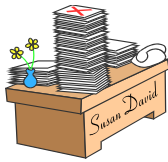




# SEPTEMBER/OCTOBER 2005 News Notes

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



From the  
President's  
Desk...



The **24<sup>th</sup> annual Fiesta** in honor of Sto. Nino of Tacloban celebrated last June 18, 2005 was another successful event. It was also on this day that the **YOUTH GROUP** headed by President-elect Emily David-Fajardo was inducted to Office by past President Cesar Urbayan. At this point, we are calling all Taclobanon youth to join because **YOU ARE OUR HOPE** to take this association to the next generation

Our congratulations and gratitude....

☆ to Hermandad Liberty Mendiola-Pascual for a very well attended, well-organized Fiesta and for all the prizes.

☆ to Gilda Gacho and Edwin Tiu for soliciting all the major prizes;

☆ to the souvenir program **printing** committee headed by Vice-President Bobby Aguilos and his wife, Cecile Aguilos, Peter Caludac, Tani Saño, Lito David, Jerome Costibolo and Sammie Serrano for the elegant printing of the souvenir program;

☆ to our ever eloquent and good looking emcee, past President, Raffy Lagado and co-emcee Ludette Lagutan-McNichols of San Diego, Mrs. An Taclobanon, 2004;

☆ to all Novena sponsors, co-sponsors, and prize donors;

☆ to our reception committee headed by Treasurer, Baby Esperas-Cui, and assisted by Bella Fulache-Caloza, Vice-Chairperson of the Board; and,

☆ to all the members of the An Taclobanon Association for without all your support and presence in this annual celebration, this event would not have been as successful.

Attitude is everything. Happiness is ours to create. We focus on the power of our positive attitude and create from it the experience of happiness. It is because of this positive attitude of our members and officers that this association has reached this level of success.

## ATA NEWS CLIPS

◆ Our first **Turn-Around Trip** to Spotlight 29 Casino in Palm Springs turned out to be quite successful. Proceeds from this fund-raising activity netted a preliminary amount roughly \$560. We thank the 39 individuals who participated and feel sorry for those who were unable to join for one reason or another.

◆ The **Miss An Maglipayon USA** presentation dinner/dance is on Saturday, November 26<sup>th</sup> at the Empire Room, Sportsmen's Lodge in Studio City from 5:30 p.m. Tickets are \$45 (prepaid), or \$50 at the door.

### *The Candidates*

**DANICA RAMOS** of Norwalk, California. She is the daughter of Victoria Ramos; Niece of Fely Biangella of Tacloban City. Currently attending Cerritos High School; wants to pursue a degree in Nursing from UCI or UCSD.

**MENIPHAE PAQUILLO** of Anaheim, California. The daughter of Efren & Minerva Paquillo of Tacloban City, she is currently attending Katella High School. Loves sports such as volleyball & basketball; gets involve in community service through the Key Club.

**SHERRY MOLINA** of San Diego, California is the daughter of Liborio & Niceria Molina of Tacloban City. She belonged to the top 5% in high school and currently a nursing student. Sherry works as a nursing student at Sharp Hospital; loves swimming and plays the flute.

**GRETCHEN CASTRO CHI-YOUNG** of Silverlake, California. Daughter of Nancy Castro-Johnson and is currently attending Sienna College taking Hotel & Restaurant Management. She loves traveling, playing the piano, and enjoys reading the Book of Revelation.

◆ **Canvassing dates** and location for Miss An Maglipayon are as follows:

1st canvassing: Sept. 17th, at 3 PM; at the residence of Gilda & Willy Gacho - Laguna Niguel.

2nd canvassing: Oct. 8th at 3 PM; at the residence of Baby Cui - Pasadena

3rd & 4th canvassing: Oct. 29th at 3 PM & 6 PM at the residence of Lito & Susan David - Pomona

## NOTES/Updates

### **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 75%! Should you have any questions or need some clarification, please feel free to call your Treasurer, Baby Cui at (626) 799-9637. Thanks as usual, for your support.

### **2005 Sto. Nino Fiesta**

Congratulations are in order to all who unselfishly gave their support to the Fiesta Celebration. To the various working committees for their time and efforts in making the celebration truly special. Heartfelt gratitude goes to our past Hermana Mayor, Liberty Pascual and Family for their tremendous efforts in ensuring everyone's enjoyment. Please refer

to the summary report below for the financial aspects. For any questions, or further details and information, please contact our Treasurer, Baby Cui.

## YOUTH FORUM



The Youth Group held a regular meeting on March 6, 2005 at the residence of Lito and Susan David. It was a very productive meeting of the minds. A mission statement for the Youth Group was developed. It is as follows:

- To develop future leaders for An Taclobanon Association of Southern California
- To educate the youth about the culture of the Philippines
- To promote "mini" activities in partnership with An Taclobanon Association of Southern California

We do not have any event currently

scheduled, but some ideas for future events include: Picnic at the Park, Casino Night or Poker Tournament, Win a Date/ Buddy Auction

I am calling on all of our young people to join us in our efforts to be the kind of auxiliary group that supports An Taclobanon in any way we can. Please contact us if you are interested in getting involved and helping shape the future of An Taclobanon.

For further questions, please feel free to contact Emily at either of the following:  
 Email: Emily\_S\_Fajardo@hotmail.com  
 Cell: (626) 780-4468

## Medical Mission Project

HOSPITALS: Provincial Hospital-Palo, Leyte, EVRMC-East Visayas Regional Medical Center in Tacloban City.

A TOTAL OF 60 VOLUNTEERS: 45 coming from the east coast; 15 coming from the An Taclobanon Association of So. California.

Services: 3 surgical teams to provide Cleft palate corrective surgery in Palo.

OB, Thyroidectomy and general surgery at the EVRMC, Ophthalmology and general medicine and outpatient services at EVMRC.

An Taclobanon's role in this joint project with APAM 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.

We are still in need of more surgical supplies such as 4x4 sponges and sutures. Again, the purpose of the fund raising is to be able to purchase the supplies necessary for the Medical/Surgical Teams.



*(please see continuation on page 5)*

## SUMMARY FINANCIAL REPORT - RECEIPTS & DISBURSEMENTS — 2005 STO NIÑO FIESTA CELEBRATION

<b>A. RECEIPTS</b>		<b>\$9,985.00</b>
1. Souvenir Program (paid ads only)	\$8,840.00	
2. Donations from the following:	\$1,145.00	
2.1 Cash donations at hall entrance (Luz Espina, Freda Sumalangcay, Lolit Ortega, Linda Espiritu, Carol Manlapaz, Marvin Nierras, Bobby/Rey Romana, Ester Couch, Marilou/Tating Zosa, Lilia Abril, and Meding Bicad)	\$ 445.00	
2.2 Contributions for give-away prizes: (1st prize — \$500 cash from Liberty Pascual) (2nd prize — \$200 cash + HP Photo Printer from Lani Atkins)	\$ 700.00	
<b>B. DISBURSEMENTS</b>		<b>\$4,600.68</b>
1. Souvenir Program	\$4,093.20	
1.1 Printing and paper	\$1,099.27	
1.2 Printer ink	\$ 710.07	
1.3 Printer ink	\$1,132.21	
1.4 Printer paper	\$ 298.44	
1.5 Binding of souvenir program	\$ 163.45	
1.6 Food for printing volunteers	\$ 100.00	
1.7 Printer paper	\$ 589.76	
<b>C. TOTAL PROCEEDS</b>		<b>\$5,384.320</b>
<b>D. LESS SHARE OF HERMANA MAYOR (50% of Item C)</b>	\$2,692.16	
D.1 Add: incentive for paid ads directly solicited (10%)	\$ 884.00	
D.2 Total share due to Hermana Mayor (item D plus D.1)	\$3,576.16	
<b>E. ADJUSTED SHARE OF PROCEEDS DUE TO THE ASSOCIATION (50% of item C)</b>		<b>\$2,692.16</b>
E.1 Add: Receipts from Kuratsa (3 sets)	\$ 621.00	
E.2 Add: Sale from raffle tickets	\$1,140.00	\$1,761.00
<b>F. FINAL ADJUSTED NET RECEIPTS</b>		<b>\$4,453.16</b>

## From the ex<sup>President's</sup> files -- Rafael Lagado



### Leadership Test

Leadership in any organization, group, or association is not the monopoly of the head — be it the President,

the Chairperson or any other chosen individual. In essence, leadership is the responsibility of those who have been chosen or elected to lead. While any organization will have leaders and followers, it is the job of those in positions of leadership to find out if they a true leader. See the checklists below and find out if these qualities apply to you:

- Leaders start** projects by asking “What has to be done” instead of “What do I need?”
- Leaders next** ask “What do I have to do to make a real contribution?” The answer best suits the leader’s strengths and the needs of the project.
- Leaders continually** ask “What are my organization’s purposes and objectives?” and “What qualifies as acceptable performance and adds to the bottom line?”
- Leaders don’t** want clones of themselves as members. They never ask “Do I like or dislike this member?” But they try to encourage good-better-best performance
- Leaders aren’t** threatened by others who have strengths they lack.

### MAKE IT YOUR CHOICE

Whatever there is to be done, make it your choice to do it. Rather than resenting that you must do it, or feeling guilty about the fact that you should do it, simply choose to do it.

From all the available possibilities, choose what you know is right. Choose, and put the power and commitment of your intention behind your actions. Choose to do it, and you make yourself vastly more effective. Choose to do it, and be in positive control of your own destiny.

Feeling that you’re forced to do it, or obligated to do it, or that you have no choice, will only weigh you down. So choose to do it and free yourself from those useless burdens.

Choose to do it not because you must, not because you should, but because you know it is best. In every moment, in every situation, make it your choice to do what is best. Make it your choice, and you’ll make it great.



### For Our Health...

#### Simple Tips to Slimmer Waists

Everyone knows that eating right and exercising are the keys to weight control. But not everyone knows these tips to make your efforts pay off fast...

**Eat breakfast.** It’s true—regular meals and occasional low-cal snacks help prevent the “famine-then-feast” syndrome. Great start: Fill up first thing with high-fiber cereal, whole-grain bread or fresh fruit.

**Bite into a pickle or lemon.** Advantages: Neither has any calories to speak of, and the sour taste will curb your appetite. Don’t have either? Try brushing your teeth.

**Post a list** of small projects on the refrigerator. Then, whenever you’re bored and tempted to snack, tackle an item from your list. Result: It will help you ride out crave attacks.

**Serve** yourself half the amount you usually eat if you tend to eat whatever is in front of you. And make less food look like more by using smaller plates.

**Exercise** in the morning. Why: After fasting overnight, two-thirds of the calories burned come from stored fat, which contains more calories than carbohydrates — the main energy source in afternoon workouts.



**Keep calories burning** with aerobic exercise, like biking, swimming or rowing. Advantage: A single session burns calories during the workout and for several hours afterward.

**Take your time.** It takes about 20 minutes for your brain to receive the signal that you’re full. So gulping food quickly may lead to overeating. Strategies: Set your silverware down between bites...chew slowly... savor each flavor and texture. And play soft, soothing background music which tends to slow the meal.

Source: *TopHealth Newsletter*, Oakstone Publishing.

### First-Rate Calorie Cutter

Here’s one more reason to boost fiber intake: It helps reduce the calories your body absorbs from what you eat. In a recent study, women and men who doubled their fiber consumption absorbed 90 and 130 fewer calories a day, respectively.



(Source: United States Department of Agriculture)

### Revisiting Our Association’s Beliefs & Principles

An organization could save a bundle in anxiety and reduce the risk of embarrassment simply by assuring 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.

# August 13, 2005 trip to Palm Springs



The President with last-minute instructions



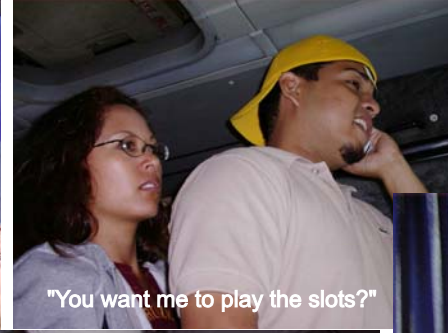
Bobby and company about to board the bus



Peter, Susan, Raffy and Edwin



There's Marvi, James, Peter and the President in the background



"You want me to play the slots?"



Above, Annie Lagado. To the right, and the winner...Ester Couch, sitted next to Baby Esperas-Cui



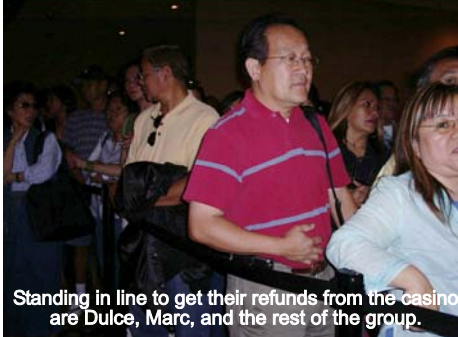
Edwin Tiu, Marc Castro and Cesar Urbayan enjoying a lighter moment during the bus ride



Some of the smiling, hopeful participants/depositors: Peter Caludac, Winda Palileo, Bobby Aguilos, Marvi Lorenzo, Susan David, Emily David-Fajardo and Jay Fajardo



From left to right: Ellia Urbayan, Cesar Urbayan, Susan David, Baby Cui, Ester Couch, and Nene Panis



Standing in line to get their refunds from the casino are Dulce, Marc, and the rest of the group.

## Snapshots from the Turn-Around Trip to Spotlight 20 Casino A fund-raising event for the ATA Medical Mission Project



## SAVE THE DATE

The event of the year you've been waiting for will be here soon!

Mark your date planners and make plans to attend the presentation, coronation, dinner/dance of The Miss An Maglipayon USA Pageant.

According to Susan Urbayan-David, this year's event will be held on **Saturday, November 26, 2005**. The affair will be

held at the Empire Room of the Sportsmen's Lodge on Ventura Boulevard in Studio City, beginning at 5:00 p.m.

"Proceeds from this formal event will benefit the indigent families in Tacloban therefore, all proceeds have been designated for the 2006 Medical Mission Project" says the two-term President.

You can get your tickets from any of the

candidates, or you may call the of the President at home (909) 623-8544 or on her cell phone (909) 268-1927.

Buy and pay for your tickets early, or pay \$5 more when you pay at the door.

"This is a great opportunity for all our members and their friends, to provide the kind of support needed in order to achieve our mission and goals."

**RAFFLE STUB**

No. \_\_\_\_\_

Donor \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

No. \_\_\_\_\_



# MISS AN MAGLIPAYON USA

## NOVEMBER 2005

Join us as we present the next Miss An Maglipayon USA

**5:30 PM — Saturday, November 26, 2005** at the

**EMPIRE ROOM, THE SPORTSMEN'S LODGE**

12833 Ventura Blvd., Studio City, CA 91604 • Phone: 818.755.5000

**Prepaid Ticket: \$45.00 ♦ At the door: \$50.00**

FORMAL ATTIRE REQUESTED — NO DINNER SERVICE AFTER 9:00 ⌚

[PROCEEDS TO BENEFIT THE SPECIAL PROJECTS OF AN TACLOBANON]

**YOUR TICKET IS COULD WIN VALUABLE DOOR PRIZES!**

**ADMIT ONE**



## Medical Mission Project (continued from page 2)

### Volunteers from An Taclobanon Association include:

- Klenia Colinayo - RN ( MD in Phil)
- Neil Colinayo - RN
- Cecile Aguilos - RN
- Bobby Aguilos - Aux
- Peter Caludac - Aux
- Dulce Caludac - Aux
- Baby Esperas- Cui - Aux
- Lito David - Aux
- Susan Urbayan- David - Med Tech, President An Taclobanon Assoc.
- Gilda Gacho - RN
- Willy Gacho - Aux
- Freda Sumalangcay - MD
- Paz Villas Febrero - RN
- Ver Febrero- Aux

## 2005 Camping



The annual summer camping activity was held at the San Onofre State Beach and Campsite from July 22-23-24. Many thanks and appreciation to Gilda Gacho for scouting the site.

A total of 10 families with their children and friends pitched their tents for the weekend camping. Some members who opted not to sleep in tents joined us for a day at the beach on the Saturday of July 23rd.

Several activities such as biking, swimming, collecting gem stones kept the campers active and busy. The bikers gave us the impression that they were members of the Discovery Team of Lance Armstrong based on their "tight" outfits and their bikes.

The cooking of the dried fish raised an alarming scent as it wafted on to our neighbors. However, our diplomatic relationship was mended when the neighbors

joined us with an "evening" of Karaoke singing idols.

Overall, it was a fun weekend at the beach, and based on their feedback, all participants can't wait until next summer for the next camping activity.

## SCHEDULE OF JOINT MEETINGS

For all intents and purposes, summer's over. And there's not a whole lot left of 2005! But the meetings of the Board of Directors and the Executive Officers continue. As you know, members are welcome — and are encouraged — to attend. Below are the meetings for the remainder of this year. The dates are firm, although locations have not yet been determined:

- Saturday-Aug. 27 @t 1:00 pm at Susan/Lito David's residence
- Sunday-Sept. 11 — Location TBA
- Sunday-Oct. 9 — Location TBA
- Sunday-Nov. 6 — Location TBA



# *An Taclobanon*

Association of So. California  
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Pomona CA 91768