



ECTOPIC MURMURS

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BEYOND SILVER LINING

Beyond Silver Lining is the theme of the 37th annual Balik-FEU reunion and continuing medical education meetings. It will feature an internationally known bioethicist and infection disease expert, Angeles Tan Alora MD, as the 34th annual Dr Laura H Panganiban Memorial



ANGELES TAN
ALORA MD

Lecturer on Thursday morning, January 26, 2012, at the FEU-NRMF Medical Center in

west Fairview.

The scientific seminar will be capped by a grand alumni golden and silver jubilarian night at the Crowne Plaza Galleria Manila, Ortigas Avenue, corner ADB Avenue, Quezon City.

Dr Alora was a *cum laude* alumna of the University of Santo Tomas (UST) Faculty of Medicine and Surgery and one of the most outstanding teachers of Metro Manila in 1992. He had served as dean of her alma mater, chaired UST section of infectious diseases, and headed UST/ UP/ PMA continuing medical education department, and directed the teacher training center for health professions.

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Message from the CHAIRMAN

I will be in the Philippines enjoying visits with family and friends by the time this article is published and I hope each of you has enjoyed a festive holiday season and has had the privilege of sharing friendship and fellowship with friends and loved ones.



PEPITO C
RIVERA MD

I will also be participating in the January 25-28, 2012, Balik-FEU reunion and encourage everyone to come. These conventions are a positive reflection of the many ways the alumni of our great Alma Mater have and continue to make a difference. The yearly conventions are a time of education, reflection, encouragement and camaraderie. They give each of us a lovely venue in which to visit and enrich ourselves and allow us to reconnect with other friends and colleagues.

January is also a perfect time to reassess our lives and our dreams for the future. Michael Altshuler once said *The bad news is time flies. The good*

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FAITH CORNER

REV MELVIN ANTONIO MD⁶⁵



REV MELVIN
ANTONIO MD

Today, we are deluged with reports of anger, abuse and even murder at the hands of a family member. The most common ground for divorce is to cite *irreconcilable differences*, code for spouses no longer attentive to each other. Parents neglect their children and children disregard their elders. In this type of climate, many of us would say, *It is time to return to good old-fashioned family values*. Question is, just what constitutes good old-fashioned family values? Is it the submission of wives, the domineering rule of parents, the intimidation of children?

The account of the infancy of Jesus in the Gospel of St. Luke gives us a great example of parenting.

When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom, and the favor of God was upon him. Luke 2:39-40. The author of the Gospel of

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Chapter 2 CHICAGO TRIP - A TRIPLE TREAT

EUGENE AS SIRUNO MD

This is my second trip to Chicago to attend the PMAC 51st scientific seminar on clinical practice update/ dinner dance. The



EUGENE S
SIRUNO MD

first time was the winter meeting 2010 at the Hyatt Regency O'hare Hotel and it was the vernal equinox (start of Spring). Interestingly, it snowed and was cold in Rosemont.

This second trip coincides with the autumn equinox (harvest moon) and the weather was just as interesting, it rained and was gloomy. Coming from Minnesota, we are more or less used to that kind of weather except that it was bright and sunny way back home and the colors of Autumn were starting to show. Lots of my friends were surprised to see me and my wife. I believe they were wondering my very presence, so I told them that I am following a recipe in life to lengthen my stay in this wonderful world if I could.

Number 1 - bonding with the one you love most (wife) so we drove together for almost eight hours. That was one of the longest session of conversing together for a long long time.

Number 2 - I have something to do (attend the CME and get educated as well as visits

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STORM IN MY ISLAND OF PARADISE

CESAR D CANDARI MD⁶¹

FCAP, EMERITUS
Henderson, NV



CESAR
CANDARI MD

I was in Cagayan de Oro and Iligan City years ago arranging for the venue of our Lions Club Medical Mission in Mindanao.

The horrendous devastation that swept these two cities in the recent tropical storm Sendong / Washi (International name) conveys a very sad story. The death toll so far is estimated to more than a thousand , almost 400,000 people are displaced and damaged nearly P2 million in agriculture, and tens of millions in property. The devastation brought by the typhoon has compounded the miseries of the people. It was proclaimed a state of calamity. Entire communities, not only of homes and schools but incalculable repositories of culture and human memories, were gone in a mad instance of Nature, washed to the lowland of Cagayan de Oro, poor people living along riverbeds suffered. We ask if there will be deliverance from these crippling maladies. So many poor people died. Some bodies were found on the shores of Camiguin island, 77-km away.

In spite of calamities like this one, life must go on. We pray that the people of Northern

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RUMINATIONS II

PIO M SIAN MD⁶⁵ FAAFP

In many missions we had



PIO SIAN MD

been, it has been my compulsion to teach our countrymen the proper nutrition. Rice which is the main

staple, many a households I had seen wash the grains very thoroughly between their palms and many changes of water until wash water is clear. The Vitamin enrichment gets completely washed off the drain. I think the habit is a carry-over from the war time *sisid rice*. Rice that was retrieved from sunken ships. To remove the salt and mold from the grains, a real wash was called for but now it is still a popular way. Old habits are hard to break.

Many babies and children are not supplied with milk. There is no such thing as *Evaporated Milk* anymore. Even Carnation has the gall to label their product as *Carnation Evap* just a trademark, nothing to do with the contents, just oil, water, emulsifier and artificial milk flavoring.

You cannot sue them as they clearly state *not for infant feeding*. I do not understand how hungry people look down upon goat's milk. Main complaint is the odor. If they separate the bucks from the milkers, the milk will be better than cow's. There are more goats in the Philippines than the whole of USA.

Mung beans 26% protein not

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A STAR IS RISING IN THE EAST

TONY MELOTO

The spirit of the season was not lost because of the tragedy. It was, in fact, found by those who sacrificed comfort and pleasure to be a gift to others in need.

The recent catastrophe in Mindanao happening so close to Christmas is a reminder that in the midst of the dark clouds and flood waters, the brightest light will shine through us if we follow the Savior who came to save us from ourselves.

Tragedy has always given us the opportunity to express our humanity through charity and acts of compassion, lately with recurring frequency due to our deepening poverty and deteriorating ecology. Like in previous calamities, many cancelled parties to donate cash and goodies to the distressed, others gave up vacations to do relief and rehab work in CDO, Iligan and Negros. Even our Muslim volunteers participated in relief work so their Christian brothers and sisters can celebrate Christmas.

The spirit of the season was not lost because of the tragedy. It was, in fact, found by those who sacrificed comfort and pleasure to be a gift to others in need.

This is also what Gawad

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TONY MELOTO

2011: AN INCREDIBLE YEAR

ERLINDA G BARRANDA MD Columbus, OH

The planet earth is still intact in spite of man-caused wars, all forms of terrorism, crimes and bloody revolts in various



ERLINDA G. BARRANDA, MD

countries, earthquakes, tsunamis, diseases, typhoons, floods, severe weather conditions all leading to havoc and the loss of thousands of human lives, flora and fauna and man-crafted edifices in villages, rivers and valleys.

Where I have been has been tumultuous as I see many who are jobless, unable to obtain good education and training and harnessing of latent skills to improve the human condition and even fellow workers literally losing their jobs.

It has been an incredibly challenging year among workers across Ohio, USA. Only a well-determined and disciplined workers and enlightened citizens with collective consciousness and vigilance in protecting workers' rights and their main concern to have a safer society to serve and protect made it to have a hastily crafted bill, the Senate Bill 5 which was repealed by way of REFERENDUM and by voting against ISSUE 2. This was to retain COLLECTIVE BARGAINING RIGHTS of workers last November 8, 2011.

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CASINO GAMBLING AND REAL LIFE

CELSO DEL MUNDO MD⁶²

Life is a gamble, for there's always uncertainty in the future,



CELSO DEL MUNDO MD

Like a roller coaster ride, you're up and down the rail, It's also like casino gambling, when no one is certain,

If you will hit the jackpot or end up as a looser.

When we gamble in a casino, we program our mind for the big win.

Every time we play games, we always hope to achieve our dreams

We always aim for the jackpot, when playing cards or slot machines,

But most of the time we lost our pants and never a millionaire.

The tinkling sound of the slot machines when the coins start to drop,

Is like an enticing rhyme, that makes you drop more coins to the slot,

The rotating roulette is hypnotic, for you to bet more cash, Hoping to get rich fast with the strike of lady luck.

For a sure profit, only play with spade with seeds in the garden, If we work hard, we 'all reap the fruits for it is a sure winning scheme,

It's the cause and effect of hard labor, not by strike of luck to win

In real world it's sweat equity, not get rich quick for a life that's fulfilled.

MUSIC'S ROLE IN MY LIFE THROUGH THE YEARS

ULYSSES M CARBAJAL MD

In this article, I wish to portray briefly how music has influenced my life and helped me share it to others.



ULYSSES M
CARBAJAL MD

EARLY YEARS Influence of Family.

Grandfather Dionisio Mejia (maternal side) directed a local band and also wrote *zarzuelas* (musical dramas) for town fiestas. My Mom and Dad used to sing folksongs and hymns from *Christ in Song*, in unison or in improvised duets. Music virtually reigned at home. While in the primary school, I was taught by Dad how to read music, using the *movable do*. Thus, I could learn and sing songs from music books, without the aid of a piano.

First Compositions. A former teacher in high school, Emilia Manalaysay, taught and encouraged me along poetry when I was a freshman. Enigmatically, as I wrote more verses, it suddenly dawned in my mind that a couple of poems be set to music for the Northern Luzon Academy campus in Artacho, Sison, Pangasinan. Thus, *Co-dormitorians*, *We Are Brothers* and *What If One Night I Should Die* came to life. The first song, in 3/4th rhythm, was sung during a school program, with cousin Romulo Valdez as soloist. It soon became a theme

song for all of us in the dormitory, instilling unity among us. The second had a livelier tempo — 4/4th. Fidela Senson, the principal's daughter and a budding pianist then, played it during one school program. And pretty soon, the music was being sung by almost every one in the campus, leading the faculty to ban it for the simple reason that it was *jazzy*.

WAR TIME

Victory and Defeat in Bataan. While hiding in the mountains during World War II, I continued composing songs. As the good news filtered in that our forces were winning in Bataan, I produced *This Is My Beloved Philippines, Land of the Free*. The first to learn and sing it out loud was Junior, barely five years old. He would stand in front of the family, and sing with gestures and expression unexpected of one so young:

*This is my beloved Philippines,
Land of the free;
Here's the place where people
reap the fruits
Of liberty!
We'll work for thee
To keep thee free,
Our land, Philippines;
We will die, if need be
For liberty, Philippines.*

Three months later, the news came that Bataan had fallen. Overwhelmed with grief and disappointment, I composed *Oh, Hear These Mournful Measures*. Set in minor key, this composition caused the family to shed tears for the fallen country.

More Music. Nonetheless, I tried hard to banish war-time fears and worries by taking time

to produce more music: love songs as well as sacred songs.

Examples of love songs were: *Buyasyas Memories*, *O Bela Moon*, *I Have Found a Friend*, *I Will Never Change My Song*, *Your Name, Night and Day*, *Do You Love Me?* and a few others. Each song was inspired by a certain friend, who had secretly caught my admiration.

I set to music also Psalms 100, Ecclesiastes 13, and the Beautitudes. While imprisoned for allegedly treating the guerrilla forces, I expressed in *A New Year's Lament* mixed emotions: fear for the uncertain future and a deep longing for a better year.

LIBERATION TIME

Taking Piano Lessons.

During the war, I had dreamed of becoming a good pianist someday. Accordingly, not long after liberation, I started taking piano lessons with Ruben Manalaysay as my first tutor, followed later by Mrs Paz Poblete. Being in my early 20's, my fingers were rather stiff to begin with. Moreover, I still suffered from slight numbness of the fingers, as a result of being tortured during the Japanese occupancy. Although I could play simple pieces, I soon had to give up the dream of becoming a great pianist because of more urgent tasks at school and at home.

Voice Lessons. But I continued learning more on the art of singing. Prof. Eliseo Arevalo, teacher of Tomasita Pilar, imparted to me tips on singing as I sang vocal solos in the Protestant churches where he was music director. Not long after, Mrs Pacita Torralba, a Faculty member at Philippine

Women's University, offered voice lessons at the Philippine Union College (PUC), and I joined the happy throng of ambitious vocalists.

Our Youth Male Chorus.

Seeing that there were classmates and friends gifted with singing, I organized *Our*

PUC. Mrs Poblete had written on my autograph: *This UC truly belongs to PUC. What then seems to separate the two? Can it be the M (medicine) in UMC? We hope that the same M (music) bring U back to PUC.* According to her wish, when the Music Guild was organized

our satisfaction, became the talk of the town. Then we prepared to stage the Cantata in a Protestant church in Manila, which had graciously invited us. But this did not materialize because Mrs Wood had to return, in 1951, to the United States for an urgent reason.



Esther Cantata at Loma Linda SDA Church, 1959

Youth Male Chorus, and was elected President. Professor Arevalo gladly accepted to direct the choral group. Our best performance took place during the baccalaureate program at the PUC in 1946. Our group sang expressively *The Lord's Prayer*. Unfortunately, instead of voicing praise and thanks, the PUC music head looked at us as outsiders, and would no longer allow us to use the music room for rehearsals. I soon found out why. Prof Arevalo was not a teacher at PUC.

Unity Restored. When Mrs Minnie Iverson Wood arrived to head the music department in 1949, she showed how music could make people work together. By this time I was no longer studying at PUC, but was enrolled at the College of Medicine, Manila Central University (MCU). Nonetheless, I did not lose touch with

at PUC, I was elected president. Our first big project was to purchase a new Hammond Organ for the College Church. Mrs Wood wholeheartedly supported the said campaign. More importantly, she became my teacher in voice. And I joined the church choir under her direction. Soon she asked me to sing solo parts in Mendelssohn's *Creation* and other great works, and even to sing duets with her. This unexpected privilege and experience inspired me to the heights.

Moreover, participation in the *Esther Cantata*, as King Ahasuerus, was a great boost in my life. (Little did I then expect that I would someday be directing this Cantata myself.) I am sure that the other members of the cast realized how important it was to unite our voices to the glory of God. The presentation at College, much to

PUC Male Chorus. For some time after Mrs Wood left, there was a deep void in College, musicwise. Then Mrs. Gertrude Rowland came to the scene, teaching voice. Jovita dela Cruz was one of her students. Meanwhile, I resumed taking voice lessons under *Maestra* Toralba and a year later under Professor Mosesgeld at UST School of Music.

Listening to the appeals of several friends, I organized the PUC Male Chorus, and held regular rehearsals in the College music room. Our group began to grow and cast its influence, not only in the College and in the Manila Sanitarium and Hospital (MSH) but also in Fort McKinley, where we were, soon after, invited to present a full concert. Our rendition of Romberg's *Stouthearted Men* was applauded warmly. We also were invited to sing in radio broadcasts. During one of these

radio programs, Jovita was chosen to sing the soprano solo in a male arrangement of Mallotte's *Lord's Prayer*. Her golden voice utterly captivated me. But our most radiant show

Nicolasa (paternal side) to win back uncles Benny and Eling to the Adventist church fold. They were gifted singers and we thought of winning them back through music. In Los Angeles,

people. But the oldsters could not be prevented from joining. The Sabbath School soon included a worship hour, and thus we began meeting as a church company, first at 54th Street Church and later at Central Church along Figueroa Street. On September 21, 1957, the first Filipino Adventist Church in America was officially organized in Wilmington, and admitted to the fellowship of Adventist churches in Southern California. The choir sang *Beside Still Waters*, with Jovita singing the soprano solo, during worship hour. The other song, *Hallelujah for the Cross*, was sung in the afternoon, before the formal organization of the church. And our two uncles, with the family, were present.



Pasay Choral Society, 1962, at the Pasayi SDA Church

was a formal concert at MSH.

Singing Duets. During my surgery residency at MSH, Jovita came one day to invite me to sing with her at a party tendered by a missionary who felt grateful for her having been treated kindly at the Hospital. More opportunities for singing duets followed. In one rehearsal at the home of Mrs Moises Jereos, head of the surgery nursing staff at the Manila Sanitarium and Hospital (MSH) commented: *Your voices blend very well. Why don't you blend your lives as well?* This virtually became a prophecy, for Jovita and I soon traded nuptial vows, four days before sailing for USA.

LATER YEARS

Organizing a Church. Music played a major role in the organization of the first Filipino Adventist Church in America. Before sailing for USA, my wife Jovita and I had been tearfully urged by grandmother

Jovita and I sang in community programs as well as in various churches, where we met many compatriots, who also invited us to their homes. Then the idea of winning back our two uncles through music sprang up when visiting with the family of Angel Calzado.

Why don't we gather Filipino Adventist families one evening to socialize, play, sing, and dine together? he suggested.

We are glad to hear that, I said. My wife and I have been wondering about organizing a choir and inviting the youth and our two uncles to join.

How we enjoyed the impromptu singing during the get-togethers! Soon a singing group was organized. Then one evening, during an informal rehearsal, the idea of organizing a branch Sabbath School casually popped up, igniting a lively discussion. The choir attracted mostly the young

Choir Is Consecrated. A few weeks later in Compton Church, the church choir was formally organized, a special consecration service being held for the singers and instrumentalists. More importantly, a choir directory was published, bearing also a historical sketch and constitution and bylaws. Our choir soon began to be invited to sing in the Southern California Conference camp meetings in Lynwood CA as well as to sing or present concerts in other churches like those in San Diego, Lancaster, and Long Beach.

Attending Workshops on Choral Conducting. To keep abreast with the modern techniques of choral conducting, I registered in workshops and special courses at the University of Southern California and other institutions. I also attended concerts

presented by established singing groups in the area. Moreover, I purchased albums on good choral music, which I could play and listen to after coming home from the busy eye residency training in the Los Angeles Eye and Ear Hospital.

Esther Cantata Presentations. For the purpose of presenting successfully William Bradbury's Cantata,

The debut at White Memorial Church was announced in the front page of the *Los Angeles Times*. As expected, the presentation was a huge success. Other performances were held in Glendale, Loma Linda, Van Nuys, Long Beach, San Diego, Lancaster, and other areas. Evelyn Rice and Miriam Catolico played the piano

Cantata in various churches. Feeling unappreciated, we decided to return to the Philippines. Incoming invitations for Cantata presentation had to be turned down. We sailed back for the Philippines in September 1960, three years from the founding of the Church in Wilmington.

Esther Cantata in the Philippines. Three months after



Singing Evangelists pose with Seminary Faculty in the PUC Chapel, 1975

Esther the Beautiful Queen, it was expedient to organize the Esther Choral Society. Its main objective was to present the Cantata in various churches and institutions in California. Distinguished soloists were invited to play the lead roles: Margaret Richards, a contralto from Inglewood, accepted to play the role of Zeresh, Haman's wife; a Jewish singer, Norman Rips, as Haman; Ralph Gates, of Van Nuys church, as King Ahasuerus; Orville Lewis, as Mordecai; Betty Wong as Mordecai's Sister; and Geraldine Roan as Prophetess. Jovita took up the lead role of Queen Esther. The chorus was comprised largely of Filipinos, with some coming from the Berean Church and others. Leroy Hurte, director of the Berean Church Choir, was my associate.

accompaniments. Beyond our fond expectations, music had united people from all walks of life and from various groups to sing for the Lord, the Master Musician!

Future Presentations Cancelled. Gradually our mission to return to the Philippines was waning because of our music engagements. Then one Sabbath afternoon, a few hours before the Cantata presentation in Long Beach, I was invited to an emergency Church Board meeting in Compton CA. There, I was shocked to hear: *Dr. Carbajal, you have been drawing away our youth from doing missionary work in our Church.*

This came as a surprise because all the while, I had been assuming that our youth were actually doing missionary work through singing in the

our arrival in the Philippines, Pastor Potenciano Romulo and officials from the Far Eastern Division of the Adventist Church paid a surprise visit at our newly opened clinic along Vito Cruz in Malate, Manila.

We want to invite you to organize our singers here in the Philippines in order to present the Esther Cantata during the final evening of the Youth Congress at PUC Auditorium, April 9, 1961, they offered solicitously. They had, evidently, heard about our successful presentations of the Esther Cantata in USA.

Happy to do so, my wife and I responded.

It was encouraging to witness how enthusiastically students from PUC, together with those from the Pasay City Academy (PCA) and MSH, all joined hands to make the



BBC 40th Anniversary Concert at the C FC 2002

presentation a glowing success. The principal members of the cast were: Jovita as Queen Esther, Tomas Davis as King Ahasuerus, Elton Wallace as Haman, Pablo Poblete and Dionisio O Bautista as Mordecai, Evelyn Wallace as Zeresh, and Alma Tucker as prophetess. Some 100 singers from both Pasay and Baesa (Caloocan City) composed the chorus. The pianists were my former piano teachers Ruben Manalaysay and Paz Poblete, and Cora Arevalo — future head of music department of the Adventist University of the Philippines. It was heart-warming to see full attendance during rehearsals, which alternately took place at Pasay and at PUC. As expected, the debut was a great success. The Cantata was subsequently held at the Manila Center in Quezon City and in the Lucena Elementary School.

A more professional performance was staged at Philamlife Auditorium a few months later, with established guest artists — tenors Reynaldo Fuentes and Don David as Mordecai and Contralto Rose Galvez-Wong as Zeresh. More presentations were staged in the

Northern Luzon Academy, in Dagupan City, and in Baguio City.

Ruth Cantata. After the Esther Cantatas, the story of Ruth was staged at the Philamlife Auditorium on December 1, 1974, with Jovita Carbajal as Ruth, Rose-Galvez-Wong as Naomi, Gamaliel Viray as Boaz, and Betty Diaz as Orpah. The next performances were held during the FED Youth Congress in Bacolod City, at a Protestant Church, the following day, and months later at the Cultural Center of the Philippines. Edward Pan played the role of Boaz in the last two presentations. The pianists were Lourdes de Leon-Gregorio and Roy Allan Imperio, and the organist, Tomasita Pilar.

Saul Oratorio (Handel). Through the efforts of the PUC Alumni Association led by Fred Mina, Handel's *Saul* was presented in the format of a Cantata at PUC and at the Philamlife Auditorium. The principal members of the cast were: Edward Pan as Saul, Emmanuel Gregorio as David, Jovita Carbajal as Michal, and Robert Natividad as Jonathan.

Cora Arevalo and Edelma de Leon assisted as pianists.

As in the Esther and Ruth presentations, Mr Castro's gigantic background paintings on canvass made the Cantata presentations more realistic and impressive.

My Beloved Country First. While occupied with directing choral groups and staging Cantatas, I also took time to compose musical plays. A three-act musical play, *My Beloved Country First*, was one of these. The premiere presentation at Philamlife, under the sponsorship of the Pasay Adventist Church, drew an overflowing crowd. The Manila Central University Alumni Association sponsored three successive evening presentations. How thrilling it was to note the *standing-room* attendance, night after night! An Adventist actor, Abner Galang, and a charming nurse, Flor Evangelista, played the lead roles, drawing huge crowds. It is noteworthy that the Philippine Medical Association endorsed the publication of the play into a copyrighted booklet, copies of which were distributed to all national officers of PMA and

those of its 88 component societies throughout the country. I must confess that I had then secretly hoped that this would help diminish brain drain in the country. And it did!

Fostering Music in the Philippine Medical Association. During my term as President of the Philippine Medical Association (PMA), I encouraged the organization of choral groups in the various component societies, offering an award to the Component Society that has proved to be most active in culture and arts for the incumbent year. The choral group led by Dr. Adelaida Maqluez-Guzman was the first to receive this award. PMA sponsored the *Himig ng Manggagamut* program at Philamlife Auditorium in 1971, and the presentation in 1973 of my wife at the Cultural Center of the Philippines, assisted by the Carbajal Clinic Chorale (CCC) and the Manila Symphony under the baton of Prof. Luis Valencia.

Brown Brothers Chorale. On August 15, 1962, the male members of the Pasay Choral Society (the group that sponsored the Cantata presentations) decided to organize a male chorus, named The Brown Brother Chorale (BBC for short). This singing group made a debut at the Philamlife Auditorium less than a year later. Not long after, this group and the Ambassadors, under the direction of Elton Wallace, were presented in a joint concert at the same Auditorium. Being a more compact group, the BBC could respond to invitations more readily than the mixed group.

More than a dozen presentations were subsequently held, including one at the Abelardo Hall at the University of the Philippines and another at Cavite Naval Base. Heidi Cerna, Allan Imperio, Ritchie Carbajal — in his early teens -- and Lily Pan served as pianists. It is noteworthy that when Elton Wallace left for USA, several Ambassador members joined the BBC

FAC. To strengthen and consolidate the choral groups in the Philippines, the Federation of Adventist Choirs (FAC) was organized in 1975. It sponsored workshops in various churches, including Pasay, Caloocan, and Bacolod City, and a concert at the Philamlife. Among the active supporters were the Ambassador Singers at PUC under the direction of Minerva Penaranda and the Philippine Publishing House Singers, directed by Tita Villanueva. The FAC organization played a major role in the presentation of Ruth during the FED Youth Congress in Bacolod City.

Carbajal Clinic Chorale (CCC). During the controversial imposition of martial Law, the CC Chorale was born, a more cohesive group with better blending. This assisted Jovita in her solo recital at the cultural center under the sponsorship of the Philippine Medical Association. It also participated in other concerts, together with other choral groups in Manila and Quezon City. It was invited to sing by several clubs and organizations, including the government-sponsored Mabuhay Movement.

The Singing Evangelists. The most active group under

my direction came into existence when I was enrolled at the Far East Theological Seminary. It is obvious why the name *Singing Evangelists* was chosen. After about a year of rehearsals and tuning up, it was presented in concert at Philamlife Auditorium, as well as at the Cultural Center of the Philippines. It also spent time and exerted effort in recording, with the help of the CCC Chorale, two albums of choral songs. The great majority of these singers have become leaders in three Divisions of the General Conference of Seventh-day Adventists, as well as at the GC headquarters in Washington DC. Among these are Jonathan Kuntaraff, Jaeryong Lee, Gordon Christo, and Willy Sumagaysay.

Philippine Choral Conductors Association (PCCA). There had never been an association of choral conductors in the country. Why? Each choral group went its own way or it tried to compete with other groups. However, during our working together in various concerts, we soon realized the advantages of having an organization of choral conductors in the country. So, under the advisement of Dean Lucrecia Kasilag, the various choral conductors held a special meeting at the Cultural Center of the Philippines to organize themselves into an Association, committed towards the advancement of choral singing in the country. In Malacanang, (1973), the newly elected officers were sworn into office by the First Lady Imelda Marcos. Dr Ulysses Carbajal, president; Rosalina Abejo, vice-president; Prof Cristina Careaga

(UE Music Department), secretary; Minerva Penaranda (PUC Ambassadors), treasurer; Leandro Arlantico, (Brown Brothers Chorale) auditor; Ruben Hilario (St Paul's Choir), PRO; councilors were Rosita Rivadilo, Oswaldo Agcaoile, Roda Pepito, Adoracion Reyes, Andrea Veneracion (Madrigal Singers), Prof Rey Paguio (UP Concert Chorus), and Lilies Kapili (Ellinwood Choir). Among those present were Dean Andres Abejo of UP and my wife Jovita.

Accordingly, several workshops were subsequently scheduled at the Cultural Center (1973) and at the Philippine Columbian May 16-17, 1974.. Lectures on choral conducting were featured and singing techniques were demonstrated by choral groups. Later on, the workshops were extended to outside the City to as far north as Aparri and down south in Zamboanga, Mindanao. As a climax, all of the principal choral groups in Manila and Quezon City participated in the 2-3 hour presentation of *Music through the Ages* at the Cultural Center in 1975. The UP Concert Choir, led by Ray Paguio, Veneracion's Madrigal Singers, and Tita Villanueva's PPH Singers were among the participating groups.

Back to USA. In 1977, I returned to USA, together with Jovita, to continue my studies in theology at Andrews University in Berrien Springs, MI. When elected as president of the Far East Club, I encouraged the organization of a choral group, named Far East Division Choir, after discovering many gifted singers from the countries of the Far East: Korea, Japan, China,

Indonesia, and the Philippines. During one worship hour at the Pioneer Church, our Club was asked to take charge of the music. This club choir sang gloriously *Prepare Ye*, with Jovita singing the solo part. How happy were the singers to hear many *amens* from the congregation!

Then I was appointed as music minister at the All Nations Church, an innovated church with members coming from 17 countries. A Voice-Care Seminar, which I had developed while pursuing Ed D at Andrews University School of Education, was first conducted to teach the members how to sing properly. Then during rehearsals I took time to demonstrate proper breathing and voice placement. We started rehearsals with vocalizes. Two concerts were held during my term as Minister of Music. None less than the president of Andrews University attended our farewell concert. In a formal letter, he commended our performance.

From Michigan we had to move to California so that I could pursue my studies in theology at the Fuller Theological Seminary in Pasadena. Soon I was requested by the organizers of the All-Filipino Convocation to present the Esther Cantata during the last evening of the said Convocation. That was at the La Sierra University Auditorium, (Riverside CA) in 1985. Playing lead roles were Jovita as Queen Esther, Fred Banaag as King Ahasuerus, Ramon Ulangca as Haman, Art Elumir as Mordecai, Consolacion Mirasol as Zeresh, and Lydia Elumir as Mordecai's sister. Ray Puen

ably served as Associate Conductor, while Ritchie, as accompanist on the synthesizer. A week later, a repeat performance was held at the Paradise Valley Church in National City, and a few weeks later at the spacious Glendale High School Auditorium.

Voice-Care Seminars: A full-scale Voice-Care Seminar was held at Glacier View CO during the joint Annual Reunion of alumni from PUC and Mountain View College (MVC) in 1985, organized by Tito Noval. Seminars were next conducted at CFC, Glendale, Oxnard, San Diego, Hollydale, Loma Linda, Houston, Seattle, Hawaii, and in the Philippines. How the participants rejoiced to discover that they could become singers if they practice the principles they have learned from the Voice-Care Seminar!

Centennial Celebration (Righteousness by Faith). I composed three songs for the Centennial Celebration in Minneapolis MN, October 1988: *When I Walk with my God, I Serve My Lord with Joy*, and *Celebration March*, using the music of the APPA Hymn, which I had composed for APPA a little earlier. This was recorded on tape by my son Ritchie. Unfortunately it was lost. I surmised that the enemy did not want my song to be taught to the 5,000 participants in the Centennial meetings. Undiscouraged, I arranged for the Andrews University Male Chorus to learn the song *When I Walk with my God* and to sing it during the final program in this great event. We were all ready to sing, but then the word came shortly before the performance that, because of the tight

schedule, there was no more time for the singing of this song. Utterly dismayed, I paced back and forth behind the stage, with the copy of the music clutched by my feverish fingers.

May I see your music. It was Elder Neal WiOson, president of the Worldwide Conference of seventh-day Adventists, speaking, much to my surprise.

Sir, I'm greatly disappointed, I disclosed. *The Emcee has just informed us that there is no more time for this to be sung.*

After skimming over the music, he said. *Get the group ready. I shall have this song sung as the closing song for this Centennial gathering.* My heart leaped with joy to realize suddenly that God had prevailed over the attempt of the enemy to prevent the singing of *Walking with God* — the message of the Centennial Celebration. First, the tape had been inadvertently lost when it had already reached the hands of the Music Committee. Second, the night before, the huge picture frame of EG Waggoner got mysteriously detached from the ceiling, and fell right in front of me, almost hitting my skull. Third, the unexpected message there was no more time for the music in the afternoon.

TWILIGHT YEARS

Back to Music. On my birthday, August 10, 1995, Pastor VicLouis Arreola informed me that in the recent Board meeting, I had been elected as Minister of Music at Central Filipino Church (CFC). This came as a mighty surprise. I had not directed any music group for the last nine years. In fact, I had been kept busy with various chores in the medical

associations, not to mention alumni groups. Three times I had run for the Presidency of the Association of Philippine Physicians in America (APPA), but was cheated out. Now, I was determined to take it easy and enjoy my birthday. But suddenly it dawned in my mind that this might be a chance to make up for my few years of inactivity in church programs, when I was addictively involved in medical politics. So, I accepted the challenge, without any reservation.

Accordingly, I organized the Association of CFC Musicians, inviting all the members of the seven choral groups in the church to join this Association. Then each group was assigned, by rotation, to sing during the worship hour. A Voice-Care Seminar was conducted to help the choir members improve their voices. Among the four lecturers were Luis F Bello, choir director of several eminent Protestant churches here and in Manila and Prof Glen Dayton of USC School of Music. The church also held a Conference on Music to remind our singers of the great principles on church music, based on the Scriptures and on the counsels of EG White. The speakers were Ray Puen, Ritchie Carbajal, Nestor Zamora, and Dr Heidi Cerna.

In the beginning of 1997, I enrolled at La Sierra School of Education. Here, I did research on the Pros (Consonance) and Cons (Dissonance) in the Music Ministry. In September 1997, I directed a composition, *By Faith We Sow, In Love We Grow* during the 40th Anniversary of our Church. With Ritchie's help, I composed

the CFC Cantata, depicting the history of our church, and presented it Saturday afternoon. Not long after this celebration, I had to step down from the Minister of Music position in order to concentrate in my studies at La Sierra University.

Celebrating my 80th and the 40th Anniversary of the Brown Brothers. Two concerts were held in my honor in December, 2002, the first was at the worship hour at CFC, the second at a popular park hall the following day. I was asked to direct a few sacred and secular songs. How pleased I was to be honored with a cake, a plaque, and special song dedicated to me!

Golden Wedding Anniversary. January 2003, we celebrated our golden wedding anniversary with a musical program. In the first part, family members and the Brown Brothers sang. With nostalgia, I directed the Family chorus in singing *The Lord's Prayer*, with the assistance of the Brown Brothers and Jovita singing the soprano solo. The Mitzelfelt Camerata Singers sang in the second half, with Ritchie at the synthesizer.

Music in AWESNA. Voice-Care Seminars were held in Hawaii and in Seattle in 2003. More importantly, I invited Ray Puen to enliven the Worship hour with music during the 2003 and 2004 Annual Conventions of the Adventist University Alumni Association in West North America (AWESNA). The innovation in the worship hour, incorporating music with the pastoral message, proved to be most inspiring and was much appreciated. Furthermore,

during Vespers in 2003, a formal report on my findings in my research on music at LSU was presented. This was followed by a formal concert, in which principal singing groups in California participated separately, each singing two numbers, and jointly in singing Handel's *Messiah* for the climax.

A repeat performance was done the following convention time. One surprise note: the committee on awards recognized the faithful efforts of my wife through half a century in the field of music ministry, giving her a plaque of recognition, much to her surprise and delight.

Voice-Care Seminar in AUP. On December 11-13, 2004, President Robin Saban arranged for me to present a 3-day Voice-Care Seminar at AUP. The number of participants peaked on the second day to over a hundred so that the venue had to be moved to the Seminary Hall. Dr Heidi Cerna not only coordinated the seminar but also assisted by playing the piano during vocalizes as well as during the singing of illustrative/ demo songs. This Seminar was far more intensive than the one held in the early 80's through the invitation of Minerva Penaranda.

During the presidency of Dr Gladden Flores, I was again invited to present another intensive seminar on Voice-Care, December 2008, this time assisted by Dr Francis Talangbayan, president of the Association of Philippine Physicians in America. Once more, Dr Heidi Cerna, coordinated the event. This visit

to AUP was started on Saturday, Dec. 13, 2008 with a sermon on the *Master Weaver of Our Lives*.

Minnie Iverson-Wood's 99th Birthday. It was a great and happy moment to meet anew Mrs Wood during her 99th Birthday at the Senior Center in Loma Linda June 2007.

How can I ever forget Dr. Carbajal? she said as we shook hands. She enjoyed my testimonial, recalling the three years when she was head of the Department of Music at PUC, organizing the choir and orchestra, as well as staging the Esther Cantata.

CFC Golden Anniversary. On September 20-22, 2007, CFC joyously celebrated its 50th Anniversary. I composed three songs for this occasion. The Bridges sang the *Golden Anniversary Song*, while Nathan, my wife Jovita, and son Eugene sang solo portions of the anthem composed by Zamora-Puen for the Celebration. *CFC: Our Beloved Church and Other Works*, featuring over a dozen songs of mine and an article *The Art of Singing*, was published through the aegis of Marlene Robertson's Golden Cross Health Care facility. Every family attending the celebration was provided a free copy of this book.

THANKING GOD

PersonaL I thank God for helping me grow in music and for giving me numerous opportunities to share to others my modest knowledge in this field. During three occasions -- my 80th and 85th birthday and Retirement Party September 10, 2006 -- the Brown Brothers revealed gratefully how I had,

through music, inspired them to be faithful in serving the Lord. Even in my twilight years, I still meet people who fondly talk about the good old days--how they had been inspired by the singing of several choral groups under my direction.

Jovita. I praise God for giving me a gifted singer and music-lover as my lifetime partner. She is a product of the Conservatory of Music in PWU, receiving an artist's diploma in voice in 1966. Concert tours in the past and current participation in several choral groups, including the Los Angeles Camerata Singers, attest to her joy and willingness to serve the Master Musician and fellowmen through music.

Our Children. How generous has God been to our children, who have also excelled in music!

(1) Ike learned to play the guitar and clarinet early in life and had been a member of the Brown Brothers in the Philippines and in USA.

(2) Ritchie was less than 11 years old when he was presented in a premiere piano recital, with Prof Regalado Jose as his accompanist. Although finishing Master in Divinity, Ritchie finally decided to settle down in the music ministry, managing a music studio and serving as music minister in two churches, and shepherding the Crossweave Church. He had been invited to play the synthesizer in three world fairs. He also served as accompanist for the famous Evangelist Carter in Russia.

(3) Jan plays well the piano and the organ, and has followed my steps. While practicing withal the eye specialty, she

directed for several years a childrens' choir, *God's Jewels*, which sang during the Joint Congress of PMA and APPA in 1999, and had been invited to sing in several cities in the Philippines.

(4) Eugene lately has been actively singing, as soloist, with the Los Angeles Camerata Singers, as well as with other groups, like the Pasadena Master Chorale. He served as soloist for a Chinese Chorale, which toured China in May, 2006 and 2007. In 2011, he played important roles in two Operas, *The Magic Flute* and *Rigoletto*.

Grandchildren. Our grandchildren also are all involved in music: Ike's daughters, Jenilee and Jonelle, have followed their grandmother's footsteps, singing solos in church services and other special programs. Ritchie's first born, Christopher, graduated *summa cum laude* in the Boston's Berklee College of Music, 2000, and soon served as music minister at the Loma Linda SDA Church. He is now teaching sax in several schools. Darrell played major roles in plays staged in Loma Linda Academy and currently plays the banjo and guitar, while Sean plays percussion instruments. Julia wants to become a professional pianist like her Dad. Jan's son, A Justin, started singing with *God's Jewels* when barely 5 years old, and is now a gifted baritone. How thrilled I was to listen to the blending of my grandchildren's voices during my retirement party, September 2006!

CONCLUDING THOUGHTS.

I am hearing from the grapevine

that the alumni of the Brown Brothers Chorale, scattered through USA and Canada, are planning to celebrate their 50th Anniversary in the Philippines. How I wish they could hold it here in Los Angeles so that, together with my family, I could attend it!

Yes, Music has molded my life, teaching me to be long-suffering, understanding, and compassionate while dealing with my family, choir members, patients, and colleagues. Above all, music has encouraged me to continue walking with the Master Musician, who often has made melodies out of the discordant notes of my life.

To Him be all the glory!

In this article, I wish to portray briefly how music has influenced my life and helped me share it to others.

TO THE FEUDNRSM ALUMNI FOUNDATION BOARD TRUSTEES

**On behalf of the family
of Dr Manuel S Rivero,
we are deeply honored to
accept the plaque.**

**ANGELINA A RIVERO MD
and family**

LETTER TO THE EDITOR

The Chinese New Year will be celebrated on Monday,

January 23, 2012. It is the dragon year; and it is the best among the 12 animals-luck and



prosperity signs.

Last year, 2011, was rabbit year; and 2010 ram (*carabao*) year.

Ram was hard working and brought good thing in economy with Dow-Jones upped 11%, NASDAQ 16% and S&P-500 12%.

I made 12% positive return in my financial portfolio.

Rabbit is fast and has the tendency to lay back. The old story of rabbit losing the race to turtle because he laid back in the middle of race also does apply with the stock market. .

During end of midyear 2011, Dow-Jones was up 5%, Nasdaq 4 % and S&P 500 3% and my return was up 6%. At the end of year, Dow-Jones was up only 3%, NASDAG was down 1%, and the S&P down 0.4%. I lost 4% total in my financial portfolio, including the 6% gain in the midyear and at the end of 2011.

European slowdown in economy and political standstill in United States Congress caused the financial Wall Street to fail this year.

We will be looking forward for the Dragon, the best of all the animals in the Chinese calendar.

The US president is hoping so; otherwise, his presidency will be one term.

Europe and Asia stock markets were all negative except Ireland.

Nonetheless, several good things happened in 2011, e.g., the end of the nine-year Iraq war (4500+ deaths, 32,000+ wounded, and 1 trillion dollars spent), and the deaths of Osama Bin La Din, Kaddafi of Libya and Kim sung Ill of North Korea.

Wishing everyone good health and prosperity and wealth for 2012,

ANTONIO C ONG MD
Honolulu HI

LETTER TO THE EDITOR

Thank you very very much for sending **ECTOPIC MURMURS** December. 2011 issue.

We read Dr Ed Relucio's article on *Astral Dreams and Travels -My other gifts from God*. This article is so interesting that we read it from the beginning up to the end. We are very sure Dr Relucio will include it in his book.

We also surely appreciate your efforts in sending us your **ECTOPIC MURMURS**.

We wish you and your family, a safe and Happy Holiday Season. God Bless!

JOE BANEZ
CARMEN BALDOZA BANEZ

LETTER TO THE EDITOR

Advance heartfelt and beautiful greeting for the Christmas and the New Year.

I hope to see you soon, when Palestine becomes fully free.

May these festivities bring you and your family and love ones peace, love, joy and prosperity.....

KHAMIS ELESSI MD
Palestine

LETTER TO THE EDITOR

The S Factor:

I enjoyed reading Dr Ed



**EUGENE S
SIRUNO MD**

Relucio's articles entitled *My Nine Lives* (**PMAC News** 2011 (November) 51(4), and *Astral Dreams and*

Travels: (**ECTOPIC MURMURS** 2011 (December) 22(12).

You may give him am high five, low five, side five or even fist shake, maybe not a chest bump when you see him. He has mellowed down through the years (maybe Marizon has something to do with it) or age is just catching up on him. I understand he is coming out with a book to sell (see Drs Cesar Candari and Phillip Chua). I did call him the *dead man* walking from last summer CPC and now he is a clairvoyant, psychic, ESP; a sling shot sharp shooter; a quick draw or a short temper; precocious in some ways including fishing (not precocious fishing). Maybe we should just analyze it a little closer.

To me there is the S

Factor or the Factor of S whatever. That is the recurring theme in the nine lives. He was really precocious (went to 1st grade at 3½).

In the USA you are only a pre-K if you are putty trained, if not you stay at home or in a nursery. His fishing was also precocious, thus encountering a Snake. He was a sure Sling Shot shooter of those poor Snakes. We have to remember, however, that the hissing of the snakes is a defensive mechanism for them to frighten predators. You invaded their territory, they have to rise and look as big as they can, the same reason as cats fluff up when they are threatened. Did the snakes need to die (be kind to animals; most snakes in the RP are non-venomous). In the end Dr Relucio has that Caduceus or the sign of Aesclepius.

S spinning 720 degrees more than once is a scary thought. I have done a 360 but certainly not a 720. To me this is usually related to Speed – a lead foot. The principle of inertia is very much in play. Of course the Speed saved him from the thugs at Taylor Homes in Chicago. Likewise, in that storm at Plainfield in 1998, he has to use Speed to catch up with an 18 wheeler for him to see the taillight and to past away from the Storm.

Sleeping or falling asleep while driving is very dangerous and can have grave consequences.

During residency and his very busy practice it is easy to understand having to go hours of less or no Sleep. Sleep debt or lack of it causes mental, and physical fatigue and results in a

diminished abilities to perform high level functions. It is puzzling and interesting to analyze the Jailhouse Rock episode. If diplomacy was used in a more serious approach or manner, instead of throwing the first blow a—karate chop (*hacha!*) then there would have no need for the help of the old classmates/friends. Well in a way, this a quick draw (Short temper or just being kat S). We can never be too uncool these days especially in the RP.

The summer of 2010 when he developed that Lyme disease, hence eventually called the *dead man walking* (according to the CPC), he apparently forgot to tell that he had a tick bite (as Rolly Casis said, *He loves gardening in his short and he got bit in his Singit* - a joke from Rolly). These are the S Factor after analysis.

His Astral dreams are enjoyable. For him to remember these dreams is just something else.

Most people do not remember their dreams even the following day. They say that we have to share our dreams with others soon enough no matter whom or what is seemingly insignificant. Having those astral dreams that in some weird way keep on coming true; just think about lives that can potentially save. Dreaming is sometimes a necessity as it helps to recharge the mind or revitalize the body. I won't analyze his dreams, a tarot or a psychic may.

GENE AS SIRUNO MD⁶³
Minnetonka MN

INCREDIBLE YEAR

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The people spoke loudly by votes, not by bullets and Ohio is now a harbinger of modern democracy in the workplace in the United States. I am glad to have been a vital part in the eleven-month process. Now I can finally have a quiet pause and thank everyone who has shared with me all gestures of concern and love.

May all of you have
**BLISSFUL and BLESSED
HOLIDAYS!**

Jesus of Nazareth was born and God's gift to all of us. May you feel His presence and redeeming infinite love.

I invite all fellow medical doctors to pray with me for all our fellow health practitioners who have been struggling in defending their innocence for criminal charges they have been accused of, or for some who are already languishing in prisons who lack funds to hire really good lawyers to prove their innocence and to present evidences that support their true honest motives of alleviating pain and suffering communicated to them by their patients. Unless there is actual characterological psychopathology scientifically diagnosed in them as practitioners and persons, which remains to be proven, I still think almost all health practitioners who chose to be in their professions to be health care deliverers/ providers never intended to be what they are accused of, that is as *enablers* and murderers.

The trial and jury outcome on a health practitioner associated with the sudden death in 2009 of a music icon in Los Angeles and the futile appeal in a higher court of another physician in Georgia court accused of murder of a drug addict, primarily by the family of the addict and later convicted, most probably by a racially biased judges and jury, occupy my waking moments these transitional autumn-winter colder autumn days.

It has been my systematic clinical observation during these recent past many years that: 1) we have been having a *drug and tattoo generation*, and 2) that drug overdose is in alarming proportion. There is need to address more intensively the lack of necessary and sufficient education among drug users, pushers and greedy drug traffickers, the public in general and thorough specialized training of drug prescribers.

For those whose patients are identified as definite drug addicts, timely referrals to well trained psychiatrists, internists, duly trained and licensed clinical independent practitioners and behavior modifiers is a must.

Reduction of fatal drug overdose and further criminal behavior could be better achieved if there will be more constant intensive communication, interdisciplinary education, training and communication among health providers with government agencies such as SAMHSA, NIH, all under the US Department of Health and

Human Services, with FDA, with police forces and surveillance teams, pharmaceutical companies that manufacture drugs, as well as with all private and public sectors in our society about substance abuse and mental disorders.

Addressing the root causes that lead to drug addiction and other forms of addiction need to be fully understood before adequate and necessary interventions can be instituted.

Malpractice suits in America continue to be an inhibiting factor for would-be health practitioners. I wonder if we have any list of recently indicted, convicted Filipino American medical doctors, their specialties, and crimes attributed to them in various states. Could anyone provide me at least statistical information, not necessarily names of such practitioners, so that we can do our own compilation and increase awareness amongst us? For An ounce of prevention is much better than a pound of cure to paraphrase a saying.

Let us help prevent unnecessary deadly mistakes by constantly being discreet and careful in the delivery of health care, dutifully responsive to the actual demands and expectations of society, and in assisting in the education not only of patients, lawyers, teachers, judges, parents, children, youth, families, but also the media and the general public on the complexities and intricacies of diagnosing, treating and managing of all

kinds of diseases of the human body, mind and spirit.

Let us continue to give support and enlightenment to each other the best way we know how and using the expertise we have been trained for. Above all, we must adhere to the Hippocratic Oath, to the aphorism: heal thyself and cause no harm to anyone, as we daily seek the guidance and healing touch of the Greatest Physician. My training at Claremont Graduate University, Syracuse University, Harvard School of Public Health and from the medical college (Bicol Christian College of Medicine) which has the motto: *God heals, we serve* helps me daily to move forward in my job and professional commitment.

These are in small groups, classes and audiences in local, national and global communities in enhancing the psychological, medical, social, economic, and spiritual healing and wellness we endeavor to achieve in our society.

A STAR IS

continued from page 3

Kalinga is all about: to respond to the needs of the times, capture the mood of the moment, live out the spirit of our faith and to be a people who will live with honor.

I am particularly thankful to those who found Jesus in the homeless and the hungry, who coursed their generosity through us to help the victims because of their growing trust in our expanding ground presence and

our strong determination not to leave the helpless and the hopeless behind.

I am deeply grateful to our army of hope-builders whose mission is to deliver immediate relief and build lasting hope.

They started moving as the flood waters were rising, activating a network of heroes and partners in the country and abroad to provide a sustained lifeline to victims from day one of the tragedy - turning despair to hope, moving from relief to rehab, from rebuilding communities to restoring lives. We did it with the victims of Reming, Ondoy and Pepeng in the past; we will continue to do it with the same passion for the victims of Sendong.

GK is about scaling up to do more good.

With limited resources and great faith we have multiplied loaves and fishes to bring new life to typhoon, flood, landslide, fire and war victims in our 2000 communities. With greater faith we will continue to do it for many more, not only in the Philippines but in other countries as well.

With or without resources, we will continue to do it anyway.

GK is about pursuing a big vision without letup. It is clear to our believers that without a vision God's people will perish.

We have a long way to go to reach our 2024 dream of ending our vulnerability as a resource rich nation whose poverty is a scandal to the world and to God.

The path will continue to be difficult - but we will do it anyway.

We will pursue the daunting task of turning compassion into sustainable passion for social innovation and positive action - for us to be a country of victors with faith, no longer just victims of fate.

Without effective stewardship, life in this planet will end.

We cannot rest until there is justice and peace in our country, until our plundered and abandoned land is green with abundance, until our schools graduate wealth creators and not just job seekers, producers and not just consumers - until we become good citizens who build and not destroy, who value honor more than power.

Without patriotism in action, our children will live without honor just like us.

We have found direction in vision, power in purpose and strength in sacrifice. Our Christianity is about passion and *padugo* - emptying ourselves for the higher cause and the greater good.

Without love for our poor neighbor, there is no proof of our love for God.

Our challenge for 2012 and the social artistry stage of GK is more radical innovation with greater excellence. Build it right and do it well... and they will come.

Without seeking global recognition, GK got a lot of it in 2011.

In February, we were invited to keynote the Asian Summit for Social Entrepreneurs in South Korea.

In May, we received the Japan Nikkei award in Tokyo as

Asian leader for Regional Growth, the first for the Philippines in this category after 16 years. We will strive for greater self-reliance to erase in their eyes the image of the Philippines as a country of Japayukis.

In June, we presented GK as a ground up development model at the Regional World Economic Forum (WEF) in Jakarta, at a CNN session with Jeffrey Sachs.

Also in June, Think Big Innovation awarded a grant to GKonomics for their social enterprise development in 40 GK communities. Women of substance have found pleasure in creating a high end market to showcase the creativity of the poor.

In September, we received a Microsoft grant to grow our software for global expansion and for bottom of the pyramid wealth creation.

In October, Human Nature, an offspring of GK, won as Social Entrepreneur of the Year for Ernst & Young, Schwab Foundation and WEF. GK won it last year. The caring gene can be passed on and become a cultural DNA.

In November, we capped the year with the Skoll Award and a million dollar prize to help spread the good virus of *Kalinga* (caring) and *Bayanihan* (sharing) to the ends of the earth.

We will hit the ground running in January next year when we present the Philippines as the next wonder of Asia at the gathering of global leaders in Davos, Switzerland at the WEF session on Innovations Ecosystem.

What must we demand of ourselves in 2012 as trust and opportunities grow?

1. With great honor comes greater humility.
2. Great credibility demands greater integrity.
3. More resources means more sacrifice.

With God's grace it will be a greater year for our cause.

We have a bold and wise leader in PNoy with the credibility, popularity and political will to make us a just and honest nation.

GK has a visionary and servant leader in Luis Oquiñena with a competent management team, a patriotic Board and an army of heroes who will guarantee faithfulness to the vision and delivery of the mission.

This is my simple wish for every Filipino to remember when he wakes up every morning.

We will rise with the rest of Asia if we love our country with all our heart... go all out to care for our people...fight all the way to defeat poverty and injustice where they exist.

A BLESSED NEW YEAR TO ALL!

RUMINATIONS II

continued from page 2

many people eat them. Many are afraid to eat it as they are said to cause arthritis. The so called "Beluga Lentils" popular in Haut cuisine is nothing but Black munggo. Unfortunately, most Filipinos are really attracted to everything "IMPORTED". When I give lectures very few listens but

when a caucasian talks everybody listens. With all these frustrations, I still like to help our Kababayans.

ISLAND OF PARADISE

continued from page 2

Mindanao and Eastern Visayas are strong to face the reality in life. In times like this all that we can say is – pray. Calamities are part of this world. And it’s just us humans who can’t accept that sad truth. The Philippines is often hit by storm because warm bodies of ocean water surround it. But mostly, in the east part of the Philippines is always visited because it is facing in the Pacific Ocean. Cagayan de Oro and Iligan, are vulnerable to storm surges and flooding. Such storms are becoming more frequent, more fierce, more destructive. The fury of Typhoons Ondoy, Peping, Peding, Reming, Quiel, and now Sendong were adding wretchedness to our kababayans.

We must help our kababayans. While government agencies are working on the affected areas, the global Filipinos are collecting relief goods as well as cash contributions to be sent to the devastated areas. That is “bayanihan” in action. We must simply learn the true meaning of Bayanihan (working together), the embodiment of what a true Filipino like you and I should be. The words “Bayanihan” have inspired and spirited our people in forging the Philippines into a great

nation. Building mutual goodwill all the time and as Filipino Americans, we must help our poor countrymen, not just during calamities like this one in Mindanao but also work for a change of mindsets and as the Filipino Diaspora, we must continue to rebuild our nation recover from these calamities and the specter of poverty.

It is common knowledge that our countrymen are facing the realities at hand concerning different narratives of tribulations in the midst of natural wealth and beauty of our land: conflict, war, poverty, and as the events of the last week have shown, increasing environmental damage. The enormity of problems continued to reel from the terrible legacy left by the undesirable former presidents of our country - the massive institutionalized corruption, crony capitalism, bad or weak leadership and a host of other problems - it is time to wake up. And now this tragedy of Nature, the typhoon Sendong.

Let it be known that living in a democratic government in the Philippines is not enough. We need reforming our erratic and ineffective justice system. Political reform must be done. Noytoy Aquino is right in saying, “The core principle of this reform program is this -- the guilty should be made accountable because if not, it would like we have kept the door open for anyone who would want to abuse our people... We are all working for a new Philippines, one where there is equality, where whoever does wrong, whatever

his status in life may be, is punished, a country where justice rules.” HALLELUJAH.

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 Filipinos will stay !

Despite of the current calamities and sadness in these areas of Mindanao, I will share my memorable story I encountered in Cagayan de Oro years ago. I visited Camiguin Island, not too far from Cagayan de Oro. Here was my unforgettable sojourn in the Island of Paradise.

I was with my friends from San Diego, Jake Jacob and Art Gairanod who are both from Misamis Oriental located in the Northern Mindanao region. From Cebu we flew to Cagayan de Oro City. We stayed at the VIP Hotel. Immediately that morning, we drove to Iligan City.

The following day, we were at the “Island of Paradise”. Camiguin Island is a well-known tourist resort in the northern part of Mindanao. After landing at the pier in Barangay Benoni, we rented a passenger jeep to the town of Mambojao. The road was passable, asphalted and single-lane. The surroundings were lush green trees and other vegetations hugging the edge of Bohol Sea where coral reefs abounded.

Apparently, Camiguin was teeming with natural wonders conducive to diverse activities, affectionate folks, and nostalgic sceneries with a romantic aura.

Camiguin is a pear-shaped island that still shows evidence of volcanic eruptions from Mt. Hibok-Hibok in the not-too-distant past.

We stopped at the Department of Agriculture in the town of Mambojao and introduced ourselves. A pretty receptionist was kind enough to volunteer as our guide. We took a tricycle that was the common means of transportation in town. Our first agenda was to visit the different beach resorts. A two-kilometer trip using a motorized banca to a nearby-uninhabited white island was exciting. The islet was no more than 5,000 square feet and shaped like a dumbbell. People said it was once a rounded islet, but one night an unknown boat anchored by and sucked almost all the white sands. The blue, knee-deep water surrounded this beautiful, serene place. The blue waters from turquoise blue to sapphire blue are inviting. It is almost similar to Boracay island's inner beauty. By the way, the latter is 40 kilometers from my home town. We swam in the warm water until some of the native fishermen landed nearby, bringing with them their fresh catches.

We checked in at the Caves Resort. After dinner that evening, our guide suggested that we go to the Ardent Hot Spring, six kilometers up in the wooded mountains using a four-wheel-drive jeep that she borrowed from the department. A female tourist from Germany and a local male guide came along.

Due to the recent rains, the rugged terrain uphill was almost impassable; still, we managed to reach the spring in

thirty minutes. The spring was in its natural setting of hot water that flowed into a lagoon, a six-foot deep Olympic-size swimming pool. The heated waters originates from the vents of Hibok-Hibok Volcano. The pool was well lit but the surrounding jungle was pitch dark. The distinct chirps of crickets and other insects filled the air.

The water percolated through one's skin in a most invigorating manner at ninety-two degrees, dilating the superficial veins of the sub cutis. The soothing effect was difficult to describe. This water was noted for its therapeutic effects on various bodily ailments and on one's soul. This was an once-in-a-lifetime swim in the middle of the night, in the middle of nowhere, and in the ambience and aura of a romantic jungle environment.

The following day, prior to returning to Cagayan de Oro City, we stopped at the Benoni Lagoon. Here, we caught fish, crabs, and prawns and gather shells and have them cooked to our liking. A floating shaded raft, paddled by local boys, could be rented for twenty pesos an hour. And that was exactly what we did, as we enjoyed lunch the whole time.

There is no comparison to the joy and invigorating vacation that I had experienced in this island. This is a call for a challenge... to all Filipinos to visit our islands and know first hand what makes every island tick. In the past few years my wife and I visited Paris, France, and Rome and the Vatican City in Italy; however, I prefer this island resort in the Philippines - a tropical paradise flooded with

beautiful colorful tropical flowers. It was almost like heaven. I was in Cagayan de Oro and Iligan City years ago arranging for the venue of our Lions Club Medical Mission in Mindanao. The horrendous devastation that swept these two cities in the recent tropical storm Sendong / Washi (International name) conveys a very sad story. The death toll so far is estimated to more than a thousand, almost 400,000 people are displaced and damaged nearly P2 million in agriculture, and tens of millions in property. The devastation brought by the typhoon has compounded the miseries of the people. It was proclaimed a state of calamity. Entire communities, not only of homes and schools but incalculable repositories of culture and human memories, were gone in a mad instance of Nature, washed to the lowland of Cagayan de Oro, poor people living along riverbeds suffered. We ask if there will be deliverance from these crippling maladies. So many poor people died. Some bodies were found on the shores of Camiguin island, 77 kms. away.

In spite of calamities like this one, life must go on. We pray that the people of Northern Mindanao and Eastern Visayas are strong to face the reality in life. In times like this all that we can say is - pray. Calamities are part of this world. And it's just us humans who can't accept that sad truth. The Philippines is often hit by storm because warm bodies of ocean water surround it. But mostly, in the east part of the Philippines is always visited because it is facing in the Pacific Ocean.

Cagayan de Oro and Iligan, are vulnerable to storm surges and flooding. Such storms are becoming more frequent, more fierce, more destructive. The fury of Typhoons Ondoy, Peping, Peding, Reming, Quiel, and now Sendong were adding wretchedness to our kababayans.

A TRIPLE TREAT

continued from 2

friends).

Number 3 - I have been looking forward to see our grand daughter, daughter and son-in-law.

The Clinical Practice Updates of varied topics were very interesting. The young and smart lecturers were superb and I felt pretty proud to hear these Filipinos and Filipino affiliated experts in their fields of practice.

Dr Shilpa Tawili on *multiple sclerosis 2011*; Dr Eric J Marsh on *cutaneous malignancy*; Dr Nestor Ramirez on *What You See Is Not Always What You Get*; Dr Pauline Camacho on *osteoporosis 2011*; Dr Edgar Lerma on *chronic renal failure 2011*.

I was most impressed with Dr Ramirez (sounds like a Pinoy) with his WYSINAWYG, (what you see is not is not what you get). He is an FMG (from Colombia) and had gone thru the same steps and processes on the internship/ residency/ fellowship/ practice as most Filipino practitioners. His lecture was the number one star for me. He made it lively, entertaining and kept just

everyone awake. He emphasized the art of *Physical Diagnosis*.

You have to see and examine your patients before going over the labs, CT or MRI. By looking you learn a lot.

I thought the attendance in the CME was fewer than the previous time I was there. Maybe more got retired and do not need the CME hours anymore. However, even though we are retired we still need those credits to renew for a license. This is especially so if we entertain or participate in medical missions anyplace.

Another thought that came about is while the memberships of PMAC is getting diminished by retirement or by natural processes, maybe invite the second generations of Filipino doctors educated here in the USA' your children and their better halves to become members. If the constitutions by-laws disqualify them to join then amend or create a special memberships for them.

I have to congratulate Dr Cesar Reyes and Dr Celso del Mundo, CME Coordinator for a great job in putting together the CME year in and year out for the PMAC, FEUDNRSM Alumni Foundation, FEUMAANI, and other institutions that has some kind of affiliation with PMAC.

Cheers to Celso for obtaining or given four years of accreditation (re- accredited) this year. I might be mistaken to assume that there were no nurses attending the CME.

Our *Pinoy* and non-*Pinoy* nurses, they also need the CE credits. I believe they should be

invited and encouraged to attend especially there is no charge for the CME (just a thought and more likely you are doing it).

There was so much contrast in this dinner dance (Fall) and that of the Spring fling. I enjoyed them both but much more in the spring because it was a time of rebirth, the trees and the flowers were just budding out. There were songs that filled up the dance hall and everyone was just springing forward and awaiting the hot summer months. The Fall dinner dance seemed more dragging even though the ladies were all made up, lovely and beautiful in their gowns. Maybe just almost everyone was tired for working all these months putting their activities together.

Of course the evening is the *harvest moon* as almost everyone got their well worth awards and commendations.

Congratulations to all of you including the new sets of officers inducted that evening.

Special mention and congratulations to Dr Elenita Rubio, the *Physician of the Year Awardee*. With all the honors garnered, bestowed and cited, to have four boys to take good care of (including Dr Nunilo Rubio) is a real mission accomplished and not to disregard her medical practice aside. The examples shown to the three boys was so compelling that they followed their footsteps. I feel proud and happy for Dr Elenita as she was one of our interns in Minneapolis MN before moving east to the windy city.

The message of the guest speaker, Dr Anderson was indeed challenging – *let's get involved with CMS (Chicago Medical Society) the more the better*. He invited the PMAC to work with the society and wanted to re-establish and strengthen the relationship.

Likewise the mission of Dr Ed Hernaez on his presidential message are to continue to serve the community with charity, generosity and commitment; maintain a stronger memberships and to continue and support on going and future medical missions.

The evening to me was really very interesting on a most distinct move which I like it very much. The dance hall was so spacious and wide open. The table arrangements were well space out. The acoustics was not the best. The program started on time. Drs Vince Battung and Aladin Mariana, the masters of ceremony were in command. I knew that only few tables were occupied especially on the east side.

The presidential table was not complete but the show has to start. He did it the Western (American) way and not the Filipino way (time). Congratulations to the Mr MCs. I like it and let us just be on time sometime especially if we are in America and in a formal evening. But really it is mind boggling. There were some (plenty) who were late half an hour and much later. I know that lots of the ladies had their hairs done by the stylist in one of the hotel rooms earlier in the day, the weather was nice and slightly crispy but not raining.

This was Saturday so the traffic was much lighter yet here in America we still practice the *Filipino Time*. Many of us have lived here longer in the USA than in RP. This *Filipino Time* – is this our custom or is this a tradition or a culture. As the saying goes, *Filipino kasi*. Or could this be biology, or sociology, or maybe psychology.

They say friends are treasures and in that day and in the evening I saw and found some treasures.

Gerry and Gigi Guzman were very entertaining classmates and friends. Ed and Nida were very accommodating; Cesar and Elisa Reyes, Roger and Estella Cave were very hospitable, Celso was not with Tita as she had some minor procedure done on her.

It was nice to see Manny and Carlota, Cesar and Lilia Maniquis and the great Illinois FEU Choir. It was indeed nice to see the dead man walking and dancing with his lovely wife (Marizon).

VONNE, my granddaughter, I have been really looking forward to see her with her mom and dad. She is 5¹/₂ and in kinder. She has a gift of gab. Few days before our trip we talked and she said *Pappy can I come and visit you in Minnesota so you can pierce my ears*. I told her that we are going to visit them and we will go to the mall and had it done there. When they arrived at the hotel on that Saturday she ran towards my wife and embraced her and said *Abu, you are the best*.

My wife embraced her too and said *you are my very best girl ever*.

And then she saw the rings and earrings and necklace of Abu and she said *Those are pretty and I like them*. Of course my wife said *they will be yours when you are older and she quipped when I'm ten?!*

We had our lunch at the hotel and everybody got their orders. She had strips of chicken, French fries and juice. She led us to say the grace and partook her foods. She seems to be enjoying her foods and my wife asked her if she likes French fries.

Vonne answered with her animated hands and expressions *Abu, why would I eat something that I don't like?!*

I said wow!! As they were preparing to leave that afternoon we went thru the process of hugs and kisses and goodbyes as usual. I embraced her and hug her and said *I love you and you are always on my mind* and she answered back *I love you too Pappy and you are always on my mind too*.

Now THAT IS PRICELESS.

I do not have to tell anyone that grandchildren are great and fun. You all know that. I said it before and I will say it again *if I would have known how much fun grandchildren are, I would have them first*.

That's my triple treats on my trip to Chicago: CME, Friends, Vonne w/ mom and dad.

FAITH CORNER

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Luke tells the story of Jesus' family after the Nativity in

Bethlehem. The shepherds, the angels and the heavenly hosts are all gone and Mary and Joseph have a baby to raise. As devout Jews, they take the baby first for circumcision and naming on the eighth day after birth. He is named Jesus or Yeshua in Hebrew. Then at 31 days, he is brought to the Temple in Jerusalem for the service of dedication. At this same time, his mother would undergo the ritual of purification. Because they are poor, Mary and Joseph sacrifice two turtledoves instead of a lamb and a bird. This family is devout and observant.

Luke reminds us that Mary and Joseph fulfilled their parental requirements by bringing Jesus to the Temple in Jerusalem to present him to the Lord. Here they also receive the prophetic words, wisdom and blessing of Simeon and Anna. The story of these two elders deserves re-telling at another time. The reading ends with the words from verse 40: *The child became strong, filled with wisdom and the favor of God was upon him.* What is striking in this narrative is that we witness the religious observance of Mary and Joseph, who teach Jesus to be observant of the Law of Moses from the time of his birth. Set against this background is significant to establish that Jesus does not abandon his parents' teaching, but in fact fulfills all that is required of the Law. The tension that Jesus has with the Law in later chapters is therefore not that of an outsider, but as one who has faithfully observed the expectations of God the Father. Practices of the

Law that subvert God's command to love become unacceptable requirements and Jesus repeatedly condemns those who attempt to flaunt their holiness before God without hospitality toward neighbor. But we're getting way ahead of ourselves.

These earlier verses point to the fact that the family is not only the first and perhaps most formative school for our children, but is also the fundamental building block for the church community. It also emphasizes the profound influence of parental faith practices in raising their children. Together, the readings sketch a picture of good old-fashioned family values. The parents of Jesus themselves, faithful to the practices of their religion, presented to God the child who had been first given to them by God. Like all parents, they were amazed at what his future would hold. Then under their watchful eyes, he grew and became strong. Children are one of our greatest treasures. Presenting our children in the sacrament of baptism is parallel to that of presentation of the baby Jesus at the Temple. The questions that follow are: Are they growing stronger under our watchful eyes? When parents bring a child for baptism, are we as a worshipping community adequately preparing them for the journey ahead? Do we provide them with a clear understanding of the sacrament? Do we as a congregation hold the parents accountable and support them in their parenting and faith development of the child? It is a rocky road being

a parent today. Not only are the typical challenges present, but today's parents face daunting competition for their time and energy along with plenty of economic challenges. We have also lost some of the traditions that bring families together. If you will read my Faith Corner for November 2011, you will note that the gathering of families at the dinner table is quietly disappearing. I am not talking of families getting together at the dinner table on special occasions. I am talking about a daily ritual of children and adults gathered together, sharing a meal, sharing world views, sharing stories, discovering each other all over again.

The November 2011 article ended thus: The Holy Spirit comes to us in many ways: through the Bible as we read and hear its words, through prayer that is best said with others, through the many people that we encounter at work, at play, at church, at the dinner table.

Message from the CHAIRMAN

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news is time flies. The good news is you're the pilot. As pilots of our Alma Mater, we must always be looking for and accepting responsibilities for making it better. There are many ways to *pilot* our Alma Mater and our Alumni. It can come in the form of donations to the Medical School, financial support of the Top Scholars, or participation in the planning

committees for the annual events scheduled around the States and in the Philippines.

Some alumni take a personally active role by participating in the Medical Missions and donations are always welcomed for this important task. We must never forget the less fortunate and the medically challenged. We offer up a few days of our existence and it can change another person's life forever. That is a very small investment with a huge return. So, as the New Year begins, offer prayers for those in need, offer a hand for those who need it, and pilot your life toward better skies. Take care and I'll see you in the Philippines.

BEYOND SILVER LINING

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Since 1990, she has been a member of the board of medical examiners of the Professional Regulatory Commission.

Dr Alora is currently a full professor at both UST and UP.

In addition, she is the executive director of the Southeast Asian Center for Bioethics, a member of the PMA Ethics Committee, and an author of bioethic book.

Other highlights of the *Balik*-FEU homecoming are, as follows:

Thursday, January 26, 2012 - elections of FEU-NRMF medical alumni society officers; holy mass at the medical center Chapel; breakfast at the 5th floor of Dr Ricardo Alfonso Hall;

pharmaceutical exhibits; the 34th annual Dr Lauro H Panganiban Memorial Lecture; Student Achievement Awards and presentation of FEU-DNRSM Alumni Foundation scholars; and a scientific convention theme on *What if Life Ends with Diseases of Lifestyle; Are We Ready?*

Luncheon symposia include the following topics and speakers: *Finding the Beauty of Life* - Brother Rafael Lobrin, *Let us talk about the inevitable: Menopause and the climacteric* - Cris Salvador MD⁸⁶; *Dementia: Forgive or Forget?* - Tan Cho-Chiong MD⁷⁶; *The Golden Years and the Big C* - Jairus Ibabao MD⁸⁶

Friday, January 27, 2012

Vaccinations: What, Why, When? - Emil Sarmiento MD⁸⁶; *Age Defying or Age Denying?* - John Cenica MD⁸⁶; *Understanding the Legalities of Medical Practice* - Jose Montemayor MD⁸⁶ LIB; *Cardiac and Metabolic Diseases: The Deadly Duo* - Agnes Torrijos Cruz MD⁸⁶ and Robert Q Lim MD⁸⁶

Saturday, January 28, 2012 Raffle draw and at 6:00 pm the grand golden and silver jubilarian alumni night to be held at the Crowne Plaza Galleria Manila, Ortigas Avenue, corner ADB Avenue, Quezon City.

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 February 2012

February 14, 2012

Please address submissions to acvrear@aol.com

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