



## Class 1969

## PROGRESS NOTES ▲▼▲▼▲▼▲▼▲▼▲▼



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By **SAM FERNANDO** (please note my new email: [samuelfernandomd@yahoo.com](mailto:samuelfernandomd@yahoo.com))

Undaunted by warnings of severe rain and thunderstorms across the country, we managed to survive the flight delays and reach San Francisco for the opening ceremonies.

There was one lone representative from California no other than LORNA ADOLFO. She arranged a Class '69 lauriat at the Koe Palace in Daly City. We managed to get there hauled by the longest limousine I have ever been in. She also treated us to midnight cocktails at the VIEW Lounge, 40 floors above the San Francisco skyline. We had the finest dim sum lunch at the YANG TSE with acting rector Fr. Aligan and our regent Fr. Manlangit as guests.

LORNA & MANNY PECANA managed to come in spite of their jet lag coming from Iriga City after doing a surgical mission there for 4 days.

VLADIMIR & CHED PARUNGAO were there of course. Vladimir's "strange" stories continued unabated.

DICK & ZENY MADDELA arrived rather late as usual. WILLIAM PANGANIBAN came all the way from Bayombong, where he serves as Chief of Medicine & Training Program Director at the VA Hospital there.

GENER came to accompany ELVIE. FREDDIE RODRIGUEZ did the same with Nanette! Both of their wives were celebrating their 35<sup>th</sup> jubilee year. Surprised to see Gener and Freddie NOT dancing with that group!

CARMING PAYUMO came with his family in tow. COLLEEN his eldest daughter was introduced as the youngest UST Alumni to attend the reunion, having just graduated in April, 2006. Congratulations to Colleen.

LINO & YOLY ALCASID have been on the road for two weeks prior to the reunion with trips to Orlando and Vegas before reaching San Francisco. They both became proud grandparents with the arrival of their first grandchild last month. Lino is about to retire. Their son, Patrick, is doing pulmonary fellowship.

TESS BELAMIDE came with hubby, Tony. She was easily the best dancer on the floor. She was teaching her dance moves to everyone. She now has to compile our class directory which will include cell phone numbers, e-mails, local RP address, etc. PLEASE facilitate her job by returning your questionnaires.

LOVEY GARCIA came with Elly. Lovey is looking for a neurologist to join his practice in Elizabethtown, KY.

NOEL & ALICE CANLAS joined in all the activities but had to leave early Sunday morning to catch a cheaper flight leaving San Francisco at 6:30 AM. There was no traffic either to add to the taxi fare at 4:30 in the morning. Noel had enough credit limits with AMEX card to finance Judy's wedding.

Surprising us with their absence are LP & Jean Fonte from nearby Fresno. DR. ALBINDA also was a no-show. Regulars like LU TRAZO, LINDA & LITO ENRIQUEZ, FRED, AGNES & LITO MANZANO all missed the fun. We had a feeling VICTOR HUANG might just show up.

A small group from our class joined Santos Travel for a pilgrimage to Mexico City and Pueblo. Morell & Offie, Reuben and Offie Montoya and me enjoyed visiting the most ornately decorated churches reminiscent of the great churches in Spain.

SR. TONI REDITO is now the Superior of the Medical Missionary Sisters in Ethiopia. She happens to be the Chief Engineer, maintenance crew and truck mechanic. She is glad that they are finally giving anti-retroviral drugs at their hospital. She is also complaining about the long hiatus between progress notes.

Our condolences to NORA TIU and family on the demise of her younger sister Rosalind who is also our colleague in the medical profession, a child psychiatrist belonging to the UST Class '78. Nora is busy playing golf spending more time on the courses than in her office.

ALICE DE LA ROSA has been in the Philippines since March completing the renovation of her Tagaytay home and watching over her ailing father.

LITO JAVIER spends most of his time golfing at different courses and at home, he is fixed on Golf TV. Remy, the golf widow, suffers in the meantime.

FLOR DE JESUS is busy circling the globe with her hubby trying to match Michael Palin on TV.

MANDY SANDOVAL is the current president of the Kentucky and Southern Indiana PMA. I hope he won't be sobbing when he delivers his presidential address – he did when he marched his daughter to the altar on her wedding rehearsal – not the wedding! ANGIE DE VEGA-FONTANILLA is in-coming president of the Indiana PMA. Congratulations to both.

MINA ERNI from nearby Gilroy, California never showed up for the convention at San Francisco.

MC LAZO please call Sam. Your friend M. Derro in Michigan is looking for you.

No news from ANGIE DINGONG at this time! Where are you PAT DINGLASAN? How about VIOLY & BERT LARA? RONNIE & MARYLOU MACABUTTAY have been hibernating long enough – same for VIVIAN VALENZUELA.

DITOT (REMEDIOS) REYES continues her hematology practice at the ROYAL MARSDEN HOSPITAL IN London.

E. MACARAEG is getting ready for the gang to invade him on December 16<sup>th</sup>.....poor Aurora.

JUN MICLAT is working part time while Nora continues to be the mother hen. They spend their winters in Jupiter, Florida and their summers in Newport, Rhode Island. Jun, after retirement goes for missionary work to Honduras to work with Father Benedict Groeschel (EWTN).

LINO & YOLAND are busy with ETHAN ANDREW. This first grandson will hasten Lino's retirement – to have more time to babysit.

There was mini reunion at CARMING PAYUMO'S to celebrate his 60<sup>th</sup> birthday. Well wishers included PAUL & LETTY SIA, FRANKLIN & PEACHIE RIVERA, THE ALCASIDS and MANNY TAN'S family.

ART QUITO vacation to New York in early August. ART is occupied with work, sleep and golf with MARY ROSE waiting for crumbs.

ALICE JUINIO SALUD is currently on IN California visiting her Mom. She resumed her pediatrics part-time and is doing well. We wish your continued health. DOMENG PASCUAL & family appreciate the care & financial support Class '69 gave the son. He was fortunate to survive 14 gunshots during a robbery. After a prolonged 2 month ICU stay, he is doing well, married Valentine's Day & now practicing!

VIOLET KALAW works 17 hours a week (3 x a week) while hubby is retired. She spends a lot of time in Home Depot or Lowe's...shopping, or working part-time? She spends most of her time at a camp by the St. Lawrence Seaway where she crosses over to loiter in Canada. She was in RP in April to visit her Mom.

So was EDNA JACINTO in March to visit her mom as well. The MI was a false alarm but Edna had a great visit with AMOR GUEVARRA. Amor's son & family migrated to USA & she is almost empty-nest...spends her time-off with her "senior citizens barkadas".

JOY BRUCE is full time PROFESSOR OF PATHOLOGY at the University of Miami – Miller School of Medicine. She is also a neuropathologist at Jackson Memorial. Joy spends most of her time coordinating NANAY. They recently incorporated the ADVOCATE FOR CHILDREN AND ELDERS INTERNATIONAL with focus on Filipino children in prisons. She will retire in the Philippines just like LORNA ADOLFO who has her retirement cottage in BORBON by the beach a short drive from Cebu.

With the able expertise of LITO ALMENDRAS and his surgical crew from CEBU DOCTORS HOSPITAL, and MANNY PECANA'S anesthesia magic, they completed three days of surgical missions in Iriga City where their staple diet consisted of TILAPIA cooked in various recipes.

BABY DIONISIO (Felicitas Juguilon) is the current CHIEF OF AGING and VITALITY CENTER in Cleveland/ she will retire in Florida.

ARESENIO GO continues to practice in New York on a part-time basis. Beautiful Diane continues to keep him happy. Arsenio will join the medical missions in February in the Philippines.

MARY AGUINALDO is now occupying her new "crib" on Toney INDIANA AVENUE near the lake.

NESTOR CUASAY transferred his practice to Decatur, Illinois. I saw CONRAD CASTER at PRIMED at the Rosemont Convention Center in June.

Hello,

Here is the news from our area. By **Ansel Loredo-Canlas:**

Greetings from the Mid-Atlantic Region.

There have been some memorable birthday celebrations and people have been taking some interesting trips. Last February 17, Nini Ramos Tarampi celebrated her 60<sup>th</sup> birthday. It was a surprise party at the Hilton given by her husband Sonny. It turned out to be a lot of fun. The "Forever Young (at Heart)", a group of Marylanders including Jun and Nora Ingles Miclat sang a song especially composed for Nini. Other classmates who were in attendance with their respective spouses were Gener Dapul, Carming Payumo, Lino and Yolanda Lazaro Alcasid, Franklin Rivera, Hermie Quilala Ayuyang, Luz Parlan Reyes, Jo Moneda, and Flor Peralta

Ansel Loredo Canlas went to the Philippines in April to attend her 45 year high school reunion (their first since 1961). As expected, it was a very nostalgic gathering and a resounding success. Everybody felt like high school kids with no cares in the world.

May 15<sup>th</sup> was Tony Calon's 60<sup>th</sup> Birthday. He had a wonderful celebration in a beautiful lake-view cabin in Baltimore. The "Forever Young (at Heart)" group (Tony and Celia del Prado Calon, Pong and Pearl Sevilla, Manny and Lina de Leos, Bill and Norma Villaroman Gungon, Sonny and Nini Tarampi, Mel and Ansel Canlas) performed a Waltz and a Charleston reminiscent of the 30's in Tony's honor. Jun and Nora Miclat joined the group in singing a medley to commemorate this special occasion. Other classmates who joined in the celebration were Mary Ann del Pilar Rustia, Hermie Ayuyang, Luz Reyes, Avelina Cinco Hernandez, and Jo Moneda.

On May 19, Sonny and Nini Ramos Tarampi, Tony and Celia del Prado Calon, Ed and Evelyn Pacis Enriquez, and Mel and Ansel Loredo Canlas went to Athens. This was followed by a cruise to the Greek Islands of Mykonos, Santorini, Rhodes, Crete, and Ephesus, Turkey. In spite of the hot weather and the tiring treks to the top of hills, everyone enjoyed the historic sites, museums and breath taking sceneries. We were able to savor authentic Greek cuisine. Thanks to our limo driver who was a native of the area.

In July, the Tarampi's and Sevilla's visited and stayed with Jun and Silvia Gonzales Diaz in Easton, Maryland. The highlight of the visit was a dinner specially prepared for them by the chef at the famous "The Inn at Perry Cabin" in St. Michael, Maryland.

PRACTICE STATUS: Nini Tarampi, Pong Sevilla, and Manny de Leos no longer take calls. Ansel Canlas has cut back to working three days a week with less night calls. Angie Dingcong Syphax has retired and spends time between her houses in Maryland and Florida. Ave Hernandez has also retired. Tony and Celia Calon enjoy doing acupuncture. Silvia Diaz still works full-time and longs very much to cut back. Norma Gungon is still in full-time practice together with Vilma Villanueva Torres.

FAMILY: Ansel's husband Mel Canlas was inducted CEO of the UST Medical Alumni Association of Maryland in April. The "Forever Young" group attended the induction ball along with Angie Dingcong Syphax.

Other happenings include a housewarming at Manny de Leos new residence last fall. There was also a get together – sleep over at The Calon’s beach house in NJ... Aside from the Forever Young group ,Carming and Lina Payumo, Gener and Elvie Dapul, Bert de Leon (visiting from R.P.), Morelle Mangubat were among the guests. In

May 2005, Jun and Nora Miclat hosted a get together for the Forever Young group. Everyone enjoyed the scenery at the Yacht Club. A Broadway show complimented the event.

The” Forever Young ( at Heart) ‘ group was started at a sleepover at Pong Sevilla’s residence. Jun Miclat coined the name. Several more sleep overs were held at the Tarampi and Canlas residences with everybody enjoying karaoke and line dancing (with Pong and Pearl Sevilla as our patient instructors)

**WINTER GETAWAY:** the possibility of a cruise along the Mexican Baja coast.

A visit to some of the spectacular U.S State Parks in another possibility in the spring or fall.

**Addendum:**

Boy Vazquez and his two adopted sons visited us in May, stayed with Evelyn and Ed Enriquez in Manhattan, treated by Morel and Ofie Mangubat to an elegant Thai restaurant in New Jersey, stayed with Sonny and Nini Tarampi in Merion. They were the guests of honor at a party hosted by Mel and Ansel Canlas at their residence in Havre de Grace, Maryland together with Cel and Tony Calon, Manny de Leos, Pong Sevilla , Lourdeline Tarampi and their spouses

**From Mario Mercader:**

sorry for the long silence. I just had too many things to attend to. all the kids are on their own now except the eldest who is a professional student; still dependent of course. I have been workng part time for the last two years and still undecided as to work four months next year or hang it up completely. of course I want to join you on our mission trips in the PI. In fact that is perfect because i will in the Philippines all winter; just let me know of the exact dates. thanks to all who remembered me during my wife’s demise.

**From Lorna Adolfo**

I am glad that you make it clear that we can go ahead and plan our destiny without making the medical mission a global UST project. I have big plans for our group and it is indeed less stressful if we focus of our class 69. The dates are Feb.18 to 25 2007 Siargao island off Surigao Mindanao the surfing capital of the Philippines. We will have a mini class reunion /at plantation bay hotel and spa for private parties and massages, beach fun before we leave for the mission.

This will be a large group so I need a firm commitment for all our reservations.

**From Lu Trazo-Lazatin**

Violy Vallejo-Sinavsky met with Remedios "Ditot" Reyes in London 2-3 weeks ago after close to 4 decades. She has been a Pathologist at Guy Hospital for many years. Violy, Alice dela Rosa and I met at Alice's brother's home this weekend before Alice went back to Boston from the Philippines.

We are moving from our Beach home to the City of Ventura. Our 5 year old beach home has not yet sold. If you or your friends are thinking of a newer home 2 short blocks to the beach, please call us 805 901 6383 or 986 3218.It has been reduced to 645 K, the lowest in that development (smaller model and located further from the beach sells for more). : We will surprise anyone with a generous FINDER'S FEE for a buyer for our home. Please pray that we find a buyer. Lu