



Anna Intharathut (95), Jerome Abaya (06), Amanda Flores (05), Bria Maez (01) and Maryanne Tongko(98). Camerin Hawthorne (99) and Jane Lee (98) came from Arizona and Illinois just to attend the retreat. Jalin Hsu (93), representing herself and twin Yilin (93) who arrived later, Juan Lepe (93), Pat Lahey (00) and Dan Medal (94) Jeremy Chafatinos (02) and Felicitas Nungary Vera (96) introduced each other to the group. Sophia Coria (98), and JR Fujita (96) make new staffer Candice Leung (04) feel right at home.

NTLP Holds First Ever Alumni Staff Retreat!

"It's not just a weekend...it's your legacy." This powerful phrase was crafted by alumni at NTLP's First Annual Alumni Staff Retreat, held at the Embassy Suites, El Segundo, in February 2008. 44 alumni came from as far away as Chicago and from as long ago as 1993, to meet, mix, mingle, learn, and get their dose of motivation from NTLP and each other.

Both productive and fun, the weekend began with a workshop on Group Facilitation Techniques, ASTD. After sharing expectations for the weekend, Ms. Watkins lead an introduction exercise



Professional trainer, Sharon Watkins, volunteered to lead Facilitation training for NTLP.

with unexpected results. Each person was asked to introduce someone by asking them what they wanted their legacy to be. No one really expected such a deep question, but the answers were insightful and amazing. If you were asked that question, do you know what your answer would be? Well, for Laura Segura, Director of NTLP since 1992, the answer was easy. To have NTLP grow and thrive for all future generations to come. And the fuel for that legacy was right there in the room.



Levi Considine (96) practiced his facilitation skills on the "What is your legacy" exercise.

It only got better from there. An exercise to draft a new Mission Statement for NTLP got everyone so excited they forgot it was an exercise on group facilitation. The rough drafts

from each of five group breakouts will indeed form the basis for NTLP's new mission statement and it's where the phrase "It's not just a weekend...it's your legacy" was born.

Laura gave a brief history of NTLP and shared insider information on the internal workings of NTLP so this dedicated group could feel even more connected to what it takes to operate the program and keep it operating all year long.

JR Fujita ('96) used refreshment and dinner breaks to challenge the attendees to raise "Bail to get out of jail." Using their cell phones and contacts, alumni raised over \$5000 in pledges during the weekend!



Maria Bayog (96) was bailed out of jail with a \$100 donation from Sergio Minero (95) who is currently serving overseas in Iraq.

During the evening, old and new alumni caught up with each other and reminisced about great times at camp. Then it was back to work in individual suites where small groups worked on various topics, ranging from fundraising and marketing to re-connecting with 'old' alumni and staying connected with each other. 'Rookies' (those who have never staffed before but will this summer) got to meet and talk about what it's like to be a first-time counselor at NTLP.

Sunday morning, bright and early, the groups presented their action plans from the night before (recapped in other parts of this newsletter) and thanks to Derlin Hsu (99) the weekend closed with some words of inspiration from best-selling Author, Dan Baker's book "What Happy People Know."



It was a wonderful and inspiring weekend. Alumni who haven't seen each other in years reconnected with old friends from camp and new friends were made as well. Everyone felt the power of the NTLP family and left with renewed spirit and commitment to help make NTLP better than ever. The event was so successful, a committee was formed (Chaired by William Young 98) to ensure there will be many more retreats to come!



This group of long-time alumni includes, from left: Lina Centeno, Levi Considine, Maryanne Tongko, Anna Intharathut, Sophia Coria, William Young, Lari Hernandez, Juan Lepe, Vincent Jones, Felicitas Vera and Dan Medal



Rookie Staff Jerome Abaya and Bryn Butolph on left, enjoy lunch with senior staffers Vincent Jones, JR Fujita, April Rogers, Scott Higa, Maria Bayog, Julieanne Lee, Lari Hernandez and Lauren Miller

Who attended? All of these alumni!

(The year(s) they attended NTLP as participant follow their names)

Juan Lepe 9394, Vincent Jones 9394, Dan Medal 94, Jalin Hsu 94. Yilin Hsu 94, Lari Malagón Hernandez 94, Anna Intharathut 95, Maria Bayog 96, Levi Considine 96, JR Fujita 96, Felicitas Nungaray Vera 9697, Raelena Gourley 97, Lauren Miller 9798, Lina Centeno 9798. JulieAnne Lee 979899, Scott Higa 98, William Young 98, Sophia Coria 9899, Margarita Martinez 989900, Mary Anne Tongko 989900, Jane Lee 98990001, Camerin Hawthorne 99, Leeann Yu 9900, April Rogers 99, Trenton Hyatt 990001, Derlin Hsu 990002, Pat Lahey 00010203, Brian Yu 000203, Bria Maez 010203, Jeremy Chafatinos 020304, Jason Fitzer 020304, Megan Dunlap Gourley 02, Steven Takeuchi 020304, Christine Nguyen 020304, Ashlei Limbaga 02040507, Delaney Hernandez 0304050607, Adam Cetin 0406, Candice Leung 040507, Bryn Butolph 0506, Amanda Flores 050607, Marcus Breit 06, Jerome Abaya 0607

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Alumni Profile – Sophia Coria

by JulieAnne Lee



New Co-Chair Sophia Coria and Felicitas Vera helped to raise funds for NTLP.

Throughout the years NTLP has had alumni dedicate their service to furthering the mission of NTLP. Sophia Coria has been one of these dedicated members for nearly ten years. She is a veteran staff member and Board Director, and is now a newly elected NTLP Co-Chair of the Board of Directors.

Sophia attended NTLP as a participant in 1998 and 1999, and then joined the staff in 2000. Since then, Sophia has returned each year because of the wonderfully diverse nature of the group and to gain inspiration from our participants' accomplishments. Coming back every year keeps Sophia motivated in her own life. Through NTLP, she has learned patience in working with others and has gained confidence in knowing she can accomplish more and is not as scared to face challenges. Her experiences at NTLP have taught her to recognize her strengths and weaknesses, and how to turn her weaknesses into strengths. Sophia loves NTLP so much that she says her family and friends know when camp is coming because she gets excited weeks before.

Aside from NTLP, Sophia is the proud mommy of a beautiful eight-year-old girl. She currently works as a Regional Occupational Program (ROP) high school teacher at Monrovia High School, teaching Graphic and Web Design. She obtained her Associates Degree in Graphic Design from FIDM and her Bachelors degree from the University of La Verne. She is working on finishing up her Masters and secondary Single Subject Credential in Math and hopes to soon pass the CSET state exam.

This past February NTLP had its first staff development retreat. Part of this retreat was to renew our commitment to NTLP and to come up with ways to improve the organization. One significant change was the nomination of Sophia as one of the new Co-Chairs for the NTLP Board of Directors. Another was the implementation of four NTLP Committees – Business and Fundraising, Marketing, Alumni Connections, and Staff Development. Sophia's goals for these newly developed committees are to get them to progress to their fullest capability. She wants to learn the inner workings of NTLP to gain insight on how to help the organization grow even more.

When asked how she feels about being Co-Chair, Sophia replied that she finds it an exciting challenge to keep everyone together. She finds seeing everyone working together inspiring and encouraging. She hopes that one day soon NTLP will be able to increase the number of camps it now operates and looks forward to working toward that goal.

Development Committee

by Ashlei Limbaga



Ashleigh Limbaga attended NTLP 3 times (02 04 & 05) and staffed in '06 and '07.

NTLP is a thriving program because of its powerful impact on students and its amazing alumni and staff. But in order for NTLP to stay such a great program, there needs to be a constant flow of money – and this is where the Development Committee steps in. Our duties are pretty straightforward: plan fundraising events, contact possible donors, and brainstorm ways to bring in donations. Donations, though we'd rather it not be, is the only way NTLP can keep inspiring teens year after year. We've all recognized our amazing talents in part because we attended an NTLP camp. If your skills include event planning, networking, brainstorming, or raising donations, why not give some time and effort to the program that helped shape the person you are today?

Join the NTLP Development Committee and help keep the legacy alive!

NTLP Alumni Committee

by Daniel Medal



Dan Medal (left) and Juan Lepe attended NTLP in 1994.

The NTLP Alumni Committee officially formed following the 1st annual Alumni Reunion in February. After 17 years NTLP has alumni and staff scattered across the nation and possibly across the globe. The mission is to reconnect with these NTLP family members, plain and simple! The current members of this committee include: JR Fujita & Leeann Yu, Chairs, and members: Rae Gourley, Derlin Hsu, Trenton Hyatt, Pat Lahey, JulieAnne Lee, Daniel Medal, Christine Nguyen, Steven Takeuchi and Brian Yu.

This is an exciting undertaking and will take time and persistence, but it can be done. Through networks, social sites and the Internet we hope to re-establish contact with long lost friends who were a part of NTLP. We all know how the NTLP experience stays with us throughout our lives, but as life unfolds it's easy to lose contact. If you have any information on lost friends who attended NTLP as far back as 1992, please contact any committee member or the NTLP office. Help us build the NTLP network! You are the legacy!



Congratulations to Cami Lee (94) who married Won Tchoi at a lovely ceremony and reception in February 2008. Although Cami lives and works out of Chicago now, she still finds time to stay active with NTLP as Board Secretary and rarely misses a meeting. Won, hope you don't mind but your new wife came with 8000 in-laws. We wish them a lifetime of love and happiness!

What Happy People Know

by Derlin Hsu



A very happy Derlin Hsu is a 3 time alumna (99-02) and has staffed every year since 2003.

I recently read a book based on the science of positive psychology called "What Happy People Know," by Dr. Dan Baker. I think its ideas of empowering people to change their lives by acknowledging their strengths are in line with what NTLP already does; empowering our teenagers by recognizing their existing potential.

Dr. Baker argues that people who suffer from unhappiness allow FEAR to take over, (the fight, flight, freeze reaction) driven by a part of the brain that evolved early in human history to help human survival. Dr. Baker says this system is no longer as useful as it once was compared to our current advanced human evolution and instead makes us feel helpless and have no choice. Baker argues that the opposite of fear is Love, or APPRECIATION, the antidote to fear. Appreciation of the self, and of others is the truest form of love since the act of it asks nothing in return. Happiness is a way of life; comprised of optimism, courage, love and fulfillment. It is not something that changes every time your situation changes.

Dr. Baker's book describes tools that can help you achieve this powerful state of happiness and includes stories of how he's helped clients empower themselves with their strengths, giving them control and choice in order to not just survive in life, but to thrive and be happy. One of the ways the author says to be happy is to truly follow your dreams. "People who follow their hearts end up with plenty of money, because they are usually highly proficient and enjoy working long hours. Loving your job is the ultimate freedom. It means, in effect, that you never have to work – you just play hard and collect a paycheck."

I highly recommend this book to anyone who would like to be happier in any aspect of their life!



Laura Segura was able to attend the grand opening of Maryanne Tongko's new bakery, Cupcakes & Co., located in Burbank. Support your fellow alumni - visit the bakery at 130 E. Magnolia, Pasadena or you can order these yummy cupcakes online at: cupcakesnco.com

Have you signed up for NTLP 2008?

Over 80 students, including 18 returning alumni have already registered for this summer's program. Don't be left out! We have ALL NEW speakers (check them out at teenleader.org) and workshops designed to motivate and inspire you, plus fun, interactive small group sessions our ever-famous opening night hypnotist show and popular DJ dance and Pizza party. Come join the fun! Sign up now at WWW.TEENLEADER.ORG!



Alicia Foster, Anne-Marie Totah and Amanda Akens - 2007

WHERE ARE THEY NOW?

The outreach committee has been hard at work tracking down and reaching out to alumni from as far back as 1992. As is evident by all the faces you see in this newsletter, plus so many more that you'll see in newsletters to come, our Alumni are the strength and motivation behind NTLP. Here is just a small, but impressive sample of the accomplishments from recently found alumni:

Farshid Kazi (97989900) graduated from Brown University in 04 with a degree in Biomedical Ethics. He is currently in Med School at Ohio State University; **Nina Pung** (01) graduated from UCLA in 05 and is pursuing her Masters in Nursing at Georgetown; **Carlo Chupina** (01) attended University of Sydney before transferring to Carlos Madid, Espana (Spain) to major in Spanish, Culture and Politics. He graduated from UCLA in 07 with a degree in International Relations and is pursuing a law degree; **Elaina Head Wendt** (9900 -AZ) graduated from Mid Western University and is pursuing a career in Occupational Therapy. She is married and expecting her first child this May; **Aileen Fitzpatrick** (0102-TX) graduated from the University of Tulsa with a degree in Exercise & Sports Medicine and is pursuing her Ph.D from the University of St. Augustine in Florida; **Linda Dong** (96) Graduated from UC Berkeley majoring in Nutritional Sciences, then attained her Masters in Epidemiology. A Ph.D at University of Washington soon followed. She is currently a post-doctoral fellow at the National Institute of Health in Bethesda, MD.

Time flies! These alumni and so many more have accomplished amazing things just since attending NTLP...and so can you! As we connect with more and more alumni we hope to set up one-to-one mentoring so you can email or speak to an alumni who has attended a college of your choice or is in a career of your interest. Stay tuned!

Participant Profile



Sarah Marshall

2007 participant Sarah Marshall is just finishing up her junior year at Oak Ridge High in El Dorado Hills. With still a year to go, she has already racked up a long list of accomplishments and has shown tremendous leadership ability both on and off the stage.

A 4.0 student, Sarah attended NTLP in 2007 and was also a nominee to attend the National Youth Leadership Forum on Medicine and the Lead America Conference Leadership University. She attended Judaic Studies for 5 years and achieved her Bat Mitzvah in 2005.

A member of Center Stage Dance Academy since 2002, Sarah is an accomplished dancer and has performed as a Principal dancer with the XtraVaDanzerz since 2004. She is also a volunteer teacher and mentor at the Academy.

Sarah says dance is her anti drug. It's something she is and it defines her rather than something she does. Proud mom, Risa Marshall says "she is a shining example of what a daughter can be - loving and compassionate, honest and principled, determined and independent and sensitive and intelligent."

NTLP looks forward to Sarah's return in 2008!



Survey Monkey nets impressive results!

In March, NTLP conducted a far-reaching poll through SurveyMonkey.com. Thank you to everyone who took the time to complete it. Over 185 alumni, representing EVERY year of NTLP's existence answered questions about their thoughts and feelings before and after attending NTLP and about their current school and work environment. As an unexpected bonus, 38 long lost alumni asked to reconnect and join the staff during 2008 or beyond. Survey results will be posted on our website, a brief recap follows:

186 Respondents - 53% attended 1992 - 2003
47% attended 2004 - 2007

Attended: 59% - 1 time, 26% - 2 times, 15% - 3-5 times
Before and after attending NTLP, how did you feel about the following? Results are from column "Very True".

I try to understand how others think:

Before - 28% After: 73% 45% increase

I stand up for myself; I do not put others down:

Before - 29% After: 63% 34% increase

As a result of attending NTLP, I gained the following: (Results are from column "Very Much.")

Inspiration - 83% Leadership Skills - 84%

Motivation - 88% Open Mindness - 82%

Communication Skills - 80%

Write in: "A true love and respect for myself and others."

"Ability to contribute to the greater good in society."

Daughter of NTLP alumn to attend in 2008!

It had to happen sooner or later! Time takes on all relevance when you've been doing something long enough to have a child born, raised and grow up to be old enough to attend the same leadership program that inspired her dad so many years before!

Dan attended CTLP (now NTLP) as a high school senior in 1994. His daughter had been born the year before. As Dan says, "CTLP helped me realize that my dreams were possible and gave me a focus in my life as well as a strong emotional foundation. It gave me life long friendships and stirred that part inside of me that makes you strive for success." And succeed he did. Dan attended UCLA and staffed NTLP camps each year. "I came back to staff for NTLP because every summer it would teach me something new about myself and expose me to other students



Dan Medal, 1994, with his daughter, 2008 participant Ashleigh Martinez-Medal

with some of the same dreams. These students also have struggles and may be lacking self-confidence and I come back every year to share my stories and my setbacks, but to prove that where there is a will, there is a way. NTLP has been my way and I have drawn strength from the energy that emanates from its positive message. When I have hit obstacles during my tenure at UCLA I would look back at my experience from NTLP to draw the spirit of success and it would help me overcome that obstacle. "

After graduating from UCLA with a degree in Sociology, Dan entered the armed forces as an Officer and served in Iraq. He is currently with the Army Reserves and is in a MBA program full time.

We caught up with Dan when he attended our retreat in February and are thrilled to have him on staff again this coming summer. Dan is sending Ashleigh for the same motivation and inspiration he received so many years ago and to "see that I was truly a part of something great."



Congratulations to Mariah Faris Higa and husband Roland, on the birth of Xander this April! Mariah attended CTLP in 1994 and look... she's still sporting the shirt! We expect to see Xander at NTLP in 2022.