

INTRODUCING OUR FIRST CHSNAF NEWSLETTER

June 2026 Volume 1 Issue:1

Message from the CHSNAF President



**My Fellow CHSNAF Alumnae,
Welcome to the**

Special Introductory Issue of the newsletter!

Finally, (CHSNAF) can now reach every registered alumna across all fifty-two (52) states in the United States, the five (5) provinces of Canada, and wherever CHS registered alumnae may be around the world through digital communication. This newsletter will feature announcements about major CHSNAF events, as well as exciting news and activities from each of our ten (10) chapters on a quarterly basis. Every issue will include information on do-it-yourself tutorials and mini-lectures presented by CHS alumnae professionals and other subject-matter experts (SMEs) on topics of great interest to our alumnae community. We encourage you to let us know which topics are of most interest to you, or if you, or anyone you know, would like to share important information to our alumnae readership.

We invite contributors to submit interesting and newsworthy information for future issues to enhance the reading enjoyment of our alumnae. We also ask for volunteers to assist our Newsletter Team. Our goal is to make every issue attractive, timely, relevant, informative, and delightful to read.

This newsletter is currently on a soft trial basis, and we will continue to improve it with the help of readers' feedback and comments. We kindly ask that all comments remain positive, respectful, and professional. We reserve the right to publish only those comments and submissions that uphold the professional integrity and pride of this newsletter.

Enjoy our very first newsletter!

Ellie M. Cabanayan

Visit us

at www.chsnaf.org, or Chsnafwebmail@gmail.com

CHS NORTH AMERICA FOUNDATION, INC.



Spiritual Gatherings

Rosary Brigade (Toronto)-

Daily 8:00-8:45 pm EST

Meeting ID: 936 5002 390

Passcode: 474770

CHS Rosary Brigade

Northeast Chapter (NY)

Zoom ID: 936 500 2390

Passcode: 474770:

Daily 8:00 PM EST

The Mother Josepha Prayer Weavers (MJPW)

Zoom ID : 818 3052 7608

Passcode: josepha

Daily: 7:00 pm EST

Scriptures & me

Tuesdays at 8:45 PM EST

Zoom ID: 936 500 2390

Passcode: 474770

The Beekman Bible Class

Zoom ID: 315 316 0842

Passcode: josepha

Fridays: 6:30-7:45 pm EST

Metropolitan Washington DC

Rosary Group (MWDC)

Zoom ID: 856 0407 4549

Passcode: Rosary

Last Tues. of the month

7:30-8:30 pm EST

HS Class 67 Rosary Hour

honoring Saints

Every Thurs. 6:00 pm PST

Meeting ID 388 931 5611

Passcode: CHS67

More info on pages

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What we have in store for you! Here are our building blocks!

We plan to have a “**Business Corner**”. We invite all enterprising alumnae to showcase their entrepreneurial skills, or craft, and DIY businesses, giving exposure to alumnae patronage.

Professionals and subject-matter experts (SMEs) on topics of great interest.

Do-it-yourself tutorials and lectures presented by CHS alumnae,

Birthday and Anniversary **announcements** and an obituary section.

Announcements about **major CHSNAF events**, as well as exciting news and activities from each of our ten (10) chapters on a quarterly basis

Spiritual gatherings/activities

Watch for the “**CHSNAF Chef**” corner where any alumna can be called “Chef” and share a variety of cuisines Eventually a CHSNAF Cookbook!

Special feature entitled “**Amazing Alumnae.**” If you know someone who, in your heart, is truly an Amazing Alumna, please contact us Every chapter leader will submit or you can nominate someone. Every issue will feature an Amazing Alumnae.

feature news about our **Mission Schools** and the indigenous People that we support as they become available to us. We will provide pictures as needed for better understanding of the CHSNAF noble mission to provide education for the poor. More information will be available about our scholarship program and Mission schools in future issues.

Let us **step back** for a moment to feature past successful events to the **2025 CHSNAF Gala night, Luau Night, and San Diego Tour, and the awards Night and the 2026 CHS Homecoming Day.**

We’d like to see your **special moments** in pictures, articles and will welcome your participation,

Let’s all make our CHSNAF newsletter our successful connection!

Connecting with CHSians

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- Mini Health Conference, Round 1 & Round 2
- Aid to Earthquake victims
- Homecoming 2027, Manila
- Thank you!



**Washington DC chapter
will host our next CHSNAF
reunion and gala in Oct.
2028! Save the date, plan to
attend with friends, get
your dancing shoes ready
for the fun, the frolic and
surprises!
More details to come...**



CHSNAF Chapters

Ayra Bermudo, Website Manager

Charlotte Tee-De Vera, Secretary

Cynthia Tomas Bernardo (CHSNAF) Assistant Secretary



Northeast (NE)

Raquel Peterson

New York, New Jersey, Massachusetts, New Hampshire, Vermont, Maine, Rhode Island, Connecticut



Metro Washington DC (MWDC)

Lita Dialino

Maryland, Virginia, West Virginia, Pennsylvania, Delaware



Nevada Mountain States(NMTS)

Vikki Manto

Arizona, Colorado, Nevada, Utah, Wyoming



Pacific Northwest (PNW)

Edda Policar

Washington, Oregon, Alaska, Northern California (includes San Francisco, San Bruno, San Mateo, Burlingame, San Jose, Fresno, San Jose, Palo Alto, Hayward, Salinas, Santa Rosa, Stockton, etc.



Middle States

Vacant

Iowa, Illinois, Indiana, Minnesota, Missouri, Michigan, Nebraska, South Dakota, North Dakota, Ohio, Wisconsin



Southern California (SOCA)

Vicky Tempongko

Hawaii, Santa Clara, Los Angeles, San Diego, Riverside etc.



Southeast (SE)

Cynthia Gonzales

Florida, Georgia, North Carolina, South Carolina, Kentucky, Tennessee, Virgin Islands, Mississippi, Alabama

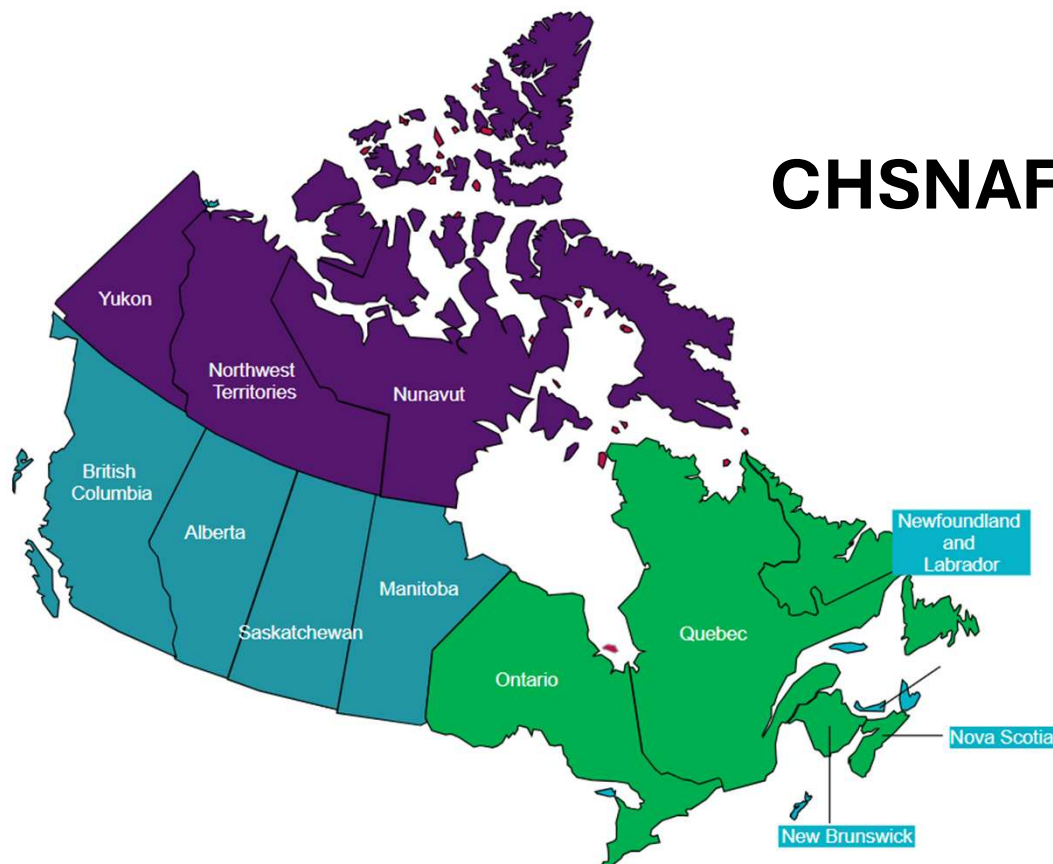


Southwest (SW)

Lina Umali

Texas, Louisiana, New Mexico, Arkansas, Oklahoma, Kansas

CHSNAF Chapters Canada



Canada East (CE) Melissa Unidad

- Quebec
- Prince Edward Island
- Nova Scotia
- Ontario

Canada West (CW) Roz Macdougall

- Vancouver (British Columbia)
- Alberta
- Saskatchewan
- Manitoba

Calling All CHSians!



We are looking for new members in Illinois, Florida, Vancouver, Texas, Hawaii, Georgia, Tennessee and other states. To register as a new CHSNAF member contact the Chapter President of your State. Refer to pages 4&5.

Newsletter Editorial Team:

Ellie Cabanayan, Deanna Go Bio, Ilo Echevarria-Wallenstein, Ming Almendral, Gene Robes, Raquel Peterson, Edda Policar, Lita Dialino, Vicky Tempongko, Vikki Manto, Cynthia Gonzales, Lina Umali, Melissa Unidad, Roz Macdougall

The following pages show Chapter Activities: Planning, fundraising, meetings & social gatherings.



WISH EVERYONE A SUCCESSFUL GRAND REUNION

REKINDLE THE MEMORIES
RELIVE THE FRIENDSHIPS
MADE THROUGH THE YEARS.

OFFICERS
2024-2025

greetings
CHSNAF-MWDC



LITA DIALINO
President



SHONNIE
MONTORO
VP MEMBERSHIP



GERALDINE
YAP
VP EDUCATION



MYRA
DAYAN
VP EDUCATION
AND OUTREACH



MARY ANNE
FLETEMEYER
SECRETARY



REGINA
GUECO
TREASURER



MARIFLOR
REYES
PRO



ELOISA
CABANAYAN
ADVISOR



DULCE
GUEVARA
ADVISOR



HELLO!

From NV/MTN STATES CHAPTER



CHSNAF
College of the Holy Spirit
North America Foundation, Inc.

We would like to extend our congratulations to CHSNAF on the initial issue of the CHSNAF Newsletter.

We held our first meet-up for the year 2026 on April 18 at the Pho Saigonese Restaurant located at 6125 Spring Mountain Rd. Las Vegas, Nevada 89146 in celebration for the Birthday celebrants of January to June. Each one of us received a bouquet of flowers and a nice big cake for everyone to enjoy! Followed by some raffles and game to win!

It was a great time to relax and socialize catching up with our fellow alumni. Good food and good company is always a perfect way to celebrate! If you will be in town during our next meet-up, let us know and we would love for you to join us!

'Till then, have a great summer!

Birthday celebrants from Bottom Center photo -L-R: Imee Maquinto HS'79, Gen Quinto V'75, Elmie Basco HS'77. Victoria Manto HS'77, Rose Garzon C'67 and Marilou Legaspi HS'63.



Greetings from the Pacific Northwest!



Induction of Southern California CHSNAF officers. **SoCal celebrates the first issue of the Newsletter!**



(L-R) Kylie Limjap –PRO, Gene Robes-Treasurer, Vicky Tempongko-President, Eileen DelGallego-VP, Cora Nieves-Secretary, Chars Pejoro-Adviser

Southwest Chapter President Lina Umali celebrates her 50th Wedding Anniversary. Congratulations! CHSAF & CHSNAF members in attendance.

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At church: Ging Ong – Current CHSAF President; Daisy Villasis – Ex CHSAF President; Sabsy Palanca – Ex CHSAF President; Nela Almario-Zeta – Feeding Program Founder
Cora Simon – CHSNAF Membership Chair; Lina Umali – CHSNAF Southwest Chapter Chair
Eden DeLaRosa – CHS former teacher

At Reception: Deanna GoBio – CHSNAF Advisor & CHSAF Board Member; Arlene Torres – Ex CHSNAF NE Chapter President; Menchu Padilla- Ex CHSAF President; Daisy Villasis – Ex CHSAF President; Yola Albano – Ex CHSAF Treasurer; Lina Umali – CHSNAF Southwest Chapter Chair



Greetings from Canada East!



And her officers from L to R: Marissa Toralba, treasurer, Evelyn Lobrin, External VP, Mellisa Unidad, President, Jocelyn Dawang, Internal VP, Marilou Parco, immediate past president.

Congratulations!



**From
All of
us..**

**In the
North
East!**

Left: (first four): Thelma Arceo, HS'74
Jenny Fernan, HS'72,
Ramona Arceo, GS'64, HS'68, BM'72
Olivia Dizon-Bugge, HS'66

Right: (first three): Deanna Go Bio, AB'58, BSC'59
Remedios de Jesus, BSC'67
Evelyn Manding-Ortega, GS'61, HS'65, AB'69

Great Success! We made Great Memories at the San Diego Grand Reunion!
Congratulations to the CHSNAF officers for putting together a most enjoyable time!
Thank you to (add info on all the officers)

Highlights of a fun weekend that started with a Luau on Friday, Saturday morning conference, Saturday Gala and Awards night and Sunday, a tour of San Diego. Everyone went home from this event full of euphoria and great memories with friends.



Bella Carreon's home was the perfect venue and Catering - an enjoyable experience!





Message from Fr. Anselm Manalastas O.S.B.

Peace.

The events of the CHS Alumnae that CHSNAF spearheaded in San Diego last October 2025 were indeed a work of the Holy Spirit! From many directions, the daughters of CHS gathered to share their wonderful memories of School and Country. Above all, it was a moment to appreciate the hidden talents of each one, as we sang, danced, and performed during the Luau and Gala Parties. Such a marvelous event, worth reminiscing and appreciating!

On a personal note, the October 2025 CHSNAF Events was a blessed time to gain new friends. I would like to thank all the alumnae who shared of their wonderful gift of persons. I pray that all of you and your families continue to reap the rewards that God promises to those who love Him!

Sincerely,
Fr Anselm M. Manalastas, O.S.B.

Mass * Conference * City Tour





A Spectacular Gala and Awards Night! San Diego, 2025



2025 CHSNAF AXA Alumna Exemplar Awardees

Myrna (Ming) Mariano-Almendral



"Thank you CHSNAF! I feel blessed that the values and education CHS instilled in me shaped my success in my career and life. I became successful in Interior Design Management, coaching and mentoring- built 8 design teams throughout my career. Professionalism, experience, hard work, and resilience became the pillars of my foundation".

Maria Regina (Gina) Nepomuceno-Gueco



"Advocating inclusion through parish ministries and disability organizations, I've helped shift perceptions about the value of people with disabilities. As treasurer and board member, I've strengthened nonprofit operations. In alumnae groups, I reconnect classmates to boost engagement, enhance communication, and foster lasting community driven by purpose, personal commitment and keeping the school spirit alive".

Rosalinda (Roz) Luis MacDougall



"Thank you for this award, which I proudly accept on behalf of the Spirit of HS'74 officers. This honor reflects our shared efforts and the steadfast support of our batch mates. With God's guidance, we've overcome challenges, spreading love and joy within the SSpS community. Mabuhay! Let the Spirit live on!"

Maria Rosario (Chars) Pejoro



"Whether managing the operations of a five-star hotel or serving as a trusted personal assistant to distinguished figures in politics and entertainment, I have always strived to uphold the CHS values of truth and charity. Today, I lead CHSNAF SoCal with deep commitment to carry forward the spirit of our Alma Mater".

Evangeline (Gene) Robes



Gene, HS '73 Lead for ROW (Rest of the World) , is a key force behind the 2025 CHSNAF Grand Reunion and Gala. A retired U.S. Postal Service Operations Supervisor, she is now General Manager of an accounting office, whose owner calls her the 'soul' of the office. She is our HS '73's KC—ka-close to all !

Imelda (Mimi) Jacobo-Samson



With thirty-four years of experience in dental hygiene served in private practice and faculty in Baccalaureate Dental Hygiene program. As Secretary for six years then President of the CHSNAF NorthEast Chapter involved in fundraising initiatives for the Aetas and Mangyans in the Philippines, coordinated Pentecost Sunday and organize yearly yuletide festivities.

Victoria (Vicky) Rodriguez-Tempongko



"Veritas et Caritate" is my driving force. As a single mom, I made sure that my 4 kids got their catholic education. I have helped/participated in workshops that equipped teachers/principals in tackling diversity, stereotypes, prejudices, cultural identity, raised funds for United Way which funded programs addressing essential services and community building".



Maria Luisa Echevarria-Wallenstein

Maria Luisa “Ilo” Echevarria-Wallenstein is hereby recognized for her distinguished and pioneering service to the College of the Holy Spirit North America Foundation (CHSNAF). As the principal founder of the first CHS alumnae association in the Tri-State area, she laid the groundwork for what would become a 501(c)(3) charitable foundation dedicated to sustaining the CHS legacy.

For more than two decades, Ilo has served CHSNAF with exemplary leadership as a pioneer, former president, officer, and Senior Adviser. Her unwavering commitment to spiritual formation is reflected in her long-standing Bible Study ministry and her leadership of the Mother Josepha Prayer Weavers, uniting alumnae across the United States, Canada, and the Philippines in faith and fellowship.

In recognition of her enduring dedication, spiritual guidance, and transformative impact on the CHS alumnae community, CHSNAF proudly honors Maria Luisa “Ilo”

Echevarria-Wallenstein for her unparalleled service and steadfast devotion to the mission and values of the College of the Holy Spirit.



Lenore RS Lim

Lenore served as President of the **College of the Holy Spirit/Holy Ghost College (CHS/HGC)–USA Canada Foundation, Inc.** from **1999 to 2001**, guiding the organization through one of its most transformative eras. Under her leadership, the foundation achieved its **501(c)(3) tax-exempt status**, paving the way for what is now known as the **College of the Holy Spirit North America Foundation, Inc. (CHSNAF)**.

She published the **first official alumni directory**, unveiled during the Las Vegas Reunion. This landmark project cataloged more than **2,000 alumni across North America**, strengthening connections within the CHS community. This reunion sparked the vision for **regional chapters**, a concept that later deepened engagement and fostered stronger local networks among alumnae. In her leadership, Lenore is widely recognized for her artistic excellence. A gifted and accomplished artist, she holds the distinguished title of **Artist Emeritus** with the **Society of Philippine American Artists**. Despite her success in the arts, she remains deeply committed to her roots as a CHS alumna and to her lifelong calling as a **faithful servant of the Holy Spirit**.



Deanna Go Bio

Deanna Go has dedicated over **20 years** to serving the College of the Holy Spirit alumnae community since joining the group that became **CHSNAF** in 2004. Her work as officer, consultant, and adviser reflects a deep commitment to mission and service. She partners closely with the **SSpS congregation** and the **College of the Holy Spirit Alumnae Foundation (CHSAF)**, helping strengthen collaboration between CHSNAF and CHSAF. Through her leadership, CHSNAF has supported major projects for **Indigenous Peoples (IP)** in the Philippines, including funding a **P2-million water project** in Yanga, Capas, Tarlac, and renovating the kitchen of the Paidyanan Mission School for Aeta students.

Deanna oversees CHSNAF’s **fundraising and scholarship programs** and regularly visits remote mission schools in **Tarlac** and **Oriental Mindoro**. Her unwavering dedication to education and improving the lives of Indigenous communities continues to inspire everyone she serves.



Francis M. Tayag

Francis, HS-65 and BSC '69, is a **Founding Member** and the first **President** of CHSNAF, Inc. Her unwavering vision transformed the alumnae group into a recognized **501(c)(3) nonprofit** and shaped its culture of service, sisterhood, and empowerment. Her leadership motto, **“Kindle the Spirit, Take on the Challenge,”** inspired renewed engagement across generations. Her authenticity and commitment even moved a non-alumna friend to establish a **Legacy Fund**, naming Francis as Executor. Today, she continues to strengthen CHSNAF as a **Corporate Adviser**, mentoring future leaders and nurturing the foundation’s enduring values.



Thelma Llave Arceo, HS '74

New York Chapter

- February 2026 "Outstanding Alumni" Award – CHSAF, Manila
- October 2022 "Alumna Exemplar Award" – CHSNAF, Toronto, Canada
- Weatherization Award of Senior Management Excellence – NY

Fun and Camaraderie at Homecoming 2026 College of the Holy Spirit Quezon City



Ma. Mediatrix Belo Villar

•HS-67/BSC-71

•Financial and Project Management



CHSNAF Prayer Gatherings



'69-70) out of New York, NY. The zoomed classes completed their 6th Anniversary in April this year. The class tackles the books of the Bible, one Book at a time. As of this writing, the class is ending its study on the Book of Ezekiel (Prophet; Old Testament). Rather than a line-by-line scriptural verse approach to studying a Book, the focus of the study is life applications gleaned from the Book under study and its coverage is the entire Book. In the Season of Lent, the class shifts to reflection sessions. This past Lent, the coverage was on Those who Stood at the Foot of the Cross. The participants are alumnae mostly based in the USA, Canada, and even in the Philippines.

Zoom ID: 315 316 0842

Passcode: Josepha

Fridays: 6:30-7:45 PM East Coast

Metropolitan Washington DC Rosary Group (MWDC) – created in May 2020 during covid. Group activities were restricted during Covid, and chapter activities became limited. To keep chapter members active and fully engaged, a monthly activity through a prayer group was created. This gave birth to the MWDC Rosary Group. The MWDC Rosary Group has sustained its faithfulness and continuity through the years and has just completed its sixth year. On rosary nights, each participant is a Prayer Leader and is assigned to lead as well as respond to specific prayers. The Sorrowful Mystery is prayed, the Litany of the Blessed Virgin Mary, and ends with The Chaplet of the Divine Mercy. The MWDC Prayer Group is proud to include their Spouses to participate in all the prayers.

Zoom ID: 856 0407 4549

Passcode: Rosary

Last Tuesday of the Month

7:30 – 8:30 pm. EST

Contributor: Ellie Cabanayan

HS Class 67 Rosary hour & Honoring Saints

A Living Tradition of Prayer and Community

For more than five years, this open Zoom call for HS Class 67 has grown into a cherished spiritual gathering — a place where friends come together to honor the Blessed Mother through the Rosary and to lift one another up in prayer.

What began simply as praying together has become a beloved ritual of connection, offering comfort, solidarity, and a shared sense of purpose.

During Lent, the group introduced a digital Way of the Cross, featuring churches from around the world. This transformed the season into:

- A time of learning -Exploring sacred spaces and global traditions.
- A shared virtual pilgrimage - The experience deepened reflection and unity.
- A spark for new traditions — This creative project inspired the next evolution of the group's prayer life.

What began as a Lenten project blossomed into a continuing practice: Each rosary gathering now includes time to feature, honor, and learn about a Saint every week. This has enriched the group's devotion by: Introducing Saint stories that inspire daily life, deepening our understanding of the lives of the saints, Catholic history and spirituality-strengthening the sense of shared discovery and faith.

Every Thursday at 6:00 pm Pacific time, 2 Class 67 members alternate hosting zoom calls. 2 alternating hosts send out zoom invites.

Contributor: Ming Almendral



Amazing Alumna

Dolores (DJ) Faigal- Palafox
HS '67
Ottawa, Canada



A dedicated nurse by profession, **DJ has expanded her world far beyond the walls of healthcare**, embracing a creative passion that reveals a whole new dimension of her talent. What began as a simple hobby among colleagues—an informal quilting group formed by fellow retired nurses—quickly became a powerful outlet for artistry, connection, and compassion. They found a way of working on the same quilt, innovatively working on each section but able to produce a cohesive design. Impressive!

Quilting offered DJ and her peers a way to unwind, express themselves, and build community. But for DJ, it became something more: **a craft through which she could comfort others in their most vulnerable moments.**

The quilts DJ creates showcase her **remarkable design sense**, meticulous attention to detail, and an instinctive understanding of color and pattern. Some of the pieces like the Coca Cola and the nursery quilts for her grandchildren are original designs, but others were from patterns, with some colors slightly modified. Among her many works—more than twenty completed pieces—is a standout Coca-Cola-themed quilt, a nod to her love for the brand. Its precision and charm reveal the artist within her, demonstrating how deeply she invests herself in every project.

An inspiration to others, DJ's journey is a reminder that **our careers do not define the limits of our creativity or our impact.** She shows us that it's possible to excel in one profession while nurturing another passion—one that touches lives, builds community, and leaves a legacy that will be cherished for generations.

Her work encourages all of us to explore the talents we may not have discovered yet, to create something meaningful, and to share it generously.

What sets DJ apart is not just her craftsmanship, but her compassion. She has created quilts for:

- **Hospital nurseries**, offering warmth to newborns
- **Cancer patients**, for those undergoing chemotherapy, hemodialysis.
- **Family and friends**, each quilt tailored with personal meaning

When speaking with DJ, what resonates most is her humility. She doesn't see her quilts as grand gestures—yet they are. For patients facing chemotherapy, a handmade quilt is more than fabric; it is **comfort, hope, and a reminder that someone cares.**

Contributor: Ming Almendral





A unique journey to success.

CYNTHIA VILLAROSA SUBIJANO
BSC '66

**Amazing
Alumna**

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After graduating from CHS Mendiola in 1966 with a degree Bachelor of Science in Commerce, major in Accounting, Cynthia Villarosa took the CPA Board and entered the Congregation of the Good Shepherd. She was sent to Buhi, Camarines Sur to live and begin a contemplative life. Eight months thereafter, she passed the CPA Board and was sent to Manila for CPA partaking. She left the Congregation and worked in TV's Channel 2; then she moved to Banco Filipino to become an on-line banking computer programmer. During this time, she met her future husband, and got married to Arturo Subijano, an architect.

This marriage blossomed into a prominent beauty pageant lineage. Cara Subijano, her second to eldest daughter became "Supermodel Philippines" in 1992, "Binibining Pilipinas World" and won the Miss World 1994 crown. Her youngest daughter, Kathleen "Cai" Subijano, was semifinalist in the 2011 Binibining Pilipinas pageant. Recently in 2026, Ashley Subijano Montenegro, daughter of Cai Subijano, was hailed Miss Universe Philippines Laguna in December 2025, and a semi-finalist in the Miss Universe 2026 pageant. Cynthia herself, the intern, was a tall, regal, and attractive alumna in college.

Cynthia climbed the corporate ladder quickly. At age 29, she was Senior Officer of the Banco Filipino conglomerate; a Board member of corporations and Director within the BF Group; Vice President of External Relations of a Philippine high-profile group, "Financial Executives Institute", and a representative in international conferences in Madrid, Canada and Mexico, and New York. She was Founder and President of the group "Women in Financial Entrepreneurship". As President of Phil France Philippines, she went to France and returned to the Philippines with knowledge relating to development of land, subdivision, high-rise condo. She became Managing Director of Firwood Corporation in California, a multinational consortium of banks and financial institutions with multi-property development projects in California. Cynthia retired As Executive Vice-President from Pryce Corporation, a Philippine-based property holding and real estate development company engaged in acquiring, purchasing, leasing, holding, selling, or otherwise dealing in land and or real estate, ending her string of career- challenging jobs that lasted 10 years. She retired at age 55 and travelled extensively with her husband around the world and the United States. She rediscovered friendships of long ago back in high school and college. Her husband passed away on July 17, 2025. She plans to sell all her real estate property and stay in her home in Alabang, Rizal. She keeps a church-going group of twenty people who surround her with love. They enjoy Pinoy breakfast and sing 30 minutes of Karaoke after Church. Cynthia, a naturally gifted singer, says having breakfast with friends is a unique way to start her day. She often says, "My Good Shepherd is providing and looking after me."



Cara Subijano



Cai Subijano



**Ashley Subijano
Montenegro**

Amazing Alumna



Excellence in Art

Lenore Raquel Santos Lim, HS'63

Lenore's lifelong devotion to the arts began early. In 1963, she received the **Loyalty Medal** from Holy Ghost College, where she had studied since Grade 1. Her artistic gifts were recognized during her high school years by **Sister Araceli**, who offered her free Saturday art lessons—an act of mentorship that deeply shaped her creative path. Her father further nurtured her talent by purchasing an art book from the Bureau of Education, providing the early affirmation that would become the foundation of her artistic career.

After earning her degree from the **University of the Philippines Diliman College of Fine Arts** in 1967, Lenore embarked on a distinguished career as an art educator. She taught at respected institutions including the **International School Manila** and the **United Nations International School in New York**, influencing generations of young artists across continents. In 1985, she founded the **Filipino Music and Art Foundation BC**, an organization dedicated to supporting emerging Filipino artists. Alongside her husband, she raised two accomplished children, instilling in them the values of leadership, service, and empowerment.



Lenore's commitment to community leadership extended to her role as president of the **CHS/HGC USA-Canada Foundation, Inc.** from 1999 to 2001. During her tenure, the organization published its first official alumni directory—featuring 2,000 alumni across the United States and Canada—and conducted the landmark survey that led to the establishment of regional chapters. Her leadership helped lay the groundwork for the foundation's eventual transition into a 501(c)(3) nonprofit, now known as **CHSNAF**. As an artist, Lenore has achieved national and international acclaim. Her awards include:

- **Pamana ng Pilipino Presidential Award (2004)** — honoring overseas Filipinos who bring distinction to the nation through excellence in their field
- **Pollock-Krasner Foundation Grant (1999)** — one of the most prestigious recognitions for painters worldwide
- **Outstanding Artist Award**, College of the Holy Spirit (2001)
- **Outstanding Awardee**, CHS Centennial (2013)
- **Outstanding Professional Award for Fine Arts**, UP Alumni Association (2007)



• Recognition as one of the “**100 Most Influential Filipina Women in the US**” by the Filipina Women's Network (2009)

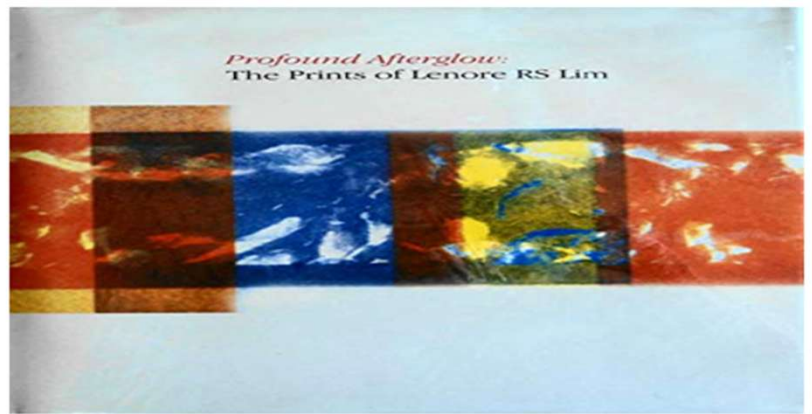
She is also honored as **Artist Emeritus** of the Society of Philippine American Artists in New York. Across her decades-long journey, Lenore has remained a powerful advocate for Filipino artistry, a mentor to countless students, and a cultural bridge between communities. Her life's work continues to inspire, uplift, and illuminate the enduring brilliance of Filipino creativity.



Excellence, extraordinaire Lenore Raquel Santos Lim, HS'63



“Lenore’s international exhibits, spanning South Korea, the Philippines, and beyond, together with her debut book, serve as compelling evidence of her outstanding success in Fine Arts. We celebrate her remarkable accomplishments.”



First Book Published by Lenore Reyes S Lim in 2005



07 MAY 2024
**MS. LENORE RS LIM HOLDS SOLO
PRINTMAKING EXHIBITION AT THE MARU ART
CENTER IN SEOUL, SOUTH KOREA**



PHILIPPINE EMBASSY IN
KOREA

PHILEMBASSY-SEOUL.COM f FB.COM/PHINKOREA @PHINKOREA @PHINKOREA



These programs are made possible by generous contributions of CHS Alumnae and other donors.

Contributor: Deanna Go Bio



Pictures of **CHSNAF Mission School and Dormitory for Aeta children in Paidyanan, Capas, Tarlac. This school is run by SSPS Sisters.** This school provides tutorial ministry and dormitory for children elementary and high school. These children stay at the mission school from Monday to Thursday nights, and they go back home on Friday. Homes for the Aeta children is a 2-kilometer walk up the mountain where a community of about 70 Aeta families live.



CHSNAF MISSION PROGRAMS

CHSNAF HELPS BUILD A 2-MILLION PESO WATER RESERVOIR FOR **AETAS IN THE MOUNTAINS OF YANKA.** Water reservoir project now in progress. More updates to follow.



Contributor: Deanna Go Bio

Food for Thought

What are N.U.G.G.E.T.S. ? It is the acronym
for:

New

Unique

Genuine

Godly

Everlasting

Truths/Treasures

to

Share



Na-gets ba n'yo?

(Shared by Ilo Echevarria Wallenstein, NE Chapter)

FOOD FOR THE SOUL: The BEATITUDES

The first 4 beatitudes are about ME:

Beatitude 1: Blessed are the poor in spirit, for theirs is the kingdom of God.

I NEED GOD IN ALL WAYS. ALWAYS!

Beatitude 2: Blessed are those who mourn for they will be comforted.

I DETEST HAVING SINNED AND AM SADDENED BY THE WORLD IN SIN CONDITION. I HAVE A DESIRE TO MOVE OTHERS FROM SINFULNESS. I AM CONSCIOUS THAT IF I DESIRE, I CAN BE A POSITIVE INFLUENCE BY MY WORDS; BY MY DEEDS!

Beatitude 3: Blessed are the meek for they shall inherit the land.

I LIVE IN THIS WORLD WITH A DEEPER AWARENESS THAT I AM NOT OF THIS WORLD. IT IS NOT BECAUSE I CAN'T ENJOY LIFE HERE, NOT BECAUSE IT IS A WASTE OF TIME TO BE HERE. RATHER, IT IS BECAUSE I AM FULLY AWARE I AM A TRANSIENT HERE. AND SO, I MAY OWN AND USE STUFF BUT I AM NOT ATTACHED TO THEM. I AM NOT ACQUISITIVE. I AM CONTENT WITH WHAT I HAVE AND REFRAIN FROM WANTING MORE. I AM MORE GENEROUS NOT BECAUSE I HAVE PLENTY IN EXCESS, BUT BECAUSE GOD IS MY PROVIDER.

Beatitude 4: Blessed are those who hunger and thirst for righteousness for they will be filled.

I AM RESTLESS ABOUT MY CONTINUING TRANSFORMATION. I ONLY NEED TO COOPERATE WITH GRACE. OTHERS HELP ME REACH MY GOAL AND I YEARN TO REACH OUT TO OTHERS TO ENLARGE THE KINGDOM OF GOD ON EARTH. I ENTER INTO MISSION.

Beatitudes 5, 6, and 7 are about how I relate with others:

Beatitude 5: Blessed are the merciful for they shall be shown mercy.

THE OTHER IS A PART OF ME FOR I AM MY BROTHER'S KEEPER. WE ARE NOT PERFECT, BUT GRACE ALLOWS US TO BE MADE PERFECT AND SO I YIELD TO GRACE.

Beatitude 6: Blessed are the pure of heart for they will see God.

MY HEART YEARNs TO BE LIKE THE HEART OF JESUS. AND BY GRACE, I DESIRE TO KNOW GOD MORE. I LEARN TO TRUST HIM AND I YIELD TO SUBMIT TO HIM IN OBEDIENCE.

Beatitude 7: Blessed are the peacemakers for they will be called children of God.

I BRING JESUS TO WHEREVER I AM. GOD IS IN ME AND HE IS CLOSER TO ME THAN I AM TO MYSELF. I DESIRE TO DECREASE SO THAT HE CAN INCREASE IN ME.

WATCH, LEARN, AND ASK**CHSNAF's Mini-Health Zoom Conference Round 1**

Zoom Meeting ID 835 1824 9950

Passcode: 644195

**CHS HS '73**

Friday, July 17, 2026

7:00 PM EST (USA/CANADA)

Friday, July 17, 2026

4:00 PM PACIFIC (USA/CANADA)

Saturday, July 18, 2026

7:00 AM Manila (Philippines)

CYNTHIA GONZALES, MD:
Oncologist**"ESSENTIAL CANCER PREVENTION STRATEGIES
FOR WOMEN" – Screening, Savvy and Strength**

Dr. Gonzales recently retired as a Medical Oncologist and Associate Professor of Hematology/Oncology at the Children's Hospital in Savannah, Georgia. Her career included drug development as a Medical Director; Therapeutic Expert in malignant and benign blood disorders; and led clinical trials in oncology utilizing gene transfer and gene silencing technologies and immunotherapy. She is a graduate of the University of the Philippines College of Medicine, and High School Class 1973 of the College of the Holy Spirit. This lecture will emphasize cancer prevention, starting with advice for younger generations, highlighting importance of HPV vaccine, skin protection and health awareness, and continued self-advocacy, highlighting screening and guidelines for breast, colorectal and lung cancer, and underlining the importance of staying informed with current evidence-based guidelines.

**CHS HS' 73**

Friday, July 17, 2026

8:00 PM EST (USA/Canada)

Friday, July 17, 2026

5:00 PM EST PACIFIC (USA/CANADA)

Saturday, July 18, 2026

8:00 AM MANILA (PHILIPPINES)

OLIVIA BERNABE:
Health Consultant**"Adding Life to your Vitality - 4 Keys to Healthy Aging"**
"Movement, Nutrition, Sleep, and Social Connections"

Olivia graduated Cum Laude from Maryknoll College in 1977 and completed her elementary and high school education at the College of the Holy Spirit. Voted in 2026 as one of CHSAF's Ten Outstanding Alumnae, she is an accomplished international speaker and has been invited as a keynote and featured speaker in numerous cities across Asia, Australia, New Zealand, Europe and the United States. She is a Certified Nutrilite Health and Wellness Consultant and a professional Coach for Lifestyle Transformation and Weight Management. Her lecture will help individuals achieve better health, vitality and quality of life, and live purposeful, healthy, and fulfilling lives through personal growth, wellness, meaningful relationships, and lifelong learning.

Coordinated by: Gene Robes

WATCH, LEARN, AND ASK
CHSNAF Mini-Conference Round 2
A Zoom Presentation

Meeting ID 881 8031 1197 Passcode 574417

Friday, July 31, 2026,
 Friday, July 31, 2026,
 Saturday, August 1, 2026,

7:00 PM EST (USA/Canada)
 4:00 PM Pacific Time
 7:00 AM Manila (Philippines)



CHS HS '82
Neurosurgeon

JOY ANTONELLE DE MARCAIDA, MD:
"Healthy Aging and Neurodegenerative Diseases"

Dr. Joy Mercaida studied High Scholl at the College of the Holy Spirit in 1982 where she graduated Valedictorian. She pursued a 7-Year Medical Program from both UP College of Medicine, Manila College, and the University of the Philippines, Quezon City. She is currently Medical Director for the Chase Family Movement Disorders Center, Hartford Health Care, in Hartford, Connecticut, USA. She will speak on topics of interest regarding degenerative diseases related to the aging process of seniors. Q&A to follow.



Friday, July 31, 2026,
 Friday, July 31, 2026,
 Saturday, August 1, 2026

8:00 PM EST (USA/Canada)
 5:00 PM Pacific Time
 8:00 AM Manila (Philippines)



An Accountancy Corporation
Santa Clarita, CA

Patrick H. Young, CPA
California Society of CPAs, American Institute of CPAs

Patrick graduated from California State University at Northridge in 1982. Worked with KPMG, an international consulting company, and large local firms until 1990 before opening its Accounting Practice in Santa Clarita Valley, CA in 1990. He provides both Accounting and Tax Services. He will speak on how to maximize tax deductions, tax planning, Required Minimum Distributions (RMD), tax implications and other subjects of interest to the attendees. Q&A to follow.

Coordinated by: Gene Robes

Aid to earthquake victims

ALERT!

CHSNAF responded immediately to aid the recent earthquake victims in Davao through alumnae donations. Let us pray that help for the needy people will be swift and adequate. Let us include them in our prayers and may the Lord keep them safe and strong.

Pictures from HS Class 67



BANGON, MINDANAO

HELP COMMUNITIES IN BALUT, SARANGANI, AND NUING

SVD PHS Official Portals for Monetary Donations

PESO Account	US DOLLAR Account	EURO Account	G-CASH Account	MAYA Account
Account Name: SVD Southern Province, Inc.	Account Name: SVD Southern Province, Inc.	Account Name: SVD Southern Province, Inc.	Account Name: Reggie Bag-as	Account Name: Reggie Bag-as
Account Number: 1333-4854-19	Account Number: 1304-0480-71	Account Number: 1024-0253-08	Account Number: 0966 270 0921	Account Number: 0966 270 0921
Bank Name: Bank of the Philippine Islands	Bank Name: Bank of the Philippine Islands	Bank Name: Bank of the Philippine Islands		
Branch Name: Cebu James Branch	Branch Name: Cebu James Branch	Branch Name: Cebu James Branch		
Swift Code: BOPH6601	Swift Code: BOPH6601	Swift Code: BOPH6601		
Toll: 064 266-212	Toll: 064 266-212	Toll: 064 266-212		

Let us help our brothers and sisters bounce back better!





GRAND ALUMNI
HOMECOMING



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Message from CHSAF

02.07.2027

*Save the
Date!*

SCHOOL OF THE HOLY SPIRIT OF
QUEZON CITY
BF HOMES, QUEZON CITY

See you there!

February 7, 2027, Sunday



THANK YOU!

On behalf of CHSNAF, we hope you have enjoyed the Special Introductory Issue of our newsletter. We gave you a glimpse of our CHSNAF 2025 Luau and Gala Night for those who were unable to attend in San Diego, CA. CHSNAF Gala 2028 will be another big celebration we don't want you to miss. Next issue of this quarterly newsletter is September/October which will be shorter but with equally exciting and newsworthy information. In future issues, look out for more zoom mini conferences, Amazing CHS Alumnae, Travel Trotters, kitchen recipes, and our primary mission-related information. Mark your calendar for Mini-Conference Round 1 on July 17 Round 2 on July 31, 2026.

For more information and inquiries, visit us at www.chsnaf.org,
or Chsnafwebmail@gmail.com