



Official Publication of the FAR EASTERN UNIVERSITY
Dr Nicanor Reyes Jr School of Medicine Alumni Foundation

ECTOPIC MURMURS

Alumni Foundation's Vital Beat, Echoing Unity and Legacy.

*Highlights of the 44th FEUDNRSMAF
Annual Reunion and Convention,
Las Vegas*



Messages



**OUTGOING CHAIRMAN OF FEU DR. NICANOR REYES SCHOOL OF
MEDICINE ALUMNI FOUNDATION (FEUDNRSMAF)**

Manuel A. Malicay, MD, FACP, FAHA, Class '72

I am deeply honored and humbled to have served as Chairman of the Board 2023-2025 and tasked to accomplish the most cherished goals of the Foundation that benefited our alumni members and the FEUNRMF, medical school.

The election of the Chairman of the Board in 2023 was uncontested and

unanimous that had the making that the 2023- 2025 term was easy, smooth and stress free. This was not totally the case because the contentious issues that arose in the proposed new website and the fifty-year- old website that began three years ago was immediately resuscitated at the very onset of this administration. This became disruptive and consumed most of the time that almost forestalled us to move ahead in performing our functions, duties and responsibilities. Through compassionate fairness, impartiality and sound leadership these contentious issues were resolved with satisfaction to all the parties involved.

Notwithstanding, this administration had accomplished an outstanding achievements and some are first in the Foundation:

- 1). The launching and establishment of the modern and up to date website in 2024.
- 2). The members of the Finance Committee for the first time could access and self-direct our investments in Morgan Stanley which would maximize the return of our investment.
- 3). Some of our funds in the savings accounts were invested in the money market and are earning.
- 4) We provided the Faculty Grant \$17,500 in 2024. \$20,000 in 2025 for Full-Time and Part-Time faculty members.
- 5) The 43rd Annual Reunion and Scientific Convention 2024 in Chicago was a big hit and profitable for the first time in recent years.
- 6) We continue to provide funding for the academic and economic scholars yearly.
- 7) The 44th Annual Reunion and Scientific Convention 2025 in Last Vegas was also profitable.
- 8). The amendments of the Constitution and By-Laws were finally completed.

My utmost and sincere gratitude and appreciation to my partners: Nida Blankas-Hernaez, MD. President: Grace Averilla-Obena, MD, Executive Vice President; Lary Rabang, MD, Vice president; Rosemary Aquiler-Angeles, MD, secretary: Richard Mon, MD, Treasure; Cesar Lastimosa, MD, auditor, Ted Tolentino, MD, and Guat Sy. MD.


Manuel A. Malicay, MD. FACP, FAHA.



INCOMING CHAIRMAN OF THE BOARD, IMMEDIATE PAST PRESIDENT, CHAIR ECTOPIC MURMURS & CME COMMITTEES OF FEU DR. NICANOR REYES SCHOOL OF MEDICINE ALUMNI FOUNDATION (FEUDNRSMAF)
Nida Blankas-Hernaez, MD, FAAP, Class '84

"Leadership is not about being in charge. It is about caring for those in your charge." — Simon Sinek

It is with deep gratitude and a profound sense of responsibility that I greet you all in this issue of *Ectopic Murmurs*.

As President and COO for the past two years, it has been a journey filled with both challenges and triumphs. Together, we overcame obstacles, fulfilled our mission and vision, and achieved meaningful milestones—most notably in strengthening the financial stability of our foundation. I

sincerely thank the officers and the Board of Trustees for your steadfast support and dedication, which made these accomplishments possible.

In addition to serving as President/COO, I also took on multiple key roles: CME Chairman, Ectopic Murmurs Chairman and Chief Editor, Zoom Director, Scholarship Chairman for 2024, and Overall Convention Chairman for 2024. Following the untimely passing of our dear colleague Dr. Daniel Fabito, I assumed leadership of the Memorial Lecture Committee. I likewise took on the role of Awards and Souvenir Book Chairman for 2025, in honor of the late Dr. Daisy Ramos and Dr. Daniel Fabito, whose legacies continue to inspire us all.

The 2024 Convention was a resounding success—a testament to the collaborative spirit, dedication, and hard work of our alumni community. Truly, my time as President was a fast-paced and transformative experience. From opening a new bank account, to hosting countless meetings, resolving internal challenges, and steering major event preparations, every moment was an opportunity to learn and lead.

This journey helped me grow not just as a leader, but as a person. I've become stronger, more patient, and more grounded in prayer and positivity—always striving for success and for a lasting legacy. Every decision was guided by a deep desire to do what is best for our foundation.

Coming off the heels of our successful 44th Annual Convention and Reunion in Las Vegas, I am both humbled and honored to have been entrusted—unopposed—with the chairmanship of the Board of Trustees of FEUDNRSMAF. This is a privilege I do not take lightly, and I thank you all for your continued confidence and support.

At the 2025 Filipiniana Awards Ceremony, we proudly honored the following recipients of the **Distinguished Service Award**:

- Dr. Grace Obena
- Dr. Rosemary Aquiler
- Dr. Richard Mon

- Dr. Ted Tolentino
- Dr. Guat Sy Jr.
- Dr. Gerardo Guzman

At the 2025 Grand Ball Awards Ceremony, we also proudly honored the following recipients of the **Most Outstanding Alumni Award (MOA)** :

- Dr. Roy Cabrera – Diamond Class of '65
- Dr. Pedro Florescio – Golden Class of '75
- Dr. Grace Obena – Ruby Class of '85

A special **Posthumous Life Service Award 2025** was also bestowed upon Dr. Daisy Ramos, in recognition of her relentless commitment, exceptional service, and lasting contributions to our alumni foundation. Her legacy will always live on in our hearts.

This year's gathering reminded us of the enduring strength of our community—our shared memories, collective vision, and steadfast commitment to serve. I extend heartfelt thanks to our jubilarians and alumni, to the Las Vegas chapter led by **Dr. Gerardo Guzman**, and to our **dedicated supporters and volunteers, including Drs. Grace Obena-overall Convention**

Chairman, Leilanie Mon and Richard Mon and of course, Nelson Obena and the LV family and friends.

On a personal note, I humbly acknowledge a historic moment: after 44 years, we now see a woman at the helm of the Board—a meaningful milestone in a field long dominated by male leadership. I see this not as a personal victory, but as a symbol of progress, inclusivity, and our foundation’s readiness to embrace new perspectives. **Together, we will continue breaking barriers and building bridges.**

As we look ahead, our mission remains clear:

- To help our beloved Alma Mater regain and sustain its rightful standard of excellence, by improving board passing rates and elevating academic quality.
- To encourage greater participation and representation from our younger alumni, ensuring continuity of leadership and fresh ideas.
- To safeguard and grow our financial stability, enabling continued support of our programs and initiatives.
- To strengthen unity within our ranks, where every voice is heard, valued, and respected.
- To publish *Ectopic Murmurs* more regularly, keeping it a vital link among us.
- To make our website more functional and user-friendly, including online payments for registration and donations.
- To uphold the highest standards of integrity, impartiality, and sound decision-making within the Board.
- To sustain and expand our fundraising efforts, inspiring alumni to share their time, talent, and treasure in service of our Alma Mater.

On behalf of the Board, I extend my sincere appreciation to our immediate past chairman and trustees for their exemplary leadership. To the entire organizing committee and everyone who contributed to the success of our convention—your devotion and service are deeply appreciated.

To our outgoing Chairman, thank you and congratulations! Our two-year term was undoubtedly filled with challenges, but through perseverance, teamwork, and enduring commitment, we made it. It was a tough journey—but a triumphant one.

Let us move forward with renewed purpose, guided by the legacy of FEUDNRSMAF, and inspired by the values of excellence, unity, and service.

“Alone we can do so little; together we can do so much.”— Helen Keller



Nida Blankas-Hernaez, M.D., FAAP
CHAIRMAN of the BOARD, FEUDNRSMAF
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INCOMING PRESIDENT, IMMEDIATE PAST VP, EXECUTIVE DIRECTOR & OVERALL CONVENTION CHAIRMAN OF FEU DR. NICANOR REYES SCHOOL OF MEDICINE ALUMNI FOUNDATION (FEUDNRSMAF)

Grace Averilla-Obena, MD. FAAFP, ABAARM, Class '85

Thank You for a Memorable 44th Convention – Let's Keep the Momentum Going!

Dear Fellow Tamaraws,

The **44th Annual Convention in Las Vegas** was a resounding success, and I want to personally thank each of you who made it possible!

Many of you shared how convenient the venue was—close to the airport, offering free parking, and within walking distance of the Strip. The hotel was affordable, the food was great, and the short walk to the convention rooms made everything more enjoyable. But what truly stood out were your smiles and laughter as you reconnected with old friends—those moments genuinely warmed my heart.

As with past events, we faced a few challenges—mostly from **last-minute registrants**, which affected seating arrangements and displaced others. Thankfully, we managed it well. That said, I strongly encourage everyone to **register early** for future events to help us plan more effectively.

A special **thank you** to the **Las Vegas Family and Friends** team for their outstanding efforts—especially during **Filipiniana Night**, which beautifully highlighted our culture. From dancing *pandanggo sa ilaw* to serving as ushers, decorators, assistants, and more—you truly shined. The **Western Night** was also a hit—“FEU Meets Their Howdy Partners” brought lots of laughter, great dancing, and a fun skit. The **CME speakers** were excellent, and the **Golden and Diamond jubilarians** stood out with their enthusiastic participation.

Looking ahead, I hope to see even **greater attendance** at our **next reunion in Michigan**. I understand that financial limitations, mobility concerns, and travel distances may discourage some from attending. That's why we continue to seek **affordable, accessible venues** near airports, with early check-ins and mobility support like motorized wheelchair rentals. Where there's a will, there's a way—and the joy of creating new memories with lifelong friends is truly worth it.

I also want to address a concern we all share: our beloved medical school has **lost some of its standing** among the top institutions in the Philippines. But we are not powerless—we can help restore its reputation.

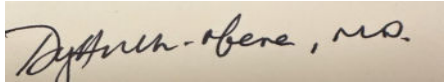
As your new President, along with the Chairman and the Board of Trustees, I invite you to **contribute your time, knowledge, or even a small donation** to support our school and

scholars. Whether it's mentoring, joining a committee, or helping students prepare for board exams—**your help matters.**

Let's bring back the pride of being an **FEU Tamaraw—matibay, matapang, at matatag!** We hope to see you in **Michigan** and again in the **Philippines in January 2026!**

"When we relate the past, we usually find that it is the simplest things—not the great occasions—that in retrospect give off the greatest glow of happiness."—Bob Hope

Warmly,



Dr. Divina "Grace" Averilla-Obena, '85
President, FEUDNRSMAF



**PRESIDENT and CHIEF OPERATING OFFICER OF
FEU DR. NICANOR REYES MEDICAL FOUNDATION**
Juan Enrique J. Reyes, MHM

To our beloved Medicine alumni,

In case you missed it, there's a new sheriff in town for FEU-NRMF's flagship program – **Dean Pio T. Esguerra II and Vice Dean Mari Ann B. Bringas.** Previously, Dean Esguerra was at the helm of our successful Respiratory Therapy program, bannerizing four (4) consecutive 100% overall passing rates from 2022-2025. Since the first respiratory therapy board exam in 2013, he has produced nineteen (19) topnotchers, but his most significant feat is that every graduate of the program, including retakers in earlier years, eventually passed. Notably, they are the only program in our storied history that can claim that not a single alumnus/alumna has been left behind. While the number of takers is disproportionate, there is no harm in hoping that he is able to replicate that success for Medicine.

Meanwhile, Vice Dean Bringas previously chaired the Biochemistry Department and the Admissions Committee. Having a former basic department chair in the significant role could help establish a more balanced curriculum with lesser focus on specialist or residency-level education, unnecessary subject content, and realignment with the expectations of the Professional Regulation Commission. We've noticed that the number of units of our better performing programs like Respiratory Therapy, Medical Laboratory Science, and Nursing are closer to the Commission on Higher Education's minimum requirement. While it may be premature to conclude that debulking our curriculum would lead to better results, the data on our outstanding programs present a compelling case.

In other news, we shall be launching the new and unified FEU-NRMF alumni card for all programs on July 25, 2025, which coincides with our graduation ceremony. Recently, we've gotten together with our relatives from FEU Manila and our own familial reunion led to their Alumni Office extending

the perks and privileges of their partners to us. Gone are the days where all you could do with an FEU-NRMF alumni card was visit the library.

We shall also be conferring our very first honorary doctorate, with no less than **Mr. Fernando M. Zóbel de Ayala, Chairman of AC Health**, being the honorand and recipient of Doctor of Healthcare Management (Honoris Causa). In line with CHED's guidance, this has triggered our application for our first doctoral program. Previously, FEU-NRMF had eight degree (8) programs and Senior High School. Today, we may have dropped Grades 11 and 12 from our roster to focus on tertiary-level education or higher, yet we have managed to increase our offerings to thirteen (13). Our flagship Doctor of Medicine and Accelerated Pathway for Medicine (APMED) under the School of Medicine; Medical Laboratory Science, Nursing, Physical Therapy, Respiratory Therapy, Nutrition and Dietetics, Pharmacy, Radiologic Technology, Psychology at the undergraduate level; Master in Nursing, Master of Healthcare Management, and Master of Public Health for graduate studies; and hopefully, a PhD in Healthcare Management by Research in AY 26-27 becomes the fourteenth (14th).

Finally, we ask for your prayers and support as we explore the possibility of having a second campus. In any enterprise, if you are not growing, you are dying, the speed of which may be relative depending on the industry. Fortunately for us, we are bent on capitalizing on the growing demand for healthcare professionals worldwide. While we have yet to reach the full capacity of our campus in Fairview, we would like to expand our horizons and afford students from other locations the opportunity to experience an FEU-NRMF education without having to brave the traffic or be away from their families just because we are too far. We are also firm believers in the adage that fortune favors the bold. With the proper faith, intentions, strategy, execution, and luck, we should be able to pull off the balancing act between managing our debt repayments and starting a new branch. Here's to brighter days. **Ad Astra Per Aspera!**

Sincerely,


JUAN ENRIQUE J. REYES, MHM
President and COO



**NEW DEAN, FEU NICANOR REYES MEDICAL FOUNDATION (FEUNRMF)
SCHOOL OF MEDICINE**
Pio T. Esguerra II, MD Class '96

Dear Esteemed Members of the FEU-Dr. Nicanor Reyes School of Medicine Alumni Foundation (FEUDNRSMAF),

It is with great honor and gratitude that the FEU-Nicanor Reyes Medical Foundation School of Medicine (FEUNRMF-SOM) extends its heartfelt appreciation for the steadfast support and invaluable contributions of the FEUDNRSMAF throughout the years. Your unwavering dedication has played a pivotal role in advancing our pursuit of excellence in medical education and has significantly enriched the academic landscape of our institution.

The longstanding partnership between FEUNRMF-SOM and the FEUDNRSMAF has been characterized by a multitude of impactful programs and initiatives that have greatly enhanced the educational experience for our faculty members and medical students. Your annual incentives for our dedicated faculty and the scholarship grants for our deserving students have been instrumental in nurturing and empowering the next generation of medical professionals. These programs, in conjunction with the existing offerings of FEUNRMF, have collectively contributed to the holistic development and success of our academic community.

For over five decades, our school has been dedicated to producing Doctor of Medicine graduates who embody the core values of fidelity, resilience, integrity, compassion, and excellence. This shared commitment to cultivating exceptional medical professionals has resulted in numerous achievements, including top-performing awards, board topnotcher recognitions, academic competition victories, groundbreaking research endeavors, and prestigious local and international accreditations and certifications. Notably, our school of medicine program has attained ISO 9001:2015 certification, holds membership in the WFME, and has achieved PAASCU (FAAP) Level III reaccreditation. Furthermore, the crucial role played by FEUNRMF-SOM in contributing to the university's success in Autonomous Status grant by CHED and in global rankings, such as the World Universities Ranking for Innovation (WURI) and Times Higher Education (THE), is a testament to the collective dedication and excellence of our academic community.

We are also delighted to acknowledge the recent generous donation of USD 10,620 from the distinguished members of the FEUDNRSMAF, including Dr. Manuel Malicay of Class '72, Dr. Mary Pearl Francisco, Dr. CL Lim, the Class of 75, and an anonymous donor. Along with this is the utmost admiration and respect for Dra. Nida Blankas-Hernaez, whose leadership and unwavering dedication as Chair of the Board of FEUDNRSMAF continue to inspire and uplift those around her. Your support serves as a beacon of hope and encouragement for our institution, and we are deeply grateful for your continued commitment to our shared vision.

As we express our profound gratitude, we are reminded of the Latin adage "*Ad Astra per Aspera*", which translates to "*Through hardships to the stars*." Your unwavering support has been instrumental in guiding us through challenges and propelling us toward greater heights of excellence.

Maraming Salamat!

With sincere appreciation and warm regards,



Pio T. Esquerre II, MD (Class of 96)
DEAN
FEUNRMF-SOM

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DIAMOND JUBILARIANS Class '65

MUSINGS OF A DIAMOND JUBILARIAN
by Remedios Sales, MD '65

The FEU Med.Sch. Alumni Class'65 celebrated its Diamond Jubilee, **a great momentous and meaningful milestone in our lives.** This 60th year inauguration of our graduation and departure from the portals of our Alma Mater resonates with a profound sense of longevity, achievement, and enduring value.

Diamonds are the hardest substance known to science, and anything that survives 60 years has proven its **durability and strength.** The **Diamond Jubilee** is a symbolic milestone as diamonds are known for their exceptional brilliance, strength and timeless beauty, mirroring the lives of our Class '65 alumni.



Sixteen of us proudly gathered for our annual reunion in Las Vegas on June 8-10, 2025. This celebration was more than just a reunion- it was a testament to our **resilience, courage, endurance and unwavering dedication** —through life's journey. It marked our collective journey through medical school, years of medical practice, and in raising our families. It honors how we have conquered the challenges and struggles in life.



It was a wonderful and joyful experience to see old classmates of over six decades ago and to rekindle old friendships. The excitement of reuniting, the flashbacks of our student days, the floods of memories from our struggles and difficulties as medical students, the hurdles of our professional paths, the challenges during our medical practices, and the joys and trials of raising our families – all reminded us of the great purpose and meaning of life. **All worthy of the great sacrifices made through the years.**

As human beings navigating this imperfect world, we all have our share of storms and crosses to bear throughout life. Many of us have faced heartaches and pain, the misery of illness, and the deep sorrow of losing loved ones. We are especially saddened by the passing of many of our dear classmates. **Still, life—though not perfect—remains precious and beautiful.** And so, life must go on.

Reflecting on our lives, we recognize so many blessings for which to **thank our Creator.** We are surrounded by families who love us, children who are caring, accomplished, and successful in their own right, and grandchildren who bring us immense joy and pride. **We are also grateful for the gift of relatively good health and good cognitive functions.**

As octogenarians, we are not spared from the effects of degenerative changes—the aches in our joints and bones creating some physical limitations that come with time—but when you look at us, **we still exude great enthusiasm and a deep love for life.** This was clearly evident during our waltz performance at the grand ball, where joy and energy filled the room.



“A Diamond Waltz: Grace in Every Step, Memories in Every Turn!”



L-R: Dr. Nida Blankas-Hernaez (Incoming Board Chairman), Jubilarians are: Drs. Melvin Antonio, Ermelinda Arriola (wife of late Dr. Pedro Arriola), Jose Bernal, Roy Cabrera, Melania Balderian Domingo, Ruth Urbiztondo Peralta, Beatrice Cardenas Kalata, Virgilio Jonson, Reynaldo Maniquis, Carlito Morilla, Rogelio Mupas, Thelma Pagkanlungan Mupas, Myrna Coronado Parungao, Norma Recio Pasia, Pascual Sales, Remedios San Pedro Sales, & Elvira Cordoncillo Valino. Medallions Presenters: Dr. Magdalena Natividad (VP Academic Affairs), Dr. Manuel Malicay (Outgoing Board Chairman) & Dr. Nida Blankas-Hernaez.



Indeed, in the musings of the Diamond Class of '65, we may be the oldest—but like true precious jewels, we are rare, brilliant, strong, and resilient—and we are certainly not giving up on life.

To all my beloved classmates—the **precious Diamond Jubilarians**—you have truly touched my heart and left a lasting impact on my life. In the short time we spent together, the stories we shared filled me with deep admiration: for your resilience, your courage and strength, your wisdom, your success, the joys of your families, your positivity and uplifting spirit, your enthusiasm and love for life, **and most of all, the beauty of your soul.**

Drs. Ruth Urbistondo Peralta & Virgilio Jonson led the Diamond Class parade while Drs. Remedios San Pedro Sales & Norma Recio Pasia smiled and waved.



Thank you for joining us in our Diamond Jubilee. We are sincerely grateful and truly happy to have spent this meaningful time with you, reminiscing about our unforgettable student days at FEU.

Take care, and may God bless us all. Until we meet again. ...Remy Sales

"Sixty Years of Brilliance, like Diamonds; a Legacy that Shines Forever!"

EMERALD JUBILARIAN Class '70

by Richard Mon, MD, Class '70



Alumni of the Class of 1970 gathered in Las Vegas to celebrate their emerald anniversary. Held in Tuscany Hotel and Casino, the gathering was a vibrant tapestry of memories, laughter and memorable reflection.

Seated L-R: Drs. Norma Salvaterra, Teresita Manubay, Janet Zata, Vicente Zata, Hermes Ayuste. Standing L-R: Drs. Ernesto Carampatan, Teodoro Manubay, Diosdado Tabilon, Arcangel Tabilon, Angelina Rivero, Mrs. Gemma Adan, Roberto Adan, Ofelia Ayuste, Leilanie Narcelles-Mon & Richard Mon.



Drs. Vicente Zata & Hermes Ayuste proudly parading with the Emerald Banner.

The atmosphere was electric, old friends embraced, stories flowed freely, and the spirit of camaraderie perfused the air. It was fitting, memorable and heartwarming to see old friends, classmates. Au revoir-till we meet again-

"Emerald Jubilarians: A Tapestry of Camaraderie, Vibrancy and Laughter!"



L-R Standing: Drs. Roberto Adan, Robinson Baron, Janet Zata, Vicente Zata, Arcangel Tabilon, Diosdado Tabilon, Richard Mon(seated), Angelina Rivero, Angelito Fernandez, & Teodoro Manubay.



Medallion Ceremony for Emerald Jubilarians Class '70. L-R: Drs. Richard Mon, Roberto Adan, Hermes Ayuste, Robinson Baron, Ernesto Carampatan, Arcangel De Leon Tabilon, Angelito Fernandez, Teodoro Manubay, Angelina Rivero, Vicente Zata, Mrs. Gloria Cabebe for the late Dr. Cabebe, Mrs. Zenaida See for the late Dr. Crispin See, Dr. Janet Zata, Dr. Diosdado Tabilon & Dr. Norma Salvaterra. Presenters: Drs. Nida Blankas-Hernaez, Magdalena Natividad, Manuel Malicay.

GOLDEN JUBILARIAN Class '75



My name is Pedro “Bhoy” Florescio, Jr., MD, from Class of 1975. To my friends, classmates, and some of the board members, I’m simply known as “Bhoy.” I proudly belong to the Golden Jubilarians this year! I had the honor of celebrating our 50th reunion both in the Philippines last January 2025 and again here in the U.S. this past June 2025 in Las Vegas, Nevada.

As a long-time board member and officer, I’ve had the privilege of attending numerous reunions over the past 25 years. I remember how these gatherings were once large and lively—though over the years, attendance has understandably dwindled. That’s why I was pleasantly surprised and deeply grateful that about **25 classmates from Class '75 came together for this milestone celebration.**



The event took place at the Tuscany Hotel. **Our Welcome Night had a Western theme—cowboy hats, boots, and lots of fun!** The next day kicked off the CME sessions, where our very own **Dr. Beda Espineda**, a pediatric surgeon, gave an inspiring talk about his surgical missions for children in the Philippines.



Filipiniana Night was another highlight, filled with grace and elegance. Our classmates came in beautiful Filipiniana ternos and barongs—what a sight to behold!



Then came the **Grand Night**—the pinnacle of our celebration. Each attending member of Class '75 was recognized and awarded a commemorative 50th Anniversary Medallion. We had our class presentation featuring music and dancing. One of the most memorable moments was when the crowd joined in singing “**Sweet Tamaraw**” (to the tune of Neil Diamond’s *Sweet Caroline*)—pure joy!





Medallion Ceremony L-R. Drs. Nemesia Artates, Delfin Dano, Estelita de Mesa, Paz Espineda, Beda Espineda, Pedro Florescio Jr, Guadalupe Florescio, Tessie Huang, Cesar Jimenez, Custodio Lim, Remia Regio Lim, Troy Olhausen, Aloysius Llaguno, Ida Lodriguito, Lita Marasigan, Olive Mindanao, Glo Pastoral, Lito Poblete, Amor Sevilla, Dionisia Sy, Eden Padilla, Doris Tan & Philip Pastoral. Presenters: Drs. Magdalena Natividad, Manuel Malicay & Nida Blankas-Hernaez. 23 Golden Jubilarians received the Medallions.

The next day, we took a scenic excursion to the **Valley of Fire**, sharing more stories and laughter. **But the most memorable bonding happened later that night during our Karaoke Night.** Great food, enthusiastic singing, dancing, and laughter made it a night to remember!



To my fellow alumni: if you haven't attended a reunion yet, you're missing out on the time of your life. Don't wait. Make the next one count!

I want to express my heartfelt gratitude to Dion, Litz, Lito, Ping, Ida, Chato & Cesar, Remia—and all of you (you know who you are!)—who helped make this reunion truly the best. Stay healthy, and until we meet again.
– **Bhoy Floresco, Southern California**

FEU Class of 1975 Golden Jubilee Reflections

“Celebrating 50 Years of Friendship, Laughter, and Legacy”



This year's Golden Jubilee was more than just a reunion—it was a celebration of life, shared history, and lasting friendship. Held in Las Vegas this June, the event was packed

with unforgettable moments: Cowboy Night, Filipiniana elegance, Gala glamour, a soulful excursion to Valley of Fire, and a spirited Karaoke Night that had everyone singing, dancing, and laughing like no time had passed.

Here are some reflections from our classmates that capture the spirit of our celebration:

“Gala Night Glory”

“On the Gala Night of June 9, we—the Class of 1975—paraded into the ballroom full of pride and joy. It was our night, our stage! We sang, we danced—ladies in heels, sandals, and sneakers; men in leather and comfy shoes. Gowns shimmered, jackets pressed. Our bodies were powered by anti-inflammatory energy and kept upright by Salonpas patches! Above all, it was a beautiful evening. We made it to our Golden Jubilee. Thank you.”



Remia, New York

“Awesome. Unforgettable.” ✨ **Olive, Southern California**

“It was a deeply nostalgic day. Imagine—our 50th Golden Jubilee celebration! And yet, we didn't feel elderly at all. We sang with gusto and danced with flair, still rocking our signature sexy moves. It was heartwarming to reminisce about our school days—how we studied hard, faced

challenges, and pushed through. But above all, what truly mattered was the lasting friendship we built and continue to cherish through the years.” 🧡 **Dion, Michigan**



“Our recent Golden Anniversary marked a significant milestone and was truly a meaningful event for us alumni. It offered us a special opportunity to reconnect, reminisce, and celebrate how far we’ve come. We had a remarkable reunion—from Cowboy Night to Karaoke Night—every moment was enriching and rewarding. With God’s grace, may we see each other again in the reunions to come!” ✨ **Ida, Southern California**

“Golden Jubilarians: Singing, Dancing, and Shining with 50 years of Joy!”



“Thank you so much for a GREAT reunion! I truly enjoyed every moment and deeply appreciate the precious time, energy, and thoughtful planning that went into making it such a success. It was a gift to reconnect and renew friendships and memories that have stood the test of time.” 🧡 **Lito, Southern California**

“Our 50th Golden Anniversary celebration was absolutely fantastic! We bonded again with classmates and friends, reminisced about med school, and reflected on our lives today. There was laughter, storytelling, and shared wisdom—and hopefully many more years of joyful reunions to come!” 🎉 **Doris, Nevada**

“It was a night to remember—filled with laughter, dancing, and heartfelt bonding. A special moment for me was when Dr. Malicay handed me my Golden Jubilarian Medallion. I told him, ‘You were my Pharmacology teacher,’ and he smiled, saying, ‘Natandaan mo pa!’”

As I watched the Diamond and Emerald Jubilarians, I whispered a prayer that God will bless me to reach that age—or even more. To everyone who made this event possible—thank you for your dedication. It was truly unforgettable!” 🌈 **Litz, Las Vegas**

✉️ **Stay Connected.** Let’s carry this joy forward and keep the Tamaraw spirit alive. See you at the next reunion! The Golden Jubilarians...

SAPPHIRE JUBILARIANS Class ‘80

Medallion Ceremony

Below L-R: Drs. Nida Blankas-Hernaez, Magdalena Natividad, Blesila Reyes Vasquez, Victoria Aquino & Manuel Malicay. Two Sapphire Jubilarians received the Medallion.





MAGNIFICENT BATCH '85....RUBY

by Grace Averilla-Obena, MD. FFAFP, ABAARM, Class '85

Like the gemstone Ruby, our group has shown passion, dynamism, and durability.

The celebration began with an exciting trip to Red Rock Canyon, hosted by **Dr. Agnes Mortel**. Despite the intense Las Vegas heat, everyone enjoyed the stunning scenery and group photos. We shared a delightful lunch together and capped off the day with a dance practice at the Tuscany Hotel. The evening was full of laughter and joy as we embraced the Western Night theme—dancing and having fun together.

The following day, we were proud to feature two CME lecturers from our very own Batch '85:

- **Dr. Rosario Bangasan**, from UCLA Kern Medical Center, who spoke on Cognitive Decline
- **Dr. Amador Dizon**, from Stanford Medical Center in North Dakota, who presented on Adult and Child ADHD

I was truly amazed by how we managed to deliver a dance performance to Bruno Mars' "APT" through online video rehearsals alone—thanks to the leadership of **Dr. Oscar Toledo** from Wisconsin and **Dr. Agnes Mortel** from Las Vegas. Though the fast-paced music had us sweating, we pulled it off wonderfully with such limited in-person practice.



We were all honored during the Filipino Gala Night and proudly received our **Ruby medallions**.

I extend my deepest gratitude to all my batchmates—especially those who traveled all the way from the Philippines, **Dr. Cynthia Sanchez** and **Dr. Asela Valencia-Florece**—and to everyone who came from across the United States:

Dr. Ralph Escalona Cruz, Dr. May De la Cruz, Dr. Oscar

Toledo, Dr. Renato Yuzon, Dr. Amador Dizon, Dr. Rosario Bangasan, and of course, my dear friend and batchmate who generously assisted our classmates here in Vegas, **Dr. Agnes Mortel**.

Each and every one of you helped make our 40th-year anniversary a truly successful and unforgettable event.

We all enjoyed the camaraderie and excitement of reuniting—there's truly nothing like the beauty of friendship and fun! We hope to see even more of our classmates at our Ruby Celebration in the Philippines this coming January 2026.



Medallion Ceremony: L-R: Drs. Nida Blankas-Hernaez, Magdalena Natividad, Renato Yuzon, Asela Valencia-Florece, Oscar Toledo, Cynthia Sanchez, Grace Averilla-Obena, Agnes Mortel, Jackie Escalona, Amador Dizon, Rossano Bangasan, Mary dela Cruz, & Manuel Malicay. Ten Ruby Jubilarians received the Medallion.



L-R: Drs. Amador Dizon, Rossano Bangasan, Oscar Toledo, May de la Cruz, Grace Averilla-Obena, Jackie Escalona, Asela Valencia-Florece, Cynthia Sanchez, Agnes Mortel & Renato Yuzon.

Thank you all from the bottom of my heart.



Warm regards,

**Dr. Grace
Averilla-Obena '85**

President,
FEUDNRSMAF

CORAL JUBILARIANS Class '90



FEU-DNRSMAF Recap
Tuscany Hotel, Las Vegas, NV.
June 7-11, 2025

by **Luis C. De Venecia Jr., MD Class '90**

I asked my one of my sons to write an article of what he thinks happened:

The fabulous class of 1990 got super crunk at the 35th (dang) year reunion of Far Eastern University. It was a night of decadence, laughs, nostalgia. It was so awesome that I don't even remember most of it. We gambled our life savings away without a care in the world and even tried some drugs (like Voltaren), whoa! Yahhh, what happens in Vegas stays in Vegas, baby! Wahoo! Bahala ako sa buhay ko! That night was definitely a wild ride, and even though it's been 35 years since our college days, who says that we need to act like it?! At one point in the night, I even got into a fight and felt like Manny Pacquiao - with the fighting stuff - not all the weird political stuff. Float like a butterfly, sting like a bee! Be water! Pow pow.



The Fabulous Five attends the Coral Jubilee. From left to right: Dr. Eric Galero, Dr. Jane Elaine Tongson-Ignacio, Dr. Jacqueline Chang-Wong, Dr. Angie Nuguid-De Venecia, and Dr. Luis De Venecia

But in reality, while not exactly the wild ride my son thought it was, **it was a wonderful night of seeing old friends.** Although not pictured here, there were many senior jubilarians on the dance floor, dancing and moving like they were 35 years younger. It was also great to get all the tsismis and life updates from everybody. You may have noticed that many of our batch mates were not in attendance, but that's not necessarily a bad thing. Many had kids that were moving to new cities, while others were welcoming newly arrived grandchildren, gentle reminders of the new life stages we're entering. By our next reunion, many of us may be officially retired, and I'm already looking forward to seeing everyone again in

January 2026 (in the Philippines!)—sharing stories of new hobbies, adventures, and the journeys we'll embrace as we reap the rewards of lives spent serving others.



Medallion Ceremony. L-R: Drs. Nida Blankas-Hernaez, Magdalena Natividad, Jacqueline Chang-Wong, Luis de Venecia, Angie Nuguid-de Venecia, Jane Elaine Tongson-Ignacio, Eric Galero & Manuel Malicay.

Five Coral Jubilarians received the Medallion.



A variety of dances took place- from the formal to the chacha. (Featuring Dr. Eric Galero, Dr. Jane Elaine Tongson-Ignacio, and Dr. Angie De Venecia)



Celebrating with our seniors.

“Warmed by Friendship, Radiant in Spirit-The Coral Jubilarians Shine!”



Visiting a Friend

By Luis C. De Venecia Jr., MD Class '90, Coral Jubilarian FEU



One last picture with the FABULOUS FIVE!

WELCOME NIGHT WESTERN “Cowboy”

Yeehaw!

FEUDNRSMAF 44th Annual Reunion
Western "Cowboy" Dinner Dance Program
 Tuscony Hotel, Florentine A, June 8, 2025 6PM

National Anthems & FEU hymn
 led by FEUMAANI & FEU Nevada Chapter
 Invocation: Leilanie Mon, M.D. '72
 Welcome Address:
 Grace Averilla-Obena, M.D. '85, FAAFP
 VP, Executive Director & Overall Convention Chairman

Short Messages:
 Nida Blankas-Hernandez, M.D., FAAP '84
 President, FEUDNRSMAF
 Manuel Malicay, M.D. '72, FACP, FAHA
 Chairman of the Board, FEUDNRSMAF

INDUCTION: Officers of FEUDNRSMAF NEVADA Chapter
 By Manuel Malicay, Chairman of the Board
 Dinner Dance Entertainment

Dance: "Cotton-eye Joe" by LV Chapter choreographed by
 Leilanie Mon, M.D. '72
 Solo: Carlos Miguel
 Closing Remarks:
 Gerardo Guzman, M.D. '63
 Chair Convention, President Nevada Chapter
 EMCEE: Pedro Floresco, M.D. '75
 Music By: AVE Cruz
 Enjoy an evening of camaraderie!







Scientific Convention Program

"Innovations and Advances in Patient-Centered Care 2025"

Monday, June 9, 2025



7:00 am - 7:20 am Registration, breakfast

7:20 am - 7:30 am Welcome addresses

Gerardo Guzman MD⁶³ FEUDNRSMAF Convention Chairman/President Las Vegas Chapter

Grace Averilla-Obena MD⁶⁵ FEUDNRSMAF VP/Exec. Director/Overall Convention Chairman

Nida Blankas-Hernaez MD⁶⁴, FEUDNRSMAF President/CME Committee Chairman

Manuel Malicay MD⁷², FEUDNRSMAF Chairman of the Board

Leilanie Mon MD²², Morning Moderator

7:30 am-8:20 am *Current Management of Diabetes Mellitus Type 2 in Adults*

Manuel Malicay, MD, FACP, FAHA, Internal Medicine

Associate Professor at Rush University Medical School, Chicago, Illinois

8:20 am-9:10 am *WSPF: The Colostomy Freedom Project*

BEDA ESPINEDA, MD⁷⁵ Pediatric Surgeon,

Consultant Emeritus, Dept. of Surgery

East Avenue Medical Center, Philippines

9:10 am-10:00 am *Personalized Medicine for Obstructive Sleep Apnea*

ANNA GARCIA WERTZ, MD, ENT

Dept. of Otolaryngology Head & Neck Surgery,

Univ. of CA at Davis Medical Center

10:00 am-10:05 am *Introduction of the 16th Jesus B Nolasco Memorial Lecture,*

Nida Blankas-Hernaez, MD⁶⁴

10:05 am-11:00 am *16th Jesus B. Nolasco Memorial Lecture*

Hospital on Wheels Missions, 17 year Experience,

The Past, Present & Future

JIM SANCHEZ, MD, Plastic Surgeon

Founder, Hospital on Wheels, Philippines

11:00 am-11:30 am Questions and Answers, Moderator: Cesar Jimenez, MD⁷⁵

Richard Mon MD²⁸, Afternoon Moderator

12:30pm-1:20pm *A Glance At Cognitive Decline*

ROSSANO BANGASAN, MD⁶⁵, Psychiatrist

UCLA-Kern Medical Center

1:20 pm-2:10 pm *Adult and Child ADHD*

AMADOR DIZON, MD⁶⁵, Adult & Child Psychiatrist

Stanford Medical Center, Fargo, North Dakota

2:10 pm-3:00 pm *Alzheimer's Dementia: Current Updates in Diagnosis and Treatment*

HERMINIGILDO ANGELES, MD⁶⁴, Internal Medicine & Geriatrics

Seton Hospital Medical Center & San Mateo County Medical Center

3:00 pm-3:05 pm Introduction of the 27th Nicanor Reyes Jr MD, Memorial Lecture,

Renato G Ramos, MD⁶³, Chairman Emeritus

3:05 pm-4:00 pm *25th Annual Dr. Nicanor Reyes Jr, Memorial Lecture:*

Preventing Hypogonadism in Aging Men: A New Paradigm

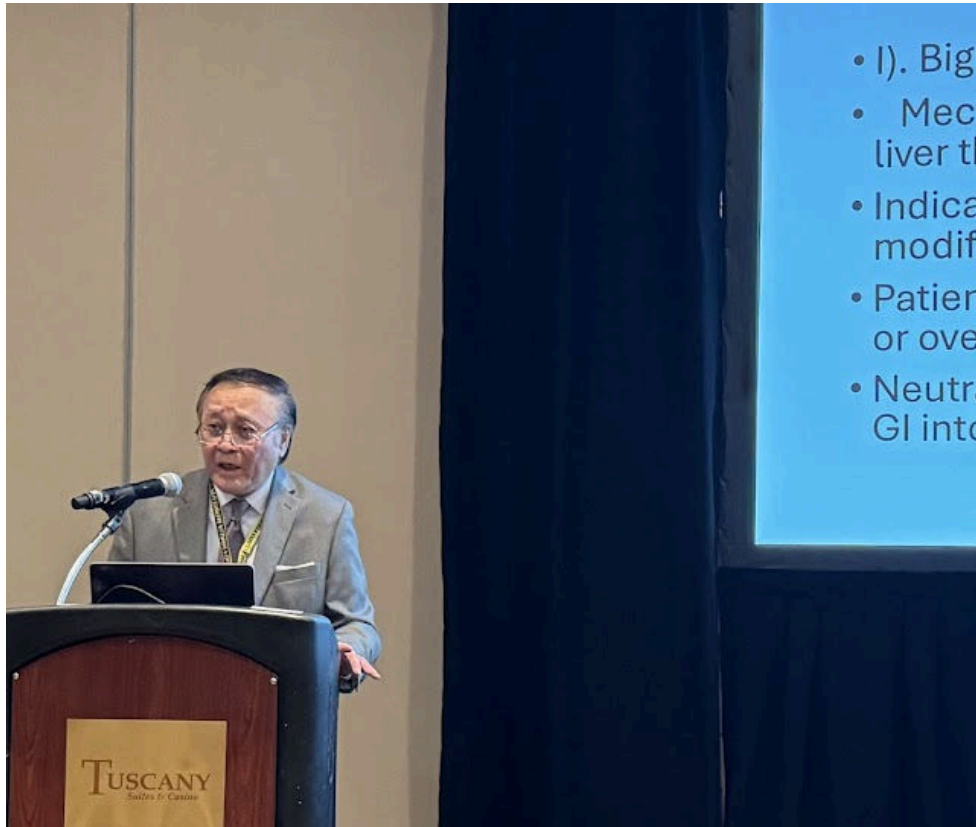
ANANIAS C. DIOKNO, MD, Urology Professor

University of Central Florida College of Medicine, Orlando, FL

4:00 pm - 4:30 pm Questions & Answers, Moderator: Macario Corpuz, MD⁶⁸



Advancing knowledge together and shaping the future of healthcare...



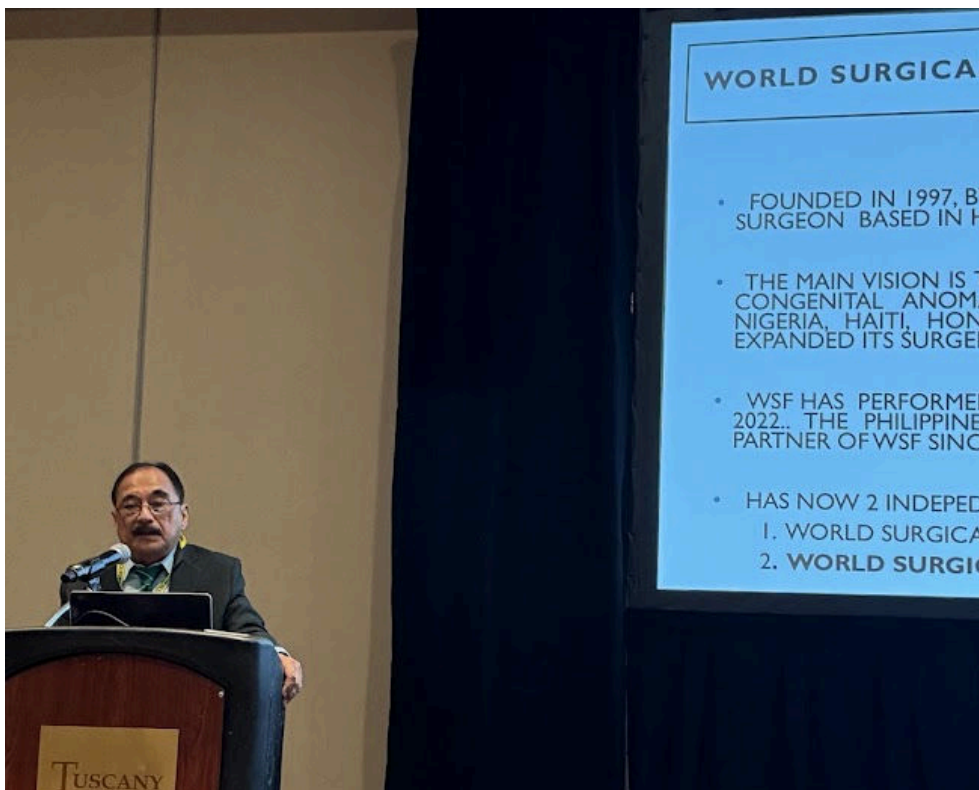
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MANUEL A. MALICAY, MD, FACP, FAHA '72 :
Treatment of Diabetes Mellitus

● *More than 38 million in the US have DM*

Only 1 in 5 US adult achieved achieve control of Hg A1c

• *Use SGLT-2 inhibitor to reduce the risk for all cause mortality, major adverse CV events, progression of CKD and hospitalization due to CHF.*



WORLD SURGICAL

- FOUNDED IN 1997, BY SURGEON BASED IN H
- THE MAIN VISION IS TO CONGENITAL ANOMA NIGERIA, HAITI, HONG EXPANDED ITS SURGER
- WSF HAS PERFORMED 2022... THE PHILIPPINE PARTNER OF WSF SINCE
- HAS NOW 2 INDEPEDI
1. WORLD SURGICAL
2. WORLD SURGIC

BEDA ESPINEDA, MD⁷⁵
PEDIATRIC SURGEON:
WSPF- The Colostomy Freedom Project

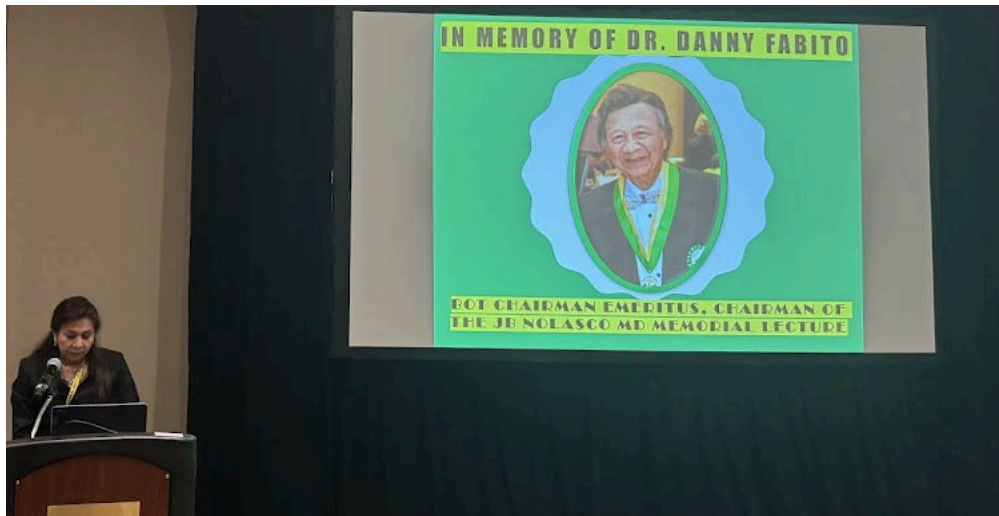
Care, Cure and Collaborate!



ANNA GARCIA WERTZ, M.D.,
OTOLARYNGOLOGIST:
Personalized Therapy for OSA

936 million people are living with mild to severe OSA globally!

CPAP is currently the gold standard but poor adherence!



Introduction of the 16th Jesus B. Nolasco Memorial Lecture
 by
Dr. Nida Blankas-Hernaez,

In memory of Dr. Daniel Fabito.



JIM SANCHEZ, MD,
Plastic Surgeon & Founder, Hospital on Wheels, Philippines
“Hospital on Wheels Missions, 17 year Experience, The Past, Present & Future”

16th Jesus B. Nolasco Memorial Lecture
Just \$100 for cleft lip repair!



Dr. Cesar Jimenez-Moderator, Dr. Leilanie Narcelles-Mon-Moderator, Dr. Anna Garcia Wertz-Speaker, Dr. Beda Espineda-Speaker, Dr. Manuel Malicay-Speaker, Dr. Nida Blankas-Hernaez-CME Chairman, Dr. Jim Sanchez-Memorial Lecturer, & Dr. Gerardo Guzman-Convention Chairman.



Dr. Magdalena Natividad speaks at the General Meeting.



Dr. Remedios Sales, a diamond jubilarian, asks about the students' passing rate and ways to improve it.

AFTERNOON CONVENTION SESSION



ROSSANO BANGASAN, MD⁸⁵ Psychiatrist:
Glance At Cognitive Decline



AMADOR DIZON, MD⁸⁵ Adult and Child Psychiatrist: *Adult and Child ADHD*



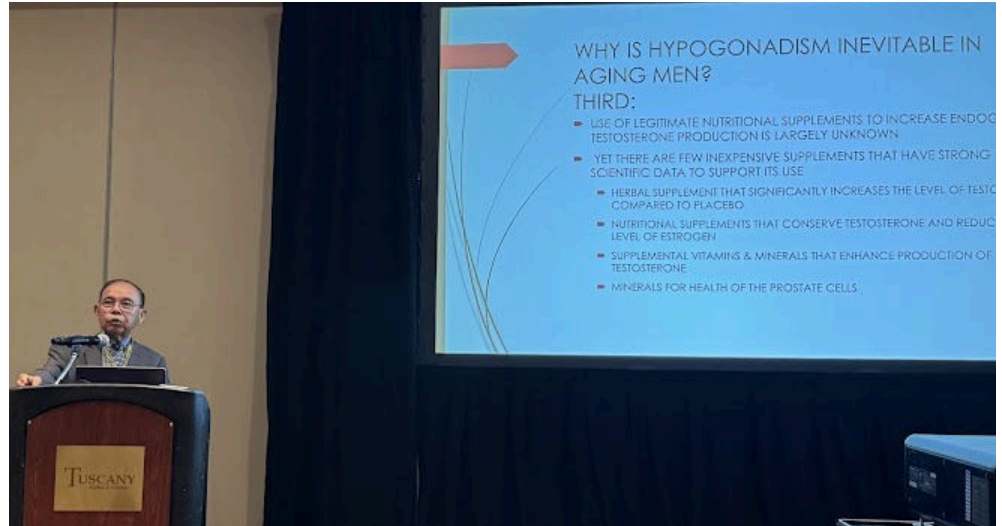
HERMINIGILDO ANGELES, MD⁸⁴,
Internal Medicine & Geriatrics:
Alzheimer's Dementia: Current Updates in
Diagnosis and Treatment



Introduction of the 27th Nicanor Reyes Jr MD Memorial Lecture
by Renato G Ramos, MD⁶³,
Chairman Emeritus



**ANANIAS C. DIOKNO,
MD, Professor in
Urology**
*25th Annual Dr. Nicanor
Reyes Jr, Memorial*



Lecture: Preventing Hypogonadism in Aging Men: A New Paradigm



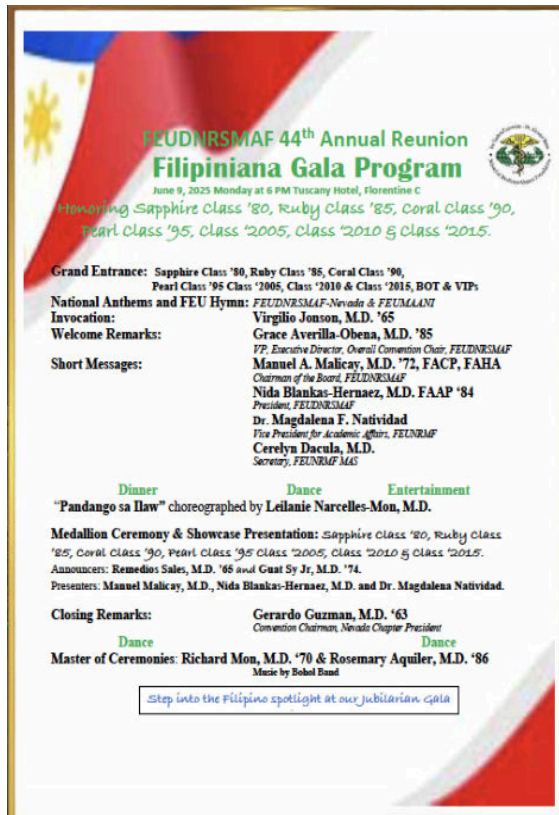
**Q/A: Seated L-R. Speakers
Drs. Rossano Bangasan,
Amador Dizon, Herminigildo
Angeles & Ananias Diokno.
Standing L-R: Dr. Macario
Corpuz '88-Moderator, Dr.
Leilanie Narcelles-Mon-
Moderator and Dr. Manuel
Malicay asking a question.**



L-R: Dr. Nida Blankas-Hernaez-President & CME Chairman, Dr. Renato Ramos-Moderator, Dr. Macario Corpuz-Moderator, Dr. Ananias Diokno-Memorial Lecturer, Dr. Manuel Malicay-Chairman of the Board, Dr. Rossano Bangasan'85, Dr. Amador Dizon '85, Dr. Richard Mon-Moderator, & Dr. Leilanie Mon-Moderator.

Filipiniana Gala Night

An Evening of Timeless Beauty, Cultural Pride, and Filipino Elegance



**FEUDNRSMAF 44th Annual Reunion
Filipiniana Gala Program**

June 9, 2025 Monday at 6 PM Tuscan Hotel, Florentine C

*Honoring Sapphire Class '80, Ruby Class '85, Coral Class '90,
Pearl Class '95, Class '2005, Class '2010 & Class '2015.*

Grand Entrance: Sapphire Class '80, Ruby Class '85, Coral Class '90,
Pearl Class '95 Class '2005, Class '2010 & Class '2015, BOT & VIP;

National Anthems and FEU Hymn: FEUDNRSMAF-Nevada & FEUMLANT

Invocation: Virgilio Jonson, M.D. '65

Welcome Remarks: Grace Averilla-Obena, M.D. '85

Short Messages: YP, Executive Director, Overall Convention Chair, FEUDNRSMAF
Manuel A. Malicay, M.D. '72, FACP, FAHA
Chairman of the Board, FEUDNRSMAF
Nida Blankas-Hernandez, M.D. FAAP '84
President, FEUDNRSMAF
Dr. Magdalena F. Natividad
Vice President for Academic Affairs, FEUDNRSMAF
Cereyna Dacula, M.D.
Secretary, FEUDNRSMAF

Dinner **Dance** **Entertainment**

"Pandango sa Ilaw" choreographed by Leilanie Nardelles-Mon, M.D.

Medallion Ceremony & Showcase Presentation: Sapphire Class '80, Ruby Class '85, Coral Class '90, Pearl Class '95 Class '2005, Class '2010 & Class '2015.

Announcers: Remedios Sales, M.D. '66 and Gust Sy Jr, M.D. '74.

Presenters: Manuel Malicay, M.D., Nida Blankas-Hernandez, M.D. and Dr. Magdalena Natividad.

Closing Remarks: Gerardo Guzman, M.D. '63
Convention Chairman, Nevada Chapter President

Dance **Dance**

Master of Ceremonies: Richard Mon, M.D. '70 & Rosemary Aquiler, M.D. '86
Music by Bobel Band

Step into the Filipino spotlight at our jubilarian gala





*****DISTINGUISHED SERVICE AWARDEES: Dr. Grace Averilla-Obena, Dr. Rosemary Aquiler, Dr. Richard Mon, Dr.Ted Tolentino, Dr. Guat Sy Jr & Dr. Gerardo Guzman. *****





GRAND BALL NIGHT



**FEUDNRSMAF 44th Annual Reunion
Grand Ball Program**
June 10, 2025 (Tuesday) at 5:30 PM (Florentine C)
Honoring Diamond Class '65, Emerald Class '70, Golden Class '75, Silver Class 2000

Grand Entrance: Diamond Class '65, Emerald Class '70, Golden Class '75, Silver Class 2000, BOT, VIPs
National Anthems & FEU Hymn
Invocation: Robinson Baron, M.D. '70
Welcome Address: Grace Averilla-Obena, M.D. '85
17, Executive Director, Overall Convention Chairperson

Short Messages: Manuel A. Malicay, M.D. '72, FACP, FAHA
Chairman of the Board, FEUDNRSMAF
Nida Blankas-Hernaez, M.D. '84
President, FEUDNRSMAF
Dr. Magdalena F. Natividad
Vice President for Academic Affairs, FEUDNRSMAF
Cecelyn Dacula, M.D. 2002
Secretary, FEUDNRSMAF
Awards Ceremony: Manuel Malicay, M.D. '72 & Nida Blankas-Hernaez, M.D. '84

Dinner **Dance** **Entertainment**

Medallion Ceremony & Showcase Presentation:
Diamond Class '65, Emerald Class '70, Golden Class '75, Silver Class 2000
Announcers: Wilson Morales, M.D. '73 & Edgar Altare, M.D. '79
Presenters: Manuel Malicay, M.D., Nida Blankas-Hernaez, M.D., and Dr. Magdalena Natividad
Closing Remarks: Gerardo Guzman, M.D. '63
Convention Chairman, President FEU-Norada Chapter

Master of Ceremonies: Leilanie Narcelles-Mon, M.D. '72 & Vincent Santangelo, M.D. '82
Music by Nohit Nohit

Enjoy an enchanting evening of elegance!



Dr. Jim Sanchez, Convention Memorial Lecturer, attended the gala nights & was welcomed by Drs. Gerardo Guzman & Nida Blankas-Hernaez.

FEUDNRSMAF NEWLY INDUCTED OFFICERS



L-R: Drs. Outgoing Chairman & Inductee Manuel Malicay, BOT Roy Cabrera, Incoming Chairman Nida Blankas-Hernaez, President Grace Averilla-Obena, Secretary Leilanie Narcelles-Mon, Vice President Vincent Santangelo, Executive Director Rosemary Aquiler, Auditor Dionisia Sy, BOT Guat Sy Jr, BOT Wilson Morales, Treasurer Richard Mon.

Not in the pic: Asst. Treasurer Amethyst Cureg & Asst. Executive Director Hernani Tansuche.
BOT elected not present: Drs. Licerio Castro, Macario Corpuz & Ligaya Marasigan.

*Welcoming the new stewards of vision, service & leadership!
Guided by purpose, driven by unity— meet our newly elected leaders!*

AWARDING CEREMONY: Honoring Excellence, Celebrating Legacy



L-R: Dr. Pedro Florescio-Most Outstanding Alumnus (MOA) Golden Class '75, Dr. Magdalena Natividad-Appreciation Award, Dr. Cerelyn Dacula-Appreciation Award, Dr. Grace Averilla-Obena-Most Outstanding Alumnus (MOA) Ruby Class '85, Dr. Roy Cabrera-Most Outstanding Alumnus (MOA) Diamond Class '65 with wife, Dr. Cita Cabrera. Dr. Renato Ramos with daughter, Lilly, receiving the Posthumous Life Service Award of the late Dr. Daisy Ramos. Drs. Nida Blankas-Hernaez, Manuel Malicay, Hernani Tansuche presented the awards. Not in picture: Drs. Wilson Morales & Cesar Jimenez also presented the awards.



L-R: Drs. Chona Lastimosa, Ester Aoigan, Nida Blankas-Hernaez, Rosemary Aquiler, Magdalena Natividad, Evelyn Altares, Cerelyn Dacula & Dionisia Sy.

Below: Drs. Edward & Nida Hernaez, Dr. Grace Averilla-Obena, Mr. Nelson Obena, Dr. Rosemary Aquiler-Angeles & Mr. Ferdie Angeles.

Below L-R: Drs. Ed & Nida Hernaez, Drs. Natalie & Noemi Fogata



OPY

Together We Can40

First picture below L-R. Arturo Garcia & Adult Children, Dr. Ermelinda Arriola, Dr. & Mrs. Gerardo & Virginia Guzman, Amelia Garcia & Dr. Jim Sanchez. Second picture below Seated L-R: Gemma Adan, Virginia Guzman, Dr. Remedios San Pedro-Sales, Lina Jonson, Dr. Noemi Fogata, Dr. Pascual Sales, Dr. Ofelia Ayuste. Standing L-R: Drs. Gerardo Guzman, Roberto Adan, Virgilio Jonson & Angelito Fernandez.



Dancing with full energy!



Together We Can41





**Dr. Renato Ramos
& daughter Lilly
receiving the Posthumous Award
for Dr. Daisy Ramos.**



Other Pics Convention Preparation, Registration and others



BOARD of TRUSTEES MEETING

led by Dr. Manuel Malicay, Chairman of the Board



FEUDNRSMAF BOARD OF TRUSTEES OFFICERS & COMMITTEES 2025-2027

Chairman of the Board (Immediate Past President):

Nida Blankas-Hernaez, MD, FAAP

President:

Grace Averilla-Obena, MD, FAAFP, ABAARM

Vice President: Vincent Santangelo, MD

Secretary: Lelanie Narcelles-Mon, MD

Treasurer: Richard Mon, MD

Asst. Treasurer: Amethyst Cureg, MD

Auditor: Dionisia Sy, MD

Executive Director: Rosemary Aquiler-Angeles, MD

Asst. Executive Director: Hernani Tansuche, MD

Parliamentarian: Guat Sy Jr, MD

Immediate Past Chairman: Manuel Malicay, MD

BOT 2023-2026

Rey Abejuela, MD

Amethyst Cureg, MD

Guadalupe Florescio, MD

Manuel Malicay, MD

Leilani Narcelles-Mon, MD

Richard Mon, MD

Larry Rabang, MD

Mildred Rey, MD

Gene Siruno, MD

Hernani Tansuche, MD

BOT 2024-2027

Felipe Ambas, MD

Edgar Altares, MD

Rosemary Aquiler, MD

Nida Hernaez-Blankas, MD

Cesar Jimenez, MD

Virgilio Jonson, MD

Grace Averilla-Obena, MD

Grace Rabadam, MD

Araceli Sweeney, MD

Ted Tolentino, MD

Oscar Tuazon, MD

BOT 2025-2028

Roy Cabrera, MD

Licerio Castro Jr, MD
Macario Corpuz, MD
Ligaya Marasigan, MD
Wilson Morales, MD
Vincent Santangelo, MD
Dionisia Sy, MD
Guat Sy Jr, MD

Chairman Emeritus
Renato Ramos, MD
Daniel Fabito, MD+
Philip S. Chua, MD
Edmundo Relucio, MD

Chapter Presidents:
Pedro Florescio, MD: California
Lourdes Malicay, MD: Illinois
Ester Aoigan, MD: Michigan
Gerardo Guzman, MD: Nevada

Committees

Award

Chairman: Grace Rabadam, MD
Members: Rey Abejuela, MD
Cesar Jimenez, MD
Melinda Fabito, MD
Wilson Morales, MD
Adviser: Pedro Florescio Jr., MD

Continuing Medical Education

Chairman:
Nida Blankas-Hernaez, MD
Members: Edgar Altares, MD
Rosemary Aquiler-Angeles, MD
Grace Averilla-Obena, MD
Honorio Benzon, MD
Macario Corpuz, MD
Leslie Farolan, MD
Cesar Jimenez, MD
Ligaya Marasigan, MD
Leilanie Narcelles-Mon, MD
Adviser: Manuel Malicay, MD

Constitution & Bylaws

Chairman: Guat Sy Jr, MD
Members: Edgar Altares, MD
Delfin Dano, MD
Gerardo Guzman, MD
Virgilio Jonson, MD
Leilanie Narcelles-Mon, MD
Vincent Santangelo, MD
Adviser: Renato Ramos, MD

Convention 2026

Overall Chairman:

Rosemary Aquiler-Angeles, MD
Chairman: Esther Aoigan, MD
Co-Chair: Arnel Clarin, MD
Members: Edgar Altares, MD
Dionisia Sy, MD
Dave Villanueva, MD
Cheryl Canto, MD
Chona Lastimosa, MD
Advisers: Renato Ramos, MD
Hernani Tansuche, MD

Ectopic Murmurs

Chair: Nida Blankas-Hernaez, MD
Members: Ted Tolentino, MD
Roy Cabrera, MD
Leilanie Narcelles-Mon, MD
Guat Sy Jr, MD
Adviser: Pedro Florescio Jr MD

Finance

Chairman:

Nida Blankas-Hernaez, MD
Members: Richard Mon, MD
Grace Averilla-Obena, MD
Leilanie Narcelles-Mon, MD
Dionisia Sy, MD
Amethyst Cureg, MD
Observer: Rogelio Mupas, MD
Advisers: Renato Ramos, MD
Manuel Malicay, MD

Fundraising/Raffles

Chairman: Dionisia Sy, MD
Members: Evelyn Altares, MD
Rosemary Aquiler-Angeles, MD
Grace Averilla-Obena, MD
Victoria Bal, MD
Milagros Cuaresma-Ambas, MD
Lourdes Manzano-Malicay, MD
Mildred Rey, MD
Adviser: Hernani Tansuche, MD

Membership

Chairman: Macario Corpuz, MD
Co-Chair: Larry Rabang, MD
Members: Rey Abejuela, MD
Guadalupe Florescio, MD
Vincent Santangelo, MD
Araceli Sweeney, MD
Adviser: Pedro Florescio Jr., MD

Memorial Lecture

Dr. Nicanor Reyes Mem:
Renato Ramos, MD
Dr. Jesus Nolasco Mem:
Nida Blankas-Hernaez MD

Nomination/Election

Chairman: Virgilio Jonson, MD
Members: Felipe Ambas, MD
Victoria Bal, MD
Delfin Dano, MD
Gerardo Guzman, MD
Ligaya Marasigan, MD
Leilanie Mon, MD
Adviser: Licerio Castro Jr, MD

PGME pending

SAA/Professorial Chair

Chairman:

Nida Blankas-Hernaez, MD
Member:
Grace Averilla-Obena, MD

Scholarship

Chairman: Hernani Tansuche, MD
Members: Amethyst Cureg, MD
Cesar Jimenez, MD
Richard Mon, MD
Wilson Morales, MD
Larry Rabang, MD
Dionisia Sy, MD
Araceli Sweeney, MD
Adviser: Renato Ramos, MD

Website

Chairman: Ted Tolentino, MD
Members:
Nida Blankas-Hernaez, MD
Richard Mon, MD
Guat Sy Jr, MD
Adviser: Manuel Malicay, MD

AdHoc

Chairman: Edgar Altares, MD
Members:
Grace Averilla-Obena, MD
Ligaya Marasigan, MD
Leilani Narcelles-Mon, MD
Guat Sy Jr, MD
Adviser: Renato Ramos, MD



What's The Score

by Roy Cabrera, M.D. '65, Board of Trustee

THE TARGET - FROM GOLDEN TO DIAMOND AND ONTO PLATINUM JUBILEE

I used to write a column in our newsletter way back in the early 1990s under the above title and I want to fill up my pen with ink and relive my desire to write again.

Our Diamond Jubilee celebration went well including our group dancing the waltz.

Although we enjoyed and bantered the few days we were with each other, tolerating each other's little foibles, we missed our classmates who were not able to attend for one reason or another. The realities of being an octogenarian suddenly crossed my mind, delving into benefits and freebies we are due as we entered our dotage, the aches and pains we endured, the days and weeks filled with doctor's appointments. I couldn't help but think about the reasons for their absence in a very significant event in our lives.

Reaching the age of 80 is a blessing. We have surpassed the average life expectancy in the United States by a few years. **Men who are 80 years old this year are expected to live 7.74 more years. Women of the same age are expected to live 9.1 more years.** At 85 years of age, men are expected to live 5.47 more years and 6.44 years for women (Source-Office of Social Security US Gov't). As you can see, women outlive men and this is true in other countries. In a jocular way, I have always told my friends that during married life, women love their husbands so much that they feed them a lot of bacon and eggs at breakfast.

Joking aside, there are so-called Blue Zones where men and women live to 100 or more and where chronic diseases are not rampant. They certainly live longer than the general population and are mobile and move easily. They are found in Okinawa (Japan), Sardinia (Italy), Ikaria (Greece), Nicoya (Costa Rica) and Loma Linda in California. A researcher from University College London became curious and investigated the aging seniors who claim to have reached this age. He found out that only 20% of the people over 110 had a birth certificate. Record keeping on blue zone theories was not consistent with the US, Italy, France, England and Japan. *So what is to believe in living to 100 or more? Would a nutritious diet, exercise and socialization add more years to your life?* Recent data say they do. *What about intermittent fasting or keto diets?* An article in the journal Science in 2021 showed it did not have any positive results with these diets. *Are you still doing 10,000 steps a day?* Recently, 6000 to 8000 steps a day would suffice to keep you healthy but more wouldn't hurt either if you are into it. Even drinking wine in moderation is now touted bad especially for the

aging senior citizen according to a Global Burden of Disease Study. In addition, supplements such as Vitamin E and beta carotene are not beneficial and may even be harmful according to the US Preventive Services Task Force. You must have seen TV ads about how supplements such as different fruits and vegetables are placed in a pill and taken like a drug. I would rather eat and enjoy the taste of the real fruit and vegetables, wouldn't you? Prevagen for cognition is also under scrutiny by the Federal Trade Commission and by the New York State General's office for false advertising. **There are three key points that longevity scientists discovered. They are Resilience, Love and Faith.** Resilience is defined as the capacity to withstand or to recover quickly from difficulties; toughness.

RESILIENCE - people who are mentally tough tend to live longer, especially women. They tend to stay calm under pressure, living through difficult times and life challenges (remember during Japanese occupation in the 1940s), financial hardship, etc. They are not discouraged and always hoping and working for a better future. To summarize it, Biology reminds us of the concept "*Hormesis*", exemplified as "*what doesn't kill you makes you stronger*". Examples of those who experienced a lot of extreme stress were holocaust survivors, World War II survivors and older black Americans. I would like to add here the stresses we experienced during our medical school years, the bullying of a few of our professors, the scheduled examinations one has to pass and the financial burden of enrolling for the next semester or the following school year.

LOVE - There are many definitions of love but to be loved brings a sense of contentment, happiness, a feeling of being accepted by an individual or by a group or society in spite of your flaws. When a person experiences love, the brain releases dopamine, oxytocin and serotonin. Dopamine is the "reward hormone" because we feel that pleasure. Oxytocin is the "*love hormone*" that makes you trust a person, connect with him/her and bond with others. Serotonin tends to decrease initially when one is in love and then normalizes as the relationship goes on. Long lasting happy marriages seem to favor longevity. Single persons who have good, happy family and social connections tend to live longer. Cognitively, they are in good if not in excellent conditions.

FAITH - Decades ago, I read somewhere that NUNS live longer than any other group. This may be true because of their faith in God. **Research from Ohio State University found that faith in one's religion adds 9 years to a person's life.** Women who regularly attended religious services had a 33% lower mortality rate. **People who had positive outlooks had a 50-70% greater odds of reaching age 85 than the least optimistic groups in a study by Boston University School of Medicine psychologist Lewina Lee.** If you ask me how I get to be in my 80's, I would definitely tell you, occasional lunch or dinner with my friends, playing canasta or mahjong on a weekly schedule or so, visit to my son's family and especially to our grandchild or vice versa, reading before I go to sleep at night which really makes me sleep

like a baby, accompanying and/or driving my wife and our friends shopping. I always bring my computer when I take them shopping to fight boredom waiting to finish their buying binge.

To my fellow octogenarians who were present during the Diamond Jubilee (title of Dr omitted for brevity), **Betty Cardenas Kalata, Rey Maniquiz, Roly and Thelma Mupas, Myrna Coronado Parungao, Ruth Urbiztondo, Melanie Valerian, Pascual and Remedios Sales, Elvy Valino, Melvin Antonio, Norma Pacia, Virgilio Jonson, Jose Bernal and Lito Morilla**, let us try to attend our yearly reunion. It is always a pleasure to see all of you. Perhaps next time when we do not have to worry about being jubilarians, we can rent a room to exchange pleasantries, a soiree or even go out for a group lunch or dinner. For now, take care of your health and everything else and prepare for the Platinum Jubilee as always dreamed of by many of us, especially Remy. Chao.

Roy Cabrera, M.D.

Board of Trustee

ALUMNI SPOTLIGHT: *Getting to know our Most Outstanding Alumni 2025*



Pedro Floresco Jr, MD '75, Golden Jubilarian

(presented by Dr. Wilson Morales, Awards Committee Member)

Ladies and gentlemen, Beloved alumni, honored guests, and members of our cherished FEUDNRSMAF family—Good evening!

Tonight, it is both a privilege and a joy to present a man whose journey embodies the very essence of what it means to be a Most Outstanding Alumnus—

*A Golden Jubilarian whose golden years have been paved not only with accolades, but with **unwavering service, compassion, and leadership.***

***Dr. Pedro M. Floresco, Jr.** graduated from the FEU School of Medicine in 1975. Since then, he has forged a path that reflects our alma mater's mission—to serve, to heal, and to uplift.*

After completing his psychiatric residency and serving as Chief and Teaching Resident at King Drew Medical Center in Los Angeles, he went on to become Medical Director at Penn Mar Therapeutic Center for over 25 years and also led Pacific Clinics, providing care to the most vulnerable in our communities.

But beyond his clinical excellence, Dr. Floresco's heart for service shines through in his deep involvement with our alumni foundation. He has served in nearly every leadership role:

Executive Director for 6 years, Executive Vice President, and Chairman of the Board of the FEUDNRSMAF and current President of Southern California Chapter.

For over a decade, he has been a pillar of the Board of Trustees and a steadfast supporter of our medical missions to the Philippines.

*Outside the walls of the clinic and alumni halls, he is a **man of faith and family**—a devoted Catholic and a leader in the Marriage Encounter movement, guiding couples with the same empathy and wisdom he brings to his practice.*

*Tonight, we recognize not just a career, but a calling—lived with **honor, generosity, and love for alma mater.***

Please join me in celebrating our Most Outstanding Alumnus and Golden Jubilarian,

Dr. Pedro M. Florescio, Jr.!



Roy Cabrera, MD '65, Diamond Jubilarian

(presented by Dr. Cesar Jimenez, Awards Committee Member)

Ladies and Gentlemen, Good evening.

*It is with great pride and admiration that we present this year's **Most Outstanding Alumnus Award** to a physician whose legacy extends far beyond medicine—**Dr. Roy Cabrera.***

A proud member of the FEU Class of 1965, Dr. Cabrera's journey began as an intern delegate to the FEU Central Student Organization.

After graduation, he stayed true to his roots—teaching Pharmacology at FEU, lecturing at Manila Central University, and serving as a school physician—all while shaping young minds and lives.

In 1967, he took his brilliance abroad under the Exchange Visitor Program, training at Overlook Hospital in New Jersey and specializing in Radiation Oncology at Downstate Medical Center in New York, where he later served as Chief Resident and Assistant Instructor.

*Dr. Cabrera became a **true pioneer in cancer care**—introducing breast conservation therapy and radioactive prostate implantation at Overlook Hospital, where he also led the Institutional Review Board for nearly a decade. His expertise earned him leadership roles, including Chair of the Division and Rehabilitation Committee of the NJ American Cancer Society.*

*But what truly sets Dr. Cabrera apart is his **extraordinary generosity**. With his beloved wife, Dr. Cita Santos, and in collaboration with Drs. Hernani Tansuche and Amethyst Cureg, Dr. Cabrera has become the **single most prolific sponsor of EH Scholars**—students of exceptional academic excellence with dire financial need. His support has opened the doors*

of medical education to more future doctors than any other benefactor in our Foundation's history.

His deep commitment to community goes even further. As President of the Filipino Children's Fund—recipient of the prestigious **Linkapil Award from President Corazon Aquino**—Dr. Cabrera has touched countless lives both in the Philippines and the U.S.

Whether writing his **"What's the Score"** column, earning a black belt in Taekwondo, or dancing competitively, Dr. Cabrera brings grace, discipline, and heart to everything he does.

Today, we honor not just a physician and philanthropist, but a quiet force of transformation. Please join me in saluting **Dr. Roy Cabrera**, our **Most Outstanding Alumnus**—a man whose legacy is measured not only in medical milestones, but in lives uplifted, dreams realized, and futures made possible.



Divina Gracia Averilla-Obena, MD '85, Ruby Jubilarian (presented by Dr. Nida Blankas-Hernaez, President.)

Ladies and gentlemen, Beloved Ruby Jubilarians, alumni, and honored guests—Good evening!

It is said that "success is not just what you accomplish in life, but what you inspire others to do."

Tonight, we honor a woman who is not only accomplished—but an **inspiration, a trailblazer, and a true daughter of the Far Eastern University**.

Our Most Outstanding Alumna from the Ruby Class, **Dr. Divina Gracia Averilla-Obena**, has spent over three decades healing, leading, teaching, and transforming lives in the field of Family Medicine.

From her early days as a general practitioner in Batangas to becoming a board-certified family physician, a pioneer in anti-aging and regenerative medicine, and the medical director of her own successful practice in Las Vegas—**Dr. Obena has never wavered in her mission: to serve with compassion and excellence.**

She has worked with Intermountain Healthcare, University Medical Center, and Pacific Clinics, where she cared for patients from pediatrics to geriatrics. She's a fellow of the American Academy of Family Practice, the American Academy of Anti-Aging Medicine, and a sought-after lecturer on health and wellness.

But beyond her professional stature, Dr. Obena is a pillar of our alumni foundation. **She has served as Executive Director, Vice President, and Convention Chair multiple times, always leading with energy, creativity, and heart.** She is also a faithful missionary with the

Flame of Love of Mama Mary Catholic Group, and a veteran of many medical missions to the Philippines.

Tonight, we honor a woman whose life reflects the very spirit of FEUDNRSMAF: purpose, excellence, faith, and service.

Please join me in welcoming our Most Outstanding Alumna—Ruby Class of 1985,

Dr. Divina Gracia Averilla-Obena!



**POSTHUMOUS LIFETIME
ACHIEVEMENT AWARD
Daisy Pelayo Ramos, M.D., FAAD**

A TRIBUTE



by GRACE BUDY-RABADAM, M.D., F.A.A.P
June 2025

Good Evening Fellow Alumni and Friends,

I would have loved to deliver this achievement award in person, but due to extenuating circumstances, it was not possible for me to come to this year's reunion. Instead, it is with a very heavy heart that I send along my remarks in writing. It pains me to say that this award is a little bit late.

I know you are all familiar with Daisy Ramos' years of selfless commitment and dedication to our foundation, her chairing both the awards and fundraising committees to the point of donating not only her time in spite of her busy practice, but also some of her precious personal belongings for the raffle. What I would like to do is share the other side of Daisy whom the majority of you may not know.

While at FEU, I knew Daisy only very casually since she was a year ahead of me while Renato was my classmate of mine. However, subsequently, I have heard stories of their courtship at FEU. Did you know that Renato chased her for years before Daisy agreed to go on a date with him? In the early 70s, I got to know Daisy during the inception of the FEU Foundation. As officers, he joined surgical and medical missions to the Philippines. Later in the 70s, our friendship grew while becoming actively involved with the Association of Philippine Physicians in America (APPA) for so many years. After leaving the APPA a group of 18 couples of us decided to get together as a social neat group and called ourselves "*Friends Limited*". We used to hold get-togethers and reunions yearly to bond with each other. The couple hosting would house us all to the point that

Daisy, Renato, Franco and me were perennial roommates to accommodate everybody. Our friendly relations were further solidified when we started to travel and go on trips together sometimes with our children. Our children grew up together and our families became very close. In fact, Daisy and Renato became Godparents to my three children at their weddings and, in return, Franco and I were Godparents to theirs.

Daisy loved and admired beautiful and exquisite things. She surrounded herself with antique furnitures, museum-quality paintings, heirloom china, and of course her Judith Lieber evening bags collection. In spite of these material items, however, she remained humble and modest. You would never hear her flaunt about these because she knew what was important in life.

Daisy was a devoted wife to Renato, a loving mother to her five children, and a doting grandmother to her nine grandchildren. She was also a steadfast friend who would stand by you no matter what. To me, Daisy was not just a close personal friend, but rather a sister and a confidant. I will miss our long, nighttime phone calls during which I could count on her to speak her mind in a way that was frank and confident. **Most admirably though, she remained down to earth, warm, and extremely generous.** She was simply a “Class Act.”

I can't bear to say goodbye to Daisy, my dearest friend. *“You will forever be in my heart and you will never be forgotten. Thank you, Daisy, for your priceless friendship. I will love you eternally.”*

In Memoriam: To our dear Alumni...

Dr. Daniel Fabito

Dr. Daisy Ramos



ECTOPIC MURMURS: Guidelines for Article Submission

Ectopic Murmurs (EM) is the official publication of FEUDNRSMAF-USA. It was founded by the late Dr. Jesus Nolasco to uphold the Foundation's identity and share important updates on its mission and activities. Staying true to Dr. Nolasco's vision, the late Dr. Cesar V. Reyes served as Editor until his passing in December 2017. From August 2018 to July 2023, editorial duties were carried on by Drs. Hernani Tansuche and Amethyst Cureg until their resignations.

In August 2023, Dr. Nida Blankas-Hernaez, then President of FEUDNRSMAF, stepped in as Editor-in-Chief and subsequently became Chairman of the EM Committee. She was supported by esteemed members Drs. Ted Tolentino, Philip Chua, and the late Daniel Fabito.

As of July 2025, Dr. Nida Blankas-Hernaez continues to serve as Editor-in-Chief and Chairman. The Editorial Board includes Drs. Roy Cabrera, Leilanie Narcelles-Mon, and Guat Sy Jr., Ted Tolentino with Dr. Pedro Florescio Jr. serving as Adviser.

Publication Details:

Ectopic Murmurs (EM) is available on our official website. We invite original article submissions that reflect the mission, goals, and activities of FEUDNRSMAF, as well as content relevant to the FEU-NRMF School of Medicine.

Articles must be submitted in **Word format**. We encourage a diverse range of contributors and especially welcome alumni who have not yet published in EM. **Kindly refrain from submitting articles that have already been published within the last 12 months.**

The Editors reserve the right to accept, reject, or revise submissions for brevity, clarity, and consistency. Authors remain responsible for the accuracy of their content. All medical articles will undergo peer review and must include validated statements suitable for final copy-editing.

Special Sections:

- *What's The Score...* by Dr. Roy Cabrera. Back at the helm of "What's the Score"-just like old times, only wiser and wittier!
- *CME Corner* – A space for CME activities, insights, research highlights, and educational resources
- *Alumni Spotlight* – Featuring outstanding achievements of our alumni
- *Faculty and Medical Students News* – Updates on faculty activities and top-performing students
- *Wellness Insights* – Articles promoting health, wellness, and well-being

We invite all FEUDNRSMAF alumni and subject-matter experts to submit timely, relevant, and well-referenced articles. Please ensure necessary permissions are secured prior to submission.

Send your articles to:

Dr. Nida Blankas-Hernaez

feumedalumni@gmail.com ☎ (847) 668-7385 for inquiries

Thank you for your continued support and valuable contributions to Ectopic Murmurs and the FEUDNRSMAF community.

In crafting this edition of the Ectopic Murmurs, we've aimed for utmost accuracy. Despite our efforts, errors or omissions may have occurred due to unforeseen limitations. Any oversights were unintentional. We apologize for any inconvenience and appreciate your understanding.

The Editorial Board

45th FEUDNRSMAF REUNION/CONVENTION 2026

will be in Michigan, details to follow!

Update your Information!

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*Active involvement advances
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treasure, alumni shape our
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