



Tribu ni Bado

NEWSLETTER

*"Strength
In
Diversity"*

Vol 44 Issue 10 OFFICIAL PUBLICATION OF THE ALPHA PHI OMEGA GREATER LOS ANGELES ALUMNI ASSOCIATION November 2024



Outgoing APOGLA President/Bro. Joel Carbon with incoming Executive Officers and Board of Directors for 2025. Photo from L to R: Pres./Bro. Joel Carbon, 2nd year BOD member Sis. Marilou Fajardo, incoming VP/Sis. Hazel Hermoso, Incoming Pres./Sis. Jen Evangelista, Incoming BOD member Bro. Paul Cervania and 2nd year BOD member Bro. Ogie Jaranilla. Not in photo: Incoming Auditor Bro. Vic Paredes, Incoming BOD members Bro. Ferdie Mamaril and Bro. Bernard Gopez.

The Road to APOGLA's 2025 Leadership

By Bro. Dony Rondilla

Getting Started: The journey towards APOGLA's 2025 leadership begins with the formation of the Comelec, entrusted with overseeing the election proceedings. This year, the Comelec is chaired by Brod Roehl Reyes, with Brod Tony Gomez and Brod Doc Eric Serrano serving as members.

The Dilemma: In past years, election time was marked by a crowded field of candidates eager to lead APOGLA. Recently, the trend was the emergence of a single candidate for the presidency that we no longer have to choose whom to vote for. This year however, despite the encouragement from APO leadership, no candidates emerged for the president position by the application deadline. We faced a concerning situation and find ourselves questioning, where are our future leaders?

At moments like this, we especially miss the guidance of our dear Brod Toti Ayo, whose ability to inspire members to step forward for the betterment of APOGLA was unmatched. His listening ear and caring personality made a significant impact, motivating others to take on leadership roles.

Call to Action: The absence of presidential aspirants at the deadline was unexpected. Consequently, the Comelec extended the deadline, resulting in three presidential candidates. During our October GMM, two of the candidates, Sis Ophel Amon and Brod Lester Arrevalo presented their plans and credentials. Unfortunately, after careful consideration, Brod Lester decided to withdraw from the race due to health concerns. The following day, after the presentation of candidates, Sis Jen Evangelista filed her candidacy, leaving Sis Ophel and Sis Jen as our remaining candidates.

Continued on page 4



PRESIDENT'S MESSAGE

Thanksgiving, Forgiveness, and Acceptance: A Journey to Gratitude

Thanksgiving is a time to gather with family and friends, share a meal, stories, and laughter. For many, it is a time to reflect on what we are grateful for, to give thanks for the abundance in our lives, and to cherish the company of loved ones. Yet beyond the tradition of turkey (and in my family's case, it's ham) dinners and festive gatherings, Thanksgiving offers an opportunity to explore deeper themes—like forgiveness and acceptance—that are central to fostering genuine gratitude.

The Spirit of Thanksgiving: More Than Just a Holiday

At its core, Thanksgiving is about more than just celebrating a historical feast between Pilgrims and Native Americans; it is a time to practice gratitude. It encourages us to pause and reflect on the good in our lives, to appreciate our connections with others, and to recognize the love, support, and kindness that sustain us. I'm certain we do it in our own families.

However, the journey to gratitude is not always straightforward. Sa bawat pamilya, may konting drama. That's what makes life so special and confounding at the same time. For many, the holiday season brings complex emotions, especially when it comes to family dynamics, past grievances, or recent losses. Kung ang magkakadugo nga eh kung minsan eh hindi mo puwedeng pagsamahin sa iisang kuwarta, paano pa kaya ang kapatiran where the shared experience is borne by violence but evolves into selfless service and love for fellow kapatiran?

Here is where forgiveness and acceptance play crucial roles. They serve as pathways to healing and allow us to cultivate a genuine sense of gratitude.

Forgiveness: Letting Go of Past Hurts

Forgiveness is the act of letting go of resentment and anger. It is a conscious decision to release the grip of negative emotions tied to someone else's actions, even when those actions have caused pain. While forgiving does not mean condoning hurtful behavior or forgetting the past, it allows us to free ourselves from the burden of holding onto grudges.

Thanksgiving, as a time of reflection, provides a perfect moment to practice forgiveness. Whether it is an unresolved argument with a family member, a friend who has let us down, or even forgiving ourselves for past mistakes, this season invites us to take a step back and see the bigger picture. Holding onto resentment prevents us from fully embracing the joy and warmth that Thanksgiving offers. By forgiving, we make room for healing, connection, and genuine gratitude.

Acceptance: Embracing the Present

Acceptance goes hand in hand with forgiveness. It is about embracing the present moment and coming to terms with things as they are, rather than how we wish they would be. Acceptance is not about giving up or resigning ourselves to unpleasant situations; instead, it is about acknowledging reality and finding peace within it.

During Thanksgiving, acceptance can take many forms. It might mean accepting the imperfections in our families and fraternal bonds or the changes that come with time, such as aging parents, children growing up, or loved ones who are no longer with us. Acceptance might also involve coming to terms with our own limitations, recognizing that we cannot control everything, and letting go of the expectation for the "perfect" holiday gathering.

By practicing acceptance, we open our hearts to the present moment. We learn to appreciate what we have, rather than longing for what we lack. This shift in mindset allows us to experience gratitude in its purest form—unconditional and wholehearted.

The Intersection of Gratitude, Forgiveness, and Acceptance

Forgiveness and acceptance are essential components of gratitude. Without them, it is challenging to feel true thankfulness. When we forgive, we release the bitterness that blocks our ability to see the good in others. When we accept, we embrace the present with all its imperfections, allowing us to feel grateful for what is, rather than what could have been.

As APOGLA gathers for its 2024 Thanksgiving, we are given an opportunity to practice these virtues. The dinner table may be filled with brothers, sisters, friends, and family who we have at one point disagreed with or for whatever reason just cannot stand to be with in the same room. We come from all walks of life: mayaman, mahirap, eloquent mag-Ingles o Barok at mahirap maintindihan, magkakatangaling paniniwala at opinion, at kumplikadong kuwento sa buhay. It is in this diversity

President's Message

that we find the true spirit of the holiday—a chance to connect, to understand, and to heal. We are strengthened by our diversity.

By letting go of old grievances, embracing the moment, and focusing on the positives, we can transform Thanksgiving from a mere holiday into a powerful experience of healing and connection.

Paano Ba Mag-Move on?

1. **Reflect on Past Grudges:** Take a moment before Thanksgiving to think about any lingering resentment we may have. Let's ask ourselves if we are ready to let go of these negative feelings. Consider the peace and lightness that could come from forgiving, even if it is just in your heart.
2. **Practice Mindful Acceptance:** During your Thanksgiving gathering, practice being present. Accept the people around you for who they are, with all their quirks and imperfections. Focus on the positive aspects of your relationships rather than dwelling on what might be missing.
3. **Express Gratitude Openly:** Make it a tradition to share what you are thankful for around the dinner table. This act of expressing gratitude can create a ripple effect, encouraging others to focus on the good in their lives as well.
4. **Engage in Acts of Kindness:** Acts of kindness, whether big or small, can be powerful gestures of forgiveness and acceptance. Extend an olive branch to someone you may have had disagreements with, or simply offer a helping hand to a family member in need.
5. **Forgive Yourself:** Finally, do not forget to forgive yourself. The holiday season can bring feelings of regret or self-criticism. Remember that you deserve the same compassion and understanding that you extend to others.

Ang Susunod na Kabanata

Last weekend, a small group of brothers and our spouses visited Bro. Jimmy Venturina, Alpha Delta, and his wife Carmel. A lot of our younger brothers in APOGLA do not know Bro. Jimmy. He is not doing well at all. Yet, when we spoke with Carmel, who has been faithfully beside our brother throughout his hospitalization, she was a picture of strength and peace. Sad, yes, as all of us would be when faced with what their family is currently going through, but resilient and thankful for the moments she shares with our sick brother.

I needed to share that as I left impressed by her strength in the face of adversity. I also distinctly recall what our late Bro. Eric Galang, Chi, often said – “Life is short.” Indeed, it is. With a good half of APOGLA being in the twilight of our professional careers (if not retired outright), it is time to take Bro. Eric's words to heart. If I may only add, “so let's be thankful for every moment.”

Thanksgiving is a time to celebrate togetherness, gratitude, and abundance in our lives. But it is also an invitation to go deeper, to confront the challenges of forgiveness and acceptance, and to transform these struggles into sources of strength. By embracing forgiveness and acceptance, we allow ourselves to experience a deeper, more meaningful sense of gratitude—one that transcends the holiday season and becomes a guiding principle in our daily lives.

As we gather with loved ones this Thanksgiving, remember that true gratitude often requires us to let go of the past and embrace the present with open hearts. It is in this act of letting go and opening up that we find the true spirit of the holiday—a celebration of love, connection, and the enduring power of gratitude.

in LFS,
BRO. JOEL CARBON
APOGLA, President 2024



“Strength in Diversity”

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.

Editor in Chief

Fely Logarta-Montecillo

Publisher

Sancho Sy

Photos/Graphics by

Mandy Javierto • Marilu Fajardo
Lester Arevalo • Irma Almazan
Photos from Facebook and Viber pages

Contributors

Fely Montecillo • Ferdie Yambot • Dony Rondilla
Dan Nino • Emma Rubina-Galang • Joel Carbon

The Road to APOGLA's 2025 Leadership By Bro. Dony Rondilla

Continued from page 1

Celebrating Results: Ultimately, the torch of leadership was passed to a youthful set of officers. We have three incoming freshman Board of Directors, Brods Paul Cervania, Bernard Gopez, and Ferdie Mamaril. They will join the other two novice incumbents, Sis Malou Fajardo and Brod Ogie Jaranilla. Our veteran outgoing Board members, Brods Egay Ninofranco and Art Rivera have imparted their wisdom to these enthusiastic officers. They will join our youthful President, Sis Jen Evangelista and Vice-President Sis Hazel Hermoso. This is the spirit we have long sought from our new members, and it gives us hope for the future of our organization.

The Aftermath: The election is behind us but there is growing concern that in spite of having over 120 members, there was an absence of presidential candidates past the deadline. While more than 20% of our members have served as past presidents and continue to actively support the organization, the passion to serve seems to be waning. Is it possible that past leadership has set the bar too high, creating apprehension among potential candidates? Or perhaps shifting priorities among our members play a role? It is time to look to our younger members to carry the torch of leadership.

In due time, the incoming Board of Directors need to revisit Article 14 of our current Policies and Procedures that govern the conduct of the election. There were a few issues that were raised that include timeline for absentee voting and late filing. For now, let's look forward to enjoying our upcoming APOGLA's Thanksgiving Par-Tea and our December Induction of Officers.



Pictures from APOGLA Election 2024 & Halloween Party



History of APO Philippines Sorority

This is the history of APO Sorority as obtained from the official website of APO Philippines. The history provides the official actions of the National Council integrating all the existing sister sororities under the jurisdiction of the Alpha Phi Omega National Executive Board. All these actions were covered under the 6th, 7th, 8th, and 10th National Biennial Conventions held in various places in the Philippines.

The commitment of women in Alpha Phi Omega have been started and involved within the activities of the fraternity since the first decade of existence in the Philippines.

In the past, APO sisters belonged to sororities of different names. Initially, in social functions, brothers would pick fraternity sweethearts among their dates. Later on fraternity chapters and the most prestigious sorority on its campus would hold a soiree and then a joint service project; when a brotherly relationship have been established, the sorority would then affiliate to the fraternity chapter. Still, most chapters started sister sororities composed of their friends. Therefore it was not uncommon that the early fraternity chapters of Alpha Phi Omega associated their group with sororities bearing different names.

The Alpha Phi Omega Philippines National Board of Sorority was first adopted in the 6th National Biennial Convention held at Mapua Institute of Technology, Manila on March 6-7, 1965, under the national name of "Alpha Phi Sigma Sorority", in which it served as the umbrella organization of all sister sororities of the different fraternity chapters of Alpha Phi Omega. This national sorority further united, formed and organized among the groups in order to integrate all the existing sister sororities into one national sorority under the jurisdiction of the Alpha Phi Omega National Executive Board (NEB).

The national officers who were elected by the sorority delegates to serve as the first National Board of Sorority in 1965 were as follows:

- President: Hope Tinga (Kappa Phi Omega of Eta chapter)
- First Vice President: Sally Ravara-Magcanan (Sigma Lambda Phi of Sigma chapter)
- Second Vice President: Rosita De Leon (Delta Sigma Sigma of Delta chapter)
- Auditor: Pat Macanay-Chua (Alpha Lambda Sigma of Lambda chapter)

Records of the early fraternity collegiate chapters indicated their historical events regarding the establishment of their respective sister sororities as follows:

- Beta chapter sister sorority under the name "Sigma Lambda Sigma" was established in 1954
- Delta chapter sister sorority as "Delta Sigma Sigma" was established in 1955
- Eta chapter sister sorority as "Kappa Phi Omega" in 1957
- Alpha chapter sister sorority as "Sigma Gamma Phi" in 1957
- Theta chapter sister sorority as "Kappa Phi Omega" in 1959
- Lambda chapter sister sorority as "Alpha Lambda Sigma" in 1963
- Sigma chapter sister sorority as "Sigma Lambda Phi" in 1964
- Gamma chapter sister sorority as "Kappa Phi Omega" in 1964
- Alpha Omicron chapter sister sorority as "Alpha Omega Sigma" in 1966
- Pi chapter sister sorority as "Sigma Lambda Phi" in 1967

In 1968, the Alpha Phi Omega National Executive Board passed a resolution changing the Alpha Phi Omega National Sister Sorority name from "Alpha Phi Sigma Sorority" to "Alpha Phi Omega Auxiliary Sorority (APOAS)" to have a uniformity name from its nomenclature. Consequently, this paved the way for the integration of all sister sororities under one national name, in which it resulted to the recognition and granting of charter as Alpha Eta Auxiliary Sorority Chapter of Philippine School of Business and Administration, Manila, on September 17, 1968, with Sister Amelia P. Acuzar as the holder of National Sorority ID No. 001.

Accordingly, the chapters had converted their sister sororities and were issued charters into the Alpha Phi Omega Auxiliary Sorority. Moreover, the other chapters established their auxiliary sororities and were given charters too. Starting in 1968 up to 1978, the chartered chapters were as follows:

- Alpha Eta & Alpha Epsilon chapter auxiliary sororities were chartered in 1968
- Chi, Alpha Theta, Alpha Alpha & Alpha Lambda chapter auxiliary sororities were chartered in 1969
- Sigma chapter converted its sister sorority and was chartered in 1969
- Iota, Psi, Rho, Alpha Pi, Alpha Mu, & Alpha Gamma chapter auxiliary sororities were chartered in 1970
- Delta, Pi, Beta & Alpha Omicron chapters converted their sister sororities and were chartered in 1970
- Epsilon chapter auxiliary sorority was chartered in 1971. Pi Omega Pi Sorority (POP) was linked as an earlier sister sorority of Epsilon Chapter; however, APO National Office records do not support this alleged claim (3)
- Mu, Alpha Sigma, Alpha Nu & Alpha Xi chapter auxiliary sororities were chartered in 1971
- Lambda & Theta chapters converted their sister sororities and were chartered in 1971
- Nu & Beta Epsilon chapter auxiliary sororities were chartered in 1972
- Alpha Tau & Alpha Kappa chapter auxiliary sororities were chartered in 1973
- Alpha chapter converted its sister sorority and was chartered in 1974
- Omega chapter auxiliary sorority was chartered in 1974
- Gamma chapter converted its sister sorority and was chartered in 1975
- Xi & Beta Phi chapter auxiliary sororities were chartered in 1975



History of APO Philippines Sorority *cont. from page 6*

- Beta Pi, Gamma Delta, Gamma Nu, Gamma Gamma, Beta Rho, Beta Gamma, Beta Upsilon. Delta Beta, Gamma Pi, Gamma Omega & Beta Kappa chapter auxiliary sororities were chartered in 1976
- Beta Beta & Beta Iota chapter auxiliary sororities were chartered in 1977
- Eta chapter converted its sister sorority and was chartered in 1978

Subsequently, the 7th National Biennial Convention held at Far Eastern University, Manila on December 15-16, 1968, adopted the said existing NEB resolution and officially allowed its collegiate fraternity chapters to admit women as affiliate members.

It was in the 8th National Biennial Convention held at the University of the Philippines, Los Banos, Laguna on December 17-19, 1971, that the Sorority was formally recognized and accepted as Alpha Phi Omega Auxiliary Sorority (APOAS), the sister association of Alpha Phi Omega Service Fraternity. But the name suggested a dependence on the brotherhood, and so it strived for the recognition of its own identity.

Finally, during the 10th National Biennial Convention held on March 30 to April 1, 1979, at Camp 7, Minglanilla, Cebu, the realization of the dream of the sorority came. The National Code of By-laws was amended and the Alpha Phi Omega Service Sorority (APOSS) came into being. The Office of the Vice President for Sorority Affairs was created, thereby giving its total recognition and equal footing with the Fraternity. Thus the Organization became Alpha Phi Omega International Philippines Incorporated Service Fraternity and Sorority.

Similarly, Alpha Phi Omega (USA), during its 23rd National Biennial Convention in St. Missouri, on December 27-29, 1974, officially allowed its collegiate chapters to admit women as affiliate members. Finally, APhiO-USA, during its 24th National Biennial Convention in Atlanta, Georgia, on December 27, 1976, formally accepted as full-fledged "brothers" of the Fraternity.

[**Note:** This history of APO Sorority was obtained from the official website of APO Philippines.

https://apo.org.ph/?page_id=1953#:~:text=History%20of%20APO%20Philippines%20Sorority

The history provides the official actions of the National Council integrating all the existing sister sororities under the jurisdiction of the Alpha Phi Omega National Executive Board]

The above historical information is made possible through the efforts of Brod Dony Rondilla

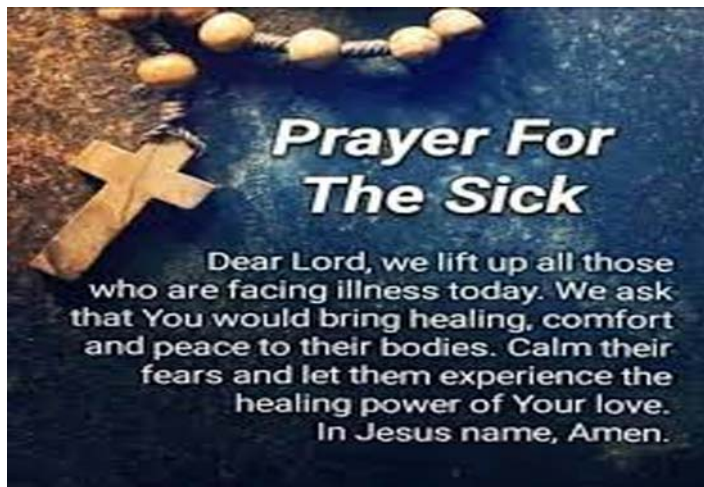



OBITUARY

*Our condolences, our thoughts
and our prayers to **Bro Rey
Padua**, Alpha Delta Chapter
for the passing of his wife **Virginia V. Padua**.*


*Here's the schedule for viewing and catholic service:
December 9, 2024: 9am - 9pm (Viewing)
December 10, 2024: 10am - 1pm (Catholic service
& reception)*

*At **ETERNAL VALLEY MEMORIAL PARK**
23287 North Sierra Highway, Newhall, CA 91321*





Celebrates 44 Years!
Come join the fun!



Alpha Phi Omega GREATER LOS ANGELES ALUMNI ASSOCIATION

You are cordially invited!
at the
***Forty Fourth Anniversary Celebration and
Induction of 2025 Officers and Board of Directors***

6 pm, Saturday, December 14, 2024
at the
Embassy Suites by Hilton Ontario Airport
3663 E. Guasti Road, Ontario, CA 91761
Book your room now @ \$185 + tax
www.hilton.com
or call 1-800 HILTONS (1-800-595-1000)
Group code: **Alpha**

Early Bird: **\$110.00** per person
After 11/22/2024: **\$120.00** per person
Zelle to: **apogla.info@gmail.com**
or Make checks payable to: **APOGLA**
Mail to: **Emma Rubina Galang**
15844 Londelius St., North Hills, CA 91343



Dreams - What They Are (to me)?

by Bro. Ferdie Yambot

Sigmund Freud, an Austrian neurologist and the founder of psychoanalysis had so many theories regarding the human mind revolving around a suggestion that human behavior is influenced by unconscious memories, thoughts and urges. His theories are so broad, and it is difficult to delve on them compoundly. Hence, choosing one specific aspect that we all can relate to is most practical.... And that is DREAMS and what they may mean?

Dreams are associated with “consolidation of memories” that resides in our sub-conscious and whether you like it or not, they come to you involuntarily. To ensure that a layman’s perspective is put on focus, my very own perception based on personal experience shall herein going to be explored (so, bear with me, please).

I dream a lot (almost nightly) and if you can believe it, they help me a great deal in dealing with real life. One best example is In my professional life a few years back, I dreamt of solutions to complex technical problems. It is a unique skill I instinctly learned to develop by honing my intellect to a specific concern before dosing to good sleep. (It’s a gift, I guess)

And yes, I have nightmare too like most of you do, but I use those in cautious avoidance in daily life, i.e., doing chores with lack of preparation (hate being late too). Hence, I habitually come very prepared to tackle difficult tasks and am never/seldom late).

There were numerous times when my imagination and dreams let me hover around and float in the air. My interpretation of it is that I remain to be ambitious and never giving up as my possibilities are ENDLESS! Imagine being able to move/leap from tree to tree and hanging lightly on the limbs on gently swaying winds, what a feeling!

The LOVES of my life (inner family) are always featured notably inclusive of parted ones (parents and older brothers) in living interactions. It obviously represents the fact that they look down from atop to guide us (it’s a blessing, to say the least).

One most rewarding vision/dream is doing grand philanthropy! I do this in reasonable limits in reality but LONGS to do much much more. Though I consider myself fulfilled (in my own little way), I am not successful enough to philanthropize to the fullest! But who knows, “What one thinks, one becomes!” Optimism is always in the air. YOU ALL must agree!

Lastly, this being my last piece, let me thanks GLA for giving me opportunity to share my inner self. Amidst the risk of scrutiny, I took the chance as I owe you my brothers and sisters a LOT! Am signing OFF. /Bro. FerdieMY

CALENDAR OF EVENTS AT A GLANCE

NOVEMBER 24 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

FROM MY POINT OF VIEW

Greece's Glorious History is Worth Reminiscing

By Bro. Dan E. Nino



Athens, Greece – As an ardent student of classical history and the ideals of democracy, I insisted that we include Greece as part of our family's itinerary after Italy, particularly Athens, the capital of Greece where it all started. After all, Greece is the cradle of European civilization.

Greece has one of the longest histories in the world since 3000 BC (Bronze Age) that had its beginnings in the Minoan civilization on an island called Crete in the eastern Mediterranean Sea.



Athens became powerful because its fleet dominated the Aegean, Mediterranean and Black Seas.

We focused our tour around Athens particularly the world famous Parthenon as a monument to democracy on the rocky Acropolis Hill. There are smaller temples, sanctuaries and theaters within Acropolis. Make sure your legs are strong for the hike towards the summit. For a guided tour, visit the nearby Acropolis Museum for more masterpieces and see real excavation sights through glass floors

We also explored Delphi, which is about two hours by bus from Athens. Delphi is the holiest Greek shrine and sacred to the god Apollo and as the center of the ancient Greek world. Apollo is the Olympian god of light, knowledge and harmony. It is the home to the famous Oracle of Delphi located on the slopes of Mt. Parnassus. With a wealth of archeological treasures, it is a UNESCO World Heritage Site.

Athens is named after Athena, the daughter of Zeus and the patron goddess of war, wisdom and the crafts. She is also known as Athena Parthenos or Athena the Virgin.

The Acropolis where the Parthenon stood proudly is not far from our hotel or the cultural/financial center and parliament of Greece. Parthenon which is now 6,687 years old is a former temple which was constructed out of Pentelic marble on a 156 meter high hill in the 5th century (447-438 BC) as tribute for the Hellenic victory over the Persian invaders and for the goddess Athena. It also served as the city's treasury. The pre-historic Parthenon, is a 72 meters long, 25 meters wide, eight meters high. The oldest building on Earth is now being restored.

Once a stately building, this edifice was ransacked and burned by the Persian Army and was also damaged by the by Venetians when it fought against the Turks when it occupied Greece. The statues adorning the temple were beheaded.

Speaking of Greece, we're also reminded of Panathenaic Stadium as the first venue of the modern Olympic Games in 1896, although this stadium was first built in 776 BC as a racehorse track; Alexander the Great from Macedonia; Sparta's military rule, Western philosophers like Socrates, Plato, Aristotle, Pythagoras, historian and geographer Herodotus; the mythical Trojan War; the 12 Gods of Olympus, the epics of Homer who wrote the Iliad and the Odyssey; Corinth that we read in the New Testament; Spartan King Leonidas in 480 BC led the 300 warriors against the Persians led by its King Xerxes in the Battle of Thermopylae, among others.

The word *demos* (meaning, the people) is the precursor of Democracy. Democracy is a Greek advocacy of fighting for the freedom against internal as in the case of Macedonian Greece and other city-states as well as external enemies like the Persian and Roman Empires. This was exemplified in the Battle of Marathon in 490 BC when Athens first defeated Persia.

When tyranny has reigned in Athens as exemplified by tyrant Pisistratus, the people clamored for democracy. Cleisthenes (570-508 BC) who was elected chief archon or magistrate, was credited as the founder of democracy in Athens. Led by charismatic statesman Pericles (495-429 BC)), he presided over Athens' golden age by establishing Athenian democracy to its fullest form in the ancient Agora where democracy was born. With the world's first democracy, Greece instilled its rule of law that power shall emanate from all the people through election of their leaders as opposed to aristocracy, dictatorship and absolute monarchy.

Before becoming a unified country, Greece was composed of clans and tribes like the Mycenaeans and Ionians and city-states ruled by kings or rulers and rich landowners thus creating an aristocracy like the Philippines before the coming of the Spaniards.

However, while Athens was thriving, Sparta was jealous and threatened that resulted in their constant conflicts. This encouraged the interference of Persia now known as Iran. Athens fell apart. It was Macedonia that came to its rescue under King Philip II (359-336 BC). He took Athens under his wings in 338 BC and got recognized as the leader of Greece during their struggle against the Persians. While preparing an invasion of Persia, Philip was murdered. His son Alexander III the Great took over the leadership and extended his rule (336-323 BC) into Asia including Persia, Gaza, Egypt and Syria.

In 146 BC, the Romans conquered Greece but Athens received favorable treatment. During this period, it became a resort for vacation and education that produced Cicero, Horace and Ovid. Greece became Christian. However, because of Turkish influence, its main religion became Greek Orthodox Christianity. Modern-day Turkey is now predominantly a Muslim country as a result of Ottoman genocides.

In 1458, Athens was taken over by the Turks and the Acropolis became a Turkish village. It was taken by the Venetians in 1687. In 1690, the Turks recovered the city until it was liberated in 1833. The first king of Greece is Othon which is now the parliament building.

Orthodox comprising 81 to 90 percent. The rest include Catholic Christianity, Judaism, Islam and Jehovah's Witnesses, among others. Greece' glorious and rich history is worth reminiscing. – denino1951@gmail.com



GOINGS ON by Sis. Fely Logarta-Montecillo

*“In November, the earth is growing quiet. It is making its bed,
a winter bed for flowers and small creature.”*

Cynthia Rylant

Yes indeed! It's time for us to take out our thick blankets, boots, sweaters and coats as days get colder and colder. It's November and can snow be far behind?

November is the month for Thanksgiving Day. It celebrates the harvest and other blessings of the past year. Veterans Day was celebrated last November 11, Monday. This holiday is celebrated annually to honor all U.S. military veterans. November 2, was All Souls' Day in the U.S. It is a day of prayer for deceased souls. Many Christians visit cemeteries where some offer candles placed on graves.

The zodiac signs for November are Scorpio (October 23 - November 21) and Sagittarius (November 22 - December 21).

Scorpios are loyal and devoted and known for their passion. They have intense personalities, deep feelings and emotions. Scorpios have a possessive nature, are quiet and have the capability of keeping secrets.

Sagittarius is symbolized by the archer. Sagittarius is known for their boundless energy, curiosity and unending love of freedom. Those born under this sign are philosophical, curious, fun loving and bent on taking life, love and the world by storm.

To all of our brothers and sisters born under these two zodiac signs, we wish you abundant happiness and love! Enjoy your special day!

We are all elated to know that Brod Jham Jamero, Alpha Chapter, is on his way to recovery after his gall bladder operation. So right now, there are so many restrictions he has to follow; however, there are many reasons to be thankful for, one of them being his surviving the dangerous procedure and most of all, Brod Jham thanks the Lord that he's alive and kicking!

A few months ago, APO and (SRB) Scouts Royale Brotherhood joined hands on an Outreach Program at the New Bilibid Prisons Maximum Security Compound and the Medium Security Compound in Muntinglupa. They were able to give away 68 frat shirts at the maximum security compound and 59 frat shirts at the medium security compound. Other items like shoes, socks, and hygiene kits were also handed out.

This project was enthusiastically supported by APOGLA and the APO golfers. Congratulations to the team who successfully implemented this dream project - led by Brod Ogie Jaranilla (Beta Tau) and team mates Brod Framel and Sis Ghie Lumague.

We welcome to our fold Brod Rene Calvario and wifey Winnie, from their travels abroad. It's nice for you to be with us once more guys!

Happy Thanksgiving to all of you dear Brothers and Sisters! Also, even if it's advanced, we want to greet all of you "Happy holidays and season's greetings!"

Wishing you joy, peace and good health this holiday season!"

TREASURER'S REPORT By Sis. Emma Rubina-Galang

- | | | |
|-----------------------------|-------------------------|-------------------------|
| 1. Agagon, Troy | 49. Ford, Rebecca | 97. Posadas, Rey |
| 2. Almazan Alex** | 50. Franco, Rolly | 98. Querubin, Ruben |
| 3. Almazan Irma** | 51. Galang, Emma Rubina | 99. Rebueno, Tong |
| 4. Amon, Ophel | 52. Gapido, Bodgie | 100. Remorozo, Gerald |
| 5. Amon, Tony | 53. Gomez, Tony | 101. Reyes, Roehl |
| 6. Angeles, Oscar | 54. Gopez, Bernard | 102. Rivera, Art |
| 7. Ang-Gayon, Melody | 55. Guerrero, Jing | 103. Rodriguez, Edward* |
| 8. Angsula, Bong | 56. Guevarra, Jepoy | 104. Rondilla, Dony |
| 9. Arabit, Geoffrey | 57. Imperial, Gloria | 105. Rosal, Justin |
| 10. Aralar, Eric | 58. Jaranilla, Ogie | 106. Sager, Limuel |
| 11. Arevalo, Lester | 59. Javierto, Mandy | 107. Salas, Hazel |
| 12. Argonza, Vinz | 60. Jove, Nesto | 108. Salinas, Jun |
| 13. Atangan, Chito | 61. Jove, Shirley | 109. Salvador, Buddy |
| 14. Atienza, Oscar | 62. Jovellanos, Jobee | 110. Santos, Martina |
| 15. Atienza, Rennel | 63. Junio, Virgil | 111. Segara, Roderick* |
| 16. Ayo, Toti+ | 64. Languisan, Paul | 112. Serrano, Eric |
| 17. Baltazar, Jay | 65. Lara, Bobet | 113. Silao, Benjie |
| 18. Bayani, JR | 66. Lautchang, Wilson | 114. Sipin, Perry |
| 19. Bellosillo, Sylvester* | 67. Layno, Mary Ann | 115. Soledad, Apple |
| 20. Bonete, Malene | 68. Linsangan, Jun | 116. Solis, Tess |
| 21. Cajucom, Wilfredo | 69. Lumaque, Framel | 117. Somera, Herman |
| 22. Calvario, Rene | 70. Lumaque, Ginalyn | 118. Sy, Sancho |
| 23. Carbon, Joel | 71. Madrigal, Jun | 119. Tarculas, Josie |
| 24. Castillo, Nards | 72. Madrigal, Tess | 120. Tarculas, Lito |
| 25. Cervania, Paul | 73. Maidin, Yusup | 121. Tecson, Ed |
| 26. Chin, Jhun | 74. Mamaril, Ferdinand | 122. Trinidad, Louie* |
| 27. Chua, Michael | 75. Mansilla, Beeboy | 123. Tuazon, Ramon |
| 28. Clarete, Sam | 76. Marte, Rocky | 124. Umandal, Ruel |
| 29. Cobarrubias, Bob | 77. Medina, Mishael | 125. Valdecantos, Henry |
| 30. Conferido, Reuben | 78. Medina, Raul | 126. Valentino, Hero |
| 31. Cordova, Jim | 79. Mejia, Francis | 127. Valera, Liza |
| 32. Corpuz, Alex | 80. Mendez, Daemma | 128. Ventura, Beatriz |
| 33. Cristobal, Lope | 81. Mendoza, Armand | 129. Villamin, Richard |
| 34. David, Betta | 82. Mercado, Bebot | 130. Villaver, Eleonor |
| 35. David, Christian | 83. Miranda, Jemma* | 131. Villaver, Melvin |
| 36. De Leon, Leslie Ramos* | 84. Miranda, Shane | 132. Vinluan, Jehiel |
| 37. De Leon, Malou | 85. Montecillo, Fely | 133. Yambot, Ferdie |
| 38. De Leon, Vince* | 86. Nino, Dan | 134. Yenke, Rene |
| 39. De Vera, Armin* | 87. Ninofranco, Edgar | |
| 40. Delmolin, Froilan | 88. Noche, Cesar | |
| 41. Duldulao, Gielly | 89. Paggao, Jerome | |
| 42. Emperado, Rudy | 90. Pangilinan, Angel | |
| 43. Evangelista, Jen** | 91. Paras, Roland | |
| 44. Evangelista Domel ** | 92. Paredes, Vic | |
| 45. Evangelista, Genevieve* | 93. Pascual, Winston | |
| 46. Fajardo, Marilou | 94. Pastores, Alex | |
| 47. Fajota, Honeyboy | 95. Petreaca, Petchie | |
| 48. Fisico, Teddy | 96. Picazo, Bobitte | |

As of November 18, 2024

* New members

** Paid extra year



HAPPY BIRTHDAY NOVEMBER CELEBRANTS



- 01 - Cesar Noche
- Ed Tecson
- Noel Capulong+
- 02 - Vic Paredes, Irma Almazan
- Bayani Valentino
- 03 - Bob Bacalia
- 06 - Yusup Maidin
- 07 - Rene Jayoma
- 09 - Joel Pablo, Ogie Jaranilla
- 10 - Nelson Pante, Ann Asuncion
- 11 - Junn Aquino
- 12 - Bobby Antonio
- 13 - Emma Galang, Silver Turallo
- 14 - EJ Panganiban, Hope Arante
- 19 - Liz Pagdanganan
- 21 - Rodolfo Dimatulac
- 24 - Manny Tibangin
- Jojo Sarao
- 28 - Beeboy Mansilla
- 30 - Mark Guerrero

SPOUSES:

- 01 - Jeanette Pascual
- 03 - Beth Alon,
- Vilma Clor
- 09 - Ellen Bacalia
- 13 - Lou Carbon
- 16 - Lorrie Pagado
- 19 - Yasmin Magno
- 24 - Loida Atienza
- 25 - Sherryl Baxal
- 27 - Myla Grace Pepino
- Rhoda Ambrosio
- Fe Arnaldo
- 28 - Eva Salvador

APO KIDS:

- 01 - Liza Alon, Aaron Alcantar
- 03 - Alexis Salum
- 04 - Jovelle Jove
- 05 - Leslie Noche, Mark Ventura
- 10 - Janice Rosales, Ori Sy Flores
- 11 - Monica Therese Aquino
- Jehmiel Vinluan
- 12 - Alexander Exconde
- 13 - Paula Emperado, Bro. Glenn Rivera
- Jomel Garchitorea
- 16 - Immaculate Villanueva
- 17 - Patrick Ayo, Luke Jonart Caldoza
- 21 - Reece Antoine Aralar, Renee Antoine
- Aralar, PJ Emperado, Eejay Ramos
- 25 - Madison Erin Aralar
- Coby Ramos, Paul Michael Milano
- 26 - Jude Carbon, Francis Talabis
- 29 - Paolo Adriano, Jiebon Ingco
- Jove Yambot
- 30 - Jason Maddela

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**

NOVEMBER THANKSGIVING PARTY

Join us this Sunday at the
Valencia Northbridge Clubhouse
23804 Grandview Drive, Valencia, CA 91354

Sunday, November 24
2 pm - Appetizers
5 pm - Dinner, Announcements
Theme/Attire: Tea Party

For other details contact:

Bro. Joel Carbon (818) 314-6916
Bro. Mandy Javierto (909) 522-6406
(909) 965-3897

www.apogla.org

