



Triboni Bado NEWSLETTER



Vol 46 Issue 3 OFFICIAL PUBLICATION OF THE ALPHA PHI OMEGA GREATER LOS ANGELES ALUMNI ASSOCIATION March 2026



Group picture of Mile 13 Water Station volunteers just before the LA City cleaners arrive, another day well spent in service to the Los Angeles community.

“40 Years at Mile 13: Service, Family, and a Marathon Tradition”

By Bro. Dony Rondilla

For runners in the Los Angeles Marathon, Mile 13 marks the halfway point. For our members, it marks something even more meaningful - forty years of service.

Before the sun rises and long before the first runners arrive, Chairman Emeritus Brod Egay Ninofranco is already on site at 4:30 a.m. For four decades, Brod Egay has faithfully led this early-morning ritual joined by our able-bodied members to meet the marathon delivery truck carrying the supplies needed to serve thousands of runners.

This year required even more dedication. The marathon was moved to early March to avoid the Oscars, and Daylight Saving Time began that same Sunday - meaning volunteers had to arrive even earlier than usual. Still, our team showed up ready to serve.

Over the years, the Mile 13 water station has become more than a volunteer assignment - it has become a family tradition. Many of us once brought our young children to help out or simply wander around the station. Today, some of those same kids are now running the marathon themselves.

And like every year, our station was filled with food, music, and fellowship. The much-anticipated dinuguan and puto from Brod Ferdie and Renee remained the traditional favorite. Brod President Jobee and Sis Hazel served generous trays of fried rice and sausage to keep everyone energized throughout the morning. Adding to the spread were the many treats brought by members - donuts, homemade desserts, warm soup, and other comfort food that turned the water station into a lively gathering place.

Continued on page 6

PRESIDENT'S MESSAGE



"Many hands make light work"

The origin of the phrase can be traced back to the 16th century, with one of the earliest recorded uses attributed to John Heywood in his work "A Dialogue Containing the Number in Effect of All the Proverbs in the English Tongue" (1546). The concept of shared effort is also reflected in similar sayings from other cultures, such as a Chinese proverb that translates to "when everybody adds fuel, the flames rise high."

These my brothers and sisters, on our last Bro Isauro "Bonjie" Ingco Memorial LA Marathon as we all brothers and sisters including our family joint hands to prepare the water station of Mile 13 for the runners, this is a testimony that we were then and there made the work lighten the load, and would like to express my gratitude for all your help, again thank you.

That being said, on April 18, Saturday at 7:30am, one of our yearly Service Projects of APOGLA now chaired by Sis Past VP Hazel Hermoso Food Bank Service Volunteers, City of Industry, still remains as we gather 30 members or family members to team up for our service to the community. Followed by our monthly meeting at the La Puente Park.

And also, we want to acknowledge Bro Nestor and Sis Shirley Jove for hosting our February General Membership Meeting this year, and to all Brothers from Palm Spring who also helped to accommodate everyone. Thank you for the sumptuous food.

Spring is just around the corner, the hope of spring is in the air. The earth is waking up, a gentle reminder that what's been resting is ready to rise again, which makes it the perfect time to start tidying up. We are planning to collect old clothes and shoes to be donated in a certain poor area with the joint service of Alpha Phi Omega Alumni base in the Philippines, this is just a plan.

Looking forward to seeing everyone again at this March meeting!

Yours truly,
Bro Jobee Jovellanos
APOGLA President 2026



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

Paul Cervania • Sancho Sy
Hazel Hermoso • Roehl Reyes
Photos from Viber Chat Group

Contributors

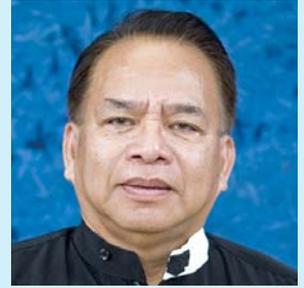
Fely Montecillo • Dony Rondilla • Dan Nino
Ferdie Yambot • Apol Soledad
Jobee Jovellanos • Cory Alcantara

Be Content, Happy and At Peace with Yourself

By Bro. Ferdie Yambot

The secret of being happy and joyful lies largely in the life choices we make! Gratitude to the good Lord being prime and foremost, one's best state to start is Contentment with what you have. The key aspects of it are:

- a) Acceptance – being pleased in what you have,
- b) Inner Peace – sense of being at peace with oneself,
- c) Gratitude (can't say it enough) – appreciating present blessings, big and small, from a good laugh to major life achievements and
- d) Presence – finding satisfaction in the current moment regardless of external conditions.



LIFE is always full of surprises and the way you deal with even the unpleasant ones defines your character! And character is based mainly from the way we were raised from childhood to adolescence in the inner family. One might say that some are luckier than others in terms of family background and I must admit that I have a small advantage having grown in a close-knit, God-fearing and structured beginnings. One other impacting family character is that our parents were Ambitious; tirelessly hoping to get out of the clan's poverty cycle. And indeed, with relentless righteous disciplines, we All managed well; in our own little ways, we found means to transition to better lives!

The Shrink credits some unknown writers for the inspiration to compose this “do as I say” write up. God speed.

On the statement: “APOGLA IS NOT FOR EVERYONE”

By Brod Dony Rondilla

My statement that “APOGLA is not for everyone” has been interpreted by some that our organization is exclusionary or elitist, or that such an attitude discourages application for membership. That was never my intent, and I would like to clarify the context of that statement.

The statement was made during a discussion about whether we should accept returning members who had previously left APOGLA to form another alumni association. At that time, several dissatisfied members left APOGLA and persuaded others to join their newly formed group. Eventually, some of their members expressed interest in returning to APOGLA.

What I meant was simply this: membership in APOGLA carries expectations. It calls for respect, loyalty, and a sense of responsibility to the fraternity we all share. Our organization is built on trust and mutual respect, and those values must guide how we relate to one another and how we move forward together.

This is not about exclusion. It is about safeguarding the culture, integrity, and unity of APOGLA so that it continues to be a strong and respectful organization for future generations of alumni.

I believe APOGLA should always remain open to brothers and sisters who sincerely wish to reconnect in good faith with the fraternity and rebuild relationships.

My hope is that we move forward in the true spirit of fraternity—welcoming reconciliation while upholding the principles that keep APOGLA united and strong.

BEYOND THE VINES: A Celebration of Love and Belonging in APOGLA

By Sis. Apol Soledad



Last Saturday, the sun-drenched hills of Temecula Valley offered more than just refreshing scenery and world-class wine; they provided the backdrop for a profound personal milestone. For the first time since joining APOGLA in 2021, I attended our annual “Ladies Night”- an event I had long avoided.

As a widow of four years, I carried the quiet fear that I wouldn’t quite fit in - that I would feel the weight of my loss in a room full of couples. But as the music started and the laughter began to fill the air, those fears evaporated. I realized I wasn’t just a guest; I was home.

The Setting: Music, Vines, and Vibes

The venue in Temecula was breathtaking, but the true “view” was the sea of beautiful faces—our sisters, wives, and partners—all gathered in a spirit of pure camaraderie. The live band kept everyone on their feet, proving that in APOGLA, joy has no age limit. Seeing everyone dancing and singing together reminded me that our bond is about more than just meetings and agendas; it’s about shared life.

The Heart of the Organization

While “Ladies Night” honors the women of APOGLA, it also highlights the incredible backbone of our organization. Whether it is a community project or a fundraising drive, the wives and partners of our brothers work every bit as hard as the members themselves. We are a collective force, and this event was a beautiful acknowledgment of the grace and grit these women bring to our mission.

A Journey of Gratitude

This weekend changed my perspective entirely. I realized that “Ladies Night” isn’t defined by who you bring as a partner—it is defined by the family that surrounds you.

I am profoundly grateful that I chose to be a part of this family. APOGLA isn’t just an organization; it is a chosen kinship where the bond isn’t written in blood, but forged in mutual respect and a collective spirit of service.”

To my brothers and sisters: thank you for reminding me that I belong. To the women of APOGLA: your strength is the silent engine that keeps us moving forward. This wasn’t just a trip to a winery; it was a celebration of a family that stands together, dances together, and grows together. I am so proud to call APOGLA my home.

Pictures from A Celebration of Love . . .



Pictures from LA Marathon Service @Mile 13 Water Station

Continued from page 1

Meanwhile, the upbeat music from Brod Sancho and May's sound system lifted the spirits of our volunteers and even the 27,000 runners passing through Mile 13, many of whom waved, danced, and shouted their thanks as they grabbed their cups of water.

Time, of course, leaves its mark. Some of our longtime members now walk a little more slowly than they once did, and the strong early-morning crew that used to unload supplies is older these days. The volunteers have gone down in numbers but the spirit of service remains just as strong.

We continue to dedicate this service project to the memory of Brod Bonjje Ingco, whose laughter and joyful presence once filled this station.

Forty years later, Mile 13 remains what it has always been—a place where service, friendship, and family come together... one cup of water at a time.



Pictures from LA Marathon Service @Mile 13 Water Station



Congratulations! Bro. IPP Roehl Reyes on the birth of his 4th granddaughter

Congratulations to PP/Brod Roehl Reyes on the birth of his 4th granddaughter last March 10 at the Providence Holy Cross Medical Center. Named Dahlia Kanani Ranck, the baby is the second child of Brod Roehl's second daughter, Alexa and husband Bryce Ranck. The infant's name is derived from a flower while Kanani means the beautiful one in Hawaiian as she has some Hawaiian blood. Also, ecstatic of the new arrival is big sister Willow. GOD Bless to the entire family.



Pictures from February GMM hosted by Bro. Nestor & Sis Shirley Jove at their place in Cathedral City, CA



FROM MY POINT OF VIEW

Let's Aspire For Stress Free Tax Filing

By Bro. Dan E. Nino



From my experience after retiring from my fulltime state job of 27 years as tax collector and transitioned into a self-employed tax professional for the past 15 years — the Tax Season can be stressful. It starts every January when we collate seriously our tax documents.

To lessen this stress, let's spring into action ASAP: organize and start gathering our documents and other pertinent information in one big brown envelope immediately at the onset of the tax year — for example 2025 for the tax filing season of 2026. That's what I do. Cramming is emotionally draining. It's a roller coaster ride.

Among the documents that we should prepare are our W-2s if you are employed the previous year, 1099s if you are self-employed, interest income or if you received your pension distributions, annuities, IRAs, profit sharing plans and other pension benefits like social security. Even certain gambling winnings should be reported especially if you were issued Form W-2Gs from the casinos. These documents are sent to the IRS Service Center too.

For deductions in 2025, the standard deductions are the following: for single, it ranges from \$17,750 to \$19,950; Married filing Jointly, from \$33,100 to \$37,900; Qualifying Surviving Spouse which stretches for two years following the spouse' death, from \$33,100 to \$34,700; Married Filing Separately, from \$17,350 to \$22,150 and Head of Household from \$25,625 to \$27,625. These deductions depends however, on your income bracket.

If you opt for Itemized deductions, please provide your tax preparer with your tax withheld that are listed on your W-2s, property taxes, mortgage interest if you own a home, dependents like children depending on their ages or circumstances or credits for other qualified disabled dependents or relatives who lived with you more than half of the year, charitable contributions, medical expenses, vehicle registration renewal, among others.

If you are a business owner, we also need your annual income and annual qualified business expenses for Schedule C. If you are in the business of rental property, business expenses like depreciation, repairs, management fees, supplies, among others are also tax deductible.

Additional Significant Tax Tips for 2025 Filings

Other significant information for this year's tax filing include:

1. Overtime income for employees are non-taxable. It is recorded on one's Form W-2 on space number 14 with title OT Premium.
2. Tips are also non-taxable.
3. Car loan Interest are tax deductible.
4. Although this is nothing new, education expenses especially for working students, are tax deductible. Just present Form 1098T (American Opportunity Credit).
5. If the IRS issued you a PIN number as a safeguard for scammers or from stealing your information or identification - provide it to your tax preparer.
6. If you are a retiree and receiving social security benefits and on a high income bracket, a portion of SS income is taxable. I advise you to contact SSA for voluntary tax withheld of at least 15 percent. This will lessen your tax liabilities at the end of the year.

If you are being refunded by the Internal Revenue Service or Franchise Tax Board, it is better that you provide a bank account to deposit your tax refunds. It is more efficient, reliable and quicker. Normally, it takes two weeks for refunds to be made available. But on some instances, it takes only a week.

Don't delay or procrastinate. File your taxes now on or before April 15 to avoid penalties and interests. Get it over with. – denino1951@gmail.com * Tel. No. 562-508-8099



GOINGS ON by Sis. Fely Logarta-Montecillo

To all the Pisces (March 1-20) and Aries (March 21-31) Brods and Sisters, here's wishing you the happiest birthday ever! Wishing you all the happiness and success the coming year! The month of March introduces us to a lot of events and celebrations. The 8th was International Women's Day, St. Patrick's Day was on the 17th, the 20th is the Muslim holiday Eid al-Fitr, a Festival of Breaking the Fast, and the Cesar Chavez Day on the 31st.

Palm Sunday on the 29th ushers in the Holy Week. This is a week majority of the Filipinos observe with great devotion.

Congratulations to PP Brod Roehl Reyes on the birth of his 4th granddaughter last March 10 at the Providence Holy Cross Medical Center. Named Dahlia Kanani Ranck, the baby is the second child of Brod Roehl's second daughter, Alexa. The infant's name is derived from a flower while Kanani means the beautiful one in Hawaiian as she has some Hawaiian blood.

We should remember in our prayers our brothers and sisters who are now working all over the Middle East caught in the midst of the crisis. The governments of workers coming from all over the world are having difficulty extracting the workers and sending them back to their native countries as bombings are all over the place. I'm sure we also have Brothers and Sisters who are there and all we can do is pray for them. And implore that this war would be over soon.

The enthusiasm and positive attitude towards serving in the LA Marathon has never waned. Perhaps it's due to the charm and leadership of Brod Egay Ninofranco? Once again, it was a highly successful service project. Congrats to everyone on our 40th year serving the community and more power Brod Egay!

This coming March 27, all roads lead to Las Vegas for the APO ACNA Spring Meeting Dubbed the "Fremont Experience," the three day affair promises fun, fun, fun! With Brod Art Rivera at the helm, one can expect this to be a highly organized and well-coordinated activity. Of course, since the setting is conducive to things naughty, attendees will surely have lots of pleasurable entertainment. But please don't get me wrong. There'll be surely numerous serious discussions and plans attendant to ACNA.



Mini ALPHA CHAPTER Reunion and Post 76th APOPH Anniversary Celebration

Last March 3 some members from ALPHA Chapter paid a visit to Sis. Ofel Amon at her temporary residence in the Agoura Hills residence of Atty. Paul and Dainty Albus (nee Amon, daughter of late Tony and of Ofel Amon.) The visit became a chance reunion of sorts with senior Alpha Chapter brother Hernando Lim, Batch '58.

Brod Nanding was on a short visit here as he is now based in Quezon City, Philippines and was accompanied by his daughter, Sheila Bare. Now ninety years old, Nanding, as he is fondly called, is a member of the batch that included Pompeii Festejo, Florencio Molabola (deceased), Cesar Dario (deceased), and Rey Manikad. He joined APOGLA in the early 2000s with his late wife, Lillian Lim (nee Vargas, Alpha Chapter Batch '63).

Active in athletics, Brod Nanding represented the Philippines and competed in swimming in the Asian Games in the 60s.

During the friendly drop-by, efforts were made to contact close friends like Brod Dr. Tagumpay Navarro, who, at the time was vacationing in the Philippines, and Brod Pio Torneros. It was great fun for them to reminisce good old APO days!

Included among those who came to see Sis Ofel and Brod Nanding were: Bro. Sancho and May Sy, Sis. Jasmin Ipapo, Sis. Letty Esquivel, Sis. Fely Logarta-Montecillo, Bro. Raul and Sis. Rochelle Nadres. - FLM

TREASURER'S REPORT *By Sis. Cory Alcantara*

- | | | | |
|---------------------------|--------------------------|------------------------|----------------------------|
| 1. Almazan, Alex*** | 48. Jove, Nestor*** | 74. Picazo, Cesar | 91. Tuazon, Mon |
| 2. Almazan, Irma*** | 49. Jove, Shirley*** | 75. Posadas, Reynaldo | 92. Umandal, Ruel |
| 3. Javierto, Mandy | 50. Jovellanos, Jobee*** | 76. Rebueno, Luis | 93. Valera, Liza |
| 4. Junio, Virgil | 51. & Hazel Hermoso*** | 77. Remorozo, Gerald | 94. Ventura, Beatriz |
| 5. Alcantara, Cory | 52. Languisan, Paul | 78. Reutotar, Ernesto | 95. Yambot, Rene |
| 6. Amon, Ophel | 53. Lautchang, Wilson | 79. Reyes, Roehl | 96. Yenke, Rene |
| 7. Angeles, Oscar | 54. Linsangan, Antonio | 80. Rondilla, Dony | |
| 8. Ang-Gayon, Melody | 55. Lumaque, Framel*** | 81. Rosal, Justin | <i>As of March 8, 2026</i> |
| 9. Ansula, Bong | 56. Lumaque, Ghie*** | 82. Salvador, Buddy | <i>* New members</i> |
| 10. Arabit, Geoffrey | 57. Madrigal, Jun*** | 83. Santos, Martina | <i>** Paid extra year</i> |
| 11. Aralar, Rhoderic | 58. Madrigal, Tess*** | 84. Serrano, Eric** | <i>*** Paid as couple</i> |
| 12. Araneta, Carlo | 59. Maidin, Yusup | 85. Sipin, Perry | |
| 13. Argonza, Arvin | 60. Mansilla, Beeboy | 86. Sy, Sancho | |
| 14. Atangan, Chito | 61. Medina, Mishael | 87. Tarculas, Josie*** | |
| 15. Atienza, Oscar | 62. Mendoza, Armando | 88. Tarculas, Lito*** | |
| 16. Atienza, Rennel*** | 63. Miranda, Shane*** | 89. Tecson, Edgardo | |
| 17. & Daemma Mendez*** | 64. Miranda, Jemma*** | 90. Trinidad, Luis | |
| 18. Bayani, Proceso | 65. Ninofranco, Edgar | | |
| 19. Bellosillo, Sylvester | 66. Paggao, Jerome | | |
| 20. Bonete, Malene | 67. Pangilinan, Angel | | |
| 21. Cabarles, Boyet | 68. Paredes, Victor | | |
| 22. Cajucom, Wilfredo | 69. Pascual, Winston | | |
| 23. Calvario, Rene | 70. Pastores, Alexander | | |
| 24. Carbon, Joel | 71. Peneza, Jo | | |
| 25. Castillo, Leonardo | 72. Peralta, Hector** | | |
| 26. Cervania, Paul | 73. Petreaca, Petchie | | |
| 27. Chin, Jhun | | | |
| 28. Clarete, Samson | | | |
| 29. Conferido, Reuben | | | |
| 30. Cordova, Jaime | | | |
| 31. Cristobal, Lope | | | |
| 32. David, Betta*** | | | |
| 33. David, Chris*** | | | |
| 34. De Vera, Armin | | | |
| 35. Duldulao, Geildy | | | |
| 36. Emperado, Rodelio | | | |
| 37. Evangelista, Domel*** | | | |
| 38. Evangelista, Jen*** | | | |
| 39. Fajardo, Malou | | | |
| 40. Fajota, Nestor | | | |
| 41. Fisico, Teodoro | | | |
| 42. Ford, Rebecca | | | |
| 43. Galang, Emma | | | |
| 44. Ganzon, Eleazar | | | |
| 45. Gopez, Bernardo | | | |
| 46. Guerrero, Mark | | | |
| 47. Jaranilla, Ogie | | | |



Please send your
\$60.00 Annual Membership Dues to:
SIS. CORY ALCANTARA
15253 Borda Rd., La Mirada, CA 90638

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

MARCH

MEMBERS

03 - Rene Yenke
 06 - Tess Madrigal
 07 - Joel Carbon
 11 - Jemma Miranda
 13 - Dan Nino
 25 - Virgil Junio
 29 - Willy Cajucom
 Eric Aralar
 Shane Miranda

SPOUSES

13 - Tonette Ninofranco
 Marisa Tecson
 14 - Amy Romero
 21 - Maricar Ansula
 Evelyn Salinas
 31 - KC Picazo

APOKIDS

06 - Justin Agagon
 07 - Gracie Lara
 08 - Beilyne Lautchang
 09 - Ping Franco
 10 - Sheila Jove
 12 - Samantha Arevalo
 14 - Ed Robert Tecson
 15 - Abigail Paredes
 Glenn Clarete
 18 - Marcus Yambot
 19 - Edgar Joseph Tecson
 20 - John Peneza
 30 - Mai Noche
 31 - Sierra Lara

*Happy
 Birthday*



MARCH GMM

SATURDAY, MARCH 21, 2026
OPEN DÓORS - 4:00PM
GMM - 5:00PM



CERVANIA RESIDENCE
10353 COLLETT AVE.,
GRANADA HILLS 91344

BRO PRES JOBEE **BRO VP PAUL**
909-551-1506 **818-648-5586**



PLEASE BRING YOUR FAVORITE DISH & DRINKS TO SHARE



Upcoming Events

APO ACNA SPRING MEETING

Hosted by APO Las Vegas

March 27-29, 2026

Register Now!

<https://forms.gle/xxLvjg6F1XgxUxdh8>

APO ACNA
Spring Meeting
70s Vibes
 MARCH 27-29 2026
 FREMONT EXPERIENCE
 LAS VEGAS, NEVADA
 REGISTER NOW



LOS ANGELES REGIONAL
FOOD BANK
 Fighting Hunger. Giving Hope.
THE FOOD BANK CELEBRATES CITY OF INDUSTRY WAREHOUSE

FOOD BANK SERVICE

2300 Pellisier Place

City of Industry, CA 90601

Saturday, April 18, 2026

Check our Viber chat group to register

April GMM @ La Puente Park
after Food Bank Service

10am - 4pm Saturday, July 18, 2026

BLOOD DONATION DRIVE at the Rosemead Masonic Center

July GMM to follow soon after

visit: www.apogla.org