



# SLANF News

ST. LUKE'S ALUMNI NURSING FOUNDATION

December 2006

Volume 17

Number 2

## *Passing the Baton, A Message from Elisa*



**C**ongratulations and best wishes to the new SLANF Newsletter Editor-in-Chief, Nnette Ebalo and her Class of '74 editorial staff. My admiration goes out to all of them for their enthusiastic willingness to step up to take on the responsibility of the newsletter.

May they all have fun, unity and camaraderie as they work together on the publication, motivated by their love for SLANF, USA and the Alma Mater. Each issue of the newsletter published in the last 3 ½ years of my tenure was a labor of love. I learned the intricacies of how to layout the newsletter from scratch. Printing was the easy part. Collating, folding, stuffing, sealing envelopes, labeling, putting

stamps and hauling the bundles of newsletters to the post office were tedious and time consuming. The satisfaction of the position for me came from knowing that I was able to help the organization with the publication of the newsletter, from feedback I received from classmates and fellow alumni, and from my expanded friendship that developed during that time frame. I could not have done the job without the support given me by Lisa Pamintuan, all the officers, members of the board, and Dr. Cesar V. Reyes. I am grateful to all of them. I also would like to give thanks to all who contributed articles for the newsletter.

*ELISA AVERILLA REYES '64*

### Editor's Note

#### *Greetings to all!*

**L**et me begin by saying a big thank you to Dr. & Mrs. Cesar Reyes for the great job they have done with the SLANF Newsletter. My hope is for our Class '74 to emulate the hard work this couple did for the foundation.

We will try our best to give you the latest news and captivating stories regarding our members and alma mater through this publication. Please support us by sending stories and pictures you want to share. Keep them coming. Be Heard!

This issue is headlined by the 2006 Reunion in Florida where everyone who attended had a wonderful time. You will find interesting articles and pictures, as well as updates on the centennial celebration and other upcoming events.

I want to express my heartfelt gratitude to all my classmates, and those who submitted articles and pictures. Special mention goes to Miriam Nable Fontanilla and her husband Senen who volunteered to do the huge job of printing and mailing.

Lastly, I want to wish everybody a Merry Christmas and a Blessed New Year! PEACE!

*Nnette Misagal Ebalo*

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## 2007 Centennial Celebration Update

**Ruth Rana Padilla**, Class '75 is spearheading the planning for the centennial celebration on October 5 to 7, 2007. It will be held in Makati Shangri-la Hotel, Philippines.

The committee has outlined the monthly activities from **October 2006 to October 2007**, as well as the program of activities during the **October 2007** reunion. Search for the Most Outstanding Alumni, centennial stamps and marker are some of the ingenious projects the committee is taking on.

Please log-on to the official website of the St. Luke's-Trinity Nurses Alumni Association, Inc. at [www.sltnai.org](http://www.sltnai.org), to get all the details.

## **SAVE THE DATE!**

**October 5, 6, & 7, 2007**

ST. LUKE'S HOSPITAL SCHOOL OF NURSING TRINITY  
COLLEGE OF QUEZON CITY -  
ST. LUKE'S COLLEGE OF NURSING  
CENTENNIAL CELEBRATION 1907 - 2007



## Trinity College of Quezon City Achieves University Status

*By Rev. Harriet Kollin '74*

**T**rinity College officially became a university, a mission accomplished after five years in the making. Its university status was granted by the Colleges and Universities of the Anglican Communion (CUAC) and the Association of Episcopal Colleges on July 18, 2006. Its new name is Trinity College of Asia.

Trinity College was founded in 1963 by the Proctor and Gamble stock from the Rt. Rev. Paul Matthew, Episcopal Bishop of New Jersey, and his wife Elsie Proctor. The expansions in 1990 were funded by American "Friends of Trinity of College," an organization sponsored by the Association of Episcopal Colleges.

The Rev. Dr. Don Thompson, CUAC's general secretary, commented that "(w)hat makes Trinity outstanding amongst other Anglican and Episcopal Colleges around the world has been its commitment to service learning -- a vision of both society education and the church contributing service and knowledge to the building up of community and society."

Dr. Josephine Suerte Sumaya was invested as its first president during the inauguration ceremonies at the Cathedral of St. Mary and St. John on September 18. In her address she said, "So here we are today, a young and healthy two-month old baby university. But if we date our birthday to when Trinity College was founded in 1963, we are now 43 years old. Life begins at 40 so they say. Whether the University is two months old or 43, a bright future lies ahead. And we do not intend to rest on our laurels... Our mission statement reminds us that we should prepare our students for a better life through God-centered education and service' and our vision is to form integrally developed, competent, productive and socially responsible citizens," She furthered noted that more attention will be paid to their mission statement because "this will be our *raison d'etre* and it must remain at the heart of the university."



## Alumni Spotlight



**L**ucila "Lucy" Goco Gonzales, now Lucila Chambers was the oldest alum who attended the recent reunion in Orlando, Florida. She looks amazingly beautiful at 78 years old. Her active lifestyle of ballroom dancing, swimming, Tai-Chi, cooking and gardening, keeps her thriving.

Lucy's educational and professional background is as impressive as her personal lifestyle. She obtained her Associate Degree in Nursing at St. Luke's School of Nursing in 1950. She was the class valedictorian and she garnered 4th place in her nursing boards. She completed her BSN, graduating Magna Cum Laude from the Far Eastern University. Lucy became the Head Nurse of the OB/GYN department at St. Luke's Hospital, and moved on to be a nursing supervisor. She also served as a clinical instructor for OB/GYN nursing, Ward management and Research. Despite her busy schedule, she found time to further her education to pursue a master's degree in nursing administration. At that time she was also a single parent raising six children.

In 1971, she immigrated to the US, leaving her six children to give them a better future. Lucy worked for her brother who was a surgeon in Winston Salem, North Carolina. She performed different duties such as surgical assistant, office nurse and "everything else". She worked hard and lived a frugal life to send for her children who followed shortly after.

As her professional career was taking off while raising her children alone, fate took her to meet the love of her life. In 1977, her children introduced her to David Chambers. The friendship blossomed into courtship, love and finally marriage.

Lucy continued to work until she retired in 1996. Her retirement brought more joy to her life. She traveled and visited friends and family here and abroad. At the age of 70, while in the Philippines, she learned Tai-Chi, and belly dancing. When she wasn't traveling, she filled her days ballroom and folk dancing, lifting weights, walking and taking water aerobic class.

Her retirement was short lived as Lucy went back to work twice. She is currently employed by her son, Dr. Eduardo Gonzales.

Lucy's personal stories of triumph, her zest for life and her grace as a dancer is truly inspiring. Her advice to those of us who want to be as young-looking as she is are: "Be active and keep yourself busy. Find an exercise routine that you love and enjoy and be consistent in doing it. Eat lots of fruits and vegetables. De-stress and do not sweat small stuff. Smile and laugh until it takes your breath away. Don't internalize anger. Do not stay too long under the sun, apply sunscreen."

We salute Lucy for her professional and personal accomplishments. Her healthy lifestyle is a model we all can emulate. Come and meet Mrs. Lucy Goco Gonzales Chambers at the next reunion in 2007 in the Philippines.

*By Miriam Nable Fontanilla, Class '74*

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## St. Luke's Plan to Build New Hospital

**ST. LUKE'S Global City Medical Arts Building Corp.**, owned largely by St. Luke's Medical Center, one of the country's largest hospitals, plans to offer P1.56 billion worth of shares exclusively to its doctors to raise funds partly to finance construction of a P7-billion world-class hospital in the Fort Bonifacio Global City, the hospital's president said.

The St. Luke's group will remain a non-stock and non-profit corporation, Jose Ledesma told the Inquirer, clarifying that the share issuance will not be a public offering. The company will use funds from the existing hospital in Quezon City to finance the bulk of the Fort Bonifacio project cost. The new hospital will have two towers: the Medical Arts Building that will house 375 doctors offices, and a 14-story hospital building with 600 beds.

Excavation to lay the groundwork for construction started early this year. The new hospital is expected to generate 2,700 new jobs for non-medical staff, Ledesma said. It will bring in about 1,000 doctors, partly from St. Luke's in Quezon City, he said.

St. Luke's Medical Center in Quezon City is touted as the most advanced hospital in the country in terms of equipment and technology, professional expertise, range of services, quality of patient care, medical research, and customer service.



# REUNION 2006



BOARD MEETING



**DANCING THE NIGHT AWAY**

*Induction of Officers*



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## RUBY JUBILARIANS CELEBRATE

### Reunion Pictures Continued



Spending a week of summer in hot and humid Florida seemed unthinkable, but for a handful of Class '65 and Class '66 braved the weather and joined a host of other St. Luke's Nursing Alumni to celebrate 40 years of dedicated devotion to nursing. The noblest profession of a precious few in sharing joys of couples at the birth of a child, grieving with families who lost a loved one, easing pain and suffering of the sick, training young men and women who would soon take over their roles, joining research teams to find new ways and technology in improving the care of those who are entrusted to us.

It was a great joy to see classmates again to re-live dorm days and nights of duty, constant studying, partying, and then sharing stories of dates and boyfriends. New memories were made as we shared rooms, meals, and jokes once again, this time sharing them with our spouses, partners and children.

It is a shame that not too many of our classmates were able to celebrate this landmark in our careers, and it makes me believe that they were either too old to move around or just that senility has set in that they completely forgot the date of the celebration. Some may think of this as a wry kind of humor in my old age and not the kind of giggly, rib-tickling jokes of our younger days.

Thank you to those who took the time and effort to make our Ruby Jubilee a memorable one! See you on our Golden Jubilee!

Gasat Edralin Tolentino Class '65



## Thanks and Fair Thee Well

By *Elisa Calvelo Pamintuan*

As we bid farewell to the year 2006, I take leave of the presidency of our beloved St. Luke's Alumni Nursing Foundation, USA, after two years of fruitful leadership experience with you. This farewell message in our SLANF newsletter affords me the chance to thank everyone for the valuable contributions and lasting memories you have given to strengthen and enhance our Alumni Foundation.

In the frontline are my dearest classmates in Class '71 for the loving and unconditional support they gave me during my administration. Many took a part of the burden off my back to make sure that the events and activities happen successfully and gain more support from others.

I must thank the whole Class '74 for their stepping up to the plate to become our editorial staff, and especially to Nenette Misagal-Ebalo as editor-in-chief of the newsletter. What a group and what an exciting time for the Foundation!

Thanks to all our alumni for their selfless support that sustained the foundation through all the years. I have not seen a more dedicated and solid group such as ours.

We are so elated and encouraged to see the involvement of the newer graduate-alumni, the younger generation belonging with '70s, '80s and '90s batches. You saw them in our events as accomplished officers, leaders and seminar speakers. I am sure the Founders and the outgoing Board of Directors would be equally proud to watch this smooth transition to the next generation leadership and get a sense that indeed the future is bright and promising with their increased participation.

My Board of Directors, I thank you with all my heart. You made my job easier and my life more blessed. I thank you especially for the following reasons:

- Dean Ester A. Santos** - for the unfailing inspiration;
- Emil Nieveras** - my adviser who was always on the ball;
- Elisa Reyes** - our fabulous editor for four years;
- Nora Escarez and Celi Mateo** - for being cool, calm and collected despite the challenges;
- Nora Granados and Curie Catuncan** - I could speak for everyone when I say Orlando was lots of fun;
- Aireen Aguilar** - for her expertise in the Constitution and By-laws;

*Continued on column 2*

## A MESSAGE

*from the SLANF President Rorie Rebotira*

**W**e are in a new dawn and we welcome the opportunity that is opening before us. We pray that God bless and guide us as we journey together. The love we have for St. Luke's propel us to connect with one another and as a result be compelled to work together to help in the mission of our alma mater.

To quote the message of the late Dean Fe Alcantara on the 75th year anniversary of St. Luke's Alumni in the Philippines, she stated that it is important to claim that we belong with an institution where every student that passes through its portals hold steadfast to the highest standard of practice. This is true as we celebrate our Centennial year - the only one we will be able to attend. Let us give thought and pause on what and why we celebrate.

We, with our own unique and individual talents are all called to open our hearts, lead a life with integrity and move toward our community with compassion, passion, and justice. We - you and me, are all up to the task.

See you in the Philippines and in San Francisco, and in all the little tasks in-between.

*Thanks and Fair Thee .... Continued from column 1*

**Fely Santiago, Evelyn Wu, Liza Atienza-Quane, Christine Hing, Letty Lallas, and Adelle McPherson**

- for their keen leadership in our chapters, holding them close together;

**Fe Pangan and Fe Mendoza** - for keeping our financial coffers in the black;

**Linda Alcasid**-for the many years as Executive Director;

**Dr. Cesar Reyes, Mr. Rene Pangan, Atty. Claro Mamaril**

- our advisers who backed the Foundation without any reservation;

To the next president, Rorie Rebotira, do not hesitate to call me 24/7, I will be at your service during your term as you had been heroically for me during my term. I wish you and the newly elected officers an exciting journey.

So long and I hope to see you all in the Philippines for the Centennial of our beloved school in October 2007.

***Maraming Salamat at Mabuhay Tayong Lahat!***



## REUNION 2006 EDUCATIONAL PROGRAM HIGHLIGHTS

By Celi Timbreza Mateo Class '71

**One of the highlights** of the 15th Grand Reunion & Scientific Convention in Orlando Florida was the education program that was presented on Saturday, June 24, 2006!

The energetic and talented educational committee members planned, prepared, recruited members and coordinated the whole day activities that included registrations, handouts, logistics and collecting evaluations. The whole day program was very well attended by 105 alumni from Classes 1950 to 1990. The four hour continuing education program was made possible by grants from our very generous friends and alumni families: Dr. Carol Sarenas, Dr. Herman Vergara, Dr. & Mrs. Rodrigo Miranda .

It was very informative and interactive. There were three speakers who shared their knowledge and clinical expertise with the alumni who dared to wake up early and stayed till the end. Our speakers who are St. Luke's alumna themselves are:

**Edna T. Trepanier, BS Chem., RN, BSN, MS, CCRN, Class '90.** She wowed the crowd with her energetic presentation on "Bits and Pieces of Critical Thinking." Her topic included explanation of the impact of oxygen to the production of energy. Edna is a Nurse Manager of the Intermediate Care Unit ( IMCU) at Memorial Regional Hospital in Hollywood, Florida. **Rowena Evangelista Bartolome, RN BSN, PHN , Class '80** confidently presented her timely topic on " Disease and Population Care Management: Innovations in Health Care for the 21st Century." Rowena described the health care trends in chronic care

chronic care management and quality improvement; discussed various programs in chronic care and some career opportunities for nursing professionals and the skills they need to be successful in disease management. She is the Director of Care Management, Clinical Quality and State Program contracts and Compliance at Kaiser Permanente Riverside Medical Center in California.

**Rica Angeles Supnet, RNC, MSN, ARNP, Class '80** engaged the audience with her presentation titled " Breast Cancer: Then and Now. " She discussed advances in breast cancer diagnosis and treatment and appropriate use of imaging studies in breast evaluation and surveillance. Rica outlined how high risk women are identified and discussed risk reduction strategies to prevent breast cancer. Rica is a Nurse Practitioner at Bethesda Women's Health Center, Bethesda Memorial Hospital in Boynton Beach , Florida. Special thanks to Rica, for obtaining the four continuing education units at no charge from her association!

Overall, most of the attendees rated the program excellent, while some thought it was too long.

We thank our knowledgeable speakers for sharing their time and talent! We are truly blessed to have expert alumni we can count on to share their knowledge and expertise! Thanks also to the participants. The number of attendees is truly a testament to your interest in your quest for continuing education and your support of the St. Luke's Alumni Nursing Foundation!

### **STORING ICE (IN CASE OF EMERGENCY) IN OUR MOBILE PHONES.**

Recently, the concept of "ICE" is catching up quickly. It is simple, an important method of contact during emergency situations.

As cell phones are carried by majority of the population, all you need to do is store the number of a contact person or person **who should be contacted at during emergency as "ICE" (meaning In Case of Emergency).** The idea was thought up by a paramedic who found that when they went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose.

Following a disaster in London, the East Anglican Ambulance Service has launched a national "In case of Emergency (ICE)" campaign.

In an emergency situation, Emergency Service personnel and hospital staff would then be able to quickly contact your next of kin, by simply dialing the number stored as "ICE". It really could save your life, or put a loved one's mind at rest.

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our mobile phones today!

Contributed by Aireen Vigilia Aguilar '71





## SLANAC THANKSGIVING GET-TOGETHER

By: Gasat Edralin Tolentino – Class '65

**Canadians** celebrate Thanksgiving Day every second Monday in October, so it is a festive month for us and rightfully so, we have much to be thankful for. For SLANAC, our utmost thanks is for the recovery of our president



From L-R Gasat Tolentino, Estela Bischof, Rose Bustamante, Vel Moegle, Amy Victolero, L. Bustamante

Dely McPherson. Although she is still in rehab for her dialysis treatments, she is almost back to her usual bubbly self – welcome back, Dely!

Fall weather in all its glorious show of beautiful and colorful foliage and smell of turkeys roasting and oozing buttery goodness, pumpkin pies baking and the heady smell of burning autumn leaves nudged us in having a long overdue get-together.

Lydia Bustamante gracefully played host for the few of us who were not hosting Thanksgiving dinners in our homes and besides a good time, we were treated to luscious turkey dinner with all the trimmings!



## In Memoriam

*Al Santos 1926- 2006*



Dear friends and fellow-alumni:

**A**lmost two months have gone by since my dear husband, Al, passed away and I am still slowly adjusting to being alone. I miss him very much but am comforted by the knowledge that he now rests in the arms of his Lord and Savior, in a place which is beautiful and peaceful. His death, his wake and funeral showed us, his family, how many people - friends and relatives - really loved him and loved us by the many flowers, mass cards, sympathy cards, letters, e-mails, visits, financial assistance we received.

He had a beautiful, well attended wake and funeral. In his wake, he was surrounded by countless flowers that filled the room, corridors and hallways. He was buried at the Libingan ng Mga Bayani in Fort Bonifacio. His casket, draped with the Philippine flag, was carried by a horse-driven carriage preceded by two platoons of soldiers in full uniform and a military marching band.

At the grave site was a very touching military ceremony after which two military officers removed the Philippine flag, folded it and gave it to me while the TAPS was being bugle-played. Then there was a gun salute and the coffin was slowly lowered while the crowd one by one placed white roses and white orchids on top of it.

I do not feel that Al is gone. All the happy memories of almost 56 years of a happy married life are with me and will sustain me for the rest of my life. I do want to thank you all for what you have done to show me your love and concern. My children join me in expressing this.

If you are ever in Manila, please call me. I would love to see you again. My land line is 810-0491 and my cell phone # is 0906-472-7496.

With deep gratitude and love,

*Tita Ester (Santos)*



**Editorial Staff**

Chanel '74

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**SLANF Southern California**

INVITES YOU to a

CHRISTMAS PARTY on Saturday December 2, 2006 at Iona  
Manzano's Residence

&amp;

VALENTINE'S PARTY on Saturday February 3, 2007 at the  
Crowne Plaza Hotel, Palos Verdes, California

Contact Evelyn Wu for more information at (909) 941-9768

**Grace de la Pena Hill's CORNER**

"I feel like my body has gotten totally out of shape, so I obtained a doctor's permission to join a fitness club to start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for one hour. But by the time I got my leotards on, the class was over!"



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