

SLANF News



OFFICIAL NEWSLETTER ST. LUKE'S ALUMNI NURSING FOUNDATION, USA

Volume 21, Issue 1

February 2010

PRESIDENT'S CORNER

By Marlene de la Cuesta-Kostik '75
SLANF, USA President

As I reflect on the year gone by, I also like to think of the New Year ahead. I think of all the good times and the bad, the blessings despite the hard economic times. Our endowment fund continues to grow and we were able to help our fellow alumni as well as students who were victims of tropical storm "Ondoy" that caused massive flooding in Manila and the nearby provinces. I think about my 40th High School Reunion from St. Paul College of QC this January and I look forward to the 17th Grand Reunion of SLANF, USA in San Diego, California in July.

Time has a way of interfering with what once were precious friendships. The thought of reaching out and going to the reunion may sound intimidating. In the beginning, I worried about letting my classmates see how I've changed over the years. But after going to several of them, it is actually very exciting and fun. It has been an opportunity for me to catch up with old friends and be young again, if only for an evening or a weekend. At the professional level, it has provided a venue for networking and empowerment.

We are all aware that St. Luke's School of Nursing has now achieved a university status. It is now College of Nursing, Trinity University of Asia. This year's reunion may be the start of a TUA-St. Andrews-USA Alumni Association. Dr. Winfred Vergara, with the Asiamerica Ministries of the Episcopal Church and a TUA alumna, has

17th GRAND REUNION AND SCIENTIFIC CONVENTION

All roads lead to San Diego.

AGraduates of St. Luke's College of Nursing from all generations are invited back to be together every two years. This year, the reunion will take place in Southern California.

This gathering becomes more important as we continue to find and define who we are as a diaspora of Filipino nurses. The nurse we know who is definitely "**A CUT ABOVE THE REST**", is a St. Luke's nurse. How then can we assure that we continue the legacy of excellence? Come, reconnect with your classmates and reflect back on your time with our beloved St. Luke's College of Nursing. Celebrate our commonality of memories which we all share; a St. Luke's College of Nursing education—the institution that helped shape our lives.

SOUTHERN CALIFORNIA CHAPTER ROLLS OUT THE WELCOME MAT

By Elisa Calvelo-Pamintuan '71 - Chair, Grand Reunion

The St. Luke's Alumni Nursing Foundation, Southern California Chapter invites you to the 17th Grand Reunion on July 16-18, 2010. It will be held at the Town and Country Resort and Convention Center in sunny San Diego, California.

Come enjoy San Diego's pristine beaches and perfect weather. The hotel is conveniently located next to the trolley that takes you around San Diego. Visit Old Town and get a glimpse of San Diego's history. Enjoy San Diego's vibrant nightlife at the Gaslamp Quarter, or take a relaxing stroll on the beaches of Del Mar and La Jolla Shores. Balboa Park has 15 different museums to choose from. For those animal enthusiasts out there, San Diego has the world famous San Diego Zoo and the Wild Animal Park. If you are looking for something the whole family will love check out one of our many theme parks including Sea World, Lego Land, and Knotts Soak City. Take a tour of the San Diego seascape on a harbor cruise or a ferryboat ride to Coronado Island. San Diego boasts of a variety of oceanfront world-class seafood restaurants. Try your luck at one of San Diego's 10 casinos, many of which also offer resort accommodations, golf courses, nightclubs, and fine dining.

We have reserved a block of rooms at the Town and Country hotel at \$119 per night. Cut-off date for room reservation is June 25. Reserve early as space is limited. First come first served.

The Super Shuttle Service can take you from the San Diego Airport to the hotel and back for only \$11 per person each way. For reservations call their toll free number (800) 258-3826 or (619) 591-0303.

With our theme "**A CUT ABOVE THE REST**," we will honor alumni celebrating their milestone 50th (**Class 1959 and 1960**) and 25th (**Class 1984 and 1985**) years as well as

contacted me and was exploring the possibility of starting an organized TUA-USA (non-Nursing) organization. To date, SLANF, USA is the only organized TUA Alumni Association in the USA and he was looking at our association as a model for a future "TUA-St. Andrews-USA Alumni Association". So, we have invited them to join us and have a "joint gathering of SLANF, USA and TUA-St. Andrews-USA". This year, we will have two reunions going on at the same time and at the same place.

I encourage each and everyone to call your classmates and plan to come. Register early so you can avail of the discount and get seated close to each other at the dinner table. Southern California Chapter is working hard to make this reunion a memorable one for all. Hope to see all of you to this event.

A THOUGHT FULL MOMENT

By a St. Luke's Alumna

I am forever grateful for the people who helped me be successful in my nursing career. Without the dedication and commitment of our beloved school, St. Luke's College of Nursing, I wouldn't be what I am as a nurse. In 2008, I had the chance of attending the Grand Reunion in San Francisco for the first time. I was amazed at the relentless, selfless effort and dedication of our Board Members and classmates who helped make it a successful event. This left me that deep longing to "give back".

Johannes Gabertan-Villanueva '80
(Tagsibol) - SLANF, USA Secretary

SLANF News

TYPHOON "ONDÖY" TAKES ALUMNI TO THE ROOFTOPS

September 26, 2009 – Manila, Philippines

Typhoon "Ondoy's" torrential rains transformed the streets of Metro Manila into a raging river. People were trapped in the second floor of homes or rooftops being rained on, with no food or drinking water. Houses and shanties were washed away, taking with it the shelters of families, life possessions, and the stability of communities. All these happened to some of our alumni and students.

SLANF, USA partnered with SLNAFI and Student Nurses' Association in the Philippines to help rescue and support alumni and students who were affected by the typhoon. SLANF, USA gave an outright grant of \$1,000 split equally between the two organizations, given on October 7, 2009. The appropriated amount was approved during a special Executive Board meeting.

When we can help at these difficult times, our mission as an alumni community called SLANF, USA comes to life.

Support SLANF, USA. How? Come to the reunion; it is our major fundraiser and come to renew your commitment to our school and country. Respond to the leadership call and serve as an officer. Share your talent.

"ONDÖY" AND THE "BAYANIHAN" SPIRIT

By Dean Emeritus Ester Abellera-Santos '47

Saturday, September 26, seemed like any ordinary day. I left my condo to do my groceries. The sky was cloudy but the rain had not started yet. When I went out of the supermarket about an hour or so later, it was raining hard and the water on the street was ankle-deep already. I asked my driver "O bakit, ano ito?" To which he replied "Ewan Ma'am, biglang-bigla. Drainage problem siguro" as he slowly drove through flooded streets.

Later that day, through the night and the succeeding days, we saw on TV the devastation brought by typhoon "Ondoy" which unexpectedly struck Metro Manila, nearby communities, and a large part of Luzon. The deluge, the worst to hit Manila in four decades, left 80% of the metropolis under water in a once-in-a-lifetime storm. We saw how people were trapped on their rooftops as the rampaging water inched higher and higher while others were clinging to fences or anything that would enable them to reach safer grounds. Typhoon "Ondoy" killed hundreds and wreaked havoc and damage to thousands living in affected areas.

On the positive side, crisis brings out the best in people. Almost instantly, people who were fortunate enough not to be victims of the typhoon (me among them) acted. The Filipinos gave out their best. Many volunteered to help clean mud-filled homes, and man make-shift evacuation centers in schools, gymnasiums and big buildings.

Other forms of assistance came quickly from other parts of the country and from other parts of the world. Our profuse gratitude goes to the SLANF, USA which donated \$1,000 (\$500 to the St. Luke's Nurses' Alumni Foundation, Inc. and \$500 to the Student Nurses' Association), Class 1967 which sent \$200 and to individual alumni from the USA among them Virginia Cacho-Almiron '72, Aurora Rebortira '72, Beulah Cabanban '67, Virginia Borje-de Guzman '62 and Noel Madic '98. All these donations enabled us to enhance our relief work. A group of alumni visited affected alumni to give them financial assistance. An alumna and a faculty member had mild strokes but thank God they now have recovered enough to go back to work. Students and alumni bought, packed and distributed relief goods to creek-side communities, evacuation centers and wherever they were needed. Students, alumni and faculty members organized medical missions, joined clean-up operations, helped move patients to higher floors, etc. The *bayanihan* spirit was felt and very evident during and long after the direst of times.

2009 has not been a very good year for us Filipinos but with God's grace, together we shall move on---confidently, courageously and prayerfully---we shall face the challenges of a new beginning.

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THE STATE OF NURSING EDUCATION MEETS NEW REALITY

By Gisela de Asas-Luna '80 (Tagsibol) - Dean, TUA-SLCN

Nursing enrolment has fallen. There were 22 sections in the school year 2008-2009. We only have 6 freshman sections for the school year 2009-2010. We are currently implementing a new curriculum, where the 2nd year Nursing students have started going to the hospital for their clinical duty; in the old curriculum, it is only when the students reach the third year that clinical duty starts. We have 10 sections of 2nd year, 10 sections of third year and 10 sections of 4th year.

The Student Nurses' Association (SNA) continues to be involved with the students and supports them with some social activities. To date, SLCN has retained the championship in the cheering competition and got the overall championship in the University Intramurals for the 2nd time. But more than that, our students have shown exemplary behavior in their outreach work when the SNA spearheaded the relief work during the megaflood brought by "Ondoy". They organized relief work to the communities, gave much of what they have (old uniforms, textbooks), to students who lost these items in the floods. Our faculty also suffered but they were given assistance by the St. Luke's Nurses' Alumni Foundation, Inc., headed by Ms. Teresita Bustamante-Paynor '71 and Dean Emeritus Ester Abellera-Santos '47. The St. Luke's - Trinity Nurses' Alumni Association, Inc. also gave assistance.

Our students identify themselves with their own batch names. This process makes them vested with the life and history of the university and the college. The College of Nursing continues to be a top performer in the board exam. The present seniors are being challenged to "Go for 100!".

Nationally, our graduates face unemployment because of the glut of nurses and hard economic times. Pray that they shall be given the opportunity to truly work as nurses in hospitals. Our graduates are still most sought after in hospitals where they apply but the lack of vacancies hinder them from getting work. These are but a few of the challenges that our alumni face today.

We, in the college, all the students and the faculty are constantly touched by the participation of SLANF, USA on many various levels. The recipients of your monetary gift were the "Ondoy" Operation, student awards, and some targeted assistance. To Ms. Elvira Garcia-Balinsat '80, for the donation of equipment that enriched our laboratory; to Mr. Abella '91, for the lecture given to our seniors on leadership and management and to those who have given books and journals, thank you very much. Please continue to get in touch.

<< Continuation "Southern California rolls out the Welcome Mat" from page 1

those who have shown excellence in leadership and dedication.

Beginning on Friday night, join us at the Baja Soft Taco Bar and network among alumni, family, and friends. We will hold a general meeting, have a class roll call, and hear the Dean of the College of Nursing, Gisela de Asas-Luna '80 (Tagsibol) speak about the present state of the college.

On Saturday morning, listen to a distinguished group of speakers that includes some of our very own alumni. Earn CEU's while enjoying a sit-down breakfast with your classmates and newfound friends.

Dance the night away at the Saturday Dinner Dance and give an enthusiastic round of applause to our graduates who are celebrating their milestone years. Meet our alumni and guests coming from around the world and the new set of officers who will carry the torch of leadership for the St. Luke's Alumni Nursing Foundation, USA.

Lastly, after the Sunday morning Ecumenical Service, come to the Barrio Fiesta Picnic sponsored by the Southern California Chapter and enjoy authentic mouthwatering Filipino dishes and desserts. Come join us for the fun. Hope to see you there!

For any questions, please call:

Elisa Calvelo-Pamintuan '71 at (619) 410-5347 or email at yagski@aol.com

Marlene de la Cuesta-Kostik '75 (407) 399-6713 or email at kostikmc@yahoo.com

TUA-SLCN OFFERS BSN PROGRAM FOR AMERICAN STUDENTS

Starting the school year 2010 - 2011, Trinity University of Asia, in coordination with Worldwide Healthstaff Associates Ltd., based in Charlotte, North Carolina, will launch an innovative program that will enable U.S. students to take their nursing education in the Philippines leading to a Bachelor of Science degree. The course will take three years and two summers.

This program will be of interest to nursing students from all walks of life in the United States. It may prove to be of particular interest to first generation Filipino immigrants to the U.S., as they may view it as a wonderful opportunity to expose their U.S. born children to their Filipino roots while receiving world class nursing education.

Trinity University of Asia hopes that nursing alumni in the United States can help get the word out that this rather unique educational experience and option now exists.

Any interested individual or groups may contact Mr. John O'Brien of Worldwide Healthstaff Associates at (847) 328-3796, email: jobrien@healthstaff.org

EDITORS

Virginia Cacho-Almiron '72

- Chair, Endowment

Aurora R. Rebotira '72

- Executive Director

- Chair, Publication & Website

HOTEL RESERVATION

Make your reservations early! A block of rooms is being held for us at a reduced price.
THIS IS AVAILABLE TO US UNTIL JUNE 25, 2010 ON A FIRST COME FIRST SERVED BASIS. DON'T DELAY!

Town and Country Resort and Convention Center
500 Hotel Circle North
San Diego, CA 92108
t. (619) 291-7131
f. (619) 294-4681
toll free t. (800) 772-8527

www.towncountry.com
https://resweb.passkey.comResweb.do?mode=welcome_ei_new&eventID=1452567

GROUP CODE: St. Luke's
Rate: \$119 per night
Same rate may be extended to guests who want to stay longer based upon availability.

- Shuttle Service around the Hotel Grounds
- Reduced Parking Fee
- Right next to Trolley Service to Downtown San Diego
- Adjacent to San Diego's premier shopping mall / restaurants / Riverwalk Golf Course

THE ST. LUKE'S GOLDEN LADIES' CRUISE

JULY 18-25, 2010

Come join the Nursing Class of 1960 for fun in the sun aboard the Carnival Splendor. Sail to exotic ports of call along the Mexican Riviera (Puerto Vallarta, Mazatlan, Cabo San Lucas) and enjoy 3 fun days at sea!

Prices from \$629 per person (based on double occupancy interior cabin) Prices include all taxes and port fees. Ocean view, Balcony Cabins, and Suites are available upon request for additional charge. Travel protection is as additional fee and strongly recommended.

Space is limited! Reserve your spot today!

- 1st Deposit \$250 per person
- Balance due 4/30/2010

For reservation of space and deposit details, contact:

RANDALL SCHENKEL
t. (888) 486-0227
Randall.Schenkel@avctravel.com
America's Vacation Center American Express

CLASS '60 CONTACT PERSON:
Hideliza Atienza-Quane
hquane@aol.com

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SCHEDULE OF EVENTS

FRIDAY, 16 July 2010 - Tiki Room

- 11:00 a.m. - 2:00 p.m. **SLANF, USA Board of Directors' Meeting**
- 5:00 p.m. - 9:00 p.m. - Regency Ballroom
General Meeting, Class Roll Call, Dinner and Program

SATURDAY, 17 July 2010 - Regency Ballroom

- 7:00 a.m. - 8:00 a.m. **Plated Breakfast**
- 8:00 a.m. - 12:00 p.m. **Educational Seminar: 4 CEU's**

"Give a Lifetime"

Life Sharing of San Diego

"Sudden Cardiac Death"

Nenita Francisco-Natividad '74

Manager, Heart and Vascular Center
White Memorial Medical Center, L.A., CA

"Clinical Integration: The Impact of Healthcare Reform on Practice"

Faiga Jamaldin-Qudah '73

CEO/President, Gordian Health Management Group, Fort Worth, TX

"Skin Care Maintenance and Aging Prevention"

Elena San Jose-Honorico '69

Nurse Esthetician

- 5:00 p.m. - 7:00 p.m. **Group Reunion Class Photos**
- 7:00 p.m. - 12:00 a.m. **Dinner Dance and Program**

SUNDAY, 18 July 2010 - Admiral Baker Field

- 8:00 a.m. - 10:00 a.m. **SLANF, USA Board of Directors' Meeting**
- 11:00 a.m. - 12:00 p.m. **Ecumenical Service**
- 12:00 p.m. - 3:00 p.m. **Barrio Fiesta Picnic**

SIGN IN EARLY & Avoid The Crowd!

You may sign in and pick up your registration packets/dinner tickets at the Regency Ballroom on:

FRIDAY, 16 July 2010 - 3:00 p.m. - 5:00 p.m.

SATURDAY, 17 July 2010 - 7:00 a.m. - 10:00 a.m.

AWARDS

Let us recognize noteworthy members in our organization.

- Excellence in Leadership and Dedication Award 2010
- Outstanding Alumna / Alumnus Award 2010
- Appreciation Award 2010

Send your nomination and a brief narrative about your nominee by April 15, 2010 to:

Elvira Garcia-Balinsat '80
SLANF, USA - PRO
8600 Scarlet Sage Way
Elk Grove, CA 95624

NOMINATIONS & ELECTIONS

Let us give some thought to the future of our foundation and nominate the next set of leaders for 2011-2012 who will continue our mission and keep our vision.

- President Elect • Secretary
- Treasurer • Internal Auditor
- Press Relations Officer

Send your nomination by April 15, 2010 to:

Elvira Garcia-Balinsat '80
Email: dbalinsat@aol.com

MEMBERSHIP

"Membership has its privilege."
Members are valued - - -
Members are depended on,
Members are gifted.

Keep your membership current.

- \$30 - 1 yr
- \$50 - 2 yrs
- \$250 - lifetime

Mail your check payable to SLANF, USA to:

Marlene de la Cuesta-Kostik '75
SLANF, USA - Chair, Membership
1860 Everhart Dr
Orlando, FL 32806