



ECTOPIC MURMURS

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LEAVING OUR HEARTS IN SAN FRANCISCO...

NOLI C GUINIGUNDO MD⁶²

At the end of the recent Spring meeting held at the



NOLI C
GUINIGUNDO MD

Crowne Plaza Hotel San Francisco, Herman Valle MD⁸⁴, Northern California Chapter

president and Philippine Medical Society of Northern California (PMSNC) president, hosted the board trustees to a live show at Edna's Ichiban Library and PMSNC inaugural induction dinner dance. It was a
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SURGERY REVERSES DIABETES!

Research on the use of bariatric surgery to treat type 2 diabetes received extensive coverage in both print and online media, as well as national news broadcasts.

ABC World News reported that two studies in the New England Journal of Medicine show there's hope for a cure" for diabetes.

On NBC Nightly News, it
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Message from the CHAIRMAN

It was my privilege to participate in the March FEU board of trustee Meeting in California. The participation by the groups was wonderful; and many issues were discussed and dealt with.



PEPITO C
RIVERA MD

I thank all those who took time from their busy schedules to come and participate. We were able to discuss issues ranging from medical missions to the upcoming annual reunion convention. I would take a moment to remind everyone of the upcoming annual reunion and scientific convention which will be held in Los Angeles July 25-29, 2012, and encourage all to attend.

I would also like to thank all those who worked so diligently to make this meeting a success.

The accommodations were superb, the meals resplendent, and the entertainment engaging. I am always impressed with the amount of planning and careful
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PRESIDENT'S Message

Thanks from my able executive director, Dr Noli Guinigundo, for all the good things that transpired during the recent Spring meeting held in San Francisco.

On behalf of all officers, board trustees, and Chapter presidents/designees, I would like to extend our appreciation to Dr Herman Valle, Northern California Chapter president and to Dr Rick De Leon, FEUDNRSMAF board, for extending to us a very gracious hospitality, pleasurable entertainment and sumptuous dinner.



OSCAR C
TUAZON MD

Thank you, thank you very much.

We all had a good time.

The next Winter/ Spring board trustees meeting will be held in Las Vegas NV on March 30, 2013, which will be the last Saturday of the month.

The 34th annual summer reunion scientific convention will be in the Windy City of Chicago. On this regard, the board trustees would like to thank the FEUMAANI for accepting the challenge and tradition of welcoming us in 2013.
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CLASS⁶² NYC Mini-REUNION

FIDEL V EXCONDE JR MD⁶²

Last month and for the second year in a row, several members of Class⁶² convened for lunch at The Oyster Bar in Midtown Manhattan.

Honorato and Rose Nicodemus with Lydia Barot from Washington DC; Alejandro and Anita Enrique from Maryland; Zorina and Jaime Lavares Santos, Eduardo and Lilia Tinio, Vivina and Corteza Malantic, Leticia Gonzalez, Ruben and Rose Ong from New Jersey; Consuelo and Ernie Ramirez Aninias, Sylvia Arpa Balajadia, Bulaklak and Nonoy Macalalag from New York City; and Fidel and Eppie Exconde from San Antonio TX.

Husbands and wives gamely joined in the fun. They dutifully took photos, validated nebulous claims of prowess and achievement, verified tall tales, and basically tolerated old classmates' unbridled glee.

Plans for the upcoming Los Angeles alumni reunion were discussed.

Recommendations to the FEUDNRSM Alumni Foundation Board Trustees will be submitted.

Judging from this year's increased attendance, such repeat mini-reunions are likely.

Other classmates within reasonable access to Midtown Manhattan, as from other boroughs of New York, nearby states of New Jersey, Pennsylvania, Maryland/ Washington DC, and even the neighboring New England States are invited to join this yearly Spring gathering.

Contact NonongExconde at FNEEX@SBCGLOBAL.net for further details.

BEST DOCTOR in Sleep Medicine

Antonio Q Chan MD, one of the very few diplomates in cardiology and sleep medicine was recently named *Best Doctor in Sleep Medicine* in Milpitas, Silicon Valley CA.



ANTONIO Q
CHAN MD

This honor was voted on by the patients and residents of the locale in California, home of many high-tech companies in the nation.

Dr Chan is adjunct clinical professor of medicine at Stanford University School of Medicine, and founder chairman of Chanwell Clinic Institute of Heart and Sleep Disorders.

Over the past ten years, Dr Chan has presented and published over 30 abstracts/papers dealing with the intimate relationships of heart disease and sleep disorders.

LETTER TO THE EDITOR

We would like to extend our thanks and appreciation to the Philippine Medical Society of Northern California for hosting the dinner theatre during our meeting in San Francisco. The food was wonderful and we enjoyed the evening very much.

We had many good laughs during the comedy show and enjoyed a wonderful evening spent with friends.

MINERVA C RIVERA MD⁷⁰
Brookfield, MO

AM I MY BROTHER'S KEEPER?

ULYSSES M CARBAJAL MD

Introduction. The passing away of my two younger brothers (Ben and George) within the last four months in 2006 underscored in my mind the significance of



ULYSSES M
CARBAJAL MD

Cain's reply to God's inquiry as to where his brother Abel was: "I don't know. Am I my brother's keeper?" Should God ask me where my two brothers are, I would gladly answer: "I know and believe, Lord, they are waiting for the resurrection morning!"

PART I - MY BROTHER BEN

Early Years. Ben was born on May 26, 1926, in Tayug, Pangasinan. When barely four years old, together with George, age seven, he was down with cholera during the epidemic in 1930. Dad prayed hard, dousing his body with cold water as he ran, bound nowhere in the orchard behind our house. And God brought them back to health, graciously!

Patiently, Ben pastured our two carabaos and one spotted horse, fed the chickens, and did other household chores, while George and I attended the barrio school in Santa Maria, San Nicolas. Our father then was engaged in farming and poultry.

Primary Grades in Artacho. He attended the primary grades in the Northern Luzon Academy located in Artacho, Sison, Pangasinan.

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MUSIC BRINGS JOY TO ONE'S HEART

CESAR D CANDARI MD⁶¹
FCAP Emeritus



CESAR
CANDARI MD

In my article, "MY Youth – Music To Ears" (FEU MAANI News 2011(3), I wrote *As of this writing, music has been my happiness. I play the piano to accompany a singer; above all, my friends affirmed I could be compared to a professional electronic keyboardist.*

The following tales are factual; all reflect the amusing development of an ordinary musician, which is nostalgic and family-oriented. In today's culture, music is a large part of our lives. Not everyone has the drive to be a musician. But, I do. When someone becomes a musician they learn many things, which non-musicians would never know. That is what I called latent talent. That is I. For many years, no one ever knew, I can play the piano.

Yes my dad plays the violin, a somewhat accomplished musician in our hometown. Like my brother, an artist, I am self-taught musician, a talent (*wido* in our vernacular), perhaps inborn. Indeed, my brother's painting talent and my latent musical talent abilities are priceless gift of God and from the very extraordinary hands of our dad. But then, there is a popular expression that talent is

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PILIPINO CAN TRANSCEND

ERLINDA G BARRANDA MA
MS MD LPC



LINDA
BARRANDA MD

The county public library in any county in America is what I call *the university of the people*. One can freely borrow books, read magazines and journals, have access to internet, read books, borrow DVD movies, listen and/ or borrow CDs of all kinds of music and just be abreast of what is going around locally and globally.

March 2012 is Women's History Month in America. To celebrate this special month I took the time to see published books on great women of America displayed in our county public library. I delightfully read some of them and saw the documentary DVD movie such as *Golda* which is about Israel's Prime Minister Golda Meir. She was a USA citizen reared in the Midwest, but in her awakening years, she decided to join a "kibbutz" in Israel, only to become the Prime Minister of Israel. I feel so good to know more about the true contributions of many women in all spheres in this country since the founding of this great nation.

The RIGHT TO VOTE (suffrage) was finally gained by women after so many, many years. The Suffragists, they were called, are real heroes that I am most grateful for, because last November, 2011, I enjoyed

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TENDERLY YOURS

NOLI C GUINIGUNDO
MD⁶²



NOLIC
GUINIGUNDO MD

My classmate Nonong Exconde just sent me a copy of a homily delivered by Father Malleta from Northern Indiana St John Catholic

Church. He was incidentally a lawyer and he delivered a rather good, substantial, emphatic homily concerning the insistence of the Obama Administration to take care of the contraceptive needs of Catholics. I wish I can send it to whoever is interested and I can forward it to those who have shown interest in listening to the video of Father Malleta.

I received several comments about my last description (in Tenderly Yours) of our last *Balik-FEU*. It was a factual reporting of what really had transpired. You are most welcome to re-read the same to find out about the last *Balik-FEU*. Feel free to e-mail me if you have other questions. Some events are beyond our control (US-based alumni, and officers of the Alumni Foundation).

The lenten season was ushered in by Ash Wednesday as a reminder that we are dust and to dust we shall return. Ash Wednesday is one of two days that Catholics observe fast and abstinence. The other day is Good Friday. It is also no meat on all Fridays of Lent. The exception is age group belonging to senior citizen.

Our Winter meeting fell

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FEUDNRSMAF Donates Books

DANIEL FABITO MD⁶⁴

The FEUDNRSMAF Alumni Foundation recently donated surgical books and review materials to the FEU-NRMF Hospital surgery department of Surgery during the last *Balik-FEU* January 24-29, 2012.

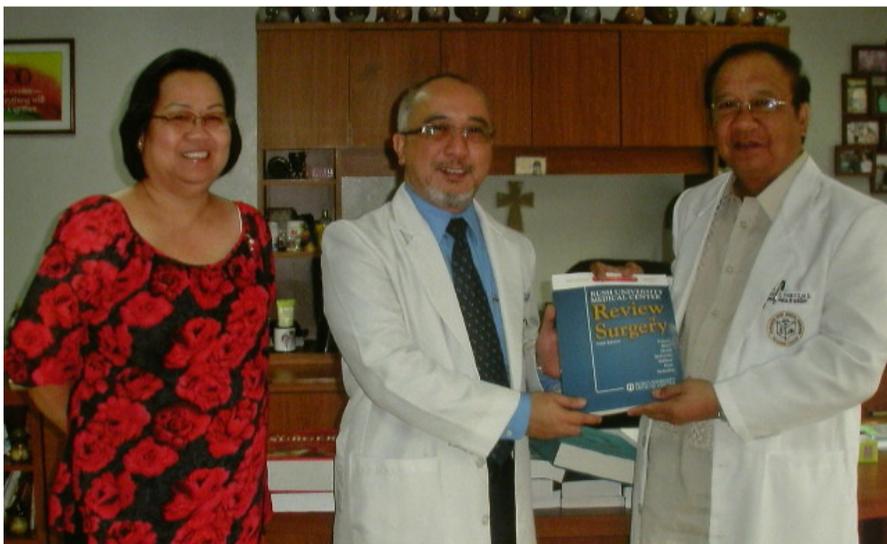
This donation is in line with the program to assist surgical residents in and other medical graduates prepare for their board examinations as well as for the Philippine medical board licensure examinations.

In 2011, volumes of the American College of Surgeons (ACS) SESAP were also provided by yours truly. The ACS books are used in preparation for the American Board of Surgery certification and recertification examinations

As the chair of the FEUDNRSMAF committee on postgraduate education and on FEU-NRMF postgraduate surgical education, I endorsed the donations Dean Remedios Habacon, medical director Policarpio Jove and surgery chairman Dr Ravel Bartolome at th Dean's office (see picture).

Dr Arsenio Martin, yours truly and FEU-NRMF Medical Alumni Society immediate past president Dr Linda Tamesis held a board review session on a Saturday morning during the homecoming with the housestaff. It was well received and it is hoped to be continued during our yearly *Balik-FEU* with participation of other US. alumni to more or less cover the different specialties.

Donated were: Rush University Medical Center Review of Surgery; Washington Manual of Surgery; ASC Surgery; Mulholland Doherty Complications of Surgery; Sabiston Textbook of Surgery by Townsend; Cameron's Current Surgical Therapy; Textbook on Colon, Rectum and Anus by Gordon and Nivatbongs; Abernathy's Surgery Secrets by Harkin and Moore; Avoiding Surgical Errors by Mrcuci Morits and Chen; Surgical Recall by Blakbowne; and Study of Surgery by Glenn Geelhoed.



From left, Dean Remedios Habacon, Dr R Bartolome and Dr D Fabito.

TRUE BEAUTY

Some feminine beauty is like a flower that sprung on early spring,
With a look so radiant, a scent so sweet and petals so tender,
Her alluring looks pierce your soul and her gaze so



CELSO DEL MUNDO MD

captivating
That can melt a man's heart even on a dismal morning.

We can admire the soft angelic face with full

luscious lips,
A flawless skin when we touch feels so smooth like silk.
Her tantalizing eyes haunt and seduce us even on deep sleep,
And leave our body shivers with sinful and lustful wish.

Are these of the beauty that we have been searching?
A transient beauty like a mirage in desert that fades away,
Superficial looks that bedazzle us in a blink of an eye can dissipate,
Like glitters of cheap metal that will tarnish when exposed to air.

Human nature interprets beauty by the external looks alone
But true beauty is the inner beauty of the heart and soul,
True beauty is eternal and the glow is always visible,
For its brilliance is everlasting like a golden treasure.

EASTER QUOTE

Your dead shall live; their bodies shall rise. You who dwell in the dust, awake and sing for joy! For your dew is a dew of light, and the earth will give birth to the dead.

Isaiah 26:19

More APRIL ILOCOS SUR MISSION IMAGES Photos by THARA GAGNI RN



A dentist pulls out a carried tooth.



A line of improvised out patient dental clinic



General Medicine clinic



Dr Edward Hernaez helps a patient in chrutches.



Dr Cheryl Fontanilla examines a patient with mother.



Dr Judy Wu oversees the internal medicine clinic.



Dr Nida Blankas Hernaez distributes blanket to families.



Dr Anita Avila prescribes for a pediatric patient with mother.



Dr N B Hernaez advises a mother and an aunt of a patient.



Dr Andres Rago attends to a line of patients.



Dr Virgilio Jonson performs an eye evaluation.



A prescription is handed to a mother.



Dr Lourdes Hilao listens to a boy's wheezing.



Dr Simeon Sevandal queries a patient.



Dr R Sarmiento evaluates a pre-operative patient.



Despite patient overburden, Dr NB Hernaez is always smiling



More baby blanket is given to a mother.



A baby blanket is handed to a mother and son by Dr N B Hernaez.



A beautiful couple of missionaries



Dr Rebecca Salvani checks on a postoperative patient.



New faces of FEUMAANI PMAC missionaries



A crowded OR schedule lobby.



Drs Rey Sarmiento and Abe Fontanilla analyze the schedule while Dr Leo Avila ® listens.



The packed room during the CME seminars.

AM I MY

continued from page 2

Grandmother Serapia (maternal side) was our chaperon in a rented house.



ULYSSES M
CARBAJAL MD

Armed with a radiant smile, he would sell delicacies prepared by *Bai* Serapia, in the

Academy campus. One of the customers was Maria Tapeceria, in the girls' dorm, one of many older school kids who would tease him, "Ben, your goodies are too expensive. Can I bargain?" Ben would just smile back. Little did he know then that this girl would one day be his lifetime partner.

Church School in Bone, Aritao. Not long after my parents moved from Santa Maria, San Nicolas, Pangasinan to Bone, Aritao, Nueva Vizcaya, my Mom and Dad, who had been a public school teacher, spearheaded the opening of a church school. (They had done the same in San Nicolas, when I was in the fifth grade.) Maria Tapeceria was recruited as the teacher for grades 1 to 6. Ben, when just a sixth-grader, began to fall in love with his teacher. When our parents scolded him for this, he attempted to run away from our house, but was intercepted two kilometers away. Realizing how deeply Ben was enamored by his teacher, our parents had to negotiate with Maria, who consented, at the end of the school year, to become Ben's wife even without her parents'

prior notification and consent. When World War II broke out, the couple adventurously moved to Laoac, Manaog, Pangasinan, Maria's hometown.

War Time. When he came in 1943 to fetch the Valdez family (Auntie Laureana and cousins) from our homestead in Bagabag, Nueva Vizcaya, to return to Tayug, Pangasinan, he was almost shot by a guerrilla unit in San Jose, Nueva Ecija. (Nine months earlier, I had fetched the Valdez family from Tayug to settle in our homestead in Nangalisan, a remote barrio of Bagabag, teeming with wild *papaya* trees, bananas, and fish.) The timely intercession of a relative, who happened to be passing by, saved him from execution. At that time, young men coming from Aritao were suspected to be spying for the Japanese.

Ben resumed schoolwork at the Northern Luzon Academy during the war. When the American forces were landing in Lingayen Gulf in January, 10 and 11, 1945, the greater bulk of the Japanese Army had already retreated to and entrenched themselves in the Cagayan Valley, which they had made their "Bataan." Ben was deeply worried about our plight up there. He even worked on the Villa Verde Trail, connecting Pangasinan and Nueva Vizcaya, under the employment of the US Force, hoping to meet us anytime after our possibly breaking through the Japanese lines. How happily Maria and Ben welcomed us when we finally could escape from the enemy safely in May 1945!

Early Years after the War.

After the liberation, Dad built a house for the family and also the Valdezes (cousins) in Baesa, Caloocan. Ben and sister Magdalena helped me type and mimeograph lecture notes, which were sold to over a hundred classmates at the Manila Central University. This we did almost every night, except Friday evenings. (Being members of the Seventh-day Adventist Church, we keep the Sabbath from sunset to sunset.) Thus, we were able to pay for our tuition fees. Moreover, being a gifted singer, Ben joined the Church Choir and the College Male Chorus under my directorship. He finished BTh in 1951 at Philippine Union College at Baesa, Caloocan City, while Maria (now Mary) finished the nursing course in the Manila Sanitarium and Hospital School of Nursing at Pasay City. Unfortunately, on December 6, 1952, they could not attend our wedding in Pasay City because, earlier that year, they had responded to a call for Mary to work as a nurse at the newly established Mindanao Sanitarium. There, Ben worked as a Bible teacher.

When my wife Jovita and I were studying and working in Los Angeles, Ben begged us to buy for him a Kodak projector, with Bible slides, for his Bible presentations. We gladly did this favor for him.

Family Reunion in 1960.

After our return from US, a family reunion was held in Aritao in 1960. Ben and Mary had three children, Herminigeldo (nicknamed Dohal), Jemma, and Ellen. The

following year, Mary, accompanied by the two girls, moved to US to work as nurse at the Cook County Hospital in Chicago. Ben and Dohal stayed behind. Ben pursued optometry at the Manila Central University (MCU), while Dohal enrolled for the BSC degree at Philippine Union College (PUC).

Like a Wayward Sheep.

Now deprived of the counsels of a mature wife, Ben went astray like a wayward sheep. One evening while I was making rounds at the Manila Sanitarium and Hospital (MSH), I was surprised to find that Ben, accompanied by a pretty handmaid, had just been admitted and was at the verge of death. I took time to pray for him at his bedside. This near-death experience convicted and led him to vow anew that he would walk with God if his health were fully restored. Accordingly, soon after his recovery, he resumed attending the Adventist Church at Pasay, and taught a Sabbath School class regularly. He also joined the Pasay church choir and the Brown Brothers Chorale, both of which were then under my direction.

Practicing Optometry. I accommodated him to practice optometry in my EENT Clinic in 789 Vito Cruz, Malate, Manila. He was also employed at MCU as a part-time instructor in the College of Optometry. Our clinic being located close to the Rizal Memorial Coliseum, Ben had the opportunity of watching many events in sports, especially tournaments in cycling. One afternoon he surprised us in the clinic with

the news that my son Ike, without my knowledge, had been secretly participating in competitive cycling races for several months already and that this particular afternoon, he had won a big race with his uncle Ben as the only family member present.

“*Manong*, champion *ang Carbajal!*” he proclaimed proudly. How could I scold my son when my brother Ben had been his moral support and only cheering squad? Deep in my heart, I felt kind of guilty for having failed to encourage Ike in his cycling races.

Dohal Becomes an NVDH Accountant. In 1974, his son Dohal, was employed as an accountant at the Nueva Vizcaya Doctors Hospital (NVDH), in Bascaran, Solano, Nueva Vizcaya, which was then under my directorship. Unfortunately, Dohal had an untimely death, which could not be fully explained. But God had better plans for Ben and Mary; for the chain of events following this tragic loss, paved the way for the reconciliation of the two. When we migrated to US in 1977, Ben continued to work with my associate, Dr Tessie Sison, an FEU alumna, at our clinic at 789 Vito Cruz.

Ben Decides to Join His Family in US. During my first *Balikbayan* trip to the Philippines in 1978, Ben gave me company as I made a preaching tour in two towns in the province of Batangas.

“*Manong*, I have been inspired by your sermons today,” he disclosed before my departure for Berrien Springs, MI. “I want to join the family in Chicago.”

I told him his family,

especially Ellen and Jemma, would welcome him home.

I conveyed the message to Mary as soon as I arrived home, in Berrien Springs.

“God has answered our prayers,” she said joyously.

Ben was the happiest father when his two daughters graduated in the School of Nursing at Andrews University in Berrien Springs, MI, following their mother’s footsteps!

Retirement. Soon after their retirement, they moved to the Philippines, first in Pangasinan, then in Mindanao, and then back to the PUC. Here, Ben enrolled in the Seminary.

“I want to follow your footsteps, *Manong*,” he explained, when I visited with him. Unfortunately, he became discouraged when he could not keep up with the heavy assignments, especially in the languages. They decided to move to Loma Linda, to live close to Jemma’s place.

Health Problems. A few years earlier, my wife and I had moved from Michigan to Glendale CA, opening an EENT clinic near the Glendale Adventist Medical Center and another in Azusa. Both Ben and Mary soon became my patients, the first consulting me regarding his dizziness (Meniere’s Syndrome) and cataract, and the latter for cataract, also. Both underwent cataract surgery successfully. When they moved to Artacho, my daughter Jan, also an ophthalmologist, did the follow-up care of their eyes. But Ben developed a detached retina a year later. This was successfully repaired at the Makati Medical Center in the Philippines.

He also suffered from cancer of the left thigh, requiring as many as five surgeries, the first being performed at the Manila Adventist Medical Center (formerly the Manila Sanitarium and Hospital), and the last one at the Loma Linda University Medical Center. In my communication with his surgeon at Loma Linda, I was told that Ben's latest chest x-ray showed a metastatic spot in his right lung. Marvelously, he recovered completely, except for a little limp as a result of the deformity and scar-formation produced by the five surgeries. This, to me, was a miracle in the truest sense.

Final Decision: to Build a House in Sison, Pangasinan. With Ramon (their grandson) and wife Beth working at the Northern Luzon College, Ben and Mary constructed a house just outside the Academy campus, adjacent to the Ramon's house.

When I was invited as Commencement speaker in 2000, Ramon introduced me as guest speaker, and my wife sang a vocal solo. How proudly Ben listened to us!

"*Manong*, retire now and join us here in Artacho," Ben kept repeating during that visit and subsequent ones.

In December 2004, we met for lunch with my wife's relatives in San Juan, Moncada, Tarlac. Ben and Mary were evidently enjoying their retirement in the Philippines. During my visit in November 2005, they stayed overnight with us in Pasay, and I accompanied them to order a new hearing aid for Ben the following morning. I also

refracted him for new glasses. Before returning to Artacho, Ben reiterated his invitation to build on the lot next to his. They had now moved to a new house about 2 kilometers from the College campus.

"Christ is coming soon, *Manong*. Come and retire in Artacho!" he urged.

While I was confined in the Manila Adventist Medical Center (former MSH) last May 2006, I called their home number the day after his birthday, wishing to greet him personally. Unfortunately, he was now bedridden, following a bout of pneumonia, and could not talk with me. But I spoke with his wife Mary for a few minutes "I will keep on praying for Ben and you," I assured her.

Last Few Days. Three weeks later, back in Azusa, I was informed by Jan via email that Ben had accidentally lost his balance, his head hitting the floor. He became unconscious for a few days, requiring intensive care in a hospital in Agoo, La Union. How happy I was to hear later that he regained consciousness! But a few days later, on July 17, 2006, the sad news of his passing away shocked me.

"He just finished a hearty meal, when he started humming a hymn," recounted Mary over the phone. "Then he said he felt sleepy. He closed his eyes and then jerked a little. I called him by name, but he was gone!" Mary concluded, choking with tears.

I wanted very much to fly to the Philippines, but my suffering from intense post-herpetic neuralgia prevented me. I gathered later that there was a devastating typhoon

during his funeral.

Consequently, the memorial service had to be held in his newly constructed house. Nonetheless, Jan read my tribute, which had been emailed just on time for the program.

Conclusion. As my brother's keeper, I believe that Ben was ready to meet his Savior and Physician. I thank God for the opportunity of helping my brother keep the faith till his last breath. He, too, has inspired me to be faithful to the Lord. I salute Mary for having been so patient and loving to my brother for almost 64 years, in spite of his waywardness. I believe it was providential that a young schoolboy would fall in love with his teacher, who would also be his nurse to the end.

PART II MY BROTHER GEORGE

Early Years. Born on September 22, 1923, my brother George was a year and two



**ULYSSES M
CARBAJAL MD**

months younger than I. My earliest recollection of him was when we played ball, one Sabbath morning while preparing to go to church with Mom. When George miss-pitched the ball to me, it rolled down the stairway. Rushing downstairs to retrieve it, I fell down and broke my right arm. (Dad was then out of town, attending a special conference. Had he been around, he would have not

allowed us to play on God's holy day.)

Second, when Dad flunked in the physical exams and was not allowed to leave for US, he bought an expensive three-wheeled bike for George and me. Triumphant, we took numerous turns, riding the tricycle from early morning until late evening.

Third, Ben and George were at the verge of death during the 1930 cholera epidemic in Tayug, Pangasinan. I will never forget how earnestly Dad prayed, even dousing water over his head and body and running aimlessly in the orchard behind our house. Answering Dad's prayer, God snatched Ben and George from the clutches of death.

Fourth, George was more adept than I in playing lipay (marbles). In this game, the one who strikes down the greater number of aligned marbles would be the winner, and would get all the marbles. Much to my dismay, he beat me handily. In order to get even with him, I begged for more marbles and for another game. And he relented. Again, he beat me. "Lend me more marbles, so we can play another game," I pleaded. When he would not lend me any more, I got mad. When he tried to flee, I chased him and spanked him on the butt three times. But much to my surprise, he would not fight back. Instead, he reported the incident to Dad. I was whipped three times, also. In the evening, Dad, much to my surprise, applied oil on my butt to ease the pain. This act of love intensified my love for Dad and my brother.

Fifth, one moonlit evening, I convinced George that we stealthily climb down the window to join the other kids playing San Peru on the street. Dad had apparently discovered our mischief, for as we sneaked back home an hour later, he was there waiting surprisingly not to spank us, but rather to make sure we had not been hurt in the process of climbing the window.

Educational Background.

He was enrolled at the Santa Maria barrio school in the town of San Nicolas, Pangasinan, a year behind me, and finished the primary grades with good marks. He completed the elementary grades at Artacho, Sison, Pangasinan. He was scheduled to graduate in the Northern Luzon Academy when World War II broke out. Because he had a good unstrained voice, he sang first tenor in the school male quartet.

War Time. George and I lived with our parents, together with Magdalena and Betty, in Bone, the largest barrio of Aritao, Nueva Vizcaya. (Ben and his wife Mary had moved to Pangasinan.) Several times we were assigned by Dad to help our tenants in our homestead in Bagabag, N.V. I then noticed that George started visiting the daughter of our church elder, who owned the property next to ours. Contrary to my expectation, George finally married a non-Adventist girl (Dionisia Pimentel, Dioning for short) from Bone, Aritao. To support his family, he served as driver for Mom in the palay (unhusked rice) business.

An Unlikely Means for Escape. During the last few months of War, the Japanese

Army prohibited the hauling away of this commodity from the province and started hoarding it in huge granaries in preparation for a final stand in Nueva Vizcaya. Unfortunately, Mom and George were caught when they attempted to haul palay to San Quintin, Pangasinan. Mom was released, but George was held captive.

While the Japanese MPs stopped at a restaurant in Aritao to eat, as recounted by George later, he was tipped by a waitress to escape, or he would be killed. And he carried out the waitress' suggestion, when permitted to wash his hands in the kitchen. He could have been recaptured and even shot dead had there been no Antipolo pit newly dug out, two blocks away from the restaurant. A friendly neighbor helped George squirm into the said pit, where he remained until after the Japanese MPs finally gave up their hot pursuit. While the family convened in Bone, some five miles south of the town, praying for his safety, he suddenly showed up, catching his breath. How thankful we were to see him back and unharmed!

Japanese MPs Raid our Home. About a month later, while working in the toyomengka fields, George and I were engaged in singing a few folksongs, as we uprooted the weeds. (The toyomengka plant produces oil, a war material). All of a sudden, we saw Japanese MPs on the provincial road.

"Ading," I warned George, "they might be looking for you."

George could not say a word. But our sister Magdalena, soon after, came to let us know that George was not the one they wanted. They wanted me. (I had been reported as treating sick Guerrilla members). George hugged me and said: "Manong, I will be praying for your safety!" Then reluctantly he skirted the toyomengka field and headed for the mountain trail leading to our homestead in Kirang.

Serving in the Guerrilla Force. Not long after this incident, after escaping from the Japanese hands, I learned that George had been recruited into the Guerrilla Force by Captain Mabunga. The overall commander of the Guerrilla forces in Northern Luzon was Colonel Robert Lapham. When I was invited to preach to the soldiers one Sabbath, Captain Mabunga mentioned that George, now a sergeant, faithfully performed all assigned tasks except bearing arms. In other words, he was non-combatant, being a faithful member of the Seventh-day Adventist Church. (Even before the war ended, he had determined to follow Dad's advice of quitting the Army (USAFFE). After the war ended, he did not re-enlist like the others in his Unit, who claimed benefits thereafter).

Close Brush with Death. Herming, his first child with Dioning, contracted dysentery during the evacuation days while we were hiding in the mountain fastnesses, overlooking Aritao. When George led over 500 civilians to break through the Japanese lines deployed at the Caraballo

ranges, he could have been among the scores slaughtered by the Japanese intercepting snipers. Providentially, the critical condition of Herming had compelled George, together with his family and close friends, to move far ahead of the other refugees in order to rush Herming to a hospital where he could be administered fluids intravenously.

Liberation Time. After Herming's passing away, I helped George look for a job in the US Ordnance Service Center (just outside the walls of Philippine Union College), where I was hired in June 1945 as Secretary to the Officer-in-charge. In addition to receiving a stipend, he was taught the art of fixing jeeps and trucks. Thus, he was enabled to enroll for the BSC degree at the Philippine Union College. Meanwhile, through her husband's influence, Dioning finally decided to join the Adventist Church.

Assisting Mom and Dad. While finishing my last two years in the College of Medicine, George obediently served as the right hand of our parents in their palay (unhusked rice grain) business. He also drove a 6 x 6 truck, hauling sacks of palay to Pangasinan. (Oddly, the same vehicle was used by George to transport guests from the province to attend our wedding, December 6, 1952). He continued doing this while my wife and I worked and studied in Los Angeles the following eight years, keeping us posted about our parents' health.

A Blessing in Disguise. My two brothers (George and Ben) and two sisters

(Magdalena and Betty) were present during our reunion in Aritao, Nueva Vizcaya, 1960. George and Dioning by now had three more boys (Gideon, Remy, and Danny) and a girl (Fay), while Ben and Mary had a son (Dohal) and two girls (Jemma and Ellen). Magdalena was newly married, while Betty was still single, having recently returned with us from Los Angeles. Two years later, George proposed that I help him establish a trucking business--hauling logs from the provinces of Nueva Vizcaya and Quirino to Manila. At that time, this was a highly lucrative business. So we bought a brand-new International truck. This business prospered for a few months.

Unfortunately, because of the anomalous and excessive tips extracted forcibly by police stations along the highway, we had to discontinue the business. But this turned out to be a blessing in disguise; for shortly thereafter, George, with Dioning, moved to work as a full-time mechanic in the naval base in Subic Bay area. Not long after, Gideon and Danny joined him, while Remy and Fay remained in Aritao to manage the rice land.

One day he invited my wife and me to attend Danny's wedding. I gathered then that my brother was quite active in the local Adventist church in Olongapo, Zambales, where he was often asked to sing or teach in Sabbath School Class. I will never forget how, during one visitation, he proudly and loudly played on a phonograph "With the Voice of Singing" as recorded in 1976, under my direction, by the Singing

Evangelists, apparently for the neighborhood to enjoy. (The Singing Evangelists was comprised of students enrolled at the Far East Theological Seminary in the compound of the Philippine Union College in Baesa, Caloocan City.) Lamentably, Danny passed away a few years later.

Migrating to USA.

Through sister Betty's assistance, George and his wife Dioning were able to migrate to US in the late 80's. In return, he managed Betty's apartments for three years. He was soon on his own and earned enough so that he could petition for his children to come to America. The first to respond and come was Fay, who, in turn, assisted Remy and Gideon, a few years later, to come as permanent residents of US. George had, earlier, helped (even adopted as his son) Carlo, sister Magdalena's boy, to come to California.

Not long after, he became an avid tennis player. We played doubles together, and won a few games. More importantly, he demonstrated how deeply he loved his wife (now disabled by osteoporosis) and children, as shown during the illness of Herming and Danny, and when Gideon underwent an open-heart surgery.

Consultations at my Clinic.

Several times, George had to drive all the way from San Diego to consult with me in my clinic in Azusa and eat lunch with us. He was then suffering from a chronic laryngitis and hearing loss. There were other specialists in San Diego, but he had greater confidence in his brother than in them. This

attitude and confidence in me as his brother I appreciated very much.

Activities in the Church.

George enjoyed teaching the Ilocano Sabbath School class, and served as Deacon and later groomed to be an Elder in the Fil-Am Seventh-day Adventist church in Chula Vista, CA. But when our cousin Dr. Romulo Valdez and his wife transferred their membership to Paradise Valley Sanitarium Church, National City, CA, he followed suit. There, he also served in various capacities until his health began to fail.

Almost Trapped by the Devil. The enemy of souls would not rest until it could place a trap along George's pathway.

"Daddy," my wife whispered to me one evening. "Fay has just divulged to me that her Dad is being enticed by another woman." I was moved to write a long letter to my brother, exhorting him to remain faithful to God.

Recovering Lost Properties. While doing free cataract surgeries in the towns of San Nicolas and Tayug, I was informed by one of our patients (who happened to be a close relative) that he had recently accompanied George to the Register of Deeds in Lingayen, Pangasinan. Responding to an urgent warning issued by the government, George paid arrears in property taxes and confirmed our family's ownership of rice land and residential lots in Santa Maria, San Nicolas. Unfortunately, the aforementioned lots were now occupied by squatters, who threateningly refused to move

out. Sensing impending danger, I advised George to put off indefinitely the process of recovering the lost properties.

Building a Modern House in Aritao. Instead, I proposed that we build a beautiful house on my lot at the poblacion, where the 50-year old house which had been constructed by our parents, still stood--now an eyesore in the community. I suggested that he solicit the approval and support of his children, especially Fay's. Although reluctant at first, he finally spent time and energy in supervising the construction of the said house.

How proud George was when during our last formal visit with him, in San Diego, a video of the modern house was shown by Fay! "Manong, we thank God for helping us finally realize our dream of building a decent house for the family. You've now a room when visiting our hometown," George exultantly declared. (Modesty aside, according to Fay, this is still the most modern house in Aritao.)

Special Occasions. George, with Fay, Remy, and wife, attended our 50th Wedding Anniversary at Central Filipino Church, 777 Colorado Blvd, L.A. in January 2003, reminding us we had attended George and Dioning's ten years earlier. He wore a colorful suit with matching tie, lapel handkerchief, and socks. And again during the 2004 Annual AWESNA Convention in Industry Hills, CA, during my term as President, he came with his family to attend the worship hour.

About two months later, my family attended his 81st

birthday celebration. Happily we posed for picture-taking and freely reminisced on the past. More importantly, we took time to thank God for keeping us safely during the war years, particularly the timeliness of a freshly dug-out Antipolo toilet, which prevented him from being recaptured by the Japanese.

Final Days. A few weeks later, he began to tire easily, and had to use a new pace-maker. He was admitted into a hospital several times, but he always managed to regain enough strength to convince his doctor he could be discharged home. While visiting him in a convalescent home during his 82nd birthday, I began to fear I might lose my brother soon. But again, he had another remission. Paradoxically, it was my turn to be hospitalized while doing medical mission in Zambales and Cavite in May 2006. When back in Azusa, I kept in touch with his family physician at regular intervals. I was pleased to learn that he was gaining strength to be able to sit up and make a few steps.

A few days before my retirement party last September 10, I had wished very much for him to attend; but this was not to be realized, for he had suddenly become more ill-disposed and weak. Suffering from severe post-herpetic neuralgia, I could not visit him on his 83rd birthday, September 22, 2006. To make up for this, I sent a card and a check to Fay, requesting her to buy an appropriate gift for him. Two weeks later, I endeavored to visit him for the last time in a convalescent home— lovingly

attended to by Gideon, Remy, and Fay but now unable to recognize me. Only heaven could fathom the depth of my sorrow during that visitation! By this time, Dioning, his wife for 64 years, had become completely disabled from osteoporosis. The morning after Thanksgiving, Dioning phoned my wife and me the sad news that after being bathed cleanly and after a hearty meal, George said he wanted to rest. He closed his eyes, never to open again till the glorious resurrection morning.

Song for George. His undying faith in God has inspired me to compose a song for his memorial service:

*Brother, beloved, can't you
see my tears?*

*Playmates we've been for
many years;*

*Trusting in God, you have
always been:*

*No greater faith than yours
have I seen.*

Refrain:

*We'll miss your smile and
your golden voice*

*But in the truth we can
rejoice;*

*We pray we'll meet in the
home above:*

*We'll join you there to sing of
God's love!*

*Your loving friends are all
waiting here*

*To say "Goodbye" to one so
dear;*

*Your grieving wife and
children, too,*

*Will all to God be faithful
and true.*

Conclusion. Dear reader: Judge for yourself if I had been my brothers' keeper. Were I to be asked, I would answer unwaveringly: "Yes, I've tried my best to be my brothers' keeper."

And I know Ben and George are temporarily sleeping, but shall wake up on the resurrection morning.

THE FILIPINO



LINDA
BARRANDA MD

*continued from
page 3*
exercising this
coveted right
so that
Collective
Bargaining
rights of
workers can be

restored in the state of Ohio. I certainly suggest to everyone to take the time to read history books on women of America that helped shaped the many things we sometimes take for granted.

The late Honorable Indira Gandhi of India, Golda Meir of Israel, and Margaret Thatcher of England were Prime Ministers and Madam Bhutto of Pakistan, unfortunately was assassinated in the past. Currently a fellow Harvard alum of mine, President Sirleaf Johnson of Liberia, the first elected president of an African nation. She received the Nobel Peace Prize with two other women last December, 2011. Currently the Honorable Prime Minister Merkel of Germany is also a very efficient leader in her own right.

The first woman president of the University of the Philippines who just finished

her term as one was exceptionally good in doing her job and continues to serve our people in various capacities. My brother Angeles G Barranda of Texas is in constant contact with her, hence I am aware of what she has done and continues to do as a public servant leader. Of course I must mention the late FEU president and former IAS Dean Josephine Cojuangco Reyes (continue to miss her). Currently in both the graduate schools I earned degrees from here in America, namely Claremont Graduate University in Claremont, California and Harvard University, have their first women presidents. Please visit the website respectively of these universities to know who they are and what they are doing with their constituency. They simply are great leaders in the academe.

One thing unique about us Pilipinos, as a people, is that we have had two women presidents elected by popular vote. They were both leaders of our country of origin, they are: the late Her Excellency, Corazon Cojuangco Aquino and Her Excellency Gloria Macapagal Arroyo. Both of them were the first elected presidents of a democratic republic, the Republic of the Philippines, both ELECTED BY THE CITIZENRY, NOT APPOINTED by a Parliament or Congress or a royalty.

Truly this indicate, the saying: *Vox populi, vox Dei* or the voice of the people is the voice of God". Even America did not vote a wonderful woman named Hilary Rodham Clinton to be the president of

this nation in November 2008. But we Pilipinos appear to be culturally and politically more mature as a people. Gender is no longer a barrier to electing our leaders in the Philippines while America, continue to struggle in transcending both race and gender factors in electing and citing and respecting a president.

As we continue to respect persons, regardless of their gender and background and elect them in position of power and leadership because of their qualifications and their desire to serve our people, let us continue to be united as a people in all aspects of life. Continue we must, to transcend all man-made barriers in creating a sound society so that we can move continuously, progressively and prosperously as a people and a great nation. Because the Philippines is indeed a cradle of noble heroes.

MUSIC BRINGS

continued from page 3
learned, not inborn.



CESAR
CANDARI MD

I said this before. *I was a typical Pilipino youth in a non-metropolis landscape. I had a number of dreams in my younger life. I have always been lustful for life. Or is it because I had that feeling of being deprived? To go over in the lighter side of my life during my youth, I developed an interest in music and would*

have liked to become a good musician.

The music of the 50's gave us the joy of listening to the big band, the rockability and fast beat as swing baby swing. I was charmed by Crooners like Frank Sinatra, Perry Como and Jerry Vale. The romantic sounds of Xavier Cugat, Rumba, Perfidia and the Latin tempo of Guy Lombardo group were enamoring. I was and still am a music lover, and I struggled to learn to sing. I was, indeed, a *haranista*. The yester-year was memories to recapture waxed with nostalgic sentiments.

In medical school, my two buddy friends, classmates and board mates, Manolo Catalan and Boni Gamo are accomplished pianist and violinist, respectively. I was green with envy. My dream was to learn how to play the piano. In 1970 when my children were taught at home on their piano lessons, I would set down after their instruction and start fingering out the chords. Years past, my latent talent is all that I had. It was when I retired and moved to Las Vegas where my exposures to several shows and one-man-band exhibitions made my re-born inspiration. The advent of high-powered musical electronics – the keyboard-made my life in music. Incredible! I could not believe myself. My fingering, in ad-libs tempo and rhythm has been perfected. Ad-libbing is, basically, *playing around with the tune*, using licks, riffs and scales (and/ or whatever comes to mind) usually in a dramatic or emotional part of a song. You can learn to do it all by ear, but if you do not know where to

start and it is all a complete mystery, you can train your ear by listening to the chords and practicing syncopation, i.e. rhythm. All these were developed tremendously after my two brain surgeries in 2003 and 2008. For ten years, I have done the playing relentlessly, daily to entertain my wife and me. I played in family parties and some other social organizations, simply to entertain.

My style of my music has to be influenced by the 60's and 70's but I am not sure I could pin-point what aspect or even who I am influenced by.

I love to entertain. Music is to me an entertainment that will unite each and everyone into one heart—one people. It gives us an opportunity to connect with friends and old familiar faces. With joy and excitement we listen to the tune that touched our lives. Wherever you are, no matter what life we are in, music will always bring joy to one's heart with smile. A friend wrote the following: *Imagine attending a concert in which if you were to close your eyes, you would assume that the music you are hearing is being created by a cast of band members, each playing their respective instruments.*

CESAR IS THE MASTER KEYBOARDIST - A PIANIST, SINGER/ CROONER - THE LIKES OF PERRY COMO, DIOMEDES MATORAN, HUMPER-DINCK, MATT MONROE AND ETC.

CESAR establishes and fuses elements of JASS, BOGGIE, CHA-CHA, LINE DANCE AND FOLK SONGS, KUNDIMAN, LATIN, VISAYAN STANDARD

OLDIES SONGS OF THE '50s AND THE '60s. His ELIVERY OF THE lyrics is usually lighthearted, inventive and conjuring vocal sound of a splendorous thing. CESAR'S ability to perform improvisational LIVE MUSICAL DISPLAY very few solo musicians have mastered such a multi-dimensional sound and captivating live, making him stand out among his colleagues of musician doctors.

What separates CESAR from the rest of the ONE-MAN-BAND genus is his ability and latent innate talent to PLAY MUSIC. It is this skill that makes him unique – God blessed with multiple talents - excellent writer, ardent musician, crooner, civic activist, book author, ideal husband to Cely, loving father, a reliable friend, philanthropist, a man of age, and paragon emeritus retired PHYSICIAN.

Blame my friend who wrote this. I wished to stay humble and hidden all the time, albeit when it is straight from a horse's mouth, I can "sing my own praises."

Life is full of fun and happy times. Not always. I had my share of despair. It is the music that rebounds one from misery. A quote from Billy Joel : "I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music."

In our family reunion every year held in Pacific Beach House in San Diego, California, two doctors and a nurse (Candari brothers, Marcelo and me, and sister Loida)

entertained by singing English and native songs of the fifties, while I played along on an electronic instrument - the Roland-10 Synthesizer. Such was the beauty of getting together and singing all our hearts out. It is always a dreamer. My grandson Caleb C. Coyle baptismal party in one of this reunions was absolutely grand. It could be compared in a saying by Gioacchino Rossini: "Eating, loving, singing and digesting are, in truth, the four acts of the comic opera known as life and they pass like bubbles of a bottle of champagne. Whoever lets them break without having enjoyed them is a complete fool".

See you all in Los Angeles in the upcoming FEUDNRSM ALUMNI FOUNDATION 33rd Annual Reunion July 25-28, 2012.

(Dr. Cesar D. Candari is an author of a book entitled "SUCCESS IS A JOURNEY" memoirs of a Filipino American doctor creating a life from Antique to America. Visit [www. amazon.com](http://www.amazon.com); <http://www.pandan.ph> <http://www.pandan.ph/news/2010/11/08/from-antique-to-america-memoirs-of-a-filipino-american-doctor/>).

EASTER QUOTE

Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die.

John 11:25-26

TENDERLY

continued from page 3

within Lent and it was hoped Oscar will help us go to church after our board meeting since our return trip also fell on



**NOLI C
GUINIGUNDO MD**

Sunday and had to leave early Sunday morning. Incidentally that Sunday was Palm Sunday

which ushered in Holy Week, culminating on Easter Sunday.

To those who are affected I pray you will observe what I have mentioned.

This year's theme is prayer, fasting, and almsgiving. Daily prayer, and special prayer to God, to our sick relatives and friends. Special prayers for one's need, for one's well being, and special prayer request. Do not forget thank you prayer for whatever we received, favor, good news, good health, and hearing from long lost friends, and found out they are doing fine or have recovered from devastating sickness and or surgery.

Let my fasting turn me to the needs of others, and not my own hungers, and may our fasting help us to hunger to see your justice done in the world.

Fasting cleanses our mind, our body, and our sense of well being. It used to be every Friday is no meat day, but things had changed. It is limited now to Good Friday, and Ash Wednesday, and all Fridays of lent. But in spite of this, most could not even comply with these restrictions.

Almsgiving to the poor to the needy, to the destitute. Please be generous. Let not good deeds be merely hypocrisy. We help God's people. More of these after the Holy Week, which will keep us busy on church activities starting Holy (Maundy) Thursday, Good Friday, and Easter Sunday, and Easter Vigil as people prefer it.

We will keep everybody informed now that the Winter Meeting on March 31st in San Francisco's Crowne Plaz has concluded. Incidentally, the Norther California FEU group had its annual inaugural ball at the same time but on a different hotel (Marriott). This is optional but members of the board of trustees were invited to attend anyway.

My classmates are getting busy in preparing for the July Golden Jubilee. We did not have sufficient time to prepare during the *Balik-FEU*. Also, we got a negative response when I brought up the topic of practicing for the grand ball at the Crowne Plaza at the Manila Galleria. Ding and I had prepared something nice for the Golden Jubilee.

More on these items at the next issue of the ECTOPIC MURMURS. God Bless you all.

Have a Happy Easter.

**PRESIDENT'S
Message**

continued from page 1

Likewise, On behalf of the

Alumni Foundation and the Southern California Chapter, I would like to remind our alumni that our 33rd



**OSCAR C
TUAZON MD**

annual summer reunion is fast approaching, to be precise only twelve weeks are left before we again converge at the beautiful and remade downtown Los Angeles.

As already announced, the venue is the beautiful JW Marriott LA Live Downtown, Los Angeles. The hotel street is Olympic Boulevard (not Figueroa Street).

To all alumni, I would like to encourage everyone to attend our reunion, and we will make your LA stay to be memorable for you and your family.

Looking forward to see you all, **OSCAR TUAZON MD⁷³**

EASTER QUOTE

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men.

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you." So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

Matthew 28:1-10

Message from the CHAIRMAN

continued from page 1

consideration that goes into



PEPITO C
RIVERA MD

making such smoothly flowing events a reality. I give my sincere and heartfelt thanks to everyone who assisted.

I hope that each of you

have a Happy Easter and are able to share time with family and friends. I think of how active April is in the Philippines. There are so many festivals during this month that I could not begin to list them all and the significance of each festival is so varied but each one celebrates the memory of some past achievement or historical moment in our glorious history. The festivals are far ranging. Some are associated with Holy Week such as the festival commemorating the restoration of sight of Longenus after a drop of Jesus blood spilled into his eye and Penitencia/ Semana Santa during Good Friday where flagellants re-enact Christ's suffering and many participants re-enact the tormented walk to Calvary.

Other festivals celebrate our nations victories such as *Kadaugan Sa Mactan* concerning the Battle of *Lapu Lapu* and Magellan, Bataan Day which remembers the Bataan Death March and the bravery of our soldiers who offered their lives for our freedom. There are even festivals during this month that are for thanksgiving for a

good harvest and involve many colorful parades. It is important for us to remember our heritage whether we are physically in the Philippines or outside the country as it grounds our culture, supports our heritage, and cements us as a group no matter where we meet. So again, I wish you a happy and family filled holiday and hope to see you in July in Los Angeles.

PEPITO C RIVERA MD⁶⁷

LEAVING OUR

continued from page 1

surprise blast for everyone. At times shocky, because the show



NOLI C
GUINIGUNDO MD

was delivered along the vein of the Monologue V and there was frequent mention of the human genitals and recurrent referrals to sex.

The characters were gays with amazing voices or lip synch, even imitating Andrea Bocelli, including his Italian pronunciation.

We all thank Dr Valle and his kind wife, Kay, for the wonderful show, our attendance at their PMSNC inaugural ball, and for the memory.

The Spring assembly was focused on our preparation for the July 25-28, 2012 33rd annual reunion. It was also a huge success.

Drs Pepito Rivera, chairman of the board, and Oscar Tuazon,

president, ably led the board trustees assembly.

A "reflection" instead of the usual grace was given by yours truly.

The roll call was formally made by Dr Minda Santangelo, secretary. There was a quorum of more than 20 trustees, which made the meeting official.

Drs Rivera and Tuazon provided their summations of the *Balik-FEU* 2012. In the previous years, this was not done.

Requests for funding for medical surgical missions should be directed to Drs Renato Ramos and Hernani Tansuche who will relay the matter to the board trustees for further consideration and deliberation.

A new document Memorandum of Agreement (MOA) which stipulates rules between the FEU-NRMF alumni in Manila --- now referred to as Philippine board trustees --- and the FEUDNRSMAF alumni ---now referred to as the United States board trustees, was discussed.

The MOA was printed, edited, retyped and finally e-mailed to Dr Linda Tamesis, immediate FEU-NRMF Medical Society past president, by yours truly, and had been presented to the Philippine board. It was subsequently signed by the new FEU-NRMF Medical Society president, Dr Rene PSA Mendoza.

The MOA was hand-carried back to the United States board trustees by Dr Daniel Fabito.

The document also contains provision of *Balik-FEU* continuing medical education

(CME) free of charge for the US alumni in attendance.

Balik-FEU CME will be free to the United States board trustees, FEU-NRMF administration officials, dean, assistant dean, FEU-NRMF Hospital director, chief of clinics, United States board chairman and president (but not their wives), Silver and Golden Jubilarians, and all alumni who had already celebrated their golden jubilee.

Likewise, only either the United State board alumni chairman or president may speak during the *Balik*-FEU Saturday grand dinner dance.

The MOA was approved with critical reservation on my part.

Balik-FEU 2013 is tentatively scheduled for January 23-26, 2013, again at the Crowne Plaza Hotel, Manila Galleria on Ortigas Avenue; while the FEUDNRSMAF Spring 2013 meeting will be on March 30, 2013, in Las Vegas. However, these dates may still change.

The 34th annual summer 2013 reunion scientific convention will be held in Chicago, per Dr Nida Blankas-Hernaez, current FEUMAANI president.

The ECTOPIC MURMURS and 33rd annual reunion CME reports of Dr Cesar V Reyes were read by yours truly as the executive director, and were approved.

Some items in the treasurer's report of Dr Grace Rabadam were confidential and not included in this report, but can be read in the actual minutes of the meeting.

The item of holding the membership luncheon and the type of lunch to be provided were also discussed, but there was no consensus about these matters. They will be studied further by Dr Tuazon.

Then the various Chapters as usual presented their reports by the respective president and or designee.

The FEUMAANI report (see also FEUMAANI News April 2012) was presented by Dr Blankas-Hernaez in details and dealt on many accomplishments of the Chapter, including surgical and medical missions in Vigan City and three other towns in Ilocos Sur, several donations, CME tour cruise in Greece Turkey, and 2011 scientific seminars fund raisings.

The Spring meeting was adjourned on timely fashion, in anticipation of the Saturday night's activities as noted above.

SURGERY REVERSES

continued from page 1

was indicated that while physicians and scientists do not know why the weight loss surgery can have such dramatic effects, they suspect that the procedure itself causes massive hormonal changes.

The AP reported that the two studies are the first to compare stomach-reducing operations to medicines alone for diabetes type 2 diabetes brought on by obesity.

In a front-page story, the New York Times also said that neither study involved the lap

band, an implanted loop that cinches the stomach into a small pouch and that does not involve cutting the stomach or intestines.

USA Today summarized in the study of 150 patients with Type 2 diabetes, 42% of those randomly assigned to the stomach-reducing surgery saw their blood sugar drop to normal levels, presented in Chicago at the annual meeting of the American College of Cardiology.

Some of the study participants who had the operations, so-called bariatric surgery, improved so rapidly that they went off their diabetes medications before leaving the hospital.

Bloomberg News described, however, that one in three patients studied in the Cleveland Clinic research would not have been big enough to qualify for obesity surgery under current US guidelines.

The Washington Post added that the other study conducted in Italy, achieved even better results. It was found that gastric bypass surgery put 75 percent of patients into full remission from diabetes, while a more extreme type of surgery that bypasses more of the intestines, biliopancreatic diversion, led to a 95 percent remission rate.

The Los Angeles Times likewise commented on the accompanying editorial in the journal, that although surgical weight-loss procedures were not yet a panacea for the worldwide epidemic of Type 2 diabetes, the new research suggests they should not be seen as a last resort.

Even the Wall Street Journal admonished caution, as that some physicians so advise, that more research is necessary.

Also covering the story are Reuters the NPR Shots blog, Forbes, WebMD, HeartWire, MedPage Today and HealthDay.

by **CESAR V REYES MD**⁶⁸

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FEUMAANI Chorale Group

Thomasian Medical Alumni

Chorale Society

UERM Midwest Chorale

MCU-FDT Medical Chorale

UPMASA Chorale

Saturday, April 21, 2012

Hyatt Regency O'Hare

Rosemont IL

Contact

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PMAC Auxiliary President

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EDWARD HERNAEZ MD

PMAC President

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Winter 2012

SCIENTIFIC SEMINAR

Pediatrics Update

for General Practitioners

Selected Pediatric Infection Topic

Jessica Corsino MD

Loyola University Medical Center

Selected Pediatric Update Topic

Renato Fontanilla MD

Loyola University Medical Center

1st PMAC Professorial Lecture

Novel Therapies for Chronic

Glomerular Diseases

Edgar V Lerma MD

Associate Professor of Nephrology

University of Illinois at Chicago

CPC

Acute Hemopneumothorax

John Baladad MD

Radiologist

Yolanda Ramos Co MD

Internist

Aladin Mariano MD

Thoracic surgeon

Cesar V Reyes MD

Pathologist

Editorials

Comments

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
May 2012**

May 1, 2012

**Please address submissions to
acvrear@aol.com**