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### Building Bridges:

**UST-FMS DO-Anargyro Embarks Into Digital Marketing**

*Tim S. Trinidad, M.D.*

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The UST-FMS Development Office and Anargyro Foundation will boast its effort in touching based with her alumni. A Hong Kong based company was commissioned by the UST-FMS to implement a very ambitious digital marketing campaign to reach out to all her graduates worldwide. The UST-FMS website will contain information regarding her current state, achievements, directions (including the sesquicentennial celebration) and challenges. Supplemented by a massively aggressive social media campaign (using Facebook, Twitter, Instagram etc.), it is envisioned that more alumni will not only be informed but also be an active partner in her Alma Matter’s quest to achieve her mission and vision. The website will be capable of e-commerce. Aside from being able to process donations to the Development Office/ Anargyro Foundation, it will also facilitate reservation for the events during the Sesquicentennial Celebration (tickets, tables, merchandise, air travel, hotel accommodations, ground travel). The campaign has features that will build up the alumni database. Alumni will not only renew or further nurture their relationship with UST-FMS but also build bridges among long lost batch mates and schoolmates. The launching of this grand project, which is set on the last week of July, is waited with great anticipation.

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Peter Fang and Linda Sy-Fang graduated with honors from the UST Faculty of Medicine and Surgery – Peter as Magna Cum Laude and Linda as Cum Laude. They migrated to the US and got married shortly thereafter. Both were trained at Case Western Reserve – Peter in Nephrology and Linda in Dermatology. They were board-certified and had successful practices in the San Francisco Bay Area. Peter established a financial investment partnership in the middle of his career, while Linda continued to practice Dermatology and started a skin-care product company. They are now retired and are involved in charitable organizations. They were among the first to establish the Class ’67 Foundation which supported the building of the UST Faculty of Medicine and Surgery’s Continuing Medical Education Auditorium as a Silver Jubilee legacy. They spearheaded the initial funding of the creation of the UST FMS Development Office and the Anargyroi: FMS Foundation. Peter and Linda are the first ever recipients of the Saint Cosmas and Saint Damian Allegiance Award given by the UST Faculty of Medicine and Surgery for being shining examples of loyalty, allegiance, and generosity to their Alma Mater.
Last May 31, 2019, the USTMAA launched two (2) important flagship programs that underlie its important role in the travails of a Thomasian physician, from the moment he/she took that first step in entering the halls of the Medicine building to the fulfillment of a dream. USTMAA-ALALAY concretizes the presence of USTMAA at the very beginning of the journey of a medical student throughout his/her life in medical school, to taking the medical board exams, and beyond.

Responding to the need for better and faster communication channel to the alumni, USTMAA launched its mobile app (currently on its beta testing phase) which serves as a directory, enlisting all alumni from 1968-2018 and updating the list to include the youngest members’ names (Class 2019) in time for their graduation.

About 65 attendees were present, the oldest representative was from Class 1954 being Dr. Antonia Cruz-Basa. Surely, the alumni will make their presence felt as the University of Santo Tomas-Faculty of Medicine and Surgery (UST-FMS) calls upon all batches to celebrate an alumni homecoming unlike any other. USTMAA is keeping its pace fast and proud, one with the UST-FMS in preparing for THE historic and momentous event in 2021: the Sesquicentennial celebration of the entire UST-FMS community.

The updates on the main event to be celebrated on May 2021 as well as taking a peek at the activities leading to the grandest May 28, 2021 commemoration of the 150th Founding Anniversary of the Faculty of Medicine and Surgery, truly and magnanimously excited those who were present. With the different batch representatives in attendance, it is hoped their cascade will further ignite the unending fire that will seal UST-FMS in its place in worldwide history and leave a lasting legacy of producing top Thomasian MD’s who shall continue, challenge, and conquer the universe.

Quite fortunately, more good news came and surprised everyone present. After several stumbling blocks, finally, USTMAA’s money is to be released, for use in the upcoming and existing activities of the group. As a sign of goodwill and earnest unity, ₱1,000,000.00 was donated to UST-FMS for the approaching Sesquicentennial celebration, and another ₱1,000,000.00 was donated to Anargyroi for the Regent’s scholarship fund.

Once again we invite all Thomasian alumni across all batches and across the seven continents. Run with us... sing and dance with us... celebrate with us... because this is our USTMED150!
The celebration of the Sesquicentennial Anniversary (150 years) of an institution is indeed a great milestone in its history. The Faculty of Medicine and Surgery feels proud to achieve this historical event by May 2021.

As a prelude to this grand affair, the Faculty of Medicine and Surgery showcased the various talents of the faculty staff and its students in a friendly competition entitled "FACULTY SHOWDOWN... ROARING to 150" with "SWINGING SEVENTIES" as the theme. The Anargyroii: FMS Foundation, Inc. (AFI) supported this fund-raising event. It was held last February 21, 2019 at 6:00 to 10:00 pm, at the Medicine Cine-matorium, 4th floor, St. Martin de Porres Building. It aimed to foster camaraderie and team spirit among the faculty and students through a friendly competition of 70’s inspired songs and dances.

For purposes of presentation, the Faculty Departments were divided into 4 clusters and their corresponding student partners as follows:
The board of Judges were composed of:

### Cluster 1
- Third Year
  - Pediatrics
  - Pharmacology
  - Dermatology
  - Radiology
  - Rehab Medicine
  - Neurosciences

### Cluster 2
- First Year
  - Obstetrics & Gynecology
  - Biochemistry
  - Anatomy
  - Pathology
  - ENT
  - Ophthalmology

### Cluster 3
- Second Year
  - Surgery
  - Physiology
  - Anesthesia
  - Clinical Epidemiology
  - Legal Medicine

### Cluster 4
- Clinical Clerks
  - Internal Medicine
  - Preventive Medicine
  - Bioethics
  - Laboratory Medicine

1. **Maribeth Bichara**
   - Chairman of the Board of Judges
   - Choreographer/Creative Director/Actor

2. **Mark Agpasa**
   - Assistant Musical Director of the UST Singers

3. **Ronald Briñas**
   - Faculty Adviser of Teatro Tomasino

4. **Mikhaela Paduga**
   - Senior member of the UST Salinggawi Dance Troupe

5. **Elmo Magalona**
   - Recording Artist of Universal Records and ABS-CBN
   - Heartthrob

Cluster 2 won as the most popular cluster based on the number of popularity votes and the turnout of Facebook likes. Likewise, the same cluster was declared over-all champion.
Regent’s Scholars Bag Green Stethoscope Award for Two Years in a Row

Patricia Joyce Si and Joed Ivan Mata

The Green Stethoscope Award for Academic Excellence in Physiology is given to the top student of Physiology every academic year. For academic year 2018-2019, Joed Ivan DL. Mata, an incoming second year medical student and a Regent’s scholar, was awarded the Green Stethoscope award during the Physiology Student Recognition Day on May 31; following the footsteps of fellow Regent’s scholar, Patricia Joyce G. Si, who also won the award last academic year 2017-2018.

Mata is a BS Medical Technology graduate (Cum Laude) from the UST Faculty of Pharmacy and was ranked 8th in the 2017 Medical Technology Licensure Exam. He was one of the three Regent’s scholars accepted this school year. Meanwhile, Si is a BS Pharmacy graduate (Summa Cum Laude) of the same faculty and was ranked 4th in the 2017 Pharmacy Licensure Exam. She was one of the five students chosen for the pioneer batch of Regent’s scholars.

When asked to give a speech for the whole batch after receiving the award, Mata expressed his gratitude towards the professors of Physiology who had painstakingly put their heart and soul into teaching various concepts that will definitely be useful as the freshmen students approach sophomore year. He also said that the green stethoscope signifies that nothing is impossible and one can achieve his/her goals in life by putting God as the centerpiece of all endeavors.

The secret for their stellar performance? “You have to enjoy and love what you do because this is what you will have to learn for the rest of your life as a doctor”, says Si. Indeed, it is not about the grades but the lifelong learning that should be ingrained in the heart and soul of the medical students. “As we progress to higher learning in medicine, it is with the basic sciences, such as Physiology, that will provide us with foundation for clinicals”, she added.

Everyone at Anargyroi: FMS Foundation, Inc. is jubilat-ed to see that their scholars are continuing their medical education with flying colors and is excited to see the growth of these young and talented scholars into competent, committed, and compassionate Thomasian physicians in the future.
The UST Faculty of Medicine and Surgery in cooperation with the Anargyrooi: FMS Foundation, Inc. successfully held the Sesquicentennial Fun Run 2019 last March 24, 2019 at the UST Campus. The event was spearheaded by Dr. Alberto Paulino Jr., with Dr. George Co, Jr. as the Co-Chair. The committee members included Dr. Alfred Lasala, the Race Director, Dr. Marga Gellaco, Dr. Robert Chan, Dr. Warren Bacorro, Ms. Almira Daguman, and Mr. Lance Esteñar (the Medicine Student Council President).

It was a well-attended event with around 150 runners composed of UST FMS alumni, faculty, students, support staff, and immediate family members of our Faculty and Alumni. The event was made very significant with the presence of FMS Regent, Fr. Angel A. Aparicio, O.P., FMS Dean, Dr. Ma. Lourdes D. Maglinao, and Dr. Willie N. Lagdameo and Ms. Annette Ward as representatives for Anargyrooi Foundation.

The runners had a wonderful stretching prior to the run led by Coach Jim and Toni Saret and our friends from the College of Rehabilitation Sciences led by Ms. Stephanie Pagarigan.

The gun start was at 6:30 AM and the run was over by 8 am with the following winners:

**6 KM**

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<th>Category</th>
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<th>Women</th>
</tr>
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<tbody>
<tr>
<td>Champion</td>
<td>Dr. Roderick Arcenas</td>
<td>Maricar Suizo</td>
</tr>
<tr>
<td>1st Runner Up</td>
<td>Gio Dominique San Pedro</td>
<td>Dr. Leilani Coloma</td>
</tr>
<tr>
<td>2nd Runner Up</td>
<td>Simon Lorenz</td>
<td>Helen Dizon</td>
</tr>
</tbody>
</table>

**3.6 KM**

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<tr>
<td>Champion</td>
<td>Angelino Mari Molano</td>
<td>Bianca Marie Benin</td>
</tr>
<tr>
<td>1st Runner Up</td>
<td>Rudyard Gellaco</td>
<td>Julienne Chua</td>
</tr>
<tr>
<td>2nd Runner Up</td>
<td>Raphael Gian Carlo Mordeno</td>
<td>Kathleen Corrales</td>
</tr>
</tbody>
</table>

**1.2 KM**

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</thead>
<tbody>
<tr>
<td>Champion</td>
<td>Mark Cruz</td>
<td>Clarita Cocorpus</td>
</tr>
<tr>
<td>1st Runner Up</td>
<td>Dr. Jan Andrew Bueno</td>
<td>Gabrielle Aquino</td>
</tr>
<tr>
<td>2nd Runner Up</td>
<td>Neal Gellaco</td>
<td>Ma. Abba Llaguno</td>
</tr>
</tbody>
</table>

The event was made even more meaningful through the generous support coming from UST Medicine Batch ’86 (Co-Presenter), Novagen Eye Center (Minor Sponsor), Arex Health (Minor Sponsor), Unison Bikes (Minor Sponsor), George Optical (Benefactor), De Los Santos Medical Center (Benefactor), The Medical City, 7-Eleven, Pocari Sweat, The Prime Plate Food Services and DMH Industrial Sales, Inc.
**Donation Process**

### Peso Contributions

**Option 1:** Checks can be deposited in any **Union Bank Branch** available at **Account number 000-59-001141-8** (Account name: **UnionBank TISG**)

**Option 2:** You can have it delivered to **Union Bank Plaza, Meralco Ave. corner Onyx. St. Pasig City – 23rd floor Trust Group c/o Ralph Alo.**

**Option 3:** If **within Metro Manila**, Union Bank can send a **messenger** to pick up the said check at your convenient location.

Checks should be payable to “**UnionBank Trust FAO PH 3P172 404**” or “**UnionBank Trust FAO Anargyroi: FMS Foundation**”

**Option 4:** For **Sesquicentennial Celebration Donations**, checks can be deposited in any **Union Bank Branch** available at **Account name: TISG FAO ANARGYROI FMS FOUNDATION INC**

**Account number:** **100-59-025908-1** (Peso Donations)

### Dollar Contributions

**Option 1:** Donors from the US can mail checks written to **USTMAAAF.MEMO: ANARGYROI**

- **Address:** USTMAAA Foundation Executive Office
  7071 Orchard Lake Road
  West Bloomfield, Michigan 48322 U.S.A.
- **Tel No:** (248) 626 2878
- **Email:** ustmaaa@aol.com

**Option 2:** If **Dollar Savings Account** from another local Bank, fund transfer can be done via PDDTS (Philippine Domestic Dollar Transfer System). If USD donation is from abroad, deposit can be done through the **SWIFT Code** (Society for Worldwide Interbank Financial Telecommunication Code) using the following details:

- **Account Number:** 13059-0018816
- **Account Name:** TISG FAO ANARGYROI FMS FOUNDATION INC
- **SWIFT Code:** UBPHPHMM
- **Address:** Union Bank Plaza, Meralco Ave. corner Onyx and Sapphire roads, Ortigas

**OR**

- **Account Number:** 02910-1006746
- **Account Name:** UnionBank TISG
- **SWIFT Code:** UBPHPHMM
- **Address:** Union Bank Plaza, Meralco Ave. corner Onyx and Sapphire roads, Ortigas

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- **FOR FUTURE DONATIONS**-

Please notify the **Anargyroi: FMS Foundation, Inc. Development Office** upon EVERY TRANSACTION by sending the **Donor Name, Amount of Donation, Preferred Project to Support, and Date of Donation** to **anargyroifoundation@gmail.com**
A champion is defined not by their wins but by how they can recover when they fall. When I was a first year medical student, everything to me was new but somehow they were manageable. I excelled and enjoyed learning new things hence, upon entering my second year of medical school I thought everything would be a breeze. I was wrong. Second year was very different from first year. Done with the basics and more of the clinical aspect of medical school. Everyday keeps getting harder and harder. There are times that there would be 5 examinations in one day and you would not know what to study first anymore because everything is very important. There are times where I did everything that I could but my efforts still did not reflect with the scores that I got. There are times wherein I wanted to cry and instances that I would question myself, “why am I here?” Do I have what it takes to achieve my dream? Do I have enough strength and knowledge to help my future patients? There are moments that I just want to give up. But I would always remember why I started this journey. I would always remember what my teacher back in high school once told me. That the biggest adventure I could take is to live the life of my dreams. Here I am fulfilling it one step at a time. I may have gotten low scores in some of my examinations, but I know it will not define who I am as a doctor. I also know that there are countless opportunities to be better because I know that even the best strives for more. I believe that these experiences have the power to turn me into something better than I was before.

Success is no accident. It is always a combination of hard work, perseverance, learning, sacrifice, and most of all, love for what you are doing or learning to do. In my 2-year stay in medical school, I realized that not everything is all about studying. Yes, it is part of the process, but it is important also to learn values that will make us a better person. It is also important not to forget to have fun. Just like what President Eleanor Roosevelt once said, “the purpose of life is to live it, to experience to the utmost, to reach out eagerly and without fear for newer and richer experience”. I know that I will be a successful person someday because I believe that our mentors do not only teach things that can save our future patient’s lives but also imparts us values that will nurture and mold us in becoming Thomasian medical doctors. I am glad that I was given the opportunity to experience all these things. I will never forget all the people who came and helped me with a torch in the dark.