



MU Sigma Phi Sorority 1975

Back: Evelyn Panganiban Bebars , Radiology; Doris Mendoza, Ped Cardiology, Dean UP; Adventist College of Med (Loma Linda U ,CA) , Sta Rosa Laguna; Elma Marañon, Neurology; Jocelyn Bukuhan-Ulanday (Jobuks) Psych; Joez Paez-Beltran, 😊; Monina Bravo-Poscablo, Psych; Cynthia Cuayo, Pediatrics; Adela Navarro-Dumlao, OB-Gyn; Cynthia Domeng Dominguez, Heme-Onc; Ala (Aurora) Miranda, OB-Gyn;

Middle Row: Bibiana Bibs Caoili-Albano, FO, 😊; Patsy Velez-Gaid, Pediatrics; Araceli Yap, OB-Gyn; Menggay Pagsibigan-Castañeda, Pharma; Imelda Emy Carlos-Alfonso, Psych; Ma Herminia Meng Bordador-Cariaga , Peds; Ida R Sangalang-Tacata , Hand Ortho Surgery;

Front: Cynthia Sta Clara-Marcelo, OB-Gyn; Ciony Abaya-Morido, Gen Surgery 😊; Dada Zorayda Leopando , Community Med;



Mu Sigma Phi Fraternity Batch 1975 - “And then there was 17”

Ferdie Alfonso (Neurology), Pastor Wm Billy Buot (Neurology), Ed Oteyza (Pediatrics), Tix Carlos Manalang (Anesthesia), Roberto Dominguez (Rehab And Physical Med), Reynaldo Rey Cariaga (Orthopedic Surgery) 🧐, Carlos Dumlao (EENT) 🧐, Eloy Severino DB Marcelo (Internal Med/Cardiology) 🧐, Lito Jose Luis Danguilan (ThoracoVascular Surgery), Shias Alfredo Trias (Gen Surgery/Sto Niño Hosp CEO), Mandy Santos (Colorectal Surgery), Crisostomo Cris Garcia (Plastic Surgery) 🧐



2015: first row: Tix, Eloy, Caloy, Rey, Ed O; upper row: Shastri, Bob D, Lito, Billy



2008: from left Shastri, Cris G, Bob D, Soc Soltura, Tix, Ed O



Clerkship: tallest on left Cris Garcia, Lito D, Shastri, Tix, Ed O, Ferdie, Bob ; second row: Rey C, Caloy, Billy Buot



Cruise 2011: left kneeling Bob, Ed O, Cynthia SCM, Eloy, Shastri



1st row: Soc Soltura, Rey Cariaga, Ed Bareng, Eloy Marcelo, Lito Danguilan **2nd row:** Rio Delas Alas, Mandy Santos ; **3rd Row:** Cris Garcia, Ferdie Alfonso, Tix Manalang, Freddie Trias **4th row:** Bong Borjal, Caloy Dumlao, Bobby Dominguez **At the top:** Ed Oteyza



The MU Batch 1975 stands as one of the most enduring and vibrant circles of connection to emerge from the college. What began as a group of young men and women navigating the challenges of medical school has grown into a lifelong community — strengthened by shared experiences, professional achievements, and decades of unwavering loyalty.

The collage of portraits labeled **“MU Batch 1975”** captures the essence of this legacy. Each face reflects a story: the optimism of youth, the confidence gained through years of service, and the warmth of friendships that have stood the test of time. These images remind us that even as the world changes, the bonds formed by Mu batch 1975 remain unbroken.

Their journey has been rich and varied. Their contributions have touched countless lives — from clinics and lecture halls to global conferences and humanitarian missions. The memorabilia captured in the photos — sashes, emblems, caps, and keepsakes — symbolize not only tradition but the pride of belonging to a storied organization.

Reunion gatherings over the years have brought the batch together in joyful celebration. Whether in elegant halls, cultural venues, cruise vacations or sunny beaches, these moments reflect the enduring joy of being part of something larger than oneself.

The images of cultural attire highlight the batch’s appreciation for heritage and identity. Elaborate beadwork, traditional fabrics, and ceremonial headdresses speak to a deep respect for culture — a reminder that their shared journey is rooted not only in academic achievement but in the richness of tradition.

Travel snapshots, including airport scenes and beach outings, reveal another dimension of their bond: companionship beyond formal events. Even in the simplest moments — waiting for flights, enjoying the sun, sharing laughter — the spirit of MU Batch 1975 shines through.

No tribute would be complete without honoring those who have gone ahead. The **“In Memoriam Golden Mu Sigma Phi ’75”** panel pay homage to beloved members whose lives were marked by service, compassion, and excellence in their respective medical fields. Their memory lives on in the hearts of their classmates and in the legacy they leave behind.

Friendship, service, brotherhood and sisterhood are the golden threads that have woven Mu ‘75 lives together for more than five decades. They have lived with purpose, served with integrity, and loved with loyalty. MU Batch 1975 is not just a class — it is a family.









Opinion

UPCM 1975: A class of its own



UNDER THE MICROSCOPE
RAYMUND W. LO, MD, FPPS

I am a proud member of UP College of Medicine Class 1975, which lived, studied, graduated, and for many, underwent specialty training in the Philippines through the early martial law years, thus born of turbulent times.

Others went abroad, mainly to the USA, for their residency and subspecialty training (I did too, after my Pathology training in UP-PGH). Many chose to remain there. I went back home after the EDSA People Power Revolution.

UPCM Class 1975 has seven OB-GYNs, four ophthalmologists, four ENTs, six Family Medicine specialists, 13 pediatricians, six orthopedic surgeons, seven psychiatrists, six anesthesiologists, four neurologists, a thoracovascular surgeon, five internists, two emergency medicine specialists, four surgeons, one rehabilitation specialist, three radiologists, two public health experts, three dermatologists, one nuclear medicine, one pharmacologist, one general medicine and four pathologists. Many became department chairs of their specialization. Majority had subspecialty training as well and many are multi-awarded in their chosen fields.

Of the 93 graduates, 77 are surviving. Majority elected to serve in the country, providing much needed services for our people and training for new medical graduates who chose to specialize. Those of us who stayed home practiced our professions in all regions of the Philippines. Six became deans of colleges of medicine, including our alma mater. More had become chairpersons of their departments.

Those who remained in the USA have not forgotten the homeland. Some go on medical free clinics annually in underserved areas where our fellow Filipinos have not consulted

a doctor until they met our foreign-based classmates who came all the way from the USA bringing medicine, supplies and conducting surgeries free of charge.

They are members of the UP Medical Alumni Society of America (UPMASA). I have written about, Francisco Sy (My classmate, my idol, April 14, 2025), a prime mover of UPMASA. This year, Francis served as the co-chair of the 40th UPMASA Annual Grand Convention July 3, 2025 in the Venetian Resort, Las Vegas, Nevada.

Our US-based alumni, are generous contributors to the alma mater thru the UPMASA, funding construction of buildings and donating modern medical equipment to the UPCM and the Philippine General Hospital, which greatly benefits the millions of patients who flock to the premier medical center in the Philippines for indigent patients. A glimpse of the College of Medicine recently saw ongoing construction of new buildings and modernized interiors of the iconic College of Medicine building (Fernando Calderon Hall) dating back to the early 1900s. As the US-based graduates have donated millions of dollars' worth to the modernization of the UPCM, they have more than given back to their country and alma mater and continue to do so despite having left years ago.

Their dedication and generosity were highlighted during the Las Vegas event. Along with 10 other Philippine-based classmates, I traveled to Las Vegas to attend my first-ever UPMASA convention despite the long trip and the trepidations of going through immigration at this time of uncertainty. But it was such a joy to meet and reconnect with the 21 US-based classmates, a few of them I have not seen since we graduated.

We had three days to practice our

gala night number and everyone was a trooper during the long hours of rehearsals. Nothing really brings out the class spirit than being together in an endeavor, and our time together created more opportunities for bonding. We even had time for a short Las Vegas tour and a class party which made for more camaraderie.

Come the gala night and we were bestowed UPMASA Golden medallions. Though we were nervous about our number, there was an air of resoluteness shored up by glasses of wine and shots of whisky. We changed into our costumes after dinner and sallied forth into our presentation.

The first part was a parade of ethnic tribes: T'boli and Tausug from Mindanao, followed by the Cordillera region (Luzon) and ending with Ati-athian dancers from the Visayas, thus representing the three major parts of the Philippines.

This was followed by the parade of the class banner featuring the orchid I named after the class, Vanda UPCM1975 Golden Jubilee.

Next came the fiesta dancers swaying to the tune of our very own Class 75 choir (formed during the Covid pandemic through Zoom meetings) singing 'Ole' ole' and the Hot Hot Hot! song. The finale was another Class 75 choir number, Tayong Lahat Magkakapatid. The energy was unbelievable, and we gave it our all (so much so that it left my right second toenail with a hematoma that will resolve only after three weeks). The audience loved it and gave us a standing ovation with lots of cheering during our performance. So proud of my class, UPCM 1975!

On to the December UPMAS Grand Homecoming in Manila! Mabuhay ang UPCM Class 1975!















Dean Doris Mendoza , TOYM Awardee Cynthia Dominguez, Ala, Reyna ng Hand Ortho Ida Sangalang Tacata



MU 75 Golden Gala



“Ikaw, Ako, Tayong Lahat - MAGKAKAPATID!”