

Cablaawan da kayo ditoy paraiso!



The Alumni Newsletter

Convention Issue

Plano, Texas

July 2002

E ano ko mo mai Hawaii no ka oi!



Ehelemaineika! Our Hawaii hosts: Standing L-R - Peter Dee, Antonio Ramos, Romeo Pineda, Godofredo Baclig, Fortunato Elizaga, Manuel Ang; Seated L-R - Aurora Cunanan, Rhodora Borlaza, Amelia Reyes, Erlinda Magsalin, and Benilda Luz.



The Ruby Jubilarian Class '62 at their reunion in New York City, July 2001

14th reunion to honor batches '77, '72, '67 & '62

Months of anxious preparations and hard work will finally come to fruition as

the host Hawaii alums led by Dr. Fortunato V Elizaga say *aloha* to mainlanders, their families, and guests to the 14th UERMMM-CMAAA, Inc. national reunion and convention on August 1-3 at the Hilton Hawaiian Village Spa & Resort in Honolulu's Waikiki area. The meeting to be held for the first time there will celebrate the 25th, 30th, 35th, and 40th anniversaries of batches 1977, 1972, 1967, and 1962, respectively.

The 3-day event will feature sports (golf & tennis), educational (9-hour credit CME, including the Cuyekeng Memorial Lecture), business (alumni association, foundation, auxiliary meetings, general assemblies featuring reports by Dean Erlinda V Valdellon, President Romeo Divinagracia, and election of association officers and foundation trustees), and social (welcome reception and *luau*, jubilarian and batch parties, and gala) activities.

About 200 graduates are expected to this first post-9/11 gathering. Elizaga reported that there were still plenty of rooms open for reservation as of the third week of June. He is urging alumni to make their reservations now as rooms may sell out fast after the hotel's deadline of July 1, 2002. Meanwhile, the hotel's coordinator for the meeting assured the *Newsletter* of the negotiated room rates staying effective as long as rooms are available after the deadline. See pages 13-15 for more information.

To date, half a dozen silver jubilarians, about 20 ruby, and 20 jade have booked for the occasion. No word from the pearl celebrants has been received at presstime.

continued on page 2

14th reunion . . . continued from page 1

The CME speakers except for two are UERMMMC graduates. The program will cover mostly primary care topics while Dr. Sanchez' Cuyegkeng lecture will examine medical educational trends in the Philippines.

The convention will also see the end of Dr. Querubin's ('67) presidency and the start of Dr. Joseph Rastrollo's ('73) who will be sworn in along with the other officers to be elected at the general assembly on Saturday, August 3rd. As of presstime, the nominating committee chaired by Dr. Benjie Rigor has not released the slate of official nominees for the positions of president-elect, vice-president, secretary, and treasurer as well as 5 board of trustees positions in the alumni foundation. The only declared candidate for president-elect so far is Dr. Isabelita Barnachea-Casibang '71, the out-going vice-president.

In a phone interview in late June, Rastrollo admitted to feeling "a bit nervous" about the task ahead but expressed confidence in the strength of the association's structure, extended leadership, and corps of active and loyal alumni to help him along. In an earlier interview, he outlined the three pillars of his administration: further consolidation of the gains already made by previous presidents toward unity; revitalization of existing chapters and spurring the formation of new ones to meet the growing reach of the association; and active recruitment of younger alumni into leadership and membership roles. He also wanted to increase attendance at CMEs. In addition to policy options, the next president has to decide on his appointments for executive director and committee chairs for his 2-year term. Dr. Rastrollo, an anesthesiologist at the San Bernardino Community Hospital in California, is married with two daughters, the first a second year OB-GYN resident at Loma Linda, the second a nursing instructor also at Loma Linda. He looks forward to working with the new officers as a strong and responsive team.



Silver jubilarians (Susan Perez-Suntay & co.) plan their reunion in Hawaii



as classmates led by Lily Pine-Tansecoco plan for RP's at Rosario Lahoz-Garcia's place.

Dateline Philippines

Center marks 46th foundation day

UERMMMC went on a festive mood right in the second week of classes to mark the 46th year of its founding on June 10, 1956. According to Dr. Divinagracia, president and CEO, "all sectors of the center" joined in the celebration but "noteworthy was the participation of alumni from different colleges." The highlight of the week-long party was the recognition and commendation of "local alumni who have distinguished themselves in local medical professional societies and in community work," he added.

Starting from just one unit, the College of Medicine, the Center now has 3 colleges, a fledgling graduate school, and a university hospital. Medicine recently seated its 10th dean and has successfully shifted its curriculum from traditional to innovative.

Best teachers chosen

Ten outstanding basic and clinical faculty members were voted in by medical students at the end of the last schoolyear. Receiving the Dean Esperanza Lansang Outstanding Basic Faculty Award were Drs. Bertrand Cagayan, Virginia Florentin, Carolina Jerez, Ronaldo Macaraig, Floro Madarcos, Raul Quillamor, Milagros Rabe, Alfaretta Tan-Reyes, Lydia Pine-Tansecoco, and Petrina Zotomayor. The Dean Joven Cuanang Outstanding Faculty plum went to Drs. Edgardo Cortez, Romeo Divinagracia, Ben Alexander Pedro, Benjamin Policarpio, Ma. Felicidad Soto, Alfred Tan, Daniel Tan, Norbert Uy. Chosen best teacher was Dr. Milagros Rabe '86 *physiology*. The U.S. alumni foundation sponsored both awards with help from Todd Reiter, a third year medical student from Houston.

Alternative medicine

In compliance with the CHED edict for the inclusion of alternative medicine in medical school curriculum, the Department of Pharmacology, for the second year in a row took *continued on page 12*

* NEWS BRIEFS * NEWS BRIEFS *

231 freshmen welcomed Interview with Dr. Valdellon

The school year 2002-2003 got underway with the opening exercises on Monday, June 3 at the gymnasium. New dean Dr. Erlinda V Valdellon acknowledged the 1,109 students comprising the student body who were introduced by their respective faculty coordinators to the loud cheers of class members.

The largest class is third year with 310 followed by fourth year (290) and second year (278). Freshmen numbered 231, the smallest class for the entire school this year and the smallest freshman class to date, certainly drastically less than last year's 311 freshmen. The total enrollment last year was 1,198.

The ceremony also welcomed one full and 8 partial scholars in first year and 3 full scholars in fourth year.

After an electrifying rendition of the UERMMMHC hymn by Dr. Policarpio '63, Dr. Romeo Divinagracia '63, President of UERMMMHC, exhorted the students particularly the freshmen to "work hard" while Dean Valdellon expressed the hope that their years at the school "will be memorable and rewarding."

Postgraduate trainees included 52 senior interns, 68 residents serving in 12 clinical departments, and 5 fellows specializing in 4 subspecialty programs.

Faculty changes announced

Dean Dr. Erlinda V Valdellon announced some changes in key faculty positions at the same opening convocation on June 3. There are 9 new department heads, new college secretary, new chief of clinics and a new position of coordinator for year IV. The chief of clinics will be responsible for postgraduate training.

Dr. Florina Estrada '80 former head of physiology moves up to College Secretary. The new chief of clinics is Dr. Isaac Ampil II '84 and the brand new year IV coordinator is Dr. Susan Pelea-Nagtalon '78.

The new chairs are: Drs. Idelfa Saputil-Elevazo '85 anatomy, Floro Madarcos '76 biochemistry, Juliet Ver-Bareng '77 physiology, Janet Dy '77 pathology, Joseph Antonio Molina '89 preventive & community medicine, Alex Varilla '74 medicine, Myrna Rosel '73 pediatrics, Jesus Tamesis Jr. '78 ophthalmology, Felicitas Soriano, CIM '81 psychiatry replacing the popular Vic Cabuquit '70.

When I learned of her selection for the deanship of our *Alma Mater*, I was happy and proud not only because she was an alumna but more so because she was a very good teacher to me in my residency. Having known her and worked with her reassured me that the academic leadership of our college would continue to be of the highest quality. Indeed it is, especially after e-interviewing her in early June after her trip to Phuket, Thailand for an investigator's meeting. I admire the depth of her insight, open-mindedness, forward vision, honesty and wit as I asked questions about the structure, curriculum and faculty of the College of Medicine as well as alumni relations. She is also very gracious and accessible to my inquiries. Thus, I have become more confident and excited about the future of our school. How can one feel otherwise with her at the helm?

Q. Are there any significant changes that you plan for the structure of the college in your term?

A. For a curricular reform to be successful, it is imperative that there should also be changes within the organization. I believe that the changes should also penetrate the core of both the organizational climate and structure! By organizational structure, I mean shared values, norms, beliefs,



Dr. Erlinda V Valdellon

and attitudes shared by the members of the UERM community. When I say structure, I mean the relationships among the different members of the organization who are tasked to carry out the mission and goals of the College of Medicine. The previous administration has already laid

a fertile ground for increasing the efficiency and effectiveness of the organization by creating offices that would support the manpower infrastructure. For example, the Office of Educational Development (Medical Education Unit and the Secretariat) was created to do 3 things: 1) assist the dean in the proper implementation and evaluation of the curriculum; 2) direct the implementation of the innovative curriculum, and 3) monitor faculty participation in the different units of the curriculum. An advisory committee was also created wherein a senior faculty is assigned to a group of students. The role of the faculty adviser is to counsel students regarding academic as well as personal matters. The previous administration thus made sure that both the medical student and faculty would really work together not only within the confines of the tutorial room but also outside of it, toward reaching a common goal of improved learning for all students.

Q. Do you plan to keep and develop the PBL curriculum further? In what aspects in particular? *A. I fully endorse and will continue to support the implementation of this innovation. For clarification, I wish to inform you that it is not quite correct to call it a PBL curriculum. It is more appropriately called the innovative curriculum using the problem-based approach to learning. It is a strategy, which, according to experts on adult learning, will promote lifelong learning, critical thinking, and problem-solving skills. As a strategy, we are optimistic that it will facilitate the development of knowledge, skills and attitudes proper for a basic physician who knows the concept of primary care. But of course, we will also provide our graduates with competencies that will prepare them for other career options like postgraduate studies, research, and specializations.*

I am also wondering whether it would be possible during my term to fully embrace modern technology to further develop and strengthen the curriculum. To a small extent, I have already started it by asking MISD to turn my office and the whole UERM campus into a paperless office. Why? Because I would like to increase the productivity of our people by utilizing I.T (information technology) to reduce manpower hours for routine paper work and utilize my support staff for more cerebral endeavors like researches that will help me understand the culture and climate in our college. I feel sad when people tell me that UERM graduates are not loyal to the institution. I just don't want to react to that but rather I want to examine the causes of such attitude and behavior. I can just imagine that if more or all graduates were loyal, we could have more moral and material support for this curriculum change. We need money! Lots of it! The resources of the center are not enough to put up the technology infrastructure and the manpower to maintain it. If this is not possible during my term, I still would like to see a 100% computer literacy among the faculty. Who knows? I may be able to sell this idea to our graduates who might say "yes, we will help you transform UERM into a center for academic excellence" in the true sense of the word. We will have made a giant leap once our existing manpower becomes "techno-ready." I may look frail and soft-spoken but I am really an "action" man or woman for that matter. I do not wait for things to happen. I make it happen. And I need your support and YOUR MONEY!

Q. We are aware of resistance from some faculty members to the PBL continued on page 8

Alumni Association Bulletin Board



A Reflection by Renato D. Querubin, M.D.

As I ponder on what to write for the *Newsletter*, it just dawned on me that more than a decade has already passed since I became

involved with our Alumni Association. Where has all that time gone?

When I exit as the 7th president of the UERMMMCMAAA, Inc., my thoughts will turn gratefully to the past 6 presidents, chapter presidents, officers of the association and foundation, and to the general membership who have worked with and supported me during my term as we faced great challenges in meeting our goals and visions. Our partnership, attitudes, and willingness to discuss ideas candidly have allowed us to fulfill the mission statement in our constitution and by-laws.

My years as an officer have been a journey of learning and understanding, of hopes and aspirations, of shaping and making our association visible and viable. From a handful of alumni who banded together more that 14 years ago, our association has grown rapidly to about 1,500 and still counting.

Our reunion this year will be a repository of cherished and meaningful memories. I am proud to have humbly contributed to the welfare and well-being of the association, alumni body, and our *alma mater*. This convention should be looked upon not only as a mere get-together but also an opportunity to be a part of the association's governance. To this effect, I challenge the younger alumni to take over the helm of our organization, give their time, talent, and enthusiasm in selfless and honest service to it. Then and only then will the future of our association be bright and fruitful.

As for me, I will continue to serve our association, not as your president, but as an advocate for the general membership. "Now, this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning."

See you all in Hawaii!

Secretary's Corner

by Irene Ibanez-Manlapaz, M.D.

The last official "face-to-face" meeting of executive officers and members was last August, 2001 in Cleveland. Since then your leadership has communicated with each other through e-mail. I am hopeful that the constitution and by-laws committee would present an amendment for membership approval to make this new technology (e-mails, chat room, etc.) an official alternative form of communication among officers and members.

Speaking of electronic communication, I recently checked the UERM website www.uermmmc.edu and alumni association website www.uermmmc.org and found that both need updating. Many of us are also alumni of U.P. Diliman and I am impressed with the user-friendliness of their website. Those needing transcripts of records for medical licensure application here in the U.S. or for any college or university, can now access the UP website for instructions on how to go about it. Hopefully, the new administrators at the UERM College of Medicine and Hospital would include such UERM website improvement in their agenda.

Our 14th convention and reunion in Honolulu next month will also be extra special since it is time to vote for our association's officer for 2002-2004. I am honored to be your secretary for the last 2 years and I hope I have contributed even a little bit to the improvement of the alumni association. I encourage younger alumni, most notably our silver jubilarians (Class '77) to be active in the association. Of course, we should also be grateful for those who came before us for their dedication and work to improve our *alma mater*.

I am in the midst of an on-line core course in medical management spurred on by my involvement in medical ethics. I had planned to take the capstone course at Tulane toward a masteral degree this October but put it off to be able to spend time with a dear classmate, my best friend, who is stricken with a high grade sarcoma. I always believed *next page*

UERMMMCMAAA, Inc.

Website: www.uermmmc.org

E-Mail: www.uermmmcmaaa@yahoogroups.com

EXECUTIVE DIRECTOR
Rolando A. Mendoza, M.D.
777 37th Street, Suite B-107
Vero Beach, FL 32960
(561)562-5232

GRGMendoza@aol.com

OFFICERS

President

Renato D. Querubin, M.D.
(440)988-2265

President-Elect

Joseph S. Rastrollo, M.D.
(818)352-4345

Executive Vice President

Isabelita B. Casibang, M.D.
(301)390-6281

Secretary

Irene I. Manlapaz, M.D.
(318)445-5224

Treasurer

Cristeta B. Magpantay, M.D.
(301) 983-5032

PAST PRESIDENTS ADVISORY BOARD:

Drs. Benjamin M. Rigor, Vincent O. Casibang, Conrad J.R. Miranda, Bayani B. Elma, Rogelio Sion, Benjamin Narrajos.

CHAPTER PRESIDENTS: Drs. Ernesto L. Chua, *Northern California*; Edgardo Banez, *Southern California*; Manuel Blas, *Midwest*; Roy Baldomero, *Northeast*; Rolando Sabundayo, *MarVaDC*; Rolando Mendoza, *Florida*.

Please send membership dues
(annual = \$50, lifetime = \$500) payable
to UERMMMCMAAA, Inc.:

Treasurer Cristeta Magpantay, M.D.
8921 Harvest Square Court
Potomac MD 20854
cristy.magpantay@verizon.net

Remember to vote

Can we count on you?

by Fely D. Bangayan, B.S.N., R.N.
UERMMMC Nursing '64
President, Alliance & Friends

The holding of a Miss UERMMMC fund-raising event for the Hawaii reunion would have been a tremendous project. For several months, I have personally tried appealing to different alumni for their daughters' candidacies but failed to get even one participation, economics being cited as the main reason for declining.

Nobody seems interested. Of course, that is understandable as most of us are experiencing difficult times. However, we have a job to do and we cannot lose hope. As someone said "Without hope we are only half alive. With hope, we dream, and think, and work."

As President of the UERMMMC Alliance, I am entrusted with the responsibility of helping generate funds for the UERMMMC Alumni Foundation. One plan I have in mind is selling raffle tickets. It has been proven to be a successful method in the past so we are doing it. The price per ticket is \$20. Prizes are \$300 for first, \$200 second, and \$100 third.

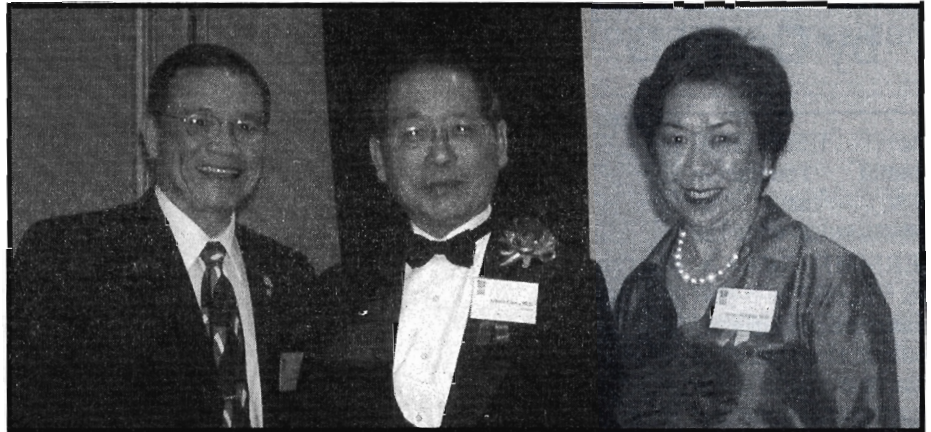
I am desperately appealing to all of you for your support. It will benefit the charitable projects of the Alumni Foundation and the Alliance. Once again, I appreciate your generosity and I am truly grateful.

Secretary's Corner continued from page 4 that loved ones come first at this time of our lives. Anyway, I'll attend the capstone this spring 2003 and hopefully complete the MMM (master in medical management) in 2004.

Should I recommend these courses to our alumni? I think they would be of tremendous help for those in leadership positions in organizations or hospitals, or those who want to pursue a management career. For those planning their "retirement" which I will be in in about 15 years, a degree in MMM will be another tool that can open one's choices to a new career. For more information about this program, please visit the ACPE (American College of Physician Executives) website at www.acpe.org.

Lifetime members (those who have paid the \$500 dues) please pick up your pins at the registration desk in Honolulu. Aloha!

Chapter News



Dr. Albert Gaw, '64 (center) flanked by Drs. Ernesto L. Chua, '62, Northern California Chapter President, and Agnes Alikpala, '67, President-Elect, Philippine Medical Society of Northern California, at the Filipinas Magazine award night in San Francisco on June 8, 2002. Gaw received the 2002 Achievement Award in Medicine.

Northern California

Dr. Ernesto L. Chua, '62, chapter president, can't make it to Hawaii but filed this report in addition to his piece on his class history on page 8: (1) members at their October meeting decided to keep the same set of officers for another term; (2) members participated in the October 2001 jam session sponsored by the Philippine Medical Society of Northern California and raised funds for the group's medical mission to Mindoro last January, 2002; (3) they actively participate in the monthly CMEs of the same medical society, the last session was on May 17, 2002 at the Marriott Airport Hotel in San Francisco when Dr. Roger Espiritu, '64, gave a talk on psychiatry; (4) Dr. Agnes Alikpala, former chapter president has been elected president-elect of their medical society to take office as president in March, 2003, along with Drs. Espiritu and Chua as board members; (5) Dr. Alikpala, the current chair of the committee on membership completed the master directory of all alumni both here and abroad who could be tracked down (*Thank you so much Agnes!*); (6) Dr. Chua visited UERMMMC and gave 2 grand rounds one in March 2001 on Non-Invasive Testing in Cardiology, the second in April, 2002 on Neurohormonal Interventions in Heart Failure; and (7) Dr. Albert Gaw, '64, last year's Cuyegkeng Memorial lecturer, speaker of the American Psychiatric Association, and director of San Francisco General Hospital's mental health facility was honored last month by Filipinas Magazine.

Southern California

A well-attended induction ball was held by the chapter in Los Angeles last May, noteworthy for the participation of many younger alumni (pre-silver jubilarians), Dr. Ed Banez, '75, chapter president phoned in. They raised some money for their projects and their commitment to the alumni foundation. Dr. Querubin was guest speaker.

Midwest

The chapter held an inaugural and fund-raising ball on April 27 in Chicago grossing about \$10,000, Dr. Manuel Blas '67 reported. Dr. Conrado JR Miranda, IV, '67 and alumni foundation president was guest speaker. The chapter also launched a membership drive to attract new and younger alumni in the area in conjunction with the Philippine Medical Association of Chicago. Blas hoped to have his group fund a fellowship for a UERMMMC faculty member among other projects.

Northeast

The chapter honored its past (Drs. Lito Tan, Teofilo Santos, Jose Banzon, Emilio Quines) and present (Roy Baldomero '73) presidents in a Presidents' Ball on June 1st raising about \$6,000. A Golf Outing was held earlier on May 25 attended by 27 avid golfers. The 2003 convention host committee has been assigned and the Grand Hyatt chosen for the site.

2001-2002 Progress Report: Donations Up, Projects Expand by Dr. El B. Castro, Board Chairman, Alumni Foundation

The UERMMMC Alumni Foundation USA, Inc., in collaboration with the UERMMMCMAAA, Inc. started a 5-year funded program in early 2001 covering the areas described herein. Both organizations anticipate an increase in the number of projects as well as the amount of financial grants for each one. Hopefully, the program can be expanded to a 10-year

funded one by year 2003.

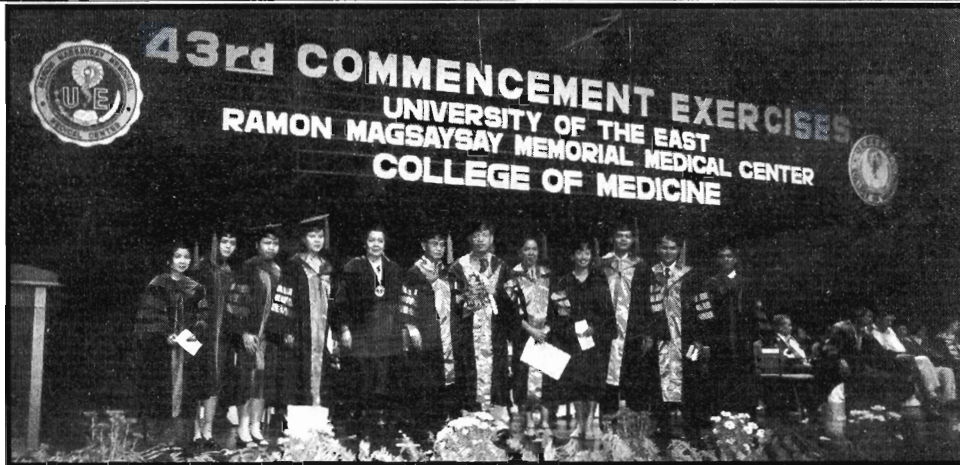
Scholarship. The partial tuition and academic excellence awards have been funded by the UERMMMCMAAA, Inc. since the

“From January 1, 2001 to May 31, 2002, a total of \$127,220 had been donated.”

presidencies of Drs. Miranda and Casibang. Book awards are donated by individual alumni, classes, alumni chapters and other groups.

Faculty Development. The best teacher portion is funded by individual alumni, classes and restricted funds. The educational grant of \$2000 for year 2002 has been given to Dr. Florina Castro, the new associate dean and college secretary, who is finishing her Ph. D in education *summa cum laude* this year. Last year's recipient was Dr. Georgina T Paredes, then chair of the Preventive and Community Medicine. Travel grant went to Dr. Joel Javier who is on fellowship in ophthalmology at Mass Gen in Boston.

Conferences and Memorial Lectures. Numerous groups have funded these programs in honor of deceased professors while specialty conferences' largely come from individual alumni. **Research & Publication.** Since 1998 each December, the foundation has supported the annual research forum featuring faculty,



Dr. Castro (6th fr. left) with Dean Lansang and recipients of the alumni foundation-funded Community Service Award given at the graduation ceremonies last April.

residents, and students' papers. **Community Service Award.** Even before the Philippine government mandated community service and preventive medicine as the core of medical education in the country effective 1999, the foundation had already been funding the best student group and best student of the year in community service. Last April, I personally handed these awards during the graduation exercises. Twenty-three (23) graduating residents in 2001 were given the **Resident's Award** funded since 1999 by the alumni association. The **Library** likewise received several books in different specialties courtesy of classes '63, '64, Southern California chapter, and our national secretary.

Recycling for Charity. Chaired by Dr. Benjie Rigor who started it in 1999, this project has donated about \$35,000 worth of usable equipment and supplies to the Medical Center. Dr. Ida Tiongco will co-chair this committee late this year. She's arranging for donation of a \$22,000 laser to UERM's dermatology via the foundation. On another front, about \$40,000 has been raised to meet the College of Medicine's **Wish List** in addition to class '73's \$20,000 and Dr. Cesar Yu's \$10,000 donations for the anatomic models used in the PBL.

From January 1, 2001 to May 31, 2002, a total of \$127,220 had been donated by various contributors. We will publish a complete list of donors in the foundation newsletter in August 2002.

Disclosures

The UERMMMC Alumni Foundation, USA, Inc. since its

establishment in 1981 has filed IRS Form 990 yearly and is in compliance with all federal and state laws and regulations long before passage of the Taxpayer Bill of Rights in 1996 and the

“Both organizations anticipate an increase in the number of projects as well as the amount of financial grants for each one.”

IRS Disclosure Regulations in 1999. The former orders that Form 990 be filed in time annually and that these returns are open to public inspection. The latter specifies penalties for non-compliance of \$5,000 plus \$20 for each day of non-compliance up to \$10,000!

April 2002 Visit

Since 1997, I have made annual on-site visits to UERMMMC to see to these projects' progress. These include dialogues with administration, faculty, and students. In addition, this year, we launched the first Fidel Cuajungco, Sr. Memorial Lecture in which Mrs. Amuerfina Castro, nursing '63, our foundation secretary and I talked about "Quality improvement: evolution and application," and the first Romulo Guevara, Sr. Memorial Lecture. We also attended the graduation, received a plaque of appreciation, and advised the hospital on quality assurance.

Appeal 2002

THE POWER OF GIVING: *"Never underestimate the power of giving. It shines like a beacon throughout humanity. It cuts through oceans that divide us and brightens the lives of all it touches."*

The UERMMMCM Alumni Foundation is grateful to all donors and alumni for their wholehearted support of all our goals and objectives. In the year 2001-2002 with your financial support, we were able to fund the following projects:

SCHOLARSHIP: Ten (10) partial tuition grants; ten (10) academic excellence awards; and 65 book scholarship awards.

FACULTY DEVELOPMENT: Best teacher award: ten (10) Dean Esperanza Lansang best teachers for basic sciences and 10 Dean Joven Cuanang best teachers for clinical sciences. Educational and travel grants.

MEMORIAL LECTURES AND CONFERENCES: Memorial lectures in honor of the late Drs. Jose Cuyegkeng, Jaime Zaguirre, Fidel Cuajungco, Sr., Romulo Guevara Sr., and Potenciano Baccay. Annual conferences of the Department of Dermatology and Ophthalmology

RESEARCH: Research forum and Dean Fernando Sanchez Jr. research and publication award.

COMMUNITY SERVICE AWARD

LIBRARY: Books for the Departments of Medicine, OB-GYN, Radiology, Anatomy, Pathology, and Pharmacology

ANATOMICAL MODELS for use in PBL

MEDICAL EDUCATION UNIT: Test paper correction scanner

OTHERS: Equipment and instruments

Our donors can be confident that when they support the foundation their gifts are used for their intended purposes. All donations are handled with respect and in compliance with "donor rights" and the law. Our foundation is a recognized 501C3 charitable organization. It was created specifically to give alumni, individuals, and organizations a significant, meaningful, and organized way to support the UERMMMCM Medical Center, the community it serves and our fellowmen.

We hope that you will share this information with others who, like yourselves, are interested in making a lasting contribution which will enable the University of the East Ramon Magsaysay Memorial Medical Center to continue as one of the premier institutions of medical education and health care delivery in the Philippines.

Sincerely,

El B. Castro, M.D.
Chairman of the Board
UERMMMCM Alumni
Foundation USA, Inc.

"You cannot do a kindness too soon, for you never know how soon it will be too late." RALPH WALDO EMERSON

A project worth its weight by Dr. CJR Miranda, Foundation President

The last four years have seen a good number of projects undertaken by the alumni foundation. These were "human resource" projects as opposed to "infrastructure" ones. Many lives have been touched by these projects and the feedback has indeed been positive.

Among these projects, most of which are still on-going, are the partial tuition and book scholarships, community service awards, best teacher and best residents awards, travel grants, providing materials and models for the clinical skills laboratory, equipment and instruments for various clinical departments, sponsorship of professorial lectures, etc.

The foundation has embarked on a more ambitious project: that of promoting the concept of developing an Endowment Fund for the *alma mater*. This will certainly help fund different projects without having to ask for help and assistance year after year. For example, when a million dollars are raised for the basic endowment fund, a low interest of 5% a year will yield \$50,000 annually which can be used for many different projects. This translates into about 2.5 million pesos, an amount that cannot be ignored in terms of what it can do for students and teachers at UERMMMCM.

There is already a nucleus of this fund in the foundation coffers. Few years ago, the first chairman, Dr. Wilmer Heceta, '61, established the "333 fund" which was meant to make it easier for alumni to donate a thousand dollars to the foundation by calling for a \$333 a year donation for 3 years per donor. The fund's principal is to remain intact with only the earned interest being used for projects.

Building on this beginning, we now would like to make this into a large-scale foundation project. Only with the help of all alumni will it succeed. The amount donated is immaterial at this point. The most important is 100% participation. As the saying goes, "Together, everyone achieves more!" TEAM. We all have to work as a team. Teamwork produces results.

My plea to all of you is to think of your foundation when gift-giving time comes. It is a 501(c) 3 charitable organization and per IRS code, donations are deductible as charitable contributions. Your donations will not go to waste. Our operational expenses are kept to a bare minimum so that maximum benefit is realized from all donations.

Each of you can make a difference. You have a circle of family, friends, pharmaceutical representatives and others from whom you can ask for donations. We accept cash, checks, stocks, bonds, or any other monetary instruments. We also accept bequests and proceeds from life insurance as well as revocable and irrevocable trusts. Ask us if you have questions.

Lay aside any negative thoughts and feelings you might have about our *alma mater*. That some overzealous resident(s) mistreated you when you were a clinical clerk or an intern is no reason to harbor ill-will towards *her* to the extent that it deters you from helping *her* materially and financially. Let's get this ball rolling

Dr. Valdellon . continued from page 3

as "too intensive." How can we help bring them in line so we can cultivate and firm up a definite edge we have over other schools there? A. Well, I am not disheartened by the resistance of some of the faculty members. Any form of change is usually met with resistance. Let's look at its causes. We know for a fact that we were a traditional school since our founding. All of us have been traditional teachers as well. With the traditional curriculum, our school has managed to be one of the top three medical schools in the country. We are indeed doing very well. We are competitive and are producing top caliber physicians. So as the old cliché goes, "if ain't broke, don't fix it!" In other words, some of us do not see the need to innovate. Another reason is that a shift from traditional to innovative demands an overhaul of the content, teaching strategies, assessment tools, and the teaching-learning resources of the entire curriculum. That's a tall order! Right?

Another is the conflict of interest between teaching and clinical practice. I believe that the majority of our faculty are committed to teaching. Teaching provides them with a sense of personal satisfaction and intellectual stimulation while their practice gives them a sense of material well-being. But if you upset the normal balance of their usual "way of life," then you also disturb their equilibrium. So it is but normal for them to get upset and be antagonistic to the demands of this change. Having said that, the best approach to this problem is simply to manage it, put it in correct perspective and preserve a conducive environment for the paradigm shift. The past administration made sincere efforts at bringing around stubborn and non-cooperative faculty members. One was frequent lunch meetings, particularly in Level 1. There was free lunch! I was really impressed with that. Tell me how you can be so morbidly opposed to the new curriculum while you are being fed free lunch! That's why resistance was almost nil in Level 1 by year 2 of its implementation. So my main concerns now are Levels 2 & 3. The experience with Level 1 suggests that there should be a paradigm shift in leadership and management styles. Being autocratic could be a big political blunder. The participative style is more apt in gaining consensus. It brings about a "sense of ownership" of the new curriculum among Level 1 faculty members. They "owned" it and therefore they now try to preserve its integrity and also allow it to evolve into something that is uniquely "UERM's!" As change agents, therefore, they were effective. Not only were they effective but absolutely well-fed too!

Q. Any plans to initiate an affiliation with a teaching institution in the U.S. for foreign students' 4th year clinical rotation? A. I really would like to explore possibilities and options for our foreign students. They are also our stakeholders and I have to see to it that they are given excellent opportunities for further training. I am optimistic that in the future, affiliation with teaching institutions there will become a reality, not only for our foreign students but also for our locals too.

Q. Do you have any wish list from the college for possible alumni support here? A. But of course, yes! But I do not wish to put you off by giving a cold-blooded enumeration of things we need in the College of Medicine. I do not want you to think of me as a down-and-out manager. I prefer to have an audience with you where I could sell my ideas. If you like them, then we can collaborate. Therefore, I don't have to beg or ask from you! As my partners in this endeavor, we will forge an agreement to carry out plans for our school. By virtue of this relationship, you are **duly committed and morally obliged** to share your resources with us, both moral and financial. That sounds bullish! what do you think?

Q. Do you have any special appeal to our alumni here before you arrive? A. What about rolling out the red carpet on the day of my arrival? Just kidding! Seriously, we should get down to brass tacks. We should have a serious dialogue on how we can work together to improve the state of affairs in the College of Medicine.

Forty-five and counting: history of Class 1962

by Drs. Agapito N. Tuason, Jr., Marcial S. Zamora, and Ernesto L. Chua Greenhorns. The class of '62 started out in June, 1957 with 60 women and 170 men divided into 3 sections. We held classes at the medicine and science buildings, the only ones existing then. Anatomy was headed by Dr. Fidel Cuajungco, Sr. Dr. Elena Icayan already sowed fear among us with her strict way of teaching biochem while Dr. Zenaida Bagabaldo's was relaxed. Dr. Jaime Zaguirre's IHP was already in place and the dean didn't like a student council unless he directly supervised it.

Sophomores. Class '61ers would tease us as "advanced pre-meds" because Dean Cuyegkeng at first objected to freshmen wearing white uniforms since many would not make it to second year. Indeed, we were down to 141, 52 ladies, 89 gentlemen. Pharmacology as taught by Dr. Romulo Guevara, Sr. was stimulating, neurosurgery with Dr. Mariano Torres was nerve-racking, so was the fearsome scrutiny of clinical professors (there were no residents then) in physical and surgical diagnosis. Yet we began to feel like doctors because of the ubiquitous stethoscope.

Juniors. We were sad for the 47 who got cut from the class even as 10 were added from '61. We were bused to Quirino Labor and Veterans Memorial Hospitals for internal medicine. UERM Hospital became well known shortly after it opened in January '60 as many U.S.-trained clinicians joined in. CPCs impressed us. The College of Nursing opened, The Aesculapian and the Center choir were inaugurated in 1960.



On a cruise to Nova Scotia, Canada, July, 2001

Seniors. Eighty-seven (30 women, 57 men) began clinical clerkship soon after the flash flood of May, 1960. Rotations at San Lázaro Hospital and the Quezon Institute for Tuberculosis were added. By then, residents began to make life miserable and at times unbearable to students. We stayed in the wards way past school hours to finish assigned tasks.

Interns. Only 83 of the original 230 started internship on April 1, 1961, 27 of whom were females, 56 males. Rotations were at UERM, Labor, VA Gota de Leche Hospitals. We were housed in Interns' Quarters and required to be on-call 24 hours a day. Curfew was 9:00 PM, all white uniforms were mandatory, attendance at conferences enforced, etc. all under threat of "extension" that could keep one from graduating on time. Daily flag-raising and flag-lowering ceremonies were required. Only 55 passed the dreaded comprehensives, the rest did so after retake. We graduated on April 15, 1962 at the UE main campus in Manila. We had one consistent scholar who finished cum laude. Many others excelled in academics and extra-curriculars.

Quo vadis. Sixty-nine of the class went to the U.S. for postgraduate training, 2 went to Nigeria to practice medicine. Nine have passed away. Six from the U.S. and the 2 from Nigeria went home. One became dean at UERM/MMC, another put up a medical school in Pampanga. Many have distinguished themselves in their chosen fields.

Although 40 years changed members in many ways, these have unified them more: camaraderie, pride in their education, gratitude to friends & faculty, desire to help & visit the Alma Mater. Resentment of disciplinary policies has retrospectively turned into gratitude for they helped and forced class members to stay focused and be able to overcome obstacles throughout their lives. It is in this spirit that they look forward to the next 40 years in the long term and their GOLDEN JUBILEE in the short term.

Class Notes

Hobby, A Stress Reliever

by Dr. David C. Roble, '65

Nobody harms a Jedi!

We were initially shocked at the news in late April of the reported abduction of Dr. Antonio Ligot '68 by 10 armed men operating in the Kalinga-Banaue area. The *Philippine Star* said that Ligot was taken along with a German couple and their driver but was released later upon knowing he was a doctor from The Good Shepherd Missionary Hospital in Banaue and consequently treating one of the abductor's relative. The driver was shot dead and the tourist-couple released upon payment of a P110,000 ransom. Five of the suspects were nabbed by PNP operatives in mid-May, while the others were still at-large, reports said. Thank God, Tony is safe and sound and back on the job! How can they harm a good doctor? Besides, there are many of us *patuas* yet needing training in the way of the Jedi. May the *Force* be with him!

Reunion is fun, ask '77

Not only do alums regale at hearing from old classmates but marvel at how close they are really linked to each other. The process of preparing for a silver jubilee all the more enhances such a feeling of oneness. More so since classes traditionally plan for U.S. and Manila reunions. Class '77's e-mail loop and chatroom have been a beehive of teasing, cajoling, pleading, begging, and, yes, frustration and anxiety. Yet they are one in purpose - to see and meet each other once again, to honor their dead, to give back some thing to the *Alma Mater* that they love, to renew their ties to one another, success, warts and all. It does not matter how many will go to Hawaii or Manila out of the original 204 of them or how much money they raise for projects. What counts is that they are a class once more. In that sense they have entered their jubilee!

Class '62 never rests

Forget it, you won't hear talk of retirement from this class. Their plate is full, like CME cruise and New York reunion last July when they also raised \$2,400 for the alumni foundation, lectures at UERM this spring, ruby celebrations in Hawaii next month and Manila in December. Worthy of emulation indeed is the class of Benjie Rigor, Ernie Chua, Joven Cuanang, Sir Pitong Tuason, Nelly Lukban-Angeles, all 83 of them. Happy anniversary and thank you for being our teachers!

We turn our focus on Dr. David C. Roble, also of class '65 (I apologize for mistakenly assigning Dr. Dolly Corpuz-Bauzon to '64 in the last issue. She proudly corrected me that she belonged to '65), who simply wants to be described as "male, class '65, and rapidly gaining on the social security threshold."

He finished his residency in internal medicine at Youngstown General and hematology at Hines-Loyola in Maywood in 1971, practices in St. Charles, Illinois, married with two daughters. His wife and younger child run his office while his older daughter "makes money playing with other people's money" as an investment manager. He keeps his sanity with a sense of humor which is somewhat self-deprecating: "I now limit my practice to treating sore throats because of patient demands to see specialists for every little problem. A sore throat specialist, that's me!" and "I did not encourage either one of them (his daughters) to be a physician because neither one is an obsessive-compulsive neurotic. I plan to keep on working till I drop dead, not because I love medicine, but because I have a fetish for uvulas!"

He is undoubtedly meticulous but philosophical, technical (he also created our website) but vividly artistic. Humble and shy (he does not want his picture published) yet dignified. Quite a doctor, he is. Just read on. Editor

These days, a dedicated practice of medicine can be a sure life shortener. With the crunch of declining managed care and Medicare reimbursements forming one side of the vise gripping us, and the rapid increases in malpractice premiums coming at us from the other side, it is easy to get rapidly juiced out from the practice of medicine. Hobbies are a godsend, if only to help mitigate the suffocating effects on our practice lives. I decided to go into winemaking. I figure, if the activity of the process won't get the desired result, maybe the end product would.

As a kid, I used to go up the coconut tree to collect the overnight coconut blossom sap. We used bamboo containers to catch the sap. Yes, wild yeasts fermented the sap continuously and when we dumped the sap into a vat to further ferment, we did not bother to rinse the bamboo container of its yeast residuals. A half-day old sap was just of the right sweetness but with enough alcohol already to get me giddy after a tin cupful. The sweetness would attract the jumbo flower flies around, and some of them drowned to form some part of the mix. We used to scoop a cupful to test the stage of fermentation, and for the occasionally fly floater, we just gently blew it to the other side of the cup and sipped from our side.

When all the sugar is fermented, some would distill the alcohol, add raisins and let it age. Usually by burying it underground for the right aging temperature. When the next town *fiesta* came around, the distillat would be exhumed to become the main *fiesta* mood modifier. For some strange reason, all the girls during the *fiesta* would look beautiful!

I scrounged around the Midwest for a coconut sap source but found none. At one time, I thought of rice wine or *sake* instead. I reasoned that *sake* was easier to make because of the abundance of rice. The biochemical blueprint would simply be to split the starch in rice to sugar then ferment the sugar to alcohol with the yeast. Sourcing the starch splitter posed a bit of a problem. So I looked at some Japanese internet sites for *sake* making. Centuries ago, *sake* making was sort of a communal activity. People in the community would gather around one day to contribute their salivary amylases to a huge potful of rice to split the starch to sugar. Yes, split. I thought about a rice-splitting party with friends to start my *sake* hobby but I decided against it because what good is *sake* if you do not have friends to share it with.

So I decided to go back to *tuba*. I had to make do with the canned coconut sugar imported from Thailand. The Thais boil the water out of the sap and export the residual sugar as palm sugar cakes. I rehydrated the sugar to my calculated starting brix sweetness. Then I fermented. After a few weeks, the resulting *tuba* had this madeira-wine-like burnt taste to it. But it was not so bad. This must have been due to the heating process that the sap had to go through to get to the dehydrated coconut sugar state. Nothing like the old and original stuff though.

I did not want the neighbors to think that I had too much *tuba* so I gave my garden flower flies some reason to thank their fly god for their good health by leaving them alone. I guess I am not so obsessed with replicating the original anymore. I seem to be a bit saner these days too.

Editorial

Promises and a new beginning

The constitution that gave birth to the UERMMMCM Medical Alumni Association in America, Inc. in 1988 embraces two fundamental goals, unity among all alumni and loyalty to the *Alma Mater*. To these ends, all efforts and activities have been directed by a steady succession of leaders and active members. By these ends therefore will be measured the triumph or failure of every generation of alumni.

The very act of holding conventions, meetings, conferences, CMEs, public or private interactions among alumni, seeks always the unity that not only advances each alumnus but elevates the prestige of the school as well. The attainment of such a unity engenders good will and pride, call it loyalty to the *Alma Mater*. The result of which is a strong and sincere desire by alumni to "preserve and promote the continued existence of a high standard of medical education" in the medical center, to quote the preamble, through their gifts, contributions, donations or bequests.

How have we fared in these counts? Have we achieved unity? Have we cultivated loyalty? If we examine the numbers, indeed our ranks have swollen, from a few hundred to few thousands. Our participation and support have improved the coffers of the association to a level where the outgoing administration has been able to contribute a sizeable sum to the alumni foundation for its designated projects. Our deep gratitude has been made visible by the close to quarter million dollar net asset valuation of the alumni foundation that put us, alumni in North America, in filial obeisance to the directive of our constitution to "raise the economic welfare, educational, and scientific advancement of the UERMMMCM."

Much is yet to be done. We have not yet reached or involved the other half of an estimated 4,000 alumni who have come to these shores especially younger ones who have not yet celebrated their 25th jubilee. We have yet to meet the challenge of putting the foundation in a truly solid financial condition where funding of projects could come from sufficient investment income and not from capital reserves.

Looking back to the past two years, we have come far to claim that we are more united and loyal to our *Alma Mater* now than before. Drs. Querubin and Castro have provided us with a forward-looking and determined leadership founded on these high aspirations. How else can we honor and thank them but to follow their lead. Querubin promised to make us stronger and help the school financially and academically. Castro made the means for the latter to be done. We are on the right track!

As we inaugurate Dr. Joseph Rastrollo to the 8th presidency, let us continue to build on our unity and strengthen our ties to our *Alma Mater*. Such must be our promise for a new beginning.

The UERMMMCM College of Medicine

is now accepting applications for the first year class of the 2003-2004 academic year. For further information, please call the Registrar's Office at 011-632-713-3315, visit www.uermmmcm.edu or www.uermmmcm.org or contact the newsletter

In addition to academic and documentary requirements, applicants must take the NMAT (National Medical Admission Test) administered in Manila, New York, or Los Angeles and arrange for interviews with any of the following: Drs. Chester Kokseng (Florida, 813-963-2494), Rolando Mendoza (Florida, 305-569-1259), Ida Tiongco (New York, 212-988-2634), Benjamin Rigor (Kentucky, 502-228-2798), David Robles (Illinois, 708-584-9495), Samuel Piga (Texas, 972-596-8911), and Neda Ballon-Reyes (California, 818-772-7696).

Rogelio Sion, M.D., retired from the grind but not from life by Dr. Roberto S. Castrence

To UERM alumni, Boy does not need any introduction. Let me just fill you in on some things you may not know. He recently retired from a full-time government job and a part-time practice of internal medicine. He is married to Charito Dancel, M.D., also a UERM alumna, the first for her, the second for him. His first wife Dulce died prematurely of a ruptured aneurysm. He has three kids who all went to Ivy League schools and are all doing well. He responded to my call for an article on retirement. The following is his response.

Toy, when I retired last year I did not have a plan on what to do. All I knew then was that what I had been doing was no longer fun and worth waking up for. On top of that, a new management by questionable people was taking over. Now a year later, I am glad I did retire and find myself enjoying it. So, what do I do these days?

1. It's nice not to wake up to the clock. I cook a good breakfast I (can cook you know), read my papers and other publications leisurely.

2. I like to do things in the house. Currently, I am staining the deck. There are lots of small things you can do. One day, I decided to clean my CDs and spent the whole day listening to songs I have not heard for a long time.

3. One can also be lazy and spend the whole day doing nothing. That can be fun. Try it sometime.

4. I work at a Washington clinic for free for 2 half days a weeks as an internist. No monetary income but a psychic one. I still enjoy the practice of medicine. This way there is no pressure at all. My patients are mostly immigrants, some probably with no papers. My clinic is a safety net for these people.

5. I get to travel a lot and have taken trips, not to exotic places, but to visit old friends. I spent a weekend in Okeechobee, Florida and had a good time just renewing old friendship and looking at alligators crossing the street. I spent time with classmates and relatives in Chicago, Texas, and **continued on page 12**

Letters to the Editor

RP alumni ask for help

From the Website

Where are the details for the national convention in Hawaii? How can I register? Is there a specific website for this event? Thank you.

Dr. Agnes R. Joaquin '88

(Above materials have already been sent to Dr. Joaquin. We have uploaded pages 13 and 14 of this issue as an attachment to an e-mail to the alumni association e-mail address www.uermmmcmamaa@yahoo.com. If you are not yet in the loop, please join now. Ed.)

From California

Who thought of that beauty contest? I hope we do not get to the level of APPA. I think we are taking away from the celebrants the evening that belongs to us! If you can put a stop to it please do. I do not think that there is a place for that in UERM alumni meetings. Thanks.

Dr. Ruby Cecilio-Claravall '77

From Maryland

Elsie and I just finished reading your last newsletter. Congratulations! It has been the best so far. The others were also good but this last issue deserves special commendation. It was very pleasant to read, varied from serious to humorous, sacred to mundane, like real life. Keep it up. I am sure this is not the only praise you will be getting though some may not articulate their thoughts and feelings.

Dr. Totoy Castrence '68

(Thank you Kuya. May the Force be with us all! Ed.)

From New York

About 5 years ago, Tony Ligot approached the Philippine Dermatological Society and the UERM Section of Dermatology to have a special medical mission, mainly dermatological, in his clinic. Tony used to practice in Quezon City but for the past 15 years or more, he has been the director, surgeon, missionary, etc. of this hospital.

Around December, 2000, preparations for the mission with UERM Derm were almost done but we had to cancel because there was no funding. This time, some of my classmates, friends and the UERM Alumni Foundation helped us. The whole mission cost us \$500. This paid for the bus fare, food, and medications that we bought in Manila. Tony and Sylvia provided room and board and I brought some surgical supplies, equipment and medications from the U.S. We still had \$100 at the end which we gave for patient needs in Banawe.

Although this was a small mission, we were proud of our involvement because: 1) we helped the poorest of the poor; 2) we saw interesting cases, a unique learning experience for everybody; 3) the residents did a lot of procedures; 4) we bonded as a family not only as teacher and student but as brothers and sisters; and 5) this was done without the "help" of the local politicians, the "trapos" who use medical missions for their political gains. I wish though that we can do this again if not yearly then every two years.

Special thanks to Jimmy Cebedo, Josie and Romy Parungao, Manny dela Cruz, Elsie and Totoy Castrence, El Castro (Alumni Foundation) and Elena Sutherland (UP HS).

Dr. Ida Tiongco '68

Two alumni from the Philippines recently contacted alumni officers for help in their financial problems. As their cases are outside the present scope of foundation and association projects, their stories are told to give individual alumni an opportunity to evaluate and respond to each request in his/her own way. Their letters have been edited due to limited space but anyone wishing to avail of the unedited originals may do so by e-mailing us their fax number(s).

The first is Dr. Mia S. Garcia, '89, a pediatrician from Tanauan City, Batangas, who contracted a progressively debilitating polyneuropathy secondary to SLE. The second is Dr. Bernard-Julius A. Rocha of the just graduated class 2002 from Cagayan de Oro City, Misamis Oriental who must retire his balance of P112,000 with UERMMMCM to be able to do his postgraduate internship and take his board exams next year.

Mia's appeal

I am an alumna of UERMMMCM Class '89 wishing to reach the hearts next page please

Newsletter Staff

Samuel A. Piga, M.D.

Editor-in-Chief

3105 W 15th. St., Suite E

Plano, Texas 75075

469-467-9755

972-599-7877 (Fax)

sapigamd@ipninet.com

snpiga@yahoo.com

Roberto S. Castrence, M.D.

Conrado J. R. Miranda, IV, M.D.

Associate Editors

Senen Siasoco, M.D.

Assistant Editor

Naomi C. Piga, M.D.

Maria Lourdes O. Torres, M.D.

David C. Piga

Special Editorial Assistants

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Support the fundraising activities of
the alumni association and auxiliary
(Alliance and Friends) by donating
and bidding on auction items, buying
logoed t-shirts and raffle tickets.
Good luck and have fun!

*** Please send articles, news items,
notices, announcements, photos, and other
contributions to the Editor-in-Chief at the
above mailing or e-mail addresses. Photos
unless otherwise requested will be kept on
file.***

Random thoughts . . . continued from page 11

Toronto, Canada.

6. I get to attend a lot of those CMEs with dinner in nice restaurants. When I was actively working, I skipped a lot of them.

7 I continue to get involved in community activities.

8. Being in Washington, D.C. I get to spend a lot of times on weekdays enjoying the sites, museums and parks when the crowd is smaller

9. How about going to a good new movie on a weekday when there is no crowd or line!

10. I can play golf which means I can hit the ball but I'd rather read a magazine or periodical or watch an old movie classic or western.

11 But most of all my friend, I have the time to read all your e-mails, digest some and spit out the others. There are actually people in your mailing list who tell me that they look forward to your e-mails but do not have the time because of work. I pity them. So my friend, don't go beyond before me as I will be bored without your mails.

Who knows by then I might get bored but right now the freedom to do things is priceless to me. Wondering what to do the next day can be fun and exciting. I wonder what Bayani Elma is doing

By the way, I joined a poker club where we play once a month. Nothing big but fun.

'Toy, how about going to Atlantic City on a weekday. Hotel rooms are cheap and the casinos are not crowded.

NEWSBRIEFS . . . FROM PAGE 2

its third year students on a field trip to the Institute of Natural Healing in the Subic Bay Freeport Zone in February where they attended lectures and demonstrations on the virtues of healthy lifestyle, science-based natural therapies, and prayerfulness.

New mantra in medical education

Social accountability is the new catchword in medical education. This came out of the 35th annual convention of the APMC in Tuguegarao City, Cagayan in January '02. Advocated by WHO's Dr. Charles Boelen of the University of Cincinnati, it calls for the direction of educational, research and service activities to the building of a relevant, equitable, cost-effective, & sustainable health care system in a school's locality/country.

RP alumni . . . continued from page 11

of my co-alumni with this appeal.

During my senior year of residency in pediatrics at UP-PGH in 1993, I was diagnosed with SLE but was able to complete my training. Then the next year, I developed severe headache and recurrent fever with almost total memory loss attributed to TB meningitis with communicating hydrocephalus. I recovered from this and started an enjoyable practice only to have a resurgence of lupus in 1999 with progressive numbness in my face, limbs and body that led to an imbalance on walking and occasional jerks in my feet.

I was treated for a suspected Antiphospholipid Antibody Syndrome at Manila Doctors, then for neuropathy secondary to vasculitis from SLE in late 2000 at PGH, thought to have multiple sclerosis at UST in July, 2001, put on cyclophosphamide, high steroid doses, Tegretol, and Neurontin to no avail.

My case was discussed at the UERMMM neurology grand rounds last December and was given a diagnosis of polyneuropathy secondary to SLE. Sural nerve biopsy and SSEP (somatosensory evoked potential) confirmed a chronic peripheral degenerative process.

I have been advised by Dr Cuanang to maintain my Neurontin and Tegretol and concentrate on rehab. I try to ambulate with a walker but the severe numbness of my feet and buttocks gives me much fear of falling. I work the parallel bars and stationary bike to avoid atrophy.

After a two year lay-off, I resumed my outpatient practice here at home last month. I can only move about with my computerized chair due to severe leg numbness.

At present, I am on Prednisone 5 mg. OD, Neurontin 300 mg. TID, and Neurobion OD plus multivitamins.

My long battle with this ailment has indeed totally drained our family finances. I am now almost totally dependent on financial assistance from relatives, friends, classmates and good samaritans who responded to my internet letter earlier.

Whatever assistance my UERMMM classmates and fellow alumni can extend will be greatly appreciated in order for me to maintain my medicines especially Neurontin.

Although this may be the end-stage of my neuropathy, I am still hoping and praying for an improvement in my condition, if not total recovery. Thank you and God bless.

Bernard's case

Although I graduated from the College of Medicine last April, I still have an outstanding balance with the University. Because of this, I won't be able to take my boards until my records are released upon payment.

I entered the College with my grandmother financing my expenses as my parents had separated and no longer supported me. I got through first year but in the next my grandmother suffered 3 strokes and funds meant for my education went to her medical bills. My aunt and sister paid for a portion of my tuition that year but could not sustain the rest. I qualified for a grants-in-aid in third year but could not raise a matching amount to fully avail of it. I got by with the P1,000 minimum enrollment amount then and the next.

The University nearly did not allow me to attend the graduation but since I was receiving an award and the only one deserving at that, they let me provided that they would withhold my records and diploma for the medical boards until I paid.

I finished with the top one-third of my class, received the "Most Outstanding Clinical Clerk in Community Medicine" award, and got matched with UP-PGH for postgraduate internship in the first round. I told myself that nothing should stop me from becoming a doctor since I work hard for my achievements and I am good at what I do. I am so close to becoming one and know that I deserve to be one but do not have the funds for it. That is why I need your help.

In return for your assistance, I promise to "pay it forward," meaning, God willing, when I am already capable, I will help another deserving person like me to become a doctor so he too may fulfill his dreams, have a chance for a better life, and help people, then he in turn may "pay it forward. Thank you.

Anyone wishing to respond to Dr. Garcia's plea may contact her directly at: 007 Barangay Pagaspas, Tanauan City, Batangas 4232, cellphone 0917-601-8938 or 0917-347-7839, landline 049-536-4310 (c/o Marie Elepano), e-mail address www.maidabaladad@mariwasa.com. To Dr. Rocha's, # 84 12th St., Nazareth, Cagayan de Oro City, Misamis Oriental, phone 088-8573838 or contact the College of Medicine. You may also contact Dr. El Castro, alumni foundation chairman. Please note that contributions to either recipient are voluntary and not tax-deductible.

Convention Announcements

UERMMMCMAAA, INC. CHARITY GOLF TOURNAMENT

Location: Waialeale Golf Club
94-200 Paioa Place
Waipahu, HI 96797

Date: Thursday, August 1, 2002

Tee Time: 9:00 A.M.

Fee: \$110.00 (Includes green fee, cart, lunch, prizes, ride)

Hole-in-One: Mercedes Benz

Registration:

Deadline: July 15, 2002
Sign up early and submit your foursome.

Make check payable to:
UERMMMCMAAA, Inc.
c/o Dr. Fortunato V Elizaga
1712 Liliha Street, Suite 306
Honolulu, HI 96817
Tel. No. (808) 524-1144
E-Mail: FELizaga@aol.com

Name _____
Address _____
Tel. No. _____

HANDICAP (USGA Golf Handicap Index)

- *No pre-registration, **no** game.
- *No handicap golfers will use handicap computed by schied system.
- *Tournament field is limited to the first 40 golfers.

For more information, please call:
Romy Cachola
Tournament Chairman
(808) 523-4978

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Please call Kay Jacobson at 1-808-949-4321 ext. 52

14th Annual Convention and Reunion Hilton Hawaiian Village Hotel and Resort August 1 - 3, 2002, Honolulu, Hawaii Events Registration Form (Fee per person)

NAME _____ Yr. of Graduation _____
ADDRESS _____ (Home or Office?) _____
TEL: (H) _____ FAX _____
(O) _____ FAX _____
E-MAIL: (H) _____ (O) _____

Day 1, Thursday, August 1, 2002

Golf Tournament	\$110.00 () \$	_____
Tennis Tournament	50.00 () \$	_____
Luau: Adult	50.00 () \$	_____
Children (6 - 20 years old)	35.00 () \$	_____
TOTAL		\$ _____

Make check payable and send to:

UERMMMCMAAA, Inc.
c/o Fortunato V Elizaga, M.D.
1712 Liliha Street, Suite 306
Honolulu, HI 96817
Tel. (808) 524-1144, Fax (808) 531-0718

Day 2, Friday, August 2, 2002

Registration Fee (includes welcome night and Cuyegkeng lecture/lunch)	\$100.00 () \$	_____
CME	150.00 () \$	_____
Additional guest for luncheon	25.00 () \$	_____
Student/Resident	75.00 () \$	_____

Day 3, Saturday, August 3, 2002

GalaDinner/Dance	95.00 () \$	_____
Youth Dance	30.00 () \$	_____
Membership Dues: Annual	50.00 () \$	_____
Lifetime	500.00 () \$	_____
TOTAL		\$ _____

Please make check payable and send to:

UERMMMCMAAA, Inc.
c/o Jose de Leon, M.D.
1520 Liliha Street, Suite 203
Honolulu, HI 96817
Tel. (808) 528-3571

Overall Convention Chairman, Dr Fortunato V Elizaga, '67
(For multiple registrations, feel free to copy form.)

SCHEDULE OF ACTIVITIES

Day 1 - Thursday, August 1, 2002

8:00 AM - 2:00 PM - Golf Tournament, Waikele Golf Club, Romy Cachola, Chairman
Green Fee/Cart: \$110.00 (transportation and lunch included)

10:00 AM - 12 Noon - Tennis Tournament, Waikele Country Club
Tennis Fee: \$50.00 per person (transportation and lunch included)

12:00 Noon - 4:00 PM - Registration, South Pacific Ballroom

4:00 PM - 8:00 PM - LUAU, PARADISE COVE, KOOLINA

Attire: Casual or Hawaiian

Day 2 - Friday, August 2, 2002

Venue: South Pacific Ballroom

7:00 AM - 8:00 AM - Continental Breakfast

7:00 AM - 4:00 PM - Registration, Exhibits, Silent Auction

8:00 AM - 12:00 N - Continuing Medical Education

12:00 N - 1:00 PM - Dr. Jose Cuyegkeng Memorial Lecture (lunch provided)

1:00 PM - 4:00 PM - Continuing Medical Education

6:00 PM - 12:00 MN - Silver Jubilarian Night, Dinner/Dance, Tapa Ballroom. Free night for all other alumni

Day 3 - Saturday, August 3, 2002

Venue: South Pacific Ballroom

7:00 AM - 4:00 PM - Registration, Exhibits

8:00 AM - 9:00 AM - College of Medicine Report by Dean Dr. Erlinda V Valdellon

9:00 AM - 10:00 AM - Alumni Foundation Report by Dr. El B. Castro

10:00 AM - 11:00 AM - UERMMMMC Report by President Dr. Romeo Divinagracia

11:00 AM - 12:00 N - General Assembly and Business Meeting, Wish List, Election of Officers for 2002-2004

12:00 Noon - 1:00 PM - Lunch on your own

1:00 PM - 2:00 PM - Auxiliary Meeting, UERMMMMCMAAA Alliance & Friends, Inc.

1:00 PM - 2:00 PM - Alumni Association Executive Council Meeting

2:00 PM - 3:00 PM - Alumni Foundation Meeting

6:00 PM - 12:00 MN - Gala Dinner/Dance, Tapa Ballroom

9:00 PM - 12:00 MN - Youth Dance

SOUVENIR PROGRAM ORDER

14TH ANNUAL REUNION AND CONVENTION
HILTON HAWAIIAN VILLAGE RESORT & SPA

2005 Kalia Road

Honolulu, Hawaii 96815-1999

August 1-3, 2002

Please include my Name or Company, _____ with address at _____ in the 14th Annual UERMMMMC MAAA, Inc. Reunion & Convention Souvenir Program.

() Full Page _____ \$ 150.00

() Half Page _____ \$ 100.00

() Enclosed is the layout for my message (camera ready)

() Design an appropriate message for my ad (enclose calling card)

Please return this form with a check payable to:

UERMMMMC MAAA, Inc.

c/o Dr. Amelia Reyes Jacang

1712 Liliha Street # 304

Honolulu, HI 96817

Your donation is tax-deductible. The association Federal Tax I.D. Number is: 52-1745846. **Deadline for submission: Till full subscription.**

Thank you for your support.

GALA DINNER DANCE PROGRAM

Hilton Hawaiian Village Tapa Ballroom

7:00 PM, Saturday August 3, 2002

Master of Ceremonies

Dr. Erlinda Magsalin Cachola

NATIONAL ANTHEMS

Star-Spangled Banner - Monnette Forte

Pambansang Awit - Monnette Forte

UERMMMMC HYMN

Jade Jubilarians

WELCOME ADDRESS

Dr. Fortunato V. Elizaga, Overall Chairman

OPENING REMARKS

Dr. Rolando Mendoza, Executive Director

Presentation of the SILVER JUBILARIANS,
CLASS OF 1977

Dr. Henry Yanez, Immediate Past-President, UERMMMMC Alumni & Friends (Philippines)

Dr. Romeo A. Divinagracia, President, UERMMMMC

Recognition of the PEARL JUBILARIANS
CLASS OF 1972

Recognition of the JADE JUBILARIANS
CLASS OF 1967

Recognition of the RUBY JUBILARIANS
CLASS OF 1962

INVOCATION

Dr. Amelia Reyes Jacang

DINNER

VALEDICTORY ADDRESS

Dr. Renato D. Querubin, Outgoing President

INDUCTION OF OFFICERS FOR 2002-2004

Romy Cachola, Member City Council of Honolulu, Hawaii

INAUGURAL ADDRESS

Dr. Joseph Rastrollo, President, 2002-2004

DANCE THROUGH MIDNIGHT

MUSIC BY

High Frequency Band

Continuing Medical Education Program

UPDATE IN MEDICINE FOR THE NEW MILLENIUM

Saturday, August 2, 2002, Hilton Hawaiian Village, Honolulu, Hawaii

7:00 AM 7:45 AM
CONTINENTAL BREAKFAST

7:45 AM 8:00 AM

WELCOME REMARKS RENATO QUERUBIN, M.D.

CONDUCT OF THE CME BENJAMIN RIGOR, M.D., MODERATOR

8:00 AM 8:45 AM

OVERVIEW OF RHEUMATOLOGY FOR THE NON-RHEUMATOLOGIST

ROEL N. QUERUBIN, M.D.

8:45 AM 9:30 AM

AN OVERVIEW OF THE DIAGNOSIS AND TREATMENT OF LOW BACK PAIN

ROLANDO M. PUNO, M.D.

9:30 AM 10:00 AM

MIGRAINE HEADACHE AND ALZHEIMER'S DISEASE

STUART J. GOODMAN, M.D.

10:15 AM 10:30 AM

COFFEE BREAK VISIT EXHIBITS

10:30 AM 11:15 AM

DEPRESSION IN THE PRIMARY CARE SETTING

PETER J. DEE, M.D.

11:15 AM 12:00 NOON

RECENT ADVANCES IN OPHTHALMOLOGY/VISUAL SCIENCES

JORGE CAMARA, M.D.

12:00 NOON 1:00 PM

THE ANNUAL JOSE CUYEGKENG, M.D. MEMORIAL LECTURE: PRESENT STATUS OF ACADEMIC

MEDICINE IN THE PHILIPPINES INNOVATIONS IN PHILIPPINE MEDICAL EDUCATION

FERNANDO SANCHEZ, JR., M.D.

1:00 PM 1:45 PM

THE RATIONALE FOR MULTI-CONTROLLER THERAPY IN ASTHMA

JEFFREY C. KAM, M.D.

1:45 AM 2:30 PM

UPDATE ON DIABETES MELLITUS

FRANK SINGER, M.D.

2:30 PM 2:45 PM

COFFEE BREAK VISIT EXHIBITS

2:45 PM 3:15 PM

RECENT ADVANCES IN THE MANAGEMENT OF DYSLIPIDEMIAS

ALBERTO QUERIMIT M.D.

3:15 PM 4:00 PM

RECENT ADVANCES IN THE MANAGEMENT OF CONGESTIVE HEART FAILURE: INTEGRATING

SCIENTIFIC DATA INTO CLINICAL PRACTICE

ROMEO A. DIVINAGRACIA, M.D.

4:00 PM 5:00 PM

PROSTATIC CANCER AND THE PSA

JOSE PRUDENCIO, JR., M.D.

ACCREDITATION: The Association of Philippine Physicians in America (APPA), accredited by the Accreditation Council of Continuing Medical Education (ACCME), designates this educational activity for 9 hours of category 1 credit towards the AMA Physician Recognition Award. It is necessary for physicians desiring Category 1 credits to fill an evaluation form and the speakers/faculty must comply with the commercial disclosure policies of the APPA and ACCME.

FACULTY: **Roel N. Querubin, M.D.**, University of Georgia '95, rheumatologist, Gwinnett Medical Center, Atlanta, GA; **Rolando M. Puno, M.D.**, UERMMMC '77, Assistant Professor, Department of Orthopedic Surgery, University of Louisville, Louisville, KY; **Stuart J. Goodman, M.D.**, UERMMMC '77, Chairman, Department of Neurology, Southern Maryland Hospital, Clinton, MD; **Peter J. Dee, M.D.**, UERMMMC '75, internist/psychiatrist, Queen's & St. Francis Medical Centers, Honolulu, HI; **Jorge Camara, M.D.**, UP'75, Assistant Professor, Department of Surgery, University of Hawaii John A. Burns School of Medicine, Honolulu, HI; **Fernando Sanchez, Jr., M.D.**, University of the Philippines '59, MPH, John Hopkins University School of Hygiene and Public Health '66, Professor of Public Health and Community Medicine, Vice-President for Academic Affairs, UERMMMC; **Jeffrey C. Kam, M.D.**, UERMMMC '85, Assistant Professor, Division of Allergy & Immunology, Department of Pediatrics, University of Hawaii John A. Burns School of Medicine, Honolulu, HI; **Frank Singer, UERMMMC '87**, Chief of Endocrinology & Metabolism, Staub Hospital, Assistant Professor of Medicine, Department of Medicine, University of Hawaii John A. Burns School of Medicine, Honolulu, HI; **Alberto Querimit, M.D.**, UERMMMC '62, Assistant Professor of Clinical Medicine, Department of Medicine, University of Wisconsin, Madison, WI; **Romeo A. Divinagracia, M.D.**, UERMMMC '63, Professor of Medicine, Department of Medicine and President, UERMMMC; **Jose Prudencio, Jr., M.D.**, UERMMMC '78, urologist, Uro-Center of Lebanon, Lebanon, PA; **Benjamin M. Rigor, M.D.**, UERMMMC '62, LL.D. *honoris causa*, University of the Philippines, '2001, Professor & Emeritus Chairman, Department of Anesthesiology, University of Louisville School of Medicine.

HONOLULU AIRPORT SHUTTLE

AIRPORT WAIKIKI EXPRESS

Transportation from the airport to any hotel in Waikiki operated by Roberts Hawaii

Arrival Times

9:30 AM - 3:00 PM every 20 minutes

3:00 PM - 7:00 PM every 30 minutes

7:00 AM - .30 PM every 20 minutes

.30 PM - 9:30 AM every 45 minutes

Fees

Adults (one-way) \$8

Adults (round-trip) \$13

Children 3 years and below free

Baggage - two bags per person no charge

Golf bag, car seat, stroller large boxes and

boogie boards \$2

Surf boards \$5

Bicycles and windsurfing boards \$ 0

For more info log on to

www.state.hi.us/dot/airports/oahu/hnl/hnl_gro_und_trans.htm

Silent auction

The Alliance and Friends, Inc. will take charge of the Silent Auction on Friday, August 2nd, 8:00 AM to 3:00 PM and Saturday the 3rd from 8:00 AM to 12:00 Noon. The auction table will be set up at the back of the conference room. Again, we are requesting your assistance in this fund-raising project. Please bring your donations (goods, books, or anything worth auctioning off, preferably lightweight and portable objects). The leadership is grateful for your cooperation. Thanks.

Je me sobien, lest we forget

Deadline for submission of articles for the post-convention issue: October 1, 2002.

Sshh . . . Please minimize noise and talking especially in the back rows during CME sessions.

Pay your dues, please. Send your payment to the treasurer now. If you are attending the convention, you can do so during registration.

Mailing list is constantly being updated so let us know if you move or change addresses.



Cheers to Classes 1977, 1972, 1967, and 1962!

Aloha! This is your final invitation to the 14th national reunion and convention in the beautiful island of Oahu next month. You are the honorees as we celebrate your silver, pearl, jade, and ruby anniversaries at the Hilton Hawaiian Village Resort & Spa right by Honolulu's famous Waikiki Beach. For last minute accommodation and registration, see details on pages 13 - 14.

Also, please contact your coordinators for your class activities and participation: '77 (Susan Perez Suntay at UERMMMC1977@yahoogroups.com), '72 (Marile Narciso Hoffman at MHoffman@concentric.net); '67 (Roly Mendoza, Rene Querubin, Ado Miranda at UERMMMC1967@yahoogroups.com); '62 (Benjie Rigor at bmrigor01@gwise.louisville.edu).

Finally, all other classes are encouraged to meet with classmates for their free night activities on August 2. All classes are reminded to turn in their convention class pictures for the post-convention issue or we'll come to take them ourselves. *Mahalo!*

Reunion Schedules Hawaii Convention

- Day 1 (Thursday, August 1st) -
 Golf and tennis tournaments (9am-4pm)
 Welcome reception and luau (6pm-12am)
- Day 2 (Friday, August 2nd) -
 CME (8am-4pm)
 Cuyegkeng Memorial Lecture (12-1pm)
 Silver jubilarian night and class parties
- Day 3 (Saturday, August 3rd)
 Silent auction (8am-4pm)
 Business meetings (8am-4pm)
 Gala night (6pm-1:30am)
 Youth dance (9pm-12am)

Philippine Homecoming

- Day 1 (Monday, December 16th) -
 Grand alumni welcome party (6pm)
- Day 2 (Tuesday, December 17th) -
 Tour of the college & carolfest (5pm)
- Day 3 (Wednesday, December 18th) -
 Convocation (9am-12n)
 Baccay Memorial Lecture (12n-2pm)
 Scientific meeting (2pm-4pm)
 Alumni business meeting (4pm-5pm)
 Lantern parade then Batch '77 night (6pm)
- Day 4 (Thursday, Dec 19th)
 Grand alumni homecoming (7pm)
- Day 5 and 6 (Friday & Sat., Dec. 20th-21st)
 Class '77 outing



The Alumni Newsletter

UERMMMC Medical Alumni Association of America, Inc.
 3105 W. 15th. St., Suite E
 Plano, Texas 75075
 (469) 467-9755
sapigamd@ipninet.com

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