



# ECTOPIC MURMURS

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Opinions and articles published herein are those of the authors and do not necessarily reflect that of the FEUDNSM Alumni Foundation

## Nueva Ecija Medical Mission is go!

The personal benefits of volunteerism include the privilege to serve, sense of responsibility to others' misery, gratitude of treated patients, and widened perspective of the world.

It has been said that charity is blessed twice in medical surgical missions. There is nothing more gratifying than to see patients who are unable to have access medical care; but through the mission they can be relieved of their pain and suffering.

This is especially true among those with facial deformities that are surgically corrected. The sincere gratitude in our patients' eyes, their humble smiles, and their hugs place the volunteers closer to humanity and are the greatest gifts one receives during the mission.

Some volunteers use their winter vacation time to participate in medical-surgical mission trips to the Philippines. Some also bring their children along to instill in them the spirit of giving and compassion and to expand their view of other countries.

Medical-surgical mission, in essence, is a form of volunteerism that allows one to mix altruism and adventure.

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## Message from the CHAIRMAN CHRISTMAS COMES



PEPITO C RIVERA MD

Some of you may have realized that I like the season of Christmas. I have written on the subject on more than one occasion and some of my fondest memories are of Christmas seasons I have spent in the Philippines with my family and friends. Through the years, I have recognized one thing. Christmas comes. It does not matter if you are ready for it, looking for it, or avoiding it, it still comes.

Most of the world recognizes Christmas in one form or another. Children watch for it with anticipation, parents sometimes mutter about how much the season costs, Christians celebrate it as the birthday of the Christ child. Stores use it as a money making project; and charities link Christmas with giving for the poor and needy. Some people embrace Christmas, longing for that special time of year while

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## PMAC is accredited for 4 years!

Our congratulations to CELSO DEL MUNDO MD<sup>62</sup> who chairs the Philippine Medical Association in Chicago (PMAC) continuing medical



CELSO DEL MUNDO MD

education committee and to the committee members!

The PMAC has been resurveyed by the Accreditation Council for

Continuing Medical Education (ACCME) and awarded accreditation for another 4 years as a provider of continuing medical education for

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## Top Chicago MD in Pain Medicine

### HONORIO BENZON



HONORIO BENZON MD

MD<sup>71</sup> is top Chicago pain medicine MD according to the CHICAGO magazine January 2012 issue. He is one, and the only

Pilipino American, of the top 494 Chicago doctors in 60 specialties---chosen by peers.

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## FAITH CORNER

REV MELVIN ANTONIO MD<sup>65</sup>

The Sabbath, or *Shabbat* in Hebrew, is one of the best known and least understood of all Jewish observances. People who do not observe

*Shabbat* think of it as a day filled with stifling restrictions or as a day of prayer like the Christian Sabbath. But to those who observe *Shabbat*, it is a precious gift from God, a day of great joy eagerly awaited throughout the week, a time to set aside all of the weekday concerns.

In the Christian and Jewish traditions, the Sabbath started at creation. Six days did God create and on the seventh, pleased with his creation, God took his Sabbath rest. The concept of the Sabbath became so central to living a healthy life that God codified it in the Ten Commandments with these words: Remember the Sabbath day, and keep it holy. For six days you shall labor and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work --- you, your son, or your daughter, your male or female slave, your livestock, or the alien resident in your towns.

For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it.

Since the time those biblical  
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REV MELVIN ANTONIO MD

## CHRISTMAS NEWSLETTER

PETE OBREGON MD<sup>60</sup>

JUDY OBREGON RN

It is Christmas again and a



PETE OBREGON MD  
JUDY OBREGON RN

time to remind ourselves the reason for the season. Praying the blessings of Jesus fill your Christmas with the wonder of His birth.

This year started as a busy year when we took 11 members of our medical team to Penalejo, Honduras last January. It was mainly a medical team; and we worked in several villages for one week.

In April, we took a survey visit to Longido, Tanzania on our way to Rwanda. We talked with the medical officer at the hospital there and he was very interested in medical mission (MM) taking a team there. They were building a surgical building at the time. We had planned on taking a team there next year but our missionary contact person had to come home.

We then worked at Kiborgora Hospital for six weeks in April and May. We did over 100 major operations and over 150 minor ones. We had a team of 11 members, including another surgeon and between the two of us, we were able to do that many number of cases. Judy and I worked by our selves for four weeks and the MM team

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## CLASS<sup>62</sup> POTPOURRI

ORLANDO AGNIR MD<sup>62</sup>

In the year 1911, when the 40th president of the United States of America, Ronald Reagan, was born, less than 20% practicing American



ORLANDO AGNIR MD

Medical Graduates (AMGs), had a college education. More than 50% of the US medical schools were proprietary schools, mostly owned and operated by AMGs for profit. Clinical training before the pre-Flexner era was very little to none. The curricula were as varied as the dictates of the economic bottom line. The over-supply of physicians led to counter-measures to assure a living wage for the practicing doctors. Thus was born the American Medical Association (AMA) that limited the number of AMGs.

The FEU medical class of 1962 began its educational journey in 1957. The members of that starting class was a very eclectic one. (It would be almost 20 years later when a law was passed mandating a 4 year bachelor's degree before qualifying for entry into a medical school). The members of that starting class had mostly a 2-year associate degree (Nonong Exconde, Nanding Atienza, Lito Abanilla to name at least 3). A few had studied

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## Growing Up In The Philippines: Rocket Scientists?

Pio M. Sian, MD<sup>65</sup> FAAFP  
Immediately after World



PIO SIAN MD

War II, thousands of bombs and cannon shells littered the countryside. I had

mentioned in one of my stories about the high explosive material were railroaded by unscrupulous businessmen for dynamite fishing, illegal fireworks or weapons of threat and destruction.

One businessman who ran a small sari-sari store in Bambang, Santa Cruz, was able to procure and hoard a large cache of cannon propellant. He was able to sell those sticks for five centavos for two or five pieces for 10 centavos.

Seven or eight year old boys would walk a long way to get hold of those unique playthings. They looked like macaroni, about 15-inch long and about a tenth of an inch in diameter. Each of them had seven holes about the size of pinholes. They were dark green, had the consistency of water buffalo's horn. When lit at one end, it glowed and hissed with bright yellow flame that lasted about ten seconds. Like macaroni, it was brittle and broke easy. It never exploded

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## M' LADY: PRESIDENT, ENTREPRENEUR

CESAR D CANDARI MD<sup>61</sup>  
FCAP Emeritus, Henderson NV



CESAR CANDARI MD

In the **ECTOPIC MURMURS** November 2011 issue volume 22 number 11 was a rhyme of a sweet and loving artistic style, poetic

idioms and phrases about *My Lady*.



CELY CANDARI

Stunningly done!

I wish to express my sincere admiration to my good friend Edgar Borda MD<sup>72</sup>, for his all-loving words --- *flawless* --- a picture perfect specimen of human sagacious ingenuity, expressing those affectionate expose` of what is fitting about his graceful and amiable lady.

Congratulations my friend Ed.

Marvelous!

I am going to do it in a different way.

December 6 is my Lady's  
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## ASTRAL DREAMS AND TRAVELS: MY OTHER GIFTS FROM GOD

ED F RELUCIO MD<sup>64</sup>



ED RELUCIO MD

Astral or astral plane is the world between the physical and the spiritual

world. It has many different levels.

Astral travel is not bound by limitations of time and space one can visit different dimensions and travel to past and future experiences on the astral.

My astral travels though it seldom happens and produces enjoyable experiences, some have lasting memories.

When I was about 11 years old, I was just starting to get crazily addicted to basketball as I discovered I loved to compete

even though I was short and skinny. One morning, I woke up after a beautiful dream wherein I was supposed to be playing basketball when after I jumped for the ball I remained airborne for a few seconds. As I kept jumping I continued to ascend like a kite and then I started to travel around the nearby vicinity. I finally decided to come down and then I woke up with such a wonderful, excited feeling. This would repeat

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## ONCE IN THE SHADOW

CESAR D CANDARI MD<sup>61</sup>

FCAP Emeritus, Henderson NV

Introduction: Before the Year 2011 ends, I cannot help but revisit the United Class<sup>61</sup> Golden Reunion in Las Vegas. It was an experience I will never forget in my whole life.



CESAR  
CANDARI MD

See my article, *THE GOLDEN ANNIVERSARY REUNION OF THE UNITED CLASS<sup>61</sup> ECTOPIC MURMURS* July 2011; 22:7

In reminiscing, the Golden Jubilee of Cass<sup>61</sup> of the Far Eastern University-Dr. Nicanor Reyes Sr. Medical Alumni Foundation (FEUDNRSMAF) was by far the ultimate celebration ever for this batch of successful medical doctors who migrated from the Philippines in search for the proverbial greener pastures. The good news is, most of us are engaged in successful practices, while others are in gainful employment in various hospitals and medical centers. The majorities, however, had retired and are now living comfortably in the United States and elsewhere.

Proof that the Class<sup>61</sup> is united and still very much around, is the largest ever attendance --- 46 Jubilarians strong --- at the fabulous Monte Carlo Resort Hotel Casino in Las Vegas on June 15-18, 2011 to commemorate the

momentous occasion as they approach the sunset of their lives, as well as celebrate the 32<sup>nd</sup> annual convention and scientific seminar of the FEUDNRSMAF.

And just like any historic occasion of this magnitude, 50 years of memories which started on the first day at the medical school continues to this day as great efforts and time were expended by the committee headed by its Class<sup>61</sup> president Dr Chua to ensure the success of the four-day event.

As is common in any Class Reunion, old memories were re-lived, friendship were re-kindled, new ones were forged, and new memories were made. Indeed, this reunion will always be remembered as the most pleasing, wholesome and fabulous episode of our lives. It was nostalgic. It was the best of times.

Forty-six Golden Jubilarians, jetting in from all over the United States and the Philippines, showed up along with their respective spouses – the largest attendance ever since the FEUDNRS Medical Alumni foundation was founded 32 years ago.

Credit rightfully belongs to Class<sup>61</sup> president Dr. Philip S. Chua, who left no stone unturned to secure the success of the event, with the help of various committee chairs. Once more, the venerable and inspiring Dr. Chua showed his enduring leadership as everyone agreed that the recently held 50th anniversary celebration was the most significant, and the grandest ever. Everyone went home with a happy heart and more memories to look back in years to come.

One of the momentous highlights of the night was the distribution of commemorative medallions by no less than the late Mrs. Mrs. Josephine Reyes, chairman of the FEU-NRMF Board of Trustees. FEUDNRS Medical School Dean Remedios Habacon, FEU-DNRSMAF chairman Dr Pepito Rivera, and FEUDNRSMAF president Oscar Tuazon assisted her. Photos for posterity were taken in abundance.

Then, the much-awaited Golden Jubilee Surprise Presentation was a show that surpassed everything - - It was a big show, a colorful full-costume tribal dance that received an outstanding applause and praises from 400+ audience, a fitting electrifying conclusion of the reunion.

**Editor's Note:** See previous report *2011 ALUMNUS OF THE YEAR CESAR D. CANDARI MD ECTOPIC MURMURS* July 2011; 22:7.

**In the Shadow:** I, for one could barely believe that a man from the shadow in medical school could reach such milestone and momentous honor. I was never known in my class other than a serious student of medicine. I had neither the time nor the inclination to be a student leader. As a result I did not join the fraternities, *Beta Sigma* or *Sigma Mu Sigma*, the Student PMA. I was satisfied to be hidden in the *shadows*. It was not the dissolution of my *persona* nor the launch of the individuation process - the black shadow which everybody carries with him, the inferior and therefore hidden aspect of the personality. It was more of a constructive aspects for I

believed a person's shadow may represent hidden positive qualities. This has been referred to as the *gold in the shadow*. It was not receiving little attention because someone else is better known or more skillful. I have chosen to be invisible compared to the active officers of our United Class<sup>61</sup>. I was not in any class organization such as the Student Council. Though student politics was in my heart since I was in my secondary school years at the highest echelon of my class, there was no room or time for it in medical school. I can write, but never contributed to the Medical Student –the official newsletter of the FEU Institute of Medicine. I never joined the RR of the class that was popular to everyone. I was ingrained in the passion of commitments, spending few quiet moments alone. I was driven by a consuming desire to become a doctor and make all sacrifices

necessary.

Being in America and the American Dream changed my life. I expected the best from events, people and myself. I trusted my intuition by listening to my inner voice and its direction. I changed my attitudes, habitual thinking and feelings. I was willing to change my personal style, personality and appearance. I fulfilled the calling, which in turn fascinated me.

Not to toot my own whistle, after 50 years of a fulfilling life, there came the highlight of the night in the grand finale of the reunion – *Cesar D Candari MD FCAP Emeritus who was honored with not one, but two exceptional awards: Most Outstanding Alumnus of 2011 from the FEUDNRSMAF, and the Dr Philip . Chua Class<sup>61</sup> Presidential Award*. A second alumnus of the presidential award went to Dr Lilia Pagtakhan-Luna, formerly

medical director of FEU Hospital. The presidential award to a Golden Jubilarian reads, *for his laudable services, exemplary achievements, and valuable contributions to our Alma Mater and to the FEUDNR SM Alumni Foundation.*”

Philip S Chua MD FACS FPCS received an Endearment Award from United Class<sup>61</sup> for his indefatigable presidential leadership in the last 50 years.

To be in the echelon with my two brilliant co-alumni in this Golden Anniversary award is like reaching that wishful little star.

If all of us, Golden Jubilarians are in the dawn of our lives- there is still that full-fledged sunrise which is even better for years to come. Our existence is but a brief crack of light between two eternities of darkness. And when that befall upon anyone of us, then I can sing that emotional song, *The Shadow of Your Smile*.

## **CLASS<sup>77</sup> MINI-REUNION in Trinoma Mall, Quezon City**

**VIC PORCIUNCULA MD<sup>77</sup>**



*FEU 77 treated Jun Maloles dinner at ABE in Trinoma Mall QC.*

*We were so glad Lolit Cua and Joey Campania joined us. We talked about plans for the FEUDNRSMAF Alumni Foundation 33<sup>rd</sup> annual summer homecoming in LA Marriott Downtown from July 25 to 28 , 2012. As usual a lot of updating, laughter and tracking memory lane!*

## LETTER TO THE EDITOR

Please find herewith my articles for publication. Convey to your readers this is just a sample of my experiences specially my astral experiences.

I also have not even touch on my extra sensory perception ,my dreams of good luck or good fortune all of which I did not understand or did not recognize as special gifts until lately. Thanks,

**ED F RELUCIO MD<sup>64</sup>**

## LETTER TO THE EDITOR

May I post Dr Ed Relucio's article about his Foundation in our [arellanohigh.com](http://arellanohigh.com)? This is the website we made last year



**EMILIO  
RUIDERA MD**

for all Arellanites. I recently posted Eduardo Fajardo's commencement address to the graduates of De La Salle in Manila. Ed delivered this several years ago when he was the guest speaker and at the same time was conferred the honorary doctorate degree in humanities. I also included some of Ed's charitable deeds for Arellanites and for our alma mater.

We are trying to publish as many articles possible about our outstanding alumni. If you will allow me, we would like to share this article to many other Arellanite websites including our multiply group and AHS<sup>64</sup> yahoo group. AHS<sup>64</sup> yahoo

group members are from different classes from 1950s to 2000s. Dr Relucio's youngest sister, Precy Relucio belongs to Class<sup>64</sup> and is also a member of this Class<sup>64</sup> yahoo group. Simeon (Sim) Silverio of Class<sup>64</sup>, publisher and editor of Asian Journal, San Diego CA is also asking for your permission to publish this article in his newspaper.

It is really nice to know that our colleagues in FEU-NRMF are also Arellanites including Dr Philip Chua. I just recently attended the 2011 AHS grand reunion in Las Vegas and met another Arellanite colleague, a plastic surgeon, Amy G del Mundo MD AHS Class<sup>66</sup>. She was the attending in plastic surgery two years after I left FEU Department of Surgery when I migrated to United States. My co-residents became her residents in plastic and reconstructive surgery including Teng Porciuncula MD, our junior resident, Kim Shi Tan MD, our senior resident and many others. I think Dr del Mundo's current practice is in Indiana and she maybe associated with Pilipino American doctors in the Midwest area. We just had a short one-on-one discussion about Arellano since we were at the middle of a huge crowd of Arellanites. I also knew Dr Del Mundo's sister, Evelyn del Mundo of AHS<sup>69</sup>. Like you and I, Evelyn was editor-in-chief of *Tambuli*. Evelyn was also the Tandang Sora Awardee of Class<sup>69</sup>.

Dr del Mundo and I also touched on the proposed Arellano High School International Foundation, the future USA-based foundation

by Arellanites. Many possible endowments to be managed by the foundation are in the drawing board. At the moment, Percival Cruz of Class<sup>64</sup> and Jesse Tiamson of Class<sup>68</sup> are helping us with this project. I hope other Arellanites including our FEU colleagues will join us in this future Arellano International Foundation.

Thank you,  
**EMILIO RUIDERA MD<sup>79</sup>**  
Oklahoma City

## LETTER TO THE EDITOR

Thank you so much for everything. Your kindness and generosity will always be remembered and appreciated.

Your memories of Buddy that you posted in the November 2011 issue of the ECTOPIC MURMURS was



**RICA DEL ROSARIO**

very nice. I enjoyed reading it. I am sure Buddy is happy about it too.

He spoke very highly of you, so

impressed of your dedication to FEU medical school and your leadership for Class<sup>68</sup>. The Class is lucky to have you!

I hope to see you again.

Sorry, I did not have a chance to talk to you more.

**RICA DEL ROSARIO**  
Milwaukee

## LETTER TO THE EDITOR

I was one of the few selected interns at Clark in 1967-68 and

find your article, *Remembering Buddy*, to be inappropriate and offensive. You stated that the internship at Clark was *marred by scandal and all the trainees were fired two-thirds of their training period and sent home to their respective universities to complete the internship year.*

This statement is simply incorrect on more than one account. First, I have no knowledge of any scandal during my internship at Clark. Although there was a disagreement between a fellow intern and the administration, this disagreement was by no means a *scandal*. I question your assertions as to a scandal; you were not at Clark during this time nor do you describe any alleged scandal in factual detail. Second, we were not fired two-thirds of our training period. We voluntarily decided to leave one month early in support of our fellow intern. We left honorably and were deemed to have completed our internship.

Additionally, I take extreme offense when you state that *the value of Clark as a training place in 1968 went zilt like the stockmarkets in 2011*. You have neither facts nor statistics in support of this claim. Further, as you were not a Clark intern, you are in no place to judge the value of the Clark internship. Your statements are based solely in gossip and fiction.

I am proud to say that I finished my internship at Clark Airbase Hospital and I support the integrity of the internship program. I request that you retract your statements regarding the alleged scandal and firing of interns at Clark and your

assertions as to the integrity of the internship program.

**LEONARDO PATRON MD<sup>68</sup>**  
Indianapolis IN

## LETTER TO THE EDITOR

[Reprinted from FEUMAANI News,  
November 2011: 3(11) 8]

I enjoyed reading your

*Remembering Buddy*  
(ECTOPIC MURMURS,  
November 2011).

Those were the good old



ANTONIO ONG MD

days.

The top students of Jose Julio, Buddy Salvador del Rosario, Windell Chua, Antonio Ong, Napoleon Abando, George Chin, Vena Uy, Juanita Lao, Salve Ronan, Cesar Reyes, and Constante Tan I remember. Did I miss anybody?

Constante, Eddie Saw and I moved to UST after two years.

Nobody got *cum laude* because of the first year anatomy with Dr Teodoro Luna who gave the highest grade of 2.5 which essentially disqualified everybody from the honor.

I am sure Buddy and Julio deserved the honor.

You were honest about the failed attempt at Clark Air Base Hospital internship applications.

Napoleon, George, Julio and Leonardo Patron were the only four accepted from FEU. Constante and I---originally from FEU--- were from the UST side.

Constante was sent to Subic Bay Hospital.

There were 15 to 17 interns at Clark and five at Subic. Most of us were from UST. Only four were from FEU and one from Cebu. None was from MCU.

The five at Subic Bay hospital were all from UST.

One black sheep created the problem at Clark. We supported him despite of his insubordination problem. He was asked to transfer from psychiatric rotation to surgery because one of interns got sick, but he refused. He insisted to have surgery rotation as he also wanted to learn psychiatry

Surgery was in need of an intern more than psychiatry.

Clark hospital staff threatened to ground him for disobedience but as a group we fought against the penalty.

We were given, nevertheless, the proper diploma but without the traditional graduation ceremonies, and came home to our respective universities altogether, one and one-half months earlier.

In retrospect, the black sheep should have been more cooperative, instead of insisting a stay in psychiatry which is the least important rotation.

This incidence resulted in cancelled internship at Clark Air Force and Subic Bay Naval hospitals the following two years.

Also Julio resigned about one month after internship because it was too far and very inconvenient for him. He was replaced with another UST intern.

WOW, those were the good old days, some 40 years-plus ago!

**ANTONIO ONG MD**  
Retired Neurosurgeon  
Honolulu, HI

## ASTRAL DREAMS

*continued from page 3*

occasionally; and I would look for the experience to happen especially when I fly over some busy areas in the city of Manila.

As I grew up the astral travels became very seldom.

**Metamora II.** About 12-13 years ago, I dreamt I was airborne flying high like an eagle and was just enjoying the view then as my altitude began to descend I saw a small community with a beautiful town square.

A small city hall had white columns, a park in front with lighted posts, and streets lined with cobblestones. I decided to come down and used the sidewalk and joyfully promenaded. It seemed it was early winter from what people were wearing long coats with long sleeves, hats and gloves. I saw fully-dressed couples walking on the sidewalk along several shops and stores. There were also occasional people on the cobblestone street.

Three or four months passed, around 6:00 pm after playing golf at El Paso IL, I told my friends I was visiting my girl friend in Pekin IL. They suggested to follow the route we were at and to go west and that would lead me to Pekin. However, they failed to tell me that I would enter one town and that the route would change name and so I got lost about two to three miles past the town I entered. I decided I needed to ask for help and as there were no cars and houses around. I waited till I saw a bunch of

lighted houses. I then decided to turn left towards these houses and to my surprise, it was the town I saw in my astral travel three months earlier.

Incidentally, my partners and I later purchased a farm in the town three years ago (or eight years after the dream), where President Abraham Lincoln and the senior Senator Adlai Stevenson used to practice law.

**Plaza Goiti, Manila.** Perlita, my late wife, visited the Philippines with Karen and Cecily (Kris was not born yet) in 1978. From the airport we took Dewey Boulevard (now Roxas Boulevard) to McArthur Bridge and as we went down the bridge, Plaza Goiti was no longer there and I remarked, *Oh they removed Goiti and changed the traffic flow. Now, wait a minute I saw this before.*

Confused, Perlita asked *What are you talking about, you saw this before?*

*In my dreams, I saw this in my dream. Watch, they rerouted the traffic and improved the sidewalk and building up to Binondo Church. They even improved the façade of the church and the plaza in front of it.*

Perlita was completely dumbfounded when she confirmed what I alluded to.

**Warnings of bereavement.** I remained not fully understanding my gift, and so I never talked about it until Perlita's demise as I had many dreams wherein our spirits would meet.

But let us trace back to 1971. I believe it was on a Sunday when I dreamt my dad was suspended in the air and seemed like he was reaching for me and

I saw myself likewise reaching for him. This was similar to the painting on the ceiling of the Sistine Chapel by Michelangelo, which I have not seen (or read about) until 1985. So I called Manila, talked to my sisters and my mom, and I asked for my dad. My sister informed me he was in another island investigating a case for the secretary of education and he is doing well.

About Wednesday night, while I was on call at Grant Hospital of Chicago as the surgical resident, I received the bad news, my mom had a heart attack, was shocky, and eventually passed away. I then figured out my dad was reaching out to me as he will be suffering the loss of my mom.

**Year 2000.** My dad was then 92, a month shy to 93. He was completely bedridden from severe Parkinson's disease, and on my last few visits, he was complaining to our Lord how come he was making him walk so long.

On a Thursday, January 2000, I dreamt the same scene I dreamt when mom died. I immediately called home in Manila and talked to my dad. In his weak garbled voice, he told me he was okay. My sister Precy likewise reassured me after I told her about my dream.

Saturday evening here (Sunday morning in Manila), I got a call my dad was in serious state with severe pneumonia --- must have had regurgitated his tube feeding and aspirated. As I was in O'Hare, on Sunday, I received a page, Cecily told me he passed on. He would have been 93 on February 7<sup>th</sup> that year.

Prior to the fateful day of July 27, 1995, I dreamt I was at the south end of Paulina Street. Immediately east of Presbyterian-St Luke's Hospital, and as I gazed to my right, I saw Perlita's face and she was laying on the west walkway of Paulina. Her head was being supported on the lap of a man in blue who was kneeling and facing west. Another man was standing, also in blue, facing her, his back towards me. I continued to cross and then woke up. Soon after I was upset at myself as I did not proceed to help. Still upset about the dream, I purposely did not mention this to Perlita.

In retrospect, I should have had mentioned it as I repeated the same story to people. They related to me that if I prayed hard to our Lord, the event may not happen. That advice, I kept in mind. Then one January, we were preparing for the missions, I dreamt a scene in FEU medical school when one of the alumni was narrating what happened to a close friend of mine as they were vacationing in Thailand. Soon as I woke up, I immediately called my friend's home and talked to his wife about the dream and advised her to pray to our Lord. She must have prayed as my friend is still around.

Back to my dream about Perlita, two to three weeks later, I got a call from Cook County Hospital emergency room nurse to tell me she arrested. Apparently, while on Eisenhower Expressway, she had an attack of asthma, used her inhaler a few times, according to her nephew she

was showing around the city. The inhaler did not work so she exited to Paulina Avenue but must had been hypoxic that she went north and when she realized her mistake, took a u-turn and attracted the cops who eventually took her out of her car.

**Dreams of prosperity.** As I am running out of time, please read this interesting gift of mine from our Lord in my book which I hope to finish soon as I get a consultant for advice. These dreams of prosperity I understood since I was in high school. Thank you, I hope you will buy the book so it can be a best seller. I plan to dedicate it to the Renaissance Simons' Charitable Foundation Inc.

## M' LADY

*continued from page 3*  
birthday. The following is my gift to her today, her short life story.

Will I opine something beyond certain set? I hope not. M'Lady is my sunshine.

Looking back at the past, Cely is a bright student who graduated as elementary and high school valedictorian in her hometown in Agoon, La Union. She earned her BS in Pharmacy degree at the University of Santo Tomas in Manila, and was trained as a medical technologist at Elyria Memorial Hospital and Medical Center in Elyria OH.

On January 22, 1962, I started my internship with two other FEU graduates, my classmate Dr Rodolfo Borromeo and my friend Dr. Tody Exconde.

I met Asela (Cely) Aspreca a month later. Needless to say, among the twelve other Filipina laboratory technologists training in the hospital, she was a very attractive woman. Jokingly, albeit with seriousness in intentions, the three of us, new interns, decided that I must be the one to date Cely. I do believe in this saying, *You see my son, said God, the beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman must be seen in her eyes, because that is the doorway to her heart - the place where love resides.*

I found an ideal woman. She has the beauty and smartness combined. I knew I want to share all my troubles, sorrows and dreams with her. She would never let me down and I could always rely on her.

Before long our two hearts became one. We got married on July 28, 1962, seven months after we met. And the rest is history.

Cely stopped working in 1967 after the birth of our second child in Chicago. She dedicated her time to the caring of our children. By the time we moved to San Diego in 1969 we already had three children. We moved to a beautiful and cleanest city of America. Our youngest fourth child Arleen was born four years later.

I believe in a saying by Mildred B Vermont, *Being a full-time mother is one of the highest salaried job...since the payment is pure love.* Cely's chosen and important interest was a volunteer work at our

children's school. It was a time when our children were still young. As a proverb says, *a woman's place is in the home*. But in spite of this, she made time to join me in the annual conventions and scientific seminar meetings of the Association of Philippine Physicians in America (APPA) and finally became very much active in the APPA Auxiliary.

My autobiographical-diary of memories covering a specific period in my life would not be complete without sharing the impressive, admirable services, and precious contributions of my dear wife Cely to the APPA Auxiliary. My wife was ahead of me in the hierarchy of the Filipino American medical association. She was elected as president of the Auxiliary --- the spouses of the Filipino American physicians practicing in the United States of America.

From the position of being elected as board director of the Auxiliary, Cely then became a PRO and was active in various auxiliary committees. She served for two terms as treasurer of the Auxiliary in 1985.

In the early summer of 1987, she was elected as president. The 16<sup>th</sup> annual convention of the APPA and in tandem with the FEUDRNSM Alumni Foundation, the convention was held at the Hilton Harbor Castle in Toronto, Canada, on July 25-28, 1987. As if God has a purpose, this date coincided with our silver wedding anniversary on July 28 when she delivered her very inspiring inaugural speech with the theme of her administration dubbed as: *THE YEAR OF THE*

### *FILIPINO AMERICAN PHYSICIAN'S SPOUSE.*

Excerpts of her inaugural address are, as follows:

*This is a special moment of my life as a physician's spouse. On this memorable occasion, I am extremely thrilled to be installed as the president of the Auxiliary to the Association of Philippine Physicians in America. Tonight is also our Silver Wedding Anniversary.*

*It is a leadership challenge that I accept. As I look around this ballroom tonight, I see beautiful, lovely and vibrant Filipino-American women from all over North America.*

*To the President of APPA Dr Jose Evangelista, we are here to assist you in your undertakings in every way we can...During my visit to the Philippines last December, I met with the President and officers of the Philippine Medical Association Auxiliary and they expressed their need for our support of their various projects, especially nutrition programs for the needy. I see this as a challenge that we cannot run away from. It is now that our assistance to our countrymen is most needed. It is now that we must get involved in a noble cause. The upbringing of the youth is another priority that we must address today. It is difficult to raise our children in a fast-changing and competitive environment. But rather than bury our heads in the sand, we should measure up to the problems faced by our children due to the undeniable breakdown of family values and relationships. Values are taught at home, at school, by peers, and by the communication media. We*

*need to restore the family as a primary giver of values so that our teens can get their heads on straight and make right decisions about how to live their lives. This will be a meaningful way of reaching out to our troubled teenagers.*

*This will be the year of achievers of all kinds, and spouses of Filipino American physicians will be recognized and spotlighted. It is our hope to bring to the fore what everyone of us is doing in our community – be it in politics, in business, health careers, the law, real estate or in any endeavor in which we play a prominent role. But we must not also forget the scores of physicians' spouses who are homemakers and tireless volunteers and who have given unselfishly of their time and talents to make the world a better and healthier place to live... And perish the thought of what the association can do for us. Instead, we should ask ourselves: What and how can I contribute?*

For brevity, Cely's accomplishments will not be covered in this story, except to say that when you have a good time, a year runs fast.

*Mabilis!*

Cely was given a high commendation and recognition for her work that supported the goals and objectives of the APPA.

Extract of her valedictory address, she said:  
*.....whichever path we follow, whether to pursue our career or remain in the home and raise a family, is an undertaking worthy of recognition. The year has been short, yet unending. For our accomplishments, the*

*Auxiliary is proud to say that we are the supporters of our physician-husbands' projects.... Let us look forward to the future with great hopes.*

**Entrepreneur.** Cely is an excellent bookkeeper and was a self-taught real estate management business entrepreneur.

Is she an empowered woman?

While we are on the subject, I considered my friend Ed Relucio as a business entrepreneur when he wrote about his investments in land that we know now. It was God's will for his well-entrenched philanthropic work and activities. By the way, especially common to a case with women, Cely wished to stay humble or demure, albeit as I see it, she can *sing her own praises*.

A man who is confident is seen as a great leader; a woman who is confident is often seen as threatening or not fitting the status quo. Regardless of these stereotypes, I give her the fruit of her hands and let her own works praise her in the gates. She is proud to say that she managed our real estate investments all by herself in different locations in the cities of California, such as San Diego, National City, Escondido, Chula Vista, Spring Valley, Los Angeles, and in Indianapolis, Indiana. An Asian food store was opened in National City. Our Dream home, just enough for our comfortable ménage, was built for 14 months. I was all behind her while she did all these in her own way.

Of course, I learned how tough it was to be an entrepreneur. Being an entrepreneur's hubby has its own challenges. Cely had to stay long hours, and working late nights was an understatement. She became my skilled billing manager, pathology medical coding, bookkeeping and accounting during my private pathology practice as chief of pathology at El Centro Regional Medical Center, El Centro California. Therefore, with all these being said, I appreciated, understood, and fully-supported her entrepreneurial innate talents.

These are written for no other reason than to leave an enduring legacy and a positive influence to our children and grandchildren. You must know that one day in the future, a grandchild or great-grandchild will wonder what your life was like while looking at a photograph of you, just as you do when you look at pictures of your ancestors today.

My dear wife Cely has inspired my life. She helped me to stay focused in the spiritual areas of life, so that I will continually be a blessing to others and be blessed by God.

Cely is a remarkable woman with daunting intellect.

Remember a song *My Only Sunshine?*

**Maa-yong Paskwa!**

**Mapalupaguiya nga Pascua!**

**Maupay nga Pasko!**

## **Rocket scientists?**

*continue to page 14*  
even if we tried to.

Many years later, in my ROTC days, I encountered the same material. That time the long sticks were only about half inch long and they were in silk bags. They were propellant charges used to drive the cannon shell miles away.

A lesson in anatomy is called for here. A cannon ammunition consists of a shell that contains the high explosive and other destructive elements. This is sent to the target by the expanding gases from the canister. The canister contains the propellant charges which are pieces of nitrocellulose. Those *granules* were actually the same the materials we played. They were cut to about half inch long and were packaged in brown raw silk bags of about a pound each. In case of 105-mm gun which we used, the canister contained seven charges. A full load of seven charges were seldom used. Depending on the distance, angle and hardness of the target will determine the number of charges. Charge two or three were most common. We never had a chance to fire guns bigger than 105 mm.

The childhood experience made me ask our tactical officer what those things we were playing, years ago. He assured me that those were propellant charges for 5.5-inch naval guns. Slow burning powder, longer barrels deliver the shells farther, much like American version of British cordite. I got the idea, decades later. In war time, unused

charges were either burned or buried, but many times in the heat of battle the practice gets forgotten, and sometimes end up in the wrong hands.

At that time children did not know the dangers, we just enjoyed what we wanted to do. We would buy a few, light them up, listen to the hiss and watch the yellow flame with awe.

Soon we got tired and wanted more kick. We would wrap a two or three inch piece with aluminum foil and lit the exposed tail end. It would fly haphazardly like a corkscrew.

Not contented with that, we would break of six pieces about three-inch long and the seventh about three and a half inch long. We then would wrap them carefully and tightly with aluminum foil from scrounged up cigarette packs the long piece exposed, serving as exhaust port. We did not have the foils that we have today. I guess they needed that metal to make airplanes.

The bigger *rockets* were just bigger and faster corkscrews. Maybe if we attach a ting-ting (mid-rib of coconut leaf) it will fly straight, and they did. What did a seven-year old know about Newton's Laws of Motion, G-forces, trajectory, weight to thrust ratio, apogee and perigee, and escape velocity?

Those were light years away. Sometimes we would attach a three inch seven stick *rocket* to a small wooden boat and watch it speed up, almost flying. We tried bigger *rockets* with 16 up to 32 sticks, again lack of foils stopped us from experimenting further. Bamboo segments were

not good as they burn before taking off.

We had fun for several weeks and we did not cause any fire despite the severe warnings from the elders.

One day we went over to buy more but the store was closed. Some kids said the man was taken by the police. We were so sad for a long time.

I wonder if anyone had similar experience anywhere in the world.

Despite hardships and deprivations, I had a colorful and happy childhood.

## CLASS<sup>62</sup> POTPOURRI

*continued from page 2*

for a 3-year pre-medicine course at the University of the Philippines Diliman (Gil Pilapil, the late Ramon Navarro, Cesar Castro to name three, but there were others).

A few had a 4-year bachelor's degree, e.g., zoology from UP Diliman (the late Fema Florendo). Those who had finished a 3-year pre-medicine course qualified for a Bachelor of Science degree after finishing the first year of medical school.

There was no medical school admission test (MCAT) but for the class of 1962 there was an entrance exam. I took it while I was nursing a viral syndrome and I was certain I had flunked the exam. I was prepared to apply at another medical school that would admit me but before the deadline for making applications at other schools, I took a chance in the gathering

dusk to go to the 3rd floor lobby at the Science building to check the list of successful applicants. The posted list of successful applicants (glass-encased) was there for all to see. I started at the last page, proceeded to the second to last and so on. After I had reached the middle, I quit and proceeded to go back home. At the Morayta gate I met some friends who congratulated me for having become a successful applicant. Incredulous, I went back and saw my name on page two.

Cesar Castro needs special mention because he was very unique. He was a university scholar at UP Diliman and studied at UP Medicine for one year. Cesar refused to talk about what had happened to him in Padre Faura but rumors had it that he insulted one of his professors. He was probably the most intelligent, if at times arrogant, classmate of ours. To this day, many of us can not understand his strange behavior, like cutting us all off.

The AMA instituted the Flexner recommendations for reforms. It also closed the medical school diploma mills. In barely a generation, there was a so-called doctor shortage in the United States. We were recruited to work in US hospitals at slave wages; but to make sure we would not enter mainstream medicine (and become economic competitors) the lack of a green card was a barrier from sitting for licensure examinations.

It started in Missouri: the green card was removed as a requirement for licensure exam; the other states followed suit. In

1973, more foreign medical school graduates (FMGs) were permanently licensed compared to the AMGs. A section of the AMA was set up to deal with the *FMG problem*. How did it happen that we were vigorously recruited to work in US hospitals but in less than a generation we had become an FMG problem? One does not have to be a rocket scientist to come up with the answer.

How did the AMA resolve the *FMG problem*?

The manner was very clever. With adequate lobbying, hospitals with training programs that had more than 50% FMGs in their staff lost their Medicare reimbursements. No money, no training program. Who replaced the slave-wages FMGs? A new breed of physician extenders was created. AMA, beware what you wished for. You have opened a Pandora's box.

There are several members of Class<sup>62</sup> who excelled. I can not name all and I apologize to those many that I can not mention.

Nonong Exconde, Lito Abanilla blazed trails that made their alma mater proud.

But special mention must be made of Honorato Nicodemus mainly because he took care at one time the most powerful man in the world. In 1985, he administered epidural anesthesia/analgesia for Reagan's colon cancer resection at the US Bethesda Naval Hospital. While Reagan was a patient in Bethesda in July 1985 I was simultaneously a patient at the Johns Hopkins Hospital. In 1985 the Hopkins people had not yet acquired the skill to

administer epidurals for which I suffered a lot.

Nory is the epitome' of a man who knows how to rise from failure. He started pre-medicine at UP Diliman but he flunked English in the first semester. This was a blessing in disguise because when he transferred to FEU his English mentor was the famous Max Soliven. In medical school he flunked pediatrics but later he had the audacity to sit for a slot at a Clark internship. From reports, he acquitted himself very well at Clark. He went into Anesthesia and became Chief of Anesthesiology at the US Naval Hospital.

There are many others who excelled and when I get to know their stories I may write a sequel to this essay.

**(A note about the author.** After practicing internal medicine-cardiology at Martinsburg WV for 32 years, he retired in 2002. He spends his winters in Florida).

## **CHRISTMAS NEWSLETTER**

*continued from page 2*  
worked for two weeks.

On the way to Rwanda, I (Pete) developed swelling of my right leg which happens from time to time on long trips. There was no pain. It persisted after we returned home and I consulted a surgeon friend of mine. He suspected a DVT (deep vein thrombosis) which was confirmed by ultrasound imaging. A filter was inserted into my inferior vena cava and I was placed on Coumadin to prevent development of pulmonary embolism.

I was grounded by my doctors (the Lord wanted me to take some rest) and had to cancel our mission trips to Honduras in July, Navajo Indian reservation in August, and Bolivia in November. I am doing well at present.

Thank you so much for all your prayers for my recovery.

We will resume our mission work starting with a surgical mission to Palawan and T'Boli in the Philippines from January 28 to February 11, 2012.

We also plan to go with our church members to the Navajo reservation in New Mexico in July if they decide to return there. We plan to take two teams to Kiborgora, Rwanda in August and September and Haiti in November, 2012.

Our family is doing well. We are blessed with two additions to our family with Lyndell and Jamie adopting twin girls. Judy finisher her two year course on bible and theology from Liberty University and she did very well.

We finally sold our home in North Port FL and moved to a smaller condo in Venice FL (3730 Cadbury Circle #321, Venice, FL 34293; the telephone is 941-445-5682).

We also do volunteer work helping with cooking and serving the homeless at Center for Hope here in Venice.

We again thank our family, many friends, and churches who have faithfully supported our work these many years.

May your blessings know no bounds and may the Christmas spirit fill your heart with love the whole year round.

**LOVE and PRAYERS,**

**Naragsak nga paskua!**

## **FAITH CORNER**

*continued from page 2*

words were penned, the Sabbath has become a cornerstone of Judaism and Christianity. Observed on Saturday in the Jewish tradition and Sunday in the Christian tradition (except for Seventh Day Adventists who celebrate it on Saturday), the Sabbath has traditionally been a day of rest.

Why is Sabbath of such importance? For starters, there is a natural rhythm of creation – the night and the day. Physiologically, there follows a rhythm of life, a cycle of waking and resting, otherwise known as circadian rhythm.

There is a time to work and a time to rest.

Sabbath is a gift, made for mankind, not for God. In Jewish tradition, Sabbath begins as the sun sets on Friday. All creative stops. Work that exercises dominion or control over the environment stops. All that is to be completed so that all thought and effort is devoted to praise and thanksgiving for what God has done for us. It is a day of rest --- a day to repair worn tissue, to allow healing of physical and mental wounds, to replenish one's energy, to re-charge one's physical, mental and spiritual batteries.

Through the years, work on the Sabbath has been interpreted and misinterpreted in so many ways, mostly to justify activities that defy the intent of the day. That requires a separate discussion at a later time.

When is your Sabbath? When do you stop and rest your body and mind. Our industrial

society often requires us to work on Sunday, so then, one must take another day of rest. Rest is vital for every living thing. Many of my contemporaries will remember the times when we were interns and residents, working 24-hour shifts twice a week and a 72-hour shift every other weekend. We remember the physical and mental fatigue that set in and how a good eight hours of uninterrupted sleep would get us going again. That was the extent of our Sabbath in those days. Any period following a time of heightened work and stress is a natural time for rest, for a Sabbath rest.

The holiday season is always a time of intense preparation – shopping for gifts, preparing for guests, working extra hours, travel preparations, etc, etc. We are all called to do our best work during the season. But after we have wrapped the last gift, stuffed the last grocery item into the freezer, we need to look back at our accomplishments, call it good, and greet our Sabbath. God gave the Sabbath for us to use appropriately. It was not a suggestion. It was not a recommendation. It was a command.

God knows how important it is for his creation to repair itself and at the same time, have the time to praise him for what he has done for us.

**Maligayang pasko!**

**Masinadyahon nga Paskua!**

## **Top Chicago MD**

*continued from page 1*

As an anesthesiology professor and chief of pain medicine at Northwestern University School of Medicine and hospitals, Dr Benzon is picked the best especially in the treatment of back pain, neuropathic pain, postoperative pain and cancer pain.

**CONGRATULATIONS!**

## **PMAC is accredited**

*continued from page 1*

physicians.

The accreditation survey was recently made via a teleconference with two ACCME surveyors, attended by eight PMAC CME committee members, led by Dr Del Mundo, including Drs Luis Mangubat, Anita Avila, Leonardo Malalis, Edward Hernaez, Nida Blankas Hernaez, Franklin Montellano and CV Reyes.

The ACCME accreditation seeks to assure both physicians and the public that continuing medical education activities provided by the PMAC meet the high standards of the Essential Areas, Element and Policies for Accreditation as specified by the ACCME.

The ACCME rigorously evaluates the overall continuing medical education programs of the PMAC according to standards adopted by all seven sponsoring organizations of the ACCME.

These are the American Board of Medical Specialities,

the American Hospital Association, the American Medical Association, the Association for Hospital Medical Education, the Association of American Medical Colleges, the Council of Medical Specialty Societies, and the Federation of State Medical Boards.

What does the FEUDNRSM Alumni Foundation got to do with this ACCME-PMAC accreditation? For one reason, the PMAC has always co-sponsored our annual summer CME seminars.

Again, our congratulations to Drs Del Mundo, Nida B Hernaez, Frank Montellano and CV Reyes, and other members of the PMAC CME committee!

## Message from the CHAIRMAN

*continued from page 1*

others dread it for the lonesome feeling it gives them. It does not matter which side of the Christmas fence you are on, it still comes.

For myself, I look forward to Christmas. I wait for the sound of Christmas music in the air, for the smell of homemade candies, cookies, and breads. I feel homesick for the Philippines the most during Christmas time and wish I were there. My family and I have been blessed and have always had more than we needed. Because of this, I especially like giving gifts. I like seeing the smiles on faces of those who receive gifts and enjoy the experience of shopping and deciding what those persons will like.

I must admit though, that I am not as comfortable with receiving gifts. It makes me uneasy; I appreciate the gift but I feel others deserve gifts more. I guess the feeling is there because I do not WANT for anything. If I could have a Christmas wish this season, it would be that for just one moment, minute, day or hour, everyone in the world would not want for anything. I know it would not happen; I know it can not happen. The entire world is not equal and life is not fair.

So I will settle for what I can control. During this holiday season, I will embrace my family and friends with love. I will pray for safety, contentment, and at least a small glimmer of the Christmas spirit for all around me. Be safe this season. Enjoy your families and friends and share of your wealth if you are so blessed. Also remember and pray for all the families who have lost loved ones this year and offer a special hand of love to them as they meet this season.

I extend my wish for a Merry Christmas to the officers of the FEUDNRSM Alumni Foundation, to all the members of the Alumni Foundation, and to every life that is touched by those members.

See you in the Philippines in January.

**P C RIVERA MD<sup>67</sup>**  
Board Chairman

## Nueva Ecija Medical Mission

*continued from page 1*

While conditions are primitive, volunteers do get time to enjoy and tour the area and absorb a unique group of people and their culture.

One can also get a unique satisfaction of practicing medicine in these mission works, being away from malpractice and insurance companies and to be able to employ basic skills learned in medical school, e.g., history and physical in a low-technology environment.

Such is the upcoming medical surgical mission in Nueva Ecija that will be co-sponsored by the Renaissance Simons' Charitable Foundation Inc USA and FEUDNRSMAF Nevada Chapter from **January 21 to January 26, 2012.**

The specific venue is the Paulino Garcia Regional Hospital/ Cabiao Health Center in Cabanatuan City

Dr and Mrs Ed Relucio, Cabiao Mayor Baby Congco and Hospital director Hubert Lapus will host the services.

In charge of the logistics are Drs E Relucio, Daniel Fabito MD and Marilou Chua RN.

Interested volunteers are still invited to join. Please contact Dr Relucio at 5905 Deerfield Drive, Coal City, IL 60416; call at (815) 274-9794 or 349-6845; or email at

[relucio5905@comcast.net](mailto:relucio5905@comcast.net)

or Dr D Fabito at 65 Tapadero Lane, Las Vegas, NV 89135; telephone (702) 622-2974 or (702) 732-2665; or email [danielfab@cox.net](mailto:danielfab@cox.net)

Likewise, monetary and medical supply donations are also being solicited.

The schedule of events is, as follows:

**Sunday, January 22, 2012,** travel from Manila to Cabiao. The meeting place and

transportation pick-up will be at the KFC Restaurant, Congressional & Mindanao Avenue, Metro Manila.

Monday, January 23, 2012, is a welcome reception by Dr and Mrs Relucio; and

Thursday, January 26, 2012, will be an appreciation night by the Cabiao Mayor.

by Cesar V Reyes MD

## DECEMBER DONATION

A perpetual  
SUSAN M DABU-BONDOC MD  
Student Achievement Award  
in Anesthesiology

## FEUDNRSM Alumni Foundation

### 33<sup>rd</sup> Annual Reunion

### July 25-28, 2012

Marriott Downtown Los Angeles

Rate per night \$169

To reserve 800-266-9432,

Code **Far Eastern University**

Website

<https://resweb.passkey.com/go/FEUMAA2012>

### CELEBRANTS

Class<sup>57</sup> Emerald Jubilee

Class<sup>62</sup> Golden Jubilee

Class<sup>87</sup> Silver Jubilee

Class<sup>67</sup> Sapphire Jubilee

Class<sup>72</sup> Ruby Jubilee

Class<sup>77</sup> Coral Jubilee

Class<sup>82</sup> Pearl Jubilee

Class<sup>92</sup> 20th Anniversary

Class<sup>97</sup> 15th Anniversary

Class<sup>02</sup> 10th Anniversary

Oscar Tuazon MD, president

[otuazonmd@gmail.com](mailto:otuazonmd@gmail.com)

for further information

### COMMENTS

Editorials

news releases

letters to the editor

column proposal and  
manuscripts are invited.

Email submission,  
including figures or  
pictures, is preferred.

### ECTOPIC MURMURS

Deadline for the  
January 2012

January 15, 2012

Please address submissions to  
[acvrear@aol.com](mailto:acvrear@aol.com)

Interested to establish a

**Professorial**

**Chair Fund**

in your name or of  
someone you wish to  
honor?

Please inquire with  
CESAR V REYES MD<sup>68</sup>  
6530 Dunham Road  
Downers Grove, IL 60516  
Phone 815-942-2932 x7565  
or [acvrear@aol.com](mailto:acvrear@aol.com)

# FEUMAANI - PMAC

## Surgical Medical Mission

**January 18-21, 2012**

**Medical Venue:** Vigan City, San Esteban, Sta, Maria and Sta. Catalina, Ilocos Sur  
**Hospital Venue:** Gabriela Silang

Provincial Hospital,  
Vigan City, Philippines  
**Surgical Participants:**

**--Surgery--**

Cesario Cumba MD  
Abraham Fontanilla MD  
Luis Mangubat MD  
Meneleo Avila MD

**--Obstetrics Gynecology--**

Leticia Claridad MD  
Estel Escalona MD  
Manuel Escalona MD  
Alfredo Kaguyutan MD  
Ligaya Marasigan Labao MD  
Ramon Lopez MD  
Mario Reyes MD

**--Anesthesiology--**

Alberto Clar MD  
Emma Salazar MD  
Madhavian Singa MD  
Roberta Yap MD

**--Surgical Nursing--**

Pauline Abadilla RN  
Clarita Distor RN  
Cora Guzon RN  
Rosalie Lim RN  
Faye Mendiola RN  
Ladie Vila RN

**--Internal Medicine--**

Rogelio Cave MD  
Jean Farne MD  
Laarni Moreno MD  
Simeon Sevaldal MD  
Judy Wu MD

**--Pediatrician--**

Anita Avila MD  
Nida Blankas-Hernaez MD  
Angelita Fontanilla MD  
Ofelia Kaguyutan MD

**--Family / General Practice--**

Aurora Atienza MD  
Natividad Bernardino MD  
Cornelio Casaclang MD  
Edward Hernaez MD  
Lourdes Hilao MD  
Virgilio Jonson MD  
Israel Labao MD

Andres Rago MD  
Eugenio Salazar MD  
Remedios Escalona MD

**--Medical Nursing--**

Adelaida Bejar RN  
Lydia Camello RN  
Estela Cave RN  
Epifania Cezar RN  
Rose Clar RN  
Nida Cuevo RN  
Michelle Diamante RN  
Heide Equina RN  
Aurora Gagni RN  
Thara Gagni RN  
Lina Jonson RN  
Marilyn Lopez RN  
Cora Morales RN  
Lydia Nantes RN  
Saniata Perez RN  
Aida Rago RN  
Elsie Rivadelo RN  
Nellie Ronquillo RN  
Marita Tobias RN  
Nora Tsai RN

**--Ancillary Services--**

Medardo Abadilla  
Pete Antonopoulos Pharm d  
Honorato Cezar  
Perceival Claridad ESQ  
Leo & Narcing Cruz, Optical  
Rene Cuevo  
Lilia Cumba  
Anthony Fontanilla  
Clem Gascon  
Josephine Hernaez  
Zenaida Hernaez  
Mrs Moreno  
Dante Nantes  
Del Beltran  
Pascual Beltran-PAC  
Oscar Rivadelo  
Ralph Salvani  
Carlos Alfredo Seli  
Lourdes Sevaldal DDS  
Fred Tsai

Esperanza Vassallo, Nutrition  
Ismael Vila, Medical Technology

**Flight Reservation**

Lina YU, Will Travel  
Cellphone: (224) 388-8417  
Telephone 773)545-5274  
The cheapest still on our list is  
United Airlines which is \$1123.00  
all fees and tax included as of now  
for weekend travels...As

of now there are some available  
seats leaving on the 13th January  
and coming back January 29,  
February 1<sup>st</sup>, Feb 2<sup>nd</sup>

Domestic Flight  
January 17 - Cebu Pacific/PAL-  
Manila to Laoag City (bus-Laoag  
to Vigan), or chartered plane  
Manila to Vigan

January 22 - Cebu Pacific/PAL-  
Laoag City to Manila,  
or chartered plane

**By bus, January 17, 2012,**

Starting Point: 72 Scout Alcaraz  
Street, Sta Mesa Heights, Quezon  
City (Dr and Mrs Virgilio Jonson  
Residence), Telephone:  
09292807690, 09102972261  
Free Breakfast to be served!  
Free Bus ride Vigan City  
Free lunch in Tarlac, Tarlac, at  
Dr Aurora Atienza's Residence.

**Hotel Accommodations**

Vigan Plaza Hotel, Hotel Salcedo  
and Gordion Hotel

**ITINERARY**

**January 17, 2012** 6:00 pm  
Welcome Dinner in Baluarte,  
Vigan City,

Courtesy call with the Governor?

**January 18, 2012**

San Esteban Mission  
Lunch at the Beach

**January 19, 2012**

Santa Maria Mission  
Visit to Santa Maria Church

**January 20, 2012**

Sta. Catalina Mission

**January 21, 2012**

Vigan City Mission

**January 21, 2012**

Appreciation Night, Vigan City

**January 22, 2012**

Tour of Vigan City and other sites

**January 22, 2012**

Bound to Manila after dinner  
Contacts/ requirements to  
Dr Ed Hernaez , PMAC President  
1-847-833-1658  
or Dr Nida Hernaez,  
FEUMAANI President  
1-847-668-7385

Email [ednida888@gmail.com](mailto:ednida888@gmail.com)

Fax 1-847-972-1926

Address: 28951 Forest Lake Lane  
Green Oaks, IL 60048

# Balik-FEU 2012

37<sup>th</sup> Annual Homecoming

January 26-28, 2012

Venue Crowne Plaza Galleria at Ortigas & EDSA



## CELEBRANTS

Class<sup>57</sup> Emerald Jubilee

Class<sup>62</sup> Golden Jubilee

Class<sup>86</sup> Silver Jubilee

Class<sup>66</sup> Sapphire Jubilee

Class<sup>71</sup> Ruby Jubilee

Class<sup>76</sup> Coral Jubilee

Class<sup>81</sup> Pearl Jubilee

Class<sup>91</sup> 20th Anniversary

Class<sup>96</sup> 15th Anniversary

Class<sup>01</sup> 10th Anniversary

## PROGRAM HIGHLIGHTS

**January 25** golf tournament

**January 26** Thanksgiving mass, breakfast, elections, commercial exhibits, 34<sup>th</sup> annual Lauro H Panganiban MD Memorial Lecture, faculty/ student recognition ceremonies, luncheon symposium, business meeting

**January 27** State of the Art and continuing medical education lectures, 5<sup>th</sup> Ricardo L Alfonso MD Hall, FEU-NRMF Medical Center, West Fairview, Quezon City

**January 28** Golden & Silver Jubilarians grand alumni night, Crowne Plaza Galleria Manila

Please contact FEU-NRMF Alumni Society president **LINDA D TAMESIS MD** or secretariat **Cely Ocampo/ Santy Carabano** 09166466996 email [feunrmfmas@gmail.com](mailto:feunrmfmas@gmail.com)