for the Stage) | \$ 69.24 | |
| 11. Flowers & Edibles (4 Sashes+ 4 bouquets for the Queen & Runners-up) | \$ 200.00 | |
| 12. Incentive (10%) on Paid Ads solicited by the candidates (D. Ramos-\$184; S. Molina-\$61; M. Paquillo-\$40 & G. Young-\$20) | \$ 305.00 | |
| 13. Incentive on Paid Ads solicited by S. David (to be given to videographer as tip) | \$ 40.00 | |
| C. Total Proceeds | | \$ 5,136.81 |

2006 NOVENA SCHEDULE

NOTE:

This is only a partial list. Should any changes occur, notices will be distributed to all concerned.

For a complete listing of the schedule, please visit our website

1st Novena - April 15 at 2:00 pm

to be held at the Residence of
Ramon & Nonette Canaber
944 Buttonwood Ct
Rancho Cucamonga CA 91730
Telephone: (909) 481-4714

Co Sponsors:

Mary and Frank Paglinawan

2nd Novena - April 22 at 2:00 pm

to be held at the Residence of
Jun & Elsa Gonzalo
832 N. Frederic Street
Burbank CA 91505-2617
Telephone: (818) 268-1175

Co Sponsors:

Alberto & Angeles Gonzalo
Joe 'Tating' & Marilou Zosa
Walter, Maribeth & Melody Ann
Ventocilla

3rd Novena - April 29 at 2:00 pm

to be held at the Residence of
Joe & Emily Tagnipes
18837 Nau Avenue
Northridge CA 91326
Telephone: (818) 268-1175

Co Sponsors:

Note: Anyone interested in co-sponsoring is more than welcome; contact Joe and/or Emily Tagnipes



Association of So. California
1927 Paseo La Paz, Mountain Meadow
Pomona CA 91768

Au Tactabanau