



the Alumni Newsletter

Pre-Convention Issue

Marshfield, Wisconsin

May, 2009

New York, New York - the City that never sleeps

By Felix Bautista

Looming as the backdrop of this year's 21st UERM Alumni Convention/Reunion is the glamorous city of New York, known for its excesses, excitement and high expectations. With the Waldorf defining elegance and grandeur serving as the center of its festivities, the stage is set for a rousing and memorable event. It is no wonder why the Northeast Chapter (NEC), hosting this year's event has been driven to extraordinary feats of hard work and sacrifices to ensure its success. It is in their blood to always shoot for the best! Their dedication is truly inspiring and worthy of everyone's respect and admiration.

Those who value and cherish their past, their fealty to their class and friends and to our School will always be drawn to attend this annual Alumni conventions and reunions. It is always a joyous and emotional experience. It is a time for renewal and strengthening of our attachments and reliving of our gloried past. It is the thrill of perhaps unearthing hidden secrets, a chance of closure of unresolved issues, even seeing your old flames and enemies, and vindication that you have not screwed up your life after all.

But we also need a forum, ceremonies and a moral cause to lend higher meaning and impart a sense of belonging. Some would dispel this as BONGA but it is crucially as important! Still others will degrade it as "Payabangan lang dyan" not mindful that we all are already accomplished and we need not trumpet it here! We also all should be reminded that it is a FUND RAISING AFFAIR for our School!

Here's what you will expect from your stay in NY for the Alumni convention:

1. NEW YORK, THE CITY THAT NEVER SLEEPS; BOLD and DARING; ECLECTIC; CAPTIVATING; EXCESSIVE; GRAND and all the marvelous words that you could think of. You



The Waldorf Astoria

will never run out of anything to do in NY and all major attractions are in VERY close PROXIMITY of each other, no need to waste time in getting there. It is the SAFEST among the 25 largest cities in the US. You will be surrounded by BEAUTY, with the likes of the AVANT GARDE and HAUTE COUTURE that are everywhere. There simply is NOTHING LIKE IT!



The Manhattan Nightscape

2. DINING 18,000+ restaurants of every cuisine, numerous 5-star restaurants.

3. CULTURE "It just seems to be in the air, like the weather" There are at least 20 world class Museums including the MET, MOMA, GUGENHEIM, ETC. There are varied theaters with Broadway and off Broadway shows, the CARNEGIE, the MET, AVERY FISCHER HALL, THE APOLLO, RADIO CITY, and more! LANDMARK ATTRACTIONS: ST. PATRICK church, the EMPIRE STATE bldg, GROUND ZERO, the ROCKEFELLER Building (30 Rock) and of course TIMES SQUARE, where all the tourists conglomerate at night, the SOHO district, GREENWICH, home to many celebrities, CHINATOWN, and of course THE STATUE OF LIBERTY and ELLIS ISLAND..

4. SHOPPING You can shop till you drop on 5th Ave. with multiple specialty shops, and department stores like MACY'S, LORD & TAYLOR, with 10 floors each.

5. NIGHTLIFE. It is a PARTY TOWN with NIGHT CLUBS, JAZZ joints.

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Second Opinion

By Senen V. Siasoco



*“What's in a name? That which we call
a rose by any other name would smell
as sweet.”*

*Romeo and Juliet (II, ii, 1-2),
Wm. Shakespeare*

Romeo Montague and Juliet Capulet meet and fall in love in Shakespeare's lyrical tale of “star-cross'd” lovers. They are doomed from the start as members of two warring families. Here Juliet tells Romeo that a name is an artificial and meaningless convention, and that she loves the person who is called “Montague,” not the Montague name and not the Montague family. Romeo, out of his passion for Juliet, rejects his family name and vows, as Juliet asks, to “deny (his) father” and instead be “new baptized” as Juliet's lover. This one short line encapsulates the central struggle and tragedy of the play. (<http://www.enotes.com/shakespeare-quotes/what-s-name-that-which-we-call-rose>).

The above paragraphs encapsulated my emotions soon after the previous issue of this biannual tract came out. Yours truly was subjected to a torrent of odious email, spiteful calls, even threats of secession and legal action because I had printed a list of officers that had **M.D.(Phils)** affixed to their names (versus just plain “**M.D.**”). In fairness to the Officers (after all, I only publish what is sent to me, editing - not editorializing) - they were just covering their derrieres (pardon my French). This subject, they believed, had been resolved in the '08 meeting when Dr Suntay was president-elected. My sincerest apologies to all who were offended by this oversight. I recognize that we all poured out a lot of our blood, sweat, and tears during those four (five? six?) agonizing years at Aurora Blvd -and therefore deserve the title. Henceforth, I shall strive to eliminate the MD (Phils) tag wherever and whenever I can. We must steer clear of the Capulet's vs. Montague's scenario. Let's all kiss and make-up, and not let this petty editorial lapse divide us- we have much more pressing matters to confront. A positive thing I learned from this episode- we have readers! Thanks for keeping us on our toes!

The 4th of July weekend is fast approaching, I hope your itinerary includes a stop at the Big Apple for our Big Event. The Northeast chapter (NEC) has worked mighty hard to give you a great experience, as evinced by *Ate* Ida Tiongco's article

(elsewhere in this issue). Come and enjoy the sights and sounds (and smells) of the World's capital. *Ate* also penned a wonderful narrative (with pictures, *pa*) of her recent expedition to the Cordillera Highlands (see inside pages). *La Presidenta* Amie Malihan of the NEC also has a Cordillera Saga to narrate in another inside page (sorry, her photos didn't make our deadline).

Our prayers have been answered- welcome please, your new associate editor, Felix Bautista. His Welcome to New York is our headline story.

The list of lifetime members continues to grow. If your name was (inadvertently) omitted, please inform us. If you want your name included- you must sign up (and pay-up)! A worthier cause is hard to find ...

Your association officers have been burning the midnight oil, as you can read from Prexy Irene's report. Exec Direc Bench has compiled an extensive email list that will keep you regularly updated on our group's goings-on. Join the Few, the Proud, the Alums -by sending us your email address (www.uermalumni.org) and we'll keep you posted on the Association's Latest and Greatest Happenings (spam-free warranty included). Details, forms, schedules may also be downloaded from the website (and inside this issue). There are deadlines, people, so get your a__ (*excuse cest moi, tambien*) in gear.

Class 72, aka, The Wild Bunch Alliance (WBA) has a special place in our hearts because of their passion for the alma mater. Check out Vic Carbonell's passion (of a different sort) in his “Search for the Coolest WBA” story.

You can find Mr. Wilson Young's projects for the Medical Center (where he is the Vice-Chairman of the Trustee Board) elsewhere in this issue. The story was scanned from the latest issue of the *Mediscope* which is the official organ of the Center. Just another example of your tax (deductible) dollars at work. In other campus news, the newest member of the Board of Trustees is that son of the RM--> *ex-Senador* Ramon Banzon Magsaysay Jr. The legend continues..

Digressing a bit now, how about our *kababayan*, Manny Pacquiao? With all the depressing stories coming out of the Olde Sod, it's nice to hear some upbeat tales for a change.

And finally, the snow's gone, the grass is turning green, the sun's out and the temps in the 60's. Pardon me while I go for a bike ride ...

President's Report

By Irene Ibanez-Manlapaz



1) The UERMMMC-MAAA, Inc. continues to be a solid non-profit organization and is now approved by the Internal Revenue Service to be a 501 (c) 3 tax-exempt corporation with all its privileges.

2) Preparations for the 21st Annual Convention & Reunion to be held at Waldorf-Astoria Hotel, New York, New York on July 2-5, 2009 are going as expected with few hiccoughs brought by few, and just like in any other corporation brings minor irritations.

3) At the last General Membership Meeting, it was approved that grantees of the Drug Assistance Program (DAP)/ Indigent Fund should also include community projects. For clarification to the new set of Board of Trustees, the main and majority donor of the DAP Fund is UERMMMC-MAAA, Inc. Please see below the updated instruction from MAAA, Inc. on how this fund will be disbursed.

4) As per report of Dr. Elmer Gilo, treasurer of AFUSA on February 16, 2009, the current amount of the DAP Fund investment at year end 2008 is \$252,609 with estimated market value of \$175,865. According to Dr. Gilo this investment is being managed by H&R Block FA. The total investment management fees for the last 4 years is \$7,916 and for 2008 it is \$2,729. The fees are quite high and we have recommended in the last 2 years and we again repeat our recommendation to the Chair and the Board of Trustees that the DAP Fund be transferred to Water Tower Financial Partners, LLC (WTFP). The President-Elect of UERMMMC-MAAA, Inc., Susan P. Suntay can help facilitate transfer of the DAP Fund to WTFP.

5) For Fiscal Year 2008-2009, the Executive Committee of UERMMMC-MAAA, Inc. recommends that \$50,000 grant money be disbursed towards the Antipolo Green Building Project for the building of 4 medical clinics that will be used on indigent patients of the two communities that will be served by medical students studying at UERMMMC College of Medicine.

6) For Fiscal Year 2008-2009, the Executive Committee of UERMMMC-MAAA, Inc. recommends that \$25,000 grant money be disbursed towards the Indigent Patient Fund of UERMMMC Charity Hospital.

7) For Fiscal Year 2009-2010, the Executive Committee of UERMMMC-MAAA, Inc. recommends that \$25,000 grant money be disbursed towards the purchase of necessary medical instruments and maintenance of the 4 clinics mentioned above.

8) For Fiscal Year 2009-2010, the Executive Committee of UERMMMC-MAAA, Inc. recommends that \$25,000 grant money be disbursed towards the Indigent Patient Fund of UERMMMC Charity Hospital.

9) The Executive Committee of UERMMMC-MAAA, Inc.

recommends that the checks for \$50,000 grant money for the Antipolo Green Building Project and the \$25,000 grant money towards the Indigent Patient Fund of UERMMMC Charity Hospital be handed to the designated representative of the grantees during the General Meeting of the Membership of UERMMMC-MAAA, Inc.

10) Copies of this report will be given to all Alumni attending the 21st Annual Convention and Reunion and will also be published at the Association's website: www.uermalumni.org and Alumni Newsletter.

UNIVERSITY OF THE EAST RAMON MAGSAYSAY MEMORIAL MEDICAL CENTER MEDICAL ALUMNI ASSOCIATION OF AMERICA, INC.

A non-profit 501 (C)(3) corporation with Taxpayer I.D. Number: 52-1745846

Irene Ibanez-Manlapaz, M.D., EJD, MBA Lamberto Tan, M.D. Josephine Pobre-So, M.D.

President, 2008-2010 Executive Director, 2008-2010 Treasurer, 2008-2010

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Memorandum of Agreement DAP/Indigent Patient Fund

KNOW ALL MEN BY THESE PRESENTS:

1. The UERMMMC Alumni Foundation USA, Inc. (AFUSA, Inc.) shall disburse the DAP/Indigent Endowment Fund grant (Grant) of \$15,000 per year or more depending on the amount of grant recommended by UERMMMC Medical Alumni Association of America, Inc. (MAAA, Inc.) starting 2008.

2. The grant shall be increased if the investment market improves within the 5 years after the commencement of disbursement of the Fund.

3. The grant will continue unless violation of provisions below occurs or the fund is exhausted.

4. AFUSA, Inc. (First Party) will remit the funding to UERMMMC Charity Hospital.

5. The annual grant shall be released after every 1ST day of July.

6. The UERMMMC Charity Hospital and UERMMMC Medical Alumni

Association, Philippines (Second Party) shall abide by the General Policies enumerated below.

7. Violation of any of the provisions of this agreement by the Second Party shall be basis for reversion of this Grant to the First Party

DRUG ASSISTANCE PROGRAM (DAP) / INDIGENT ENDOWMENT FUND FEBRUARY 2009

I. General Policies: 1.1 The UERMMMC AFUSA, Inc. DAP/Indigent Fund (iFund) shall be used for UERMMMC Charity in-patients and community projects only.

1.2 Community project/s grantee/s will submit disbursement report to UERMMMC AFUSA, Inc.

1.3 The Fund shall be used to cover medical expenses such as:

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1.3.1 Basic laboratory and radiological diagnostic tests such as complete blood count, urine tests, basic chemistry tests, chest x-ray, bone x-ray, and appropriate diagnostic CAT scans.

1.3.2 Drugs and medicines included in the UERMMMC Formulary.

1.3.3 Blood typing and screening, cross-match and blood products

1.3.4 Community projects benefiting indigent patients.

1.4 The fund shall not be used for reimbursement of surgical operating room expenses.

1.5 The fund shall not be used for professional fees.

1.6 Selection of indigent patients shall be based on criteria established by the Department of Social Work as approved by the UERMMMC Medical Alumni Association (iMedical Alumni) and Chief of Clinics, UERMMMC Charity Hospital.

1.7 A separate financial record of patients served under the grant shall be maintained. The record shall indicate the corresponding expenses with the charge slip/s.

1.8 UERMMMC AFUSA, Inc. shall be allowed to audit any financial records relative to the utilization of the DAP/Indigent Fund grant ("DAP grant") anytime it may choose.

1.9 A yearly report of the patients who received DAP grant shall be submitted by the Chief of Clinics or designee to UERMMMC Alumni Foundation USA, Inc. with the following outline:

1. Name of patient

2. Address

3. Date of admission

4. Nature of ailment/procedure

5. Assistance provided & Amount

6. Case Summary from Hospital Social Service Department.

7. Medical Abstract

IN WITNESS THEREOF, the parties have hereunto set their hands.

UERMMMC Alumni Foundation, USA, Inc. UERMMMC-MAAA, Inc.

IRENE IBANEZ-MANLAPAZ, M.D.

El Cheapo, Mrs Matipid, plus a Walk around the Waldorf Or, Why I Love Living in the Big Apple

By Ida Tiongco

Everybody knows how the island of Manhattan was bought by the Dutch from the Indians for \$24.00 worth of trinkets. Before the arrival of the white man, the island was called Mannahatta, island of many hills, with “230 types of birds, 80 kinds of fish, plus bears, wolves, beavers, otters and numerous others. Supporting this richness were 66 miles of streams, 21 ponds, and 300 springs.” (*New York Magazine*, April 20, 2009). From this sylvan setting we go fast forward to the present Manhattan with its towering skyscrapers, miles of underground subways, center of arts, fashion, entertainment and theater, media, etc. thus metamorphosing into New York City, the Capital of the World.

The image of New York City as the glitzy, expensive Big Apple is what out-of-towners imagine the city to be. In the metropolis where 50.5% of its population came from another state or country, one need not break the bank to experience and enjoy this most vibrant of American cities.

This guide is to how to live it up in the Big Apple as an El Cheapo or a Cheapskate.

Sightseeing/transportation/ getting around

Don't take the hop on - hop off tourist bus which charges about \$40/person. Get a Fun Pass Metrocard (from any subway stop, stationery store, groceries etc) for \$7.50 good for 24 hours and go up and down the Avenues and East and West on the Island from Downtown to Uptown. If you are just using a regular Metrocard (\$2.00), you can avail of the free transfers as long as you don't take the same route (example, go up First Avenue on M15 and go down on Lex Avenue on M103/M105), and as long as it is within a 2 hour window period. Ask for free bus and subway maps which you can later use as chic gift-wrap (similar to those sold at the MoMa museum store). If you want to see Lady Liberty, don't take the ferry to the Liberty Island; instead take the free Staten Island Ferry in lower Manhattan and back. As soon as you are within the shadows of Lady Liberty, take your picture with the Lady in the background.

You can go to Brooklyn by walking on Brooklyn Bridge for nice photo-ops. If you have a car and would like to park, even near midtown, go to the garages on the farther side of the island, near the

East River and/or Hudson River where you can park for 12 hours for about \$10.00 plus tax. Taxis are a little bit expensive but not as much as in other cities. Yellow cabs are abundant in the city and cost \$2.50 initially, 40 cents per 1/5 mile (there are extra charges on certain times of the day which are listed on the doors of the cabs). This is cheaper than getting a parking ticket or even worse, to have your car towed.

A simpler way to go around New York (New York City is composed of 5 boroughs- Manhattan, Brooklyn, Queens, Staten Island and the Bronx which is the only borough connected to mainland USA ... but Manhattan is referred to as The City or New York), is just to walk and walk and walk some more. The streets are laid out in a grid and arranged numerically (lower numbers begin downtown, with higher numbers going uptown). Fifth Ave. / Central Park divides the East from the West sides, and is a gallivanter's dream..



Fine Dining for the Currency-challenged, NY Style

Shopping

34th Street is a big shopping street with Macy's, the world's biggest store, as its magnet. There are smaller stores around, and for outrageously low priced clothing visit Conway, the favorite of Philippine actress Vilma Santos. Two blocks off Macy's is Jack's World (32nd St. off 6th Ave. and near Korea Town) where you can find dollar items including souvenirs and gourmet food.

14th Street, in the vicinity of NYU and Greenwich Village on the west side is also a good “El Cheapo” place. My mother's favorite is The Big Dee for miscellaneous items from clothes to household goods. In lower Manhattan, across the former Wall Trade Center is the world famous Century 21 (“New York's Best Kept Secret”) on Cortland Street where you can find intimate wear to designer clothes for both men and women, shoes, bags to linens for the house (all brand names) at a discount. You will hear a Babel of languages there, mostly European.

The Fashion District (36th to 38th Sts between 6th to 8th Aves) has numerous stores selling women's (and some men's) clothes at wholesale prices (\$20 long evening dresses). Don't be intimidated by the term “wholesale” because one can buy 6 pieces of different styles and sizes so if there are two of you then you can buy 3 dresses each

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A Sky-High Medical Mission

By Ida Tiongco

In the midst of the world famous Rice Terraces in Banaue, Ifugao, can be found a modest but adequately equipped clinic/hospital that has catered to the medical needs of the natives. For many years, Dr. Tony Ligot, the surgeon-missionary /medical director of the Good News Clinic and Hospital in Banaue, wanted specialists to come to his hospital on a regular basis. He approached the Philippine Dermatological Society more than a decade ago but because of funding and other reasons, his idea did not materialize.

In 2002, after lengthy talks via the internet, fax and E-mail with a classmate, Dr. Ida M. Tiongco, a dermatologist in private practice in New York City and at New York Cornell Medical Center and at that time a visiting professor of Dermatology at UERM, they were able to raise funds from classmates and friends from the USA to start the first Derm Mission. Four senior residents (one from Cornell) and two graduates from UERM Derm together with Dr. Francisca Roa, then president of the Philippine Dermatological Society, joined the first Derm mission of Dr. Ida. From then on, all presidents of the PDS participated in the missions and on this recently concluded mission, most of the board of directors were there too upon the invitation of Dr. Gina Pastorfide, the current president.

Annually, except for the year 2003, the Ifugaos are visited by the Derm group for 3 to 4 days in January. About 120 patients are seen everyday and about 120 skin surgeries are done (excision of moles, fatty tumors, cysts and other growths, and burning of warts, age spots and keratoses and occasionally skin cancers). Most of the cases are the usual skin rashes like eczema, dandruff, acne, skin infections and infestations like scabies and lice, fungal infections and the occasional exotic diseases that require biopsy and subsequent dermatopathology. Patients are provided with all their medications for the whole course of the disease and even sunscreens, moisturizers and even special soaps and shampoos most of which come from the USA.

A lot of lowland people believe that the Banaue mission is in Quezon City or near Baguio- it is actually an 8 to 9 hour trip from Manila or Baguio. You drive through a couple of zigzag trails including the famous Sta. Fe trail. Most of the medical missions involve some form of government help from local and even national officials. At times, these politicians "use" the medical missions for their political gain. This mission has been free from politicking all these years. The members of the Derm mission come from New York, Manila and other parts of the country. It is an annual event that the Ifugaos look forward to after the New Year. There is also follow-up with either Dr. Ligot or, through cyberspace, with members of the mission who are in Manila. At the same time, there is some form of continuing medical education wherein the visiting Derms from the USA and the Philippines interact with the local physicians in a meeting usually held at the nearby Banaue Hotel.

This year's mission is composed of Drs. Gina Pastorfide, PDS president, and officers and members Tess Gabriel, Lonabel Encarnacion, Arcee



The 2009 Crew



The Banaue Rice Terraces, a World Heritage site



The outdoor Consultation Room



The (busy, busy) Surgical Suite

Continued on page 15

Lifetime Members

As of DECEMBER 31, 2008

Abad Santos, Gregorio	Coo, Audrey	Manzanero, Buenvenido	Suguitan, Eden Agustin
Abary, Alex	Crispin-Krishnan, Erlinda	Mendoza, Herminio	Sumabat, Ma. Luisa
Abeleda, Lamberto	Dajoyag-Mejia, Ma. Aurora	Mendoza, Rolando	Sumabat, Washington
Achacoso-Alcid, Feliza	Dassah, Norma	Menez, Eugenio	Suntay, Susan Perez
Agrawal, Remedios Ching	Deasis, Benilda	Menez, Ma. Rosario	Virgilio
Aguila, Nimfa	De Jesus, Flocerfida	Mariano	Tan Evangeline
Aguiluz, Amable	Dela Cruz, Emmanuel	Milan, Primo	Tan, Lamberto
Aguinaldo, Estrella	Dela Vega, Sofronio	Miranda, Conrado IV	Tandoc, Jose, Jr.
Alabarca, Nestor	Deleon, Jose	Miranda, Jr., Larry	Tapnio, Rogelio
Alafritz, Manuel	Devera, Erlinda	Monzon-Dinglasan, Loberna	Tiongco, Ida
Alcala, Jr., Ramon	Desai, Marjorie Chicay	Moran, Raul	Tolentino-Mirasol, Isabel
Alcid, Cesar	Diaz, Antonio	Narajos, Benjamin +	Tolod, Emelinda Gorostiza
Alcober, Aloma	Dona, Samuel	Narciso, Vicente	Tomaneng, Edward
Alikpala, Agnes	Echols, Mina	Nasser, Mariano	Uy, James
Alilin, Roger	Elizaga, Fortunato	Ollada, Miguel	Valdez, Jesus E.
Alipit, John	Elma, Bayani	Ong, De Kiam	Valen, Ned
Amayun, Clarence	Escay, Mari	Ong, Yao Cheng	Valencia, Athena
Andal, Galiciano	Espiritu, Roger	Ortega, Ben	Valencia, Christopher
Antiporda, Gloriosa	Evangelista, Simplicio	O'Yek, Victor	Valencia, Rogelio
Antonio, Amelita +	Feld, Harvey	Pantangco, Jr., Irineo	Vasquez-Pua, Zenaida
Antonio, Andres	Fernandez, Ronaldo	Paraso, Ruena Zarate	Viniegua-Sibal, Amabel
Antonio, Eugenio	Flores, Myrna Ortega	Pascual, Linda Galang	Windsor, Hedy Jimenez
Apostol, Wilfredo	Flores, Renato	Pascual, Rafael	Yu, Cesar
Aquino, Rommel	Garcia, Fernando	Pe, Jean	, Augusto
Aragones, Peter	Gaudiel, Remo	Pecson, Rene	
Arriola, Emelinda Rausa	Gaw, Albert	Pernia, Luchi	PARTIAL LIFETIME
Aspili, Concepcion Santos	Gensolin, Norman	Piga, Nena Flor Cambare	MEMBERS
Balde, Edgardo	Gilo, Belen	Piga, Samuel	Banaga, Paraluman
Baldomero, Anita Calud	Gomez, Ramon	Pine, Roger	Banaga, Rogelio
Baldomero, Roy	Gonzales, Pat	Pizarro, Fe Eviota	Bisuna, Blanca
Ballon-Reyes, Neda	Goodman, tuart	Pobre-So, Josephine	Corpuz, Elsa
Banez, Edgar	Gotardo, Carlos	Posa-Kane, Ma. Monia	Cruz, Dinia
Blas, Manuel	Gregorio, Cynthia Eleccion	Prudencio, Jr., Jose	Dimayuga, Eloisa
Balzani, Henry	Hartono-Rada, Dini	Prystowsky, Ligaya	Dimayuga, Michael
Bobila, Alexis	Hoffman, Marile Narciso	Pua, Quirino	Feliciano, Eleazar
Bobila, Deborah Ames	Idanan, Lilia	Puno, Rolando	Natividad, Nora
Bocar, Nelson	Igual, Irene	Querubin, Renato	Villaluz, Dina
Bonagna, Leo	Ituriaga, Angeline	Quiray, Lourdes	
Buena, Felicitas	Jacinto, Leticia G.	Rabadam, Francisco	EMERITUS MEMBERS
Buena, Nards	Lara, Andres	Rastrollo, Joseph	Sarino, Edgardo
Buvenida, Rene P.	Lavarro, Rizalina	Raymundo, Renato	Siasoco, Ruben
Cabales, Victor	Lavarro, Rolando	Raymundo, Susan	Sy, Magdalena
Cabatu, Orsuville	Lazatin, Salvacion	Reyes, Ruby	
Cacho, Alvin	Layug, Alicia Bering	Reyes, Victor	
Caguia, Juanito	Layug, Antonio	Rico-Todd, Sonia	
Camacho, Victoria	Libre, Rosemary	Rigonan, Kathryn	
Canillas, Elmo	Liro, Jr., Apolonio	Rigor, Benjamin	
Caro-Sykes, Delia	Litam, Patrick	Roble, David	
Casibang, Isabelita	Lu, Mary Lyn	Rosales, Avelino	
Barnachea	Lucas, Lydia	newLTM 7/08	
Casibang, Vincent	Lucas, Roger	Rosales, Mary Lyn	
Castaneda-Velasco, Sonia	Lucas-Roman, Divina	Sampang, Benjamin	
Castor, Perla	Lumicao, Lorna	San Juan, Severino	
Castro, El	Mac, Nelly	Sanchez-Alcid, Araceli	
Casuga-Sulit, Marthie	Macapinlac-	Santiago, Jon	
Caturay, Epifania	Mariani, Aurora	Sarao, Norma Maala	
Cecilio-Claraval, Ruby	Magerl, Amerilda	Siasoco, Senen	
Ching, Florencio	Magpantay, Cristeta	Simon, Pedro	
Chua, Jose	Bustamante	Sion, Charito Dancel	
Chughtai, Zenaida Alderete	Magpantay, Jr., Napoleon	Sion, Rogelio	
Claridad, Leticia	Maniago, Wilma Bontuyan	So, Andrew	
Claudio, Manuel	Mangunay, Danilo	Solitario, Edna	
Co, Evelyn	Manlangit, Arsenio	Soriano, Carlos	
Cohan, Lydia Jacinto	Manlapaz, Irene Ibanez	Spiegel, Alan	
Concepcion, Luzviminda	Manyak, Michael	Suarez, Bon	

Projects in Progress at the Medical Center Under Vice Chairman Wilson T. Young

1. As-Built Plans of the five Buildings at the Medical Center (College of Medicine, Charity Hospital, Pay Hospital, Administration and JMC Bldgs.)
2. Skills Laboratory for the College of Physical Therapy
3. Provision for a Waiting Area at the Outpatient Dept.
4. Renovation of the Comfort Rooms at the JMC Bldg
5. Renovation of the Comfort Rooms at the Administration Bldg.
6. Design and Supply of Fire Pump at the Administrative Complex
7. Improvement of the Canteen at the Administrative Complex
8. UERMMMCI Signage in front of the Administration Bldg.
9. CCTV for the Pay Hospital
10. Installation & Modernization of the Elevator at the JMC Bldg.
11. Design and relocation of the Kitchen at the Hospital Complex
12. Acquisition of Ultrasound Machines for the Pay Hospital
13. Acquisition of two Anesthesia Machines for the Pay Hospital
14. Construction of a Waste Water Treatment Plant and Level Parking at the Hospital Complex
15. Renovation of the Amphitheater at the JMC Bldg.
16. Renovation of the College Auditorium at the College of Medicine Bldg.
17. Installation of a Sprinkler and Fire Protection at the JMC and Administrative Bldgs.
18. Re-design and renovation of the Medical Library at the JMC Bldg.
19. Construction of a Bust/Statue of President Ramon Magsaysay
20. Rehabilitation of the Electrical System and Wiring of the Medical Center
21. Re-designing and renovation of the Multi-purpose Gym. □

My search for the coolest WBA

By Vic Carbonell '72

Taking up Medicine at UERMMC was no walk in the park. When almost the whole section gets wiped out after the first year alone, it didn't take a Rocket Scientist to realize that it involved serious studying to make it and to have your friends by your side would be a welcomed icing on the cake. I figured I had to enlist all the help I could get and all the resources I could gather and all the fun I could muster as I embarked in that journey...thus leading to my search for the coolest buddy/buddies among the Class 72. "The coolest group in all of our class 72."

I first believed it was the group of Vivs (Vivero), Poksy (Seldera), Jatee (Gobunsuy), Dick (San Pedro), Mandy (Real), Oca (Pizzaro), Ernie (Quinio) and others. They had a certain swagger, confidence and that smirk. They were not loud nor boisterous but they had that "can do" spirit and "why not?" attitude. They could sing, tell jokes, debate and they were not too bad in academia either. You didn't see them lugging a stack of books like most of us did and when they did carry a notebook it was hidden somewhere in those back pockets. Some of them were so quick to finish off those surprise quizzes as if they were in a quest to get back to their after school festivities. They usually kept to themselves but they seemed to have all the fun in the world...They were just simply different...in the eyes of an awe-struck young man like me.

When Dennis (Tumbokan), a roommate of Vivs started hanging out with them at one time, I thought height was not a requirement so I found myself drifting towards them and hanging out with them but...oh! so briefly. When the group's Pow-Wow centered on passionate discussion of the Reader's Digest WORD POWER at least at that particular time, I was somewhat disappointed and I slowly retreated. I thought it was going to be Wine, Women and Rock and Roll...but it was not evident to me at that time. Maybe I caught them in one of those rare and serious moments of their student life. But of course, that was just one of the many interests of the group. They would continue to balance studies and good times with the occasional company of some cool spirits like St. Mig paving the way to a more exquisite taste of the vino in the future. Although they proved their prowess in that Word Power contest, among other things, the restless side of me wanted to move on...and kept searching...

With my roving eyes, I shifted my attention to the Blue House boys-- Henry (Ancheta), lex C , F. Rafanan et al, a jolly group of studious characters from diverse regional background...but they were like Butch Cassidy and the Sundance Kid's Hole in the Wall gang. They were always holed up in that tiny basement of the Blue House...reading and studying...plotting for the next big score. Gee, I was already getting that with my fine roommate, Chuck (Gotardo). Chuck, of course was our top student with the movie star person and he was so up there in the Brains dept that I did not want to distract him. I was just glad to be breathing the same air with him in that tiny brown house apartment in hopes that it would at least affect my brain function and improve my grades but I wanted a little bit more spark in my student life, so I moved on...

I drifted towards Christian (Cangco), charmer extraordinaire, he with his olive oil hair, key chains which were filled with rings of his conquests and that beautiful stare...but he has a different mission in life. I have seen him apply his charms with the ladies and he was such a smooth operator that I was afraid I didn't have the spunk and stamina for that kind of lifestyle...So I moved on...But in retrospect, to be able to combine academia and that much art of flirting and come away intact is tantamount to be called the smartest lothario in our class, in my little book.

I looked around and I found Armand (Wiltz), a pleasant gentleman sporting that tall, dark and handsome trifecta but he was so mesmerized and enamored by a pretty lass from Ilocos named Lani that he seemed like a very happy man. Sometimes that happens when your inamorata is an Ilocana. I think the famous halakhak that he's known for was already starting to blossom at this period. He did not have time for any other distraction. Likewise, the straight-shooting Marikina Boys Etot (Garcia) and Delay (de Leon) were already tenderly entrenched with their respective lovely amores, Nora and Cornelia respectively. I turned to my group C batchmates, Leony (Castillo) with the coolest car with the Beetle but he too was enraptured by a pretty classmate from Laguna named Florence. Roly (Corpus) could have been perfect, he's smart, well dressed, well groomed and deeply religious but he was already taken...by beautiful Delma. These lucky

gentlemen succumbed to the affairs of the heart early on in their student careers...living a happy life with their own personal "trainers".

Then there was the group of Benching (Tan), Bien (Rosales), Manny (Llado), Kuya Ernan (Garcia), Alex (Lising), Pipoy (del Corro) et al but theirs was like an exclusive club. They were bright and gracious ivy league gentlemen. Some of them were starting to discover and pursue some of the beauties of the University. They were like a country club-set colleagues not akin to my working class bearing so I moved on.....

Then there was Ed (Genato) and other GI boys of the Brown house. He was a fellow Ilocano and we were neighbors along Project 10. It could have been swell but he had a physique sculpted like Hercules that I was afraid I would look awfully insignificant standing side by side with him.

There was the easy going Rey (Carandang) from Batangas, laid back and a friendly freelancer but he has already overextended himself spreading his friendly wings to everybody from the Batangas boys to the Laguna Boys to the Mekene Boys.

Then there was Elmer (Ignacio), the Stanford kid from the Waray nation, with his easy laugh and cheerful disposition but he was concentrating on his roots, the Visayan Brotherhood. Much later, we became roommates in internship in Chicago. His waray roots and my Ilocano roots blended nicely and we became good friends.

I tried to recruit Mandy, a talented and very musically inclined chap with an unpredictable sense of humor bordering towards slapstick. He was fun to be around with but he was such a devoted comrade anda rah-rah boy of the Vivs and Poksy outfit that he couldn't spare any more time doing a moonlighting buddy job.

Art (Sabio) was another likable Ilocano but he was the quiet, strong type ala Clint Eastwood, all business- like and very organized which was not my style so I moved on again.

Jerome (Marave) was relaxed and cool in that pencil-thin mustache that was the trademark image of his commanding presence. He was the confident, vigilant, quiet type but I was looking for something or someone who would tame my restless soul.

Then along came a fellow from Malabon named Jun (Chua), clean cut with his crisp, starchy uniform, slick hair, ready smile and friendly manner and pretending to possess the coolest gadget of all...the patoc sometimes called gimmick at that time and of course, he was carrying a lot of Moola too. Most of all he had that kind of humour that fitted well with my style, He was quick-witted with one liners sometimes mixed with Confucian and native Tagalog wisdom sayings. He had that certain cheery swagger all his own. I didn't have to look far, he was in group C. He was from Malabon and I came from La Union, two entirely different cultures and backgrounds. But we had similar goals ... to finish school and have fun doing it. We even adopted a mutual phrase "With your money and my looks, we could go places". Indeed, we shared a lot of laughs and managed a few harmless mischiefs but we maintained a good student sense all the way to graduation and we're proud of our alma mater. Most of us have our own buddies and all of us were cool in our own way and in our own peculiar style. I'm just glad that my coolest amigo was Jun and the fellowship and the fun we had, made me forget the potholes in the road and made me celebrate the journey in med school instead. Even the Lone Ranger has his Tonto and Jun was my Tonto... or I was the Tonto to his Lone Ranger...Certainly, I'm grateful for the friendship.

P.S. I didn't know it at that time that the group of Vivs, Poksy, Ernie et al was the WILD BUNCH whose exploits, strength, unity and humor...would some day be adapted as the basis for the moniker of our class 72. Although I only have a very brief flirtation with the group. I'm proud of it, although up to now I'm still having a hard time answering all of the Reader's Digest WORD POWER. In retrospect, I should have stayed a little longer with the Bunch and took Jun along with me...we could have gotten the best ride and best blast of our life with the ever so cool WILD BUNCH. Who knows, I might even ace the Reader's Digest WORD POWER..

Thank you all for being Cool sports and for the cool journey. Mabuhay ang WBA !



**UNIVERSITY OF THE EAST RAMON MAGSAYSAY MEMORIAL MEDICAL CENTER
MEDICAL ALUMNI ASSOCIATION OF AMERICA, INC.**

A non-profit 501 (C)(3) corporation with Taxpayer I.D. Number: 52-1745846

UERMMMMC-MAAA, Inc. & Alumni Foundation USA, Inc.

21st Annual Reunion and Convention, JULY 1-5, 2009

The Waldorf=Astoria Hotel, 301 Park Avenue, New York, NY 10022, Tel: (800) 925-3673 / (212) 355-3000

Co- Hosted by: The UERMMMMC-MAAA, Inc. - NORTHEAST CHAPTER

For more info & forms/CME brochure: www.uermalumni.org

SCHEDULE OF EVENTS

JULY 1, 2009 - WEDNESDAY: 7 am 4:00 pm - Golf Tournament (Bethpage)

JULY 2, 2009 - THURSDAY:

7 am 4:00 pm Golf Tournament (TBA)

7 am 5:00 pm Registration

12 noon 5 pm UERMMMMC-AFUSA Inc. Meeting

10 am 5:00 pm EXHIBITS & Alliance Silent Auction

6:30 pm 12 am WELCOME and FELLOWSHIP NIGHT ("**Back to the 60's**")

Dinner/Dance & "**UERM's GOT Talent Dance/Singing Contests**"

(Dinner tickets required)

JULY 3, 2009 - FRIDAY:

7 am - 5:00 pm REGISTRATION/ EXHIBITS & Alliance Silent Auction

7 am - 9:00 am Continental Breakfast (For CME Attendees tickets required)

7:50 am - Noon **CME – Day 1** Quality of Life Issues: Disease Prevention and Health & Wellness Maintenance

12 noon - 1:30 pm Dr. Jose Cuyegkeng Memorial Luncheon The Science and Art of Medicine
Keynote Speakers: Dr. Angelina Tantengco & Dr. Eliezer O. Sarmineto 64

Moderator: Dr. Benjamin Rigor 62 Professor Emeritus, University of Louisville, KY

1:30 pm 3:00 pm **General Meeting** (Reports of MAAA, Inc. President, AFUSA Chairman, Dean, & UERM Hospital President, Wish List Auction)

3:00 pm 6:00 pm **FREE TIME**

6:30 pm 12 am **JUBILARIAN NITE Dinner/Dance**

(Celebrating Jubilarians : Class 84, 64, 69, 74, 79, 89, 94, 99 & 2004)

ALL CLASSES WELCOME (Pre-registration/tickets required) THEME & ATTIRE: "**Rock n Roll**"

JULY 4, 2009 - SATURDAY:

7 am - 10:00 am REGISTRATION

7 am- 8:30 am Continental Breakfast (For CME Attendees tickets required)

8 am-1:00 pm EXHIBITS and Alliance Auction

8 am 10:00 am - **REFERENDUM**

8:00 am - Noon **CME – Day 2**

12 noon- 1:00p.m. Medical School Forum "**Why & How to Enroll at UERM College of Medicine**"
(Moderator: Dr. Sam Piga) Open to public.

1:00 p.m. Announcement of result of referendum (CBL Chairperson)

1:00 p.m. 6:00 p.m. **FREE TIME**

2:00 pm - 3:00 pm UERMMMMC-MAAA, Inc. Executive Council Meeting

6:30 pm 12 am **GALA DINNER/DANCE (The Waldorf=Astoria Grand Ballroom)**

ATTIRE: BLACK TIE (Barong Tagalog - Optional) Tickets required.

12:00 am Midnight Snacks (Filipino delicacies)

JULY 5, 2009 - SUNDAY:

Churches/Places of Worship - St. Patrick's Cathedral-5th Ave & Madison (one block from Waldorf=Astoria).

For other places of worship for most denominations please call the concierge for assistance at 212-872-4790.

12 Noon - CHECK-OUT TIME (THANKS & Have a safe trip and see you all in

Newport Beach, California. June 30- July 4, 2010!)

UERMMMC-MAAA, Inc. & Alumni Foundation USA, Inc.

21st Annual Reunion and Convention, JULY 1-5, 2009

The Waldorf=Astoria Hotel, 301 Park Avenue, New York, NY 10022, Tel: (800) 925-3673 / (212) 355-3000

Co- Hosted by: The UERMMMC-MAAA, Inc. - NORTHEAST CHAPTER

For more info & forms/CME brochure: www.uermalumni.org

REGISTRATION FORM

Hotel Reservation:
June 11, 2009
Deadline for Hotel Group Rate
(NO EXTENSION)

Group Code- UER Group Rate: \$209/ night+ tax *(single/double occupancy) Group rates are honored 2 days before and after the event dates

Call: 1-(800) 925-3673 / (212) 355-3000

Hotel rooms are limited and those with packages or Saturday Gala Night (required) plus another event (CME or Thursday or Friday Dinner/Dance) will be given priority.

For suites reservation, call Dr. Debbie Bobila at 201-248-5257

REGISTRATION FEES:
(ALL PRICES ARE PER
PERSON) (CME + Package Rate)

PACKAGE A, B & C FEES** include: 2-DAY CME (\$365) Registration + Membership Fee, Fri. & Sat. Continental Breakfasts, Dr. Cuyegkeng Luncheon, Thursday, Friday & Saturday Dinner/Dance.

ONSITE Registration up to Saturday at 10:00 a.m. ONLY. Add \$50 for each event or package (required).

<u>RECEIVED OR POSTMARKED BY:</u>	<u>June 1/09</u>	<u>After 6/1/09</u>	<u>On Site</u>	<u>No.</u>	<u>TOTAL</u>
Package A (Solo M.D. & Lifetime Member)	\$845	\$945	\$1,095		\$ _____
Package A (Solo M.D. & 2009 dues unpaid)	\$895	\$995	\$1,195		\$ _____
Package B (Retired Alumni [≥65 years])	\$670	\$775	\$910		\$ _____
Package C (Residents/ Fellows / Non-Practicing)	\$450	\$465	\$495		\$ _____
Package D (Non-USA Resident Alumni [Passport required] includes Thursday & Saturday Dinner/Dance and Free 2-day CME lectures only)	\$300	\$300	\$300		\$ _____
INDIVIDUAL FEES: (Prices per person)					\$ _____
Continental Breakfast per day	\$55	\$75	\$100	X _____	\$ _____
Dr. Jose Cuyegkeng Luncheon	\$95	\$135	\$150	X _____	\$ _____
Welcome/Thurs Dinner/Dance ("Back to the 60's")	\$90	\$125	\$150	X _____	\$ _____
Friday Dinner/Dance ("Rock n Roll")	\$95	\$135	\$185	X _____	\$ _____
Saturday Gala Dinner/Dance	\$185	\$235	\$250	X _____	\$ _____
CME (per person) 2-day with 2 breakfasts	\$365	\$465	\$500	X _____	\$ _____
CME (per person) Friday <u>or</u> Saturday w/ breakfast	\$250	\$275	\$300	X _____	\$ _____
OPTIONAL FEES:					
GOLF Tournament - July 1, 2009 - Bethpage	\$185/golfer/day			X _____	\$ _____
- July 2, 2009 - TBA	\$185/golfer/day			X _____	\$ _____
Contact: Dr. Andy Antonio at (914) 588-8392	Dr. Boni Sanchez at (732) 476-8804				
Email: depamiroge@aol.com					
ALUMNI MEMBERSHIP FEES : Non-package					
LIFETIME - One time fee (Optional)	\$ 500 per person			X _____	\$ _____
Annual Membership fee (Required)	\$ 50 per person			X _____	\$ 50
Registration Fee (Required)	\$ 25 per person				\$ 25

**Attendance to CME with package may be tax deductible. Pls. consult your accountant.

Grand Total : \$ _____

PAYMENT METHOD (Please return this form with the Payment Information Form and Payment enclosed)

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Please fax completed payment form to 318-445-5224
For additional info, please contact Ms. Marivel I. Tabalon
at 310-729-8635; website: www.uermalumni.org

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Make check payable to: **UERMMMC-MAAA, Inc**
c/o Josephine Pobre-So, M.D.
P.O. Box 2153, Bedford Park, IL 60499-2153

For more info: Dr. Amie Malihan, National Convention Commissioner 2008-2009 at Tel: (917) 747-2123; Email: amalihan@gmail.com
Dr. Benching Tan, Executive Director, UERMMMC-MAAA, Inc. at Tel: (908) 770-2922; benching123@gmail.com

2009 Payment Form



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PAYMENT INFORMATION FORM

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Year of Graduation: _____ Last _____ First _____ Middle/Maiden Name _____

Spouse's Name: _____ Specialty: _____

Business/Profession: _____

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Office Address: City- _____ State: _____ Zip Code: _____

Phone: Home: _____ Work: _____ Cell: _____

Fax: _____ Email Address: _____

Chapter Membership: _____

Guest (s) Name(s) _____

GOLF Registration:

Name(s): _____ Handicap: _____

Golf questions? Please contact : Dr. Andy Antonio at (914) 588-8392; Email: depamiroge@aol.com

Dr. Boni Sanchez at (732) 476-8804

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c/o Dr. Josephine Pobre-So , Treasurer

P.O. Box 2153, Bedford Park, IL 60499-2153

Tel: (267) 218-3468

NOTE: ALL Souvenir Ads must be mailed to: Dr. Irene I. Manlapaz (see Ad form)

CANCELLATION POLICY: No refunds after June 1, 2009 / (50% refund for payments up to June 1, 2009 only)

Waldorf=Astoria HOTEL Reservation: Group Rate: \$209/ night + tax*; Suites reservations with Dr. Debbie A. Bobila.

Hotel Reservation by Phone : 1-(800) 925-3673 / (212) 355-3000/ Group Code: UER; 1 night + tax deposit required.

Cancellation after 72 hours prior to start of reservation forfeits 1 night deposit. Early check-out fee applies unless hotel is advised of change of length of stay at check-in.

Hotel Group Rate Deadline : June 11, 2009 (NO EXTENSION). Hotel rooms are limited and those with packages or Saturday Gala Night (required) plus another event (CME or Thursday or Friday Dinner/Dance) will be given priority.

****Attendance to CME with package may be tax deductible. Pls. consult your accountant.**

**More Info: Dr. Amie Malihan, National Convention Commissioner, 2008-2009 @Tel: (917) 747-2123; Email: amalihan@gmail.com
Or, Dr. Debbie A. Bobila, NYC Convention Co-Chairperson at Tel. (201) 891-7919/ (201) 248-5257/ Email: dbob2001@yahoo.com**

CME: Quality of Life Issues: Disease Prevention and Health & Wellness Maintenance

COURSE DIRECTOR

Rogelio F. Lucas, M.D., MBA

New York-Presbyterian Hospital/Columbia University, 900 West End Avenue, Suite 18, New York, NY 10025, Tel: (212) 866-3821; E-mail: rogerflucasmd@att.net

ACCREDITATION

This activity has been reviewed and is acceptable for up to 8.5 Prescribed credits by the American Academy of Family Physicians. Each participant should claim only those hours of credit that he/she actually spent in the educational activity.

CME PROGRAM SCHEDULE

Friday, July 3, 2009:

Moderator: Rogelio F. Lucas, M.D.

7:00 - 7:45 a.m. Registration, Continental Breakfast and Viewing of Exhibits

7:50 - 8:00 a.m. Welcome & Opening Remarks:
Amie Malihan, M.D., Overall Chairman 2009
New York Convention

8:00 - 8:40 a.m. Overactive Bladder,
Michael Manyak, M.D.

8:40 - 9:20 a.m. Maintaining Brain Plasticity,
Boosting Your Memory and Preventing Pre-
clinical Alzheimer's Disease,

Dennis Aumentado, M.D.

9:20 - 10:00 a.m. Prevention of TIA and Stroke,
Amado San Luis, MD

10:00 - 10:20 a.m. Coffee Break/Visit the
Exhibits & Posters

10:20 - 11:00 a.m. Dyslipidemia and Prevention
of Atherosclerosis, **Benjamin Lumicao, M.D.**

11:00 - 11:40 a.m. Creating Health and Beauty
from Inside Out, **Randall C. Latorre, M.D.**

11:40 - 12 noon Q & A

12:00 - 1:30 p.m. Dr. Jose Cuyegkeng Memorial
Luncheon Lecture

"The Science and Art of Medicine"

Keynote Speakers:

Angelina Tantengco, M.D.

Eleazer O. Sarmiento, M.D.

Acknowledgement: **Lamberto Tan, M.D.** -
Printing of CD Handouts

REGISTRATION

CME FEE: USD \$365 (see registration fees): includes course material, 2 breakfasts, and coffee breaks. It does not include hotel accommodations and other incidentals. **One Day Fee:** Friday or Saturday- USD \$250.00 (per person) Please make check payable and send to: **UERMMMCM-MAAA, Inc.**, P.O. Box 2153, Bedford Park, IL 60499-2153.

Keynote Lecture Moderator: **Dr. Benjamin Rigor**, Emeritus Professor & Chairman, Dept. of Anesthesia, University of Louisville, Louisville, Kentucky

Saturday, July 4, 2009:

Moderator: Tomas Lumicao, Jr. M.D.

Assistant Professor, Family and Community Medicine, Baylor School of Medicine, Houston, Texas

7:00 - 8:00 a.m. Registration,
Continental Breakfast and Viewing of Exhibits

8:00 - 8:40 a.m. The 3 D's in the Elderly -
Floerfida B. De Jesus, M.D.

8:40 - 9:20 a.m. COPD: Diagnosis & Management Update, **Nestor C. Alabarca, M.D.**

9:20 - 10:00 a.m. Obesity, its Consequences and Comorbidities, **Jacqueline Fabello-Gamiao, M.D.**

10:00 - 10:30 a.m. Coffee Break/Visit the Exhibits

10:30 - 11:20 a.m. Applications of PET Imaging in Neurological Disorder, **Homer Macapinlac, M.D.**

11:20 - 11:40 a.m. Q & A

11:40 - 12:00 Noon Evaluation/ Special Raffle (2 raffle tickets, 1 per session)

Prizes: Medical Instruments & Textbooks

12:00 Noon Adjourment

Souvenir Program Order Form



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21st ANNUAL REUNION AND CONVENTION – JULY 2-5, 2009

Waldorf=Astoria Hotel, 301 Park Avenue, New York, NY 10022

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For Pharmaceutical/medical Exhibits, please contact: Dr. Boni Sanchez at Tel: (732) 476-8804, Dr. Alex Bobila at (201) 788-8779,
Dr. Rogelio Lucas at (212) 866-3821, Dr. Felix Evangelista at (732)322-3881
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Dr. Benching Tan, Executive Director, UERMMMC-MAAA, Inc. at Tel: (908) 902-5476; benching123@gmail.com

DEADLINE FOR SUBMISSION: May 31, 2009

Thank you for your support!!!

An Alumni Experience

By Amie Malihan

It was a cold winter in the Northeast; February 20, 2009 the flight was in the early Morning to Narita International Airport en route to Manila International Airport arriving midnight, Feb 21st some 18 hrs later. To some of us, the trip could be longer, having to depart from San Antonio, Texas to LA to catch a flight through Southeast Asia en route to Manila. To others, the preparation had began the year before-gathering surgical instruments, operating room and anesthesia equipment, wound care material and medications, securing a team of skilled nurses, anesthesiologists, pediatricians, internists, psychiatrists and surgeons, and constant contact with the receiving provincial hospital to screen and pre-op general surgery, and cleft lip/palate patients.

The familiar scent of burnt leaves in the air and the humid 95 degree temperature that seemed to bother no one else awakened the sleep-deprived travelers. Once again, they were back in their homeland, the Philippines.

We proceeded (after a short nap) to the Cordillera Mountain Provinces via Laoag International Airport. To other members of the team, there was a 10 hour overland trip by bus from Manila. A refreshing welcome lunch in the farm, courtesy of the Bobila Family (a gentle breeze was as calming as the delicious regional cuisine), then we began a hectic sightseeing tour of Vigan City and the Claridad Museum, ending the day with a quick scouting trip to the Bangued Provincial Hospital. Then, finally, some much needed sleep!

The next morning, a sumptuous Ilocano breakfast was served, and then we were off to work. At the hospital, the team met and evaluated and rescreened the patients, wrote pre-op orders, checked the anesthesia machines, and unpacked and sterilized surgical instruments. The most difficult task was to tell some patients to go home and return next time when they are better candidates for surgery. One could feel the disappointment of those parents of cleft lip and palate children- a deep sense of loss of the opportunity to correct a deforming birth defect.

The day of surgery began after a few snags (the anesthesia machine,

the virtual image projection portion of the instruments for endoscopic cholecystectomy). Having a pediatrician to secure the care of the little ones before and after surgery facilitated the turnover of cases. All other volunteers found meaningful roles that contributed greatly to the progress of the mission. For the medical students, the experience was one of the defining moments in their pursuit of specialty training. To each team member the experience would be so rewarding that no one seemed to notice the clock. The work continued till 10 pm, with no one noticing their legs and feet getting heavier.

The second day began with a 6 am breakfast by the riverside, with the Cordillera mountain range in the background. Even though our legs were still aching and swollen, everyone seemed recharged and eager to return to the OR. Morning rounds found very appreciative recovering patients.

The third day in the OR included teaching student nurses who were interested in pursuing a career in the OR. The post op patients were to be discharged with follow-up instructions given to the in-house surgeon.

It was yet another experience as nostalgic as the previous years, one that will never seem to diminish for as long as there are Filipinos unable to afford healthcare, a constant reminder of our good fortune to have acquired the skills to deliver medical care otherwise unheard of by our less fortunate countryfolk. For us all, it was truly a rewarding and enlightening experience.

May you all discover your own Alumni Experience, and attain a lifetime sense of accomplishment and fulfillment. Join your friends and colleagues in supporting the Alumni Association in all it's endeavors.

See you all in New York this summer.

Ed Note: Amie A. Malihan, is the Convention Committee chair of the upcoming NYC Reunion.

New York, New York

(Continued from page 1)

Last but not the least, it's at **THE WALDORF**. Glamour, grandeur, opulence and it's all on the CHEAP! You will SAVE a lot more if you plan your trip NOW with TAX FREE ROOM.

RATES (DEADLINE TILL END OF APRIL) and also on AIRFARES. The Northeast Chapter (NEC) will set up a TRAVEL ADVISORY STATION, Advising you ON HOW TO TRAVEL FROM/TO THE ARPORTS, HOW TO GET THERE/ TRANSPORTATION AND TIPS ON HOW TO ENJOY NY.

LET US LOOK FORWARD TO THIS NYC CONVENTION AS A TIME FOR FORGIVENESS AND RECONCILIATION AND A HOPE FOR A NEW FOUND SPIRIT OF COOPERATION.

PLEASE JOIN US AT THE WALDORF THIS FOURTH OF JULY WEEKEND!! WE ASSURE YOU WILL HAVE A FUN AND A MOST MEMORABLE EXPERIENCE!

El Cheapo ... Or, Why I Love Living in the Big Apple

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all at wholesale.

Avoid the tourists traps along Fifth Avenue and elsewhere with "Closing Out" or "Going Out of Business" signs because they have been closing or in renovation for the umpteenth time.

Eating

New York has a plethora of ethnic restaurants (Chinese, Greek, Italian, Thai, Vietnamese, you-name-it) and at lunch time, you can get a full meal for less than 8 or 9 dollars. If you take it out, you can even split the meal with another person, Street food is good in New York and will range from the regular hot dog stands to the specialty barbecue and dishes. Hot dogs from the hot dog stand are \$1.50 while sausage is \$1.75 to \$2.50 (depending on the type and location). Sodas are \$1.00 each. Sauerkraut, if available, is free. Specialty foods like those from Hallo Berlin stand near the Lufthansa office on Fifth Ave, shishebab (\$3.00), pretzels and knishes (\$2.00 each) and even halal food dot the midtown area.. Ices (gelato) are cheap at \$1.25 if you buy it from the small vendors but become at least \$3.00 when you buy from Italian places.

Chinatown, as usual, is cheap. You can try the street vendors, especially those underneath the Manhattan bridge where a mee fun (pancit bihon) costs \$1.50 and "taho" is \$1.25 Filipino food is mostly found in Queens-- ride the No.7 subway and get off at Woodside, the Filipino enclave where you can also buy pan de sal and luscious ube cake.. Here in New York, at Elvies, (1st Ave near 12th St.), you can get 2 dishes and a big plate of rice (request for a free "sabaw" for \$7.50 tax included; this is "turo-turo" style). There is another restaurant, Grill 21 (21st St off 1st Ave.) owned by a Pinay ex-RN which serves lunch for \$8.00/ dish with rice.

For the quintessential New York breakfast of bagels and cream cheese, H and H Bagels (2nd Ave/ 81 St) is arguably the best bagels in the country (thanks to the unique NY city water which, by the way, is potable everywhere, including hotel bathrooms!)- very much a value at \$2. Katz's Deli (East Houston St. and Allen St) was the setting of "When Harry Met Sally," the Meg Ryan-Billy Crystal movie where 4 people can share one order of pastrami with rye bread and dill pickles for about \$25 total.

Free (Libre!) or very discounted, stuff

Tourist information kiosks at the Grand Central Station and Times Square give away free maps and brochures on where to go and what to do in the Big Apple.

During the Opera season at the Met, at Lincoln Center, from Monday to Thursday, you can get orchestra seats for the evening's performance at the box office (after 5pm). The Stars of the Metropolitan Opera and the NY Philharmonic also give free concerts at Central Park on certain summer days. There are also free Shakespeare presentations on the Park.

If you really want free entrance, just hang around the theatres a few minutes before the performance and somebody might give you tickets that they will not be using. A surer way is to go to these shows

during intermission and those who are not going back to watch the performance might give you their tickets.

For Broadway shows, there is the TKTS booth on Times Square and at South Street Seaport (Water St. near Wall St. in downtown) where you can buy discounted tickets for the night's performance. (There are no more discounts for matinee shows). Bryant Park (on 5th Ave and 42nd St behind the NY Public Library-which also has free guided tours) has free classic movies on widescreen during summer Mondays starting at dusk.

For very discounted rates for fillers (Collagen, Restylane, Juvederm etc) and Botox, the Dermatology Clinic at New York Hospital (1305 York Ave.) offers them at cost (\$15/unit for Botox and \$270 for the fillers). Haircuts at less than \$5 can be had at the NY Haircutting School (39th St and 10th Ave). One of the favorite activities of fashionistas is to walk along Madison Avenue (from 57th to 79th Sts) around midnight and window shop with all the designer brands one after the other vying for your attention with their well lighted windows.

These museums are free or on a pay as you wish admission charge: American Folk Art Museum (free), 45 W53rd Street (between 5-6Ave); Guggenheim Museum (Pay as you wish), 1071 Fifth Avenue at 89th Street; International Center of Photography (Pay as you wish), 1133 Sixth Avenue at 43rd Street; and Whitney Museum of American Art (Pay as you wish), 945 Madison Avenue at 75th Street. MoMa (Museum of Modern Art, 53rd St between 5-6 Ave), in the late afternoon and early evenings on Friday, has free admission.

The best way to stay in New York is to live with friends or relatives with an apartment in the city since they personally can tell you where to go to shop etc and you don't pay for your stay. However, remember the saying: houseguests are like fish- after 3 days, they both start to stink.

Walking Around the Waldorf

The Waldorf Astoria, which opened in 1931 at its present location, is a union of two hotels, the Waldorf and the Astoria which were owned by rival factions of the Astor family. The art deco landmark building was, at that time, the world's biggest and tallest hotel and was the first hotel to offer complete electricity and private bathrooms. Located in the heart of midtown Manhattan, it is just a few blocks away from some of the city's "must-sees" After enjoying the hotel's luxurious facilities and famous restaurants (home of the Waldorf Salad, Eggs Benedict and Veal Oscar), it is time to leave the confines of this historic hotel and venture out into the city. The best way to enjoy New York is by walking and just a few blocks away from the Waldorf in all directions are stores, restaurants and places of interest that make New York the City that it is.

Before exploring the nearby surroundings to see the sights, be sure to have sustenance to give you energy and endurance. Just two blocks south on Lexington Ave. is the Longwood Gourmet, a big deli cum

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food store where the choices are numerous from American, European, Mongolian, Japanese (reasonably priced tempura or classic NY deli sandwiches at \$5).

A few blocks further towards 42nd St. are the landmark buildings -- the Chrysler Building and Grand Central Station. The Chrysler was, for almost a year, the world's tallest building until it was overtaken by the Empire State Bldg. The Chrysler art deco lobby is worth a visit and so is the cavernous Concourse of the Grand Central with its ceiling decorated by the constellations. Grand Central was about to be demolished to give way to a cluster of modern buildings.

Venturing a few blocks uptown will take you to Bloomingdale's, dubbed "like no other store in the world" (59th and Lexington). It's black and white marble cosmetics department on the ground floor is full of zest and vitality that is simply incomparable. Neighboring stores like H&M and Diesel, with their cutting edge interiors, contribute to the vibrancy of the area. Visit the adjacent Dylan's Candy Bar (60th/3rd Ave) owned by Ralph Lauren's daughter Dylan and see, smell and taste hundreds of candies and chocolates from all over the world.

Park Avenue in the Waldorf area is where one finds office buildings with open spaces, fountains and plazas and an elegant neighbor of the hotel is St. Bartholomew's Church. St. Bart's, as it is fondly called, is a Byzantine structure which is a dramatic contrast to the steel and glass buildings in the area. A preferred wedding venue for the WASPEs (E for Episcopalian), the church is also the site of classical concerts.

A city block away from the Waldorf towards the west is Madison Avenue and a block over is Fifth Avenue, THE shopping streets of the city. Walking westward on 49th or 50th streets will take you to Rockefeller Center and St. Patrick's cathedral and a few blocks away

between 45th and 46th Sts. is the Philippine Center which has ongoing exhibits usually by Filipino painters or photographers. Rockefeller Center with its cluster of buildings connected to each other through a huge underground shopping concourse was built during the depression and is notable for its art deco statues and murals scattered throughout the area. The Rainbow Room at the top of the GE building with live orchestra and a revolving dance floor and the cavernous Radio City Music Hall are the gems of Rockefeller Center.

Walking just a few blocks north will take you to the corner of Fifth Avenue and 57th street, probably the world's most expensive retail real estate where you can have breakfast at Tiffany's, and Bergdorf Goodman, Van Cleef and Arpels, Bulgari and Louis Vuitton are all vying for your attention and pocketbooks. The Plaza Hotel and the Apple Store and the nearby Central Park all beckon to those who still have the energy to explore more of New York.. When fatigue and exhaustion creep in, you can always hail the ubiquitous NY yellow cab to take you back to the comforts of the Waldorf Astoria.

Note: Ida Tiongco, is a dermatologist in private practice in the Upper East Side of New York City and a Clinical Associate Professor in Dermatology at the Weill Medical College of Cornell University. She was a former Visiting Professor of Dermatology at UERM in Quezon City. She has lived and worked in Manhattan since the early '70s. However, because of the economy, some free things may not be available this summer. She is also a little bit dyslectic so that for directions etc, ask the concierge at the Waldorf since she is not responsible for wrong directions.

A Sky-High Medical Mission

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Grey (from Lucena, Quezon - her 7th mission), Karen Alabado (from Davao), Alex Castillo, Johann Dayrit, Faith Generao (from Baguio City) and Yvonne Lopez (who recently finished her Derm training and is from nearby Lagaue). From New York Cornell Medical Center, Dr. Ida Tiongco invited a Derm resident, Dr. Toby Ebede. Overseeing the mission operations was Dr. Ida's husband, Alex Sarmiento.

The missionaries, for 3 to 4 days, live together in the house of Dr. Tony and Sylvia Ligot in the hospital compound -- eating, working and sharing experiences together. The chapel was converted into an outpatient clinic and the delivery room, with a magnificent partial view of the rice terraces and towering pine trees, became an operating room. After the mission, the members bonded like a family, and most looked forward to another mission the following year even if it entailed further

hardship. The missionaries felt a sense of accomplishment because they had been of service to the poor and almost forgotten Ifugaos.

Removing ugly growths on a shy young woman (lesions akin to the Elephant Man), or the 90 year old woman with life threatening skin cancer on her face, or treating families who are all infected with scabies are just some of the cases that made the mission very fulfilling to the doctors. For a few days, the Ifugaos benefited from world class dermatological, medical and surgical treatment from specialists who are members of the Philippine Dermatological Society, and the American Academy of Dermatology. "We plan to serve the Ifugaos for their dermatological needs as long as we can sustain it," says Dr. Ida, "Because it is a way of showing the Ifugaos that we care for our upland brothers and sisters."

APPA holds National Convention in Philadelphia



F. Talangbayan

The Association of Philippine Physicians in America will hold its 38th Annual Convention and Scientific Seminar July 2-5, 2009 at the Loew's Philadelphia Hotel, 1200 Market, Philadelphia PA 19107. This year, the association is headed by a UERM Alumnus (valedictorian '68), Dr. Francis Talangbayan, who is in private practice in the metro Philly area. The Grand Inauguration Ball will be held at the National Constitution Center, 525 Arch Street, also in Philadelphia, beginning 5 pm Saturday, July 4. All alumni and guests are invited. For more details on the association and the national convention, consult its website at: <http://www.facebook.com/group.php?gid=29731994545>



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