

THE MAGAT LEAF ABROAD



A newsletter publication for the NVHS-NVGCHS Alumni Abroad Association

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MAY 2011 ISSUE

Arlyne asks, “Are we there yet?”



Grand Reunion of Alumni Abroad
August 5 – 6, 2011
Sheraton Universal Hotel
333 Universal Drive
Universal City, CA

ASSAULT ON BAYOMBONG COUNTRYSIDE

This recently came to my attention although I have been told that the dump was started a couple or more years ago. The site is located in Upper Busilac with a new road constructed to access the landfill.

What’s wrong with this picture? What’s happening to Bayombong and countryside? First the talipapa – a blight in the town centre, now a dump in the countryside? Why is this allowed? What alternatives are there? Does anybody care? What about the Town Council? What are they doing about this? Or is this their doing?

-Rose Hombrebueno-Penhale, Class 69

Her dancing shoes are packed and she muses about who are coming. She asks, “Are we there yet?”

Not quite, some are not sure if they are coming or not. I know there are factors that seriously require consideration. Let’s check some reasons why you should attend:

If this is your first, then definitely come – you will not regret the decision. If not your first, then you know you just have to come! Reunions used to be every 3 years and in consideration of our elderly alumni who wish to meet more often while they still have the health and energy to do so, it was decided that 2 years is a good revisit of the fun times.

“I wish I attended that reunion.” Let that not be your sad refrain.

Recharge those youthful batteries and revisit the wonderful memories of high school. Meet up with long lost friends, crushes, foes, competitors and most of all, that young and innocent first love. Re-ignite the fire within with the first Hello!

Show off, that’s allowed. “Look at me now!” Nobody then? Somebody now!

You may meet that special Soul and voila, the second time around might just do the trick! I don’t know about you but at my age, and where I’m at, I can readily admit who my crushes were then. I’m on safe ground, that’s why.

Bottom line? It’ll be a jolly good time! So come on down and check us out!

For details of the reunion and a list of things to remember, turn to page 6 and 7.

-Arlyne Tiam-Coronel, Class 78



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EDITORIAL

Life's Lessons Lost?

Lasting lessons from life are not necessarily from textbooks or the lectures we tried so hard to keep awake in. Instead, we learn from each other and from relationships within the family and community. These social graces enrich our lives in so many ways. So what are these social graces or disgraces?

At my first job in Canada, I used "Sir" when addressing my manager, who was about 60. He said, "Call me Roy." I demurred, so we settled with "Mr. Devenish." Nowadays, it is common to use first names regardless of age or position, as long as mutual respect is present.

When invited to events, we reply promptly, yes or no. Back home and here abroad, some reply 'maybe.' Is this to delay responding in case a better invite comes? Hosts require a clear response within a reasonable timeframe to plan and prepare accordingly. The word "pakipot" invokes "false modesty" and worse, insensitivity. "May I get back to you on Tuesday?" is a better response and replying by said day shows consideration. A nice touch, sometimes added, is, "What would you like me to bring?"

I love Filipino hospitality. The host is generous with "take home" leftovers, tempting me to bring my own containers. It is difficult to restrain the rumble of my tummy but I must wait for the 'Go' signal from our benevolent host even as others line up by their favourite dishes. Alas! There's usually not much left for the host. Kidding aside, non-Filipino guests just love this custom.

Back home, we drop by our relatives, friends and neighbours without calling. Over here, most believe in respect for privacy. Unless it's an emergency, we typically call first. FYI, if you visit me, I need advance notice to name fur balls after you, leave dishes in the sink, keep my pajamas on, and also bake a pie.

My daughter chastised me for not teaching her about the 'hand-kissing' or 'mano' before her first trip to the Philippines. To me, it is a very admirable custom that belonged to a certain age. I grew out of it way back as my ancestors, "lolos and lolas ti tumeng" have passed on. I am a hugger, what can I say.

There's no luck hiding the weight I've gained, so during one visit home, I was greeted with "Kaskala elepante!" "Nagtaba ka!" "Apu unay ti lukmeg mo!" The best line was "Oh, Rose, you... (pause - probably searching a word synonymous with fat) ...look very healthy!" These did not offend as there was no malice behind each comment. I simply smiled or even laughed. Lesson to learn: Consider people's feelings and an offhand remark such as "Bimlad ka manen..." can be hurtful on the other end. Check the dictionary or the Ilocano thesaurus for some tactful words.

Subjects that seem innocuous and can actually be quite offensive are age, weight, and income. Honestly, if you think that I'm younger, slimmer and make more money than you, then go ahead, make my day!

Our increasing sensitivity to others' feelings and respect for people's privacy has enriched these old and endearing traditions. We have turned them into something fresh, progressive and more adaptable to the way of life in our adopted country.

-Rose Hombrebueno-Penhale, Class 69

QUOTE

"An occasional change of scenery makes the show come alive!"
-Sherry Suib Cohen

Comfort Zones

When we were young, way back then in Bayombong, labels such as "arsagid" (Ilocano) and "pikon" (Tagalog) were prevalent. A simple exchange or a joke would have turned into an argument, a downpour of tears or a quick escape.

Occasionally one may find one's self in an awkward situation by inadvertently engaging in a conversation regarding such issues as - politics, religion, cultural values and god forbid, sexual matters. An individual may suddenly begin to feel uncomfortable. Then another reacts disapprovingly and may reject further dialogue or change the subject. Clearly, those who remain found common ground.

The various topics above can collide with people's comfort zones. Comfort zone is an area in the consciousness where a person feels "comfortable." When a topic comes up that does not fit into the consciousness, a person begins to feel uncomfortable and the effect is palpable.

Having left Bayombong and lived in North America, and perhaps even travelled around the world, can we honestly say that our own comfort zones have expanded? Or are we just observers, holding on to a narrow perspective of what life should be - the way we've been brought up, or taught - believing that this "mentality" has kept us safe in life so far?

In others' eyes, we are "successful" and someone to be envied, especially when we visit our hometown. What have we learned thus far? Have we developed skills to encourage people to open up and engage in a productive and intelligent discussion so that altogether we learn about tolerance, acceptance and gain a balanced perspective in life? What about respect?

Is it enough that we went to school and learned a lot in our life's journey? Do we leave our judgmental "shoes" outside the door when it comes to pre-conceived shortcomings, such as skin colour, divorce or separation, out-of-wedlock pregnancies, sexual orientation or suspect criminal behaviour, etc.?

A comfort zone is an interesting component of a person's consciousness. It can either expand or contract depending on how much we are learning or what our experiences are. Our life experiences have either increased or diminished our level of acceptance of many things - such as our attitude towards certain topics, or our sensitivity to others' needs and our ability to celebrate their accomplishments. It is one person's refuge or it can be a large, open space. A wide comfort zone does not mean we lose our identity. It simply means being comfortable with ourselves and with those different from us. We are able to work with them, talk at ease with them, and maintain respect and positive regard. Why? Knowing ourselves as being unique and different, we love and respect ourselves unconditionally too. When able to accept ourselves, we can accept all living beings, places, situations and things with no effort at all - thus making us balanced and happy individuals.

-Azucena Dulay-Kurz, Class 54

From Fe Afalla-Cabanting's Desk

The Problem with Internet – Part 2

Hard copies of the newsletter will be sent out to actual subscribers after the August reunion. So if you are one of those who wish to receive your copy by mail, please send for your subscription using the form attached and mail it with the suggested fee to assist us with the printing and mailing costs.

The newsletter will be posted in our web site and will be sent to those for whom we have e-mail addresses.

If you know of any alumni who have no access to e-mail and may wish to receive a copy of the newsletter, please ask them to send their subscription in. Thank you for your continued support! See you in August!

-Fe Afalla-Cabanting, Class 58

SPOTLIGHT ON GADDANG

Part 2 - Gaddang Proverbs

"Ino pakay a naddawa naddumug."

Translation: The rice stalk full of grain is bent.

*"Mapia quepay a mattangit ca sito agkaw abao
Eh maccataua ca si uddi
Mah so maccataua ca toya eh mattangit
Daddaramat."*

Translation: It is better to cry now than laugh later, than to laugh now and mourn the day after.

*"Metappol nu you atawan
Baccan si guinatan."*

Translation: You can throw your wife or husband out, But never your own parents.

For love of Gaddang poetry....

"Quelona Immanque A Quirraquiragan" (How Painful It is To Ponder)

*Quelona a quirraquiragan
Yo radam mepintac to taggang
Se mapia quepay ino tappiay
Amma so raddam na cassittolay.*

*Gannot na wara gumammuang nga
Si parac onnu pacandama
Se datangna no aruedana
Ipamannum na se awanna cuana.*

How painful it is to realize
The grief that fills my breast,
Poison is preferable
To ill will from another.

If this is caused
By the accidents of wealth and power,
The wheel will somehow turn
And fortunes will change.

-Lumicao-Lora, Ma. Luisa. *Gaddang Literature. Quezon City: New Day Publishers, 1984* (http://litera1no4.tripod.com/gaddang_frame.html)

LET'S TALK

Reminder:

At reunions, there usually is a business meeting scheduled sometime during the weekend where the main agenda is the next reunion – when, where and who will be at the helm.



Please bring your ideas. Even better, form a team, sell your idea and grab the opportunity to organize the next one!

If asked, I would like to see other venues; no offense, California! The US has 50 states and Canada has 10 provinces – a lot of room to explore. Moneywise, this combines a tour/vacation in a different state plus a reunion.

Not enough alumni residents in a chosen venue? Think Convention Planners, they are in every city, willing and qualified to work with a team. Let us hear from you! - Ed. Rose

QUOTE

"There are times to go back and there are times not to go back."
-Gina Cerminara



Weird and Wonderful LA LA LAND



According to some, La la land refers to where a person that doesn't know what they are doing, or are doing odd things reside. It may be that place where a lapse of memory happens and where one says and does strange things, a veritable Dream State. One must never call an L.A. resident someone in Lalaland as there is a risk to offend. As much as some folks in LA are weird, they, too, are wonderful. They do eccentric and extraordinary acts, even astounding at times. No wonder Hollywood is in the centre of it. It is where the creative and imaginative minds hang out. So why not go to Los Angeles in August and lose yourself in its sights and sounds! And believe me when I say, no one will notice if you are in la la land yourself! You belong!

Pack your dancing shoes and join Arlyne and gang on August 5 & 6 – at our grand reunion abroad!

-Rose Hombrebueno-Penhale, Class 69

WANTED

Your opinions, anecdotes, favourite jokes, quotes, recipes, family events, pictures, and anything at all you wish to share with the Alumni abroad. Send to suzie_fred@kurzdesign.com or rosepen13@gmail.com or by mail to Fe Cabanting

HEALTH MATTERS

The Truth about Lactose Intolerance

Dairy products are important sources of nutrients, including calcium and vitamin D. Calcium plays an essential role in maintaining bone health and preventing osteoporosis. Vitamin D has 2 roles. It helps to maintain bone, which contributes to the prevention of osteoporosis, and it benefits muscle health, leading to fall prevention. However, most dairy products also contain lactose, which is a large proportion of the world's population has trouble digesting.

Lactose is the principal carbohydrate of milk, providing about half the calories in a glass of skim milk. Lactose cannot be absorbed directly, but requires the enzyme lactase for digestion. Most babies have enough lactase to digest lactose in breast milk or formula. But for the majority of the world's population, levels of lactase decrease a great deal during childhood. Not having enough of the lactase enzyme reduces the ability to digest lactose, a condition known as lactose maldigestion.

(Lactose intolerance is a clinical diagnosis made when the symptoms of lactose maldigestion become severe.) The majority of individuals of Asian, African and Native American descent, as well as about half of Hispanic peoples, experience lactose maldigestion. For people with lactose maldigestion, lactose is broken down by the bacteria in the large intestine. This process of fermentation can cause bloating, gas and abdominal discomfort.

Avoiding milk and other dairy foods due to lactose intolerance can have serious effects on nutrient intake, including lowering intakes of calcium and Vitamin D, which leads to an increased risk of osteoporosis. Here are some tips to help you lessen the symptoms of lactose intolerance:

- Consume milk and other dairy products throughout the day rather than having more than one serving at one time. Consume with meals and every day. This may reduce the symptoms, because the bacteria in the gut get used to the lactose and less gas may be produced.
- Enjoy cheeses such as Swiss, Edam, Gouda and Cheddar which contain very little lactose.
- Choose yogurt. The bacteria in some yogurts may help break down the lactose it contains.
- Try lactose-free or reduced milk and other dairy products; a glass of lactose-free milk provides the very same nutrients as regular milk.
- Try Kefir (a fermented milk drink). It may be better tolerated.
- Use lactase drops/tablets (available at a pharmacy).

If one does not wish to eat or cannot tolerate any dairy products, there are other sources of calcium, such as:

- Sardines and canned salmon (with the bones)
- Soybeans and other types of beans, cooked; baked beans, canned
- Dried figs
- Tofu, firm or extra firm, processed with calcium sulphate

- Calcium-fortified orange juice, soy beverage and rice beverage/other fortified foods such as instant oatmeal and cookies – be sure to read the labels for calcium content
- Leafy green vegetables (broccoli, kale, bok choy, okra, turnip greens, collard greens)

And don't forget Vitamin D! Vitamin D increases calcium absorption. Osteoporosis Canada recommends routine Vitamin D supplementation for all Canadian adults. Those 19-50, including pregnant or lactating women, require 400-1000 IU daily. Those over 50 or at high risk (with osteoporosis, recurrent fractures, or conditions affecting Vitamin D absorption) should receive 800-2000 IU. Vitamin D is found in very few foods. Besides fortified milk and margarine, other food sources are:

- Fortified orange juice, soy and rice beverages
- Egg yolks and chicken livers
- Fatty fish (salmon, sardines, herring, mackerel and swordfish) and fish oils (halibut and cod liver oils) all contain small amounts

Since it is very difficult to get enough vitamin D from food alone, supplements are advised. Finally, it is important to ask: is it really lactose intolerance? Many individuals mistakenly self-diagnose their gastro-intestinal symptoms as lactose intolerance. Bloating, flatulence and abdominal discomfort may result from consuming any undigested carbohydrate. For example, with a breakfast of oatmeal and milk, intestinal gas production and GI symptoms may be due to the significant fibre content of the oatmeal rather than to lactose. Lactose intolerance must be differentiated from milk allergy, which is a reaction to the protein found in milk. An allergy to cow's milk is rare and needs to be diagnosed by an allergist.

(With thanks to Wendy Joanne Dahl, PhD, RD. Wendy obtained her doctorate from the University of Saskatchewan, College of Pharmacy and Nutrition, and is currently Assistant Professor in the Food Science and Human Nutrition Department at the University of Florida)

TRIED, TESTED AND TRUE

Easy, tasty Broccoli Salad

This is a broccoli salad with raisins and sunflower seeds, along with red onion, peas, and a sweet-sour mayonnaise dressing. Easily doubled.

Ingredients:

- 5 cups fresh broccoli florets
- 1/2 cup raisins
- 1/2 cup sunflower seeds
- 1/2 cup cooked, crumbled bacon
- 1/4 cup of red onion, chopped
- 1 cup of frozen peas, thawed
- Dressing:
 - 1 cup mayonnaise
 - 2 tablespoons vinegar
 - 1/2 cup sugar



Preparation:

Combine broccoli florets, raisins, sunflower seeds, bacon, onion, and peas in large serving bowl. In separate bowl, whisk together mayonnaise, vinegar and sugar. Add dressing to the salad and toss to mix well; chill thoroughly before serving. Serves 4 to 6.



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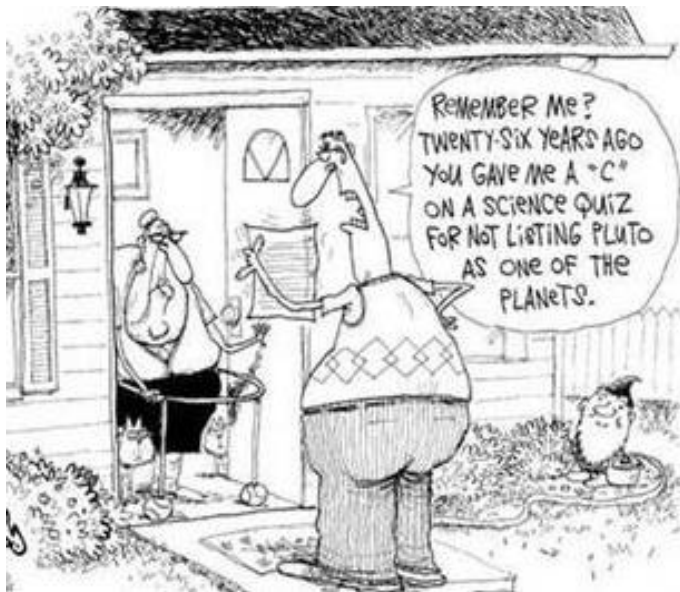
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FUNNY BONE

“Kilometers are shorter than miles. Save gas, take your next trip in kilometers.”

- George Carlin



More on the Reunion...

Los Angeles is a place of thousands of amenities and must-see places. Visit us online for added information. Please register at <http://www.facebook.com/1/98fbbgWet-k92fTIw99Y0e45dIA/www.nvhsnvghsalumniabroad.com> or download the attached Registration Form.

REGISTRATION – Registration form and payment must be received by July 15th:

Early registration: \$125 per alumnus; \$85 per guest

Late registration: \$150 per alumnus; \$100 per guest

SOUVENIR ADS – If you would like to post a souvenir or business Ad, layouts and payments are due even sooner – June 15. Graphics/Layout to Alex Dulay at a.dulay@yahoo.com
Ad cost: \$50 (1/4 page); \$75 (1/2 page) and \$100 (full page)

Registration form and all payments including donations to be mailed to:

Dr. Augusto Valera, P.O. Box 712, Daly City, CA 94017

**Cheques must be made payable to:
NVHS-NVGCHS Reunion**

HOTEL - Make your travel and hotel arrangement at your earliest to get a better rate--remember August is high season! Take note that Travel and accommodations are your responsibility.

Please contact the hotel directly.

Speak with Carol Maravilla at (818)509-2744 or e-mail her at cmaravilla@sheratonuniversal.com.

Room @ \$179/night+tax.

If you travel alone it's time to arrange with your batch mates or friends to share accommodations. Surely one of the cousins may have a couch for you.

Your EARLY remittance for Registration, Souvenir Program and donations will help us immensely in planning and organizing a fabulous and elegant affair.

And most of all contact your classmates and invite them to the Reunion. August 5 – 6 is just around the corner!

Be a member @ Face Book NVHS-NVGCHS Group for details and updates.

We welcome your calls or emails. Lastly, visit the official web site for the NVHS-NVGCHS Alumni Abroad Association, www.nvhsnvghsalumniabroad.com

Correction: Donations to NVGCHS from the Grand Alumni Homecoming in December 2010 was P410,198 (pesos not dollars).

QUOTE

“Suffering could build strength, but only if a person acknowledges his or her responsibility for whatever went wrong.”

-Harold Klemp

Volunteering: An Active Citizenship

"A single sunbeam is enough to drive away many shadows"

- St. Francis of Assisi

In our society, the most fundamental act of citizenship is to be a volunteer. Volunteering means offering time, energy and skills without being compelled by law but propelled instead by one's willingness to change the world in which we live in, one day at a time. It is about contributing to change people's lives in the community while simultaneously enhancing our own.

Philanthropy is not just about financial contributions to a cause. It is also about giving freely of one's self – our time, talents or skills without expectation of monetary rewards or recognition. Whether it's in the care for the elderly or the sick, building houses for the homeless, or providing support services in organizations that spearhead helping the community, the most precious resource is the volunteer.

There are thousands of organizations across the country offering services to those in need and even more inspiring are the hundreds of thousands of faceless volunteers involved in every work imaginable. These volunteers represent every walk of life as well as every age and cultural group. There are homemakers, students, retirees, professionals and even some of the down-trodden working in various fields of need.

It is in the nature of a good deed and its ability to bring change that fosters the spirit of volunteerism.

As alumni of NVHS-NVGCHS, we can be proud of belonging to a community that is recognized and acknowledged for its service to our alma mater. A good number go back to the Philippines doing medical and dental mission work, or even giving out food items to the poor.

In my life, a nephew has set the bar so very high as he keeps on giving to the community at-large. To emulate him, I am doing what I can, when I can, wherever I can. For an onlooker, it may not be enough. In my heart, I know I give my best.

-Rose Hombrebueno-Penhale, Class 69

(Let's hear from you! Tell us your volunteering experiences)

QUOTE

"The universe is change; our life is what our thoughts make it."

- Marcus Aurelius Antoninus



Best Excuse...



A Worthy Cause for Anyone

Have a young lady or man in mind who may need help with school? Specifically, financial assistance?

A conservative estimate of the fees and allowances that a student may require for high school is as follows:

- Uniform (including shoes, P.E. uniform, rubber shoes, green skirt/blouse) - P1,500
- Miscellaneous Fees – approx. P850
- School Supplies – P500
- Board and Lodging – approx. P400 to \$600 a month
- Weekly allowance (not including transportation) – P100

So give or take P8,500 to P10,000? In dollars, a mere \$200 to \$250 annually.

Would you, could you? What about the alumni association? What about each class/batch sponsoring one? How does one find a worthy student? Who or what makes a worthy student? Who will be the custodian for the program?

Think about it!

TWO QUOTES

"A man consists of the faith that is in him. Whatever his faith is, he is."
- Bhagavad Gita

"There is no failure except in no longer trying." - Elbert Hubbard

FUNNY BONE

School Learning

Nathan comes home from his first day at school. Mother asks, 'What did you learn today?'

He replies, 'Not enough. I have to go back tomorrow.'

NVHS-NVGCHS ALUMNI REUNION

9th Grand Reunion Los Angeles, California August 5 – 6, 2011

“The American Dream”

REGISTRATION/SOUVENIR PROGRAM AD/DONATION FORM

(This is a computer fillable form. Complete the appropriate fields. Print and mail together with your registration, advertisement fee & donation.)

<p>www.nvhsnvgchsalumniabroad.com</p> <p>REUNION VENUE INFORMATION</p> <p><i>Sheraton Universal Hotel</i> 333 Universal Drive <i>Universal City, CA</i></p> <hr/> <p>Book your room reservation by Calling toll-free: Tel: 1-818-506-2500 Fax: 1-818-509-2058 Or online at: http://www1.hilton.com</p> <p>Conference Code for Discounted Rate: _____</p> <p>Single: _____ Double: _____ Sierra Room: _____ Executive Level: _____</p> <p>Registration fees do not cover the costs of hotel lodging.</p> <p>Will book room: <input type="checkbox"/> Sheraton Universal Hotel <input type="checkbox"/> Another Hotel in vicinity <input type="checkbox"/> Other Lodging</p> <p>Date Form Completed & Mailed _____</p>	<p>REGISTRANT/ADVERTISER/DONOR INFORMATION</p> <hr/> <p>FIRST NAME _____ LAST NAME _____</p> <hr/> <p>STREET ADDRESS _____ CITY _____</p> <hr/> <p>STATE/PROVINCE/COUNTRY _____ ZIP/POSTAL CODE _____</p> <hr/> <p>EMAIL ADDRESS _____ TELEPHONE NO. _____</p> <p>Part 1 - REGISTRATION YEAR GRADUATED or attended: <input type="checkbox"/> NVHS <input type="checkbox"/> NVGCHS BATCH _____ Name of alumni/guests including you: _____ _____ _____ _____ Total number of attendees</p> <p>Part 2 - SOUVENIR PROGRAM <input type="checkbox"/> YES, I would like to advertise in the Souvenir Program.</p> <p>Ads Pricing/size (check desired layout) <input type="checkbox"/> \$50 (1/4 page) <input type="checkbox"/> \$100 (Full page) <input type="checkbox"/> \$75 (1/2 page) <input type="checkbox"/> \$150 (inside front/inside back cover/back cover)</p> <p>Include graphics for your ad layout: <input type="checkbox"/> Family/Individual Photo <input type="checkbox"/> Logo <input type="checkbox"/> Text Copy <input type="checkbox"/> Layout Supplied</p> <p>Ads Description and/or Ad Message: _____ _____ _____</p> <p>Email your graphics to Alex Dulay at a.dulay@yahoo.com</p> <p>Part 3 - DONATION <input type="checkbox"/> YES, I would like to donate \$_____ to the Reunion Fund.</p> <p>Part 4 - PAYMENT</p> <p>Registration Fee (PART 1) (_____ Alumni x \$125) \$ _____ (_____ Guest/s x \$80) \$ _____</p> <p>Advertisement Fee (PART 2) \$ _____ Donation Amount (PART 3) \$ _____ Total Due \$ _____</p> <p>Check, money order, or bank draft payable to: NVHS-NVGCHS REUNION</p> <p>Print completed form and MAIL with payment to: Augusto Valera Jr. P.O. Box 712 Daly City, CA 94017</p>
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*Your subscription or donation assists us in the production and distribution of the Newsletter.
Please give generously.*

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A newsletter publication for the NVHS-NVGCHS Alumni Association

Mail to: Fe Afalla-Cabanting (Tel. 805 934-3887)

2889 So. Bradley Road, Santa Maria, CA 93455



I am an alumni/friend of NVHS-NVGHS and would like to subscribe to the Magat Leaf Abroad Newsletter. Enclosed is a cheque/money order for \$10 as my donation.

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