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Dr Nicanor Reyes Jr School of Medicine Alumni Foundation

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

It's Las Vegas' Caesar's Palace July 4-8, 2018

The FEUDRNSM Alumni Foundation 39th annual reunion scientific convention has been scheduled for Wednesday



Caesar's Palace Casino & Hotel

through Sunday, on July 4-8, 2018, at the Caesar's Palace Casino Hotel, Las Vegas, announced after a recent teleconference of the exclusive executive council, composed of Drs Noli Guinigundo, Licerio Castro Jr, Pete Floresco, Amethyst Cureg and Nida Blankas-Hernaez.

A triumvirate of chairpersons (Drs Daniel Fabito, Hernani Tansuche and Divinagracia A Obena) is also assigned
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PRESIDENT'S *Message*



LICERIO V
CASTRO JR MD

The freedom of expression was guaranteed by our forefathers to express one's feelings, may it be pleasant or otherwise, raise our valued voices, assert our love for mankind, our great aspirations, revelations, to promote brotherhood and justification. The very essence of this gift is a treasure that should be guarded and enjoyed by all. Common decency dictates the ability to profess the best intentions to improve with deep regard to what we think is right and productive in a manner of designing common grounds tendered with respect, humility and tactful commitment for the greater good. It is not a vehicle to bring forth chaos and discontentment nor to launch disparagers that overshadows us. Without a doubt, our home had suffered an
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From your CHAIRMAN



NOLI C
GUINIGUNDO MD

Our first teleconference was held on August 24, 2017. It was handled by Dr. Amethyst Cureg, and attended by yours truly, Drs Jun Castro, Pedro Floresco, and Nida Blankas-Hernaez. Copies of proceedings have been e-mailed to the board of trustees.

Application for liability insurance was discussed and subsequently approved. The copy of the stipulations was received after payment of premium.

Convention chairman Dr Danny Fabito has engaged the services of event planner Kellie Sabas, and successfully negotiated a two-year contract

The minimum dollar amount expenditure was negotiated down to \$50,000 from initial \$85,000 and discount was also successfully negotiated.

The venue is Caesar's Palace Casino Hotel in Las Vegas. The reunion format will be the same as last year since the Chapter host has already negotiated dates with Caesar's Palace Casino Hotel for 2018.

Contract has been signed by Dr Castro.

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FAITH CORNER

REVEREND MELVIN ANTONIO MD⁶⁵

I am writing this article as I watch in horror and with a terrible feeling of helplessness, the devastation that the Texas Gulf Coast cities, especially Houston is experiencing. Hurricane Harvey has done so much damage already and it is not over yet. Harvey is lingering and the entire gulf coast is bracing for more rain, wind, tornados. Photos of the devastation are heartbreaking. The extent of the damage is far from over. Then there is the aftermath – cleanup, rebuilding, repairs, recovery from the shock, and so on.



REV MELVIN
ANTONIO MD

I was born and raised in the Philippines as are most of our readers. We think we can get used to the typhoons that visit the islands three or more times each year. Not so. What we learn is to be prepared for what the storm brings and live with the consequences, recover and rebuild and go on with our lives. Because of this experience, I can empathize with the victims of Harvey, yet I cannot help but be horrified at what Mother Nature can do.

I have stopped asking why the Lord lets these things happen, why bad things

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ANONYMOUS - An unsolicited donation of \$5000 to **Class'67 Fund** is made this week. Many thanks and we are very grateful.

HARVEY, IRMA

Bring to Mind YOLANDA

CESAR D CANDARI MD⁶¹
FCAP Emeritus

The wrath of hurricane Harvey and Irma is the strongest hurricanes to hit the US in a decade and the havoc and sufferings of the people of Texas, Louisiana and Florida are still going on as I write this article. Harvey and Irma approached the respective coasts as a monster Category 4 hurricane. Texas and

Southern Florida coastal weather stations clocked gusts over 100 miles per hour. Most of the damage came after it calmed down to a tropical storm. That damages was from the rain.

Harvey and Irma have produced 20 trillion gallons of rain causing horrendous flooding in the city and counties; 100,000 homes damaged and cost \$80-100 billion so far and death toll of 44 as of this writing.

This has reminded me of Yolanda. The ravages of typhoon Yolanda were the deadliest Philippine typhoon on confirmed record; killing at least 6,300 Pilipinos while 1,061 were considered missing.

The Joint Typhoon Warning Center estimated 1-minute sustained winds, Yolanda was the strongest land falling tropical cyclone with the winds of 145

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The GOSPEL: Where, When It Starts and Ends

ALADIN M MARIANO MD⁷²
The recent terrorist attack at Las



ALADIN M
MARIANO MD

Ramblas in Barcelona, Spain, brings back memories of horrifying deaths in Madrid, Paris, London and other ISIS/ Al Qaeda-inspired violence and mayhem worldwide reflective of religious intolerance and hatred. On witnessing the actual events on television, we heard experts on the subject of

terrorism were often asked *What made them do these murderous acts?*

Nature and nurture Unanimously, experts trace the origin of this violence on the mind and how/ what they were taught while growing up. The brain learns through our physical senses, viz, touch, taste, smell, hearing, vision. Human anatomy and physiology teach us that nothing goes to the brain except through these routes, our human sensory system. What is learned is stored in memory, in the mind, and what comes out of the *conscious brain* manifests through our human motor system as a result of a decision made ultimately through an intricate mental processes we call *judgment*. Wisdom develops and nurtures through a variety of life-experiences, human interactions and does come with time. As the saying goes, *time*

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Letter to the Editor

We recently completed the annual FEUDNRSM Alumni Foundation reunion convention and it was wonderful. The entertainment and lectures were inspiring as always and the venue was both relaxing and invigorating. As a Class⁶⁷ Golden Jubilarian I extend many



PEPITO C
RIVERA MD

thanks and much gratitude to all those who worked so diligently to make this year's convention a success. I especially thank the FEUDNRSMAF Southern California Chapter president Mildred Rey MD and members who work so tirelessly whenever they are called upon. The reception and entertainment were much enjoyed.

I encourage anyone who has not participated in a convention to mark it on your calendar for next year. It never fails to be a good meeting. And as with all meetings, there was business to be completed. There are many names I would like to list and many accomplishments I would like to mention but I fear I would miss someone or something so I will just say that I am very proud to know and associate with such a successful and involved group.

Every leader in the FEUDNRSMAF is committed to the Alumni Foundation and its business and many have devoted a large portion of their lives to the cause.

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Letter to the Editor

The August 2017 issue of **ECTOPIC MURMURS** was well done, focusing on photos of the attendees having a great time. The venue was perfect for the time of year with cool breezes from the Pacific Ocean. The continuing medical education with its usual issues of time management was quite informative and professionally rewarding. The parties were well staged. I attend these reunions for the fellowship and the continuing education, the opportunity to re-ignite friendships from long ago and get acquainted with our up-and-coming colleagues. This last reunion was no different.



REV MELVIN
ANTONIO MD

Getting to my point, I was a little surprised and perhaps disappointed at how the critiques were presented. For one, every reader of **ECTOPIC MURMURS** is now aware of what *could be done better*. It is no different from airing dirty laundry in a public forum no matter how tasteful it is disguised. In the world of politics and business, there are two *sayings* that are made in jest, yet ring true in real life. The first is: *No good deed ever goes unpunished*, and the other is: *A thousand 'Attaboys' are easily wiped out by one 'Aws-t'*. The August issue proves the point.

The critiques were sound and sensible, the recommendations do-able. Speaking

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Letter to the Editor

ARCY-BARCY

EAS SIRUNO MD⁶³

Congratulations is the most befitting salutation to the FEUDNRSM Alumni Foundation Southern California Chapter who hosted the 38th annual reunion and convention held in Long Beach, California, July 19 - 22, 2017. Kudos to Dr Mildred Rey and her core group and also to Dr Noli Guinigundo, Dr Jun Castro,

and Dr Pete Floresco for the job well done. It was fun, enjoyable and all the activities, reception, foods, music, the venue was just what the doctor ordered. The main reason why we can have reunion and convention, the continuing medical education (CME) was topnotch as always, the standard of the CME committee. The young as well as the seniors speakers are specialists and experts in their own right made the lectures very stimulating and interesting. I can say this because our Class⁶³ held their Silver Jubilee reunion in Long Beach. It was not the same, much simpler, with candlelight ceremony but no medallion. There is no comparison and we do not want to be compared. There were over 60 alumni and we enjoyed it and had fun. It did follow Gene's formula on the relativity of *reunion*, R = E + F + M, (R—reunion, E – experience, F- friends, and M—memories).

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TENDERLY YOURS

NOLI C GUINIGUNDO MD⁶²

My guest columnist this issue is my better half. She requested equal time so she can write about our beloved Dr Ricardo Alfonso who passed away June 25, 2001.



NOLI C
GUINIGUNDO MD

REMEMBERING

RICARDO ALFONSO MD

DING ULGADO-GUINIGUNDO MD

This article should have been titled I Remember *Kuya Ric*. The origin of this cherished *title* was the late Dr Luis (Chit) Villafria, surgical resident at FEU Hospital at that time, then followed by the late Dr Ricardo de Guzman (Daddy Guz). Dr Alfonso is a man of integrity and dedication to his profession.

Let me mention some incidents while we were residents at FEU Hospital in Morayta. We all knew that Dr Alfonso had the priority at the operating room. Puring Ocampo RN had always been the circulating nurse. We wanted to make sure that everything was quiet while he was operating at the next suite. I was trying to open a bottle of anesthetic and to loosen the same, I had to tap the cap against the wall directly next to his operating room. He heard the tap and asked Puring *who is doing all that noise?* The short answer was Dr Ulgado *po, nagbukas ng bote ng Pontocaine*. He just laughed and said Okay! In spite of him being closed to my

uncle, Dr Victor Nanagas, I did not dare try to pull rank on anyone. We always appreciated that he was just next door doing surgery.

I am not sure how his children handled curfew hours while they were either in school or past school hours. I saw Dindo Alfonso (now a prominent surgeon in New York) and a recent speaker in our continuing medical education July 2017, who presented to the emergency room (old building at FEU Hospital) with FB in the was about it and it was past his curfew hours. I winked at him and said no I have not seen a Dindo Alfonso at the ER late last night.

One night when I was the senior house Officer, I got a call from our phone operator Julie. She said Dr Ulgado, Dr Alfonso was on the phone and would like to talk to you. One seldom get a call from the big boss especially at night. I was somewhat trembling when I lifted the receiver. Doctor I would like to talk to you about an important matter. Get the ambulance and let the driver take you to the house. *Mang Kati* was the ambulance driver on call that night. I was so anxious and nervous all the way to their house but I did not show this and I did not even know where their house was. From a distance I saw Mrs Marita Alfonso with her motherly voice and



DEAN RICARDO
ALFONSO MD

smile. That voice and smile erased the anxiety that I harbored the whole time *Mang Kati* was driving me to their house. The EENT Department was discussed in detail and I believed I handled the situation satisfactorily. After the conversation, I was ready to go back to my duty at the hospital, but at this time more relaxed and with less anxiety than before.

Whenever a staff meeting was called by the hospital director, Dr Luz Juliano had some warning to impart to us young residents. If *Kuya Ric's kilay* was *nagsasalubong*, that means we all did something wrong. If it was relaxed, then we were headed into a routine medical staff meeting.

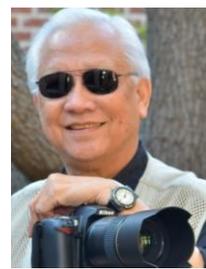
I also remembered the time when we had those medical students who drowned in Talim Island. At around 7:00 or 8:00 pm, I had never seen so much university officials wearing their sandals and or slippers, including Dr Alfonso. That goes to show how devoted these people were in dropping everything they were doing in order to attend to real emergency. It was just unfortunate that there was nothing more than can be done at that particular time.

Noli and I were so thankful that we had such a nice and memorable visit with him last May 2000. We were brought to his unassuming office in the new medical school building. The words: vice

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DALLAS SKYLINE AT DAWN

ROLANDO M SOLIS MD⁶³



ROLANDO
M SOLIS MD



EDGAR
BORDA MD

MY WIFE

EDGAR A BORDA MD⁷²

To all those who know me, my family, friends and neighbors,
Empathy and altruistic attitude is a part of me.
Rousing dream and ambition runs deep within me
Ephemeral maybe but not timid or polemic hopefully.
Since then, after the great loss, I traveled wide and happy.

In my surprise, I meet this wonderful woman in tryst
That ended up to our wedding propitiously.
And giving me two quintessential daughters appropriately.

Both are smart, intelligent and strong-willed.
Obduracy is common in them but sanguine in life-filled.
Raking honors one by one, to the joy of the parents at hand.
Dissonance and laggardness is not their character,
Audacity without trepidation is their quality proper.

CLASS⁷⁷ REUNION IMAGES



FEU Medicine Class⁸⁷ lunch reunion. Front row are Drs Lydia Villafuerte, Rex Yang, Celia Alconcel, Rose Tabanda, Aileen Serrano-Tan, Lourdes Cruz, Emma Cuenco, Victoria Iglantoc, Divina Tiongson-Andres, and back row Drs. Nela Porciuncula (special guest/mentor), Lawrence Gamboa, Enrico Del Mundo, Rolando Alog, Rolando Alandydy, Josie Andres-Ascano, Marivic Arriola-Campos, Benjie Chan, Jojo Cuenco, Arnie Paet-Lum, Wilson Tan and David Perlada.



Drs Lawrence Gamboa and Marivic A Campos Nela Porciuncula Cathy Tamase-Aquino (clockwise from left second row).



Filipiniana Night group picture Drs Cathy Tamase- Aquino, Nela Porciuncula, Lawrence Gamboa and Marivic Arriola-Campos, among others.

CLASS⁶⁸ Events

January 17-20, 2018, Golden Jubilee in Manila. Venue: Novotel Hotel in Araneta, Cubao, Quezon City on Saturday, January 20, 2018

February 1-6, 2018, Myanmar tour

April 21-28, 2018, Class⁶⁸ mini-reunion Caribbean Cruise

July 4-8, 2018, Golden Jubilee in Cesar's Palace Casino Hotel in Las Vegas, Nevada

MELVYN ESCARA MD⁶⁸
President

SEPTEMBER IMAGES



From left, **NIDA BLANKAS-HERNAEZ MD⁸⁴** has recently been recognized as one of some 60 inspirational physicians of the American Medical Association's Women Physicians Section Inspirational Physicians Recognition Program Honorees. This program allows physicians to acknowledge special individuals who have offered their time, wisdom and support throughout their professional career. She was nominated by Jaskiran Khosa. **Class⁷²** attendees at the FEUDNRSM Alumni Foundation 38th reunion at Hyatt Regency Hotel Long Beach include Drs Mimi Rivera, Leilanie Narcelles-Mon, Rolando Cayetano, Mar Bautista, Lourdes Manzano-Malicay, Manuel Malicay. As members of the **Bisaya Medical Association** that provided additional crowd to the Philippine Medical Association in Chicago 57th anniversary induction dinner, Drs Jane and Gene Duremdes of West Virginia had a wonderful evening at the Hyatt Regency Hotel O'Hare.



A formal 57th anniversary Philippine Medical Association in Chicago induction group picture. Among the FEU alumni PMAC officers include parliamentarian Virgilio Jonson MD, auditor Hedelita Montenegro MD, executive secretary Cesar V Reyes MD, and board governors Rogelio Cave MD, Gerardo C Guzman MD, Nida Blankas-Hernaez MD, Virgilio Magsino MD, Richard Mon MD, Frank Montellano MD, Nunilo G Rubio MD, and Manuel Sanchez MD. (Picture by cv reyes md)

EMERALDIANS

let's go Cruising!

Get your passports ready and book early, for I have book 14 spaces so far, ocean view rooms on this brand new ship *SeaSide* by MSC cruise line.

This Italian cruise line has 14 ships and I had cruised with them at least three times.

On November 27, 2017, I am flying to Venice, Italy, and board this ship for an inaugural three week trip to the Port of Miami.

This cruise line has great services, good *European* taste dining and

wonderful entertainments. Of course, the best entertainments will be coming among ourselves as we renew our deep bond-ships. Camaraderie, laughter, and happiness will be a daily and continuous happening and there will be no escape because we are entrenched in close quarters. Class 61 has done this three times and we should follow their example.

Here is the Cruise info. Brand New MSC Seaside. Sailing April 14, 2018, seven nights. Ports of Call: depart Miami, St Maarten, San Juan, and Nassau.

Balcony cabins \$ 1007 per person, includes Port charges and government fees.

Deposit is \$ 99 per person due upon booking. Final payment is due on January 11, 2018. Each cabin will receive a \$75 on board credit and 12 vouchers per person compliments of Vogue Vacations.

For more information or to reserve your space, please call Vogue Vacations- [772-344-6474](tel:772-344-6474), or Rody Barrera- [772-971-1401](tel:772-971-1401).



RODY
BARRERRA MD

TENDERLY YOURS

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chairman was quite obvious. He recognized me right away. He thought I was coming back after I left the FEU Hospital in the 1960s to join my husband in the United States.

This visit we reminisced about the good old days in Morayta. With teary eyes he pointed to us his *surgical family* – a photograph or photographs of his surgical team. Those pictures were hanging conspicuously on the wall of his office. He named all the doctors and I could feel a sense of loss on those who were deceased. Our conversation with Dr Alfonso went as far back as the Lagdameos who are both related to him and also to my own great grandfather from Quezon Province. When we posed for some photos he was so enthusiastic and wanted more taken in all angles in order to be sure we got a real good one. He even put both hands on Noli's and my shoulder in a rather fatherly way. I could feel some weakness in him but he was so vibrant in many ways. Before we left his office and went with the hospital tour with assistant dean Levy de la Rosa, he gave us a small token of the FEU-NRMF brochure with a nice dedication: To Noli and Ding. A remembrance of your alma matter, RIC ALFONSO. And what could be more exciting than that? The first two pages of the brochure was about Dr Alfonso: He distinguished himself as medical director, educator, medical administrator,

researcher, medical writer, and of course an excellent surgeon.

Letter to the Editor

ARGY-BARGY

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As the president of the Alumni Foundation said and I quote, *There is a display of togetherness, and it was a delight and what really matters is the joy, the happiness deep in their hearts and smiles.*



EAS SIRUNO MD

How great it is indeed, they made it to the momentous year of their Silver, Golden, Emerald, and Diamond Jubilees. It is that feeling in their hearts that count the most and not the medallion not hanging on their necks. And they say, *We made it, we did it, thank you Lord.* We, their friends and fellow alumni and their families witness such an accomplishment.

Then the *argy-bargy* comes. After receiving and reading the multiple emails sent to the members of the board and then reading them again in the **ECTOPIC MURMURS**, August 2017; 30(2), I decided to take off and hang my coat as a *mugwump*. It is easy to be duped by all the writings about the recent reunion especially from the sharp pens, who I consider them as wordsmiths. I was present at the 38th annual reunion and

scientific convention. I was able to attend 85% of all the activities. Reading the **ECTOPIC MURMURS**, it was indeed interesting as I have read these before the newsletter came out. It was *samo samo*, same opinions, littany of recommendations/ suggestions on how to solve or correct problems, focusing on the weakness, deficiency and mistakes of the whole event. That the event was full of shortcomings, throwing shades was the pattern and I felt there was some degree of arrogance and pride of their knowhow, but then, later on comes the superlatives and high sounding praises. What gives, what is happening? Why cannot we be more positive and affirming at the very beginning? The president, the chairman and the executive director worked their very best. Why did not we research first of what we write and publish? Why did not we talk *one-to-one to the president* or *two-to-two with the president and chairman* before we print and get published? I suppose there are those who cannot talk first but can write so easily (sharp pens). Whatever superlatives or praises that came later, the damage is done.

If you have that feeling that something is wrong, do not be afraid to speak up, (Fred Karematu). So I am going to speak up and had spoken some already. I know and very well aware that long before the reunion dates, there had been significant and numerous efforts from the executive director, the president, the chairman to contact and notify the alumni in the list and more so to the jubilarians, thru emails,

ECTOPIC MURMURS and other newsletters of other organizations. The president had sent follow ups and pleadings. We responded very slowly, sparsely, even with the deadline in print in the Pilipino (FEU-NRMF alumni?) way.

Responsibilities and communications: It is not the executive or board of trustees fault, not all of them. Medallions were not available, yes, it would have been nice. The responsibility lies on the shoulders of the representatives/ spokespersons of the jubilarian groups. Some promised to bring them but they forget (promise is made to be broken). The Golden Jubilarians were smart to accept their irresponsibilities. So there were no medallions. Surely, it would have been nice. As one of the Silver Jubilation said *it would have been nice but it is okay*. It is over and we can live with it. If we underline and make the medallion as the most important aspect of the gala or jubilee and not the friendships, camaraderie, the experience and the feeling of love and the memories, for me, I would have stayed at home.

Choice: There were only few of the Silver Jubilarians (*mien Pilak*) who were present at the gala. Questions were raised why the rest were not invited to come to the gala after the dinner so they could have participated. Obviously, the sharp pen did not really queried deeper as to why there were only seven who attended. I have learned from a very reliable source, why the majority of the *mien Pilak* did not come. *Mien Pilak* gather every summer as

a batch at different cities for the past 10 years. It was a coincidence that they chose Long Beach on the summer of their Jubilee year. They rented a house and some check in in the hotel. *Mien* means of unique character. Their motto is *One for all, all for one*. They voted to skip the gala altogether, but at the end few came to bear the torch of their batch. We also have to realize that aside from the pricey cost of attending the reunion not every alumnus/ alumna have the same degree of overflowing allegiance to FEU-NRMF. Our loyalties, leanings, and dedications are of different levels or layers or degrees. I am sure there are valid reasons and not too good reasons. Everything is that pricey and expensive, the flights, the accommodations, the cost of the events, gasoline, milk, bottled water in your hotel rooms, etc. It is up and going up and I hope we do not follow the fate of TWA (remember?), up up and away TWA! The Alumni Foundation has to make a choice. It has to make changes. The Alumni Foundation has to make some profit too. Parkinson's second law states that *expenditures rise to meet income*. It cannot afford to go negative. The Alumni Foundation needs money to continue on its mission and visions. Just look at and remember the Alumni Foundation's accomplishments.

Some asserted that money is not everything. Forbes' Law says, *money is not everything as long as you have enough*.

People and Money: People and Money are the two most important factors affecting our Alumni Foundation or any foundation or organization for that matter. If we have plenty and more money, great as we accomplish missions and more things will be done. If there are more registering, attending or joining in almost all of our reunions and functions that would be wonderful. The more the better. How can we have more of both? Yet we have to accept the fact that the more enthusiastic groups of alumni are on the downhill slope. The younger batches especially post 1990s are much less in their numbers and their chances or luck to come to America to train and practice is difficult and dwindling. However, there are some well-monied and fortunate alumni, they should continue their monetary support and encourage them to do so. Maybe, can you lend your Master Cards?

Past a factor? Yesterday is not the tomorrow nor is the future. I like to look back and studying the past is also a part of my perspective. Just look back over 1000 days ago, not a very long history to look back flash back to **ECTOPIC MURMURS** August 2014; 27(2) *Solomonic Wisdom on Pilipino Style Politics*, by Napoleon Abando MD⁶⁸. Also look at subsequent issues of **ECTOPIC MURMURS** on the same year. I did not say much then, but I totally agree with the author then and now. Most likely many have forgotten it already. I will refresh

your memories. This was and is the situation when the distinguished members of the *emeritii* usurped the duty and responsibility of the members of the board of trustees in electing the president of the Alumni Foundation. This was totally not in accordance to the democratic process. The will of the majority of the board was not respected, because in the first place they did not even vote. *Nada*. There was no will and they did not have any say. How sad. The *emeritii* cannot vote in the first place so they selected the manner of how to become the president of the Alumni Foundation. There were some lame reasons and farfetched insinuations (beyond the realm of reality and common sense). *Draw lot* is acceptable in the C & BL. True, it is there, way down in the list. The question is when do you apply it, before the race is started or after. As the author said *lutong macao*. The other sharp pen was so worried because both candidates, these two self-possessed, extremely desirous and wanting to be the president hated each other's guts way back when. That the sharp pen was so concerned of a fight that even a *blood shed* may occur to justify the selection process of the *emeritii*. The end does not justify the mean. Of course, the two candidates were totally *gobsmacked* because blood shed was really, really unlikely and not in their mind or plan.

Another past to remember: The major disappointments of Class⁶⁴, the Golden Jubilarians then on the manner they were treated on the gala nite is

another black eye to the Alumni Foundation. Mind you, the readerships of the **ECTOPIC MURMURS** is not confined to FEU. Some people from other institutions were smiling. Are these good news or examples to entice other alumni to come back or others to join and continue to support the vision and mission of the Alumni Foundation. We are what we say. When we deal with people whether we like them or not, let us be nice, let us be gentle and treat them tenderly and respectfully as we want to be respected ourselves. Maybe good things will yet to come. And yes, the Long Beach reunion was fun and successful. It was not perfect but we the people (alumni) are all imperfect.

Mugwump: I am not a *mugwump* anymore. I follow Fred Karematsu. I have learned of the pattern of the sharp pens, their leanings yesterday, today and possibly tomorrow. There is a pattern. Let us not forget that the pen is such a sharp weapon and it could hurt others' feelings including those who are trying hard to do something good and beneficial to the organization. Being overzealous and almost condescending to a point can bring about discouragement and dismay and bring the opposite effect on enticement. Some people are that smart and just love to use the pen and give some unsolicited advice. Sometimes they do not see the effect of some degree of partial eclipse of the common sense. I will continue to listen and learn from everyone, because nobody knows everything and everyone knows

something. *Kind words can be short and easy to speak but their echoes are truly endless.* (Mother Teresa)

Letter to the Editor

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from experience in the planning and execution of small and large-scale operations, there can be no question that preparation is the key to success. For recurrent events, planners had after-action reports from the previous activities – lessons learned, what went well, what went wrong, what can be



REV MELVIN ANTONIO MD

improved – which were then applied to the next activity. These after-action reports were permanent records, collected in a folder and passed on to the next group of planners. These are called *Continuity Folders*. Question is, do we have such tools in planning these reunions? The August issue can qualify as a draft after-action report. We have people who have extensive experience in the planning and execution of our reunions. It would be smart to pick their corporate brains before they fade.

In retrospect, the shortfalls cited in the critiques were predictable and with some flexibility and ingenuity, could have been remedied. It is said that flexibility is the key to air power. I stand by this.

REVEREND MELVIN ANTONIO MD⁶⁵

Letter to the Editor

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I extend special recognition to the new officers board chairman Noli Guinigundo MD, new president Jun Castro MD, executive vice president Pete Florescio MD and board trustee Oscar Tuazon.



PEPITO C RIVERA MD

I know from past experience that this group will keep the FEUDNRSMAF running smoothly and will guide us forward on our ever challenging future.

Congratulations to all the participants in this most recent convention and blessings to all.

PEPITO C RIVERA MD⁶⁷

The GOSPEL: *Where, When it starts and ends*

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and chance happen to all **Ecclesiastes**

9:11. A person is defined by a composite of this life-long journey. Diversity results from differences in all of these human experiences, irrespective of genetic influences. This reminds us also of the song in the play South Pacific *You've got to be carefully taught* tracing



ALADIN M MARIANO MD

racial discrimination from an early age. As

the origin of terrorism starts from the mind, the logical remedy is to change this mind-concept, the ideology that leads to violent acts. Precisely, this is what the gospel of God's kingdom planned to accomplish not only for terrorists but for all mankind to get rid of any evil, whatever they are and wherever they come from.

Who and What are We? As the key is to change the *mind*, understanding what our components are, how and where we came to be, is crucial to this plan. Without this knowledge, we will not be able to fathom what God is doing according to his plan.

When God created humans, the material or physical component was a *handiwork* made *by hands of God* from *dust, mud, earth*. There was no life in that physical creation until *God breathed into his nostrils the breath of life* **Genesis 2:7.** *And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.*

The material component came directly from *earth* (therefore matter-composed) but the *breath of life*, the one that brings life to the *non-living body at creation*, aka, the mind or spirit-of-man, came directly from a spirit-being/ God, and therefore spirit-composed, . This *spirit-of-man* is the repository of all that comes through the physical senses of the material body, etched in memory. That the spirit-of-man and the breath of life are the same thing come from these verses:

Job 27:3, 4, 8 *As long as my breath is in me, And the breath of God in my nostrils, My lips will not speak wickedness, Nor my tongue utter deceit. For what is the hope of the hypocrite, Though he may gain much, If God takes away his life? (Notice, life is in that breath)*

Job 27:3, 4, 8 *All the while my breath is in me, and the spirit of God is in my nostrils; My lips shall not speak wickedness, nor my tongue utter deceit. For what is the hope of the hypocrite, though he hath gained, when God taketh away his soul? (Note: that life-giving power is a spirit of God because it came from him).*

Proof that there are indeed two components of humans is the eventual separation of the "spirit-of-man" from the material-body that defines death of the person.

Ecclesiastes 12:6-7 *Remember Him before the silver cord is broken and the golden bowl is crushed, the pitcher by the well is shattered and the wheel at the cistern is crushed; then the dust will return to the earth as it was, and the spirit will return to God who gave it. (Note: the dust which is what the material-body is made of, returns to earth or grave, while the spirit-of-man returns to Spirit-God where it came from).*

James 2:26 *For as the body without the spirit is dead, so faith without works is dead also.*

Genesis 25:8 *Then Abraham gave up the ghost, and died in a good old age, an*

old man, and full of years; and was gathered to his people ... And these are the years of the life of Ishmael, an hundred and thirty and seven years: and he gave up the ghost and died; and was gathered unto his people.

Genesis 35:29 *And Isaac gave up the ghost, and died, and was gathered unto his people, being old and full of days: and his sons Esau and Jacob buried him.'*

Luke 23:46 *And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.*

Matthew 27:50 *Jesus, when he had cried again with a loud voice, yielded up the ghost.*

From the preceding verses, giving up the ghost simply means *giving up the last breath*. The Hebrew word used is H1478 - gava, which means *to expire, to breath the last breath, to die*. Clearly, when the spirit leaves the body, death occurs for the body.

God's Plan from the Beginning
Knowing that the mind has to change, how is this going to come to fruition? Consider the narrative from the very beginning; Genesis Chapters 1 and 2. Man was planned to be in *his image*, not image of plant or animals. After creating the plant-kingdom and the animal-kingdom, God created humans, not to be a *human kingdom* but to be in the God kingdom. This is why human history teaches us that a series of *human kingdoms* built by humans fail, typified by the successive kingdoms in the *statue-dream of Nebuchadnezzar Daniel 2*.

Additionally, God planned to have humans to have *dominion over all*. Of themselves, even with historic progress, humans have not eliminated disease, aging and death.

God knew that for the God-kingdom to be built, he has to start in the mind to be *one* with him. But first, this mind/ spirit-of-man had to have a temporary abode in a material body to learn from physical senses and shun the *lust of the flesh I John 2:16; Galatians 5:19-21* until the time comes when it has to be guided and empowered by the Holy Spirit promised to come to us later and to *bear fruits Galatians 5:22-23*. The *temporary abode*, the physical-material body has been created and life was infused into it by God via the spirit-of-man *breathed into his nostrils*. The flesh-body is temporary because it rots and dies in the grave/ hades. Human history catalogues human failures and success, although not conclusive and fleeting as they are.

Through life, on our own, we learned good from evil; some follow good; others, evil, or a hodgepodge of both. But even with our very best efforts, God concluded that they are all dung and as filthy rags:

Isaiah 64:6 *All of us have become like one who is unclean, and all our righteous acts are like filthy rags; we all shrivel up like a leaf, and like the wind our sins sweep us away.*

Philippians 3:8 *Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all*

things and count them but dung, that I may win Christ

Humans are Weak As our very best is still *dung, filthy rags* to God, we are considered *weak* on our own to be *one* with Him. From the beginning, we were planned, with fulfillment in the future, to have the power of the Holy Spirit for us to be *strong* and *bear the fruits of the Holy Spirit*. This gift of the Holy Spirit from the Father became available to mankind only after Jesus was resurrected. Notice, that this gift is so important that Jesus had to die first, then be resurrected to receive this power from the Father, to then be given to mankind on Day of Pentecost of that year **Acts 2:1-13**. Without his resurrection to life, Jesus would not have received this gift for our welfare.

John 16:7 *But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you.*

John 16:5-7 *But now I am going back to the Father who sent Me, and none of you asks Me where I am going. You are very sad from hearing all of this. But I tell you that I am going to do what is best for you. That is why I am going away. The Holy Spirit cannot come to help You until I leave. But after I am gone, I will send the Spirit to you.*

Acts 1:8 *But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem,*

throughout Judea, in Samaria, and to the ends of the earth.

Summary Truly, the mind has to change to get rid of evil thus becoming *one* with the Father. This started with the *second-Adam, the man-Jesus Christ, the beginner, forerunner and the Head of the body/church*. As a carpenter/ builder, Jesus is building a God-kingdom from humans through the power of the Holy Spirit given to mankind as a gift, all destined subsequently to become spirit-beings. Mankind is being created in the *image and likeness of God to have dominion overall*. This is the end-product of the gospel of the God-kingdom and has its core foundation on Jesus' life, death and resurrection. One has to believe in him to receive this gift from the Father and follow the guidance of the Holy Spirit. And with it, we have to *bear the fruits of the Holy Spirit* as those who do not bear fruits will be cut-off from the body.

Even Jesus in the narrative at Gethsemane shows he has to choose the Father's will instead of his own. His personal will was not to go through for him to die as Passover for mankind, but he freely chose to follow the Father. He had to see that *truly, man is weak* three times before saying *let your will (Father) be done*.

Luke 22:42 *Father, if you are willing, take this cup from me; yet not my will, but yours be done*. Only those who persevere to the end, the *overcomers*, will be given a new and incorruptible immortal body *in a twinkling of an eye*.

Revelation 3:21 *To him who overcomes I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on His throne*.

A list of references and internet links is available upon request.

HARVEY, IRMA

Bring to Mind

YOLANDA

continued from page 3

miles per hour and six hours later, the Joint Typhoon Warning Center estimated Yolanda attained one-minute sustained winds of 195 mph and gusts up to 235 mph, much more powerful than the winds of 125 mph Harvey and Irma. By those measurements, *Yolanda* would be comparable to a strong Category 4 hurricane in the



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United States, nearly in the top category, a category 5. Comparing the number of death tolls and the cost of property damages between Harvey/ Irma and Yolanda are quite different. Understandably, many factors are to be considered which will not be discussed here.

Hurricanes, cyclones and typhoons are the same thing. They are just called different names in different parts of the world.

Victims of natural disasters must get help. It is admirable that Americans' first instinct when disaster occurs is to open their wallets and volunteer their time.

To Pilipino-Americans, your donations of \$10 or more by everyone can give help to the victims of Harvey/ Irma. Donating this small amount through charities of your choice is an opportunity to change the life of someone in need.

The Filipino United Network chaired by a friend and colleague Philip S Chua, MD FACS FPCS from Las Vegas donated \$1,000 to Harvey and four years ago to Yolanda.... to highlight the innate Pilipino spirit and tradition of *bayanihan* and *damayan*. To Pilipino-American organizations, donate now... let us rise together with charity in all of us.

Yes, we would like to share and care. Just to be reminded, it is about giving. When one is fortunate enough to have the knowledge, the love, the wealth and everything else that you get in your life make sure you do not just get, you give too to those in need here in America. In so doing you are opening the floodgates to happiness.

Reminiscing super-typhoon Yolanda: To reminisce, typhoon Yolanda made landfall in Guiuan, Eastern Samar, at peak intensity on November 7, 2013. It remained an exceptionally powerful storm when it struck Tolosa, Leyte, and made four additional landfalls as it traversed the Visayas, including this writer's province of Antique. Monster winds tore roofs off buildings and giant waves washed away

homes, terrifying millions of Pilipinos as one of the world's most powerful typhoons in the past century battered the islands in two days. There was widespread devastation from the storm surge in Tacloban City especially in San Jose, with many buildings being destroyed, trees knocked over or broken, and cars piled up. The low-lying areas on the eastern side of Tacloban city were hardest hit, with some areas completely washed away. Flooding also extended for one kilometer (0.62 miles) inland on the east coast of the province.

The cyclone caused catastrophic destruction in the Visayas, particularly on Samar and Leyte. According to United Nation officials, about 11 million people have been affected – many have been left homeless. The National Disaster Risk Reduction and Management Council reported P89.6 billion (\$184,000,000) in damage to houses, bridges, roads and other infrastructure in the areas it crossed. It was a national calamity in the Philippines. The photos were unbearable, heart-breaking to look at dead people on the streets, sidewalks, everywhere. Tacloban, the capital city of Leyte province, 360 miles southeast of Manila with a population 220,000, was the worst hit city.

Tsunami-like waves with water came in so fast that there was not time to flee, and the surge swelled well beyond what any city could survive, destroyed all infrastructures along the wide path of the typhoon, and with thousands of people drowned.

In spite of calamities like Harvey/ Irma and Yolanda, life must go on. We pray that the people victimized are strong to face the reality in life. In times like this, all that we can say is – pray and help. Calamities are part of this world. And it's just us humans who can't accept that sad truth.

We must continue help our unfortunate co-Americans and as well as our countrymen in times of nature's tragedies. That is *bayanihan* in action. Building mutual goodwill all the time and as Pilipino Americans, we must help; we must continue to rebuild our home country the Philippines and our adopted country America recover from these calamities - the specter of climate change.

Calamities like these come and go and do not affect a relationship one has with God unless one starts to blame God. Our *bayanihan spirit* as Pilipino-Americans will endure.

FAITH CORNER

continued from page 2

happen to good people. There is that overused but unfortunate cliché that there is a purpose for what is happening to creation. That may well be true but is not really a source of comfort when one is **being** hammered by nature. Only the Lord has the answer and that is one of the



REV MELVIN
ANTONIO MD

questions I will ask when I finally meet my Maker.

Having said all this, the question to ask is what is within my power to do for all this suffering? As is my practice, I turn to the Word of God for the answers. I asked this question at a recent Bible Study that I am leading: Given the opportunity, what are you willing to do for Jesus Christ? After much thought and divergent answers from the group, I gave them this clue from the Gospel According to **Matthew 25:31-46**. Jesus gives the criteria for the final judgment. In an indirect way, He tells us that we will be judged according to how we serve humanity and that is: feed the hungry, give the thirsty something to drink, welcome the stranger, clothe the naked, care for the sick and visit the imprisoned.

With Hurricane Harvey in mind, how can we fulfill these criteria? In San Antonio where I reside, the Food Bank is in need of food items for distribution; hospitals are calling for blood donors; the Red Cross is collecting donations of food, clothes, personal care items such as diapers, soap, dental supplies, as well as monetary contributions. San Antonio has set up shelters for evacuees and all those displaced by the hurricane and these require volunteers to help care for those seeking refuge. Non-governmental relief agencies have activated their members to do what they can – and that goes a long way. If I remember it right, our esteemed colleague, the late Dr Arsenio Martin, organized medical support for the victims

of Hurricane Katrina. That is an example worth emulating – a medical mission without leaving your neighborhood.

There is so much to do in the coming days, weeks, months, maybe even years for some. For those interested in helping out, there are so many choices available. Search the internet for the organization of your choice. The Red Cross tops the list. Beware of scams as there are vultures out there who take advantage of the misfortune of others for their own gain. Even now as the waters recede, volunteers are mobilizing to start work on cleaning up debris and reconstruction of homes. Prayers are always needed. Mahatma Gandhi once said: *Whatever you do may be insignificant, but it is very important that you do it*. Whatever we do may be grandiose, bold or courageous and others may small and hardly noticeable, yet all have the potential to ripple out, affecting countless lives. In keeping with the Nike commercial, whatever it may be, Just do it!

From your CHAIRMAN

continued from page 2

The reunion dates are from July 4 to July 8, 2016.



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GUINIGUNDO MD

The cut off registration is June 24, 2018.

Registrants are encouraged to use the weblink using passkey for

FEUDNRSMAF to avoid \$15 fee if registration is made through hotel telephone.

The 2019 convention will be at the same venue of Caesar's Palace Casino Hotel with the same rate, but different dates to be announced later.

Some problems were also discussed with holding the convention during the July 4th weekend but it would be probably after this date in 2019.

Input on continuing medical education was provided Dr Blankas-Hernaiz. A complete program will be published soon.

Medallions will be procured; and these are generic medallions to be purchased in bulk of 20 Silver, 50 Golden, 50 Emerald and 50 Diamond.

If we allow those who cannot afford the grand ball dinner to attend the celebration post dinner, we might be in violation of Fire marshal rules regarding number of persons allowed in the banquet hall; moreover, it might represent a violation of our contract with the hotel since we have stated the number of dinner guests on the contract.

Dr Nany Tansuche, a Golden jubilee celebrant will serve as co-chair of the 2018 convention. Both items above were approved.

I am trying to find out if Class⁶² or Class⁶³ are celebrating in January 2018 in Manila. E-mail had been sent to FEU-NRMF alumni registrant Ms Cely Ocampo and outgoing FEU-NRMF Institute of Medicine Dean Linda Tamesis for some guidance on this item.

Several of our colleagues are alop on vacation-trip abroad and will clarify some items when they get back.

PRESIDENT'S *Message*

continued from page 1

inevitable devastation. In ruins, we can rebuild with love, kindness and understanding devoid of rumormongering, arrogance, narcissism, vilifying and undue condemnation.

Life is precious. Let us embrace what God had bestowed on us for we are vested with a purpose to understand who and what we

are. Behind that golden door there is resilience that thrives best in us.

The drive and tenacity fuels the audacious optimism and strong faith that lies beneath. The towering working ethics, adaptation and strong family values serve as guiding light for everyone to engage for there is more to life than what we could fathom.

The temple we enter is sacred. Blessed are those who can perceive the clarity of tolerance that they can see beyond the horizon of an eclipse that hinders the true meaning of reason.

To recant the events will just be history, a memory to reckon with. It is inherent with in us to focus on the side of righteousness. In retrospect, with fervent hope and heartfelt prayers, we will stand

tall, firm and steadfast for the future lies in thee.

My dear brothers and sisters, humbly I state that our organization is in a great need. I, alone am not able to rebuild it. I do not possess the strength to employ. But you do, yes you. You possess the huge pillars to assemble the most solid structures for our home to stand on. Let this be the cry of the youth who have the strength and unparalleled convictions to rise up. Together we could traverse the thickest of thorny bushes, brave the raging waters, trek the rugged terrains to reach the pinnacle of what and where we want to be. With open hearts, let us contemplate on these statements, *Ask not what the organization can do for you, but rather, ask what you can do for our organization.*

With visions of hope, profound commitments, noble intentions, unbridled attitudes let us surround our home with hands together. Gleaming with pride we stand tall.

Let our freedom be guided with wisdom and not to veer from what our forefathers had rightfully dreamt.

With humility, we gain respect.

With responsibility, we find forgiveness.

With prayers, we see the light

With understanding, we spread peace and love.

Changes will be forthright; our organization will live on.

The choice is ours.

Our next Annual Reunion and Scientific Convention will be held on July

4 -8, 2018, at the Caesar's Palace Casino & Hotel in Las Vegas NV. More information to follow.

Caesar's Palace in Las Vegas July 4-8, 2018

continued from page 1

to set up the day-to-day schedule of programs, after someone's vacation cruise in the Seas of Japan.

Likewise, a corrected and updated credit card payment form for the registration fees will be forthcoming after another's Parisian holiday.

The hotel room registration charges will also be shortly detailed by the executive council; and the reunion registration form and fees will be finalized by the executive director.

This early, our success is amazing. Among the illustrious responders who have accepted our invitation to lecture during the continuing medical education meetings include:

Rey H Delos Reyes MD⁷⁸, dean and associated professor of obstetrics and gynecology/oncology at the FEU-NRMF Institute of Medicine;

Herman Hedriana MD⁸⁸, a feto-maternal medicine expert and

associate professor at the University of California at Sacramento;

Rolando M Solis MD⁶³, invasive cardiologist at the Baylor University in Dallas;

Carl Calica MD⁸⁸, assistant professor of surgery at Icahn School of Medicine at Mount Sinai in New York City;

Macario Corpuz MD⁸⁸ MBA FAAFP assistant professor of Family Medicine at the University of Massachusetts School of Medicine in Worcester;

Fernando Angeles MD⁶³ FACS, retired cardiovascular surgeon based in Fort Worth TX; and

Wilson Morales MD⁷³, practicing gynecologist in Los Angeles area.

A clinic-pathologic conference on a patient who presented with hip and thyroid lesion is being organized to add excitement in the meetings, just like in the old medical school days --- if discussants are found. cv reyes md



LICERIO V
CASTRO JR MD

2018 Balik-FEU

43th Alumni Homecoming

January 17-20, 2018

HONOREES

Class⁵⁷ (Diamond Jubilee)

Class⁶² (Emerald Jubilee)

Class⁶⁸ (Golden Jubilee)

Class⁹² (Silver Jubilee)

Class⁷² (Sapphire Jubilee)

Class⁷⁷ (Ruby Jubilee)

Class⁸² (Coral Jubilee)

Class⁸⁷ (Pearl Jubilee)

Class⁹⁷ (20th Anniversary)

Class²⁰⁰² (15th Anniversary)

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Deadline for October issue

October 18, 2017

Please address submission to

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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 October 2017 issue

October 4, 2017

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FEUDNRSM Alumni Foundation

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25 APR SAN JUAN (7am-3pm)

26 APR LABADEE (9:30am-6pm)

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OVERVIEW SHIP INFO DECK PLANS CRUISE LINE

DAY	PORT	ARRIVE	DEPART
1	Warnemunde,germany		7:00 PM
2	Visby, Sweden	1:00 PM	7:00 PM
3	Gdynia, Poland	9:00 AM	6:00 PM
4	Klaipeda, Lithuania	7:00 AM	2:00 PM
5	Tallinn, Estonia	10:00 AM	5:00 PM
6	St Petersburg, Russian Fed.	7:00 AM	11:59 PM
7	St Petersburg, Russian Fed.	1:00 AM	8:00 PM
8	Helsinki, Finland	8:00 AM	2:00 PM
9	Stockholm, Sweden	9:00 AM	5:00 PM
10	At Sea		
11	Copenhagen, Denmark	8:00 AM	6:00 PM
12	Warnemunde,germany	8:00 AM	

Number of Nights: 11

ITINERARY MAP



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MORE INFORMATION

- LIFE ON BOARD

For more information, email Nida Blankas Hernaez MD ednida888@gmail.com



FAR EASTERN UNIVERSITY DR NICANOR REYES SCHOOL OF MEDICINE ALUMNI FOUNDATION

39th ANNUAL REUNION & SCIENTIFIC CONVENTION

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- Class⁶³ (Emerald Jubilee)
- Class⁶⁸ (Golden Jubilee)
- Class⁹³ (Silver Jubilee)
- Class⁷³ (Sapphire Jubilee)
- Class⁷⁸ (Ruby Jubilee)
- Class⁸³ (Coral Jubilee)
- Class⁸⁸ (Pearl Jubilee)
- Class⁹⁸ (20th Anniversary)
- Class²⁰⁰³ (15th Anniversary)
- Class²⁰⁰⁸ (10th Anniversary)



July 4-8, 2018

Caesar's Palace Casino & Hotel

3570 South Las Vegas Boulevard, Las Vegas NV 89109

1-866-986-0439

Lecturer volunteers from the Jubilee celebrants and from other classes are now being considered.

Please share with/ email us acvrear@gmail.com, ednida888@gmail.com, or lybms@aol.com the following:

- Your lecture title,
- Your professional title/ affiliation,
- Statement of your lecture objectives(s) and
- A copy of your curriculum vitae.