



# 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

## Nida Blankas Hernaez MD PMAC Prexy

Nida Blankas-Hernaez MD<sup>84</sup>, a board certified pediatrician in practice for 25 years, diplomate of the American Academy of Pediatrics, an specialist in adolescent medicine, is the



NIDA BLANKAS  
HERNAEZ MD

53<sup>rd</sup> president of the Philippine Medical Association in Chicago (PMAC).

Last year she served as the PMAC president-elect.

Earlier, she presided over the FEUMAANI for three years and raised the bar of governing

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## CLASS<sup>63</sup> Reunion, Medical Mission

FERNANDO ANGELES  
MD<sup>63</sup>

On our way to the Philippines an interesting thing happened in our four-hour stopover in Norita, Japan. A distinguished, quiet looking Filipino and an American lady



FERNANDO  
ANGELES MD

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## PRESIDENT'S Message TENDERLY YOURS

NOLI C GUINIGUNDO MD<sup>62</sup>



NOLI C  
GUINIGUNDO MD

Finally, it looks like we will have a good attendance in Chicago. Registrations are still trickling in according to Pete Florescio MD. Refunds

have been given to those who have requested the same prior to the deadline.

I am unable to predict further on the Chicago annual reunion. We have a good host Chapter; and I pray for a successful reunion and scientific meeting.

I would like to reiterate the fact that those people working at the registration desks are all **volunteers** and unpaid workers. Please for all those attending the reunion and scientific meetings exercise some restraints in dealing with them and us.

Any inquiries will be dealt with the best we could. We will address complaints/ problems with utmost dispatch.

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## BOARD CHAIRMAN'S Message

At the time of this writing, we are fast approaching our 34<sup>th</sup> annual reunion to be held at the Intercontinental Hotel at Michigan Avenue in downtown Chicago.



HERNANI  
TANSUCHE MD

As part of tradition the grand ball on Saturday night honors Class<sup>88</sup> Silver Jubilarians and Class<sup>63</sup> Golden Jubilarians.

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## Class<sup>63</sup> FEU- NRMF Reunion A Golden Affair to Remember

EUGENE AS SIRUNO MD<sup>63</sup>

The Start.

At the Las Vegas 2011 annual reunion, Arturo Basa, Renato Ramos and other Class<sup>63</sup> attendees started the plan for our 50<sup>th</sup> class reunion – 2013.



EUGENE S  
SIRUNO MD

Art started sending emails and calling those without emails. He was asking their opinions as to what we are going to do. *continue to page 15*

## FAITH CORNER

Very few parables of Jesus have the impact of the Samaritan who stops to help a severely injured man on the road to Jericho. The good Samaritan has been portrayed on canvas by famous



REV MELVIN ANTONIO MD

artists. Hospitals have taken the name. Good Samaritan has become a byword for anyone helping another in need and one commercial firm has even made a Good Samaritan Healing Ointment that is supposed to be the best for cuts, scrapes and diaper rash. Many states have passed Good Samaritan laws to protect those that render help to accident victims from lawsuits.

The parable of the good Samaritan has become so familiar to us and hearing it once again really causes us to wonder: Is there anything new in this story that we have not already thought of? Has the parable lost its power to teach us because we know it so well? Has the parable become a worn-out cliché?

As in any other parable of Jesus, repeated re-reading of the good Samaritan story has always led me to new discoveries as to what Jesus is teaching. Sermons on this parable often focus on those who encountered the man who was beaten up and robbed. It is commonly explained to us that the priest and the Levite ignored the injured man supposedly because they would be rendered

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## CLASS<sup>63</sup> Golden Jubilee *The Roots of it all*

JMT ANTONIO MD<sup>63</sup>

First, let me congratulate the past Golden Jubilarians. July 20, 2013 will be another momentous celebration, one for the greatest golden anniversary celebrants, the Class<sup>63</sup>!



JMT ANTONIO MD

In retrospect, majority of us are *not the strongest of the species that survives, nor the most intelligent --- but we are the most responsive to change -*

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## CLASS<sup>63</sup>

### REUNION

NANCY ANGELES

It is hard to truly express adequately my feelings about the Golden Jubilee celebration in the Philippines for Class<sup>63</sup>. I do not believe that we can ever top what we experienced!



NANCY ANGELES

I have to mention that this was the biggest turn out ever in the history of FEU Golden Jubilarians, and this was due to the efforts of our fearless leader, as I call him, Arturo Basa.

He was relentless in communicating and encourag-

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## DOH Facilitates Donated Hospital Equipments Delivery

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

Wow! What a good news!  
As of June 12, 2013, Dr Enrique T Ona, Secretary of the Philippine Department of Health (DOH) through Ms. Heidi Umadac, Senior Health Program Officer Bureau of International Health Cooperation Department of Health, Philippines sent an email message states: "Dr. Candari, you may proceed now with the shipment ...then submit to us later the bill of lading and final packing list... DOH as consignee to process tax and customs clearance."

In my article, "Adopt a Hospital" (August 2011, Ectopic Murmurs), I wrote: I was able to get Medical Ministries International (MMI) of Clovis, California our donor, benevolent personified, to help us. We are hoping that Secretary Dr. Enrique Ona of the Department of Health (DOH) will help us waive all custom taxes for a 40x40 footer container loaded with hospital supplies and materials.

The hospital equipments and supplies valued at millions of pesos will be shipped in 4-6 weeks (September 2013). Included in this shipment is the donation by a good friend Dr Antonio Chan, consisting of HP Sonos 250 Echocardiogram machine with probes for adult

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CESAR D CANDARI MD

## HEALTH TAP

**VICTOR BONUEL MD<sup>86</sup>**

has been recognized as top internist in Nevada, to top doctor in Nevada (honorable mention) and thought leader in the Las Vegas region (honorable mention) during the Winter 2013 top doctor competition.



**VICTOR  
BONUEL MD**

## WATER DROPLETS

**ROLANDO M SOLIS MD<sup>63</sup>**



## THE END OF LIVE

**CELSO D DEL MUNDO D<sup>62</sup>**

I can see the tears slowly  
flowing from  
your sorrowful  
eyes,  
I can hear the heart  
beating, faintly  
audible  
pumping to  
prolong your  
life,  
You are gasping  
for breath, the  
chest heaving to catch last  
breath of air,  
But I am only human; it is only  
the Supreme Healer, who  
controls our life.



**CELSO  
CEL MUNDO MD**

Life is a journey; we traveled  
through rosy path,  
sometimes through rocky  
road,  
At the beginning we are blessed  
with youth, good health,  
power and strength,  
But as life goes on our bodily  
functions withered and  
deteriorate,  
We succumbed to external  
forces and suffers from  
ravages of health.

As a physician, we witness  
multitude of sufferings,  
sickness and curse of aging,  
Through science, skills and  
knowledge, we are able help  
and alleviate their pains,  
But science has a limit to  
completely wash out the ills  
and sufferings.  
At the end of life, the Supreme  
Healer. Is the only one who  
controls our life and death.



## LITERARY ILLITERACIES

**NOLI C GUINIGUNDO MD<sup>62</sup>**

You have tried rhyming and  
rhyming  
But it won't rhyme  
at all  
You have tried  
euphony  
But all you got is  
cacophony  
You have tried  
beautifying it  
But it would look  
just awful

You have tried to think more  
About it  
But it won't appear right and  
confused  
You have tried free versing it  
But it would just appear like a  
sentence  
It would appear like a sentence that  
Has been sliced over and over like  
a cabbage  
Yes it's literary illiteracies at its  
best  
Forget you started it and throw  
away  
Your pen  
The horizon is looking at you  
Hoping you will reconsider  
Stop at what you are doing  
Pray fervently and hope HE will  
accept  
And LISTEN....



**NOLI C  
GUINIGUNDO MD**

# PMAC 53<sup>rd</sup> Annual Picnic Images



Chicago Consul General Leo Herrera Lim (in orange shirt) is shown with PMAC Auxiliary members.



June birthday celebrants that include Consul Herrera Lim (in orange) is flanked by the PMAC president N Blankas Hernaez (extreme left).



A holy mass was said before the picnic with some of the FEU alumni in the front row.



The election polling place is managed by Dr CV Reyes (left) with a line of voters that include, from left, Drs Vince Battung, Dr Nunilo Rubio and Dr Elenita Rubio, ready to vote.



Songs of praises are led by the Hernaez Family (Nida, Margaret and Edward).



When tenor Dr Manuel Sanchez sings, everyone listens.



The PMAC Foundation annual meeting during the picnic is chaired by Dr Roger Cave (foreground).



**From left Dr Maria Herrera, Mrs Fides Herrera Lim, Dr Luz Cuaresma and Mrs Nancy Castro**



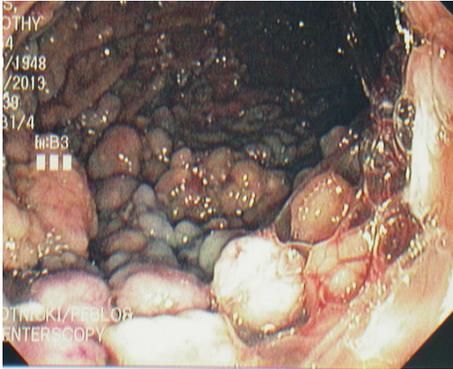
**The luau fruit table is well attended.**



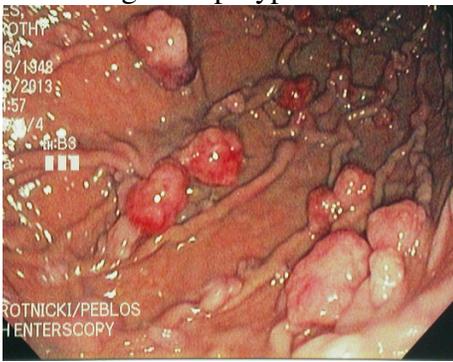
**The USTMAA in the Midwest annual picnic meeting is diminutive because most of the Thomasians are doing their national luau reunion convention in Honolulu.**

# CLINICAL IMAGES

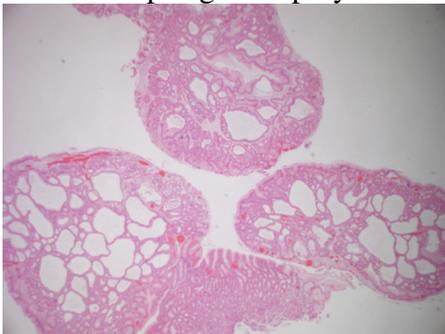
## ANTIIPHOSPHOLIPID SYNDROME CAUSING GASTRIC POLYPOSIS?



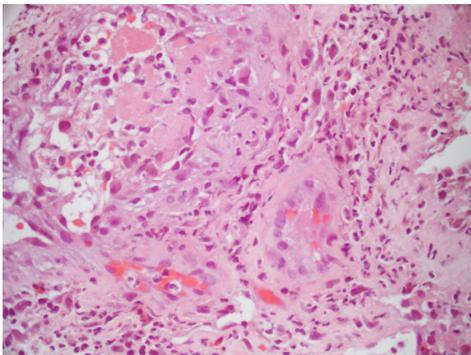
**Figure 1** – Endoscopy of at least 50 cardiac and fundic gastric polyps



**Figure 2** – A focused look at the corpus gastric polyps



**Figure 3** – Multiple fundic gland-type gastric polyps, HE stain x100



**Figure 4** – Thrombotic lesions at the polyp base, HE stain x400

**These images** are from a 42-year-old woman with chronic antiphospholipid syndrome for six years. She was maintained with Coumadin, with on and off hematemesis and melena.

Endoscopy visualized numerous 1 to 1.5-cm gastric polyps in the cardia, fundus and body. Some lesions were oozing blood from the polypoid surface and base (**Figures 1** and **2**).

Microscopically, the polyps are altogether benign fundic gland-type gastric polyps (**Figure 3**).

Occasionally, the polypoid base and uninvolved gastric mucosa display vascular microthrombosis of varying developments, consistent with antiphospholipid syndrome (**Figure 4**).

Nonerosive antral gastritis was negative for *Helicobacter pylori*. The duodenum and jejunum were within normal.

There was no evidence of polyps or ulcers in the large intestine. No follow-up is available.

### **COMMENTS** and **LITERATURE REVIEW.**

Imagine writing something about a topic that is first of its kind? Rejection from editors of American journals, then the British, and later the Australian must be the norm. Finally, a local journal, **Nihon Shokakibyō Gakkai Zasshi** accepted the manuscript and published it recently as 2013;110:1022-1029.

Actually, the journal is not bad at all because it is listed in the Index Medicus, tabulated in

Pubmed, and compiled by Google.

The publication unfortunately is in Japanese print and only the abstract is available in English.

The abstract is quoted herein, as follows:

*We report a case of juvenile gastric polyposis admitted with a chief complaint of fatigue. Six years earlier, antiphospholipid syndrome was diagnosed and treated with aspirin. Two years earlier, gastric polyps were endoscopically observed, the number and size of which subsequently increased.*

*Juvenile gastric polyposis was diagnosed on the basis of the pathological features of the biopsy specimens. Bleeding was repeatedly identified from the polyposis. Total gastrectomy was performed because of worsening anemia and hypoalbuminemia.*

Both gastric polyposis and antiphospholipid syndrome are rare; their association is doubly rare. Our patient may be the only second instance to be published.

**What is antiphospholipid syndrome?** Antiphospholipid syndrome (APS) encompasses a set of conditions that may be highlighted by vascular thrombosis and/ or, in female patients, recurrent miscarriages. It may manifest half of the time as a skin disease in the form of livedo reticularis and/ or chronic leg ulcers.

Early recognition of the cutaneous lesions may enable health providers to forestall a primary thrombotic event or

miscarriage.

APS is usually associated with persistent antiphospholipid antibody, either lupus anticoagulant or anti-cardiolipin antibody.

It is a difficult diagnosis because of the protean manifestation and limited abnormal laboratory findings.

Arterial or venous thrombosis most commonly affects the cerebral vessels along with visceral, coronary, retinal and peripheral arteries/veins and leg deep veins, the latter involvement being most common. Thrombocytopenia is occasionally present.

While primary APS presents with deep vein thrombosis, thrombotic stroke, abacterial endocarditis with embolism, and recurrent miscarriages, secondary APS usually occurs with connective tissue diseases (systemic lupus erythematosus, rheumatoid arthritis, systemic sclerosis, Takayasu arteritis and Sjogren syndrome), and infections (HIV, varicella, hepatitis-C virus, syphilis, malaria, etc.).

The major differential diagnosis of APS is livedo reticularis and cholesterol embolism syndrome.

**How about gastric polyposis?** It refers to a medical syndrome where the fundus of the stomach develops many polyps. The fundic gastric polyps (FGPs) must number more than 10.

Most patients with FGPs do not have any symptoms, and the diagnosis is made on gastroscopy done for other reasons.

Retrospective analysis of patients with sporadic FGPs

shows a fair percentage do have symptoms. But this is more likely to be related to the underlying disease responsible for the polyposis.

These symptoms include epigastric pain, nausea, vomiting, and weight loss

FGPs are found in 0.8 to 1.9% of patients who undergo esophagogastro-duodenoscopy, and are more common in middle aged women.

The most important consideration in evaluating FGP patients is determining whether there is an underlying congenital cause for the condition, or whether the condition was acquired.

The condition has been described both in patients with familial adenomatous polyposis and attenuated variant of familial adenomatous polyposis, and in patients in whom it occurs sporadically.

The acquired causes for FGPs are:

1 - chronic use of proton pump inhibitors,

2 - Zollinger-Ellison syndrome,

3 - *Helicobacter pylori* infection, and

4 - now possibly antiphospholipid syndrome.

There is also a risk of development of cancer with FGPs, but it varies based on the underlying cause of the polyposis. The risk is highest with congenital polyposis syndromes, and is lowest in acquired causes.

As a result, it is recommended that patients with FGPs to have a colonoscopy to evaluate the colon. If there are polyps seen on colonoscopy, genetic testing and testing of family members is recommended.

In familial adenomatous polyposis, the abnormality is a mutation in the APC gene, resulting in its inactivity.

In attenuated variant, the changes can occur from other mutations in the APC gene, causing a phenotype wherein colonic polyps may be few in number.

Both the  $\beta$ -catenin gene and the APC gene are involved in the same cell growth signalling pathway, but the APC gene is known to have a significantly higher association with the development of colorectal tumors.

The pathogenesis of FGPs in antiphospholipid syndrome is probably similar to that of *H. pylori* infection, through a series of tissue/ cellular changes brought about by chronic inflammation.

However, more research proof of or disproving the contention of this clinical essay is needed.

**FINAL DIAGNOSIS:**  
Antiphospholipid Syndrome  
Predisposing to Gastric polyposis.

A list of **REFERENCES** is available upon request.

by **Cesar V Reyes MD<sup>68</sup>**

## COMMENTS

Editorials, news releases, letters to the editor, column proposal and manuscripts are invited. Email submission, including figures or pictures, is preferred.

**FEUMAANI News**

Deadline for the August 2013 issue

**August 9, 2013**

Please address submissions to

**[acvrear@aol.com](mailto:acvrear@aol.com)**

CLASS<sup>63</sup> REUNION

*continued from page 2*

ing the classmates to come to the Philippines, promising that this reunion would be different from what they experienced in the past.

According to him, it would be organized, and we would not be

disappointed.

From my standpoint and all that attended, he certainly delivered and more!

As a spouse, watching all the classmates embracing each other and telling stories, it was if they were all young medical students again. I could picture them as students at FEU.

The personal celebrations arranged for the Class<sup>63</sup> were ongoing; there was no stopping the festivities. We so enjoyed our time at Charing's resorts; she and her family went all out for us, making sure that we were well entertained.

Can you imagine being treated to manicures, pedicures, and massages, not to mention the wonderful food, music, dancing, games provided, swimming and tennis.

Two of our children, John and Stacey, wanted to come and experience their father's 50 years as a doctor. An accomplishment that is indeed worth celebrating. We were so grateful that the Class<sup>63</sup> allowed them to participate in all the activities.

There was so much going on that my kids said to me, *Mom, it is hard to keep up with these seniors!* We all got to

know each other so well, and it was like we were one big family. The classmates took my kids under their wings.

One of the big highlights for my kids and I was going to their father's medical school. It just so happened that when we were there, the university was celebrating its 75<sup>th</sup> anniversary.

We came on a perfect day, and we had a tour guide showing us around. We were able to get a picture at the bookstore of Fernando, wearing an FEU jacket, and his son, John, wearing the same jacket, standing side-by-side. It was a touching moment.

After going around the university, listening to all the stories of the classmates, I left FEU feeling rather jealous, wishing that I had been a student with this Class<sup>63</sup>. This is a group like no other, and I love each and every one of them.

The celebration ball was amazing. Seeing the class being introduced, being warmly greeted and cheered by their juniors, was very emotional for my kids and I.

Watching them sing *Aude Lang Syne* together was a tear-jerker for me, and I felt so much pride as each celebrant was called up on stage to receive his/ her medallion.

I must add at this time that I have been to several FEU alumni reunions, and I have seen the previous golden anniversary celebrants, and the Class<sup>63</sup> is the healthiest group that I have ever seen.

After the celebration, there were a group of us that continued on to Palawan where we were involved in a medical mission, organized by Dr

Pete Lagrosa. It was a wonderful experience for my kids and I.

For those of us who went, we bonded even more, working as a team. My kids and I worked in the pharmacy area with Ruth, Daisy, Paul, Babi, and Rica.

The community prepared food for us, and we were never without food or drinks. Pete's nephew, Father Jing, hosted the mission in his church. Student nurses were provided to interview the patient, taking the patients' vitals, and writing them down for the physicians. They presented the information to the doctors, neatly written down and very well organized; I was so impressed with them.

Of course, the doctors examined the patients, wrote their diagnosis, and the medications to be given; however, I will not comment on their handwriting!

After the mission was completed, we finished the day by taking pictures with the nurses, volunteers, and physicians. Some of the people in the town wanted to join in by having their picture taken with us.

My kids and I loved the experience of the mission, and we certainly want to be involved in another one. It was an eye-opener for us, and we returned home much more appreciative of what we have.

The following morning, the last day for many of us, we took the tour to the Underground River. It was a beautiful day, and we had a wonderful time. Before returning to our hotel that evening, our tour



NANCY ANGELES

guide took us to do some shopping.

The next day, we left for our various destinations, and it was hard separating after being together for more than a week.

Heading home, we could not stop talking about our experiences. For my kids and I, as well as Fernando, we returned with a lifetime of memories, which will never be forgotten.

We are so looking forward to the July celebration in Chicago, as I really miss my buddies. If you missed out on the Philippines, you do not want to miss this. I would also encourage you to bring your family, if possible, for it will be an experience they will always treasure.

## CLASS<sup>63</sup>

### *The Roots of it all*

*continued from page 1*

Charles Darwin. For a moment,

let us meditate for those who would not able to join us that July day for reasons known and unknown. To those who would be present, rest assured they will

have many beautiful memories..

As optimistic but pragmatic the renewal of the vitalities of our camaraderie and bonding have become stronger.

Some had fallen; and few are *born again* (not in religious sense) for the *absolute truth* that we have to accept the third

stage of our fragile, precious and beautiful life because we are all going to the unknown horizon of the celestial body without an end.

Every individual in this globe had their own perceptive ideas, faith, and belief in logical or illogical sense. Since our temporal life are getting shorter by the number as the calendar years keep changing, hence by accepting the unacceptable with unconditional love to our Lord Jesus Christ we are going to have more peace.

We all have to share and extend full respect to some whatever their faith and belief because they are no doubts in my mind, that we will attain peace and love in between and somewhere in the celestial bodies. We all have enjoyed, and must enjoy, with a smile every day of our precious life, because sunrise marks God's message of peace, compassion, love and hope while the sunset stands for His grace.

May we always have the best in between these two beautiful moments!

We the living so as those that went to the last stage of their life continue to plant and spread the seeds of education, love, kindness, and humility with charity to our next generation, and more generations to come.

We as the seeds that must always remember our **roots** with that kind heart of humility that we are still Pilipinos. Those seeds that we had planted in this greatest country have assimilated completely including most of us more so as the second and third generation, etc.

At times, it hurts our heart with our custom and traditions to dissipate that the generations following us do not even know our beautiful history, or their **roots** to be proud of.

I have resigned to that ideas of historical facts by accepting the things that are unacceptable but not giving up (look at Senator Marco Rubio who is bilingual and proud of his roots and other that were elected, whose parents were immigrant, and now public servants).

The seeds that we had planted have spread; and who knows before the end of this century a Pilipino rootlet may be occupying the White House.

We, the Pilipino people, are like a bamboo tree that sways with the strongest wind, but when the winds calm down we are stand erect or just very slightly leaning.

Let us have that legacy and pass it on to our beloved children and grand siblings.

Majority of us presumably were raised by our benevolent parents as Catholic for ours is the only nation in Asia that was colonized by the Spaniards who came with the sign of the Cross, and as such the only Christian nation in southeast Asia.

As time went by fast and furious, some were converted to other religious organization, and some called themselves *born again*, that is another cult, and a misnomer.

All of us if we try our best to help our fellowmen with peace, kindness, humility and love, but it does not matter anymore.

In end of the horizon of our life is the **absolute truth**! This happenstance occur one at a time, like the autumn leaves,



JMT  
ANTONIO MD

and if not --- by global catastrophic events either by a huge asteroid or a man-made weapon of mass destruction, atomic/ hydrogen or plutonic wars that would wipe us all out like the living things in Jurassic Park.

All of us then will be going to the never ending third stage of our life, which is the absolute human destiny.

For our Class<sup>63</sup> we have all different, incredible, fascinating, and beautiful stories in our past, paths and by-ways in seemingly never ending travel but reaching our destinies in this land of the free and opportunities.

In retrospect we the Class<sup>63</sup> had experienced the winding roads, the fast lanes of the highways, exits and detours along the by ways. To quote Benjamin Franklin: *Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight*, for we had been selected with beautiful destiny of the diversities of our profession with or without sub-specialties.

We worked like a horse trying our best to climb the uphill battle.

We never look back, with one step backward but two steps forward.

We keep going forward engaging and fighting by working harder to get out of those potholes and wrong detours and exits that we all have taken in awe.

Our tenacity, persistence, perseverance, and hope while we have asked His guidance to shine bright light upon the darkness that we were confronted with during our

training, and starting our own career works.

The uphill battles were never won by retreating but going forward, and never giving up. His Holy Spirit lighted our path shining upon all of us and guided us to the right path as we bravely climbed up the mountain top, inch by inches.

It was never easy but with tenacity, hard work and perseverance we were able to reach the mountain top with sweats, blood and tears.

Along the way we started to notice the beautiful roses but with thorns. We all learned unforgettable memories, and by continuing to learn as much as we could with undying passion for our profession.

Our battle begun with great training and sleepless nights. The rewards we had obtained might not have happened (some did and were successful in their own way) if we stayed in our Motherland during that time period. Rewarding, and attaining our beautiful dreams as a dreamer but not master for with destiny to compete toe to toes, if not side by side, mostly some of us were ahead with the great race as they called it – Caucasian.

Our Pilipino heritage of fighting spirits never wavered to reach the mountain tops, not forgetting frostbites, besides the human obstacles to be assimilated, and become a proud American.

Our generation is proud to be as American, but I am also prouder of my Motherland because of my **roots**.

Without our demised parents encouraging all of us to obtain the highest education we would not be where we are now.

How sweet for all of us to see beautiful flowers of nature along the way unwavering to win. We cannot accept to be defeated. I always remembered that they are more beautiful despite they were also as deadly with multiple thorns along the way.

We all reached the purity of fresh air that we were able to breathe in at the mountain top. We are all thankful for this great country in giving us the opportunities with their shortage of physicians. And we did not let them down; instead we lifted them up with a smile.

These were the unforgettable experienced of our destiny, but without our **roots** that sacrificed giving us tools to attain the greatest profession, and their wisdom, and guidance with discipline that were imparted to us by our professors in the medical school (two of our professors that had influenced me most were Dr JB Nolasco and Dr Elpidio Gamboa that I am very honored), and happy to have those individuals, but I knew all of us had their own that molded all of us in different ways, and pursue your our profession with passion and love.

Hence, we had accomplished with finesse in different ways. If not for our parents and our professors our beautiful destiny that we had attained may be blurry.

We have different tools how to climb up and got out of those potholes and up the mountain top. Never surrender or quit beside nobody will help us here.

What we were now the appreciation of uncontested beautiful panoramic beauty of

our destiny. It was not handed to us free. We all worked as hard as humanly possible we could....that is the reason why, when we were young, energetic, and believed that we know everything...we found out we did not know that much instead.

Without hesitation we worked as hard as anybody that no obstacles would be insurmountable to conquer...for we did it with honor, honesty, integrity, more left brain with balance protons and electrons, and not mistake in our electrical synapses and switches.

We cannot conquer them all, but at least we have tried.. We did in awe!

Congratulations my dear Golden Celebrants, and keep that thumbs up for we all reached that mountain top!

I am proud with my classmates with exceptional cooperative spirits to make this Golden Jubilee a success, all for one and one for all.

I presumed that we all reached the mountain tops using different paths, few are still in our Motherland, some are in middle and bottom of that mountain....as RW Emerson said: *Do not go where the path may lead; go instead where there is no path and leave a trail.*

I taught then and now that our switches were giving us brighter light in our journey.

Now, as we had reached the golden age of wisdom that most of us have developed with healthy opposing ideas in many subjects...that is very stimulating for it keeps our electrical protons, electrons, and

neutrons actively working with the switches on, and because we are all human and as such we are all different in all aspects because of our personal individualities.

From the time we were born and growing up we all have different homes and environments to shape us up to the present.

Few have learned from reading and listening to television news (for they have their own favorite channels especially soaps, negative campaign issues, etc.)...results they got misinformed with their perceptive ideas or they became fanatically blind to the right or left.

If we keep reading and listening to both sides (right or left) then your cognitive brain cells would be able to assess who you are to vote for president, and members of the Congress; then you become more smarter since you are well-informed.

Avoid becoming fanatic to one side because we may develop Alzheimer's besides harvesting hatred instead of love and respect for the sanctity of the people's choice; hence, we have more peace and cooperative spirits between branches of government. Why? There are always light at the end of the tunnel; and use that light to widen your knowledge with logic to make a better decision.

The finality of our beautiful journey could be summed up by the wisdom of Teddy Roosevelt, *It is hard to fail, but it is worse never to have tried to succeed.*

Lastly, as he received the Nobel Peace Prize 1910 in Norway he said: *It is not the critic who counts, not the man who points out how the strong man stumbles, or where the door of deeds could have done better. The credit belongs to the man in the area, whose face is marred by dust, and sweat, and blood; who strives valiantly...who knows the great enthusiasm, the great devotions; who spends himself in a worthy cause; who at best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that, his place shall never be with those cold and timid souls who have....known neither victory or defeat.*

## DOH Facilitates

*continued from page 2*

echocardiogram, pediatric echocardiogram, and vascular ultrasound (purchased at \$120,000) and complete Spirometry. Hundreds of hospital equipments are in the list, eg: 16 hospital beds, two operating room tables, Ob-Gyn operating tables, several gurney, anesthesia machine, electrocautery instruments, gurneys and hundreds more of basic needs of a small district hospital.

It will be delivered to Justice Calixto O Zaldivar Memorial Hospital (JCOZMH), a 25-bed



CESAR D  
CANDARI MD

District Hospital of Pandan, Antique, Philippines. This writer is the founder and chairman of the Pandan Antique Foundation Inc. One of the Foundation's projects is to help the District Hospital in the Philippines Adopt-A-Hospital project. This is the vanguard humanitarian endeavor of the Pandan Antique Foundation, Inc.

In my article, *Adopt a Hospital in Antique revisited* (**ECTOPIC MURMURS** May 2013.), I wrote: The Philippine Department of Health (DOH) Administrative Order #2012-0030 of December 2012, Guidelines on Foreign Surgical and Medical Mission Program in Support of Universal Health Care/ *Kalusugan Pangkalahatan*, clarifies the conduct of Foreign Surgical and Medical Missions (FSMMs) as a major component in the success of the current DOH thrust of Universal Health Care (*Kalusugan Pangkalahatan*). Adopt- A-Hospital is in this program.

It took two years of hard work and now with the DOH in collaboration with the Governor of Antique I can say, finally *it came to pass*. It was patience, persistence and diligence, stood fast to the end! A lesson: *Never, never, never give up.* -Winston Churchill.

The feeling is so great for another struggle yet won. A lawyer Ben Candari Jr, of Bacolod City, an officer of Pandan Antique Foundation stated in his congratulatory message: *Our town is fortunate to have been gifted with people who can share their talents, time, and efforts so that we can reach out for others, especially*

*poor people. One of those is my cousin Dr. Cesar Candari ... he understood the crying needs of our local hospital at Pandan, and fortunately he has networks in his profession that brought him closer to Secretary Enrique Ona, Secretary, Department of Health to assist in the successful delivery of the medical supplies in our town given the difficulty on how to hurdle the restrictions imposed by our Bureau of Customs for donated items. Thanks Lord, everything is now over, our challenge has been conquered.*

**Fulfillment.** The right word I like to use for the experience of having successfully accomplished an objective that a person has taken a special interest and commitment into is 'fulfillment'. It is the internal gratification one feels without need for applause or accolades, that makes one feel a greater person for setting up a target usually of noble intent and without any taint of malice whatsoever, in favor of others.

But it may also be for one's own personal lifetime objectives that are but normal for an individual. Achieving these targets we set ourselves into builds up our esteem and confidence, and soothes our conscience as well for having done a good deed. The material rewards and praises are mere incidental icings to the prize which is far greater than what may be evident and understood by the public at large. Nonetheless, this is a great moment.

We are conditioned to think that our lives revolve around great moments. But great moments often catch us unaware-beautifully wrapped in

what others may consider a small one. Each journey in life will never be the same. To others it's contentment; to some it's fame. Demureness is what is I/ me.

My goals and aspirations showed no limits in my dedication, kindness, sympathy, charity, and genuine love for the poor people in our town.

My mission was to collaborate with individuals and organizations to improve our community and to help those we were serving.

Generally speaking, there are many members in the entire universe that make a difference in the lives of thousands of people every day. As I have been saying, we are from a small town. We all know each other very well.

We become a model for Antique by organizing the three organizations from a group of visionaries and dreamers. Simply stated, we have but one purpose - to help our *kababayan* back home. Knowing that there is a community of concerned *Pandanans* and friends and people with hearts warm towards sharing blessings to as far as halfway around the world is very touching and moving and I hope this demonstrates and spreads the fervor among all *kababayans* who in whatever way may contribute in a similar or any other manner regardless of the magnitude and amount of help he/she can be capable of. Praises and thanks to the Almighty for blessing us with these breed of good Samaritans!

With this inspiration and support Pandan has all the reasons to succeed and break out of obscurity and stand out to

the world as a model of humanitarianism and social commitment.

This does not end here. Reverend Thomas Stoeckel, executive director of MMI has promised to continue helping us in the years ahead.

I hope and pray that the barriers to donating medical equipments and supplies to those in need in the provincial and districts hospitals in the Philippines must not encounter bureaucratic barriers resulting to delays and huge frustrations to many Filipino Americans who wanted to help.

These wonderful expats willingly give their talent, time and treasure to provide a chance to our poor kababayans a full and productive life who suffer without good medical care and whose families live without hope.

Secretary Ona may give us that hope. A change for a simpler and easier way to facilitate humanitarian donations to out country must be seriously addressed. Yesterday, I emailed him an update regarding this project and he promptly replied: *Thanks Cesar, for your continuing assistance to our country's health needs. Mabuhay! Sec Ike.*

## FAITH CORNER

*continued from page 2*

unclean by being in contact with a dying man or a corpse and therefore would not be able to do their sacred duties in the Temple.

It is then emphasized that Samaritans were considered by the Jews to be outcasts because they worshipped God in the wrong way and in the wrong places. The point is clearly made that it was the outcast who rendered help rather than two others who considered themselves servants of God.

The question then would be which of these characters are you in the story, taking into account that the question that brought this up was a lawyer asking Jesus who is my neighbor? It would be interesting to look at another character to see how identifying with him might help us better understand what Jesus intends for us to discover in the story. Let us therefore look at the victim – the one who was robbed, beaten, stripped and left for dead.

Most of us might find it difficult to identify with the victim as we feel blessed and fortunate and even lucky to ever imagine ourselves in the same situation. I am certain however that we have heard of people ignoring the victim of an assault or an accident as if they had better things to do, or just not wanting to get involved in a legal tangle later on. I am certain that we have witnessed a road accident and people are just driving by or maybe stopping out of curiosity.

Many will dial 911 and report the incident then drive on, feeling that they have done their good deed for the day. However, we might find ourselves in unfortunate circumstances and we could be in situations where we are as helpless as the victim in the

parable. How would we feel then? I guarantee you that we will look for compassion, we will look for help, we will welcome help even from outsiders.

While identifying with the victim, what could run through our minds?

Was the beaten man deserving of help from anyone?

What did he do to deserve the help of an outsider, an undesirable neighbor who is taking a serious risk, sacrificing his time and money to render aid?

What could the Samaritan possibly gain from this act of mercy?

Maybe nothing.

Maybe the victim did not deserve the unsolicited aid.

Maybe he was responsible for his own misfortune.

How many times have we blamed victims of assaults and accidents for being at the wrong place at the wrong time or doing the wrong thing?

Instead of words of encouragement, we hear people saying, *He deserved what he got. He shouldn't have been there in the first place.*

Maybe the victim was indeed foolish for traveling alone on a dangerous road.

The point of the story is that all such thoughts did not matter to the Samaritan. The Samaritan did not ask himself, *What will happen to me if I stop and help?*

Instead, he asked himself, *What will happen to this man if I do not help?* In this day and age, involvement in such matters could end up being called as a witness in court.

If the victim dies in our care, a full-blown police



REV MELVIN  
ANTONIO MD

investigation could ensue. Involvement may even lead to lawsuits for unintentional injuries while rendering aid. Good Samaritan laws do not really protect anyone from frivolous lawsuits.

The point that Jesus is trying to make is that the Samaritan helped the victim unconditionally. The Samaritan showed mercy as God shows mercy to all his children. Do we ever deserve the love and forgiveness that God gives us?

To the Lord, it really does not matter. In answering the lawyer's question about neighbor, Jesus illustrates God's mercy, God's love poured out upon us unconditionally. This powerful and rich parable reminds us of the essentials of our faith. It is the foundation of our Christian ethical and moral values, that we love each other as Jesus loves us – without pre-conditions.

Seeing ourselves from the perspective of the victim can help us move from simply believing into acting out our faith. The parable forces us to see those who are otherwise marginalized by our communities. It forces us to open our arms to all of God's children rather than thinking of how many doors we can close to those whom we consider as outcasts.

If we were to reinterpret the understanding of neighbor in our own time, we would think of those who might be least expected to be considered our neighbor. Who are they? Who are those we push to the margins of society, ignored, made invisible by the color of their skin, their strange dress

code, the way they speak, the way they worship?

In this parable, Jesus changes the definition of neighbor from one who receives to one who bestows kindness. The Gospel text says that the Samaritan was moved by pity. The Greek word in the original text is *eusplanknisomai*, which means to be moved by compassion. Pity is not as compelling as compassion wherein some form of action is expected.

The challenge for all of us is to be moved by compassion in new and meaningful ways that move us beyond ourselves, to move us from simple charity to justice.

This is meant to take us from being just a bystander to an active participant in dealing with the root cause of neglect, abuse and injustice.

## A Golden Affair to Remember

*continued from page 1*

souvenir program (anniversary book) was unanimous.



EUGENE S  
SIRUNO MD

The ball started to roll and *Balik-FEU* reunion was agreed upon at the LA Live reunion last July 2012, we had a

meeting (Renato, Arturo, Rolly Solis, Nita Blanco, Do Angeles, Celia and Nestor Sagullo, Grace Rabadam, Tony Cabreira, Rolly del Rosario, Carlos de Lara, Ernie Eusebio, Pete Lagrosa, Rudy Barera and Gene Siruno).

*Balik-FEU* was very much talked about aside from the anniversary book. Each and everyone were given responsibilities and we said to ourselves, we are going to work hard to make this a go! Imagine how lucky that many of us are still around to witness this upcoming reunion, 50<sup>th</sup> (Golden Jubilee ) for Class<sup>63</sup> FEU-NRMF Institute of Medicine in the Philippines.

**Class Buddies:** Charito Manuel Santos, Ethel Passion Nieto, A Basa, Bobby Ruperto, Tom Carvajal, Dom Marcelino, Simeon Ortiz, Yanky Abalos and others had a meeting in Marikina.

Charing and hubby Tony Santos were willing and accepted to host the reunion in their resorts in Marikina and Antipolo for two days with no strings attach, just their big hearts and open arms, just come, they said. This is where the bonding and reminiscing will start.

I have to salute Arturo for his leadership, his desire, and his ability blessed with that untiring and irrepressible spirit and dynamic energy and transmitting that energy to others to join the plan – *Balik-FEU* Class<sup>63</sup> reunion. He called from Cleveland, from Australia, from the Philippines, from Las Vegas, from the golf courses and anywhere he was (Rica, thank you ) trying to convince everyone to join.

He had some big disappointments but just kept contacting everyone in his lists.

What came about is an *unforgettable reunion, a reunion beyond compare.*

Cheers to Class<sup>63</sup>, You are the **best!**

**The Hosts.** Ethelene and Charing, you ladies did a tremendous job! Thank you. You went out of your way and it was out of this world. Members of Class<sup>63</sup> and their better halves, their children express our heartfelt gratitude for the joy, the love, and the friendships that came about because of the very kind heart of Charing and Tony Santos and their families.

In several minutes talking with the couple with some other guests in one of the rest areas at the Bundock Resort, I came to learn that these generous Santoses are two (2) years short of their golden wedding anniversary. They are blessed with six children and 29 grandchildren including great grandchildren.

Charing's patron saint has always been the Lady (Princess) of Manaoag. These two are indeed so especial, they care a lot of others with so much warmth and kindness which made such a wonderful difference. The hospitality was so warm, wonderful and genuine.

We thank you for sharing your treasures and places and thank you for being so thoughtful. May your kindness return to you in the same beautiful way you offered us. It meant so much. Thank you very much again and again.

*Maraming Salamat!*

**Who made it to the Reunion:** These are the actors and participants of the - *fun and time of endless story.*

From the USA:  
Osias Almiron (MO), F Angeles (TX), Meg Arcedo (FL), A

Basa (OH), Rudy Barera (FL), N Blanco (FL), Gerry Brual (AZ), Fely de la Cruz Bugarin (SC), Tony Cabreira (FL), Carlos de Lara (WV), Rolly del Rosario (MD), Johnny Eufemio (NY), Ernie Eusebio (IL), Yoly Ganchorre (FL), Tony Garcia (NY), Ofie Loot Gayoso (MD), Florello Itchon (MI), Armando Jaojoco (FL), Ed Kamatoy (NJ), Pete Lagrosa (CA), Norberto Martinez (NJ), Simeon Ortiz (WI), Jim and Myrna Punsalan (MD), G Rabadam (NY); R Ramos (MI), Isabel Cordova Rellosa (NJ), Bobby Ruperto (CA), Celia and Nestor Sagullo (NJ) Gene Siruno (MN), Cesar Solarte (MI), R Solis (TX), Lutgarda Tolentino (OH), Jojo Villanueva (NJ), and Fred Villao (CA).

From the local Philippines:  
Arsenio Yanky Abalos, Ester Angulo Alcaraz, Mauro Arengaren, Rosalina Arengaren, Ted Bautista, Tom Carvajal, Alma Portadis Escultura, Hector Fuerte, Ruben Lelis, Emil Lejano, Dominador Marcelino, Ethelen Passion Nieto, and C Manuel Santos.

**The Reunion Beyond Compare and Truly Without Compare:** January 21, 2013: Very early in the morning after the buffet breakfast, the lobby at the Crowne Plaza was so noisy (sounds like Pilipinos). Indeed, this was the first encounter of almost all the foreigners (US group) waiting for the bus to pick us up. You could hear, *Sinokangaba? Sinonangasiya? Oy, hind kanagbabago! Wow, anggandamoparin, sexing sexy ka!*

There were laughters, shrieks, handshakes, shoulder pats and pointing fingers and

big smiles. There were high fives, low fives, embrace and *besobeso* and you can hear, *Inday, malandikaparin!*

You can really feel the magic in the air.

Can you imagine these people have not seen each other (most of them) for years and some since graduation – that is half a century!

Here they are joined with the purpose of the 50<sup>th</sup> reunion; the emotional make-up and landscape was so positive and we were really feeling alive! The joy we felt and shared that morning was multiplied. That's how the timeless stories started. We thought the ride was that long but actually it was not. It was just the regular traffic in Metro Manila. We were just in a hurry to arrive a Charing's place (Bundock Estate Resort in Antipolo).

The frolics continued after the sumptuous food spreads with fresh oyster (watch out) and all sort of yummys and deserts.

We started introducing ourselves alphabetically. Stories were told and laughters were in abundance. Almost everyone was so open telling things. No more inhibitions (*hindinamahiya*in).

Some surprises were welcomed. This was not the confession pavilion but we heard their *secret love*. *I always had a crush on you but you were so popular and smarter than me (just a simple student) and you never paid attention or even look at me. But I have always loved you all these years and even up to now, please give me that chance.*

One said *I had a crush on him but he was such rude and crude.*

Another one told her story, *I was always following him up to the library, sitting across him but he never acknowledge me.*

Lady, you did not show him the sign or gave him any signal nor open the window to catch his attention. Well, after fifty years what is new. After those stories the karaoke was on hand. Good voices but no idol.

**Hospitality Two.** January 22:

We are now at Charing and Tony Santos' Marikina Compound – the Fil- Asia Estate. The morning started with a mass. The priest was so young looking that he could have been our age groups' son or grandson. He gave a beautiful homily and blessed us all for a happy and successful journey and pray for more years of good life, love and laughter.

The compound has everything you want or need. You want to play tennis, basketball, soccer or go for a swim, it is here. The pavilion is so open and refreshing and all the activities is on the go.

More libation and that San Miguel lite was the favorite liquid for the guys which went well with that crunchy *cicharon*. Almost everyone was busy with chess matches going and few tables of *majhong* were occupied.

Some were dancing and the karaoke was in tune with no inhibitions. Five comfortable lounge chairs were full of clients (classmates and better halves) and some are in line for their turn to have the manicure, pedicure and massages. This is

what you call a never stopping frolic and fun the whole day.

Some who were tired just sat down comfortably in one corner and took a nap. We were treated with melodious and beautiful voices (singing) of Rolly and John Nieto (runner up of the Philippines idol) and of course, Ethelene was all smile with pride.

The celebrity masked up photo session was fun. Then came the the evening treat – *the crème de la crème of the reception.*

The magnanimous hospitality of Tony and Charing Santos and family was in full display with class. The dinner for us was set up so elegantly and quite formal with the gold trimmings and linen sheet covers of the tables and chairs with the beautiful fresh flowers centerpieces, with formal plates, glasses for wine and water, of course under a well lighted tent.

Foods galore and quite tasty and delicious, again lots of libation and the spirits were superb red and white wines and of course the San Miguel Lite. An almost two feet of cake well decorated with the **Class**<sup>63</sup> – **50th** – in gold trimmings, topped it all.

This is the best of the **best reunion**, ever!

Thank you Charing and Tony Santos. I call this reunion a *supercalifragilistic-expialidocious*.

**January 23:** Two buses of Golden Jubilarians with their significant others brought us to Fairview FEU medical school and hospital. Dean Remedios Habacon welcomed us at her beautiful office and at her lovely garden where the cameras kept on clicking.

We were divided into groups and toured the hospital. It is clean, expansive and impressive. There are some areas that are in the process of extensive renovations, additions and expansions. Our guides are junior consultants or attendings of the different departments. They were all knowledgeable and very enthusiastic in telling us the different departments' activities and programs as we went up and down in the elevators and stairs.

It was quite impressive (why not like that when we were the students). We saw medical students and student nurses in groups and so young looking. Some testosterone lacking jubilarians were having a good time teasing some young female students as they were having photosession with them. The lunch at *Alex*, courtesy of Dean Habacon, which is not too far from the hospital, was very good. The crispy *pata*, crispy chicken, *kare-kare* and the soup of quail eggs were quite delicious. Poor Ofie Gayoso was so weak and sickly that she just looked at the foods and barely ate anything. She spent more time in the *john* as she was suffering from significant rapid transit. She has to take a cab home with Jojo Villanueva so that both of them, missed the visit to Morayta.

**Welcome to the Memory Lane:** Mr Marvin Lopez, tourism director of FEU, welcomed us and led us enthusiastically in the tour starting at the Administration Building. From the veranda in the 2<sup>nd</sup> floor, we were able to watch from a distance the *Cheer Leading Competituion* of the different institute or

branches of FEU like Silang, Cavite branch. The inside of the FEU quadrangle was so clean and beautiful. That old science building really brought back memories and it was too bad that we didn't go up to the 2nd floor lobby. This was the area where we used to hang out in between classes and where we use to lit up our *UC* (Salem). This was where Dr H Ylagan would shout with his thunderous voice and drove us in to the classroom or hear the bad effect of smoking from Dr. L Gamboa. This was also the birthplace of where the term *Rude and Crude* got started.

Some good looking students of the opposite sex were eyeing on this seemingly distinguished tall guy, maybe they have a crush on him. But they got totally disgusted once they heard some loud voice with burst of jokingly controlled expletives in the hallway. What they didn't know was that he was afflicted with ADHD.

We visited the beautiful chapel. This gave us some solemnity in our memory. Some stopped to meditate for few minutes. It reminded me of the tragic incident at a picnic of the officers of the different classes of the Institute of Medicine at *Taal Lake*. There were several members of the FEUIM class officers (1<sup>st</sup> – 4<sup>th</sup>) who drowned. We were sophomores then and one of our classmates, the late **Orlando Tiangco** was one of the deceased. I believe

Ofie Loot was one of the lucky ones. Sometimes, oversleeping has good benefits. I was supposed to be in the picnic too but I missed the bus. I found out later that Grace Buddy Rabadam missed the bus

also. From there we passed by and thru Luneta, Intramuros and rode along Roxas Boulevard on our way for dinner at the Passion Mall. We had an hour to wait and went window shopping and some tried their luck in the casino. The dinner this time was courtesy of Class<sup>63</sup>.

Before we departed we forgot to remind everyone about the following day schedule. A bus from FEU came to pick us up at 7:00 am. The majority did not make it because of oversleeping but mainly because there were many suffering from respiratory and gastrointestinal ailments. Thus we missed the mass for the Jubilarians at West Fairview FEU Chapel.

There was one classmate who has to be admitted to the hospital for extreme dehydration. She got better and made it to the golden night.

**January 26, 2013, The Golden Moments:** The grand ballroom, Crowne Plaza Galleria, Manila was the venue for the **Golden Jubilarian Night, Class<sup>63</sup> with the Silver Jubilarians Class<sup>87</sup>**. The *Balik-FEU* reunion was indeed a good and grand opportunity to get together. This is a **once in a lifetime**. To express my feelings and all who made it, (local and US), are all in the superlatives.

Interestingly, the organizing hosts for the evening were in awe and totally surprised with Class<sup>63</sup> numbers attending. In spite of our previous registrations and reservations, we were only assigned to three tables for the evening. Wow! They heard the ire of the class and Mr Rude and Crude made it

known of our displeasure and he spoke up. They listened and apologized. We were all seated but not totally together as planned.

Imagine, there were 90 of us including our better halves. The ladies in black with golden sash were just beautiful, whereas, the gents in their black pants and off white or white barongs with golden ribbons as their kerchief were so gallantly charming. Some tried to brag and even try to outdo the others by trying to run the stairs as their name is called up to the stage to receive our golden medallion. Others did the sit ups just to show that we are not that old and we are young yet.

We did an impromptu skit which went on with laughters and then felt solemnly serious as we sang the *Old Lang Syne*. That evening was so wonderful, we were so happy and literally floating in the 7<sup>th</sup> cloud.

Classmates who missed it, we are so sorry for you. No amount of descriptions or adjectives can paint our feelings because you have to be there physically at those **moments** to know and experience it. It was indeed magical and as I said, *Supercalifragilisticexpialidocious*.

**Medical Mission:** After the golden night at Crowne Plaza many of Class<sup>63</sup> went to different places to do medical missions. P Lagrosa was able to convene several classmates to go to Palawan for a medical mission. Those who went were Art and Rica Basa; Ernie Eusebio; Do and Nancy Angeles with their twins Stacey and John; Pete and Paul Lagrosa and their cousin Dr J Caparas; Celia and Nestor

Sagullo; Grace and Frank Rabadam; Florello and Ruth Rabadam; Renato and Daisy Ramos; and Gene and Babi Siruno.

The mission place was at the new church of Father Jing (Pete Lagrosa's nephew) at Sic Sican Palawan. The host, Fr Jing, the school teachers, church volunteers and the student nurses were tremendous help, not to forget the *meriendas* and lunch that made the mission much easier, fun and enjoyable.

The help indeed were great. The patients we served were so respectful, courteous and seemingly happy. If you talk with them and look at them straight to their eyes, you could sense the aura of happiness and gratitude. We may not have done that much but, it made them felt better, made their day more bright and shiny. The never ending photo session with John Angeles who looks like the *Man of Steel* with a third grader to the senior citizens, a student nurse hoping and day dreaming that a friendship with John can be accomplished, made the mission so fun.

Our Class<sup>63</sup> are not that different when it comes to medical missions. We joined because it is indeed gratifying to serve a cause, and as physicians, that is a part of our idealistic work – *work with the people*.

If our visit to do medical mission can push their sense of community belonging and health awareness, and inspire some young ones, then we know it will strengthen their future and hopefully the quality of their life. There is a drawback however, especially after you have encountered

some hopeless cases, that if the government would have a better program for the health of the very poor, maybe the end result maybe better, maybe. You have this mix feeling inside of you, mad at the way the Philippine government, the Philippine Medical Association, the Professional Regulatory Commission look at the health, the delivery of health care of the poor people and the feeling of pity towards the poor Filipinos.

The most consistent answer you hear from them is *wala po kaming pera; wala rin kaming insurance*.

**So what is new?.**

It is indeed painful to see the situation and as Behrendt said *Often the thought of pain is actually worse than the pain itself*.

So, medical missionaries do not stop doing missions. Some unknown said about volunteers, *Medical or otherwise volunteers are not paid, not because they are worthless, but because they are priceless*.

Then after the medical mission, we went to the *Underground River*. Of course the *Man of Steel* became the *timulok eating man*. And the bonding went on till Chicago comes.

**My Conclusion:** The scene and the activities at Charing and Tony's place, the nostalgic visit to FEU Morayta and the new FEU in West Fairview, that Golden moments gala at Crowne Plaza, medical mission to Palawan, the Underground River trip – are indeed affairs to remember. The scene is friends and classmates hanging out together sharing special moments. And that is what life is all about. I am a believer in

the wisdom that can be found in having fun, and I believe in friends and the soothing feel that comes from stories, laughter that we share.

Yes, we laughed and the world laughed with us. We got a hearty laugh out of old stories, seem like music to our ears, a sign of our lasting friendships inspite of fifty years of not being together.

Yes, things get so busy for us that we get to see each other less or none at all since graduation, but just think about it, we thought of you guys.

We can resume old friendships in a moment just like that because we share the same history, the same story. When the video of the old (graduation annual ) prepared by Ethel was played, it reminded us that we are all part of the same stunning world of Class<sup>63</sup> here in the Philippines and in the USA under the same stars; some are gone, some are present.

One can say that this is a part of the **oneness** if the Class<sup>63</sup>. For me, I'm grateful that my wife and I came, for all the many things we did, it made my world a better place; the classmates seem more caring and our world a little happier.

Remember, the best things in life are not **things**. They are the **family**, they are the **friends**.

As the formula goes :R = M + E + F, holds true, that is, Reunion brings about Memories, Experiences and Friendships.

The Balik FEU Med Reunion of Class<sup>63</sup> is and will always be –*SUPERCALIFRA-GILISTICXPALIDOCIOUS !eass*, 2013.

## CLASS<sup>63</sup> REUNION, MEDICAL MISSION

*continued from page 1*

were sitting about three feet away from across the aisle. He looked at me and smiled, then removed his cap, and I noticed he was quite bald at the top. I observed him for awhile and I told

my wife that he looks like a doctor and I am sure that his wife is a nurse, and they are probably on their way home to attend a class reunion in another school. For some reason or another I just had that gut feeling.

Well, what do you know, after we left the Philippines after all our activities, I got an email from Rody Barrera with an attached photo of the same couple that I saw in Japan! I emailed him back, asking who they were, and I was floored when he told me, Rudy Bacolor, our very own classmate.

He apparently thought that the gala celebration of our class was on January 27! What a shame to coming all the way, missing it by a day. Sadly, I could have solved that puzzle by a simple *hello* in Japan.

The Golden Jubilee celebration was unforgettable, preceded by almost nonstop partying and eating at our dear classmate, Charing Manuel Santos, resorts, co-hosted also by Ethelene Pasion Nieto.

We then toured the new medical school and I must say how I wish we had that facility

when we were students. It was clean and very well organized.

We had fun mingling with the young medical students. They were just as fascinated looking at a bunch of elderly looking people proudly wearing Class<sup>63</sup> yellow t-shirt.

Tony Cabreira, the lover boy when we were students, I must say still has not lost his touch as he deftly maneuvered himself, sat and interviewed those giggling, good looking medical students. I hollered and told them to be careful, as he is looking for a young wife.

Later, I apologized to his wife who laughed and said to let him enjoy and reminisce his younger days.

When Art Basa mentioned that we will visit also the old school at Morayta, I was skeptical for I still remember the old dirty miserable looking school campus and buildings.

As it turned out, it was one of the highlights of our trip, and I was so happy that my wife and my twins also experienced it.

John excitedly told his sister, Stacey, where I used to sit at the auditorium during our Clinico-Pathological Conferences and at our investiture ceremony.

The campus was a revelation; it was beautiful and clean; and we were also just in time for the 85<sup>th</sup> anniversary of the founding of the university. It was a well-timed visit, and I was so proud to show it to my family.

The Golden Jubilee celebration was very memorable. We saw classmates that we have not seen since we graduated 50 years ago, especially our local classmates,

thanks to tireless effort of Art Basa who made a superhuman effort to contact as many of our classmates as possible and encouraged them to attend a once in a life time event.

The highlight, of course, was when we were given the medallion, and for that we had to navigate a very fragile looking, steep stairs. It was almost like a contest, seeing who could go up and down without assistance.

Nestor Sagullo rejected my hands to assist him, to prove that he is still just as agile as when he was a student even though he now looks like a grandfather, which, of course, he is.

The ever energetic Roberto Ruperto stole the show by running up the stairs like an Olympic hurdler; I was jealous because I could have done the same thing, but I was afraid I might miss the steps and fall flat on my face!

Not to be outdone, Renato Ramos did a few sit ups before receiving the medal; ahh, those guys are such show-offs.

When we sang *Auld Lang Syne*, I must admit I felt very nostalgic, for we have to face the reality that some of us may not be around for our next Class reunion.

My daughter and son decided on their own to joined me in this momentous occasion, and it was indeed one of the best things that ever happened to me, as they witnessed all the activities and how we bonded, and how they bonded with their newly found *Titas* and *Titos*. They were particularly impressed seeing *one big happy family*.



FERNANDO  
ANGELES MD

The medical mission to Palawan was an unforgettable and very rewarding as well.

We saw over 1800 patients, and we were very grateful to the locals, especially the student nurses that helped us.

I was comforted by the fact that we have different specialties with us, and when I saw a patient with bradycardia, I immediately referred him to Renato R.

We are also grateful that our pediatricians, Grace and Frank Rabadam, were there, for they were swamped with children.

Daisy Ramos diagnosed quite a few skin lesions and Florello Itchon and Sally Hutchinson became our diabetic team.

Gene Siruno, Nestor S, Art B, Ernesto Eusebio, Pete Lagroza, Renato R, and I took care of the adult patients.

They also provided us with fantastic *meriendas*, possibly raising my cholesterol level again, which is well above my IQ level, according to Renato.

The mission was well organized by Pete L who was also assisted by his son and his nephew, Father Jing, the local parish priest.

The pharmacy staff, with Gene Siruno's roommate Babi Siruno, my wife Nancy Angeles, and my twins, John Angeles and Stacey, Paul Lagrosa, and Ruth Itchon, assisted also by our in-house dermatologist, Daisy R, worked tirelessly dispensing medications non-stop.

Celia Sagullo later joined them after she recovered from upper respiratory infection.

I am also grateful to Art for remembering my birthday.

I honestly have forgotten it until I arrived at the hotel lobby when they greeted me with *Happy Birthday*.

Later that night at the restaurant by the ocean, I was surprised again with a delicious chocolate birthday cake together with an out-of-tune singing, accompanied by the keyboard player.

Renato R asked me for a speech, but I was deeply touched.

I was only able to utter a few words of gratitude for remembering my natal day, celebrating it in the country where I was born after a hiatus of 50 years.

It was a memorable night and after several more delicious seafood dinners during our stay in Palawan, I have to say that if I never see any more seafoods for the next few months, it is not soon enough.

Saying goodbye to the people that helped us, especially the student nurses was not easy and I am sure it was very rewarding for them as it was for us also.

Over all it was a wonderful experience, and sorry that some of our classmates missed this special occasion and we hope that the forthcoming reunion in Chicago this July will be just as memorable.

## CHAIRMAN'S Message

*continued from page 1*

The FEUDNRSM Alumni Foundation

honored our first graduating Class<sup>57</sup> right here in Chicago last 2007.

The Alumni Foundation is pleased and proud to salute this years'

honorees. It is gratifying to know that since graduation from our alma mater, these honorees have accomplished so much in their professional careers.

As fellow alumni of FEU we share in their pride in the celebration of this special milestone.

The Alumni Foundation would like to express their appreciation and thanks to the Chapter members of the FEU Medical Alumni Association of Northern Illinois for hosting this reunion.

Special acknowledgement and thanks goes to the convention co-chairpersons, Frank Montellano MD<sup>84</sup> and Nida Blankas-Hernaez MD<sup>84</sup>. These two alumni have worked hard these past weeks and in the past year in preparing and making sure that all of us would enjoy our stay in Chicago.

On another subject, we are planning for the 2014 reunion in Las Vegas and already negotiating with a well known hotel casino last March for our venue but were unable to reach an agreement.

Our newly appointed 2014 convention co-chairpersons, Divinagracia Averilla Obena MD<sup>85</sup> and Victor Bonuel MD<sup>86</sup> are helping the Alumni



**HERNANI  
TANSUCHE MD**

Foundation look for potential hotel venues for next year. They are ably assisted by our local Chapter hosts, Danilo Fabito MD<sup>64</sup> and Melinda Fabito MD<sup>65</sup> (Las Vegas Chapter president).

Welcome to Chicago.  
**HERNANI TANSUCHE MD<sup>68</sup>**

**PRESIDENT'S Message**

**TENDERLY YOURS**

*continued from page 1*

We are not perfect but just



**NOLI C  
GUINIGUNDO MD**

trying to help you, the alumni, the best we could.

We are hoping all Jubilarians, especially the Silver and Golden, have all

the information they need to participate during the *Filipiniana* and grand Saturday dinner dance celebration. If not we might be able to help during the registration.

I have received a couple of requests for exemption from the board of trustees meeting on Thursday, July 18, 2013. Other than this, I have not received any other requests.

Please keep in mind that any two consecutive absences that are unexcused will cause a trustee to lose his position as board trustee (subject to interpretation by the governing committee).

We have a good number of Silver jubilarians as well as Golden jubilarians. This may be a sign that we will all have a good turnout during the whole

alumni reunion and scientific meeting.

Our new Dean Linda Tamesis MD<sup>85</sup> is definitely coming; and if I have not done so, a big **congratulations** to her for assuming the job of the new dean of the medical school.

We hope and pray for her success and her future undertaking.

I have more to say but let me reserve that probably for the August 2013 issue of the **ECTOPIC MURMURS**.

I hope to see you all at the Chicago 34<sup>th</sup> reunion and scientific convention.

God bless us all.

**NOLI GUINIGUNDO MD<sup>62</sup>**

**NIDA BLANKAS  
HERNAEZ MD**



**NIDA BLANKAS  
HERNAEZ MD**

*continued from page 1*  
to a new gold standard of governance of a medical association.

Tested, courageous, knowledgeable, well-trained, courteous, honest, and beautiful (she

was Mrs Philippines in Chicago in 2006), the PMAC with her at the helm will see a similar great administration, if not better.

The other 2013-2014 PMAC officers/ board governors to be inducted on Saturday, September 28<sup>th</sup> at the Hyatt Regency O'Hare, Rosemont IL, include

Ramon Lopez MD  
president-elect,  
Zosimo Herrera MD  
vice president,

Leticia Claridad MD  
secretary,  
Leilanie Mon MD  
secretary,  
Emma Yee Salazar MD  
treasurer,  
Henry Escheverri MD  
parliamentarian,  
Juanito Baladad MD  
auditor,  
Manuel Malicay MD  
auditor,  
Arturo Fogata MD  
press relations officer,  
Jose B Delfin MD  
press relations officer,  
Cesar V Reyes MD  
executive secretary,  
Meneleo Avila MD,  
Vivencio Battung MD,  
Lito Fajardo MD,  
Jose Guevara MD,  
Gerardo Guzman MD,  
Edward Hernaez MD,  
Virgilio Jonson MD,  
Roger Liboon MD,  
Benjamin Lumicao MD,  
Virgilio Magsino MD,  
Leonardo Malalis MD,  
Cesar Maniquis MD,  
Luis Mangubat MD,  
Richard Mon MD,  
Celso del Mundo MD,  
Edmundo Relucio MD,  
Elenita Rubio MD,  
Nunilo Rubio MD,  
Manuel Sanchez MD,  
Greg Tolentino MD,  
Dionisio Yorro MD,  
Aurora Atienza MD (MCU),  
Anita T Avila MD (CIM),  
Roger Cave MD (PMACF)  
Dom Dayon Jr MD (SWU),  
Susan Escheverri MD (UP),  
Fausto Magno MD (UE),  
Franklin Montellano MD (FEU),  
Zita Yorro MD (UST), and  
Simeon Sevandal MD  
(immediate past president),  
board governors.

Dr Blankas Hernaez in her first business meeting highlighted a program-laden term schedule, as follows:

Golf tournament August 10, 2013

Bowl outing August 18, \$100 raffle ticket during the 53<sup>rd</sup> anniversary induction dinner dance;

*Rigodon* to provide color to the 53<sup>rd</sup> anniversary dancing on September 28<sup>th</sup>;

Morning continuing medical education entitled *gastroente-rology for general practitioners* during the 53<sup>rd</sup> anniversary seminar;

Macchu Picchu tour CME October 4 – 11;

Marinduque medical surgical mission January 31 – February 2, 2014;

Interuniversity musical festival May 10, 2014; and monthly business meetings.

by Cesar V Reyes MD

## 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 August 2013 issue August 16, 2013  
Please address submissions to [acvrear@aol.com](mailto:acvrear@aol.com)

PHILIPPINE MEDICAL ASSOCIATION IN CHICAGO  
TOGETHER WITH THE  
PMAC AUXILIARY & PMAC MEDICAL FOUNDATION



CORDIALLY ASK YOU TO JOIN US FOR:  
PMAC 53<sup>RD</sup> ANNIVERSARY & PMAC AUXILIARY 47<sup>TH</sup> ANNIVERSARY

### *Inaugural Ball*

SATURDAY, SEPTEMBER 28, 2013

HYATT REGENCY O'HARE  
9300 W BRYN MAWR AVE, ROSEMONT, IL - (847) 696-1234

COCKTAIL: 6:00 P.M. DONATIONS: \$80 PER PERSON  
DINNER: 7:00 P.M. ATTIRE: FORMAL/FILIPINIANA

RSVP BY SEPTEMBER 10, 2013

NIDA BLANKAS-HERNAEZ, MD (847) 668-7385  
ZITA YORRO, MD (847) 477-3266  
ROGELIO CAVE, MD (708) 422-3716

CHECKS PAYABLE: PMAC (FOR MEDICAL MISSION)

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### PMAC BIG RAFFLE DRAWING

ONLY 500 TICKETS TO SELL AT \$100.00 EACH

No. 500

1ST PRIZE ..... \$25,000 OR 1/2 OF THE SALES

2ND PRIZE ..... \$5,000

3RD PRIZE ..... \$2,000

DRAWING ON SEPT 28, 2013

PMAC INAUGURAL BALL

HYATT REGENCY O'HARE

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PROCEEDS TO BENEFIT PMAC MEDICAL MISSION 2014  
need not to be present to win

The **FEUMAANI** and **PMAC** invite you to join our  
**MACCHU PICCHU Tour/ CME October 4 - 11, 2013**

Itinerary: Lima, Cusco, Sacred Valley, Machu Picchu, Lake Titicaca, and a special added Golapagos Island tour

Total trip cost per person, including international flights \$2194

Not included in the price are Cusco city tour \$75 per person

Meals not specified in the itinerary (additional 3 lunches and 3 dinners \$125

Tips Survival Travel Kit for guidance)

For further information, please call **NIDA BLANKAS HERNAEZ MD**  
at 847-668-7385 or email [ednida888@gmail.com](mailto:ednida888@gmail.com)

# MARINDUQUE MISSION Itinerary

The Philippine Medical Association in Chicago and Marinduque International medical surgical ophthalmological optic and dental mission from January 31 to February 2, 2014, at the Boac Provincial Hospital will be, as follows:

January 30, 2014, 6:00 am - meeting place breakfast at Dr and Mrs Virgilio Jonson Residence, 72 Scout Alcaraz, Sta Mesa Heights, Quezon City; then Row Row travel to Marinduque

January 30, 6:00 pm - welcome reception at Boac;

January 31 – medical clinic at Gasan and Buenavista;

February 1 - medical clinic at Torijas and Sta. Cruz;

February 2 - medical clinic at Mogpog and Boac;

February 2, 6:00 pm - appreciation reception at Boac Provincial Hospital;

February 3 – probable Bella Roca tour;

February 3, afternoon – return trip to Manila via Row-Row

February 4 – 10 AM- probable courtesy call with President Noynoy Aquina at the Malacanang Palace

February 5 - 12, 2014- for those interested, probable Vietnam/ Cambodia tour

The surgical team is composed of the following to day: Eugene Salazar MD (**leader**), Reynaldo Sarmiento MD, Richard Zhu MD, Daniel Fabito MD, Edmundo Relucio MD, Cesar Cumba MD, Luis Mangubat MD, Meneleo Avila MD (**surgeons**);

Arturo Basa MD (**urologist**);  
Jesse Corres MD (**plastic surgeon**);

Teresita Varona MD, Ligaya Marasigan-Labao MD, Ramon Lopez MD,  
Susan Tan MD, Patrick Tan MD, and Hermes Ayuste MD (**obstetricians gynecologists**)

Emma Salazar MD, Alberto Clar MD, Roberta Yap MD, Yolanda dela Cruz MD, Manuei Sanchez MD, and Lito Fajardo MD (**anesthesiologists**).

The medical team members are: Natividad Bernardino MD (**leader**);

Ruth Moore MD, Laarni Moreno MD, Angelito Fernandez MD, Richard Mon MD, Leilani Mon MD, Virgilio Magsino, Celso del Mundo MD, and Rogelio Cave MD (**internist**);

Chester dela Cruz MD (**neurologist**);

Gerardo Guzman MD, Israel Labao MD, Virgilio Jonson MD, Simeon Sevandal MD, and Edward Hernaez MD (**family medicine practitioners**);

Anita Avila MD, Ofelia Ayuste MD, Nida Blankas-Hernaez MD (**pediatricians**);

Frank Montellano MD (pathologist);

Faye Mendiola RN, Pauline Abadilla RN, Clarita Distor RN, Violeta Magsino RN, Clarita del Mundo RN, Estela Cave RN, Lina Jonson RN, Cora Guzon RN, Rose Clar RN, Marilyn Lopez RN and Nora Corres RN (**nursing team**);

Dr Lourdes Sevandal (**dentist**);

Dr Leticia Tuazon (**optometrist**);  
Leo Cruz and Narcisa Cruz (**optical services**);  
Espie Vasallo (**dietician/nutritionist**); and  
Evelyn Fajardo and Nanette Montellano (**medical technologists**).

Philippine medical surgical mission requirements are, as follows:

Physicians with valid license - Philippine medical practice license and curriculum vitae; passport-size pictures for special permit application, and \$25 application fee; and

Physicians without valid medical practice license – curriculum vitae, medical practice license (United States and Philippines, or United States only), two appropriate advises how to take and store the medications at home.

Physicians with expired Philippine medical practice license who may want to apply for permanent Philippine medical practice license - apply in person at the Professional Regulatory Commission in Manila.

Please submit above-mentioned requirements as soon as possible.

Postally mail these documents to:

Nida Blankas-Hernaez MD,  
28951 Forest Lake Lane,  
Green Oaks, IL 60048.

For additional information, kindly contact Dr Blankas-Hernaez at

[ednida888@gmail.com](mailto:ednida888@gmail.com), or  
847-668-7385 (cell), or  
847-972-1926 (fax).

Please join  
**PMAC**

**Bowling Outing 2013**

Sunday, August 18<sup>th</sup>

3:00 pm – 5:00 pm

Backyard BBQ Buffet after the  
Game

Inclusive Fee: \$50  
(Game \$25, Dinner \$25)

**Brunswick Zone**

7333 North Milwaukee, Niles,  
IL 60714

Telephone 847-647-9433

For additional information  
contact:



**DR LUIS MANGUBAT**  
224-279-3377

Individual and School  
Competition

awarding on Saturday,  
September 28<sup>th</sup> during the 53<sup>th</sup>  
anniversary induction dinner  
dance at the Regency Hyatt  
O'Hare Hotel, Rosemont IL

**COMMENTS**

Editorials, news releases, letters to  
the editor, column proposal and  
manuscripts are invited. Email  
submission, including figures or  
pictures, is preferred.

**PMAC News**

Deadline for the August 2013 issue

**August 2, 2013**

Please address submissions to

**[acvrear@aol.com](mailto:acvrear@aol.com)**

**SPSA**

**SURGICAL MISSION**

March 1 - 9, 2014

Luna, Apayao

Mountain Province

Contact

**MANNY CACDAC MD**

Cell 812 236 3724

**[mannyneuro@aol.com](mailto:mannyneuro@aol.com)**

Please join **PMAC**

**Golf Tournament 2013**

Saturday, August 10<sup>th</sup>

11:00 am

**Highlands Wood Golf Course**

2775 North Ella Road

Hoffman Estates IL 60195

Telephone 847-359-5850

Prizes to low net, low gross,  
longest drive, closest to the pin  
and door prizes Awards and  
recognition buffet

at 5:00 pm after the rounds.

Inclusive Fee: \$100.00

(Inclusive of snacks, dinner,  
gas and cart)

For additional information  
contact:

**DR LUIS MANGUBAT**

12242793377

**DR LITO FAJARDO**

17084918751

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This is a challenge for you to  
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Recognition of the 2014 *Balik-*  
FEU in mid-January at the  
FEU-NRMF in West Fairview,  
Quezon City. If you wish ---  
you can also distribute your  
award(s) in person during the  
Student Recognition ceremonies  
at FEU-NRMF!

If interested to set up a SAA  
or two, please contact:

**CESAR V REYES MD**

6530 Dunham Road,

Downers Grove, IL 60516

Phone 815-942-2932 x7565

or **[acvrear@aol.com](mailto:acvrear@aol.com)**

In addition, if you are  
interested to establish a  
**Professorial Chair Fund** in  
your name or of someone you  
wish to honor, please inquire  
with the above contact person.