

September, 2026 Edition

Founded 1965



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

FEUDNRSMAF

Highlights of the 45th Annual Reunion & Convention on its 55th Anniversary!

Messages



NIDA BLANKAS-HERNAEZ, MD, FAAP, CLASS '84

**CHAIRMAN OF THE BOARD, DR. NICANOR REYES SCHOOL OF
MEDICINE ALUMNI FOUNDATION (FEUDNRSMAF)**

CHAIRMAN'S MESSAGE

55 Years of Legacy. 45 Years of Reunion. One Unforgettable Celebration.

To our beloved FEUDNRSMAF Family,

There are celebrations we attend—and there are celebrations we remember for a lifetime. Our **45th Reunion and Convention, held in celebration of the 55th Anniversary of FEUDNRSMAF**, was truly one of those unforgettable occasions. It was a celebration filled with friendship, laughter, learning, gratitude, generosity, and, most importantly, love for our Alma Mater.

Looking back at those four remarkable days in Detroit, I am filled with gratitude—not only for the wonderful memories we created, but for the extraordinary spirit of our alumni family that made them possible.

CELEBRATING TOGETHER. From the pre-reunion city tour and Windsor visit beautifully arranged to our Detroit Pilgrimage by **Drs. Guat and Dionisia Sy**, we began our reunion by reconnecting not only with one another, but with the blessings and experiences that brought us together.

Our first evening welcomed us with a Thanksgiving Mass followed by **Motown Magic**—an evening of music, dancing, food, laughter, and fellowship. We were especially honored to welcome our Jubilarians and alumni from all over the USA and Philippines especially, Dean of FEU-NRMF School of Medicine, **Dr. Pio Esguerra** and his wife **Dr. Mari-Karr Andaya-Esguerra**, and FEU-NRMF MAS Vice President **Dr. Cerelyn Dacula**.

And who could forget—our **Dean dancing for the very first time in his life!** What a moment! Add to that the **fantastic Michigan Chapter motown dance presentation** and the ever-lively **Dr. David Villanueva**—definitely a highlight of the celebration!

Our heartfelt thanks go to the Overall Convention Chair and Executive Director, **Dr. Rosemary Aquiler-Angeles**, Asst. Executive Director **Dr. Hernani Tansuche**, and the Michigan Chapter, led by **Dr. Arnel Clarin**, whose dedication helped make the 3-day celebration possible.

LEARNING, LEADERSHIP AND FELLOWSHIP. Day Two reminded us that while we celebrate our past, we remain committed to the future of medicine.

Our CME program brought together an outstanding roster of speakers and topics—from human trafficking by **Mr. William Luker**, diabetes by **Dr. Susan Nunez '81** and RSV prevention by **Dr. Jocelyn Ang '90** to pediatric asthma **Dr. Emil Sarmiento '86**, adult wellness by **Dr. Macario Corpuz '88**, ADHD by **Dr. David Villanueva '72**, genomics and histopathology by **Dr. Gladell Paner '96**, the heart and breath of healing by **Dean Dr. Pio Esguerra '96**, and artificial intelligence in cancer care by **Dr. Minsig Choi '91** as the 28th Nicanor Reyes Memorial Lecture.

It was especially heartwarming to see the **Class of 1986 Ruby Jubilarians** come in full force to support their classmate, **Dr. Emil Sarmiento** at the CME convention. That is FEU camaraderie at its finest.

Our General Membership Meeting gave us the opportunity to look ahead. We heard organizational updates, a financial report from **Dr. Richard Mon**, and an important presentation from Dean **Dr. Pio Esguerra** on the accomplishments and continuing needs of FEU-NRMF—including the vital **Simulation Laboratory Project**.

That evening, the ballroom transformed into a spectacular **Filipiniana Fiesta**—a celebration not simply of our heritage, but of **who we are and where we came from**. The Jubilarian Medallion Ceremony was another treasured highlight as we honored our **Class of 1981 Sapphire, Class of 1986 Ruby, Class of 1991 Coral, and Class of 1996 Pearl** Jubilarians. The **Ruby Jubilarians** delighted us with their dance showcase, while the FEUDNRSMAF BOT was honored for their dedication and leadership. Thanks to our wonderful emcees, **Drs. Edgar Altares and Chona Lastimosa** and announcers, **Drs. Larry Rabang & Dionisia Sy**.

GOVERNANCE WITH PURPOSE. Our third day was devoted to the Board of Trustees meeting. More than six hours of discussion reflected not just the length of the meeting, but the depth of our commitment to FEUDNRSMAF. As one Board member aptly described it, the meeting was **“very fruitful and civil.”** We did not finish everything on the agenda—because we cared enough to discuss the issues thoroughly. So, naturally, we scheduled another meeting!

We welcomed our newly elected Board members for 2026–2029: **Dr. Leslie Farolan '86, Dr. Cheryl Canto '89, and Dr. Chona Lastimosa '02**, who joined our re-elected officers **Drs. Amethyst Cureg, Guadalupe Pedrano-Florescio, Richard Mon, Leilanie Mon, and Larry Rabang**. **The leadership continues. The baton is passed. The mission remains.**

A NIGHT OF LEGACY AND GENEROSITY. And then came the Grand Ball—a fitting culmination of our 55th Anniversary celebration. Leading the parade were **BOT Chairman Dr. Nida Blankas-Hernaez and President Dr. Grace Averilla-Obena**, with **Drs. Vincent Santangelo and Guat Sy Jr.** proudly carrying the banner.

We proudly honored our **Class 1961 Blue Sapphire Jubilarians**, an extraordinary class with an undefeated history of **eight PLE topnotchers!** It was my privilege to introduce them, followed by their Class President, **Dr. Philip Chua**.

The **Class 1966 Diamond Jubilarians**, led by **Dr. Eduardo Casalmin**, gave us another unforgettable example of what it means to celebrate with purpose. They generously donated **\$28,000 toward the Simulation Laboratory Project**. That gesture beautifully expressed the spirit of FEU:

We celebrate our achievements—but we celebrate even more by giving back.

All celebrating Jubilarians: Class 1961 Blue Sapphire, Class 1966 Diamond and Class 1971 Emerald were individually recognized in the Medallion Ceremony. We also honored our Most Outstanding Alumni: **Dean Dr. Pio Esguerra '96 Pearl**, **Dr. Rosemary Aguiler-Angeles '86 Ruby**, and **Dr. Kenneth Slater '71 Emerald**, and presented the **Lifetime Achievement Award to Dr. Hernani Tansuche '68**, whose dedication and service exemplify the very best of our alumni family.

Thank you to our dynamic duo EMCEEs-**Drs. Richard and Leilanie Mon**, announcers-**Drs. Wilson Morales & Araceli Sweeney**, Award Chair-**Dr. Grace Rabadam**, Fundraising Chair-**Dr. Dionisia Sy** and Souvenir Program Chair, **Dr. Rosemary Aquiler-Angeles**.

ALUMNI WHO GIVES. ALUMNI WHO REMEMBER. Perhaps the most moving part of our celebration was witnessing the generosity of alumni who continue to invest in the future of FEU medicine.

Our own Board member, **Dr. Grace Rabadam**, generously donated **\$20,000 toward scholarships**. She joins many alumni and families whose generosity continues to support our students and our institution, including **Drs. Roy and Cita Cabrera**, **Drs. Rene and Rory Estrella**, **Dr. Fe Martin & the late Dr. Arsenio Martin**, the **late Dr. Cesar and Elisa Reyes**, **Dr. Ermelinda Arriola & the late Dr. Pedro Arriola and, Dr. Brenda Narcelles-Banez, Mr. & Mrs. Pedro & Francesca Sotomil**, the **Select Class of 1977**, and so many others. These are more than donations.

They are investments in our students.
They are investments in our Alma Mater.
They are investments in the future of FEU medicine.

Our alumni also demonstrated that compassion extends beyond our institution. We thank our BOT members who supported the **Sarangani earthquake relief efforts**, including **Drs. Vincent Santangelo, Manuel Malicay, Licerio Castro Jr., Hernani Tansuche, Araceli Sweeney, Oscar Tuazon, and myself**. When there is a need, **FEU responds**.

55 YEARS OF LEADERSHIP. 55 YEARS OF LEGACY. An anniversary is not only a celebration of what we have accomplished—it is an opportunity to remember those who built the foundation upon which we stand. We honored our BOT Emeriti **Drs. Renato Ramos, Philip Chua, and Edmundo Relucio**, and welcomed our new Emeriti **Drs. Hernani Tansuche, Pedro Florescio Jr., and Licerio Castro Jr.** Our Chairmen and Presidents were likewise recognized for their years of leadership and governance. To all who came before us: **thank you for carrying the baton.**

A HISTORIC MOMENT. For me, this 55th Anniversary carries a deeply personal significance. For the first time in the **55-year history of FEUDNRSMAF, a woman was entrusted with the Chairmanship of the Board. And that woman was me.** I receive this honor with profound gratitude and humility. But I do not see the baton as something to possess. **It is something to carry—and ultimately, something to pass forward.** My commitment is to honor the legacy entrusted to me, strengthen the organization we love, and help prepare the next generation to carry it even further.

TO OUR JUBILARIANS—YOU ARE OUR LEGACY. One of the most touching moments of the reunion was seeing **Dr. Pedro Nartatez, Class of 1957** once again with his family—his **third consecutive year** at our reunion. He does not come only when his class celebrates a milestone. **He comes because he loves FEU.** His presence reminds us that loyalty to our Alma Mater should not be measured only by the anniversaries we celebrate, but by the years in between.

Show up. Bring your family. Stay connected. Continue supporting. Keep the FEU spirit alive. That is a legacy worth emulating.

THE STORY CONTINUES. As I reflect on this extraordinary celebration—as your **Chairman of the Board, CME Chair, and Editor-in-Chief of Ectopic Murmurs**—I realize that our 55th Anniversary was more than an event.

It was a story.

A story of classmates finding one another again.

Of teachers who shaped generations.

Of leaders who carried the organization forward.

Of jubilarians who proved that while time passes, **the FEU spirit does not fade.**

Of alumni who continue to give.

Of a new generation ready to carry the baton.

And of a family that continues to grow.

Our greatest achievement is not simply what we have accomplished in the past.

It is what we choose to leave behind for those who come after us.

To every alumnus, jubilarian, officer, trustee, speaker, volunteer, donor, advertiser, family member, and friend who helped make this celebration possible: **Thank you.** You made our **45th Reunion and 55th Anniversary** successful, remarkable, amazing—and truly unforgettable.

With gratitude, pride, and a heart full of FEU spirit,



Nida Blankas-Hernaez, M.D., FAAP

Chairman of the Board, FEUDNRSMAF

Chairman & Director, *Continuing Medical Education*

Chairman & Editor-in-Chief, *Ectopic Murmurs*

847-668-7385



GRACE AVERILLA-OBENA, MD, CLASS '85
PRESIDENT, FEU DR. NICANOR REYES SCHOOL OF MEDICINE ALUMNI
FOUNDATION (FEUDNRSMAF)

PRESIDENT'S MESSAGE

Dear FEUDNRSMAF family,

I am delighted that the 55th anniversary of FEUDNRSMAF and the 45th Annual Reunion and Scientific convention, held in Motor City, Michigan was a success. The convention was filled with fellowship, learning, and celebration .

Everyone enjoyed the elegant Filipiniana Night and the Grand Ball. The delicious Filipino food, especially the lechon, delighted our attendees, while the Motown singers kept everyone entertained and dancing throughout the evening.

I extend my heartfelt congratulations and sincere appreciation to the Michigan chapter headed by Dr Arnel Clarin, Dr Rose Aquiler, Dr Dion and Dr Guat Sy, Dr Hernani Tansuche, and every member of the FEUDNRSMAF Michigan chapter headed together with all the dedicated volunteers, for organizing such a memorable and successful convention.

It was also an honor to have Dr Pio Esguerra, Dean of the FEUNRMF School of Medicine, together with his wife and Vice President Medical Alumni Society, Dr Cerelyn Dacula, who graciously attended.

Our Dean was also recognized as the most outstanding alumnus of the class 1996. In his presentation Dr Esguerra shared the school's strategic plans for academic year 2026-2027 , including curriculum enhancement, faculty incentives program, closer monitoring of academically challenged students, a strengthened review program for the Philippine Physician Licensure Examination, and the establishment of a state-of-the-art simulation laboratory for hands-on learning.

We are deeply grateful for the generous donations supporting both the scholarship program and the simulation lab. Special thanks to the celebrating Class of 1966 for its \$ 28,000 donation, Dr Grace Rabadam for her \$20,000 contribution, an anonymous donor of \$ 5,000 and \$ 860 contributed by our raffle prize winners.

Indeed, the spirit of bayanihan, generosity and compassion was truly felt throughout this convention. This contribution continues its tradition of excellence and maintains its position as one of the top ten medical schools in the Philippines, competing with more than 80 medical schools across the country.

On behalf of FEUDNRSMAF, I extend my sincere gratitude to everyone who contributed to the success of this remarkable event. Your unwavering support, generosity, and dedication continue to strengthen our alumni family and advance our mission of our beloved Alma Mater.

As we celebrate this milestone let us continue working together unity, friendship, and service. I warmly invite you to join us in **Las Vegas on June 27th and 28th 2027** for our next reunion and convention. Please invite your family, friends and colleagues to support our programs, especially our souvenir program, our celebrating Jubilarians, and our opportunity raffle.

Once again, thank you, and I look forward to seeing you next year in Las Vegas, NV.

Best Regards,



Divina Gracia Averilla-Obena, MD. '85, FAAFP, ABAARM
President, FEUDNRSMAF
President Nevada Chapter
Phone 702-769-3042



JUAN ENRIQUE J. REYES, MHM
PRESIDENT and CHIEF OPERATING OFFICER OF
FEU DR. NICANOR REYES MEDICAL FOUNDATION

PRESIDENT/COO MESSAGE

August 6, 2026

Dear FEUDNRSMAF,

First and foremost, congratulations on a successful homecoming and reunion in Detroit, Michigan. Dean Pio Esguerra immediately shared the developments, and no amount of words can express my elation and gratitude for what this institution has been longing for – a profound and meaningful bond between our alumni and their Alma Mater.

Year over year, we work tirelessly toward one goal: the continuous improvement of FEU- NRMF, ensuring that it is always in a state that our community can be proud of. Many are well aware of the significant strides Dean Esguerra's administration has made. From a dismal board performance to placing 6th as a school in the October 2025 boards and 1st in the March 2026 examination.

In Ian Fleming's novel, *Goldfinger*, he said "*once is happenstance, twice is a coincidence, and three times is a pattern.*" As we approach the next one, we fervently hope and pray that we re-establish our glory, beat the odds, and proclaim that this pattern is not going anywhere, anytime soon. And, if we are truly blessed, our victory could be made even sweeter by obtaining the highly coveted "**Center of Excellence**" distinction from

the Commission on Higher Education. Not every medical school can qualify for this, let alone apply for it. The criteria are extremely stringent as the name suggests a level of education and achievement that is expected to be the benchmark across the country and the region. Hence, no matter how many others pop up, we assure you that we are on our toes seeking the next opportunity and milestone that could set us apart from the pack.

Fortunately, the public is taking notice. AY 2026-2027 marks a record high for new and overall enrollment at 5,300 students. Medicine, in particular, reached over 700 freshmen this year, and 2,000 students across all year levels. Understandably, this could cause some to worry and hypothesize that our population would be difficult to manage. Do note, however, that peers in our league – UST and UERM, have 600 and 800 Medicine freshmen respectively. We continue to value the student, faculty, and alumni sentiment allowing us to make the necessary adjustments to enhance their teaching, learning, and postgraduate experience, and ensure that we are setting them up for success beyond graduation and passing the boards. This is evidenced by hundreds of applicants stating that they have only applied to our medical school, our alumni having renewed faith by encouraging their children to follow their footsteps and entrust their future to FEU-NRMF, and a plethora of new local and international partners seeking our students to join their facilities.

Indeed, we could not have asked for better days leading up to the 75th anniversary of the Institute of Medicine. Among the highlights we are preparing for our Diamond Jubilee celebration is giving due recognition to the people that have continued to help the institution in a variety of ways. Among those shared by Dr. Nida Blankas-Hernaez:

- Faculty Incentive Program – USD 17,500
- Student Achievement Award (SAA) – USD 50 per awardee
- Academic and Economic Hardship (EH) Scholarships
- Bus/Coaster acquisition support – USD 11,620
- Support for two cycles of the Physician Licensure Examination (PLE) Crash Course – USD 10,000
- Class '66, represented by Dr. Eduardo Casalmin, pledged a donation to establish the ICU Simulation Room and additional support should further funding be required – USD 28,000
- Class '86 donated their raffle winnings and pledged additional contributions for the upcoming Foundation Week – USD 640

From the bottom of the hearts of a grateful administration, Maraming Salamat Po and we hope to see you in January 2027.

Ad Astra Per Aspera!

Sincerely,


JUAN ENRIQUE J. REYES, MHM
President and COO



PIO ESGUERRA II, MD, FPOGS, MSA, CLASS '96
DEAN OF FEU NICANOR REYES MEDICAL FOUNDATION (FEUNRMF)
SCHOOL OF MEDICINE

DEAN'S MESSAGE

Warmest congratulations to the FEU-NRMF School of Medicine Alumni Foundation (FEUDNRSMAF) Board of Trustees, current officers, past Board Chairmen, members, alumni, families, and friends. This year is shaping up to be a truly phenomenal year for both FEU-NRMF—our alma mater—and the Alumni Foundation.

FEU-NRMF continues to strengthen its position as an Autonomous Higher Education Institution, with ISO 21001:2018 and ISO 9001:2015 certifications, and recognition in the WURI, Times Higher Education (THE), and QS rankings. The School of Medicine has maintained its FAAP Level III Reaccredited Status and is preparing to apply for Level IV accreditation. We have also applied to CHED for recognition as a Center of Excellence (COE) in Medicine.

Following our strong performance in the October 2025 Physician Licensure Examination (PLE), where we ranked as the 6th top-performing medical school in the country and produced a 5th placer, our March 2026 PLE performance was even more remarkable: **FEU-NRMF ranked No. 1** among the top-performing medical schools in the country.

These achievements are the product of the collective hard work and dedication of the FEU-NRMF administration, faculty, students, and alumni. As we prepare for the October 2026 PLE, the same commitment and support remain firmly in place for our upcoming board takers.

For our current medical students, significant improvements in learning facilities and resources are also underway. Classrooms and laboratories have been upgraded. The Anatomy Laboratory, for instance, now has two plastinated cadavers, with the Anatomage Table soon to be reintegrated to complement and augment traditional cadaveric dissection.

Another ambitious initiative is the Clinical High-Fidelity Simulation Laboratory, spearheaded by the Committee on Simulation-Based Education and supported through the collective efforts of FEU-NRMF, FEUDNRSMAF, and the Medical Alumni Society (MAS). This landmark project will significantly enhance experiential and simulation-based learning and help bring medical education at FEU-NRMF to even higher levels.

This Academic Year also marks the implementation of the revised Medicine Curriculum and the relaunch of our enhanced Mentorship Program. These initiatives are already contributing to improved student learning and performance, as reflected in our recent academic performance evaluations.

The continued support of FEUDNRSMAF through the Student Achievement Awards, economic hardship and academic scholarships, donations for the construction and upgrading of skills laboratories, and faculty

incentives has been vital to advancing the educational experience and improving student and graduate outcomes.

Our recent 55th Reunion and 45th Scientific Conference in Detroit, Michigan, was a particularly memorable occasion. It was a testament not only to the remarkable achievements of our alumni but, more importantly, to the enduring love, commitment, and pride that unite us as members of the FEU-NRMF family.

As we look forward to celebrating the 75th Anniversary of the establishment of the School of Medicine (SOM), we extend our deepest gratitude to all our alumni, supporters, faculty, students, families, and friends for your unwavering commitment to our alma mater.

Together, we continue to build on our legacy, strengthen our present, and shape the future of FEU-NRMF.

Ad Astra per Aspera!

Pio T. Esguerra II, MD, FPCP, FPCCP, DIH
Dean





ROSEMARY AQUILER-ANGELES, MD
Executive Director, Overall Convention Chairman
FEUDNRSMAF

Distinguished colleagues and beloved alumni,

It is an absolute privilege to address you all following what can only be described as a historic milestone for our medical community.

The recent **FEU Dr. Nicanor Reyes School of Medicine Alumni Reunion and Scientific Convention** at the spectacular **MotorCity Casino Hotel in Detroit, Michigan**, that was held on July 19-21, 2026 was a resounding success. Together, we celebrated decades of foundation excellence and reaffirmed the **indomitable Tamaraw spirit** that links our global family.

I want to express my deepest gratitude to our Board of Trustees and the incredible FEUDNRSM-Michigan Chapter and the **Michigan Organizing Committee**. Our amazing team has arranged a pre-reunion Detroit City/ Windsor tour and Detroit pilgrimage the morning of July 19. Your tireless dedication and meticulous planning brought this massive undertaking to life flawlessly. Detroit—the legendary **"Motor City"**—served as the perfect backdrop for our reunion. Just as this city became world-famous by harmonizing diverse voices, talents, and stories into a single, unforgettable sound, our convention brought together different batches, specialties, and eras into one unified voice.

The energy of this reunion was palpable right from the start. We kicked off our festivities with a spectacularly successful **Motown-themed Welcome Night**. It was a joy to see so many of our colleagues arrive beautifully prepared, proudly wearing their **Motown attire**, capturing the soul, rhythm, and vibrant energy of Detroit's legendary musical heritage. The ballroom was alive with music and dance. True to our host city's culture, we treated everyone to local culinary staples. Michigan's famous **Detroit-style deep-dish pizza** and **Coney Dogs** were among the delicious foods served, fueling an evening of high energy and nostalgia.

We then shifted from the sounds of Detroit to the deeply rooted Filipino traditions during the spectacular **Barrio-Fiesta Filipiniana Night**. The room was transformed by breathtaking, authentic **Barrio-themed decorations**, and the magnificent **Lechon** served truly gave justice to the evening. Swapping Motown threads for elegant *Barong Tagalogs* and stunning *Filipiniana* gowns, we honored our roots with exceptional food and culturally rich batch performances. This night served as a powerful reminder that no matter how far we travel, our hearts remain firmly anchored to our beloved country that shaped us.

The continuing medical education on Monday, the 20th of July as always had interesting topics, was productive and was well attended.

New sets of BOTs were voted on July 21st, 2026. Wishing a huge congratulations to the new elected officers, **Dr. Chona Lastimosa** and **Dr. Cheryl Canto** from the Michigan Chapter, as well as my fellow Class of '86 graduate, **Dr. Leslie Farolan**. This is certainly going to be an exciting and fruitful journey.

Finally, the elegant **Grand Ball on Tuesday evening** beautifully wrapped up this unforgettable 2026 event. The evening was a masterclass in sophistication, marked by moving tributes, the proud recognition of our jubilarians, and an overwhelming sense of shared accomplishment.

I would like to thank **Dr. Pio Esguerra II**, Dean of FEUNRMF School of Medicine for honoring us with his presence and **Dr. Cerelyn Dacula**, Vice-President for representing the FEU-NRMF Medical Alumni Society.

I wanted to take a moment to express my sincere gratitude to **Dr. Nida Blankas-Hernaez, Chairman of the Board** and **Dr. Grace Obena, President**, for exceptional leadership and hard work. Your guidance and dedication make a tremendous difference, and I am incredibly grateful to have you as a mentor.

I wanted to extend my heartfelt thanks to **Dr. Hernani Tansuche** for your hard work as our event co-chairperson. Your incredible dedication and the fact that you are always on top of the planning have been vital to bringing everything together. I truly appreciate your leadership and the immense effort you have put into making this event a success.

Beyond our professional titles and academic accolades, it is these shared memories, our enduring camaraderie, and our deep roots at Far Eastern University that bind us forever.

To our **Souvenir Program sponsors**, and to the generous sponsors who provided **food, entertainment, and transportation**—thank you. Your generosity was vital to making this celebration possible. My heartfelt thanks as well to **everyone who lent a helping hand**, and to my **friends and family** who generously gave their time and support. And to my loving and supportive husband, **Ferdie**, thank you for always being there. **We could not have done it without each and every one of you.** Thank you for your **generosity, selfless service, and continued dedication to our alma mater.** Ad Astra Per Aspera.

Rosemary Aquiler-Angeles, MD
Overall Convention Chairman 2026



**FEU-DNRSMAF 55TH Foundation and 45th Grand Alumni Reunion
Representing the FEU-NRMF Medical Alumni Society**



**Cerelyn E. Dacula, MD Class 2002
Vice-President, MAS**

A pleasant evening to each and every one of you.

First of all, please allow me to extend my warmest congratulations and deepest appreciation to the Foundation Board of Trustees headed by our Chairman of the Board, **Dr. Nida Blankas-Hernaez**, together with President, **Dr. Grace Averilla-Obeña**, and to the Michigan Organizing Committee led by **Dr. Rose Aquiler-Angeles**, for organizing this truly memorable **55th Foundation**

Anniversary, 45th Grand Alumni Reunion, and Scientific Convention. A warm congratulations as well to our celebrating Jubilarians tonight!

During my long-haul flight to Detroit, I found myself watching the movie, *Michael*. I honestly had no intention of changing my speech, but as the story unfolded, I became inspired to rewrite it. Then it struck me—I was flying to Detroit, the birthplace of Motown, where music became a language that united people from different backgrounds and generations.

One scene stayed with me. Michael Jackson saw chaos of a gang war in Los Angeles, but instead of seeing disorder, he heard rhythm. He transformed noise into music, gathered people together, and led them in perfect harmony—like a school of fish moving as one. It reminded me that greatness is rarely achieved alone. Extraordinary things happen when people move together with one purpose.

The movie also reminded me that even challenges can reveal a greater purpose. Michael used his influence not only to entertain but also to inspire and uplift others. As I reflected on that message, I couldn't help but think of our own FEU-NRMF family.

There were years when our school faced challenges and our performance did not quite reflect the excellence we all believed it was capable of. But the past two years have shown us what perseverance, commitment, and collaboration can accomplish. FEU-NRMF has once again risen to become one of the country's top-performing medical schools—an achievement that fills every Tamaraw with pride.

That success belongs not only to those within our campus but also to all of you.

Our US Alumni Foundation has been one of the strongest pillars supporting our alma mater. Through scholarships, mentorship, faculty development, academic support, and your unwavering encouragement, you continue to shape the future of our students and our institution. Distance has never diminished your love for FEU-NRMF. In fact, your generosity reminds us that home is never measured in miles, but in commitment.

Last May, through the initiative of our current President, **Dr. Maria Carmen Quevedo, '83**, the FEU-NRMF Medical Alumni Society conducted its strategic planning session. We discussed improving communication and outreach, increasing alumni engagement, strengthening partnerships, and developing sustainable programs that will continue to benefit our alumni community and our alma mater. During the years that I have served on the local Board of Trustees, I have seen how much the US Alumni Foundation has continuously supported the school and the local alumni. At the same time, I believe we have an opportunity to strengthen our communication and make our collaboration even more consistent.

As I continue serving on the Board, I make this commitment to you tonight. I will do my part to help bridge our local alumni and our US Alumni Foundation. I hope we can build stronger communication, create more collaborative projects, and continue supporting one another—not only during reunions, but throughout the year. Together, we can accomplish far more than either of us can alone.

Just as you have always welcomed us with warmth whenever we attend your reunion here in the United States, we will be there to warmly welcome all of you when you come home to the Philippines. Our relationship should never be one-sided. We are one FEU-NRMF family, and homecoming should always feel like coming home.

So tonight, I would like to personally invite each and every one of you to our **Annual Alumni Homecoming on January 21 to 23, 2027**. The celebration will be held at our beloved FEU NRMF campus in Fairview and at the Makati Shangri-La Hotel.

We would love to see you there—not simply as our guests, but as family coming home.

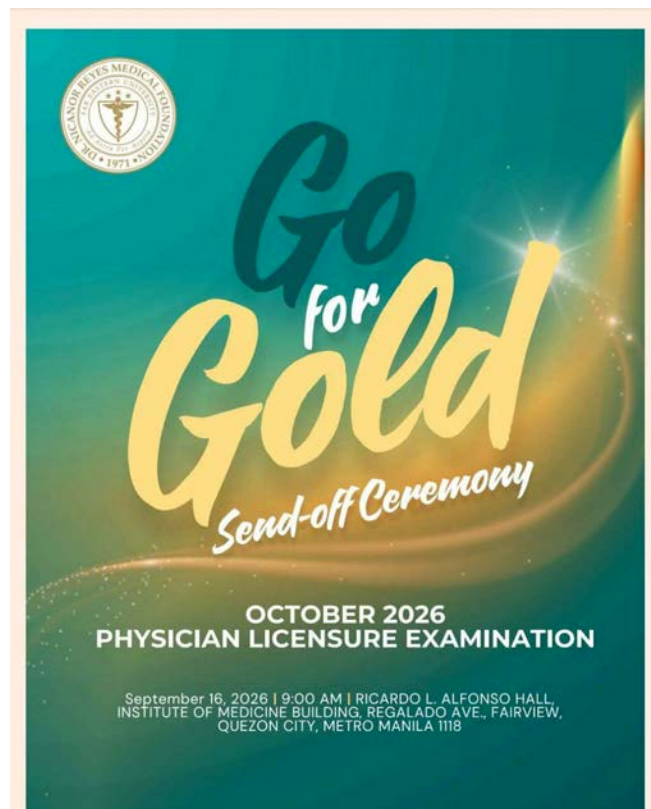
As we gather here in Motor City, I cannot think of a better place to celebrate unity. Motown became legendary because different voices, different talents, and different stories came together to create one unforgettable sound. That, to me, is also the story of FEU-NRMF.

Different batches. Different specialties. Yet one school. One family. One purpose.

May we continue to move together in harmony, supporting one another and ensuring that the generations who come after us will inherit an even stronger FEU-NRMF than the one we inherited.

Before I end, allow me once again to thank all of you for your friendship, your generosity, and your unwavering love for our alma mater.

Good evening, and may God continue to bless our FEU-NRMF family.



	
9:00 AM	Holy Mass
10:00 AM	Opening Remarks Magdalena F. Natividad, RMT, PhD Vice President for Academic Affairs
	Messages of Support
	Dr. Joselito A. Mora Senior Consultant – Section of Adult Nephrology Veterans Memorial Medical Center
	Dr. Maria Carmen H. Quevedo President, Medical Alumni Society
	Dr. Nida Blankas-Hernaez Chairwoman, Board of Trustees, FEUDRNSMAF (USA)
	Dr. Cesar M. Ong Chairman, Department of Child Health, FEU-NRMF School of Medicine
	Pledge of Commitment Dr. Mari-Ann B. Bringas Vice Dean, School of Medicine
12:00 NN	Closing Remarks Dr. Pio T. Esguerra, II Dean, School of Medicine
	Blessing and Sharpening of Pencils
	Intermission Number Powerstroke
	Fellowship/Snacks
	Master of Ceremonies Dr. Sarah Bonoan-Chan Academic Head, Anesthesiology
	Dr. Eleazar P. Daet Chairman, Department of Internal Medicine

FROM PREPARATION TO SUCCESS

A Message from the Chairman of the Board to Our FEU-NRMF October PLE Examinees

Good morning to our dear students, future physicians, distinguished faculty, and the entire FEU-NRMF family. It is a great honor to be with you today.

I stand before you not only as Chairman of the Board of the **FEU-DNR School of Medicine Alumni Foundation of the USA**, but also as someone who once sat exactly where you are sitting now.

And I remember. The excitement. The pressure. The long hours of studying.

And those questions that keep running through your mind:

“Have I studied enough?” “What if I forget?” “What if the questions are difficult?”

And perhaps the biggest question of all— **“What if I don’t pass?”**

Today, I want you to replace all those questions with just one:

“What can I do to give myself the best chance of succeeding?”

Success is built in the days before you walk into that examination room.

And to help you get there, I want to share what I call the—

Five Ps of PLE Success.

1. PURPOSE

First, know your **purpose**. Of course, you want to pass. But I want you to aim higher.

Don’t just study to pass. Study to become the physician you want to be.

Because one day soon, someone will look at you and say: **“Doctor, I need your help.”**

That is what you are really preparing for. The PLE is not the destination.

It is the doorway to a profession where your knowledge becomes service—and where your decisions can change someone’s life.

And remember—

You are carrying more than your own name.

You are carrying your family.

Your professors.

Your mentors.

And the name of **FEU-NRMF**.

So let your purpose be bigger than a passing grade.

Prepare for excellence. Prepare for competence. Prepare to serve.

2. PREPARATION

Once you know your purpose, you need a preparation strategy.

There is no single perfect way to prepare. **Find the strategy that works for YOU.**

When I took the boards, my classmates and I had already been reviewing for about three months. Then, about two weeks before the examination, six of us intensified our preparation. We rented a



place where there was essentially nothing else to do.

Our routine was very simple: **Study. Study. Study. Eat. Sleep. And Repeat.**

It worked for us. But your strategy may be different.

Know your strengths. Know your weaknesses. Choose your resources carefully.

Answer practice questions. Time yourself. Review your mistakes.

And protect your study time. When you study—**study**. When you rest—**rest**.

And don't spend these final weeks constantly chasing new material.

At some point, mastery and repetition are more valuable than information overload.

You don't need to know everything. You need to know what matters—and know it well.

3. PRIORITIZATION

And that brings us to the third P: **Prioritization**.

You have limited time. Limited energy. And an enormous amount of information.

So you cannot give everything equal attention. **Know what matters most.**

Prioritize high-yield topics. Focus on areas you repeatedly get wrong.

Look for patterns, classic presentations, and distinguishing features.

If it looks like a duck, walks like a duck, quacks like a duck, it's probably a duck.

And when answering questions, pay close attention to the wording: **"Most likely."**

"Best next step." **"Initial management."** **"Definitive treatment."** **"Except."** **"Not."**

Sometimes— **one word changes the entire question.**

And when a question is long, don't be intimidated. Take a breath.

Ask yourself: **"What exactly are they asking me?"**

Then answer that question. Not the question you wish they had asked.

4. PERSEVERANCE

But preparation and prioritization mean very little without the fourth P: **Perseverance**.

There will be days when you are tired.

Days when your practice scores disappoint you.

Days when you look at your review materials and think:

"How am I ever going to remember all of this?"

When that happens— don't panic. **It is normal.**

You don't have to be perfect every day. You have to be **consistent**.

And remember this: **Don't confuse being tired with being defeated.**

Rest when you need to. **Then get back up.**

One study session may not change your life. But hundreds of focused, disciplined study sessions will.

And sometimes, the difference between success and failure is not intelligence.

It is simply the decision...the decision... not to give up. So keep going.

5. PRAYER

And finally, the fifth P: **Prayer**.

Prepare as if everything depends on you. Then pray as if everything depends on God.

Do your very best—and ask God to do the rest.

Pray for wisdom. Pray for clarity. Pray for calmness. Pray for strength.

And remember: **Prayer is not a substitute for preparation.**

THE ABCs OF SUCCESS

Now, if you forget everything: Remember the ABCs

A-B-C.

A is for ATTITUDE.

Believe that you can do this. Don't begin each day saying, *"I don't know enough."*
Instead, tell yourself: **"I have come this far. I will keep going."**

B is for BASICS.

Master the fundamentals. A strong foundation allows you to reason through questions you have never seen before. And—

C is for CONSISTENCY.

You don't need one perfect day. You need many productive days.

Small efforts, repeated consistently, become big results. PROTECT YOUR PEACE

And during these final weeks, protect something very important: **Your peace of mind.**

Don't compare yourself with your classmates. **Stay with your plan. Trust your preparation.**

This is your journey.

EXAMINATION DAY

Then, after all the preparation, prioritization, perseverance, and prayer— the day will finally arrive.

And when it does, remember:

The night before the boards is not the night to learn an entire subject.

Sleep. Have enough sleep!

Eat normally. If you drink coffee usually, don't double or triple it to obtain a greater concentration. I did that and it just made me anxious and tachycardic. Not good.

Don't experiment with new supplements, stimulants, or so-called memory aids.

There is no magic pill that can replace preparation.

On that day, know where you are going. Leave early. And arrive calmly.

Treat examination day as an important appointment with your future. Like a wedding day.

Because that is exactly what it is.

MY FINAL MESSAGE

My dear future physicians,

Look at how far you have already come.

You survived medical school. The examinations. The clerkship. The internship. The sleepless nights.

The difficult cases. The sacrifices. The doubts.

And every moment when you wondered: **"Can I really do this?"**

And look at you. **You're still here.** You are closer than you think.

So now is not the time to doubt yourself. **Now is the time to finish.**

Remember your Five Ps:

Purpose — Know why you are doing this. **Preparation** — Find the strategy that works for you. **Prioritization** — Know what matters most. **Perseverance** — Keep going when it gets difficult.

Prayer — Do your very best and trust God with the rest. And remember your ABCs:

Attitude. Basics. Consistency.

Then, when October comes— don't walk into that examination room hoping you will pass.

Walk in prepared to pass. Walk in with—

Knowledge in your mind.

Courage in your heart.

Discipline in your preparation. And— **Faith in your soul.**

And when you encounter a difficult question, don't tell yourself: *"I don't know anything."*

Tell yourself: **"I may not know this one—but I know a lot. Keep going."**

When you feel tired— **remember your purpose.**

When you feel afraid— **remember your preparation.**

When you feel uncertain— **remember your training.**

And when you have done everything you possibly can— **Pray. Trust. Let go.**

One day soon, someone will look at you and say: “Doctor, I need your help.”

When that moment comes, I hope you will be ready—not only with knowledge and skill, but with compassion, humility, and integrity.

Because being a physician is not simply about what we know.

It is about the good we do with what we know.

And you will carry with you the proud name and legacy of FEU-NRMF.

Carry it with excellence.

Carry it with humility.

And carry it with a heart for service.

On behalf of the FEUDNR School of Medicine Alumni Foundation of the USA, I want you to know: We are proud of you. We believe in you. And we are praying for you.

May God bless you, guide you, and give you wisdom, strength, and peace as you take the PLE this October. Good luck!

Speaker Introduction: For Nida Blankas-Hernaez, MD FAAP

It is my profound honor to introduce a woman whose life embodies excellence, service, leadership, and purpose—a physician who has healed, an educator who has inspired, a humanitarian who has served, and a leader who has opened doors for others.

Dr. Nida Blankas-Hernaez, began her journey as the youngest of nine children, raised in a family grounded in faith, discipline, service, and education. A Salutatorian in high school and an entrance scholar at Far Eastern University, she graduated cum laude in Chemistry, earned her Doctor of Medicine degree from FEU-NRMF, and went on to pursue pediatric training in the University of Illinois in Chicago. She is a Board-Certified Pediatrician and Fellow of the American Academy of Pediatrics, a distinction she has proudly maintained for more than three decades.

Her professional journey spans 42 years in medicine, more than three decades in pediatric practice, and distinguished service at Advocate Children’s Hospital and Lurie Children’s Hospital of Chicago. Beyond clinical medicine, she has served as a professor, mentor, department chair, and author, helping shape the next generation of physicians.

But perhaps what distinguishes Dr. Hernaez most is her commitment to service. She has led and participated in numerous medical missions throughout the Philippines, responded to disasters, supported vulnerable communities, and devoted herself to humanitarian causes. Her life reminds us that the true measure of success is not what we achieve for ourselves, but what we do for others.



Her leadership has also broken barriers. She has served as President of major medical and alumni organizations and today makes history as the first woman Chairman of the Board of FEUDNRSMAF USA since its founding 55 years ago.

Graduates, today you will hear from someone who has not only achieved excellence, but used it to uplift others; who has not only healed patients, but strengthened communities; and who has not only led, but opened the way for others to follow.

It is with great pride and the highest honor that I present
Dr. Nida Blankas-Hernaez, MD, FAAP—Physician, Educator, Humanitarian, and Leader.

Please join me in giving her a warm and well-deserved welcome! for her PLE send off a message .



FEU-NRMF FAMILY led by Dean Dr. Pio Esguerra II & PLE October, 2026 Examinees



SCHOLARSHIP DONORS -INVESTING IN THE FUTURE



DRS. ROY & CITA CABRERA



MR. & MRS. PEDRO & FRANCESCA SOTOMIL



SELECT CLASS '77



DRS. RENE & RORY ESTRELLA



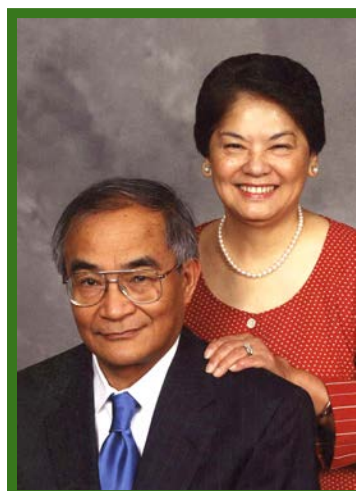
DR. BRENDA NARCELLES-BANEZ



DR. GRACE RABADAM



**DR. ERMELINDA ARRIOLA &
THE LATE DR. PEDRO ARRIOLA**



**THE LATE DR. CESAR REYES
& MRS. ELISA REYES**



**DR. FE MARTIN & THE LATE
DR. ARSENIO MARTIN**

ACADEMIC SCHOLARS (4)



PAOLO DIOLOLA (YL3)



ADRIAN LIMPIN (YL3)



CYRENE GAIL CRUZ (YL3)



JESSEICA CO (YL2)

EH SCHOLARS (10)



AIMEE MONTES (YL4)



JAN DENISE OLASO (YL4)



ETHEL GEPULANGO (YL3)



JULIEANNE QUIBAN (YL3)



MAKI CERA (YL1)



SAMUEL ABEL (YL4)



IAN MANDANI (YL3)



RENDZLEY TUBAL (YL2)



GIL TABIJE (YL2)



ANGELA PALAO (YL2)



**THE LATE
DR. DAISY RAMOS
SCHOLARSHIP FUND**



**DR. HERNANI
TANSUCHE**
Chair,
Scholarship
Committee

SCHOLARSHIP:

Where Generosity Meets Gratitude: Stories That Inspire

From Our Scholars: *Words of gratitude from the students whose lives are touched by generosity.*

Dear Doctors Roy and Cita Cabrera,

I am Aimee Montes, your Economic Hardship Scholar, now a clinical clerk at FEU-NRMF. I would like to express my deepest gratitude for your generosity and support throughout my journey in medical school. As I prepare to graduate next month, June, I cannot help but look back on how far I have come and realize that I would not have made it here without your help.

Medical school has been one of the most challenging yet meaningful chapters of my life. There were many moments of exhaustion, doubt, and sacrifice, and moments when I felt like giving up due to financial struggles, but your support gave me the opportunity to continue pursuing my dream of becoming a doctor. Because of your kindness, I was able to focus on my studies and keep moving forward despite the hardships.

It honestly feels like time has flown by so quickly. What once felt like a distant dream is now becoming a reality. Soon, I will finally graduate and begin the next chapter, my postgraduate internship. It was once a dream that became possible through your generosity and belief in students like me.

Thank you for investing not only in my education, but also in my future. Your support has changed my life in ways I can never fully express in words. I will always carry this gratitude with me, and I hope to one day pay forward the same kindness you have shown me.

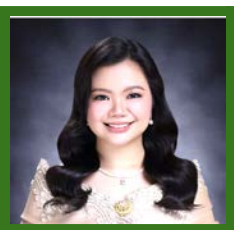
From the bottom of my heart, thank you very much.



Sincerely,
Aimee Montes
EH scholar

Another Thanks:

Good day, Drs. Roy and Cita Cabrera,



I would like to inform you that I will be graduating soon. Thank you from the bottom of my heart for sponsoring my medical education. This milestone is as much yours as it is mine, and it would not have been possible without your kindness and generosity. I still carry the words you once shared with me: *"Tough times never last, but tough people do."* I will hold on to this message, remain dedicated to making the most of this opportunity, and do my best to honor the faith you have placed in me.

Sincerely,

Jan Denice S. Olaso
EH Scholar

FROM OUR SPONSORS

Why They Chose to Give—and Why Supporting the Next Generation Matters



Where the Story Began... The story began in 2015, when Dr. Linda Tamesis reached out to Dr. Cesar Reyes about a medical student who was forced to leave medical school because of financial difficulties. Dr. Reyes shared the story in his newsletter. Roy and Cita were moved to help.

What started as a simple act of generosity soon became something much bigger. With the help of Drs. Hernani Tansuche and Amethyst Cureg, a scholarship fund was established to provide assistance to deserving medical students in need.

Since then, the fund has helped six or seven students—and counting. (*Dr. Tansuche would know the exact number!*)

For Roy, giving became more than just financial support. It became a way of paying it forward and helping future physicians stay on the path toward their dreams. And, in his own wonderfully humorous words, supporting these students has also helped his brain release “dopamine, serotonin, and oxytocin.” 😊

What began with one student in need has grown into a lasting commitment. Today, Drs. Roy & Cita Cabrera have gone from being a scholar sponsor to becoming our Principal Sponsors, helping ensure that the next generation of FEU-NRMF physicians has a chance to complete the journey they started.

A Steward of Blessings, A Blessing to Others



Helping future healthcare providers carry the gift of healing forward.

"We believe that abundant blessings are meant to be enjoyed, and shared. These blessings make us stewards of the LORD, doing a bit of HIS work helping our brethren in need. We become HIS instruments as answers to the prayers of others.

The field of health care fosters healing and care of the human body. It is one of the beneficiaries of our stewardship. By providing scholarships to struggling, aspiring future health care providers, we enable the perpetuation of this service. We hope that in return they, too, pass it forward." **Pedro & Francesca Sotomil**

Paying it Forward...



Select Class '77.

Left to right top row - Dr. Antonio Aure, Dr Carlos Tan, Dr Esther Aoigan, Dr Manuel Hababag, Dr. Elsie de la Cruz Ica, second row from top - Dr Nenita Garcia Aure, Dr. Leonides Medrano Hababag (RIP), Dr Federico Ilang Ilang, Dr. Benjamin Martinez Jr, Dr Theodore Tolentino. Third row from top - Dr. Carolina Sarenas, Dr Mila Corpuz Paneda, Dr. Araceli Garcia Sweeney, Front row - Dr. Gloria Ayson Bravo, Dr. Aurora Rodriguez. Dr. Corazon Cabrera Tan & Dr. Cynthia Villaflor.

We first heard about Dr. Cabrera, his generous donation, and the meaningful reason behind his desire to “pay it forward.” It inspired us to explore how we could be more proactive and united as an alumni association in supporting our fellow alumni and future physicians.

When I initially spoke with the group, there was strong agreement that we should move forward together. However, as we began organizing the initiative, some members—particularly from the East Coast and Canada—chose to remain separate. There were also concerns raised about transparency and how the alumni association would manage the effort.

We even held a Zoom meeting to discuss the matter. At one point, I was asked why we didn’t simply call it the “Sweeney Scholarship.” That

conversation made it clear that not everyone shared the same vision, and ultimately, some preferred to pursue their own fundraising efforts separately.

And so, so be it. 😊 We respect that everyone has the right to support causes in the way they choose.

What I am especially grateful for is the group I have chosen to work with—our “Select” group—who have remained incredibly loyal, supportive, and generous.

And yes... “Select” was chosen very intentionally! 😊😊

At the end of the day, it is not about who is included or who is separate. It is about paying it forward, giving back, and making a difference together whenever we can.



Araceli Sweeney, MD
BOT Member, FEUDNRSMAF
Class 1977

CONTINUING MEDICAL EDUCATION CONVENTION



Scientific Convention 2026 Program

"The Heart of Healing: Awareness, Innovation and Advocacy in Clinical Practice"

Monday, July 20, 2026

7:00 am - 7:20 am Registration, Breakfast
7:20 am - 7:30 am Welcome addresses

Arnel Clarin MD¹ Michigan Chapter President, Convention Chairman
Rosemarie Aquiler-Angeles MD² Executive Director, Overall Convention Chairman
Grace Averilla-Obena MD³ President
Nida Blankas-Hernaez MD⁴ Chairman of the Board/CME Committee Chairman

MORNING CME Moderators: Leslie Farolan, MD⁵ & Honorio Benzon, MD

7:30 am-8:15 am Recognizing Human Trafficking in Clinical Practice
Mr: William Luker, Criminal Investigator
Wayne County Sheriff Office, Michigan

8:15 am-9:00 am Managing the Autoimmunity Journey in Type 1 Diabetes
Susan B. Nunez, MD⁶, Pediatric Endocrinologist & Diabetic Specialist
Dell's Children Medical Group, Austin, Texas

9:00 am-9:45 am Protecting our Youngest: Advances in RSV Prevention Across the Lifespan
Jocelyn Y. Ang, MD⁷, FAAP, FIDSA, FPIDS, ID Specialty
Chief, Infectious Disease, Children's Hospital in Michigan,
Professor of Pediatrics, Wayne State University School of Medicine, Detroit, MI

9:45 am-10:30 am Pediatric Asthma: What's New?
Emmanuel U. Sarmiento, MD⁸, FAAP, Pediatric Allergy, Asthma & Immunology
Greenville, South Carolina

10:30 am-11:15 am Comprehensive Adult Wellness: Evidence-Based Screening and Prevention
Macario C. Corpuz, MD⁹, FFAFP, Family Medicine
St Vincent Hospital, MA

11:15 am-11:45am Questions and Answers Moderator: Cesar Jimenez, MD¹⁰
11:45 am-12:00 pm Break

AFTERNOON CME Moderator: Leilanie Narcelles-Mon MD¹¹

1:00 pm-1:45 pm ADHD in Children & Adults
David J. Villanueva, MD¹², Adult & Child Psychiatrist
Sterling Heights, Michigan

1:45 pm-2:30 pm Precision Pathology: Integrating Genomics and Histopathology in Genito-urinary Cancers
Gladell P. Paner, MD¹³, Pathologist, GU specialty
Professor in Pathology, University of Chicago, Medicine, IL

2:30 pm-3:15 pm Dean's Lecture:
The Heart and Breath of Healing: Integrating Medical Education, Pulmonary Care, and Patient Advocacy
Dean Pio T. Esguerra II, MD¹⁴, FPCP, FPCCP, FACCPC, DIH, Pulmonologist
Dean, FEU-NRMF School of Medicine, Philippines

3:15 pm-3:20 pm Introduction of the 28th Nicanor Reyes Jr MD Memorial Lecture
by Renato G Ramos, MD¹⁵, Chairman Emeritus

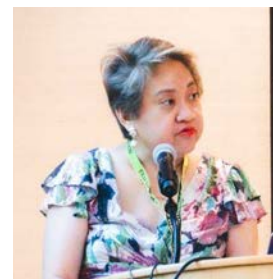
3:20 pm-4:15 pm 28th Annual Dr. Nicanor Reyes Jr. Memorial Lecture:
Artificial Intelligence in Cancer Care
Minsig Choi, MD¹⁶, Medical Oncologist, GI specialty
St. Elizabeth Cancer Center, Edgewood, Kentucky



The Messages



Nida Blankas-Hernaez MD
Chairman of the Board



Grace Averilla-Obena MD
President



Rosemary Aquiler-Angeles MD
Overall Convention Chairman



Arnel Clarin MD
President, Michigan Chapter

MODERATORS



Leslie Farolan MD
Moderator



Honorio Benzon MD
Co-Chair/Moderator



Renato Ramos MD
Mem. Lecture Moderator



Leilanie Mon MD
Moderator



Edgar Altare MD
Co-Chair/Moderator

CME CONVENTION SPEAKERS



Mr. William Luker
Trafficking



Susan Nunez MD '81
Diabetes Type 1 Autoimmunity



Jocelyn Ang MD '90
RSV Prevention



Emmanuel Sarmiento MD '86
Pediatric Asthma



Macario Corpuz MD '88
Adult Wellness



David Villanueva MD '72
Pediatric & Adults ADHD



Gladell Paner MD '96
Genomics & Histopathology



Dean Pio Esguerra II MD '96
Dean's Lecture: Healing



Minsig Choi MD '98
Artificial Intelligence In Cancer



Q/A: Dr. Jocelyn Ang, Mr. William Luker, Dr. Susan Nunez, Dr. Emil Sarmiento & Dr. Macario Corpuz.

Plaques of Convention Speaker Distinction Award



L-R: FEUDNRSMAF President Dr. Grace Averilla-Obena, CME Co-Chair/Moderator Dr. Honorio Bengzon, Plaques of Convention Speaker Distinction Award given to: Mr. William Lucker, Drs. Jocelyn Ang, Susan Nunez, Emmanuel Sarmiento & Macario Corpuz, Moderator Dr. Leslie Ralleca-Farolan and FEUDNRSMAF Chairman of the Board & CME Chair/Director Dr. Nida Blankas-Hernaez.



Chairman Dr. Nida Blankas-Hernaez giving the Plaque of Convention Speaker Distinction Award to Dr. Gladell Paner.



Chairman of the Board. Dr. Nida Blankas-Hernaez, Dean Dr. Pio Esguerra with the Plaque of Dean's Laureate Lecture Award, President Dr. Grace Averilla-Obena, Moderator & Secretary Dr. Leilanie Mon & CME Co-Chair/Moderator Dr. Edgar Altare.

Plaque of Dean Laureate Lecture Award Dean Pio Esguerra II MD Class '96

Exceptional Topics. Distinguished Speakers. Meaningful and Transformative Learning!

Plaque of Memorial Lecture Honor Award Minsig Choi MD Class '98



L-R: Drs. Leilanie Narcelles-Mon, Nida Blankas-Hernaez, Minsig Choi, Renato Ramos & Grace Averilla-Obena

Ruby class '86 ----->



L-R Q/A: Drs. Gladell Paner, Minsig Choi, Dean Pio Esguerra and David Villanueva

<-----

General Membership Meeting

Dean Dr Pio Esguerra presenting update and simulation project of FEU-NRMF ----->

Dr. Richard Mon, treasurer, reporting the Finance of the FEUDNRSMAF



WELCOME NIGHT “Motown Magic”



Welcome Reception “Motown Magic”
55th Anniversary & 45th Reunion PROGRAMME
July 19, 2026

National Anthem:

FEU Hymn:

Invocation:

Welcome Address:

Short Messages:

Tribute to the FEUDNRSMAF Michigan Chapter

Dinner

Special Entertainment

Closing Remarks

Dance

Star Spangled Banner
Pambansang Awit
Michigan Chapter

Guat Sy Jr, MD ⁷⁴
Board of Trustees, FEUDNRSMAF

Arnel Clarin, MD ⁸⁶
President, Michigan chapter (FEUDNRSMAF)

Nida Blankas-Hernaez, MD ⁸⁴ FAAP
Chairman of the Board, FEUDNRSMAF
Grace Averilla-Obena, MD ⁸⁵
President, FEUDNRSMAF

by the Chairman of the Board assisted by the President

Rare Quality

Surprise number

Rosemary Aquiler, MD ⁸⁶
Convention Chairperson
Executive Director-FEUDNRSMAF

Dance Dance Dance
David Villanueva, MD ⁷²
Master of Ceremonies

Music Provided by: **DJ Camilo**

FEUDNRSMAF 55th ANNIVERSARY

36

45th REUNION & CONVENTION



Chairman message
Nida Blankas-Hernaez, MD, FAAP



President Message
Grace Averilla-Obena, MD, FAAP



FEUDNRSMAF, MICHIGAN CHAPTER



WELCOME NIGHT: "Motown Magic"

Celebrating the Sound, Spirit & Soul of Motown



FILIPINIANA FIESTA NIGHT

The Grand Entrance led by the FEUDNRSMAF Board of Trustees





FEUDNRSMAF 55th Anniversary

45th Annual Reunion

Filipiniana "Barrio Fiesta" Program

July 20, 2026

Honoring Sapphire Class '81, Ruby Class '86, Coral Class '91, Pearl Class '96

Grand Entrance:
Sapphire Class '81, Ruby Class '86, Coral Class '91, Pearl Class '96, BOT & VIP's
National Anthems and FEU Hymn: Ruby Class of 1986

Invocation:
Welcome Remarks:
Short Messages:

Melody Riparip, M.D. '86
Rosemary Aquiler-Angeles, M.D. '86
Executive Director, Overall Convention Chair, FEUDNRSMAF
Nida Blankas-Hernaez, M.D. '84, FAAP
Chairman of the Board, FEUDNRSMAF
Grace Averilla-Obena, M.D. '85
President, FEUDNRSMAF
Pio T. Esguerra II, M.D. '96
Dean, FEU-NRMP School of Medicine
Cerelyn Dacula, M.D. '02
Vice President, FEU-NRMP MAS

FEUDNRSMAF 55th Anniversary Service Recognition of the Board of Trustees
By the Chairman assisted by the President

 Dinner
 Dance
 Entertainment

Medallion Ceremony & Showcase Presentation:
Sapphire Class '81, Ruby Class '86, Coral Class '91, Pearl Class '96
Announcers: Wilson Morales, M.D. '73 & Araceli Sweeney, M.D. '77
Presenters: Nida Blankas-Hernaez, M.D., Grace Averilla-Obena, M.D. & Dean Pio Esguerra, M.D.

Closing Remarks:
Arnel Clarin, M.D. '86
Convention Chairman, Michigan Chapter President

 Dance
 Dance
 Dance

Master of Ceremonies: Edgar Altares, M.D. '70 & Chona Lastimoso, M.D. '02
Music by DJ James Santos





The Programme



L-R: Executive Director/Overall Convention Chairman, Dr. Rosemary Aquiler-Angeles for her Welcome Remarks, Short Messages from the Chairman Dr. Nida Blankas Hernaez, President Dr. Grace Averilla-Obena, VP FEU-NRMF MAS Dr. Cereilyn Dacula, and the EMCEES: Drs. Edgar Altares & Chona Lastimosa.



Dean Dr. Pio Esguerra II for his message & President Michigan Chapter Dr. Arnel Clarin for Closing Remarks



BOT Executive Leadership Team: Certificates of Recognition

Given by Chairman of the Board, Dr. Nida Blankas-Hernaez

L-R: Drs. Guat Sy Jr, Hernani Tansuche, Richard Mon, Leilanie Narcelles-Mon, Chairman Nida Blankas-Hernaez, Vincent Santangelo, Grace Averilla-Obena, Amethyst Cureg, Dionisia Sy, Rosemary Aquiler-Angeles, Manuel Malicay.

Board of Trustees: Certificates of Recognition

Given by Chairman of the Board, Dr. Nida Blankas-Hernaez, assisted by President Dr. Grace Averilla-Obena.
Below L-R: Drs. Guadalupe Pedrano- Florescio, Grace Averilla-Obena, Wilson Morales, Felipe Ambas, Larry Rabang, Teodoro Tolentino, Arnel Clarin, Lourdes Malicay, Grace Rabadam and Nida Blankas-Hernaez.



BOT EMERITI

Certificates of Recognition

L-R: Drs. Edmundo Relucio (received by caregiver), Hernani Tansuche, Philip S. Chua, Chairman Nida Blankas-Hernaez, Renato Ramos, Pedro Florescio Jr. & Licerio Castro Jr. ----->>>



MEDALLION CEREMONY: Ruby, Pearl, Sapphire & Coral



Pedro Nartatez MD Class 1957, our Honored Senior-most Alumnus



With his family, giving his message to the alumni. Enjoying every moment!



Class '66 Diamond Jubilarians



Class 1986, Ruby Jubilarians



Ruby Class '86 Dance Showcase







Certificates of Appreciation to Drs. Pio & Mari-Karr Esguerra & Cerelyn Dacula





Filipiniana Fiesta: An evening of Celebration, Recognition and Fellowship.



FEUDNRSMAF 55th Anniversary 45th Annual Reunion *Grand Ball Programme*

July 21, 2026

Honoring Platinum Class '61, Diamond Class '66, Emerald Class '71,
Golden Class '76, Silver Class 2001

Grand Entrance:	Platinum Class '61, Diamond Class '66, Emerald Class '71, Golden Class '76, Silver Class 2001, BOT, VIPs
National Anthems & FEU Hymn:	Board of Trustees, FEUDNRSMAF
Invocation:	Philip Chua, M.D. '61 <i>Chairman Emeritus, FEUDNRSMAF</i> <i>Platinum Jubilarian Class '61</i>
Welcome Address:	Rosemary Aguiler-Angeles, M.D. '86 <i>Executive Director, Overall Convention Chairman, FEUDNRSMAF</i>
Short Messages:	Nida Blankas-Hernaez, M.D. '84 FAAP <i>Chairman of the Board, FEUDNRSMAF</i> Grace Averilla-Obena, M.D. '85 <i>President, FEUDNRSMAF</i> Pio Esguerra II, M.D. '96 <i>Dean, FEU-NRMF School of Medicine</i>

FEUDNRSMAF 55th Anniversary Leadership Recognition of Chairmen Emeritus, Chairmen and Presidents

Special Remarks: Renato Ramos, M.D. '63
First Chairman Emeritus, FEUDNRSMAF



Special Remarks



Dinner



Dance



Entertainment



Medallion Ceremony &
Showcase Presentation:

Platinum Class '61, Diamond Class '66,
Emerald Class '71, Golden Class '76, Silver Class '01
Announcers: Larry Rabang, M.D. '89 & Dionisia Sy, M.D. '75
Presenters: Nida Blankas-Hernaez, M.D., Grace Averilla-Obena, M.D.,
& Pio Esguerra II M.D.



Award Ceremony

Grace Rabadam, M.D. '63
Chair, Committee of Awards, FEUDNRSMAF



Closing Remarks:

Arnel Clarin, M.D. '86
Convention Chairman, President Michigan Chapter

Dance

Dance

Dance



Master of Ceremonies:

Leilanie Narcelles-Mon, M.D. '72 & Richard Mon, M.D. '70
Pacific Sound Rhythm Band & DJ James Santos

Enjoy an enchanting evening of elegance!

Grand Ball: Grand Entrance Led by the Board of Trustees



BOT leading the Parade and the National Anthems. BOT L-R: Drs. Edgar Altares, Ted Tolentino, Licerio Castro Jr, Wilson Morales, Felipe Ambas, Grace Rabadam, Leilanie Narcelles-Mon, Richard Mon, Guat Sy Jr, Pres. Grace Averilla-Obena, Chairman Nida Blankas-Hernaez, VP Vincent Santangelo, Arnel Clarin, Rosemary Aquiler-Angeles, Larry Rabang, Lourdes Malicay, Manuel Malicay, Amethyst Cureg, Dionisia Sy, Guadalupe Pedrano-Florescio, Pedro Florescio Jr, & Renato Ramos.

THE INVOCATION



Delivered by Philip S. Chua, MD, FACS, FPCS, President, Class '61, and Chairman Emeritus, FEUDNRSMAF, during its 45th Reunion-Convention Grand Ball, Motor City Casino Hotel, Detroit, Michigan, July 19-21, 2026

Almighty God, the gracious spirit of love, wisdom, unity, and healing, we come before You under one roof, with grateful hearts for the privilege of celebrating our fellowship and honoring our distinguished jubilarians.

We pray for our beloved Lupang Hinirang and our great adopted home of the brave and of the free, and for peace around the world.

Bless the Officers and Board of Trustees of our alumni foundation for their unselfish devotion and service, and for organizing this wonderful reunion and convention.

Thank you, O Lord, for the blessings of life, health, family, friends. Bless our dear Alma Mater, the institution that shaped our minds and instilled in us the noble virtues of excellence, healing, and compassion.

We offer a special prayer of thanksgiving for ALL our honored jubilarian classes, for our fellow alumni here and abroad, and especially those who are with us this evening, for their decades of steadfast service, their sacrifices, and the countless lives they have touched and healed.

May the legacy of all our alumni around the globe inspire the next generation of physicians to serve with the same devotion, integrity, and grace. They have, indeed, carried the torch of our Alma Mater with distinction and honor.

Dear Lord, also bless our colleagues who were unable to join us and those who have gone to your Kingdom, whom we shall always remember with fondness.

We also pray for all our fellowmen suffering in the gutter of poverty, often going to bed with empty stomachs and having empty dreams.

As we break bread tonight, please bless the food we shall share in Your name, and pray that You nourish our mind, body, and soul.

And finally, dear God, bless all of us and our families and friends as we continue to serve as instruments of Your peace and comfort to those in need. In Your holy name, we pray. Amen.

Opening Our Grand Ball Celebration in Faith & Gratitude

MESSAGES



Welcome Remarks: Overall Convention Chair Rosemary Aquiler-Angeles MD



Chairman of the Board Nida blankas-Hernaez MD



President Grace Averilla-Obena MD



Dean Dr. Pio Esguerra II MD



INDUCTION OF NEW OFFICERS by the Chairman



BOTs' 2026-2029 L-R: Drs. Amethyst Cureg, Leilanie Narcelles-Mon, Chona Lastimoso-Montante, Cheryl Canto, Inductee Chairman of the Board, Nida Blankas-Hernaez, Guadalupe Pedrano-Florescio, Larry Rabang, Richard Mon, & Leslie Ralleca-Farolan.



55 YEARS OF LEADERSHIP AND LEGACY RECOGNITION

BOT Emeriti Drs. Renato Ramos, Philip Chua, and Edmundo Relucio, and new Emeriti Drs. Hernani Tansuche, Pedro Florescio Jr., and Licerio Castro Jr. were honored each with a Plaque of Recognition for Legacy and Leadership and a Sash of Honor. Likewise, Chairmen were honored with a Plaque of Recognition and a Medallion of Honor. Presidents were given a Plaque of Recognition.

L-R: President Grace Averilla-Obena MD, VP Vincent Santangelo MD for Past President Cesar Jimenez MD, Grace Rabadam MD for Past President Emelie Ongcapin MD, Immediate Chairman Manuel Malicay MD, Guat Sy Jr MD for Past Chairman Noli Guinigundo MD, Amethyst Cureg MD for Past Chairman Oscar Tuazon MD, Chairman Nida Blankas-Hernaez MD, Emeritus Licerio Castro Jr MD, Emeritus Pedro Florescio Jr MD, Emeritus Hernani Tansuche MD, Emeritus Edmundo Relucio MD (received by Armyd Mercado), Emeritus Philip S. Chua MD and Emeritus Renato Ramos MD.



First Chairman Emeritus Renato Ramos MD delivered Special Remarks after the Leadership Recognition.



The EMCEES: Dr. Richard Mon and Dr. Leilanie Narcelles-Mon



Immediate Past Chairman Manuel Malicay MD received the Plaque of Recognition as Chairman of the Board, 2023-2025



L-R: Richard Mon MD, Dean Pio Esguerra MD, Grace Averilla-Obena MD, Edward Hernaez MD, Nida Blankas-Hernaez MD, Mari-Karr Andaya-Esguerra MD, Cerelyn Dacula MD, Mr. Nelson Obena and Mr. Ferdie Angeles.

MEDALLION CEREMONY CLASS '61, BLUE SAPPHIRE



Announcers : Drs. Larry Rabang & Dionisia Sy.



**Extraordinary
Topnotched
Class of 1961**

THE REMARKABLE CLASS of 1961, BLUE SAPPHIRE

At the 45th Reunion Convention of the FEU-DNR School of Medicine Alumni Foundation Grand Ball, July 21, 2026, at the MotorCity Hotel & Casino, Detroit, Michigan, Dr. Nida Blankas-Hernaez, Chairman of the Board, introduced the vintage Class '61, the Blue Sapphire Jubilarians, with this tribute:

“Before we begin the Medallion Ceremony honoring the Class of 1961 on the occasion of their 65th Jubilee Anniversary, allow me to share one of the most extraordinary chapters in the history of our Alma Mater.

In 1961, the Class of '61 accomplished what many believed was impossible. In the Philippine Medical Licensure Examination, they achieved a feat that remains legendary to this day. They captured eight of the Top Ten places nationwide—including First Place—leaving only the 4th and 8th places to UST.

Their remarkable achievement made headlines across the Philippines, brought national acclaim to Far Eastern University, and firmly established FEU as a premier institution for medical education. It was a defining moment that filled our University with pride and inspired generations of future physicians.

More than six decades later, that remarkable record continues to stand as one of the greatest accomplishments in the history of Philippine medical education.

Tonight, 65 years later, we are privileged to celebrate these extraordinary physicians whose brilliance, dedication, and legacy continue to inspire us. We are especially honored to recognize ten members of this legendary class—the largest gathering of 65-year Jubilarians ever honored in the history of our Foundation.

It is now my distinct privilege to invite Dr. Philip S. Chua—renowned cardiovascular surgeon, Chairman Emeritus of FEUDNRSMAF, and President of the Class of 1961—to receive the Medallion of Honor.

Following the presentation of his medallion, Dr. Chua will have the honor of introducing the remaining members of the legendary Class of 1961 as they come forward to receive their Medallions of Honor.

Ladies and gentlemen, please join me in congratulating and celebrating the remarkable Class of 1961—true pioneers of excellence and enduring pride of FEU-NRMF.”



The picture above shows the ten Class '61 Blue Sapphire Jubilarians (l-r): Moises L. Buzon, Philip S. Chua, Farida I. Chua, Rosemary E. de Leon, Arturo de Leon, Grace A. Obena (Alumni President), Nida Blankas-Hernaez (Alumni Chairman), FEU-NRMF Dean Pio Esguerra II, Zenaida E. Ostman, Lily N. Sim, Abraham Y. Sim, Remedios D. Sonson, and Ernesto D. Madarang.



The Parade of Class '61



A family of Jubilarians: Philip S. Chua '61, Farida I. Chua '61, and their daughter, Sheilah C. Gentile '86, at the 45th reunion in Detroit, Michigan.



Oldest Jubilarian, Pete Nartatez '57 and Philip S. Chua '61, Chairman Emeritus, FEUDNRSMAF at the 45th Reunion in Detroit, Mi, July 21, 2026



DISTINGUISHED CLASS 1966, DIAMOND JUBILARIANS



L-R: Chairman Nida Blankas-Hernaez MD, Eduardo Caspe Casalmir MD (Class 1966 President), Henry Paat Mendoza MD, Zeny Racasa Aliyas MD, Emma Alvaro Caligtan MD, Brenda Narcelles-Banez MD, Leonila Mane Castro MD, Rebecca Robancho Reyes MD, Conchita Riparip MD, Robin Gatchalian Torres MD, Dean Pio Esguerra II MD, & President Grace Averilla-Obena MD.



President of the Class '66, Dr. Ed Casalmir, announced the Class '66 donation of \$28,000 for the Simulation Laboratory Project.



THE ILLUSTRIOUS CLASS '71, EMERALD JUBILARIANS



Honorio Bengzon MD '71



Salvador Cabanit MD '71



Keneth Slater MD '71



Susan Nunez MD Class '81
Sapphire Jubilarian



Dean Pio Esguerra II MD & Mari-Karr Andaya-Esguerra MD
Class '96 Pearl Jubilarians



Emmanuel Canto MD
Class '91 Coral Jubilarian

THE AWARDEES: LIFETIME ACHIEVEMENT AWARD And MOST OUTSTANDING ALUMNI



Grace Rabadam MD
Chair, Awards
Committee



Wilson Morales MD
Member, Awards
Committee

Lifetime Achievement Awardee: Hernani Tansuche MD



Dean Pio Esguerra II MD '96, Most Outstanding Alumnus **Kenneth Slater MD '71**, Most Outstanding Alumnus



Rosemary Aquiler-Angeles MD '86,
Most Outstanding Alumnus

L-R: Drs. Wilson Morales, Grace
Averilla-Obena, Nida Blankas-Hernaez, Grace
Rabadam, MOA Awardee-Rosemary
Aquiler-Angeles, proud husband, Mr. Ferdie
Angeles and Dean Pio Esguerra II.



Closing Remarks: **Arnel Clarin MD**, Michigan Chapter President



Our Oldest Jubilarian: **Pedro Nartatez MD '57**



55th Anniversary of FEUDNRSMAF: A Milestone of Legacy

A night of Elegance, Recognition and Celebration



From the BOT Welcome



The Hoorays



**The Smiles
& Laughters**



The Selfies

The Love in the air



The Handshakes



The TOASTS

The Peace & Thumbs up





Cocktail Reception:

Overall Convention Chairman: Dr. Rosemary Aquiler-Angeles & husband, Mr. Ferdie Angeles



Stunning entertainment



The Live Band



The Incredible dancing





THE GUESTS





FEU-NRMF Class of 1986 Celebrates 40 Years

by Leslie Ralleca-Farolan, MD, Class '86

Board of Trustee, FEUDNRSMAF

It's hard to believe that four decades have passed since we walked the halls of our beloved medical school, full of hopes and dreams, and maybe a bit of uncertainty about what the future had in store for us. We came to medical school as classmates. Along the way, we became friends, colleagues, and, in many ways, family. We shared long hours of studying, the challenges of clinical training, the excitement of finally becoming doctors, and eventually, the very different paths that life and medicine would take us on.

Forty years later, we came together once again, this time in Detroit, Michigan, for the second of three celebrations marking the Ruby Anniversary of FEU-NRMF Class of 1986. From July 19-21, 2026, twenty classmates who traveled from California, Texas, Wisconsin, Illinois, Indiana, Michigan, South Carolina, and even the Philippines spent three unforgettable days together at the Motor City Casino Hotel. The miles may have separated us over the years, but once we were together again, it felt as though very little time had passed.

We kicked off the reunion with a Motown themed Welcome Night, hosted by the FEUDNRSMAF Michigan Chapter. The event was led by our own classmates, Dr. Arnel Clarin, Michigan



Chapter President; and Dr. Rosemary Aquiler-Angeles, Executive Director of FEUDNRSMAF and Convention Chairperson. With the smooth sounds of Motown filling the room, we got into the spirit of the evening. Dressed in our disco best, we enjoyed a fun-filled night of music, laughter, dancing, and plenty of memories.

Day Two brought us back, at least for a little while, to our roots as physicians. During the Continuing Medical Education Seminar, our very own Dr. Emil Sarmiento, shared his expertise in an informative and engaging update on Asthma with emphasis on new biologics. Beyond the excellent lecture, Dr. Sarmiento added a sprinkling of photos from our





medical school days, taking us on a heartwarming trip down memory lane.

That evening, the celebration continued with Filipiniana Night, where our class was honored in a medallion ceremony as the Ruby Anniversary celebrants. The ladies looked lovely in their red Filipiniana attire, while the gentlemen were dashing in their traditional barongs. One of the highlights of the evening was our class showcase performance! The Class of 1986 took the stage for a group dance featuring a medley of '70s and '80s music. It was nostalgic, energetic, and full of fun. The audience cheered us on as we danced through songs that brought back wonderful memories of our younger years.



L-R: Drs. Rita Villafria, Emily Sy-Tan, Emmanuel Sarmiento, Divina Reyes-Cruz, Dexter Rebancos, Leslie Relleca-Farolan, Cecille Mendoza-Rueras, Rosario Manipol-Barrales, Celia Go-Maliwanag, Amelia Devera-Sales, Arnel Clarin, Chairman of the Board Nida Blankas-Hernaez, Dean Pio Esguerra II, President Grace Averilla-Obena, Richard Sabbun, Sheillah Chua-Gentile, Marisa Burias-Magpayo, Rosemary Aquiler-Angeles, Melody Angeles-Riparip, Cheryl Acob-Sarmiento, Leebella Abuan-Mandap & Marlyne Coloma-Abon.



Grand Ball: The Ruby Class '86 with Dr. Philip Chua, Chairman Emeritus and Past BOT Dr. Farida Chua.

On our final day, several classmates spent some time exploring Detroit and experiencing a little of the history and character of the Motor City. The reunion came to a fabulous close that evening with an elegant Grand Ball, with Class of '86 friends among the last to leave! It was the perfect ending to a memorable weekend filled with laughter, stories, friendship, and a few sentimental moments as we reflected on how far we have all come.

Our Detroit gathering was the second of three celebrations planned to commemorate our 40th anniversary. The first celebration took place in January 2026 on the beautiful island of Bohol, where 67 classmates gathered in the Philippines to begin our Ruby Anniversary year. Now, we are looking forward to the grand finale in January 2027, a homecoming to our beloved alma mater in Manila, followed by a special celebration at Shangri-la Makati, where the Class of 1986 will be honored as we officially mark four remarkable decades since graduation. Perhaps the best part of reaching this milestone is not just looking back at where we started, but realizing that after 40 years, we are still making memories together. Here's to 40 years of friendship, laughter, memories and shared adventures, and to the many more still to come!

January 2026 Class 1986 Ruby Reunion in Bohol



Pre-reunion Detroit City Tour/Windsor and Detroit Pilgrimage

TOUR AND PILGRIMAGE ARRANGED BY DR. DIONISIA SY AND DR. GUAT SY JR.



CLASS 1961 JOINED



CLASS 1971 AND 1972 JOINED



THE LADIES



THE GENTLEMEN







Lunch Break And Fellowship





FATHER SOLANUS CASEY MONASTERY

JULY 18, 2026

TOUR DETROIT / WINDSOR

BRING YOUR PASSPORT!

**15 SEATER MINIBUS
+ BUS DRIVER**

**ALSO OUR
TOUR GUIDE!**

PRICE: \$60/PERSON

10:30 AM

ASSEMBLE
in Motor City Casino Hotel lobby

11:00 AM

LEAVE
for Detroit Institute of Arts (DIA)

12:00 PM

DOCENT-GUIDED TOUR
of the museum

1:00 PM

LUNCH
KKB (Self-pay) inside museum cafeteria

2:00 PM

BACK TO BUS
Tour of Detroit by minibus.
Private cars can convoy the bus.

3:30 PM

DROP OFF
people not going to Canada at
Motor City Casino

CONTINUE

CONTINUE ON TO WINDSOR, CANADA
Go to Multigood Grocery Store, buy tropical
fruits and go to Sun Hong restaurant (Windsor)
to eat fruits plus eat dinner. (KKB, too)
DO NOT BRING BACK ANY FRUITS BACK TO U.S.A.

6:00 PM

DEPART RESTAURANT (WINDSOR)
Back to Detroit, Motor City Casino.

IMPORTANT NOTES:

- Bring your passport!
- Private cars can convoy the bus during the Detroit tour.
- Do not bring back any fruits back to U.S.A.

LET'S HAVE A GREAT DAY EXPLORING DETROIT & WINDSOR! ❤️

DETROIT PILGRIMAGE 2026					
Sunday, July 19, 2026					
START	FIRST STOP	SECOND STOP	THIRD STOP	FOURTH STOP	RETURN
8:00 AM MotorCity Casino Hotel Lobby 8:30 AM Depart	9:00 AM Cathedral of the Most Blessed Sacrament Pilgrimage with Docent Robert 10:30 AM Depart	10:45 AM Slows BBQ Quick Lunch 11:40 AM Depart	Time TBD Sweetest Heart of Mary Church	12:40 PM Father Solanus Casey Monastery 12:45-1:45 PM Guided Tour 2:00-2:30 PM Healing Service Visit the Relics Gift Shop 3:30 PM Depart	MotorCity Casino Hotel

SLOWS BBQ RESTAURANT

Pilgrimage Lunch Selection • July 19, 2026

All lunch selections include: Caesar Salad and a choice of Coca-Cola soft drinks.

Please pick one:

OPTION	MENU DESCRIPTION
■ Smoked Chicken Sandwich	Smoked chicken with mushrooms, cheddar cheese, smoked bacon, served on whole-grain bread with honey mustard sauce.
■ Beef Brisket Sandwich	Sliced beef brisket topped with rich Texas-style BBQ sauce, sliced onions, and dill pickle.
■ Vegetarian Sandwich	Tender plant-based morsels tossed in Kansas City-style BBQ sauce, topped with coleslaw and pickles.

Participant Name: _____

Phone Number: _____



Thank you Drs. Guat & Dion Sy for the tour/pilgrimage!



Far Eastern University

Dr. Nicanor Reyes School of Medicine

Alumni Foundation, USA

BOT Regular Meeting Agenda July 21, 2026, Detroit, Michigan

Opening (15 minutes)

09:00 – 09:01 → Call to Order by Dr. Nida Blankas-Hernaez
 09:01 – 09:03 → Opening Prayer by Dr. Leilanie Narcelles-Mon
 09:03 – 09:06 → Roll Call and Determination of Quorum
 09:06 – 09:15 → Approval of Agenda & Minutes of Previous Meeting

Officers' Reports (30 minutes)

09:15 – 09:23 → Chairman's Report (8 min)
 09:23 – 09:28 → President's Report (5 min) by Grace Averilla-Obena
 09:28 – 09:45 → Treasurer's Report & Finance update (17 min) by Dr. Richard Mon

Standing Committees & Chapter Reports (70 minutes total)

09:45 – 09:50 → Convention / Reunion (5 min) by Dr. Rosemary Aquiler
 09:50 – 10:00 → Fundraising (10 min) by Dionisia Sy
 10:00 – 10:02 → Ad Hoc (2 min) by Dr. Edgar Altares
 10:02 – 10:04 → Awards (2 min) by Dr. Grace Rabadam
 10:04 – 10:06 → Continuing Medical Education (2 min) by Dr. Nida Blankas-Hernaez
 10:06 – 10:09 → Ectopic Murmurs Report (3 min) by Dr. Nida Blankas-Hernaez
 10:09 – 10:19 → Membership (10 min) by Dr. Macario Corpuz
 10:19 – 10:23 → Memorial Speaker (4 min) by Dr. Renato Ramos & Dr. Philip Chua
 10:23 – 10:25 → PGME (2 min) by Dr. Larry Rabang
 10:25 – 10:30 → Planning & Development (5 min) by Dr. Grace Averilla-Obena
 10:30 – 10:32 → Scholarship report emailed (2 min) by Dr. Hernani Tansuche
 10:32 – 10:35 → SAA & Professorial Awards (3 min) by Dr. Nida Blankas-Hernaez
 10:35 – 10:55 → Website / Communications Committee (20 min) by Dr. Ted Tolentino

CBL Segment (60min)

10:56 – 11:56 → Constitutional & By-Laws (60min) by Dr. Guat Sy Jr

11:56 – 12:30 → LUNCH (34min)

BOARD of TRUSTEE MEETING

July 21, 2026 for 6 hours

Chapter Presidents' Reports (10 minutes)

12:30 – 12:33 → Michigan Chapter (3 min) by Dr. Amel Clarin
 12:33 – 12:35 → Illinois Chapter (2 min) by Dr. Lourdes Malicay
 12:35 – 12:37 → Southern California Chapter (2min) by Dr. Cesar Jimenez
 12:37 – 12:40 → Nevada Chapter (3min) by Dr. Grace Averilla-Obena

Elections Segment (50 minutes)

12:40 – 12:45 → Election & Nomination Report (5 min) by Leilanie Narcelles-Mon
 12:45 – 12:50 → Presentation of Nominees for BOT (8 seats) (5Min)
 12:50 – 12:55 → Floor Nominations / Closure of Nominations (5min)
 12:55 – 01:10 → Voting (Paper Count) (15min)
 01:10 – 01:20 → Tabulation of Votes (10min)
 01:20 – 01:22 → Announcement of New 8 BOT Members (2min)
 01:22 – 01:30 → New BOT Remarks / Acceptance (8min)

Closing (30 minutes)

01:30 – 01:50 → Old Business (Simulation Lab and others) (20min)
 01:50 – 01:57 → New Business / Announcements (7 min)
 01:57 – 01:58 → Adjournment Motion (1min)
 01:58 – 02:00 → Closing Prayer by Dr. Grace Averilla-Obena / Formal Adjournment (2min)

Celebrating Our Legacy. Strengthening Our Fellowship. Shaping Tomorrow Together.

Thank you for joining the FEUDNRSMAF Board of Trustees Meeting. Your dedication, wisdom, and spirit of service continue to advance our Foundation and honor the proud legacy of our Alma Mater. Happy 55th Year anniversary! Nida

Getting to know the Leadership Team 2025-2027



GRACE AVERILLA-OBENA, MD
PRESIDENT



NIDA BLANKAS-HERNAEZ, MD FAAP
CHAIRMAN OF THE BOARD
IMMEDIATE PAST PRESIDENT



VINCENT SANTANGELO, MD
VICE PRESIDENT



LEILANIE NARCELLES-MON, MD
SECRETARY



RICHARD MON, MD
TREASURER



AMETHYST CUREG, MD
ASST. TREASURER



DIONISIA SY, MD
AUDITOR



ROSEMARY AQUILER-ANGELES, MD
EXECUTIVE DIRECTOR



MANUEL MALICAY, MD
IMMEDIATE PAST CHAIRMAN



GUAT SY JR, MD
PARLIAMENTARIAN



HERNANI TANSUCHE, MD
ASST. EXECUTIVE DIRECTOR

FAR EASTERN UNIVERSITY - DR. NICHANOR REYES
SCHOOL OF MEDICINE ALUMNI FOUNDATION
FEUDNRSMAF BOARD OF TRUSTEES
LEADERSHIP 2025-2027



FEUDNRSMAF BOARD of TRUSTEES



Renato Ramos MD
Chairman Emeritus



Philip Chua MD
Chairman Emeritus



Edmundo Relucio MD
Chairman Emeritus



Hernani Tansuche MD
Chairman Emeritus



Pedro Florescio Jr MD
Chairman Emeritus



Licerio Castro Jr MD
Chairman Emeritus



Nida Blankas-Hernaez MD



Manuel Malicay MD



Oscar Tuazon MD



Noli Guinigundo MD



Grace Averilla-Obena MD



Cesar Jimenez MD



Rey Abejuela MD



Edgar Altares MD



Felipe Ambas MD



Rosemary Aquiler-Angeles MD



Roy Cabrera MD



Macario Corpuz MD



Amethyst Cureg MD



Virgilio Jonson MD



Ligaya Marasigan MD



Leilanie Narcelles-Mon MD



Richard Mon MD



Wilson Morales MD



Grace Rabadam MD



Larry Rabang MD



Mildred Rey MD



Vincent Santangelo MD



Araceli Sweeney MD



Guadalupe Florescio MD



Dionisia Sy MD



Guat Sy Jr MD



Ted Tolentino MD



Lourdes Malicay MD



Arnel Clarin MD



L-R: Drs. Edgar Altares, Rosemary Aquiler-Angeles, Leilanie Narcelles-Mon and Chairman of the Board Nida Blankas-Hernaez.

Below L-R: Drs. Renato Ramos, Grace Rabadam, Arnel Clarin, Larry Rabang, Wilson Morales, Licerio Castro Jr, Amethyst Cureg, Araceli Sweeney, Ted Tolentino, Vincent Santangelo, Guat Sy Jr, Dionisia Sy, & Felipe Ambas





Above L-R: Drs. Pedro Florescio Jr, Guadalupe Pedrano-Florescio, Macario Corpuz, Edgar Altares, Richard Mon, Rosemary Aquiler-Angeles, Leilanie Narcelles-Mon & Grace Averilla-Obena.



Above L-R: Drs. Manuel Malicay, Lourdes Malicay, Edward Hernaez (support), Mr. Nelson Obena (support), Drs. Hernani Tansuche, Renato Ramos, Grace Rabadam, Arnel Clarin & Larry Rabang.



Above L-R: Drs. Ted Tolentino, Vincent Santangelo, Guat Sy Jr, Dionisia Sy, Felipe Ambas, Pedro Florescio Jr, Guadalupe Pedrano-Florescio, Macario Corpuz & Edgar Altares.



BOARD of TRUSTEES, CHAPTER PRESIDENTS, EMERITUS, & COMMITTEES

BOT 2024-2027

Felipe Ambas, MD
Edgar Altares, MD
Rosemary Aquiler-Angeles, 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
BOT-2026-2029
Cheryl Canto, MD
Amethyst Cureg, MD
Leslie Farolan, MD
Guadalupe Florescio, MD
Chona Lastimosa-Montante, MD
Leilani Narcelles-Mon, MD
Richard Mon, MD
Larry Rabang, MD

Chapter Presidents:
Cesar Jimenez, MD: California
Lourdes Malicay, MD: Illinois
Arnel Clarin, MD: Michigan
Grace Averilla-Obena, MD: Nevada
Chairman Emeritus
Renato Ramos, MD
Philip S. Chua, MD
Edmundo Relucio, MD
Hernani Tansuche, MD
Pedro Florescio Jr, MD
Licerio Castro Jr, MD
Past Chairmen
Oscar Tuazon, MD
Noli Guinigundo, MD



AdHoc

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

Award

Chairman: Grace Rabadam, MD
Members: Cesar Jimenez, MD
Wilson Morales, MD
Adviser: Pedro Florescio Jr, MD
Constitution & Bylaws
Chairman: Guat Sy Jr, MD
Members: Edgar Altares, MD
Delfin Dano, MD
Leilani Narcelles-Mon, MD
Vincent Santangelo, MD
Adviser: Renato Ramos, MD
Continuing Medical Education
Chairman:
Nida Blankas-Hernaez, MD
Co-Chair: Edgar Altares, MD

COMMITTEES

Co-Chair: Honorio Benzon, MD
Rosemary Aquiler-Angeles, MD
Macario Corpuz, MD
Leslie Farolan, MD
Cesar Jimenez, MD
Ligaya Marasigan, MD
Leilani Narcelles-Mon, MD
Adviser: Manuel Malicay, MD

Convention 2027

Overall Chairman:
Grace Averilla-Obena, MD
Members:
Salvador Cabanit, MD
Amethyst Cureg, MD
Gerardo Guzman, MD
Leilani Narcelles-Mon, MD
Adviser:
Hernani Tansuche, MD
Ectopic Murmurs
Chair:
Nida Blankas-Hernaez, MD
Members: Roy Cabrera, MD
Leslie Ralleca-Farolan, MD
Leilani Narcelles-Mon, MD
Vincent Santangelo, MD

Guat Sy Jr, MD
Ted Tolentino, MD
Adviser: Pedro Florescio Jr MD

Finance

Chairman:
Nida Blankas-Hernaez, MD
Members: Richard Mon, MD
Grace Averilla-Obena, MD
Leilani Narcelles-Mon, MD
Dionisia Sy, MD
Amethyst Cureg, MD
Advisers: Renato Ramos, MD
Manuel Malicay, MD

Fundraising

Chairman:
Rosemary Aquiler-Angeles, MD
Co-Chair:
Chona Lastimosa-Montante, MD
Members: Evelyn Altares, MD
Grace Averilla-Obena, MD
Lourdes Manzano-Malicay, MD
Guadalupe Florescio, MD
Dionisia Sy, MD
Adviser:
Hernani Tansuche, MD

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Chairman: Macario Corpuz, MD
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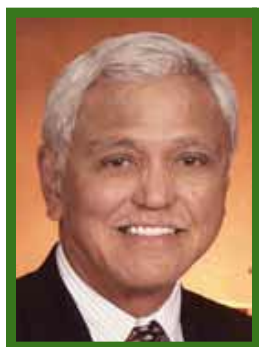
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What's The Score

A Doctor's Curiosity Corner

by Roy Cabrera, MD, Class '65

Board of Trustee, FEUDNRSMAF

Interesting Findings, Medical Pearls & Health Stories Worth Knowing

Medicine never stands still. Every day brings new discoveries, intriguing observations, and occasional reminders that what we once accepted as fact may need a second

look.

Here are a few **medical pearls and curious findings**—some well established, others still evolving—that are worth knowing, discussing, and perhaps sharing with a colleague.



THE LUNULA: MORE THAN A HALF-MOON?

The **lunula**, the pale half-moon at the base of the fingernail, is part of the nail matrix. Changes in its appearance have been associated with certain systemic conditions and medications.

But a word of caution: **the lunula is not a diagnostic test**. Nail findings must always be interpreted in the context of the entire patient.

Pearl: Sometimes the smallest clinical observations can prompt us to look more closely.



WHEN A TICK BITE CHANGES YOUR DIET

Alpha-gal syndrome is a potentially serious allergy that can develop after a tick bite, particularly from the lone star tick. Unlike most food allergies, reactions may occur several hours after eating. Patients may react to mammalian meat—including beef, pork, lamb and venison—and some may react to dairy products.

Symptoms can range from hives and gastrointestinal complaints to **life-threatening anaphylaxis**.

Pearl: An unexplained delayed allergic reaction after eating meat deserves a careful history—including asking about tick exposure.



CHECK BOTH ARMS

A small difference in blood pressure between the arms can be normal. However, a **persistent systolic difference of about 10 mm Hg or more** may be associated with peripheral vascular disease and increased cardiovascular risk.

For this reason, blood pressure should generally be checked in **both arms at the initial evaluation**, with the higher-reading arm used for subsequent measurements when a persistent difference is confirmed. And yes—**less sodium helps**. Dietary sodium reduction can produce a meaningful reduction in blood pressure in many patients.

Pearl: Sometimes the second arm tells us something the first arm does not.



BEEF TALLOW: TREND OR TREATMENT?

Social media has recently promoted beef tallow as a natural treatment for acne, eczema and psoriasis. The science, however, does not support these claims sufficiently to recommend tallow as a treatment. It may irritate the skin or clog pores in some individuals, and **it is certainly not a substitute for sunscreen**.

Pearl: “Natural” does not automatically mean “proven.”



IS BABY FOOD THE NEW JUNK FOOD?

A recent study examining commercially available infant and toddler foods found that approximately **71% of the products studied were classified as ultra-processed**. This does not mean that all packaged baby foods are unhealthy. It does remind parents—and all of us—to look at ingredient lists and nutritional content. When practical, choose foods with **simple ingredients, appropriate nutrition and minimal unnecessary additives**.

Pearl: Convenience is wonderful. Knowing what is inside the package is even better.



DOES THE TIME OF DAY MATTER IN CHEMOTHERAPY?

An emerging field called **chronotherapy** examines how the body’s biological clock may influence treatment effectiveness and toxicity. Researchers are investigating whether administering certain cancer therapies at particular times of day may improve outcomes. But the evidence is **not yet strong enough to recommend morning chemotherapy universally**. Timing may depend on the cancer, medication, treatment regimen and individual patient.

Pearl: The clock may matter—but the science is still keeping time.



MICROPLASTICS IN THE BRAIN: A NEW CONCERN

A 2025 study reported micro- and nanoplastics in human brain tissue. The findings have understandably attracted considerable attention. Even more intriguing was the observation of higher concentrations in brain samples from individuals with dementia. But let’s be careful: **association is not causation**. The presence of plastic particles does not prove that they cause dementia, cancer or cardiovascular disease. Research into their long-term health effects is continuing.

Pearl: A surprising finding is the beginning of a scientific question—not necessarily the end of the story.



A BLOOD TEST FOR ALZHEIMER’S?

Blood-based biomarkers are rapidly changing Alzheimer’s disease research. One promising biomarker, **MTBR-tau243**, has been associated with tau pathology and cognitive impairment and may eventually help

clinicians assess Alzheimer's disease more easily than relying solely on PET imaging or cerebrospinal-fluid testing. It is an exciting development—but **not yet a replacement for a complete clinical evaluation.**

Pearl: The future of Alzheimer's diagnosis may be closer—and simpler—than we once imagined.



THE “SINGING” MOUSE

Meet **Alston's singing mouse**, a small rodent found in Central America.

These mice produce remarkably complex vocalizations and have become an interesting model for studying communication and vocal behavior. Their unusual vocal abilities are helping scientists explore how the brain controls complex communication.

Pearl: Sometimes, studying a tiny mouse can teach us something very big about ourselves.



ICE BATHS: ANTI-AGING MIRACLE?

Cold-water immersion has become a major wellness trend. A small University of Ottawa study involving **10 healthy young men** found changes in cellular stress-response pathways after repeated cold-water exposure. Interesting? Absolutely. Proof that daily ice baths slow aging or prevent disease? **Not yet.**

Pearl: Promising laboratory findings should inspire research—not replace it.



DOGS AND THE HEART

Several observational studies have found that dog ownership is associated with **lower cardiovascular and overall mortality**. Possible explanations include increased physical activity, social connection and reduced isolation.

But these studies show **association, not proof of cause and effect**. Still, there may be another benefit that no statistic can fully measure: **A dog may be good for the heart—and certainly good for the soul.**



LINOLEIC ACID & BREAST CANCER: READ THE HEADLINE CAREFULLY

A recent Weill Cornell study found that linoleic acid, an omega-6 fatty acid found in foods such as soybean and safflower oils, enhanced growth of **triple-negative breast cancer** cells in laboratory and animal models. This is scientifically important—but it does **not** prove that normal dietary intake of linoleic acid causes breast cancer in humans. As physicians, we should distinguish carefully between **laboratory findings and clinical evidence**.

Pearl: Headlines can be dramatic. Science requires context.



EDUCATION, STROKE & COGNITIVE DECLINE

A study of more than 2,000 stroke survivors found an intriguing pattern: people with higher educational attainment initially performed better cognitively but subsequently demonstrated faster decline in certain executive functions.

One possible explanation involves **cognitive reserve**—the brain's ability to compensate for injury.

Pearl: A strong beginning does not always predict the slope of the journey.

THE BOTTOM LINE

In medicine, curiosity is one of our greatest strengths. **Question the headline. Check the evidence .Look at the whole patient. And never stop learning.** Because today's “interesting finding” may become tomorrow's standard of care—or may simply teach us that there is still much more to discover.

STAY CONNECTED. STAY INFORMED. STAY PROACTIVE.

And most importantly, take care of one another.



Faith works wonders

By Philip S. Chua, MD

My faith in God has never been shaken or diminished despite all the trials and tribulations I have endured throughout my life. Nor has it wavered in the face of the many challenges I encountered during three decades of practicing cardiac surgery. I felt secure in my belief that the Almighty was always there guiding me along the way in my personal life and career.

To me, there is no conflict between faith and science. With an open mind and an open heart, one can use the microscope of reason to dissect the relationship between them and recognize that the two are not in conflict. In fact, I found that my faith and my work complemented and strengthened one another. As I watched my patients manifest and benefit from the miracle of healing, my faith grew deeper and more resilient. Blessed with this bolder confidence, perhaps a psychological boost, I felt my surgical skills were sharpened as well.

A prayer in silence always preceded my surgeries. As the operation progressed, soft light classical music permeated the room. When it was time to revive and restart the heart, which I had stopped during the procedure, Celine Dion's Titanic theme song "*My Heart Will Go On*" would play, echoing my silent prayer for the heart to beat again. This phase of the procedure is always a crucial event in open-heart surgery, a moment when my faith abides by the final decision of the Almighty, and I rely fully on His sacred blessings. One's faith goes beyond the career. Living the tough daily struggle requires the blessings of strength and inspiration from faith. While I deeply respect atheists and those who do not believe in a Supreme Force ruling the universe, I just wonder if they feel total helplessness when a major calamity devastates their lives. Who do they cling to, besides themselves, alone in the wilderness of life?

Life is fragile

When disaster strikes, each of us faces the profound fragility of life. For believers, we turn to family, prayers, and friends, and find solace in the belief in a benevolent higher power and an afterlife. For the non-religious, the internal and external landscape of grief is entirely secular. They navigate the profound suffering through the lenses of existential reality, human connection, and the pursuit of tangible meaning.

I prefer to rely on a powerful anchor: my faith. It is something I carry with me as I navigate the turbulent sea of life alongside my family and friends, ready to stabilize my lifeboat wherever I anchor. I consider myself a certified coward, which is exactly why I need a strong anchor in my life.

Mental trauma

The recent derecho storm system that spawned several tornadoes and devastated the Midwest on August 11, 2026, left my home in Munster, Indiana, completely unlivable. During the storm, a massive tree from the neighbor's yard crashed onto my roof, while peak winds of 121 mph tore away my gutters and destroyed the fences on both sides of the property, leaving our garden in ruins. The impact severely fractured the Ludowici clay tile roof, triggering leaks that ruined our carpet in multiple rooms.

Compounding the disaster, the storm knocked out our electricity for 10 days; without power, the sump pump failed, completely flooding the basement for days. Giant trees were uprooted in many areas of the neighborhood, blocking the streets. Because the massive power outage forced all local hotels and restaurants to close, we had to drive to the next town, Harvey, Illinois, to find a hotel to stay in.

On the same day, a devastating 7.4 magnitude earthquake struck Western Colombia with 132 deaths and hundreds injured. A week or so before, there were widespread floods, landslides, and severe storms in Indonesia, Malaysia, Thailand, Vietnam, and the Philippines.

We are no match for the power of Mother Nature. We must stop abusing our environment and start respecting it. The more we damage our world, the greater the natural catastrophe that will haunt us. Let us live harmoniously with our surroundings, helping the environment flourish and stay healthy. Ultimately, it is for our own good and survival.

My family and I were deeply saddened and overwhelmed. But we never questioned why God directed the tornado our way; instead, we focused on our gratitude that none of us was harmed. Far more tragic, however, is the relentless cycle of storms and devastation in our native land, the Philippines, which leaves thousands homeless and claims countless lives every single year.

Blessing in disguise

To me, who is an eternal optimist, there is always a silver lining after dark clouds hover over us, like a beautiful rainbow that follows rain, a blessing in disguise. I hope this is the trial of my phoenix, and that we shall recover, even more refined. Of course, our homeowner's coverage cannot and does not pay for the sadness, pain, and severe inconvenience this disaster has brought us. But in my thought process, I feel positive and joyful about the outcome which I can already foresee.

Storms in our lives usually bring out the goodness and compassion in most people. Our neighbors on either side of the fence were wonderfully caring people; despite being victims themselves, they still offered us and others their help. To me, they are truly God's people.

Compartmentalizing my thoughts and focusing on the silver lining of this painful experience, I remind myself that after all the massive reconstruction and big heartaches, we will have an upgraded, remodeled home, costing us less than a two-thousand-dollar deductible. Come to think of it, the tornado God has directed my way was really a great blessing disguised as a disaster! The common saying that "God works in mysterious ways" is profoundly true. Now I know why He directed the tornado toward my home. He wants me to realize the dream I had a couple of years ago to remodel it. He just took a roundabout way of doing it!

I feel truly blessed, which is why I might be sporting a smile when you see me standing in front of my massively ravaged home, and not a frown on my face.

The lesson I learned during this catastrophe is to have faith that everything happens for a reason.

Trust in God, yourself, your family, and your friends, and always maintain faith in the goodness of humanity.

CLASS 1972 REFLECTION

Dreams Fulfilled, Blessings Beyond Measure



by **Rolando B. Alegado, MD Class**

First of all, I want to say that I have **wonderful, joyful, and precious memories** that I will always cherish—memories of the best years of our lives together with our awesome **FEU-NRMF Class of '72**.

If I may, let me share **Jeremiah 29:11**:

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Fifty-five years ago, some of us from **Class '72** left our homeland in search of opportunities, following a dream and trusting that we would find our place in the world.

For others, the journey was not immediate. They did not mistake waiting for failure. With patience, faith, and courage, they waited for the right time—and eventually took the risk to venture into the unknown in pursuit of their dreams.

And our dreams became reality.

We accomplished our goals, fulfilled our purpose, and built beautiful, happy, and meaningful lives—not simply making a living, but **making a life**, surrounded by our families and the people we love.

Indeed, God gave us far more than we asked for—blessings that exceeded our expectations and went beyond what we could have imagined. For those blessings in our lives that we cannot fully explain, perhaps the simplest answer is this: **Divine Favor**.

So, to all of us, please accept these thoughts not as language of pride, but as a **shining light through the shadows of hard work**—a reflection of perseverance, faith, and the blessings that followed.

May the journey and success of the **FEU-NRMF Class of '72** serve as an inspiration to the younger generation of physicians—to dream boldly, work faithfully, trust the journey, and remember that **their own time and purpose will come**.

To God be the glory for all that we have received, all that we have become, and all that is yet to come.

Sincerely,

Rolando B. Alegado, MD Class 1972

Chairman , Emeritus, Department of Orthopedic Surgery
University of Maryland Medical Center, Midtown Campus
Baltimore, Maryland USA

Class 1972: Rooted in Faith, United by Friendship, Blessed by God



Above L-R: Rolando Lagrimas MD, Fe Gonzales-Lagrimas MD, Mrs. Jane Slater, Rolando Alegado MD, Mrs. Menchie Cayetano, Rolando Cayetano MD, Mrs. Bautista, Emmanuel Bautista MD.

Rolando Alegado MD, Honorio Benzon MD, Kenneth Slater MD, Mrs. Jane Pacifico-Slater, Fe Gonzales-Lagrimas MD & Rolando Lagrimas MD. ----->>



L-R: Mrs. Bautista, Leilanie Narcelles-Mon MD, Lourdes Mansano-Malicay MD, Fe Gonzales-Lagrimas MD, Dr. Jane Mrs. Pacifico-Slater, Ethel Liganor-Villanueva MD & Mrs. Menchie Cayetano



OFF THE BEATEN TRACK...

by Maria Aida Bonoan, MD Class '84

A friendship spanning almost 50 years... A place described as the end of the world (Fin del Mundo). What do they have in common? Me and my BFF... 2 old friends catching up.

First of all, I would like to congratulate my BFF on another milestone achievement... FIRST MADAM CHAIR of the Board of FEUDNRSMAF DR. NIDA BLANKAS HERNAEZ!



What better place to get together for us and our family, but to enjoy a 2-week holiday at the end of the world and beyond. This is going to be Amazzzing! ... **Ushuaia and Antarctica here we go!**



THE GOOD OLD DAYS ...



I was so blessed to know Nida from our Premed days. Me in BS Zoology and her in BS Chemistry. We shared many experiences together then, but what I remember most of all was when she took me on my first tour after our premed graduation to the Ilocos Region, her home province. She looked after me like a big sister. This Manila girl who did not know anything about the "*provincia*" with only P1000 in my wallet had the best time travelling around for 1 month by bus, jeepney, tricycle, a *cariton* ride, a wild horseback ride and hiking. Tasting local delicacies, meeting her family and friends. Most of all visiting places of miracles...It was an overwhelming and at the same time humbling experience. Truly unforgettable.

ANTARCTICA???

The most inhospitable place on earth. The coldest, windiest, highest, driest continent where life is so difficult that unlike the Arctic, no one settled there. However, Antarctica has that pristine majestic beauty that captures the heart of most who experience it.

When Nida asked me if I am interested in going on a cruise to Antarctica with our families, it was a no brainer... of course we are coming!!!

ANTARCTICA is the last continent John, and I have not been yet. Our last frontier that we have been dreaming to see and experience.

USHUAIA was a missed chance for John and me in 2014 when we sailed from Alaska down to South America with Holland America. There was a storm with 10 m waves, and we had to divert to the Magellan Strait instead.

Of course we would love to go, but just like any adventure it is not without the dramas.

When Nida invited us to join them on the Celebrity Equinox Antarctic cruise a year prior, I thought what an opportunity of a lifetime. It is the last continent I have not explored.

Three months prior to departure our booking was cancelled due to a misunderstanding with Celebrity Equinox, and my cabin reservation has been booked to someone else. After a period of panic, I was able to rebook an upgraded cabin with nothing else available ...wooh!!!

Nida and family on the other hand seem to be all gone, until on the day of their flight to Buenos Aires where our cruise starts and their flight was cancelled due to a snow blizzard. All packed and ready to go from Chicago waiting for days, but they were only able to catch up with our cruise in Ushuaia. They lost 3 days. Thank God we are together at last ... **TOGETHER IN USHUAIA!**



NOW OUR ADVENTURE BEGINS...with photos that speak a thousand stories.

CELEBRITY EQUINOX



First Dinner on Board...together

BEAGLE CHANNEL, Ushuaia, Argentina

Standing L-R: Nida, Jo-Anne, Fred & Mar. Seated L-R: Ed, John & Aida



Below...Too many Sea Lions just resting...

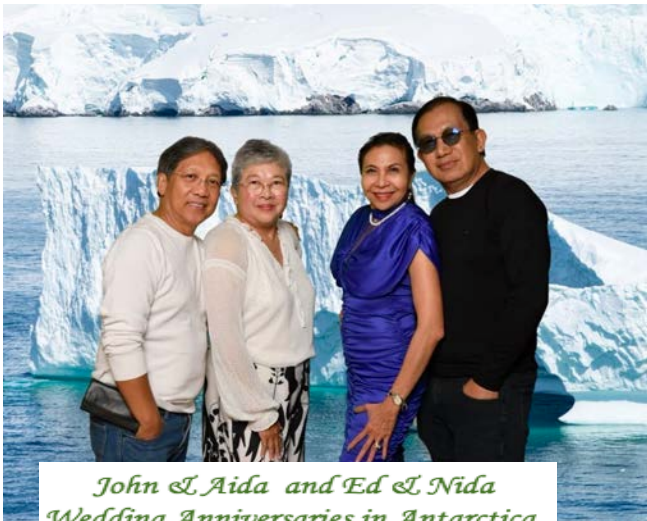


Below: "Penguin Island" overlooking the Patagonian mountains. Too many Penguins walking...



ANTARCTICA — A BREATHTAKING WORLD OF ICE & ENDLESS BEAUTY

A SCENIC CRUISING through Elephant Island, Paradise Bay, Endurance Glacier & an Island still unnamed. *A frozen Wonderland of majestic Glaciers, towering Peaks and pristine waters. Antarctica, we are here to discover...where nature stands grand, untouched, and unforgettable.*



Antarctica



Celebrity
EQUINOX

February 6, 2026





*The Champions ! Jo Anne , Margaret & Fred
Below: Double Wedding Anniversaries*



*Margaret's Birthday at La Petite
Cakes and more cakes...*

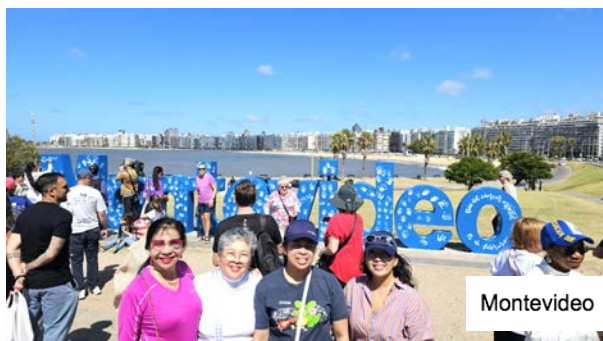


The Fun Moments!



The days went too fast and sadly all adventures have to end... to give way to new ones. But our special moments together will always be unforgettable parts of our lives. We parted ways in Buenos Aires, Argentina with Nida and family going back home while we continued on to another adventure in Iguazu.

HASTA QUE NOS
VOLVAMOS
ENCONTRAR, MI
MEJOR AMIGA!!!



Montevideo



Falkland Island



*Jo Anne, Aida & John
Tamargo Family*



*Ed, Fred, Mar & Nida
Hernaez Family*



Until
we
meet
again,
my
bestie.





IN MEMORIAM

Manuel Sanchez, MD Class of '68
A Physician, a Leader, and a Voice to Remember
Former member, BOT FEUDNRSMAF

August 19, 1938 - June 13, 2026



With profound respect and heartfelt gratitude, we remember **Dr. Manuel Sanchez, Class of 1968**, a distinguished physician, former member of the Board of Trustees, and a cherished member of the FEU-NRMF family.

Dr. Sanchez was not only dedicated to the healing profession and to his alma mater—he was also blessed with a **golden voice**, a gift that brought warmth, joy, and inspiration to many who had the privilege of hearing him.

His commitment to his fellow alumni, his profession, and the community leaves a legacy that will endure beyond his lifetime.

In a beautiful tribute to his life and memory, **Class '68 established a perpetual Student Achievement Award (SAA) in his honor**, recognizing outstanding students in **Anesthesiology and Surgery**—fields that represent excellence, precision, compassion, and service.

Through this enduring gift, Dr. Sanchez's memory will continue to inspire future physicians. Each awardee will carry forward not only the honor of academic achievement, but also the values of service and excellence that Dr. Sanchez exemplified.

His voice may have fallen silent, but his legacy continues to speak.

May his memory remain a blessing to his family, his colleagues, his classmates, and the generations of FEU-NRMF physicians who will continue to benefit from his Class of '68's generous tribute.

Forever remembered. Forever honored. Forever part of the FEUDNRSMAF family.

	Manila → Legaspi-Naga	
	→ Iloilo → Bacolod	→ El Nido
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* Should your preferred hotel or resort of choice become unavailable upon registration, our team will provide you with alternative accommodation immediately		
	Manila → Bohol	
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ECTOPIC MURMURS

The Official Publication of FEUDNRSMAF



OUR HISTORY

Ectopic Murmurs (EM) is the official publication of the **FEU Dr. Nicanor Reyes School of Medicine Alumni Foundation (FEUDNRSMAF)**.

EM was founded in 1965 by the late **Jesus B. Nolasco, MD**, with the vision of creating a publication that would preserve the Foundation's identity, strengthen alumni connections, and share important news, programs, and activities of FEUDNRSMAF.

The late **Cesar V. Reyes, MD** continued that vision and served as Editor until his passing in December 2017. From August 2018 to July 2023, editorial leadership was carried on by **Hernani Tansuche, MD**, and **Amethyst Cureg, MD**.

In August 2023, **Nida Blankas-Hernaez, MD**, then President of FEUDNRSMAF, assumed the role of **Chairman and Editor-in-Chief of Ectopic Murmurs**, with **Ted Tolentino, MD**; **Philip Chua, MD**; and the late **Daniel Fabito, MD** as members of the editorial team.

As of July 2025, Dr. Blankas-Hernaez, now **Chairman of the Board**, continues to serve as Editor-in-Chief and Chairman of EM. The Editorial Board includes **Roy Cabrera, MD**; **Leilanie Narcelles-Mon, MD**; **Vincent Santangelo, MD**; **Guat Sy Jr., MD**; and **Ted Tolentino, MD**, with **Pedro Florescio Jr., MD**, as Adviser. **Leslie Ralleca-Farolan, MD**, joined the Editorial Board on July 21, 2026.

WHAT YOU WILL FIND IN ECTOPIC MURMURS

Ectopic Murmurs captures the **people, accomplishments, traditions, and continuing legacy** of FEUDNRSMAF—connecting our alumni in the United States, the Philippines, and around the world.

The newsletter highlights:

- **USA Annual Reunion & Convention** — Coverage of our annual gathering, programs, highlights, awards, fellowship, and memorable moments.
- **Philippine Annual Reunion & Convention** — News and highlights from our alumni activities and celebrations in the Philippines.
- **Foundation News & Updates** — Board activities, programs, initiatives, accomplishments, and important announcements.
- **Alumni News & Milestones** — Professional achievements, appointments, awards, publications, personal milestones, and other alumni updates.
- **Alumni Spotlight** — Featuring alumni whose accomplishments and service inspire our community.

- **What's the Score...** — **Roy Cabrera, MD** returns to the helm of this popular feature, bringing back its familiar wit and spirit—only wiser!
- **CME Corner** — CME activities, medical insights, research highlights, and educational resources.
- **Faculty & Medical Students News** — Updates on faculty activities, student achievements, and outstanding FEU-NRMF students.
- **Wellness Insights** — Articles promoting health, wellness, and well-being.
- **Special Features** — Stories, reflections, photographs, tributes, historical pieces, and other contributions that celebrate our shared FEU-NRMF heritage.

GUIDELINES FOR ARTICLE SUBMISSION

We welcome **original, timely, and relevant articles** that reflect the mission, goals, programs, and activities of FEUDNRSMAF, as well as topics of interest to the FEU-NRMF community.

Please observe the following:

- Submit articles in **PDF format**.
- We especially welcome contributions from **alumni who have not previously published in Ectopic Murmurs**.
- Please **do not submit articles that have been published within the previous 12 months**.
- Authors are responsible for the **accuracy and integrity of their submissions**.
- Medical articles must contain **accurate, validated, and appropriately referenced information** and will undergo **peer review**.
- The Editorial team reserves the right to **accept, reject, edit, or revise submissions** for accuracy, brevity, clarity, style, and consistency.
- Authors must obtain all necessary **permissions, releases, and copyright clearances** before submission, particularly for photographs, illustrations, quotations, or previously published material.

WHERE TO SUBMIT

Please submit your article in **PDF format** to:

Editor-in-Chief, Ectopic Murmurs
Nida Blankas-Hernaez, MD
FEU Dr. Nicanor Reyes School of Medicine Alumni Foundation

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

Please include your **full name, degree/credentials, FEU-NRMF class year, contact information, article title, headshot picture and a brief author biography** with your submission. **We welcome your stories, knowledge, experiences, and accomplishments. Every story strengthens our connection. Every contribution helps preserve the legacy of FEUDNRSMAF**

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

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