



UPNAAI NEWS

VOL. 14 No. 1

"UPHOLDING THE U.P. TRADITION OF EXCELLENCE"

WINTER 2010

OFFICIAL PUBLICATION OF THE UNIVERSITY OF THE PHILIPPINES NURSING ALUMNI ASSOCIATION INTERNATIONAL, INC.

UPNAAI GOES TO THE BIG APPLE!

The news spread fast, UPNAAI in New York City! They came from distant places-the Philippines, Canada, Europe and from all over the United States. They waited patiently at the front desk of the Hilton New York to register. The excitement became palpable as they recognized familiar faces – classmates, friends and former teachers . They greeted each other with hugs and kisses, started reminiscing the good old days as they chatted, laughed and checked each other out. One could tell that the UPNAAI 31st Annual Reunion has already begun.

The celebration on August 6-7, 2010 at the Hilton New York at the Avenue of the Americas, hosted by the NY/ NJ chapter, UPN-EC (University of the Philippines Nurses of the East Coast) under the leadership of Tatess Abad BSN'81, MSN was another momentous event as the newest chapter – DelMarVa (Delaware, Maryland and Virginia) was installed. Officiating the installation were Josie Villanueva BSN'67, MA and Lyvia Villegas GN'68, BSN, MA, FNP, UPNAAI advisors. Perry Francisco GN'69, BSN'71 and Carmina Bautista,BSN'74, MSN, FNP, the two DelMarVa leaders accepted the chapter banner then symbolically lit the votive candles from the flames of UPNAAI lamp.

The event was also honored by the presence of UP President Emerlinda Roman and UPCN Dean, Josefina Tuazon, first time ever that both our Dean and the President of the university were present.

The reunion was a resounding success as alumni and jubilarians continue to cherish the camaraderie, renewal of bonds, friendships and recognition of alumni achievements. It inspired the nursing alumni as UPNAAI "reached across" to every UP nursing graduate globally and shared their academic expertise and scholarly activities to advance the profession. It also successfully bridged the gap between the young and the old, strengthened cohesiveness and unity and honored diversity in the pursuit of UP tradition of excellence.

The attendees could not stop talking about the fun, excitement, bonding and camaraderie that they felt and they did not want it to end. They wanted more and have been sharing the NY experience with their friends and classmates who missed it all. They are looking forward to the 2011 reunion. The 32nd Annual Reunion will be held at Sheraton Delfina Hotel in Santa Monica, California on August 5-6, 2011. Mark your calendar and hope to see you all there! (Maggie L. Ongkiko, BSN'73, MSN, CCRN)

UPNAAI Christmas Dinner Party: A Wonderful Experience

By Maggie Ongkiko

DATELINE LOS ANGELES: Amid the frenzy of the season, UPNAAI was looking for an opportune time to continue the yearly tradition of getting together to celebrate the holidays. Before the president and officers can decide what to do and where to go, came an invitation from Zayda B. Aberin GN'67, MBA, one of the association's directors, to host the UPNAAI Christmas Dinner Party. The chosen date was perfect and timed right after the monthly board meeting to ensure maximum participation.

It was twilight when the officers and directors filed out of the boardroom of Shriner's Hospital to a waiting

(continued on page 2)

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President's Message

Emy Goodrich
UPNAAI President



Writing this message reminded me of my Dad's favorite poem given to him in a card by an American GI after the war. My Dad has long been gone now and the title of this poem is etched on his tombstone.

"The Rose Still Grows Beyond the Wall" by A.L Frink

"Near a shady wall a rose once grew, budded and blossomed in God's free light, watered and fed by morning dew, shedding it's sweetness day and night.

As it grew and blossomed fair and tall, slowly rising to loftier height, it came to a crevice in the wall through which there shone a beam of light.

Onward it crept with added strength, with never a thought of fear or pride, it followed the light in the crevice's length, And unfolded itself on the other side.

The light, the dew, the broadening view, were found the same as they were before; And lost itself in beauties new, Breathing it's fragrance more and more.

Shall claim of death cause us to grieve, And make our courage faint or fail? Nay! Let us faith and hope receive: The rose still grows beyond the wall.

Scattering fragrance far and wide, Just as it did in days of yore, just as it did on the other side, Just as it will forever more."

This year is UPNAAI's 32nd year and I am reminded that like this rose, UPNAAI will continue to grow and exist beyond our years.

I am very honored to be serving this organization surrounded by dedicated and Godly people who continue to "water and feed" so that UPNAAI will continue to flourish and accomplish its mission.

Last year's grand reunion in New York, attended by UP President Emerlinda Roman and UPCN Dean, Josefina Tuazon, was truly an incredible blast with UPN-EC's hosting and Tatess Abad's leadership. Delmarva's Perry Francisco and Carmina Bautista's UPCN Fund raising activity yielded quite substantial donations from our generous alumni that will help fund UPCN's wish list.

I am beyond awe as everyone, including UPNAAI's board of officers, board members, advisers and their families, went about performing their duties with pride and determination.

This year will be no exception. The 32nd Grand reunion will be celebrated in the beautiful city of Santa Monica, California at the Sheraton Delfina Hotel Aug 5-6.

Santa Monica is a compact and walkable city of just 8.3 square miles, with big inspiring views, neighborhoods

to explore, public art everywhere, California cuisine and oh, yes... the BEACH!

Again, as I have implored in the past, I will continue to call on all UPCN and UP-PGH School of Nursing alumni worldwide to join this prestigious organization that we may continue to "scatter the fragrance" of academic excellence far and wide....."as it did in the days of yore... as it did on the other side... as it will forever more...." 🌹

from Page 1 **"A Wonderful Experience"**

stretched limousine by the parking lot. There was evident excitement among the members and anxious anticipation as to the destination.

As the limo traversed the well-lit and ornament-decorated Wilshire Boulevard, the group at no one's prompting started singing Christmas carols beginning with the favorite **"Ang Pasko Ay Sumapit,"** very much sounding like the U.P. Chorale (We hope). It went on through the span of Wilshire, that the jollity might have distracted the limo driver as he passed by the destination until Zayda yelled, "turn back, turn back" to the laughter of the group. Turning back at La Cienega Avenue, we stopped right in front of **"Fogo de Chao."**

Fogo de Chao is a famous Brazilian Restaurant along Los Angeles Restaurant Row. A long table was prepared a ready for UPNAAI. The dinner fare includes a buffet of salads beautifully spread in the middle of the restaurant, and four kinds of meats: Duck, Lamb, Pork and Beef, made into 18 different historic Brazilian-grilled delicacies and cooked to each individual's liking. Certainly, everyone explored the various tastes and expressed their own opinions as to which one is best. Finally, the verdict was unanimous---everything is delicious. The meal was not merely fine dining; it was indeed a culinary adventure.

After coffee and dessert, and after several poses for souvenir photos, the limo-drive back to Shriener's was so much fun. The singing continued, everyone has their own jokes to tell and the laughter was in unison. The merriment was absolutely memorable.

Before they started their drive back to respective homes, they exchanged holiday greetings and "thank yous" to our dear host for the wonderful treat. And the "good byes" were followed by **"sa u-ulitin."** 🌹



The 31st Annual Reunion
August 6-7, 2010
Hilton New York, Avenue of the Americas
Theme: Reaching Across: Lending a Hand of Fellowship



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Photo captions:

1 "Being a Force for Good: Nursing Beyond" *Jenneth Doria, BSN'79* **2** *Lorraine Evangelista BSN'85, MSN, PhD, CCNS, CCRN, FAHA, FAAN, 2010 JVS Medallion of Honor Awardee* **3** "Acculturation, Food Intake, Dietary Changes & Healthy Perceptions of Filipino-Americans: A Pilot" *Felicitas dela Cruz-Millman GN'59, BSN'64, MA'70, DNSc, FAAN* **4** "Family Nurse Practitioner, Unique Provider in Primary Care in Collaboration with Physicians" *Marlene Cataylo-Chance GN'75, BSN, MSN, ARNP, BC, PhD, EJD* **5** Registration desk **6, 7** Vendors, Research Poster Presenters: **8** *Rosemarie Gadioma, BSN'81, MSN, ANP, ACNP-BC* **9** *Theresa Abad BSN'81, MSN* **10** *Leonie Navarro-Mariazeta, BSN'79, MA, MED* **11** *Merle Borrero BSN'67* wins logo contest **12** JVS Medallion of Honor recipients (past & present) **L-R:** *Emy Goodrich BSN'74, MSN, GNP-BC, UPNAAI President, Leticia Lantican BSN'62, MA'79, PhD'80 (2000), Erlinda Ortin, BSN'69, MN'71, MPH'85 (1995), Lyvia Villegas GN'68, BSN'71, MA, Chair, Awards & Citation Committee, Lorraine Evangelista (2010), Dean Josefina Tuazon, BSN'77, MN, DrPH (2008), Mely De Leon, BSN'61, MN (2006)* **13** Seminar participants

PICTORIAL



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Photo captions: 1 Registration desk **2** Class'59 **3- 4** Ruby jubilarians **5** Silver jubilarians **6** Pearl jubilarians **7** Class'79 donates to UPCN **8** Class'82 **9** China jubilarians **10** UPN-EC board of directors and advisors **11** Dean Tuazon receives plaque of appreciation from UPNAAI President Goodrich **12** Flor Castelo, Double diamond jubilarian, recipient of UPNAAI President's award for her loyalty and support , with UP President Roman and UPCN Dean Tuazon **13** Belinda Aquino receives plaque of appreciation from UPCN Dean for her donation to UPCN **14** UPNAAI board of directors and advisors

AT THE DINNER DANCE



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Photo captions: 1 Ruby jubilarians 2 Silver jubilarians with UP President Roman and UPCN Dean Tuazon 3 The future leaders of UPNAAI: Class'95, '97, '98, '99, '01, '02, '05 4 UPNAAI fundraising campaign for UPCN (L-R: Carmina Bautista, BSN'74, MSN, May Mayor, GN'70, BSN, MSN, MA, Perry Francisco, GN'69, BSN'71) 5 Flor Castelo, GN'50 heeds to fundraising call 6 Line dancing for the young and the old 7 Golden jubilarians 8 DelMarva installation as Chapter 9 Sapphire jubilarians 10 UPNAAI BOD and advisors 11 UPN-EC BOD and advisors 12 UPCN'73 13 Auld Lang Syne 14 UP-PGHSN'68

Membership

By Ding De Lima, BSN '73

UPNAAI welcomes the new additions to the 2010 members

New Life Members:

Danao, Leda Layo BSN'65 (CA)
Geslani, Cynthia P. BSN'78 (NY)
Lan, Virginia Maceda BSN'70, MSN'83,
PhD'95 (MI)
Lopez, Ma Gracia BSN'80 (CA)
McNeil, Prescila GN'63 (TX)
Montinola, Carmelita BSN'62 (NY)
Ordonez, Sally GN'67 (NY)
Portugal, Edna Eligado GN'68 (VA)
Tejero, Carmel Aragon BSN'67 (TX)

New Annual Members:

Acosta, Evelyn G. BSN'69 (NY)
Apostol, Ma Elena Santos BSN'73 (MD)
Baltazar, Gloria B. BSN'77 (MD)
Bonus, Remedios R. BSN'72 (TX)
Camaya, Estrella De Guia
BSN'70 BSN'68, MA, Med (NJ)
Guttman, Minerva Salinas EdD (NJ)
Olewnick, Linda Crisol BSN'73 (NY)
Pador, Dominica Diaz BSN'70 (CA)
Salinas, Erlinda Mendoza BSN'74 (NY)

Finance

by Iren B. Roldan, BSN'69, Treasurer

Total Balance as of
December 31, 2010 **\$76,691.00**

Donations (UPCN Wish List) - \$2,840.00
UP-PGHSN'69 - \$2,341.00
UP-PGHSN'68 - \$5,270.00

UPNAAI CARF donates \$1,500 to the Red Cross for the victims of Japan's earthquake/tsunami. You can still help. Please send your donation to:
UPNAAI CARF
c/o Iren B. Roldan
26931 Fort Apache Circle
Lake Forest, CA 92630

Our thoughts and prayers are with the people of Japan.

Committee Report

Greetings from the City that Never Sleeps

by Tatess Abad, BSN'81, MSN

The 31st UPNAAI (University of the Philippines Nursing Alumni Association, International) Annual Reunion was celebrated on August 6-7, 2010 at the Hilton Hotel at 53rd Street, New York City and still we hear continued affirmation of how awesome the event was.

Two years ago, UPNAAI's message to UPN-EC (University of the Philippines Nurses-East Coast), its revitalized chapter in NY/NJ, was, "We got the place, we have the format. You host it and run it. We will support you."

Since that time, UPN-EC pursued to make this first NYC reunion a most memorable one for each and every alumna. As UP President Emerlinda Roman puts it, "It is the best reunion I have attended!"

Friday's session started off with 110 seminar attendees who enriched themselves with the knowledge and expertise shared by UP nursing alumni speakers. Moreover, nine poster presentations were on display.

The Luncheon Class Roll Call became a venue for 170 registered attendees, not counting those who joined later in the afternoon program. Something new was introduced, not conventional to previous alumni reunions – each class was asked to come up with a class cheer and message in line with the Reunion theme, "Reaching Across."

The Gala Night Event was truly a spectacular one at Hilton's Trianon Grand Ballroom, elegantly decorated with fresh flower centerpieces for the 36 tables that accommodated 287 attendees. Everyone got into the party mood as the doors opened for cocktails and each attendee was stamped as if in a disco-club. As soon as the DJ-led dance music began, all young and old hit the dance floor, swinging and

swaying to line dance steps and other moves.

The audience got to see the other side of UP nurses as entertainers. There were stunning performances from Jubilarians. UPN-EC had its own electrifying dance number as nurses from Batch '81, '98, '99 and '01 danced to Lady Gaga's "Bad Romance."

President Roman graced the evening event with her eloquent speech to the alumni. Other guests of honor included Dean Josefina Tuazon (UP College of Nursing), Mrs. Floresinda Castelo (double diamond jubilarian), Prof. Belinda Aquino and Mrs. Emma Osano, GN'59. They were presented and handed bouquets of flowers as UPNAAI appreciated their presence and support.

Solemnity was regained as the installation of the new UPNAAI chapter, DelMarVa (UP Nurses of Delaware, Maryland and Virginia) was conducted. The event would not have been complete without the presentation of those who made the Reunion a reality. The officers, board members and advisors of UPNAAI and UPN-EC were recognized for the fruition of this Reunion in NYC. Elected officers and board members of the UPN-EC were officially inducted by President Roman.

The 31st UPNAAI Annual Reunion has become an unforgettable event. Thanks to all those who coordinated the Registration, Souvenir program, Hospitality, Gala Night Program, Educational Seminar, Accommodations and Event Decorations. The organizers thank all those who attended and supported this Reunion. Obviously, it was the collaboration, cooperation, joy and openness of each and every attendee that made this Reunion a lasting and fulfilling part of one's life.

For the next UPNAAI Reunion this coming Aug., Class '68 is again sponsoring a Bus Tour. This time it's a 7-day tour to five National State Parks to Yellow Stone, starting from California, Nevada, Utah, Idaho Wyoming and Montana. Total of 6 nights and seven Days from Aug. 7 to 14 right the Sunday following the Dinner Dance. This includes a shopping in the Outlet in Barstow, a night in Las Vegas, a visit to Idaho Falls, Salt Lake & Mormon Temple in Utah, Zion National Park, Bryce Canyon, Several Faithful Geizers, Yellow Stone in Wyoming, and Running Spring in Montana.

I don't want to limit this trip to my classmates only because it is so beautiful to miss by other alumni who have not been to these places before. So I'll open the invitation to all alumni who are interested on a "first come first serve basis" after class' 68 is accommodated!. Details of the tour will be posted in the Web site. Email me, Naty Matitu at natitom1@aol.com for preliminary listing of participants to give me an idea if I need to order more than one bus. I have been to these four two years ago and it is one of the best local trips I had and I thought of going back to bring my dear classmates whom I'm sure will enjoy these places as much as I did. The price of the whole trip was incredibly reasonable. I will post the details as soon as I discuss the exact price with the travel agent that services all my travel needs. Meantime, SAVE the DATE! Watch my email - **Naty Matitu-Mercado**

Class Reunions and Alumni Gatherings



Karaoke Night Batch '95, '97, '98, '99, '01, '02, 05



Chapters Meeting, 8/7/10



UPNAAI/UPAAGLA Christmas with President Roman, Glendale, CA, December, 2010



BSN'67 celebrates Merle's 65th B-day. 2/12/11
 Back Row (L-R): Edna Yambao, Merle Borrero, Ampy Icasas
 Front Row (L-R): Josie Villanueva, Jane Galager, Elsa Villanueva, Ana Capili

Quotes from Class '68 at 2010 NYC Reunion

"I could share with everyone that the class reunion in NY and Martha's Vineyard was one of the best we've had!"

Beth Martires Layne

"So blessed to be a 68'er, the BEST class there is! Reunion 2010 provided us awesome quality time with each other.....reminisced, exchanged life stories and enjoyed every minute of it. My sincerest gratitude and appreciation to our dynamic duo, Naty, our coordinator and Lyvia, our president and class actress for making it an unforgettable event."

Norma Arevalo Yabut

"My fondest memory was the Bus Tour to Cape Cod and Martha's Vineyard.. "Hallo,Hallo" These words when uttered in front of the '68ers will most certainly bring forth some smiles, giggles. Our Tour guide, Cameron but she spells it Carmen, was a riot. We have to get her again for any future trips. So much fun."

"The dinner dance at the Hilton was pretty memorable too. Our very own Dancing With Stars performers: Aida Layug Limcaoco and her husband, Ben were a hit!"

"It's easy to dance well when your dance partner is Aida, she brings the best in your dance steps".

Mody Rivera husband of Mady Madrinan Rivera quoted after dancing with Aida.

"No one needs to starve during bus tours with this group. Snacks were rotating throughout the bus. I just

wish nobody caught me hogging the adobong mani..Darn I could have eaten that whole bag by myself."

"The comedy acts of our very own husband and wife team: Lyvia and Rudy kept the tour bus rocking with laughter. Even the Dean got into it."

Lillian Gahol Salvador

Overall, should I say, the New York Reunion is something we, Class '68 will remember forever. Thank you Lyvia for offering the Manhattan Club for Class'68 get-together. the "Space" was a blessing! Imagine all 36 of us including our hobbies bonded with each other much closer than ever before. Thank you, Dean Peng for joining us. Class '68 feel special! Thank you to the New York Host, you are incredibly organized..Tatess, Tony, May, Mayie, and your group are all commendable. Everything went so smoothly. Thank you Marlene and May, yes, our "dream" became a reality! And thank you to all my classmates' who supported me and Lyvia all the way for all our UPNAAI activities! Tom & I had the greatest time ever!

Naty Matitu-Mercado

New York Reunion 2-Disc DVD

To catch up on all these wonderful memories, you will have to attend this year's reunion. Rudy Villegas, Lyvia's talented, generous husband put together 2 disc DVD's of the New York Experience and will be shown in its entirety in August. Orders are being taken for these excellent video capturing the NYC reunion, including a trip to Cape Cod and Martha's Vineyard. Proceeds will go toward our class '68 donation to UPNAAI.

To order: Call Lyvia/Rudy 949-786-7839 or email Fulrose@cox.net. It's \$10.00 each, \$15.00 for two +\$5:00 shipping and handling Total= \$20.00. All checks payable to UPNAAI and mail to Naty Matitu-Mercado at : 15255 Knapp St., North Hills, CA 91343.



Board of Directors Meeting with new equipment 3/12/11



Cape Cod Group Photo

A Silver Journey

by Lorraine Evangelista



I would like to thank the UPNAAI Awards and Citations Committee and General Board very, very much for this award.

I'm immensely proud to be a recipient of the 2010 Julia V. Sotejo award especially given the caliber of my fellow recipients of past and present. The following write-up contains excerpts from my presentation at the UPNAAI 31st Annual Reunion in NYC as well as a

report from the Silver Jubilarians UPCN Class 1985.

When I started to prepare this presentation (which was four hours ago on our plane ride to New York) I asked myself "Who am I?" and I know that part of the answer to that can come from looking back, to see "What made me?" I began to organize my thoughts and decided to utilize Erik Erickson's developmental framework which consists of eight stages of development, with each stage unfolding as the individual goes through the life cycle, to guide my thoughts. As I describe the events in my career as a nurse, feel free to let your mind drift loose into parallel events that happened to you, and those around you, since you left the secure walls of the UPCN.

Stage 1 (infancy, 1981-1983) describes our formative years at the UPCN where the ego development outcome was trust vs. mistrust. In 1981, twenty-one students came from all corners of the country with the hope to someday become the Florence Nightingale of our times. The nursing profession was experiencing a lull and enrollment in nursing schools was at its lowest in years, but we didn't let this affect our desire to make a difference in the nursing profession. The UPCN became our mother and provided us with a positive learning environment and ignited our drive to succeed. During this stage, we learned to trust ourselves, and despite the healthy sibling rivalry (e.g. we all had to find a way to get credit for 10 normal vaginal deliveries and 10 opportunities to provide neonatal care), we learned to also trust others and life in general, and have basic confidence in the future.

Stage 2 (early childhood, 1984-1985) describes the years when we all ventured out to the world (a.k.a. Bae, Laguna), to master skills for ourselves. This stage gave us the opportunity to build self-esteem and autonomy; to know right from wrong; and to develop more control over our practice as senior student nurses. Gaining independence was exciting, but knowing that our mother kept a protective eye open to keep us out of danger helped us develop our own will and confidence in our abilities to serve others.

Stage 3 (play age, 1986-1990) describes the years when we experienced a desire to copy the adults around us and find purpose (i.e. initiative) in our careers; this was the first time we were able to leave the "safe zone" and venture out into the world. I somewhat struggled with this phase – I guess because although we mastered critical thinking and communications skills quite well in our early childhood, our practical nursing skills were not the best. While preparing for the NCLEX, I worked as a nursing assistant at a convalescent home to polish my basic skills. This is where I met the man of my dreams who taught me how to give perineal care using one washcloth instead of 10 (which probably saved my employer a lot of money – ha, ha). During these years, my family grew exponentially (i.e. $1 + 1 = 8$). I can see those puzzled looks on your faces, so let me clarify that I had 2 children and adopted 4 step-children. To support our brood, I often worked long hours and didn't have time outside my day to day interaction with patients to work on any major projects that would impact the nursing

profession. Unfortunately, I was also too busy with work I lost contact with a majority of my classmates.

Stage 4 (school age, 1991-1995) describes the phase in our careers when we were capable of learning, creating and accomplishing numerous new skills and knowledge, thus developing a sense of industry. I personally went back to school to obtain my masters degree at UCLA and worked as a Clinical Nurse Specialist for several years. As an advanced practice nurse I started to get involved in nursing research, education, and management. At first I was limited to small scale activities within the hospitals that I worked at, but over time, my passion for nursing coupled with my increased sense of competence and self-esteem, prompted me to take on several leadership roles in professional organizations across the nation.

Stage 5 (adolescence, 1996-2000) is a stage when individuals establish identity. By this time, it was quite obvious to me that I wanted to devote more time to supporting nursing science. I went back to UCLA to obtain my PhD and completed the program in less than three years (record-breaking for the institution since it opened in the early 1970s). I started to travel both nationally and internationally to share my research. As a budding nurse researcher, I met several challenges along the way (e.g. lack of resources – time, money, and human resources) but I always remembered what a beloved mentor once told me, "We will always have rocks ahead of us, but it's up to us whether we will use them as stumbling blocks or stepping stones," and this is what kept me focused.

Stage 6 (young adulthood, 2001-2005) is the developmental stage when we seek out satisfying relationships and intimacy. I knew for sure that I wanted to continue to share my passion for nursing with others, so I entered academia and started to build collaborative relationships with other academicians who shared my research interests. I also loved to teach and taught at both the undergraduate and graduate levels at UCLA. I found so much satisfaction in teaching and cultivating curiosity, knowledge, and wisdom and in inspiring others to be their best. During this time, I also heard that several other classmates were making a mark in their work settings. Apolonio "Bong" Lunod Jr. joined the Air Force shortly after graduation where he also completed his masters and is now a Major; he was deployed several times to the Middle East to serve our country and has worked in several countries (e.g. Germany, Japan); Mabek Montoya Yumul followed her dreams of working in psych mental health nursing where she is now a Mental Health Counselor; she completed her masters in 2002. Queenie Samonte-Iglesia holds ANCC certification in Medical Surgical Nursing and has tackled various roles in diverse clinical settings; she later transitioned smoothly to diverse outpatient roles as School District Nurse, Clinical Nurse Supervisor for ADHCC, Nurse consultant for ICF-DDH facilities and Acting Director of Patient Care Services for a new Home Health Agency. Melanie "Edgie" Martinez Kanar helps her husband manage his own private practice clinic on pain and physical medicine & rehabilitation in Naples, Florida. Vivien Cruz obtained her masters in 2008 and practices as Clinical Nurse Leader in St. Petersburg, Florida. Teresita Valdez Regal works has taken on several leadership roles (e.g. Case Manager, Assistant Nurse Manager) within the Kaiser Healthcare System in San Francisco Bay area. Maria Consolacion "Baba" Eliazo Guerrero has built a dedicated career in critical care nursing in New York. Unfortunately, we do not have any information on three of our classmates: Angelica "Duplee" Florendo, Maria Lourdes "Myck" Santos, and Elena Sims.

Stage 7 (middle adulthood, 2006-2010) is a crucial stage when individuals tend to be occupied with creative and meaningful work and with issues surrounding their careers.

(continued on page 11)

Calling All Jubilarians & Class Coordinators

32nd Annual Reunion

Sheraton Delfina
Santa Monica, California
August 5-6, 2011

1941 – PLATINUM

1946 – TRIPLE DIAMOND

1951 – DOUBLE DIAMOND

Coordinators:

Teofila De Jesus (219) 936-2364
Mary Pastor (310) 861-5703
Luz Lambico Lara (925) 447-7564

1956 – DIAMOND

Coordinators:

Debbie Bajada (310) 542-6204
Aurora Sullivan (727) 230-3511
Josie Yuste (310) 835-2767
Donna Pecson (949) 858-6739

1961 – GOLDEN

Coordinators:

Mely De Leon (310) 486-3640
Marlene Dohm
Norma Serina (310) 714-4725
Hilda Garces (661) 589-6800

1966 – SAPPHIRE

Coordinators:

Betty Brillo (818) 771-0912
Paz Mauleon (213) 559-0250
Maricar Castillo (714) 523-4128
Rebecca De Ramos (818) 810-2156

1971 – RUBY

Coordinators:

Jocelyn Velasco (714) 952-1218
Herminia Huff (818) 894-1409

1976 – CORAL

Coordinators:

Evelyn McLaughlin (310) 539-1186
Vida Spotkov (310) 548-4843 / 517-2171

1981 – PEARL

Coordinators:

Tatess Abad (201) 244-5774
Tel Sandoval-Carlos (818) 765-4984
Maria de Guzman

1986 – SILVER

1991 – CHINA

1996 – CRYSTAL

2001 – TIN

2006 – WOOD

Newsbriefs

by Mely De Leon, BSN'61, MS

CONGRATULATIONS

Sarla F. Duller, MN'76, president, PNA Southern California

Araceli Balabagno, MN'77, PhD '00, on her appointment as dean, UP College of Nursing (November 26, 2010)

Imelda Mangaser, BSN'73, Deputy Director for Nursing, Philippine General Hospital (January 1, 2011)

Lorraine S. Evangelista, BSN'85, PhD, FAAN, for her second grant from NIH for the use of remote monitoring in heart failure patients.

BEST WISHES ON THEIR RETIREMENT

Marje Lomotan Menez GN'61, retired assistant manager, nights, after 40 years at LAC University of Southern California Medical Center (April 30, 2010)

Bienvenida Flores Fadul GN'66, BSN'67, retired oncology nurse, after 31 years at Glendale Memorial Medical Center (December, 2010).

GET WELL WISHES

Hilda Julian Garces, GN'61

Connie Orillo Oliveros, BSN'67, PHN

IN MEMORIAM

Nelinda Untalan Sajor, BSN'63

Grace De Guzman, GN'68 (February 9, 2011)

CONDOLENCES

Mollyn Villareal Bohnen, BSN'62, EdD, on the loss of her mother, Amparo.

Rhodora Maligalig, BSN'72, MSN, on the loss of her father, Modesto, BSA'41, UP Vanguard '40, Colonel AFP, (ret) died July 9, 2010.

Jaime and Virginia A. Raymundo, GN'63 on the loss of their mother, Ester (July 30, 2010).

Tatess L. Abad, BSN'81, MSN, on the loss of her mother, Teresita Galang (September 28, 2010).

Marilyn U. Boots, BSN'73, on the loss of her brother Leo (November 17, 2010)

IN TOWN

Loretta C. Galang, BSN'61 and **Veneranda N. Jamir, BSN'62** visited classmates in California, June, 2010.

UP President Emerlinda Roman, honored at a reception at the home of Alma Onrubia, president, UP AAGLA, in Glendale, CA, December, 2010.

Martasio Perez MD'58, retired UP-PGH neurologist lecturer and Essem Banez Perez, BSN'58, MN, president, UPCN Foundation, August, 2010.

Nene Y. Icasas, BSN'67, visited with classmates in California, February, 2011.

ALUMNI WHO ATTENDED THE ANNUAL REUNION IN NEW YORK

Led by current UPNAAI president

Emerita G. Goodrich, BSN'74, MSN, GNP-BC

Included past presidents of the UP-PGHSN Alumni Association in California:

Floresinda S. Castelo GN'50 (1979-81)

Emma U. Osano, GN'59, MS (1984-86)

UPNAAI Past Presidents:

Mely C.M. DeLeon, BSN'61, MS (1990-91)

Connie O. Oliveros, BDN'67, PHN (1994)

Natalia O. Matitu, GN'68, BSN'69, RNC (1995)

Josie Villanueva, BSN'67, MA, CNA (1996-97)

Lyvia M. Villegas, GN'68, BSN'71, MA, FNP (1998-99)

Merle F. Borrero, BSN'67 (2000-2001)

Maggie L. Ongkiko, BSN'73, MSN, CCRN (2002-03)

Rhodora Maligalig, BSN'72, MSN (2004-2005)

Charito Ansay, BSN'73, MSN (2008-09)

Other Alumni from across the oceans

Lourdes A. Van de Meer, BSN'70, JD from the Netherlands

Merline S. Pascion, BSN'70.N, EdD, retired dean, CN, West Visayas State University

Faculty

Delia T. DelaRama, GN'62, BSN'65, MN'75, PGHSN & UPCN

Aurea T. Pascasio, MN'75, UPCN

Herminia Nueva Espana, GN'70, MEd, MA, UPCN

Adelaida D. Dauz, BSN'74, MEd, MSN, UPCN

Josefina A. Tuazon, BSN'77, MN'86, DrPH'00, UPCN

Milagros O. Alba, BSN'79, MA, UPCN

Leticia S. Lantican, BSN'62, MA'79, PhD'80 (Psych), UPCN

Chapter Corner

REPORT from UPN-EC by Tatess Abad

UPN-EC has 64 members and 55 UPNAAI Life members with the following activities after the annual reunion:

1. Meeting with President "Noynoy" Aquino, Baruch College, NY, September 23, 2010
2. UPN-EC Meeting, Cafe 81, NY, September 25, 2010
3. Gawad Kalinga Walk, NY, October 10, 2010
4. Philippine Consulate's Lakad Tulong, Jersey City, NJ, October 17, 2010
5. Christmas Caroling in Mt. Sinai Hospital, Queens, December 12, 2010
6. Food Drive for the Philippine Urban Poor, December 12 to 18, 2010
7. Christmas Caroling in Amsterdam Nursing Home, NY, December 18, 2010



DelMarVa Update by Perry Francisco

The UPNAAI, DelMarVa continues to reach out to UP nursing alumni to increase its membership.

On Aug. 22, 2010 Perry Camilon Francisco and Gloria Amayun Smitka of UP-PGH Class '69 visited a newly found classmate, Daisy Tansiongko Denham at Charlottesville, VA. That was a grand reunion for the three Class'69ers who have not seen each other for a long time, not realizing that they all lived in Virginia. Daisy is now a Life member of UPNAAI, DelMarVa.

On Sept. 25, 2010, UPNAAI DelMarVa hosted a general meeting in Virginia (see picture). The meeting tested our memories with (hi)story, nourished our bodies (pot-puck), filled our hearts with laughter, and added to our membership. We strengthened our nursing bond and resolved to stay healthy to be able to host the 2012 UPNAAI Homecoming and Reunion in Williamsburg, VA. We call for other UP nursing alumni from Delaware, Maryland and Virginia to reach out

and join the UPNAAI, DelMarVa Chapter. Our number will strengthen our resolve to leave a LEGACY to the University of the Philippines. After all, if not now, when?



Top row L-R: Carmina Villaluz Bautista, BSN'74, Merlie Lacson Mendoza GN'57, Linda Tolentino Abrajano GN'67, Josefina Versoza Sabile GN'62, Salvacion Guerrero Manglicmot GN'56, and Estelita Nuevaramos Delima GN '57, new lifetime member.

Bottom row L-R: Aida Layug Limcaoco GN'68, Perry Camilon Francisco GN'69, BSN'71, Anastacia Directo Bersamin GN'62, Jasmine Bermudez Sarmiento GN 63, Mary Ann Barrientos David BSN'75

On Nov. 13, UP-PGH Class'69 attended the Philippine Nurses Association of Virginia Induction Ball at the Chesapeake Conference Center. Daisy Tansiongko Denham, Perry Camilon Francisco, Julie Illumin Gotico, and Gloria Amayun Smitka enjoyed the fellowship and dancing. The next day, together with Carmina Villaluz Bautista, we checked out Colonial Williamsburg Inn and Lodge, site for 2012 UPNAAI Homecoming and Reunion. Please mark your calendars. 🌸



from Page 8 "A Silver Journey"

The ego development outcome for this stage is generativity vs. stagnation; it's the stage where a person needs to "be in charge" of their careers. As I stand before you today and accept this very prestigious award, I guess I can say to myself, that I have indeed reached the pinnacle of my career. I have written 2 book chapters and published over 40 articles in premier medical and nursing journals. Last year, after several uphill battles and struggles, I finally received two grant awards from the National Institute of Health in the amount of 2.2 and 9.9 million, respectively. The first grant aims to examine the effects of macronutrients on delaying the progression of heart failure and the second is a multi-center grant designed to promote early symptom recognition and self-care management in elderly patients and ethnic minorities with heart failure using wireless health technology. This year, in addition to receiving the J.V. Sotejo award, I have also received the Distinguished Alumni Award from UCLA; was recognized by NurseWeek for Excellence in Teaching; and will also be inducted as a Fellow of the American Academy of Nurses. Over the years, I have nurtured others and contributed to the betterment of society, but today, I have found greater meaning in my life because being here has helped me reconnect with my roots.

I cannot believe that I am/we are (Silver Jubilarians) are about to enter the last and final stage of our development: **Stage 8 (late adulthood, 2011-xxxx)**. Preparing this speech has allowed me to reminisce and look back with a strong sense of fulfillment (i.e. integrity). I am sure that many of you here probably share my sentiments and agree that we are who we are because we received the nurturing and support we needed at a very young age from our beloved alma mater who taught us well long ago to perceive and conceive the boundaries of possibility that need to be crossed which has broadened our horizons and helped our dreams to grow. The nursing profession earns the respect that it does because of all our hard work and we should be proud. I understand very well that perfection is not within our reach, but I also know that to act in this world on behalf of compassion, and love, and tenderness, and dignity is why we are here. We're placed here to pursue excellence in those acts and in those moments.

And nothing would be complete if I didn't share this last slide with you, a picture of my children, who have grown to be very mature and responsible adults. I know after spending a weekend with those of us who could attend this year's reunion, that being parents to our children is truly the biggest accomplishment we have achieved in our lifetime. Yes, it was a weekend of reminiscing about the 'good old days' including the funniest, saddest, and most memorable experiences we had 25 years ago. We had changed physically - pronounced waistlines, receding hairlines - with tell tale signs of times. Despite such visible and physical change what remained pleasantly constant was inherent nature. The jokers amongst us persevered. Despite the diverse variety of paths our lives took after school, akin to the 360-degree dispersion of sunrays, we were able to almost instantly come back to a common point from where we started out at school. Picking up from exactly where we left off, 25 years disappeared into yesterday! And for some of our batch mates who could only make it in spirit, we missed you. A school reunion is our official license to reflect back to the special times we shared many years ago and so we owe it to ourselves to take advantage of the rare and far between opportunities to re-connect with re-connect with each other. 🌟

Letters to UPNAAI Class '66 Celebrates Their Sapphire Jubilee

Five years ago, when we celebrated our RUBY JUBILEE in Orlando, Florida ...we started planning for our SAPPHIRE JUBILEE this year. Mutya Agus Gener invited us to come home to our beloved Philippines for this reunion. She is a retired New Yorker and has a new house in Dumaguete. We are all very excited and this dream reunion will become a reality on February 13th to 19th in BOHOL and CEBU. After this , we plan to continue our bonding and fun in Manila.....visit our dear COLLEGE OF NURSING, tour the oldest restaurants, and just go "where the wind blows" as Mutya said. SOOOOOOOOOO...here we come for FUN, FUN, FUN... For some of our classmates who cannot go home to the Philippines...there is still one chance to get together and celebrate in AUGUST during the UPNAAI's Annual Grand Reunion...

Betty Erasmo Brillo, UPCN Class "66

The Search for the 2011 UPNAAI Scholarship Awardee

UPNAAI is offering \$1000 Scholarship Grant to be awarded to qualified alumni or children of alumni who are active and registered members.

Recipient of the award will be selected based on the following criteria:

- **Active Involvement/Service 40%**
- **Academic Qualities 30%**
- **Personal/Professional Qualities 30%**

The award is intended to support basic, advanced education in nursing or certification towards advanced practice. The award will be presented at our annual reunion on the first Friday of August 2011. Please write UPNAAI to request for an application form and for further information.

Complete application form must be submitted on or before June 15, 2011. Board members and their children are not qualified for the scholarship grant during their term of office.

IN SEARCH: THE 2011 SEARCH FOR THE J.V. SOTEJO MEDALLION OF HONOR

UPNAAI Awards and Citation Committee announces the search for distinguished UP nursing alumna for 2011. We encourage all UP nursing alumni to nominate deserving candidates. The awardee will be honored during the UPNAAI annual reunion. Nominations will be accepted until May 30, 2011.

CRITERIA FOR NOMINATION

Must be a UP nursing alumna/ alumnus.

Must have attained national possibly international prestige which has brought honor and distinction to nursing profession, university, and country.

Must have made a significant contribution to the nursing profession and have rendered selfless service to country and humanity. The achievement should be unique and innovate.

Good moral character.

Lifetime achievements of the nominee will be considered particularly within the past decade.

Recipient must be able to accept the award in person during the UPNAAI annual reunion and be prepared to give a talk on a subject of his/her choosing. 🌟

2011 CALENDAR OF EVENTS

January

15 Board of Directors Meeting
Shriner's Hospital, LA

February

12 Board of Directors Meeting
Shriner's Hospital, LA

March

12 Board of Directors Meeting
Shriner's Hospital, LA

April

16 Board of Directors Meeting
Venue TBA

May

8 Board of Directors Meeting
Venue TBA

June

25 UPAA Faculty and Alumni
Homecoming & Reunion
Bahay ng Alumni, Diliman, MM, PI

26 UPCN Alumni Association Reunion
UPCN Sotejo Hall, Pedro Hill, MM, PI

August

5-6 32nd Annual Reunion
Sheraton Delfina
Santa Monica, CA

October

8 Board of Directors Meeting
Venue TBA

December

3 Holiday Get-Together
Venue TBA



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ADDRESS CORRECTION REQUESTED

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