

THE LINK

The Official Publication of PUC/AUP—Alumni of Western North America

www.awesna.org Winter 2017

AWESNA Retreat 2017: *As Jesus Loved*



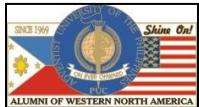
THE LINK

AWESNA

Volume 48 Issue 1

Winter 2017

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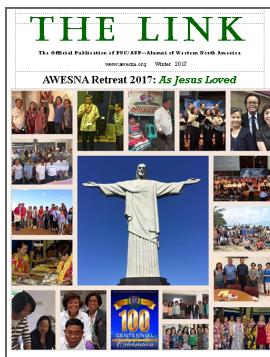


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On the cover: For most of us in the Christian world, it is commemorating the *Greatest Love of all time* - God sending His Son in human form to be with us. (Read more on page 7 and the Theme, *As Jesus Loved*, on pages 18-19.)



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The AUP-MLS Department is currently a member of the AASMT.



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"Jesus calls each of us to a life of service..."

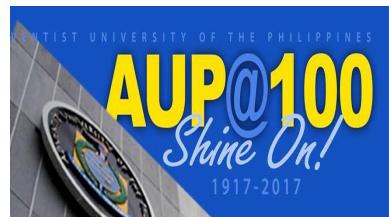
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Angela Lalas has been recognized as one of 2016's "150 Hospital and Health System CFOs to Know" by *Becker's Hospital Review*.



Message From the AWESNA President



As Jesus Loved

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.” John 13:34,35 (NIV)



Yes, Jesus commands us to love one another as He loved and continues to love us!

Our annual Spiritual Retreat with a theme, *As Jesus Loved*, to be held at the Staybridge Suites Carlsbad is just a month away. I want to extend an invitation to please come and join us for an experience of spiritual refreshing and fellowship with fellow alumni and friends. We thank our Young Alumni for preparing the program for the weekend.

To love as Christ loved means to manifest unselfishness at all times and in all places, by kind words and pleasant looks... “Christ’s love is deep and earnest, flowing like an irrepressible stream to all who will accept it. There is no selfishness in His love. If this heaven-born love is an abiding principle in the heart, it will make itself known, not only to those we hold most dear in sacred relationship, but to all with whom we come in contact. It will lead us to bestow little acts of attention, to make concessions, to perform deeds of kindness, to speak tender, true, encouraging words. It will lead us to sympathize with those whose hearts hunger for sympathy”. (Our Father Cares, p. 22, 23).

God has set a price on the souls of men. He says “I will make a man more precious than fine gold; even a man than the golden wedge of Ophir.” (Ellen G. White). Now if a man is so precious in the sight of God, how should he stand in the estimation of his fellowmen? Is Jesus ashamed of us today, because we are so far from representing him to the world? Is he ashamed to call us brethren, because we are seeking our own glory, instead of the glory of God? God has done so much for us. What are we doing for Christ, and for each other?

The pen of inspiration admonishes us, thus: *O, put away the harsh and critical speech. Do not excuse yourself upon the ground that it is natural for you to speak in a certain way. Never say, “It is my way to be rough and outspoken,” and deem that that is reason enough why you may indulge in a habit. Rend your heart, and not your garment, and turn unto the Lord. Seek to show your love for those for whom Christ has died. And when the righteous nation that keeps the truth, marches in, may you be among that victorious company that shall stand before the great white throne, ascribing salvation unto God, and to the Lamb. You may all have the privilege of standing with that blood-washed throng who have overcome through the blood of the Lamb and by the word of their testimony. How your heart will bound with joy, as you hear the “Well done, thou good and faithful servant, enter thou into the joy of thy Lord.” White, Ellen G. (1888). The Review and Herald: The Need of Love.* Let us then love each other as Jesus loved.

WISHING YOU ALL A BLESSED HOLIDAY SEASON AND A PROSPEROUS NEW YEAR!

Carmelita C. Laoyan, R.N., M.H.A.
President, AWESNA

Adventist University of the Philippines



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19 December 2016

Dear AUP Alumni,

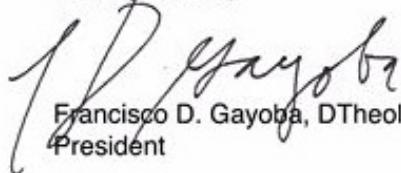
As AWESNA gathers for its annual spiritual retreat with the theme "As Jesus Loved," be assured that the prayers of many of the leaders and employees of your Alma Mater are with you. May the Holy Spirit be poured out among you, manifested in loving and caring, not just among yourselves but also in your areas of influence and service.

Caring for one another and affirming our schoolmates' dignity and potential has always been a unique part of the PUC/AUP experience. In my college life, I had been blessed by friends who cared for me and encouraged me to keep my purpose in life. We spent hours talking how we would be a blessing to others when we graduate. After graduation, we came to belong to many communities such as our local church, our professional circles. Yet the bond shared by graduates of PUC/AUP has also developed a community that has remained strong through the years. There are frictions and conflicts for sure, as in any human community, but AWESNA has remained united. Like a family, this unity is a tribute to the "elders" who care for the younger ones, and the "young" who support those who lead. Working together for a purpose, when there is almost no material benefit, speaks of persons committed to show love through actions.

I am sure that in this retreat, you will not only talk of how to connect and encourage fellow alumni to remain faithful, but also plan on how you can share your love in many practical means, not just to your Alma Mater, but to those in need as well.

May the Spirit abundantly fill your hearts with His love (Rom 5:5) so that it may overflow to others.

Yours in Christ,



Francisco D. Gayoba, DTheol
President

AWESNA Spiritual Retreat 2017

To Walk Humbly

By Jel Velasco Quiza



I had a dream. I was walking down the covered aisle of an outdoor market. There were only a few people around at that time. Still, my steps were careful because a few feet ahead of me was an older lady, and I was secretly following her. She carried a brown box in her arms. Many times she stopped by the business stalls along the way to give people some items from her precious container. To the lonely saleslady she gave a book; to another she gave a sandwich. To someone who spilled a drink, she gave a towel. She just seemed to be making other people smile! She greeted them and talked to them. A walking inspiration she appeared to be! As I passed by the still smiling old man she last approached, he caught my attention and softly informed me, "She does this all the time." I was so impressed of the lady's kind attitude that I decided to buy her at least a bottle of water. I looked away for a moment to quickly scan my surroundings for a food stall. But, just as fast as that thought came to me, she disappeared from my sight. I searched around to no avail. Where could she have gone? Nevertheless, I could only be grateful for the blessed things I got to witness. And though for some reason I never even saw the good lady's face—only her back,—the wonderful expressions of those she was able to bless I got to see.

And then I woke up. Thank you, Lord, for that wonderful dream, I prayed. Was that related to the passages I read before I went to sleep? And, I further asked, Can I become like that woman? As these thoughts crowded in my mind, my eyes once again were directed to these blessed words: We should lose no opportunity of performing deeds of mercy, of tender forethought and Christian

courtesy for the burdened and the oppressed. If we can do no more, we may speak words of courage and hope to those who are unacquainted with God and who can be approached most easily by the avenue of sympathy and love. Rich and abundant are the promises made to those who are watchful of opportunities to bring joy and blessing into the lives of others. "If thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: and the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not." Isaiah 58:10, 11. (EG White, Prophets and Kings, p. 327) -- "And...what does the LORD your God require of you, but to fear the LORD your God, to walk in all His ways and to love Him, to serve the LORD your God with all your heart and with all your soul, and to keep the commandments of the LORD and His statutes which I command you today for your good? (Deuteronomy 10:12-13, NKJV) "He has shown you, O man, what is good; and what does the LORD require of you, but to do justly, to love mercy, and to walk humbly with your God?" (Micah 6:8, NKJV)

Jel Velasco Quiza is a BS Medical Technology 2003 graduate from Adventist University of the Philippines (AUP); she is married to Jad M. Quiza.



Jel Velasco Quiza

Zika Virus Update

By Dr. Nita Jane Ong Carrington, Ed.D., RN, ANP, MSN, MBA, MPA

Are we facing a global pandemic? The Zika virus has gained notoriety in recent months. The Zika virus named after the Zika Forest in Uganda was first discovered in 1947. The first human case was reported in tropical Africa and Southeast Asia in 1952 and in the Pacific Islands in 2007. More recently in May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. On February 1, 2016, the World Health Organization (WHO) declared the Zika virus a “public health emergency of global concern.” As of April-June 2016, cases of Zika virus was reported to be in 62 countries, predominantly in Brazil and is the cause of microcephaly in babies when the pregnant woman is infected particularly in her first trimester. In September 2016, birth defects have doubled in this country. The Zika virus is carried by the Aedes aegypti and Aedes albopictus species of mosquitoes.

The illness is primarily spread from bites of infected mosquitoes to persons. Travel of people to infected regions is a common mode of transmission when an infected person who comes back to his or her country is bitten by a non-infected mosquito. This non-infected mosquito then becomes infected and in turn bites other persons. Recent information has documented the spread of this illness from person to person through genital, anal, and oral sexual contact. As of September 2016, the Centers for Disease Control (CDC) has identified four thousand two hundred fifty five (4,255) cases of Zika virus illness in the United States, one thousand (1,000) infected pregnant women, and twenty-five (25) babies are known to have microcephaly. The United States territories have thirty-two thousand sixty-eight (32,068) cases.

As reported in this same month, there were 25 reported cases in the Philippines. The Zika virus attacks the nervous system and microcephaly in newborns has been the commonly observed consequence. What is indeed alarming are the unknown and long term effects of the Zika virus infection such as developmental problems in children, autism, cerebral palsy, hearing loss, ocular problems, Guillain-Barre syndrome, and other central nervous system disorders. On November 6, 2016, 60 Minutes of CBS portrayed an adult person whose spinal cord was believed to be infected by the Zika virus and had paralysis of the lower limbs.

During this same time, the broadcaster who interviewed the National Institutes of Health (NIH) stated that countries including the United States are in the intensive process of finding a vaccine to halt the spread of the Zika virus illness because time is of the essence. The incubation period of the Zika virus illness is unknown. However, the Zika virus can be found in the person’s blood during the first week of infection. The illness portrays itself

as the common flu. Symptoms are: fever, body rash, joint pains, conjunctivitis, muscle aches and headache. At the present time, there is no vaccine to prevent the Zika virus illness and there is no specific drug to treat it. Treatment of the ailment are relief of symptoms, plenty of rest, hydration, and more importantly is a visit with a health care provider.

Why did I choose to write this Editorial on the Zika virus illness? Since many of us are in the medical professions, I wish to highlight the role of registered nurses (RNs), nurse practitioners (NPs), and physicians (MDs) in the prevention and early detection of this illness. I view the medical professions as the “safety net” in the prevention, early detection, and delivery of every aspect of patient care, more so now as the world faces the pandemic threat of the Zika virus illness. Because this illness presents itself as the common flu, incidental conversations in the community and primary care settings may be the first contact of patients exposed to the illness.



Prevention and early detection can be accomplished by intensive education. Simple teachings such as removing standing water where mosquitoes can breed, using appropriate skin sprays such as DEET or similar insect repellent products to ward off mosquitoes, using long-sleeves and long pants when traveling to infected areas, asking the appropriate questions of people who have traveled to infected countries, and intensive education

about safe sex.

An important arm in this fight is organizing support groups for families and children with the above-mentioned complications particularly the more serious neurological deficits. The psychological toll cannot be underestimated especially for parents whose children are born with microcephaly. As such, I encourage everyone to become knowledgeable and informed so we may provide the proper education for our communities in the prevention and spread of this illness. Let us heed travel advisory before visiting countries that are predominantly associated with the Zika virus. Let us be vigilant as we continue to fight the impending serious global health attacks of the Zika virus.



Dr. Nita Carrington is a Professor of Nursing at Hawaii Pacific University College of Nursing & Health Sciences, Kaneohe, HI.

Editorial

By Marjorie R. Huynh
MajoReyno2@gmail.com

"For most of us in the Christian world, it is commemorating the Greatest Love of all times - God sending His Son in human form to be with us. Sometimes we are so caught up on the commercialized celebration of Christmas and forget the Reason for the Season!"



The Greatest Love of All Time

The best timing for this Spiritual Retreat is at the start of the New Year. We all need a Spiritual vacation to reach our highest potential! After endless shopping, gift wrapping, cooking, traveling and parties, the Christmas holiday season could be both fun, stressful and exhausting! For most of us in the Christian world, it is commemorating the *Greatest Love of all times* - God sending His Son in human form to be with us. Sometimes we are so caught up on the commercialized celebration of Christmas and forget the Reason for the Season!

And when we think we have recovered from the Christmas festivities, we start preparing to meet the New Year! Collecting round fruits-ideally 12 different kinds to welcome prosperity for every month of the coming year and the traditional Martinelli apple cider as we watched the ball drop from New York Times Square at midnight. And on Day 1 of 2017 we made our New Year's resolutions optimistic for a better year ahead than the previous one. We are in #Fresh start mode blessed with all the possibilities. It is a kick-off to take our plans in a higher level.

May the Retreat theme "As Jesus Loved" be relevant as we lay out plans for the new year. In John 13:34, it says "A new command I give you: Love one another as I have loved you, so you must love one another." May you

all be blessed as we explore together this topic during the Retreat weekend. It is a powerful time to examine our priorities as we are one year closer to the Second Coming.

Speaking of new beginnings, as I start my new term as the Editor of the Link, I would like to Congratulate our New Set of AWESNA Officers and Chairs 2016-2019 and welcome new alumni members! Big thanks to our New Executive Officers as they set the tone of our participation as an Alumni group. I want to personally thank Lita Laoyan, Eppie Manalo, Ella Alcaide, Oscar Pablo, Rene Donato and most especially Edwin Aruba for helping me transition to my new role as painless as possible. Thank you all for your suggestions, guidance and friendships. Thank you to all that submitted their articles and photos despite the busy Christmas season!

Have a happy, healthy, blessed New Year 2017! I would like to hear from all of our readers, send me an email:

MajoReyno2@gmail.com

*Marjorie Reyno-Huynh, MS, M(ASCP),
CLS, RM (NRM), currently works as a
Clinical Laboratory Scientist at Loma
Linda University Medical Center.*



Marjorie Reyno-Huynh
AWESNA PRO

Lydia Roda's Answered Prayer: A Story The Whole Alumni World Should Know

By Miriam Sarno Tumangday, Ed.D.



Lydia Tabucol- RODA lived a life of faithful service, reigning as the First Lady of PUC-AUP for over two decades. Naturally, she will be remembered for the beautiful things that she was and did. Lydia loved nature and the beautiful, so she got herself involved in the landscaping and beautification of the Silang campus. She was a perfect hostess with her heart and home open to visitors and strangers any time all the time and her table ready for hospitality as she took pride in saying her kitchen was in fact an extension of the college cafeteria. From year to year she sheltered needy students who had to work their way through school. Her personal reading sources, the Bible and the Spirit of Prophecy were beside her every morning every day. Lydia was a strong believer in the power of prayer, so she practiced interceding for others in her private devotion.

Lydia's spiritual mettle came to the fore in the height of the controversy between the powers-that-be in Singa-

pore and PUC on the graduate school issue -- with the former claiming the academic section for their exclusive operation while Dr. RODA passionately held on to it to ensure the basic requirement for PUC's university status. During those crucial and critical days Lydia would come to me in tears, inviting me to pray with her as she poured the stresses which Dr. RODA was buffeted with and the ordeal he was going through. She wanted to be sure that I as the graduate school dean was aware of what was going on. All we could do was to cry out to the Lord together.

With the pain and agony overwhelming the presidential couple, and the PUC workers confused and divided in their reaction to the raging conflict, Lydia led out in seasons of prayer. Even members of churches nearby came to join us in our supplications and faith vigils, fervently asking the Lord to save the graduate school. Meanwhile, Singapore kept on with their unrelenting threats and batterings, determined to wrest their coveted object at any cost.

On the other hand, Dr. RODA tenaciously clung to his conviction and hope that he was fighting for a just and righteous cause. Tragically, he was alone on the PUC side, so finally his physical constitution gave way to the stress and strain. With Dr. Celedonio Fernando, her uncle, Lydia was to come home from abroad, where she had taken a short break, to be with her husband as he breathed his last in the ICU of Manila Sanitarium.

Dr. Roda's demise generated great unrest on the campus. Hatred, anger, anxiety, tearful sadness, and fear could be seen and felt everywhere. However, the leading educators in Manila with their tributes and expensive wreaths and flowers poured in filling the international church and provided a stark contrast to the distressed and mourning atmosphere.

After that period of sorrow and gloom, Lydia bravely carried on with the battle of prayer reinforcement, this time including student groups, especially graduate students and faculty. After one such season of prayer, she came up with the idea that perhaps we could seek support for graduate school funding -- the core issue in the tug-of-war -- from our alumni abroad. It was she who pressured and persuaded Dr. Fernando, then president of all the alumni in all over North America, to invite me as graduate school dean to present the issue and need to the alumni at their first big meeting. And so it happened.

I flew to California to fulfill my mission. So while I was presenting the graduate school issue and interacting with the alumni from all over North America Lydia and the Lord's people on the home front were on their knees pleading for Divine intervention to save the graduate school for PUC. Then God performed the miracle. Dr. Fernando and his fellow officers plus two eloquent alumni stalwarts -- JOHN TULIO and ELY BAUTISTA, who articulated the worthiness and urgency of the cause, demanding their all-out support -- roused the assembly to action. So right then and there the body unanimously pledged and voted to sustain the monthly funding being withdrawn by the Division so PUC could continue operating the graduate school until the university status was attained. That historic decision marked the beginning of AWESNA'S and subsequently, EASNAC'S involvement in the needs and affairs of their Alma Mater. A year after that momentous event and after all our striving a for full accreditation on all levels and with the graduate school retained, the Philippine Commission on Higher Education granted PUC the university status. To God belong all the honor and glory! And we praise Him for the spirit of our alumni and for the power of prayer!

Dr. Miriam Sarno Tumangday is a former Dean of Graduate School at Adventist University of the Philippines. She is a writer, author, and a resource speaker. She lives with her daughter, Dr. Gladden Tumangday-Herrera in Loma Linda, California.



A collage of black and white photographs and illustrations. At the top left is the seal of the Philippine Union College, 1917, featuring a globe and the text 'PHILIPPINE UNION COLLEGE 1917' and 'ON EVER ONWARD'. The title 'SPOTLIGHT ON' is in large, bold, purple letters at the top center. Below it is a large, stylized graphic of the letters 'PUC' with a graduation cap icon integrated into the letter 'C'. The collage includes several photographs of buildings, including a large modern building, a building with a prominent chimney, and a building with a gabled roof. In the center is a portrait of Alfonso Panis Roda, sixth-term president from 1965 to 1985. The collage is framed by several diamond-shaped illustrations of the 'PUC' logo.

O Beloved First Lady of PUC

Beloved First Lady of the Philippines *By Dr. Miriam Sarno Tumangday*

*Endowed by God with a compassionate heart
and special beauty;
You reigned as queen with dignity and grace
Making our Adventist school a heavenly place.
Our love for Dr. RODA was unflinching and fierce,
No other man for your life -- absolutely no one else;
You stood by his side, true to your calling,
Holding up his hands in his fatherly shepherding;
No wonder he is acclaimed as presidential best
The leader much loved and admired
till the Creator bade him rest.
Our home was ever full of students whose schooling
they could not afford.
Years you nurtured them as a loving mother should.
You have been to them a blessing untold
For now they live their own lives
Faithfully serving the Lord.
We shall treasure many memories
Prayer fellowship with you and other ministries.
We praise the Lord for you
Whom He has chosen to lend
As a precious co-laborer and friend.*

Medical Laboratory School, AUP News

By Kristine Hernandez Mendoza, MPH, BSMT

Department Chair, AUP School of Medical Laboratory Science



The Medical Laboratory School has four out of eight full time faculty members that already have their Master's Degree and the rest are on their thesis data gathering/writing stage leading to a master's degree in Medical Technology and are hoping to graduate before July 2017. Besides the 100% passing rate, 3rd, 5th, 8th, 9th placers, and being recognized by the Professional Regulation Commission (PRC) as one of three schools who ranked first in the Top Performing Schools in the March 2016 Medical Technology Licensure Examination, the department was also granted Level 1 Formal Accredited Status by the Philippine Association of Colleges and Universities on Accreditation (PACUCOA) from March 2016-2019. The department has transferred to its permanent location last July 2015 in the lower ground of the Alumni Hall. We now have five laboratory rooms, three classrooms, and a faculty office with conference room and fac-

ulty lounge. Also, Mr. Marc Philip Ocoma is now hired as one of the faculty members of the department. He is our full time Internship Coordinator who also handles the Clinical Chemistry 3 laboratory which prepares our students for their hospital rotation.

We are privileged to be recently invited by the ASEAN Association of Schools of Medical Technology (AASMT) to attend the 3rd AASMT Convention in Bangkok, Thailand on November 3-5, 2016.

The AUP-MLS Department is currently a member of the ASEAN Association of Schools of Medical Technology to keep abreast with the ASEAN Negotiations on Services and Mutual Recognition Agreement promoted by the Philippine Regulation Commission. This agreement would help Filipino medical laboratory scientists work in other ASEAN countries like Vietnam, Malaysia, Brunei, Cambodia, Laos, Myanmar, Singapore with

minimal or no additional requirements.

(Editors note: Two faculty members, Ma. Estrella H. Sales and Yanna Yvonne C. Macayan's airfare to attend the AASMT Convention in Thailand were sponsored by the Clinical Laboratory Scientists International (CLSI) Club headed by Dr. Felcar Morada, President. The newest faculty member, Marc Ocoma was a recipient of the Scholarship program of the CLSI Club.)

(Photo credit: Kristine Hernandez Mendoza.)





AUP Medical Laboratory Science Building. Delegates, Ma. Estrella Sales and Yanna Macayan, at the AASMT in Thailand.

(Photo credit: Kristine Mendoza)

Taking Health Ministries Education to Paradise

By Crisamar J. Anunciado, PhD, FNP-BC, BC-ADM

An annual convention of AUP alumni from all over western United States is not complete without a health ministry's focus. This year's health education update included vital topics concerning today's health concerns and trends. Dr. Eduardo Gonzaga, MD opened the Friday, September 2, 2016 event in the beautiful island of Oahu, Hawaii with pertinent updates on common vision disorders and their treatment. This was a welcome topic since there are over 142 million people in the US age 40 or older who are suffering from a variety of eye disorders, ranging from the common myopia, hypertropia, to cataracts, open/closed angle glaucoma, to partial or complete blindness caused age-related macular degeneration, diabetic retinopathy and other serious eye conditions (<http://www.visionproblems.org/>).

Delving into the human psyche, Dr. Liberty Olive Bautista-Macias, DNP, PMHNP-BC, DABFN discussed common psychologic and psychiatric conditions that plague 1 in 5 (43.8 million) Americans. Dr. Bautista-Macias expanded on the effects of the common stress & coping mechanisms, to anxiety, depression, bipolar disorder and other more serious mental health issues (<http://www.nami.org/learn-More/MentalHealth-By-the-number>).

An expert in nurse recruitment and retention, Ms. Elmerissa Fauni Sheets, BSN, RN, outlined the trends of nursing shortages and surplus over the last

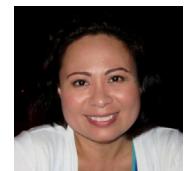


decade. Ms Sheets shared techniques for employee recruitment and retention in today's healthcare market. She focused on education, employee satisfaction and resulting quality patient care as key issues to address in today's new generation of nurses - the millennials.

The half day event was closed by Dr. Crisamar J. Anunciado, PhD, FNP-BC-ADM with a hard look on the epidemic of obesity in this country. In her talk entitled "The Skinny on Fat," Dr. Anunciado aimed to challenge the participants to scrutinize the latest research on the role of brown fat, the dangers of white fat, and obesity

prevention strategies. With obesity rates between 20-36 % in various states of the Union, obesity is an enormous public health issue that has serious impact on morbidity and mortality of our families and immediate communities (<http://stateofobesity.org/>).

Crisamar J. Anunciado, PhD, FNP-BC, BC-ADM is a Consultant at Glytec Systems, Family Nurse Practitioner at Transtreme, Inc and Adjunct Faculty at University of San Diego.

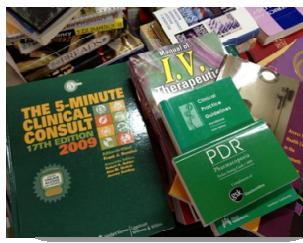
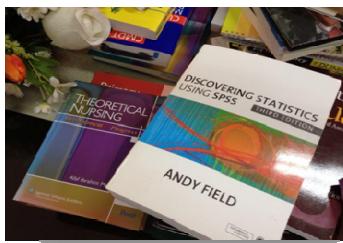


AWESNA San Diego Chapter News



Long Awaited Medical/Nursing Books Now in AUP

San Diego Chapter recognized that advancing education is paramount in the quest to produce the best nurses from our alma mater. This three-year project collecting nursing, medical and graduate school books filled two balikbayan boxes. More than 100 books are now in the hands of faculty, staff and students at the AUP College of Nursing. Huge thanks to local San Diego nursing professors from Grossmont College and University of San Diego as well as SD chapter officers and members for collecting the books.



Strengthening Focus on Health Ministries

One of the strongest messages we bring to the world is about health. Adventists have an edge on longevity due to health practices emulated from Eden, by Daniel and his friends, and down through the centuries including the teachings of EG White. These practices include a pure vegetarian diet, plenty of exercise and fresh air, and avoidance of harmful substances and stimulants. San Diego chapter led nursing and medical health education in AWESNA conventions for more than 6 years. SD chapter constituents provided medical, nursing, and dental education locally, various U.S. states and other countries. In 2016, SD chapter constituents continue to hold health lectures, healthy cooking events and hiking. +





New San Diego Officers

President – Mar Mutya

Vice Presidents: Religious – Limuel Liwanag

Socials- James Tibudan

Young Alumni- Kym Liwanag

North County – Gloria Maravilla

Secretary – Sen Roble

Associate Secretary – Connie Mirasol

Treasurer/VP Membership - Nelly Alamo

Associate Treasurer – Josie Apilado

PRO – Fem Ramirez

Associate PRO – Ember Suasi

Project/Scholarship – Flory Velasquez & Nevin Napod

Advisers – William Ombao, Crisamar Anunciado, Lemuel Niere



Loma Linda Chapter News



Due to some technicalities, new set of officers were elected in compliance with the AWESNA Constitution and By Laws on November 27, 2016 at 3 pm at Loma Linda Filipimo SDA Church. Loma Linda AWESNA Chapter officers elected were:

President -Joselito Coo

Vice-President- Perida Tongpo

Secretary- Amy Galang

Treasurer- Armand Zabala

Auditor- Violeta Palma

PRO- Elfrie Cuizon

Appointed as Advisers are

Romulo and Arlegie Tabo,

Ben and Carmen Nate.

Appointed Associate Vice-President- Myrna Dial

A get-acquainted-team-building party was held at the Coo's residence in Loma Linda; members

present were Romulo and Arlegie tabo, Elfrie

Cuizon, Lita Laoyan,

Myrna Dial, Marjorie Reyno Huynh, Violeta Palma, Ben and

Carmen Nate. Due to conflict with other activities in the

community, other officers were unable to attend.

The evening went by getting to know each other better, chatting,

reminiscing college days and brainstorming. The food was

delicious, thanks to Cora.

- Reported by Elfrie Cuizon, PRO Loma Linda Chapter



Dear Alumni,

On behalf of our AUP Alumni Loma Linda Branch aka AWESNA Loma Linda Chapter, we're planning our own AUP Centennial Celebration here in Loma Linda.

First will be a Songs of Praise Children and Youth Choir Festival on either April 22 or 29, 2017, from 5 o'clock to 9 o'clock p.m, in the Chan Auditorium, Loma Linda Academy. It aims to honor the memory of those who started our school's musical/choral tradition that continue to enrich the educational experience of our youth. Second, and possibly a third, event will feature our school's commitment to Service in connection with our church's educational, medical, and publishing missions.

In connection with these Centennial Celebration events, we are enlisting all alumni - graduates, students who attended at least a full term or grading period as in elementary or academy/high school, served as faculty and staff -- to participate. If you know someone who should be on our e-mail list, please let us know their address, e-mail or phone number. For the AWESNA Loma Linda Chapter.

Joselito Coo, MD

Loma Linda Chapter President

joselitocoo@gmail.com

Dear Alumni,

This is your invitation to join us in a Loma Linda Chapter (AWESNA) celebration of AUP's Centennial. For our part, we are planning a Songs of Praise Children and Youth Choir Fest on either April 22 or 29, 2017, Saturday evening, starting at 5 o'clock till about 9 o'clock at the Chan Auditorium in Loma Linda. And you are invited in a special way. To attend, yes, but also to encourage and request you to participate by preparing either a children's choir or a youth choir to join in our Centennial Festival. If you are interested in participating, please contact me for details. If you know of someone you can recommend who should consider participating, please pass this information to them and also send me their contact information. A children's choir will be composed of ages through 12 and a youth choir will be ages 13-19. Specialty choirs are welcome - all girls', all boys' or combined choirs. Come join us in making a joyful noise to worship the Lord and acknowledge His blessings on PUC-AUP specifically through the endowment of music talent. The program is in the formative stages but it's getting late to prepare for a grand concert in late April. So I urge you to respond as soon as possible even before you have assurance that you have the time or choir members to make it. Apply now. It's easier to cancel later if you have to, than to hurry up and organize if you find later you have the schedule available. I look forward to hearing back from you soon.

Musically yours,

Ray Puen

Festival Director for the Loma Linda Chapter AWESNA – Adventist University of the Philippines

p.s. please respond to raypuen@sbcglobal.net

FASO Presents a Christmas Concert

By Arlene Tordecilla Ferrolino



AUP Alumni- Arlene Ferrolino, FASO Board Chairman (black dress) and Cecilia Coo-Cruz,, Concertmaster .

AUP Alumni standing as the AUP School song was played by the orchestra. Photo credit: Rick Gavino

In a splendid display of timeless orchestral favorites and magnificent choral works, the Filipino American Symphony Orchestra, better known as FASO, presented its Christmas concert at the John Wayne Performing Arts Center in Glendale, CA on December 3. FASO has the distinction of being the first and only Filipino orchestra outside of the Philippines and is led by Maestro Robert "Bob" Schroeder, musical director and conductor.

Featured in the concert was a 160-voice choir comprised of five children's choirs and as many adult choirs singing holiday numbers from both the English/American (*A Christmas Carol*, *White Christmas*, *O Holy Night*) and Filipino (*Kumukutikitap*, *Mano Po*, *Ninong*, *Simbang Gabi*) traditions.

One of the special highlights of the evening was the medley of school hymns that included UP, UST, PWU, De La Salle and AUP among others. This unique medley was arranged by Saunder Choi and FASO's arranger-in-residence, Louie Ramos. Alumni from each school proudly stood and heartily sang their school song. FASO was established in 2008 and is committed to the enrichment of Filipino culture through orchestral music. Its mission is to encourage cultural diversity, sustain artistic excellence in the Filipino community and assist in the growth and development of our youth. FASO musicians host classes

and workshops throughout the Los Angeles area. The FASO connection with AUP is definitely solid with violinist, Cecilia Coo-Cruz, FASO's concertmaster, and Arlene Tordecilla Ferrolino (AB English and BMusic '85), president of the Board of Directors. Other AUP alumni who were part of the chorus in this concert were Joel Punay (conductor of the Academy of Visual and Performing Arts Youth Chorus of La Sierra University), Regelin Pimentel Castillo (Philippine Chamber Singers-LA) and Novem Cabios (Prime Note Ensemble).

Mark your calendars for March 18, 2017, the next FASO event which will feature jazz and big band music in *Swing the Night Away*, a spring dinner dance.

Tickets are on sale now. For more information about FASO or to make a donation, go to www.fasofoundation.org or contact Arlene Ferrolino at (213) 248-9850 or arlene-ferrolino@gmail.com.



Arlene Tordecilla Ferrolino, Chairman of the FASO Board with Regelin Pimentel Castillo. (Photo credit: Regelin Pimentel Castillo).

AUP College of Medicine News



23 October 2016

Dear Beautiful and Generous People of AWESNA,

This is to inform you that Dr Marissa and I finally arrived home at AUP around 10:00PM of Saturday evening October 22 via American Airlines flight from LAX to Narita (on October 21 and Not October 20 as originally schedule, and Not via Hong Kong because of Typhoon Haima Signal 8), and via Nippon Airway from Narita to NAIA (Not via PAL as originally scheduled). We were one and a half days delayed from the original itinerary, but we are happy to be safely home now!! Thank you so much for your generous financial support, and hosting, and feeding, and accommodation, and driving, and companionship in the side trips and visits. Ang babait nyo!! See you during the Centennial Celebrations....

May the Lord continue to bless you more.

In Christ's love,

Dr. Doris

DORIS A. MENDOZA, MD, FPPS
Founding Dean, AUP College of Medicine
"Through Christ, Healing and Wholeness"
Smart: 0928-5541133; Globe: 0917-8781950.





AUP COLLEGE OF MEDICINE UPDATE – REPORT

By Dr. Alfonso Miguel,Jr.



The AUP-College of Medicine Dean – Dr. Doris Mendoza and the AUP College of Dentistry Dean – Dr. Marissa Virgines together with their local contacts, Dr. Alfonso Miguel Jr. and Dr. Elmer Bangloy respectively were privileged to attend the Global Health Care Conference at the Loma Linda Centennial Complex. The meeting took place on October 13-14, 2016 in collaboration with the Adventist Health International, the General Conference Departments of education and Health Ministries, and the Consortium of Adventist Medical Education Leaders (CAMEL).

The thrust of the 3 day conference was “Recruiting, Engaging, and Retaining the people you need”, this was geared to educate all of those more than 200 SDA Health education leaders of our Medical, Dental, and Allied Health professionals represented from all over the world.

On October 15, Sabbath evening was spent with our two Deans for a sumptuous Dinner meeting and fellowship at the residence of our gracious hosts Dr. Charles David and his wife Amelita of Redlands. A group of local Physicians and Dentists with their spouses and friends were invited by Mrs. Miguel and Bangloy to attend this gathering.

Drs. Mendoza and Virgines were so delighted to attend the Loma Linda Conference to meet with our SDA Health edu-

cation leaders from all over the world. They expressed their gratefulness for the financial aid extended by AWESNA to take care of their plane fares and accommodation during their short visit. They too thanked the group of MD's and Dentists who were able to attend the Dinner meeting to listen to their presentations.

The Dinner and fellowship meeting was preceded by a short Devotional and Prayer with Dr. Ed Gonzaga and then followed by a Dialogue with our two Deans. Dean Doris gave a glowing brief report and update of the COM, now in its second year of operation starting with 16 bright Medical students followed by an equally selected new batch of 40 this year, the hopefully next year's batch will number 60 or so. Dean Marissa followed with an encouraging report of the COD which is now in its 8th year of operation with a significant number of Dental students doing very well in their Board examinations. She also mentioned the newly signed agreement with Loma Linda School of Dentistry about exchange of students for upgrade etc.

Both Deans appealed and encouraged all of the MD's and Dentists in attendance to continue supporting these two new Colleges at AUP with our financial resources and prayers on their behalf. Invitations were made to attend the AUP Centennial Celebrations, visit, and see for themselves the Schools of Medicine and Dentistry in the AUP campus in February and June 2017.

AWESNA Spiritual Retreat Program

January 13-15, 2017

Theme: As Jesus Loved

Friday, January 13, 2017

Praise: Praise team

Opening Song: Holy Spirit You Are Welcome Here
(Theme song)

Prayer: Speakers As Jesus Loved:

Group Dynamics - Speakers

Closing Song: Praise Team

Prayer: By teams/groups

Sabbath School (9:30AM-11AM),

January 14, 2017

Praise: Praise Team

Opening Song: Holy Spirit You Are Welcome Here

Prayer: Speakers

Group Activity Children of Young Alumni:

You Are Mine Mission Trip Dedication



Hour of Worship (11:20AM -12:30PM)

Praise: Praise Team

Opening Song: Holy Spirit You Are Welcome Here

Prayer: Speakers

Young Alumni Choir: How Can I Keep On Singing

Message: Speakers

Offering Young Alumni Choir: We Are Called

Closing Prayer

Sabbath PM (3:00 PM-4:30PM)

Youth-Inspired Program

Praise: Praise Team

Opening Song: Holy Spirit You Are Welcome Here

Prayer: Speakers

Group Activity Children of Young Alumni: I Loved You

Sundown Worship

Closing Praise: Praise team

Closing Prayer Speakers: Anthony and Girlie Aguilar

Program Coordinator: Gladys Roman

Sponsored by the Young Alumni Chapter

Music: La Sierra University Students Led by Rico and Marco Macias

Note: There will be a Prayer Warrior Activity. Every top of the hour, a small unit or 3-5 participants will silently break away from program to pray for the retreat, members of AWESNA, etc., (about 2 minutes prayer band). Will explain later.

Holy Spirit You Are Welcome Here

(Theme Song)

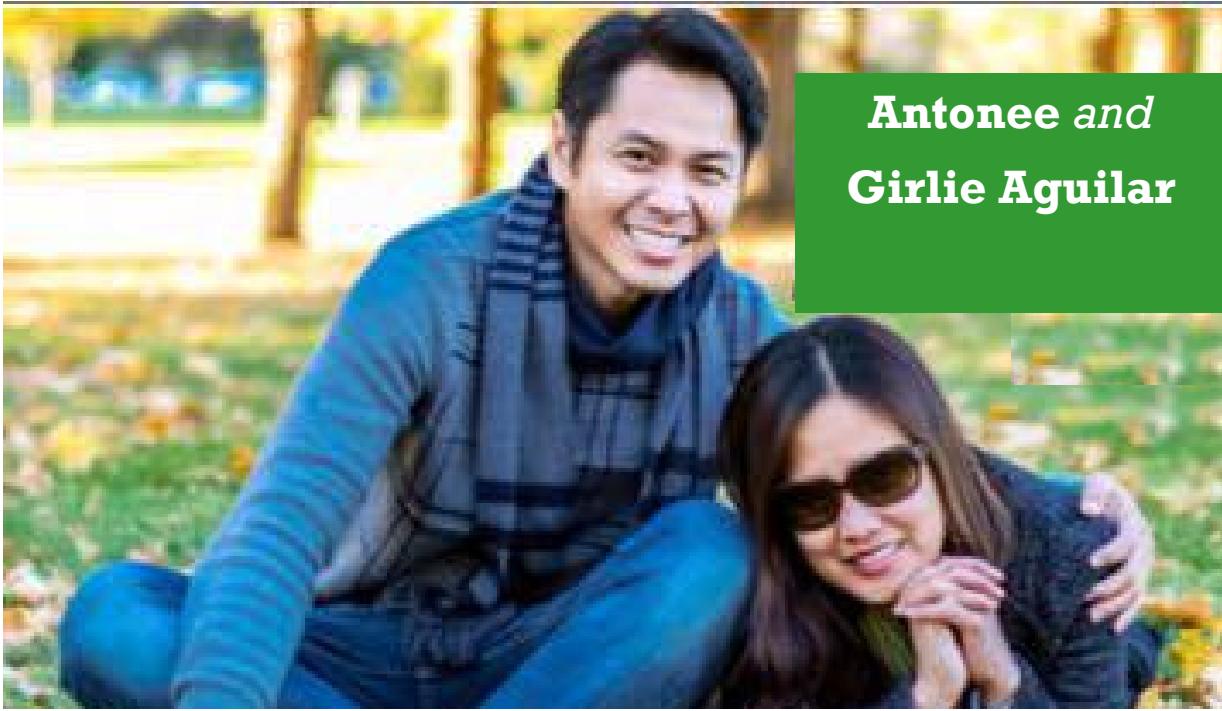
Holy Spirit, You are welcome here
Come flood this place and fill the atmosphere
Your glory, God, is what our hearts long for
To be overcome by Your presence, Lord
Your presence, Lord

There's nothing worth more
That could ever come close
No thing can compare
You're our living hope
Your presence, Lord

I've tasted and seen
Of the sweetest of loves
Where my heart becomes free
And my shame is undone
Your presence, Lord

Holy Spirit, You are welcome here
Come flood this place and fill the atmosphere
Your glory, God, is what our hearts long for
To be overcome by Your presence, Lord
Your presence, Lord

Let us become more aware of Your presence
Let us experience the glory of Your goodness
Let us become more aware of Your presence
Let us experience the glory of Your goodness
Let us become more aware of Your presence
Let us experience the glory of Your goodness
Let us become more aware of Your presence
Let us experience the glory of Your goodness
Holy Spirit, You are welcome here
Come flood this place and fill the atmosphere
Your glory, God, is what our hearts long for
To be overcome by Your presence, Lord



Antonee and Girlie Aguilar

R etreat Speakers Antonee Leo Aguilar, Minister, Accountant, Nurse A passionate, effective ministry leader in church leadership, Finance, Health and Evangelism who is a life-long student and life-changing communicator of biblical truth. Our speaker's educational background include a Bachelor of Science in Accountancy in 1997 from Mountain View College, Philippines. In 2006, he obtained a Bachelor of Science in Nursing from Adventist University of the Philippines. Currently he is pursuing a double degree of a Master's of Divinity and a Master in Business Administration from Andrews University, Berrien Springs, Michigan and anticipating to graduate in 2018. He is gifted in areas of Teaching, Serving and Leading. His work experiences includes serving as Conference Auditor at Northern Mindanao Conference, 1997; Accountant at Palawan Adventist Hospital, 1998-2003; Nurse Resident at Adventist University Accredited Hospital, 2003-2006; School Nurse/Teacher at Saipan SDA School, Northern Marianas Islands, Guam Micronesia Mission, 2007 and Dental Nurse Assistant in the same school from 2009-2015. He was also the Treasurer at Saipan SDA Church, Guam Micronesia Mission (NAD), 2009-2012; Head Elder, San Antonio SDA Church, Saipan, Guam, 2012-2015. From 2015 to the present time, he is serving as Accounting clerk at the Dining Services, Computer, Accounting and Finance Teacher of Andrews University. From 2016 to the present time, he is a Teaching Assistant and AHA Certified Instructor at the Department of Nursing at the same school. He is

married with our other speaker, Girlie Zuniga-Aguilar and reside in Berrien Springs, Michigan. He is respected for uncompromising integrity, unwavering character, a healthy marriage, faithfulness, wisdom, strength, steadiness and loyalty. Girlie Zuniga-Aguilar A talented teacher, organizer, leader, and student, Girlie's educational background includes the following: Bachelor of Secondary Education, Major in English from Central Philippine Adventist College, 2008; Master of Arts in Education, Major in English from Adventist University of the Philippines Graduate School, 2007; Master of Arts in Education in Leadership, Adventist International Institute of Advanced Studies (AIIAS), 2012; Master of Arts in Religious Education in Campus Leadership from Andrews University, 2016. Currently she is a candidate for a PhD in Religious Education from same school. She also passed the Licensure Examination for Teachers (LET) and is a Certified North American Division Teacher. Her work experiences includes being a Missionary English Teacher in South Korea from 2003-2006; Teacher at Saipan SDA School at Guam Micronesia Mission, NAD from 2007-2015. Currently, she is a teacher at Andrews Academy since August 2015. She is also a Graduate/Teaching Assistant: Teaching Learning & Curriculum Education for the Department of Religious Education and Adjunct Professor at the Theological Seminary/Education Department at Andrews University. Her hobbies includes writing, photography, biking, sports (softball, soccer, basketball, badminton, etc.), community service, travel, preaching and teaching. Her favorite hobby is public speaking!

AWESNA Post-Convention Report



A Life of Service

By Edwin Araba

Honolulu, Hawaii – On the eve of August 31, 2016 two hurricanes, Madeline and Lester, were brewing in the horizon threatening to spoil the weekend of the AWESNA 44th Annual Convention on September 2-4, 2016. Some of the delegates arrived by Wednesday to have an early tour around the city and the Pearl Harbor Memorial sites. The local weather report showed grey skies with little showers and temperature at 88 degrees Farenheit that doesn't seem to obliterate the weekend event. The venue of the AWESNA 44th Annual Convention, with a theme: *Waves of Unlimited Service*, was held at the Honolulu Central SDA Church, 2313 Nuuanu Avenue, Honolulu Hawaii. Hawaii and Loma Linda Chapters were the host and co-host of the convention..

The continuing education started on Friday morning led by Dr. Crisamar Anunciado. Registered participants received CE (continuing education) credit units for their attendance. The House of Delegates meeting was on Friday afternoon. The night of festivities was a joyous one. AUP president, Dr. Francisco Gayoba, with wife Arlene were present as they celebrate their wedding anniversary. Many delegates checked in at the Hilton Hawaii Village which is 25-30 minutes shuttle drive to the convention area. Friday night opening ceremonies began at 6:00 pm with processional of AWESNA officers and

all chapters represented, with each chapter carrying their flag. The Brown Brothers USA rendered the National Anthems while Cres Pimentel and Regelin Castillo led the AUP Song with Lorie Bangloy playing the piano. Almost immediately after the welcoming and opening remarks by the Hawaii chapter president, Ric Calla, the music festival began. Noel Abuel spirited a song with his wonderfully mellow voice. Hosts of participants followed – AWENG Ti Amianan, Singing Men, Solfeggio Tones, San Diego Singers, Ripples, Brown Brothers and Praise Unlimited. A video presentation, *In Memoriam*, was shown to honor and remember our departed alumni.

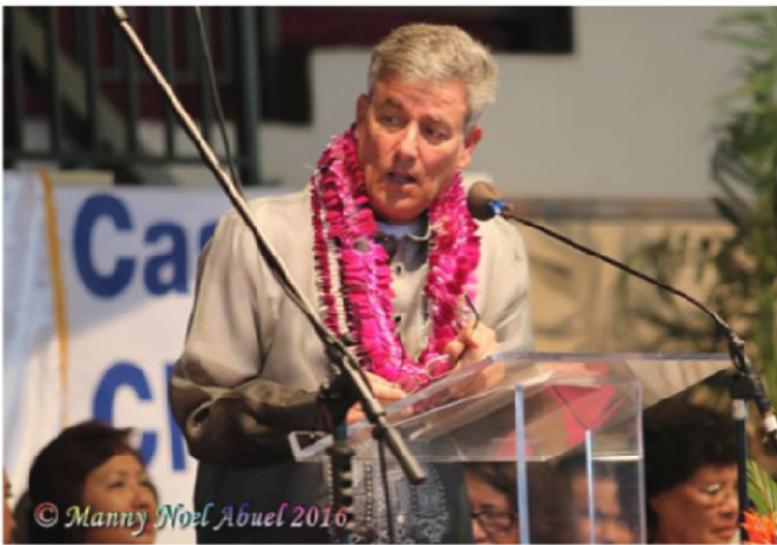
Aloha is often an understated word. Some people think Aloha means hello and good bye. But the real meaning is much more than that. The real meaning of Aloha is that of love, peace, and compassion. A life of Aloha means that when life is filled with love, peace and compassion it overflows enough to influence others. That in essence is the true and appropriate focus of our convention, *Called to Share*, the topic for the evening by Dr. Gerald Christman, our keynote speaker for the convention. Dr. Christman is the Executive Secretary of the Hawaii Mission of SDA. His name speaks for himself. He is a humble man of God. "Jesus calls each of us to a life of service," Christman said. "Servanthood is the natural outcome of those who have surrendered their lives to Jesus."

The Sabbath morning services was well-attended with people from all walks of life- alumni from the Philippines, Pacific



Northwest, Canada, Northern California, and Southern California. The Prime Minister of Solomon Islands and his wife were seated in the left front pews of the church. Dr. Elmer Bangloy delivered the welcome remarks followed by felicitations from Dr. Francisco Gayoba, AUP president and Dr. Salcor Quines, president of EASNAC. Dr. Gerry Christman, the main speaker, continued his message, *What Am I Here For?* He is really nailing down the main mission why we are here - which is to serve others. He used audio-visual aids to make his point.

After the Luau lunch, the afternoon program started at 2:30 pm. Mr Ben Siapco gave a Global Outreach report as a volunteer Clinical Laboratory Consultant, Adventist Health International. It was followed by a panel discussion, *Lifestyle Luau: What's Your Choice?*, with health professionals- Dr. Ed Gonzaga, Dr. Bevan Geslani, Dr. Euly Sharifi and Dr. Gina Siapco. They tackled some important points on Health and Lifestyle issues which included nutrition, sleep and other lifestyle chronic



diseases.

The afternoon program won't be complete without the AUP Hour. Dr. Francisco Gayoba presented updates at AUP including recent developments of the College of Medicine and the preparation for the AUP Centennial Celebration

2017. There are challenges at AUP but after almost a hundred years in existence the Lord has been good. It was a delightful afternoon of music and information. The banquet for the evening was held at the Hawaii Mission Academy multi-purpose building. It was fun to watch the colorful Hawaiian attire worn by attendees that filled the banquet room. Some people had to stand and wait for more seats. The program was electrifying with folk music, cultural dances and more music. The food was great but we have to fall in line in an orderly

way. Awards were presented, along with recognition of Honor Classes and induction of the incoming AWESNA Officers. Closing prayer was offered by Mr. Rene Donato.

Sunday was a picnic day. No hurricanes Madeline nor Lester was on sight. In fact, it was a sunny day. It was also a day of relaxation at the beach; or to some a visit to USS Arizona and Pearl Harbor Memorial sites. Riding a double decker bus around the city was

fun and it will only take about an hour to tour round the main city hub of Honolulu where you can find an ABC store in almost every corner! God has been so good, and will always be. After the convention, with renewed strength and spiritual vigor we are ready to serve a life of service. +



Aloha welcome to all the delegates. The Sabbath services during the AWESNA Convention ; also with Prime Minister of Solomon Islands and his wife attended the morning worship . (Photo credit: Manny Noel Abuel).





AWESNA Greater Los Angeles

Chapter News



Dr. Francisco D. Gayoba, AUP President was the Guest Speaker during the Divine Worship Service at Central Filipino Church last August 20, 2016. In the afternoon, he met with Alumni from Greater LA Chapter, San Diego, Glendale, Young Alumni, and Ralph and Carmelita Laoyan from Loma Linda. Lita is the newly- elected first Woman President of AWESNA in 46 years!

Dr. Gayoba gave a report on the progress of the University and an update of the College of Medicine program. He invited everyone to the AUP Centennial Celebration on January 31 to February 5, 2017. For such a historic event of our Alma Mater, Alumni should not miss this event.

A light dinner and socializing ended the evening. Final preparation is underway for the Medical, Surgical and Dental Mission in

Pampanga, Philippines on February 7, 8, 9 2017. A well attended meeting of Participants was held at the home of Alfonso and Loida Miguel last October 2, 2016.

Reported by:
Loida M. Miguel
President, Greater LA Chapter



GREATER NORTHERN CALIFORNIA CHAPTER (GNCC) REPORT

By Emily Nimo Garcia



GNCC Elects New Set of Officers

The Greater Northern California Chapter members elected their new set of officers to serve for the three-year term beginning September 2016 to September 2019.

The newly elected officers are:

President: Edwin Araba

Vice-presidents: Obed Apostol

(Redding, Santa Clara county
to Salinas area)

Primo Mercado, Jr.

(Stockton, Vallejo, Sacramento
county, San Francisco area)

Secretary: Cel Apostol

Associate secretary: Myrna Malqued

Treasurer: Dave Narbarte

Associate treasurer: Rey Corpus

PRO: Ruby Camagay-Tangonan

Archives: Roditha Pablo

Currently, the position for the president is open. Edwin Araba was elected secretary of AWESNA and since one cannot hold two elected offices, he had to relinquish being president of GNCC. The chapter is still looking for somebody who is willing to take the helm of the chapter.

Meanwhile, Emily Garcia, the immediate past president of GNCC, is retiring from her work and Sierra Vista Hospital where she was employed as House supervisor presented her a check for \$1,500 in the name of AWESNA for her to use in her various projects. She shared \$500 for AWESNA scholarship funds. The rest will be used for medical mission and church building project in Butuan City in Mindanao.

AUP College of Dentistry and Loma Linda University School of Dentistry Dental Affiliation Agreement



Dearest Alumni of AUP/PUC (AWESNA),

Thank you for your support to AUP especially to College of Medicine and College of Dentistry. Your support made possible the needed Dental Affiliation agreement we now have with all SDA Dental Schools in the world. Thank you for your warm accommodation. God Bless.

Please see attached pictures of signing the Dental affiliation agreement with Loma Linda University School of Dentistry, Adventist University of the Philippines - College of Dentistry, Universidad de Montemorelos of Mexico, Faculdade Adventista da Bahia of Brazil and Facultad de Ciencias de la Salud of Argentina

Dr. Marissa Hizon-Virgines
Dean, College of Dentistry
Adventist University of the Philippines
Puting Kahoy, Silang Cavite
(049)541-1211 loc 239





POWER FOR OBEDIENCE

by Pastor Jose Manalo, Ed.D.



If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love. John 15:10.

Some who claim to believe in Jesus Christ as their Savior have said, "No one can keep the law." On this point the words of Christ are decisive. He states, "I have kept my Father's commandments." And He is our example in all things....

In the Sermon on the Mount Christ plainly declared His mission. "Think not," He said, "that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill" (Matthew 5:17). He came to carry out literally every specification concerning which the prophets had borne testimony. He who existed with the Father before the creation of the world, Himself gave the prophecies recorded by holy men—the prophecies that He came afterward to fulfill....

Christ's position with His Father is one of equality. This enabled Him to become a sin offering for transgressors. He was fully sufficient to magnify the law and make it

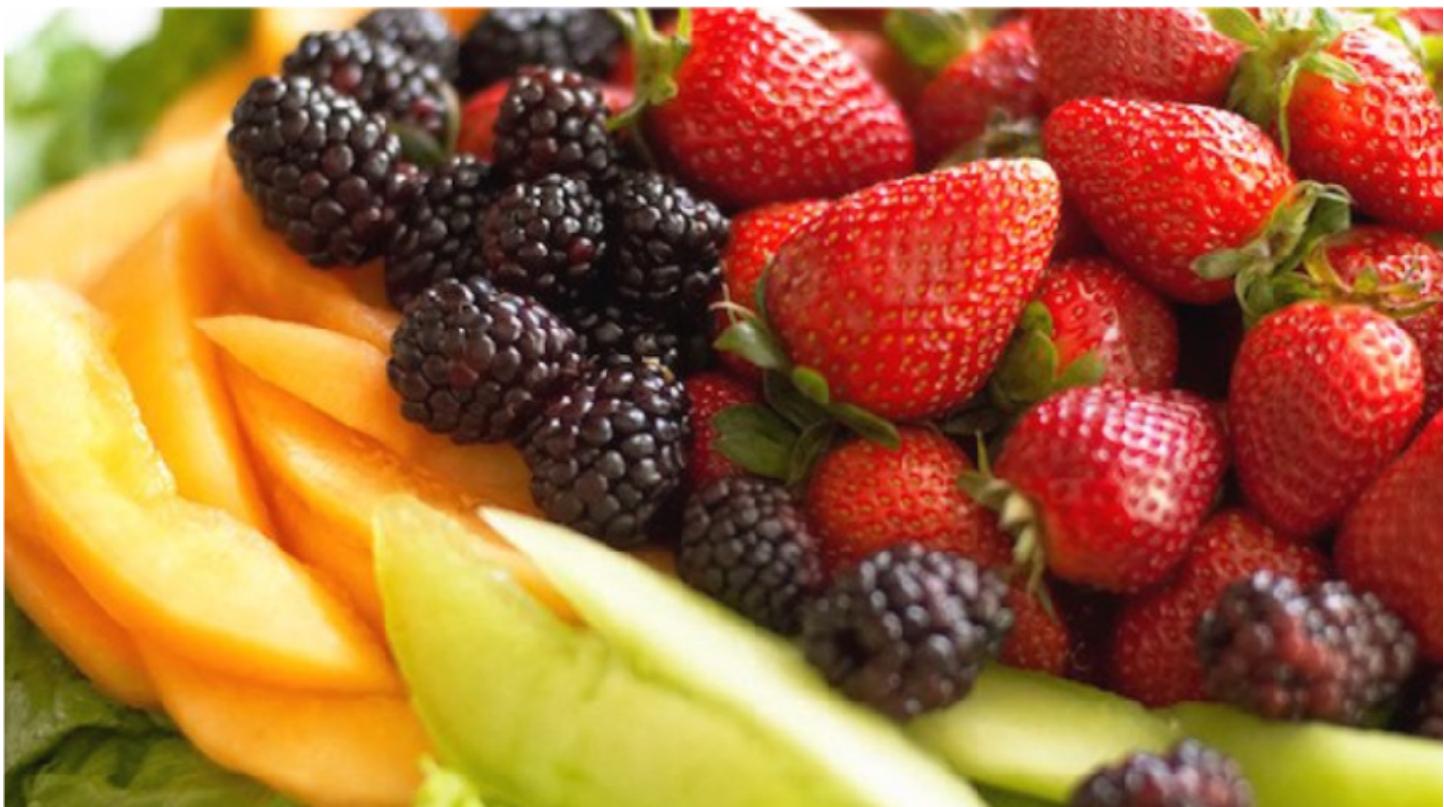
honorable.... He separated the precepts of Jehovah from the maxims and traditions of men. He held up the Ten Commandments as an expression of truth in all its purity....

Christ came to the world to counteract Satan's falsehood that God had made a law which men could not keep. Taking humanity upon Himself, He came to this earth, and by a life of obedience showed that God has not made a law that man cannot keep. He showed that it is possible for man perfectly to obey the law. Those who accept Christ as their Savior, becoming partakers of His divine nature, are enabled to follow His example, living in obedience to every precept of the law. Through the merits of Christ, man is to show by his obedience that he could be trusted in heaven, that he would not rebel.

Christ possessed the same nature that man possesses. He was tempted in all points like as man is tempted. The same power by which He obeyed is at man's command. Manuscript 48, 1893. (That I May Know Him, p. 292) +

Healing Through Lifestyle Changes

By Edwin Araba, MD



Lifestyle medicine is at the forefront of medicine. Majority of all chronic illnesses are preventable through lifestyle changes. The pathologic causes of disease processes are contributed by faulty eating habits, stress, lack of fitness and exercise, and negative social interaction. An overhaul of these faulty lifestyle can dramatically change you. According to Dr. Dean Ornish, coronary heart disease can be reversed by diet-- low cholesterol, low fat, plant-based whole food. There is a link between diet and disease, according to the co-author of *The China Study*, Dr. Colin T. Campbell , professor Emeritus of nutritional biochemistry at Cornell University. This project is an epidemiologic study designed to investigate the relationship between diet and disease. According to the American College of Lifestyle Medicine (ACLM) President, David Katz, MD, MPH, "Lifestyle as medicine has the potential to prevent up to 80% of chronic diseases; no other medicine can match

that. In addition, it is potentially inexpensive and even cost-saving; free of all but good side effects; safe and appropriate for children and octogenarians alike. It is quite simply, the best medicine we've got."

The Original Diet

The book of Genesis tells us that the original diet was designed by God. "And God said, Behold , I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 1:29. "Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing." *Counsels On Diet and Foods*, p.81, by Ellen G. White. Nutrition plays an important role in the physical healing. "Let food be thy medicine and medicine be thy food," says Hippocrates, the father of modern medicine.



Good health is closer than you think. Doctors of the future will prescribe food as medicine. The so-called modern medicine rely so much on pills which have deleterious effects. Some medicines are life-saving but majority of pills have side effects. Plant-based diet are proven to improve the immune system and allows the body to heal itself. Proper nutrition has a key role to the road of wellness but it has to work with lifestyle changes.

The China Study

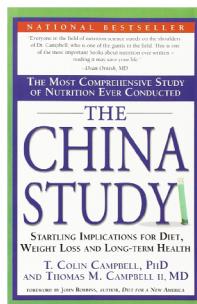
America spends trillions of dollars in healthcare. No other country on earth spends so much in healthcare than United States. A vast majority are obese. Sedentary lifestyle – children watching too much TV and playing video games contribute to childhood obesity which later in life will lead to type two diabetes, hypertension and other chronic diseases.

Children and adults should spend time outdoors to exercise. “Lifestyle changes can dramatically reverse chronic illness. In humans we have seen research findings showing that a whole foods, plant-based diet reverses advanced heart disease, helps obese people lose weight... research has also shown that

advanced melanoma, the deadly form of skin cancer, might be attenuated or reversed by lifestyle change.” –

According to Dr. Colin T. Campbell, from his book, *The China Study*, p. 237. He reiterated that, “our food choices have an incredible impact not only on our metabolism, but also on the initiation, promotion and even reversal of disease, on our energy, on our physical activity, on our emotional and mental well-being and on our world environment.

One of the most fortunate findings from the mountain of nutritional research I’ve encountered is that good food and good health is simple. The biology of the relationship of food and health is exceptionally complex but the message is still simple. The recommendations coming from the published literature are so simple that I can state them in one sentence: eat a whole foods, plant-based diet, while minimizing the consumption of refined foods, added salt and added fats.” John McDougall, MD, a physician from St. Helena Sanitarium, became convinced that a whole foods, plant-based diet had the potential not only to prevent disease that plaguing patients , but also



the potential to treat them.

Foods That Heal

“For the first 5,000 years of civilization humans relied on foods and herbs for medicine. Only in the past 50 years have we forgotten our medicinal “roots” in favor of patent medicines.” *The Wisdom and Healing Power of Whole Foods*, p. 46, by Patrick Quillin, PhD, RD, CNS.

Here are the recommended unrefined plant-based foods , from *The China Study* with healing properties:

Fruits: Orange, okra, red pepper, apples, cucumber, tomato, avocado, zucchini, blueberries, strawberries, green pepper, watermelon, papaya, grapefruit.

Vegetables: Broccoli, cauliflower, spinach, artichokes, kale, cabbage, collard greens, swiss chard, celery, asparagus, brussel sprouts, bok choy.

Roots: Beets, carrots, onions, garlic, ginger, raddish.

Mushrooms: White button, baby bella, cremini, porto bello, shiitake.

Nuts: Walnuts, almonds, macadamia, pecans, cashew, hazel nuts, pistachio.

Whole grains: Wheat, rice, corn, millet, sorghum, rye, oats, barley, buckwheat.

The research from *The China Study* are overwhelmingly evident and time has proven that God’s original diet for man and His ways are the best for us. Campbell added that, “As you will come to see, much is governed by the golden Rule: he who has the gold makes the rules. There powerful, influential and enormously wealthy industries that stand to lose a vast amount of money if Americans start shifting to a plant-based diet. Their financial health depends on controlling what the public

knows about nutrition and health. Like any good business enterprise, these industries do everything in their power to protect their profits and their shareholders.” *The China Study* is the most comprehensive study on nutrition and if you want to improve your health, you have to change your diet and lifestyle.

Edwin Araba, MD is a member of American College of Lifestyle Medicine (ACLM), Physicians Committee for Responsible Medicine (PCRM), and International Society for Infectious Diseases (ISID).





By Dr. Alberto Bagingito, CPA, D.Hum,
with Dr. Alfonso Miguel, Jr. MD, D.Hum

Just to remind our alumni readers that any report or update written in our newsletter The LINK should be read and understood to keep each of us abreast to what is happening in our AWESNA organization. One of the regular features in The LINK is the AWESNA Endowment Fund Committee report. "Endowment Fund is an ongoing project of AWESNA until we are fully endowed to the targeted goal of \$1 million or more." As of the last report to the AWESNA Board of Officers meeting held in October 9, 2016 at Loma Linda, chaired by our newly elected Lady President Mrs. Lita Laoyan; the Endowment Fund balance as of September 30, 2016 is \$265,198.60 which included the total interest gained of \$12,703.75. The amount of \$40,500.00 is the grand total of the interest yield given to AUP-our sole beneficiary of which 75% was for the upgrade of AUP faculty and 25% for continued research. The AWESNA Board of Officers nominated, voted and approved the new composition of the Endowment Fund Committee which will be reflected in the EFC minutes in November 15, 2016 chaired by the AWESNA President. These are the officers of the EFC and corresponding term (year) to serve:

President- Alfonso Miguel, Jr. - 6 years
Secretary- Edna Domingo – 3 years
Treasurer- Albert Bagingito – 6 years
Members- Miguelito Fernando – 6 years
Annilie Madigan – 3 years
Octavius Quijada – 3 years
Ella Alcaide- ex officio

This new set of EFC members will meet on December 15, 2016 before the Annual Spiritual Retreat in Carlsbad, California on January 13, 14 and 15, 2017. A report of that meeting will be presented to the AWESNA Board of Officers meeting on January 15, 2016. Please help support our Endowment Fund as we endeavor to reach our goal of \$1 million, in order that AUP, our sole beneficiary will be able to continue as a premier Christian institution for our youths in Asia and beyond.



ENDOWMENT FUND

THE FACES OF AWESNA



AWESNA 44th Annual Convention was held for the first time outside the continental US in Honolulu, Hawaii on September 2-4, 2016. The warm Aloha welcome was truly felt by all delegates despite the earlier threatening weather. Continuing education was led by Dr. Crisamar Anunciado.(above left). The spiritual manna was delivered by Dr. Gerald Christman. (Photo above right) Dr. Christman congratulated by AWESNA President Dr. Elmer Bangloy and Lita Laoyan, then incoming- President of AWESNA; Dr. Christman was given an appreciation award . All smiling for a photo shot after the Sabbath worship—Edwin Araba, Oscar Pablo, Ephraim Roxas, Odith Pablo and Emily Nimo Garcia (Middle left). In colorful Hawaiian attire during banquet night. Picnic day at the beach with Dr. Bangloy, Dr. and Mrs Frank Gayoba, Manny Noel Abuel and Lita Laoyan (Below right). Ernest and Evelyn Pablo, Melva Arreola Manzano, Oscar and Odith Pablo, Primo and Erlinda Mercado

AUP@100

Shine On!

1917-2017

Dear AUP Alumni , from the AUP Advancement Office:

The Adventist University of the Philippines is celebrating its 100th year anniversary this January 29 – February 5, 2017. As a tribute to the way the Lord has led the university through the years, AUP is building the Centennial Park, a landmark that will honor distinct events, developments, and people in its remarkable journey. The pathway of this park will be lined with historical markers, each stone bearing the description of a significant milestone in AUP's history.

The document outlining the historical events that will be engraved on each of the stones may be found on the right side of this newsletter. As alumni who are important parts of AUP's story, we would like to invite you to to three things:

1. Read through this very informative document and learn about AUP's 100-year journey.

Check the accuracy and completeness of the data. If you find any errors or if you feel that certain parts of history were missed out on, please email advancementaup@gmail.com.

The historical markers which will bear these descriptions are up for sponsorship. If you, your family, or your small group have a special connection to any of the historical events that will be specially recognized, or if you would simply just like to sponsor a stone, fill out the form here: <http://tinyurl.com/auphistory> Sponsorship is

PhP10,000.00 for those

1. working in the Philippines or USD 500.00 for those working outside the country. Sponsorship is open even to non-alumni. The names of the sponsors will be engraved on the stone; information about them will also be included in a souvenir book, to be later made available electronically in a kiosk at the Centennial Park.

The deadline for corrections and sponsorship is on December 12, 2016. We look forward to your participation!

The historical markers which will bear these descriptions are up for sponsorship. If you, your family, or your small group have a special connection to any of the historical events that will be specially recognized, or if you would simply just like to sponsor a stone, fill out the form here: <http://tinyurl.com/auphistory> Sponsorship is PhP10,000.00 for those working in the Philippines or USD 500.00 for those working outside the country. Sponsorship is open even to non-alumni. The names of the sponsors will be engraved on the stone; information about them will also be included in a souvenir book, to be later made available electronically in a kiosk at the

Centennial Park

HISTORICAL MARKERS

Come home for the Centennial Celebration. Register for the Centennial Celebration now through this link. The deadline for corrections and sponsorship was December 12, 2016. We look forward to your participation!



Weanne Estrada, BSN, MPH, recently graduated from Loma Linda University School of Public Health. She works at AUP and is coordinating with its Centennial Celebration 2017.



A Wonderful Night to Celebrate!

By Esther Nicolas Arafiles, MD



On December 3, 2016 the Los Angeles Chapter celebrated the birth of our wonderful Savior, Jesus Christ, singing Christmas carols to praise God for His precious gift given to men. It was a chilly night but we stayed warm singing songs glorifying God and having fellowship with one another. Our hearts were filled with joy as we gathered together in the home of Ceres and Ray Gurango in the Los Angeles area.

After a prayer was offered, everyone started eating our favorite dishes such as rice, fish, vegetarian, and many others that tasted great. We got fruits such as oranges, pomelo and cherimoya, grapes and many desserts. After a delicious meal we gathered together to continue singing and picture taking. The following were present: Loida Miguel, Ruth Sanchez and husband, Thelma and Jerry Ada, Ceres, Josefina Sta Ana, Minnie M. Tamayo, Fe Kintanar, Fe Asuncion, Esther and Angel Arafiles, and many others. Then this was followed by playing games

led by Ceres who brought 2 bags of many goodies and she called for the items. Anyone who picked the item first would be the winner and could take them home. The group who attended were composed of the Los Angeles chapter members and visitors who donated money for the Rice Program and to the deserving self-supporting students in Adventist University of the Philippines. That was a beautiful night celebrating and praising our wonderful Savior and the night ended with a closing prayer.



Loma Linda University Health Senior Vice President of Finance Angela Lalas is recognized by Becker's Hospital Review as one of '150 hospital and health system CFOs to know in 2016'



Loma Linda University Health SVP of Finance Angela Lalas was named by Becker's Hospital Review as one of this year's "150 Hospital and Health System CFOs to Know." Loma Linda University Health Senior Vice President (SVP) of Finance Angela Lalas has been recognized as one of 2016's "150 Hospital and Health System CFOs to Know" by *Becker's Hospital Review*.

Becker's Hospital Review, a leading publication highlighting business, legal news, and analysis for the hospital industry, recognized in its latest issue the top financial leaders of hospitals and health systems across the country. "These fiscal-minded leaders help their organizations navigate the challenging changes in healthcare reimbursement and keep the ship afloat in a time of financial uncertainty for many," *Becker's Hospital Review* said in a statement.

"*Becker's Hospital Review* previously published versions of this list in 2011, 2013, 2014 and 2015. Leaders were selected for this list based on editorial research and discre-

tion. Nominations were also considered when making selections for this list. The list featured financial leaders from the country's prominent for- and nonprofit hospitals and health systems," the statement said.

"Having our Senior Vice President of Finance be recognized as one of '150 Hospital and Health System CFOs to Know' is a point-of-pride for our institution," said Dr. Richard Hart, President of Loma Linda University Health. "Angela truly exemplifies leadership, compassion, and professionalism in everything she does. In these times of financial challenges and uncertainty in the health care environment, we are blessed to have her leadership" he said.

Kerry Heinrich, CEO, Loma Linda University Medical Center and Executive Vice President of Hospital Affairs for Loma Linda University Health said, "I want to extend my personal congratulations to Angela for having received this honor. Angela's leadership and commitment to this organization has been exemplary and she is an invaluable asset." "I am deeply honored by this recognition, because I believe this is a testament to the commitment and team work of everyone at Loma Linda University Health to provide fiscally responsible world-class care, education, and research," Mrs. Lalas said. In her current role as Senior Vice President of Finance for Loma Linda University Health, Mrs. Lalas oversees financial operations for the six hospitals within the system, including analysis and reporting for the Loma Linda University Medical Center and its affiliates. Before taking on her current role in 2015, she was Vice President of Finance of the system.

Mrs. Lalas earned her MBA from Claremont (California) Graduate University and her undergraduate degree in Accountancy from the Adventist University of the Philippines, and is a licensed CPA in California. Mrs. Lalas is married to Serafin T. Lalas, Jr., MD and they have two children, Anna Sophia and Serafin Alexander III. The family lives in Loma Linda, California.

(Source: *Loma Linda University Medical Center News* and recently published by *Inland Empire Magazine*, October 2016).



Chairs and Co-chairs, Standing Committees:

Community Affairs: Octavius Quijada, co-chair – Araceli Quijada

Convention: Carmelita Laoyan

Finance and Projects: Alberto Bagingito

History and Archives: Bangele Alsaybar, Jr.

Honors and Awards: Herminia Tamayo

Membership: Lucy Fernando, co-chair- Leni Espiritu

Coordinators/Chairs Ad Hoc Committees:

Retreat/Convention Program: Eppie Manalo

Registration: Ruth Ranchez

Guest Relations: Lorie Bangloy

Banquet/Honor Classes: Elfrida Cuizon

Souvenir Program: Rene Donato and fenina Garaza

Continuing Education: Gina Siapco and Eduardo Gonzaga

Social Events: Don and Gladys Roman

Sports and recreation: Doug and Crisamar Anunciado

Scholarship and Aid Program: Emily Nimo Garcia and Jun Tangonan

COMELEC: Philip Trilles

Endowment: Alfonso Miguel, Jr.



THE LINK

The Link is published by the
Adventist University of the Philippines
Alumni of Western North America.
Please send news articles, photos
and comments to: The Link,
9600 Flame Tokay Way,
Elk Grove, CA 95624.

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The Link-AWESNA

To:

AWESNA

“...to Serve and Shine!”

COMING SOON!

**AWESNA 45th Annual Convention, September 3-5, 2017
Loma Linda Filipino SDA Church, 11180 New Jersey St.
Redlands, California . 909-798-3822.**



Convention speaker: *Pastor Mark Johnson*. The constituency of SDACC re-elected Pastor Mark Johnson as President for the next five-year term. After serving as President in Alberta and as Secretary in British Columbia, he came in 2010 to Oshawa following the appointment of Elder Dan Jackson to the position of the NAD President. Pastor Johnson is appreciated for his openness, availability to church members, ability to listen, and a strong vision for evangelism. His vast experience in so many aspects of God's work in Canada, US, and also in the mission field, as well as his desire to see the involvement of the youth in all levels of church leadership will certainly be a blessing for the Seventh-day Adventist church. We wish him success in his ministry and will continue to pray for the Holy Spirit who will transform all challenges into a tremendous demonstration of his power and his love.

Change of Address Form

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