



Tribo ni Bado NEWSLETTER

*"Strength
In
Diversity"*

Vol 44 Issue 7 OFFICIAL PUBLICATION OF THE ALPHA PHI OMEGA GREATER LOS ANGELES ALUMNI ASSOCIATION August 2024



Las Vegas to Vancouver, Embrace the Journey

By Bro. Art Rivera

Following the April 5-7 Spring 2024 Meeting in Las Vegas, held at the SunCoast Hotel and Casino, the Fall ACNA Meeting will be held from August 30-September 1 at the River Rock Resort and Casino in Richmond, British Columbia. The Board of Directors, Executive Officers brothers, sisters and APO families will fly to Western Canada to enjoy the sights and sounds of beautiful Vancouver. Upon arrival, we will be treated to genuine Canadian hospitality by APOAA British Columbia, led by President Gene Generoso, Past ACNA President Cora de Jesus and the entire membership.

Las Vegas has always been a favorite destination by many because of the fabulous attractions, shows, culinary adventures as well as the beauty of the Grand Canyon, Bryce Canyon, Zion National Park, the Seven Magic Mountains and all the great scenes of nature. The Sphere was the newest attraction in Las Vegas and of course, one never is tired trying their luck in the slot machines, the Black Jack and Poker tables and win or lose, Vegas is one adventure we always cherish and remember. Besides, whatever happens in Vegas does not necessarily stay in Vegas anymore.

Vancouver is another beautiful and interesting place to explore this coming Labor Day weekend. A few hours drive from Seattle, WA just across the US-Canada Border, Beautiful British Columbia is another beacon of light waiting for all of us to wander and wonder. Our hospitable hosts have lined up several tours for everyone to experience including Stanley Park, English Bay, Granville Island, Lynn Canyon Suspension Bridge, Gastown and Queen Elizabeth Park. These attractions are just a glimpse of this famous city and will surely tickle our interests.

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PRESIDENT'S MESSAGE

The Dog Days of Summer: A Time of Heat, Haze, and Reflection

The “dog days of summer” is a phrase commonly used to describe the hottest, most sultry days of the year. For many, it conjures images of relentless heat, shimmering mirages, and the lazy lethargy that comes with long, sweltering afternoons.

Ancient Greeks and Romans believed that the rising of Sirius in conjunction with the sun was responsible for the hot, oppressive weather. They associated this period with drought, fever, and discomfort. The Romans even sacrificed a brown dog at the beginning of the dog days to appease the rage of Sirius, which they believed was the cause of the intense heat. While the ancient belief in Sirius’ influence on summer weather has long been debunked, the timing of the dog days still corresponds to some of the hottest days of the year in many parts of the world. The phenomenon is primarily due to the tilt of the Earth’s axis, which allows for longer daylight hours and more direct sunlight.

The dog days of summer have also become a metaphor for any period of stagnation or inactivity. The oppressive heat often leads to a slowdown in productivity, both in nature and human activity. It’s a time when the pace of life seems to decelerate, and people seek refuge in the shade, water, or indoors. It is a phrase used in literature, music, and art to evoke the feeling of listlessness and the struggle to endure sweltering conditions. It also metaphorically suggests the end of a difficult period, drawing on the dual meaning of the phrase.

APOGLA has long leaned into continuing its legacy of service even in the dog days of summer. From impromptu pool parties and BBQs in brethren’s homes in service to our APOGLA family to the more recent community service projects led by our stalwart brothers and sisters, we sure know how to keep FUN as a FUNdamental experience with service. If it isn’t fun, it isn’t worth doing.

We are at an inflection point in these dog days of summer. Our numbers are steadily increasing. Our new brethren bring a set of ideas, some of which may go against our APOGLA traditions. We have returning members who made the decision that APOGLA is home. Let’s welcome them in fellowship. As with all Type A personalities in this group of leaders, we will continue to have our disagreements over certain ways we do things, but we should never stoop so low as to make these disagreements personal hits on one’s character. We can disagree without being disagreeable. Sa APOGLA, laging masaya at walang basagan ng trip, he he. Our diversity is our strength – kaya nga iyon ang theme for 2024.

At this time, we should have Kapatiran considering service as leaders for 2025. Start asking questions and take a more active role in keeping APOGLA moving forward. We are not in the business of basking in past glories. We pick up all that is good and make them better. That’s the APOGLA way of action, even in the dog days of summer.

Fraternally yours,
BRO. JOEL CARBON
 APOGLA, President 2024

“Strength in Diversity”



Las Vegas to Vancouver, Embrace the Journey *By Bro. Art Rivera*

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There is an Early Birds Welcome Dinner and Fellowship on Thursday, August 29, 6:00 PM at the home of Sis Cristina Patricio in Richmond, BC.

On Friday, August 30, 1:00 PM-5:00 PM, the ACNA Board of Directors made up of the Presidents of the 34 Alumni Associations of US and Canada will meet at the Thompson Room of the River Rock Conference Center and presided by Brod Jerry Foronda of APO Virginia Beach. Dinner and Fellowship will follow at the Presidential Suite 904 of the East Tower.

Saturday, August 31, breakfast for Delegates will be served from 7:00 AM-9:00 AM also at the Presidential Suite. The Council will then meet at the Thompson Room from 9:00 AM-4:00 PM attended by the ACNA Board of Directors and Delegates. President Ving Adriatico will preside over the meeting. President Ving will be joined by her team of PRO Tess Prado, Auditor Freancis Cuvin, Assistant Treasurer Santi Morano, Treasurer Thom Pascual, Secretary April Mae Simbulan, 2nd VP Bebet Agtuya-Bancod and 1st VP Art Rivera. The other council members who will be in attendance,

The Dinner-Dance in the evening will feature an 80's Themed event at the Whistler Ballroom of the East Tower. It will be an evening filled with fun, friendship, fellowship, laughter, joy, food, drinks and endless stories of past as well as new memories created. Endless fun continues at the Penthouse of the West Tower for midnight snacks and more fellowship.

Sunday Brunch after a tireless Saturday will be served at the Penthouse of the West Tower from 8:30 AM-11:30 AM. Free time, more tours and time to visit with friends and relatives will be the order of the next few days.

APOGLA will be represented by President Joel, Lou Carbon, PP and Past ACNA President Lito, JosieTarculas, Rennel Atienza, Dae Mendez, Bicbic Gilbuena-Ford, PP and COB Art and Gie Rivera.

See you all in Vancouver, enjoy the ride and embrace the journey! Cheers!

Tribo ni Bado Newsletter

is a monthly publication of the Alpha Phi Omega Greater Los Angeles Alumni Association for its members, families and friends. The opinions expressed herein are those of the writers, and are not intended to represent APOGLAAA.

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Fely Logarta-Montecillo

Publisher

Sancho Sy

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Photos from Facebook and Viber pages

Contributors

Fely Montecillo • Art Rivera • Ferdie Yambot
Emma Rubina-Galang • Joel Carbon

WELCOME NEW AND RETURNING MEMBERS OF APOGLA FROM JANUARY TO JUNE 2024:

1. **JEFF GUEVARRA**, Eta '92, CP# 818-939-9615
2. **DEREK SEGARRA**, Beta Chi '90
CP# 213-502-1625, wooderek@yahoo.com
3. **FRANZ RICHARD VILLAMIN**, Eta Kappa '84
CP# 626-241-5660, fr4villamin@yahoo.com
4. **EDWARD RODRIGUEZ**, Delta Kappa '09
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5. **LESLIE DE LEON**, Pi '96
CP# 424-1602, attyles@gmail.com
6. **VINCE DELEON**, Eta Kappa '89
CP# 650-720-1475, victor.vince2000@gmail.com
7. **SYLVESTER BELOSILLO**, Theta Omicron '04
CP# 840-228-6845, Syryx1925@yahoo.com
8. **GENEVIEVE EVANGELISTA**, Theta '87
CP# 832-873-4981, Gen@genevieveevangelista.com
9. **LOUIE PIP TRINIDAD**, Pi '89
CP# 213-590-8469, ltutrinidad@yahoo.com
10. **ALVYN ARRIETA**, Eta Theta '85
CP# 626-589-0775, alvyn.arrieta@yahoo.com



STRONG MIND - A Robust Foundation

by Bro. Ferdie Yambot

A strong mind isn't something you are born with, but you one can build on it while navigating this complex society. Every challenge faced, every mistake made and learned from, every act of kindness towards others, help in building a strong mind; they pave the way in laying a rock-like foundation, one can trustingly build on.

Understanding that you have a strong mind is not superiority but rather about recognizing your Resilience, Adaptiveness, and Emotional Intelligence.

A word of caution though, there's a risk of it bordering on arrogance if it goes unchecked; that's where GMRC (Good Manners and right Conduct from elementary grades) come to the rescue... HUMILITY- it calms everything down to a wholesome level.

Eight (8) simple steps to attain personal strength of mind are:

1. Embracing Change. It's part of progress and adapt to it by methodically managing uncertainties and handling situations that can throw others off balance.
2. Be not afraid to Seek Help. Recognizing when you need assistance and having the courage to seek it is humbly admitting your limitations; proving the notion, again and again, that "no man is an island".
3. Be Mindful. Being fully aware of your thoughts, feelings and sensations without judgment increase both mental and physical health. It trains your brain to stay focused on the present rather than worrying about the past or anticipating the future. This inner peace acts as a buffer against external pressures further improving your mental resilience.
4. Be Compassionate. Putting yourself in another person's shoes and understanding their perspective show a level of emotional intelligence that not everyone possesses. Be there and available to support.
5. Mistakes. No big deal, just learn from it and move on... cautiously avoiding making it again.
6. Be Grateful. Gratitude helps you shift focus from what's missing in your life to what you already have. Be content and thankful!
7. Hard Work – ever shying away from! There's no shortcut to success; the journey is hard and challenging... keep on striving!
8. And more importantly, have FAITH! God made the great heaven and earth in 7 days and on the 8th, He rested; HE keeps on providing what we deserve. It's the good spirit that sets one apart.

And yeah, the SHRINK remains to broaden his horizon by learning/borrowing from others' thoughts and good deeds! (I know that I'm taking the risk of self-over-exposure, but who cares?.. Not that I love myself less but that I love GLA more!

- Bro FerdieMY (and family)

CALENDAR OF EVENTS AT A GLANCE

AUGUST 17 GMM & FELLOWSHIP, at SIS. EMMA RUBINA-GALANG'S PLACE, North Hills, CA

SEPTEMBER 21 2nd BRO. GEOFFREY ARROYO HEAL THE BAY SERVICE EVENT, Seal Beach
2:00 - 5:00 PM GMM & FELLOWSHIP - Seal Beach, CA

OCTOBER 12-13 APOGLA LADIES WEEKEND II

OCTOBER 19 GMM, 2025 PRESENTATION OF CANDIDATES & FELLOWSHIP, Amon Ranch, West Hill

OCTOBER 26 APOGLA ELECTION & FELLOWSHIP, Venue TBA

NOVEMBER 23 GMM, STATE OF APOGLA REPORT, THANKSGIVING AWARDS & FELLOWSHIP

DECEMBER 14-15 2025 LEADERS' INDUCTION & ANNIVERSARY FELLOWSHIP, Embassy Suites by Hilton, Ontario
BRUNCH, Emperado Chalet - Rancho Cucamonga, CA.

DECEMBER 31 NEW YEARS EVE EVENT, Venue TBA

Amazing APOkids



DR. TIMOTHY ALMAZAN

The unico hijo of Brod Alex and Sis Irma Almazan, had a grand opening of his H Dermatology Clinic last August 3 at 11900 South St. Suite 118, Cerritos, CA. Dr. Tim's clinic specializes in medical dermatology and all skin conditions

including skin cancer. It also offers surgical and cosmetic dermatological services. The cosmetic services carry the micro needling system for the effective treatment of scars and reduction of wrinkles on the face and neck.

Dr. Almazan finished his bachelor's degree at UCLA and his MD from UC San Diego School of Medicine. The well-attended affair saw some prominent guests and the APOGLA officers and members being there.



Alexis Julie HERMOSO SALAS

Daughter of Sis Hazel Hermoso, had a joint celebration of her 22nd birthday and college graduation with a grand party at the Rosemead Masonic Lodge at 8637 Valley Blvd., Rosemead, CA.

Her guests included her graduating classmates at UC Irvine, her former classmates from Bishops Amat High School, and many APOKIDS which included Angelo Evangelista, Howard Paras, Riley Posadas, Andrew and Alon Evangelista, Dru Mendez, family and friends, and the APOGLA brood.



Gemma CANSILAO-DE GUZMAN

Daughter of Brod Joven de Guzman, Alpha Chapter, will be graduating this coming September from the UP College of Pharmacy Magna Cum Laude.

Gemma was also given the Academic and Service Awards during the university's 2024 College Recognition Day on July 22 this year. Brod Joven was with APOGLA years before but had to relocate to Texas.



Cecilia Dominga YENKO

Cecilia Dominga Yenken born on July 8, 2024, 7.6 lbs. Parents Charles and Mariah Zaste-Yenken. Grand daughter of Bro. Rene and Connie Yenken. Congratulations!



Jacob AMON ALBUS

One young man making waves nowadays is Jacob Amon Albus, son of Atty. Paul and Dainty Albus (née Amon) and grandson of PP Brod Tony and Sis Ofel Amon. Jacob graduated with highest distinction from the University of Illinois where he studied Computer Science and Statistics with a mathematics minor.

At present, Jacob is working as a full time software engineer at the prestigious JP Morgan in Illinois. Come September though, Jacob will be moving to New Jersey to work at the same well known company's research group.



Pictures from July GMM - Hosted by Bro. Mandy & Naty Javierto



APOGLA members in attendance at the July GMM and birthday celebration of host Bro. Mandy Javierto and other August celebrants

Pictures from July GMM - Hosted by Bro. Mandy & Naty Javierto



Despite 106°F weather APOGLA members came in bunches to attend July GMM at Brod Mandy & Naty Javierto's Place in San Bernardino, CA



GOINGS ON by Sis. Fely Logarta-Montecillo

*Breathe the sweetness
That hovers in August*
- **Densie Levertov**

Yes dear Brods and Sisters, it's August once again and a few days from now, it would have been over. This month, we have experienced days of extreme heat yet we have nights when Planets are aligning and the blue moon in the night sky. Quite exciting right?

Well, that's August for you. Again, we have birthday celebrants this month. Those born between July 23 to August 22 are under the zodiac sign of Leo while those born between August 23 to September 22 are under the zodiac sign of Virgo.

Leos love to lead, perform, talk, be admired, be praised and respected. They can however, be jealous, controlling and possessive.

The Virgos among us are kind, gentle, and they are supportive friends. They are fond of using their great intellect and resourcefulness to solve problems.

So to all celebrating their natal day this month, here's wishing that your birthday be the start of a year filled with new opportunities, accomplishments and endless joy. Happy Brithday!

On the first week of August, I attended the reunion of my high school classmates. One of them is the daughter of one of our APO founders, Brod Godofredo Neric of the Far Eastern University. She is Ms. Violeta Neric-Nyberg, also the sister of our late Brod Dr. Teddy Neric, Alpha Chapter. Vee, as she is fondly called, used to be a member of the FEU Folk Dance Troupe and later joined the Bayanihan folk dance group. She was so happy to know that I'm active with APOGLA. Thus, I invited her to join us in one of our affairs or meetings. She expressed her looking forward to joining us in one of our activities!

As of press time Brod Roehl Reyes is enjoying the sights and sounds of Spain. We're certainly looking forward to your sharing with us your adventures in the land of Senores y senoritas Brod!

Sis Ofel Amon is all smiles nowadays as she has been successful in selling ACNA tickets to our members. Obviously given the task of selling the ACNA raffle tickets, Sis Ofel was able to sell 50 per cent of the tickets assigned to us: thus, giving to our organization a revenue of \$3000. Wow! Atta girl! Keep up the good work Sistah!

TREASURER'S REPORT *By Sis. Emma Rubina-Galang*

- | | | |
|-----------------------------|------------------------|------------------------|
| 1. Agagon, Troy | 45. Gomez, Tony | 89. Rebueno, Tong |
| 2. Almazan Alex** | 46. Gopez, Bernard | 90. Reyes, Roehl |
| 3. Almazan Irma** | 47. Guerrero, Jing | 91. Rivera, Art |
| 4. Amon, Ophel | 48. Guevarra, Jepoy | 92. Rodriguez, Edward* |
| 5. Amon, Tony | 49. Imperial, Gloria | 93. Rondilla, Dony |
| 6. Ang-Gayon, Melody | 50. Jaranilla, Ogie | 94. Rosal, Justin |
| 7. Angsula, Bong | 51. Javierto, Mandy | 95. Sager, Limuel |
| 8. Arabit, Geoffrey | 52. Jove, Nesto | 96. Salas, Hazel |
| 9. Aralar, Eric | 53. Jove, Shirley | 97. Salinas, Jun |
| 10. Atienza, Oscar | 54. Jovellanos, Jobee | 98. Salvador, Buddy |
| 11. Atienza, Rennel | 55. Junio, Virgil | 99. Segara, Roderick* |
| 12. Ayo, Toti+ | 56. Languisan, Paul | 100. Silao, Benjie |
| 13. Bayani, JR | 57. Lara, Bobet | 101. Sipin, Perry |
| 14. Bellosillo, Sylvester* | 58. Lautchang, Wilson | 102. Soledad, Apple |
| 15. Bonete, Malene | 59. Layno, Mary Ann | 103. Solis, Tess |
| 16. Cajucom, Wilfredo | 60. Linsangan, Jun | 104. Somera, Herman |
| 17. Calvario, Rene | 61. Lumaque, Framel | 105. Sy, Sancho |
| 18. Carbon, Joel | 62. Lumaque, Ginalyn | 106. Tarculars, Josie |
| 19. Cervania, Paul | 63. Madrigal, Jun | 107. Tarculars, Lito |
| 20. Chin, Jhun | 64. Madrigal, Tess | 108. Tecson, Ed |
| 21. Chua, Michael | 65. Mamaril, Ferdinand | 109. Trinidad, Louie* |
| 22. Clarete, Sam | 66. Mansilla, Beeboy | 110. Tuazon, Ramon |
| 23. Cobarrubias, Bob | 67. Marte, Rocky | 111. Umandal, Ruel |
| 24. Conferido, Reuben | 68. Medina, Mishael | 112. Valentino, Hero |
| 25. Cordova, Jim | 69. Medina, Raul | 113. Valera, Liza |
| 26. Corpuz, Alex | 70. Mejia, Francis | 114. Ventura, Beatriz |
| 27. Cristobal, Lope | 71. Mendez, Daemma | 115. Villamin, Richard |
| 28. David, Betta | 72. Mendoza, Armand | 116. Villaver, Eleonor |
| 29. David, Christian | 73. Mercado, Bebot | 117. Villaver, Melvin |
| 30. De Leon, Leslie Ramos* | 74. Miranda, Jemma* | 118. Vinluan, Jehiel |
| 31. De Leon, Malou | 75. Miranda, Shane | 119. Yambot, Ferdie |
| 32. De Leon, Vince* | 76. Montecillo, Fely | 120. Yenke, Rene |
| 33. Delmolin, Froilan | 77. Nino, Dan | |
| 34. Duldulao, Gieldy | 78. Ninofranco, Edgar | |
| 35. Emperado, Rudy | 79. Noche, Cesar | |
| 36. Evangelista, Jen** | 80. Paggao, Jerome | |
| 37. Evangelista Domel ** | 81. Pangilinan, Angel | |
| 38. Evangelista, Genevieve* | 82. Paredes, Vic | |
| 39. Fajardo, Marilou | 83. Pascual, Winston | |
| 40. Fajota, Honeyboy | 84. Pastores, Alex | |
| 41. Fisico, Teddy | 85. Petreaca, Petchie | |
| 42. Ford, Rebecca | 86. Picazo, Bobitte | |
| 43. Franco, Rolly | 87. Posadas, Rey | |
| 44. Galang, Emma Rubina | 88. Querubin, Ruben | |

As of August 9, 2024

** New members*

*** Paid extra year*



HAPPY BIRTHDAY AUGUST CELEBRANTS



MEMBERS:

- 01 - Bobbitte Picazo, Bernard Gopez
- 06 - Josie Tarculars, Mervyn Gucilatar Jun Linsangan, Gus Sunga
- 07 - Tony Gomez, Ramon David (+)
- 10 - Larry Alvarado
- 12 - Jobee Jovellanos, Reggie Martinez
- 15 - Elizar Cabarles
- 17 - Ruben Querubin, Joar Rayala, Carl Edwin Milano
- 19 - Eric Serrano, Luis Robles
- 21 - Noel Rivera
- 22 - Jesus Reyes
- 24 - Au Lainez
- 25 - Rene Maddela
- 31 - Oscar Morillos

SPOUSES:

- 01 - Madonna Cabacungan
- 02 - Lucy Magsino
- 03 - Jelyn Bundalian
- 10 - Raychelle Argonza
- 15 - Shawn Cobarrubias
- 23 - Aileen Martinez
- 24 - Florence Chua
- 25 - Lorna Serrano
- 30 - Liza Flores

APOKIDS:

- 01 - Alexis Julie Salas, Elaine Villaver
- 03 - Aris Oris
- 04 - Michael Rondilla, Jonathan Rayala, Rex Petrasanta
- 05 - Spencer Ninofranco
- 06 - Isabella Factoran
- 08 - Kaylee Argonza, Melissa Villaver
- 09 - Jophiel Oliver, Joseph Valera
- 10 - Maricel Blancada
- 11 - Ami Barcelona, Euen Ambrosio
- 13 - Betram Amon
- 14 - Kyle Argonza, Mikhael Madrigal, Gabriel Peneza
- 15 - Glenn Clarete, Alvin Cabacungan
- 16 - Angelica Amon, Jason Valentino
- 17 - Marc Likwong, Joshua Rayala
- 22 - John David
- 24 - Kristopher Aure
- 25 - Rachel Clare Aquino
- 26 - Robert Sevilla
- 28 - Apple Adao
- 29 - Leah Jean Caldoza
- 30 - Bo Jish Ludovico, Alyssa Gabriel
- 31 - Atom Fisico

**Please send your
\$60.00 Annual Membership Dues to:
SIS. EMMA RUBINA-GALANG
15844 Londelius St., North Hills, CA 91343**

**Please make check payable to: APOGLA
OR Zelle to: apogla.info@gmail.com
Zelle account under: APOGLA AA**

AUGUST GENERAL MEMBERSHIP MEETING

JOIN US!

5:30 pm August 17, 2024

**GMM promptly start at 6:00 pm
at Sis. Emma Rubina-Galang's Place
15844 Londelius St.
North Hills, CA 91343**

For other details contact:

Bro. Joel Carbon (818) 314-6916

**Bro. Mandy Javierto (909) 522-6406
(909) 965-3897**



www.apogla.org

REMINDER: Pay your annual dues by August 31st to be eligible to vote and be voted upon in the Annual APOGLA Election on October 26, 2024.