



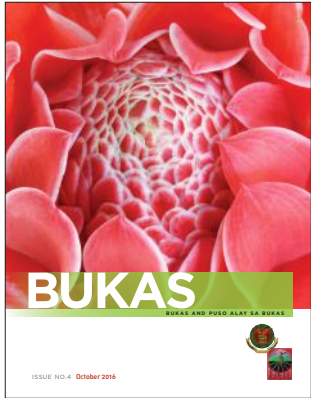
BUKAS

BUKAS ANG PUSO, ALAY SA BUKAS

Official Newsletter of the
UPLB Alumni Association

ISSUE NO. 4 **October 2016**





ON OUR COVER:

*To see a World in a Grain of Sand
And Heaven in a Wild Flower
Hold Infinity in the palm of your hand
And Eternity in an hour
—Auguries of Innocence, William Blake*

ISSUE NO.4

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BUKAS ANG PUSO

A Time to Share
and be Counted

For this special issue of BUKAS, our quarterly newsletter, I call upon my fellow alumni all over the globe to come, be with us and share our blessings.

Through this newsletter, I am hoping that you will continuously support the various activities of the UPLB Alumni Association (AA). You may not be physically present in our coming 98th Loyalty Day and Alumni Homecoming celebration, but a little amount of your time spent online where you could share your productive ideas and even financial resources to us will certainly be a big help towards realizing the goals of the association. To those who will be able to come during our celebration, you will be assured of our warmest welcome and joyful nostalgia that characterize the “Los Baños Spirit.”

Through BUKAS, we could be one in the pursuit of our dreams by sharing our principles, experiences and stories not only about our momentous stay here at UPLB during our student days, but also pertaining to national issues and situations.

Through BUKAS, you could join us in celebrating that monumental day of October 10, 1918 when the UPLB volunteers heeded the call of then President Manuel L. Quezon to fight for the country during World War I. Indeed, a significant showcase of loyalty and camaraderie. By contributing articles about Loyalty Day to our newsletter, you could profess your concern for our Alma Mater and pay homage to our gallant volunteers.

More importantly, by being part of BUKAS, you will be rekindling the “Los Baños Spirit”, thereby sustaining it before it loses its luster. We hope that this newsletter will continue to embolden us and elevate this unique characteristic of a UPLB alumnus.

Aside from contributing articles, I also encourage you to donate in cash or in kind to the association in order to sustain the gains we have achieved. This is the most opportune time to join BUKAS....to share and be counted.

God bless.

Leo R. Ballestin

LEO R. BALLESFIN
President, UPLBAA



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ISSUE NO. 4 October 2016

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ALAY SA BUKAS

Unified by a Spirit

Barely a month to the celebration of “Loyalty Day”, October 10, the warmth of the Los Baños Spirit and scent of homecoming pervades the portals of the Alumni Center. This year’s jubilarians are regularly meeting at the Alumni Center to craft out plans for the grand reunion.

Chairman Andrew Nocon of the Executive Committee is steering the group to introduce changes/innovations to the standard traditional celebration of the homecoming. These deviations from the norm arouse our curiosity and so, with heightened excitement, let us await and join the festivities.

BUKAS shares in the preparations by coming out, not only online but in print of the October issue. To prime our memories, BUKAS gives a glimpse of last year’s (2015) jubilarians proudly parading in front of Umali Hall, and to help us remember the essence of the event, the views of our mentors and young alumni are reprinted from previously published yearbooks. Hopefully, it will instill among the younger alumni, the beauty and significance of the Los Baños Spirit which unknowingly touches our lives when we roam the UPLB campus and lives in us to this day. Nostalgia takes us back in time in the feature articles of Lex and Tony.

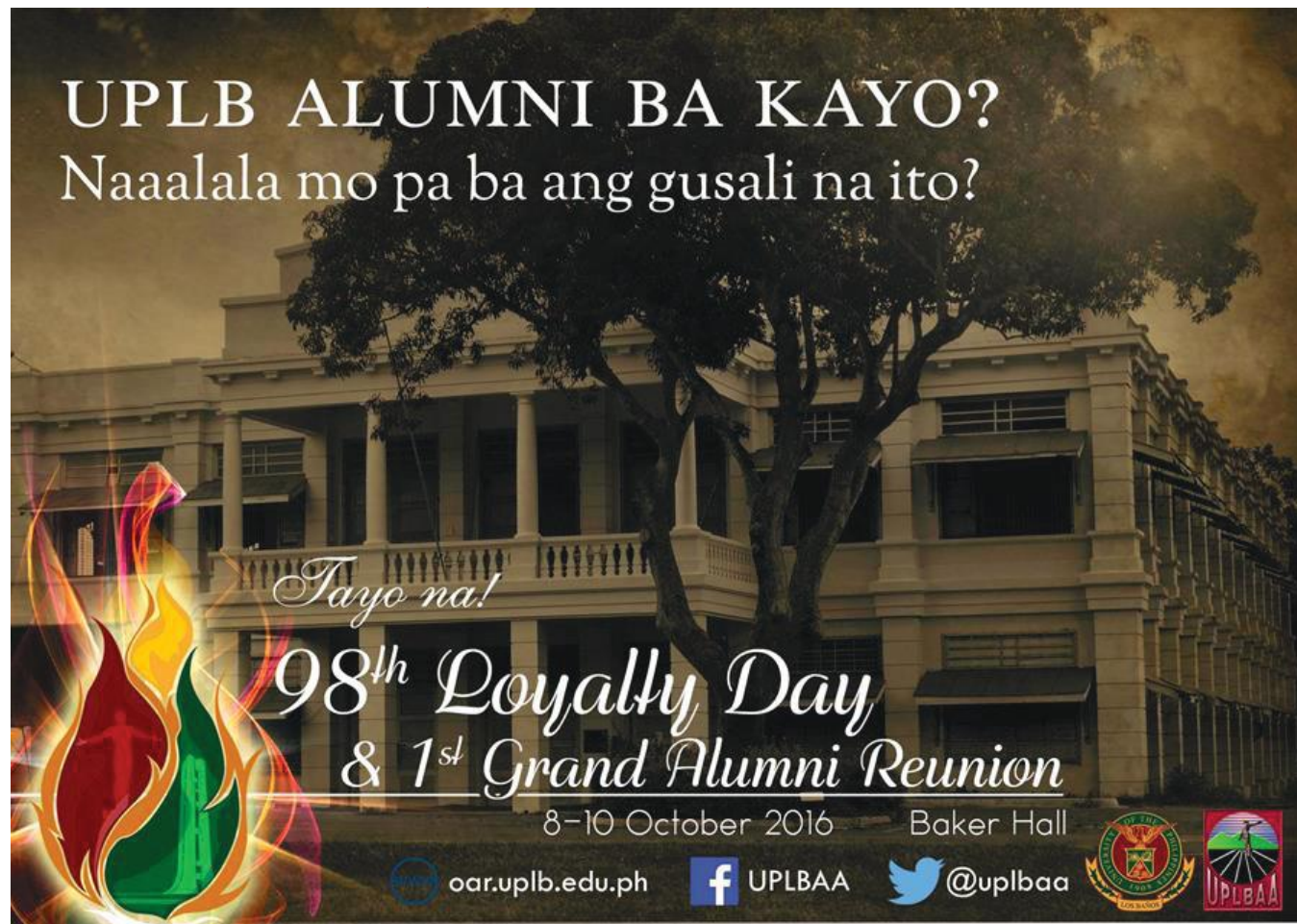
In this issue, the on-going projects/activities and projects in the pipeline are briefly discussed and financial report presented to update you on the status of the Association. These will show the predicament faced by AA owing to a very low financial base. But the present and past leaderships have painstakingly steered the UPLBAA to its present stature and let us be thankful for this.

From the start, we emphasize that BUKAS is the alumni’s vehicle to reach out and keep in touch with everyone. BUKAS specially invites alumni from across the oceans to join us by sending your comments, views and support. Let us strengthen our bonds. Tell us what and how we can be more relevant to our purpose. Reach us at uplbaa.bukas.org.

We will be meeting you in October!

Emma A. Liongson

EMMA A. LIONGSON
Editor-in-chief



FEATURE

Reemergence of the Los Baños Spirit

Alarmed with the growing awareness of the dwindling “Los Baños Spirit”, Pres. Leo Ballesfin and Col. Andrew Nocon, together with the year’s jubilarians, envision an awakening, an event they refer to as the “First Grand Alumni Reunion”. Dr. Lex Librero views this as the re-emergence of the Spirit.

The event, the 98th Loyalty Day and Alumni Homecoming, will be a two day celebration on 09-10 October 2016 with the theme: “Rekindling the UPLB Spirit in the Service of Humanity.”

A thousand and more alumni and guests are expected to grace the occasion, which features day-long activities of camaraderie, an informal business meeting to dialogue, awarding of outstanding and distinguished alumni, laughter, a free food trip and more. The organizers foresee attendance of more of the younger batch of alums.

Dear alumni, the trumpets are blaring, beckoning you to come home. Come and let us celebrate 98 years with the Spirit!

Views on Los Baños Spirit

“As spirits go, it is intangible. You cannot hold it in your hands and say: “This is the Los Baños Spirit.” It is intractable to the mind as the Yeti is to the hunter. Yet, you bathe in it as you start your classes at UPLB. You would have completely imbibed it just after a year on campus – perhaps, even drip wet with it.

But what is this intangible and intractable but too-pervasive Los Baños Spirit?

I equate the Los Baños Spirit with the many faces of LOYALTY.

In sum, what then is the Los Baños spirit?

It is the sincere fellowship of kindred souls who, suffused with the fundamental ideals that UPLB stands for, transcends ideological differences and veneers of ambition as they strive and thrive in excellence to fulfil their noble obligation to selflessly serve for greater good.

It is the pure form of fellowship among those who are at peace with their conscience, no matter the vicissitudes of life. We carry it in our hearts wherever we go. Long after our hearts cease to beat, that spirit will still remain alive! ”

—**Dr. Jose R. Velasco** Class 1940 (National Scientist)

(Excerpt from 90th Loyalty Day and Alumni Homecoming Yearbook, 10 October 2008)

What is the Los Baños Spirit?

“It is something more easily felt than described, for it has many scintillating facets of only one soul of the alumni.

It is that exulted feeling of belonging to a family of hardy and versatile people, rigidly trained in the various branches of biological and physical sciences, yet steeped in the social aspects of agricultural and rural development.

It is an enhanced fond memory of funny anecdotes the alumni never tire of recalling in social gatherings anywhere around the country or the world. There is no doubt that shared memories of funny experiences make for strong bonds among alumni.

It consists of competitiveness and cooperation, contradictory terms that actually co-exist, nurtured by traditions of the university like the celebration of the Loyalty Day and the Alumni Homecoming, intramurals, help create a spirit of competition, yet belonging, and a spirit of oneness and cooperation.”

—**Dr. Fernando A. Bernardo** Class 1955

(Excerpt from 90th Loyalty Day and Alumni Homecoming Yearbook, 10 October 2008)

Why Have a Loyalty Day?

“Why do we have to celebrate the event all?

Loyalty for whom and to what?

In real terms, we really are not celebrating the event but the act of fidelity to a cause greater than our individual selves. We demonstrate our willingness to sacrifice to a larger community - our country - freedom for all instead of just self-aggrandizement. And for all people in the world to see, we display our sense, we display our sense of nationhood”

—**Dr. Nerius I. Roperos** Class 1955

(Excerpt from the 1997 yearbook)

APOLINARIO L. LANTICAN, CLASS '80

Is the “Los Baños Spirit” really dying?



As the 98th UPLB Loyalty Day and Alumni Homecoming celebration is about to commence, many people are asking, is the famous “Los Baños Spirit” dying?

According to some alumni, the recent Loyalty Day celebrations, a traditional showcase of the “Los Baños Spirit”, have been participated in by a few loyal graduates. Even the crowd that witnessed the event were becoming thinner and thinner. They ask, “Where is the “Los Baños Spirit” that symbolically binds the alumni and pulls them like a magnet to attend this special gathering?

Is attendance to this annual celebration really the gauge for measuring the true essence of the “Los Baños Spirit”?

To fully answer that critical question, we need to look back a little to our glorious past.

When the UP College of Agriculture (CA), the progenitor of the UP Los Baños campus, was established in 1909, it has nurtured a deep passion and commitment to serve the countryside through education and research in agricultural and rural development. The college strives not just for quality, but for excellence in this field of endeavor. As such, it has developed and implemented strong programs in instruction and research to develop new technologies, products and services aimed at serving the marginal and underprivileged farmers.

For the alumni, being part of UPCA is indeed a source of pride and honor. After all, the instructional aspect at UPCA is at its best. In 1977, the college received the prestigious Ramon Magsaysay award for its contribution to international cooperation through education. Then, in 2009, CA was awarded by the Commission on Higher Education as the Center of Excellence in Agricultural Education. Moreover, the CA graduates have consistently dominated the licensure examination for agriculturists since its inception in 2003.

Meanwhile, the college conducts more than half of the country’s total agricultural researches. Its thrusts focus on locally generated resources, agricultural resource management, extension methods, support systems and policy studies. With all these quality research outputs, the college has set the pace in efforts to boost the country’s food production, agricultural exports and rural income. It has vigorously pursued several extension programs with the rural poor as the main beneficiaries.



Of course, behind such major accomplishments are the alumni of the college... together with other constituents of the university, they are the trail blazers in sharing knowledge to the students and advancing the fruits of research to the countryside. However, they will not be able push these development efforts without leaning on this unique quality among them that somehow triggers their dedication and passion to serve. And this is the “Los Baños Spirit”.

Moreover, when the UPLB Alumni Association and our Alma Mater calls for some alumni to help the university, the students and other constituents in times of need, many are still lending their hands. Scholarships are still being offered by alumni to deserving poor students. Buildings and other vital facilities are constructed with the help of generous alumni. Again, that is “Los Baños Spirit” in full display.

As regards the sparse crowd of alumni that gather during the Loyalty Day celebration, this could be attributed to the economic difficulty that our country is experiencing. Maybe it is too costly for the alumni, particularly those coming from far-flung provinces, to troop to UPLB for just one or two days of celebration. But, who knows, the absentee alumni may just have other ways of making their presence felt.

So, is the “Los Baños Spirit” really dying?
I do not think so....

Flashback to the 97th Loyalty Day and 2015 Alumni Homecoming

Theme: “Agro-Industrial Innovations and
Entrepreneurship for Inclusive Growth”
9-10 October 2015

Jubilarians participating at the Foot Parade:



Class '55

Dr. Florendo C. Quebral, *Diamond Class Jubilarian Coordinator*
“No class of UPCA will be able to surpass the outstanding
accomplishment of Class '55”.
Saeed A. Daof, *Chairman, UPCA Class '55*



Class '60

Dr. Cecilio R. Arboleda and Dr. Rogelio V. Cuyno
Emerald Class Jubilarian Coordinators
“Our stories are replete with personal accounts of small
successes and triumphs, of adversaries and failed expectations
as well. Their stories are posted in:
<http://www.golden2010wordpress.com>
www.golden2010wordpress.com
Emil Q. Javier and Ruben L. Villareal



Class '65

Reynaldo E. Dela Cruz, *Golden Class Jubilarian Coordinator*
Overall Chairman, 97th Loyalty Day and Alumni
Homecoming Steering Committee
“My journey still continues”.



Class '70

Dr. Rita P. Laude, *Sapphire Class Jubilarian Coordinator*
“Yes, it is with sweet nostalgia that we, the Sapphire Jubilarians,
look back and rediscover anew the memories of years ago... in
our hearts. We treasure the bonds of friendship we made, the
toils, the ups and downs, laughter and tears that formed part of
our young lives as students of UP Los Baños.”



Class '75

Dr. Felino P. Lansigan
Ruby Class Jubilarian Coordinator



Class '80

Dr. Edna A. Aguilar and Dr. Jocelyn D. Labios
Jade Class Jubilarian Coordinators



Class '90

Prof. Vernal M. Lawas
Silver Class Jubilarian Coordinator



Class '00

Ms. Alyn A. Gonzales
Crystal Class Jubilarian Coordinator

UPLB Strengthens Alumni Relations



Dr. Fernando C. Sanchez, Jr.

In a statement released recently to the Bukas Newsletter by the UPLB Office of Alumni Relations, it was learned that UPLB Chancellor Fernando C. Sanchez, Jr. has started working closely with the UPLBAA to strengthen alumni relations and rekindle the famed “Los Baños Spirit” of years past.

The UPLB-OAR statement quoted Chancellor Sanchez as having said, “we would like to involve the alumni in University programs and be our generous partners in pursuing our goal of having a graduate research university and our vision of bringing the University back to its former glory.”

According to the UPLB-OAR, the UPLB and UPLBAA have been working to rekindle the Los Baños Spirit among the alumni. “We hope to rekindle the UPLB spirit through reunions at the college or university level,” the statement said.

Among the projects being pursued by UPLB in strengthening its alumni relations include establishing alumni database, and the university also intends to undertake tracer studies to determine the career paths of alumni. The OAR statement also highlighted UPLB’s efforts at using social media in sharing information about UPLB activities with alumni in the last few years. For example, the UPLB has been trying to reach alumni through Facebook, Instagram, Twitter, and, recently, Snapchat, on top of the traditional media platforms.

“We commend the UPLBAA for coming up with the Bukas Newsletter that will disseminate information about the UPLBAA and the UPLB,” the statement further said.

Congratulations UPLB Alumni !

UPAA LIFETIME DISTINGUISHED ACHIEVEMENT AWARD

Dr. Enrique T. Carlos Jr., DVM ‘65

UPAA DISTINGUISHED AWARDS

Entrepreneurship & Employment Creation
Mr. Kay Leak, MSDC ‘09

Good Governance
Dr. Davinio P. Catbagan, DVM ‘77

Poverty Alleviation & Human Development
Col. Tomas R. Sedano, Jr., BSFPE ‘86

Public Health Promotion
Dr. Ronello C. Abila, DVM ‘85
Prof. Nina Consorcia Castillo-Carandang, BAS ‘84

Public Service
Cong. Isidro T. Ungab, ROTC ‘82; BSA ‘83

Science & Technology (Biotechnology)
Dr. Reynaldo V. Ebora, BSA ‘82; MSEN ‘87



Pipeline Projects



I. UPLB Alumni Plaza

The plaza is located along Manuel L. Roxas St. between Archibald R. Wald (East) and Mariano M. Mondeñedo (West) streets. The development of the area seeks to unify and refurbish existing facilities for beautification and serve as public place for social and recreational activities.

Project Components:

1. Hall of Fame and Heritage Wall

An edifice will be built beside the Carillon to serve as a venue to “properly enshrine outstanding alumni, generous sponsors and friends of UPLB”. The project plan, including the structural requirements, has been completed and fund raising is on-going, spearheaded by Dr. Nelía T. Gonzales and Dr. Elpidio L. Rosario. An AdHoc Committee was created to establish the criteria and guidelines for identifying the “Hall of Famers” and set plans for project operations.

2. Promenade

A concrete walk was paved from the Carillon Tower to ANI (sculpture garden) and “Ginhawa” (coffee shop). It has been completed with the installation of light posts, garden benches and planting of colorful garden shrubs.

3. ANI Sculpture Garden

The colorful Mosaic sculptures which signify bountiful harvest have been constructed and completed and is now a welcome sight at the plaza.

4. Amphitheatre Wedding Garden

The area around the gazebo by CA class ’58 and the fountain by the Sigma Delta Sorority was landscaped to serve as a venue for weddings, lawn parties, meetings or just romantic rendezvous. It provides the public with a panoramic view of the UPLB Freedom Park and the “Fertility Tree”.

5. GINHAWA Coffee and Crafts Shop

The small dome-like structure at the corner of Manuel L. Roxas and Mariano Mondeñedo streets became a new and inviting place after it was converted to a coffee and crafts shop. It serves meals and snacks and features photo exhibits and wooden crafts which are for sale.

6. Museum Carillon Tower

This imposing tower needs a thorough “face lifting”, repair and refurbishing of worn out structures. Activities are on hold until funding for repair and the purchase of two stolen bells is assured. The upkeep and maintenance of the Alumni Plaza is being undertaken by UPLB maintenance force. However, it requires a closer and regular attention to improve its aesthetic potentials.

Support from the Alumni would address this situation. Please contact UPLBAA for your support.

LIVE FOR SOMETHING!

“Thousands of men breathe, move and live: pass off the stage of life and are heard of no more. Why? They did not give a particle of good in the world: none were blessed by them, none could point to them as the instrument of their redemption, their light went out in darkness, and they were not remembered more than the insects of yesterday. Will you thus live and die, O IMMORTAL? LIVE FOR SOMETHING!” (Anonymous)

II. Development of Historical Portals

UPLBAA has an on-going project aimed at refurbishing, landscaping and revival of arches, portals and old structures in the campus.

At present, the refurbishing of the Animal Husbandry portal has been completed. Sculptured benches have also been provided. There are class batches that have also signified to “adopt a portal” and UPLBAA awaits their proposals.

III.Publications

1. Coffee Table Books

- Centennial Panorama: Pictorial History of UPLB by Dr. Fernando A. Bernardo
- UPLB: A Century of the challenges and achievements by Dr. Fernando A. Bernardo (both available for sale at UPLBAA office)
- An Entrepreneur’s journey “from Businesswoman to Technocrat” by Dr. Nelía T. Gonzales (available for sale at UPLBAA office)

2. Yearbook

The UPLB Loyalty Day and Homecoming souvenir yearbook is a project of the year’s jubilarian classes, UPLB and UPLBAA.

It is the celebration of the lives of the year’s jubilarians. They write about their present situation, their accomplishments and most importantly the happy days at UPLB and the spirit of Los Baños. This year’s jubilarians are those who graduated in years ending in 6 and 1.

The yearbook showcases the achievements of the recipients of the outstanding, distinguished, Nelía T. Gonzales and multi-generation awards.

But most of all, it is a coffee table book that allows the alumni to reminisce and feel nostalgic about the past. And laughter.

3. BUKAS

The official newsletter of UPLBAA, BUKAS is the forum whereby alumni bring out, read about and comment on the varied issues affecting the alumni. Everyone is encouraged and enjoined to the forum by sending their articles, views, comments and pictures about alumni affairs. Aside from the foregoing, BUKAS also needs your financial support to keep us on print. Please send your gift to UPLBAA. Thank you. BUKAS is published quarterly by UPLBAA. Reach us at uplbbaa.bukas.org

Pipeline Projects

I. UPLB Bahay ng Alumni

The new, Incumbent President Leo R. Ballesfin envisions the construction and operation of a home for the UPLB alumni, “Ang UPLB Bahay ng Alumni”, as the major thrust of his administration. He has presented this concept in several meetings and fora and was met with positive reaction. He emphasized though that financing faces a big drawback. The UP president has even given his nod to the project as he acceded to appropriating an area near the Baker Hall upon which the structure will rise.

With regard to the funding, Leo is spearheading the move to invite donors and/or individual sponsors. Assured of benevolent support from alumni and friends of UPLB, he believes this feat can be done. Plans and the project perspectives are now in the drawing board.

II. Scholarship Program

A collaborative effort is being forged by the Philippine Tropical Forest Conservation (PTFCF) and UPLB. PTFCF grants scholarships through CFNR to students working on projects related to forest conservation and lately, expanding to soils, trees andplants. The Director of PTFCF has expressed interest in replicating the existing scholarship at CFNR with CAS and CA (soil science, environment and forest conservation). The proposal awaits the approval of the Board of PTFCF.

Alumni Views: Lessons Learned



Learning never ends. In our journeys through life, if we but pay attention, we come to realize that we can learn something new from every person we meet, either those we physically meet or those we get to know through their writings.

“Very little is needed to make a happy life; it is all within yourself, in your way of thinking.” Marcus Aurelius

Trained in the physical sciences and spending my professional life applying what I learned, soon enough I learned that in addition to science, I had to learn philosophy. Although mastery of hard sciences is mandatory for the rigors of competition and absolutely necessary for advancement in many careers, that aspect of mastery proved to be insufficient to meet the totality of dealing with all human experiences. Fortunately, early in life, I discovered “Meditations” by Marcus Aurelius. It was a great discovery because Marcus Aurelius is not wordy. He gets right to the point and his book has proven to be a no-nonsense guide. It teaches reliance on one’s self and acceptance of circumstances. It teaches recognition of the foibles and idiosyncrasies as well as the strengths and points of views of people we meet in our lifetimes. Many a time when faced with challenges, the teachings of Marcus Aurelius gave me strength and new-found resolve. The teachings provided alternative points of views as to how to grapple with the complexities of life. Whether you are in the throes of pleasure or pain as you read this article, bear in mind Marcus Aurelius’ reminder that being happy is your choice. It all depends on you.

“In the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed.”

Khalil Gibran

No man is an island. Friends are the family we get to choose. Early this morning (Sept. 10, 2016), former Los Baños Mayor Andrew Nocon mentioned in Louie Tabin’s TV show that although more than 50,000 have graduated from UPCA, now UPLB, during celebrations of Loyalty Day, only a small fraction of graduates come to visit



their Alma Mater. According to Dr. Fernando Bernardo, on October 10, 1918, then Laguna Governor Juan Cailles announced that 193 out of 300 students and 27 out of 32 faculty members signed up with the Philippine National Guard of the Mother Country to serve as part of the Allied Forces. In view of that splendid act of volunteerism, Loyalty Day has been celebrated annually since 1921. Since all UPCA/UPLB graduates are Iskolar ng Bayan, tuition fees being paid for in part by the Philippine government, we must keep the spirit of volunteerism alive and well, partly to repay debts of gratitude but also to close ranks with fellow graduates. Mr. Nocon said that there will be breakfast, lunch and dinner served on Oct. 9, 2016, along with social activities. On Oct. 10, join batch mates in the early morning parade.

For over a decade, Manny Baradas, ably aided by his gracious wife, Francis Laurel, Billy Gualberto, Greg Mangahas and other UPLB graduates, has gathered hundreds of alumni at his airfield at Barangay Santor, Tanauan, Batangas as a Prelude to Loyalty Day on every Saturday prior to Loyalty Day. Watch for Manny’s announcement either through texts or print media for this year’s Prelude to Loyalty Day on Oct. 8, 2016.

As Khalil Gibran advised, let us refresh friendships. At Manny Baradas’s Prelude, twice I came with National Scientist Dr. Jose Juliano, renewed friendship with Dr. & Mrs. Feliciano Calora, both of whom who graduated earlier than me, met batch mates Letie de la Cruz Fuentez, Josie Roldan Saddul, consistent scholar Rodolfo Reyes, batch mate and Texas A&M U room mate Dr. Leandro Lucas, dorm mate Sebastian Angliongto, former students Dr. Nieva Librojo and Dr. Saturnina Halos, and a bunch of other people who had touched my life in various ways. It has been a real pleasure to reconnect with old friends, thanks to Manny and his group.

The University and the Alumni

The alumni can be a valuable resource for any educational institution. The university must, therefore, take steps to contact, inform and involve the alumni, and provide ways to allow the alumni to help the institution. The Alumni Relations Office, working with the Alumni Association, provides the conduit to effective communication with this important resource.

Reaching out to the alumni is a first step. The UPLB OAR has apparently been compiling a list of alumni and contact information such as email addresses. As this is an ongoing and iterative process, the university must continue to explore all avenues with respect to establishing and maintaining contact with the alumni. For example, OAR currently has a website that includes an alumni log-in. The log-ins should be e-mail addresses which the OAR should track and maintain. Another way to improve reachability is to track and maintain UPLB e-mail addresses given to students during registration provided that these e-mail addresses are retained after graduation.

OAR’s website provides an excellent way of keeping the alumni informed. But the task of actually getting the alumni involved falls on the Alumni Association. The UPLBAA must provide a website or webpages on the OAR website that includes information about the association and its activities. This should include the way that the association is organized with its board and officers, how they are all selected, their tenure, and their responsibilities. These are in the by-laws of the association which should be made accessible on the website. Newsletters should be there as well. This information is essential to establish and maintain effective alumni involvement. Also, there are several alumni groups outside of UPLBAA with their officers and members. UPLBAA should reach out to these groups and highlight them in the UPLBAA webpages.

Alumni homecoming has been great way to get the alumni involved. In fact, its potential impact is such that it should be an event celebrated on its own. As a university event, celebrating homecoming on the day the university was established would be an effective way to emphasize its importance and to form a good impression on the alumni.

If the university is successful in reaching out to the alumni, keeping them informed, and eventually getting them involved, the contributions will follow. To maximize the number and amount of such contributions, mechanisms for making donations as easy as possible should be put in place. The OAR website is one way of getting these donations. PayPal, for one, provides instructions on how to set up a website so that donations can be made to a donee’s PayPal account, and donations should be tax-deductible. It is also critical to keep donors informed of where their donations are going as this is a major complaint of donors.

Getting on-going support isn’t just about reaching and involving the alumni, but more about establishing and maintaining a relationship with the alumni and making the alumni feel personally invested in the success of the university. One way to do this is through a program allowing alumni to join as members where a small contribution is taken automatically from a member’s account each month or each year. The contributing members can then be acknowledged through newsletters publishing the member’s name and donation level, for example, gold, silver, or bronze, depending on the amount of the donation (with an option to opt out if desired) and describing what has been done with their contribution.

A university has to put in the resources, including the time and the effort, to reach out and maintain an on-going relationship with its alumni.

At the dawn of a New Year, people make New Year’s Resolution. But the time to change is NOW. There’s no better time to start fresh with positive lifestyle changes to live healthier, better and happier from this year onwards.



A lifestyle change is not an impulsive resolution one can achieve overnight, rather it is an ongoing process... a plan one can live by. Even subtle changes can have a huge impact on our health and well-being. After all, isn’t that what virtually all of us are after? Very often, our productivity is always affected by the state of our well-being.

Health and wellness

Let me start with the aphorism...Health is wealth... What we eat is what we are... Let food be our medicine and medicine our food. Following are some points I suggest you commit to this year.

- Invest in yourself... invest in personal hygiene and health. Love and care for yourself because if you don’t, nobody else will.
- Eat whole grains like brown rice, not refined or polished grains.
- Eat foods rich in healthy fats, fiber, and protein-dense foods from plant and fish sources.
- Avoid gluten in your diet... it can cause inflammation.
- Drink plenty of water... avoid soda and energy drinks.
- Avoid processed foods. Eat more fermented and fresh foods whenever possible. It is good for the gut.
- Eat no more than two meals a day... e.g. brunch and dinner or breakfast and lunch preferably with a six to eight hour interval. Avoid food three hours before bedtime.
- Keep your body’s pH alkaline. Drink 28 pcs of pure Calamansi extract on an empty stomach 20-30 minutes before breakfast or 1 tbsp raw Apple Cider Vinegar and 1 tsp raw honey in one cup lukewarm water on an empty stomach 20 minutes before breakfast or one glass lemon water 20 minutes before breakfast. When processed in the body, they both have the ability to turn alkaline, rising pH to a level which is more suitable for fighting diseases and germs. Diseases do not thrive in an alkaline environment.
- Love and make peace. Think positive... Avoid negative thoughts. Often, it is better to be kind than right.
- Walk at least 30 minutes each day, sit less... be flexible.
- Get eight hours of sleep each night.
- Meditate at least five minutes a day to relieve stress. Pray... Spend quiet time with the LORD first thing upon waking up.
- Share your blessings. Where there is abundance, let there be simple lifestyle and increased giving.
- Give back and be active in your community... actualization.

It is said, life begins at 40... 70 is full life, after 70 it is bonus... At our age, volunteerism also gives us a sense of purpose because doing good releases feel-good hormones like oxytocin, while lowering levels of stress hormones like cortisol. Giving back also helps us to connect not only with our colleagues at UPLBAA, but also with our community as we contribute our time and/or our talents to promoting the greater good.

FELIX LIBRERO, BSA '63, MS '75

Once Our Hometown



Do you still remember the “tunnel” on Pili Drive from the engineering area to IRRI? Both sides of the Drive leading to IRRI were planted to maturing Pili trees about 1962 or 63 when IRRI was constructed. By mid-1960s, the trees have recovered and had gained larger crowns and trunks. What could be seen from the engineering sector looking towards IRRI was a straight paved road with trees aligned on each side, showing a tunnel perspective (picture).

Pili Drive, 2014

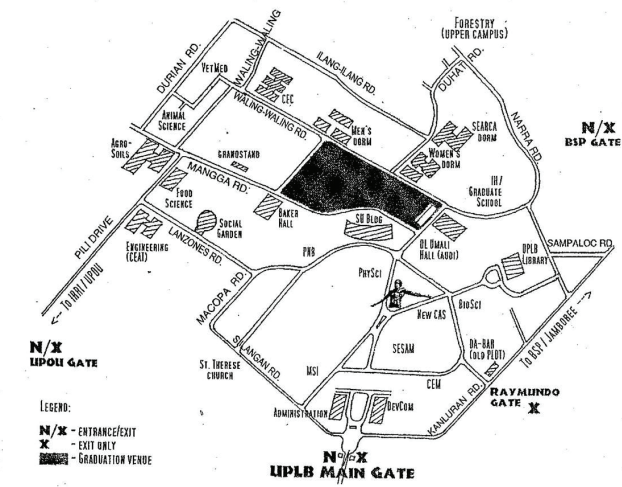
The tunnel was distinct and clear until just before Typhoon Glenda hit UPLB in 2014. Glenda uprooted 15 Pili trees, which made the tunnel look ugly. Since then, UPLB has replaced the uprooted trees with young seedlings. In a few years, the Pili Drive will look beautiful, perhaps similar to how it used to look in the late 60s to the turn of the century.

Further, about Pili Drive, word is going around UPLB that Pili Drive will be getting some kind of a face lift within the year. What we have heard is that on both sides of Pili Drive shall be constructed pedestrian lanes (probably concrete), which shall also be bicycle lanes. There’s not enough space between the paved Pili road and the pili trees, so the pedestrian lanes will be constructed at the other side of the trees. The pili trees, therefore, would not be disturbed and shall be located between the paved Pili Drive and the cemented pedestrian pathways.

In the last decade or so, Pili Drive has been the site of daily jogging activities among UPLB constituents. In the mornings, the proposed pedestrian lane from the Engineering Complex to IRRI would be under the morning sun until about noontime. From 2pm, the other lane (from IRRI) to engineering will also be under the afternoon sun. The schedules for jogging on the UPLB Campus are mornings and afternoons every day. More and more are jogging at Pili Drive because there are less motor vehicle there.

For more than five years now, the Department of Human Kinetics of UPLB has been leading mass exercises at Baker Hall. In fact, today, hordes participate in the Zumba dance in the UPLB Grounds each weekend. Jogging at Pili Drive could be the next craze. Could this be an initial start of re-emergence of the New Los Baños Spirit?

When you come to UPLB in October to participate in the Loyalty Day festivities, you will see new street names on campus. For instance, what used to be known as Silangan (moving east from the UPLB Gate) is now called Victoria M. Ela Avenue. Who is Victoria M. Ela? She was the first Filipina plant pathologist, an UPCA alumna. The street that used to be known as Kanluran (moving westward from the UPLB Gate) is now called Jose R. Velasco Avenue. Dr. Velasco, professor of botany, served as Director of Research at UPCA. He is also known as the father of UPLB Chancellor Rey Velasco (see map).



UPLB Campus Map, 2015
(courtesy of UPLB)

Do you know that the street stretching from Baker Hall to the Men’s Dorm is named after a UP Vanguard member? That street is called General Romeo Espino, an UPCA Alumnus, the first ROTC graduate to serve as Chief of Staff of the AFP. He was Chief of Staff of the AFP during the first term of President Ferdinand Marcos.

Going to upper campus was Narra Road, but is now called the Domingo M. Lantican Avenue. Dr. Lantican used to be Dean of the College of Forestry and Vice Chancellor for Administration of UPLB. Lanzones Road is now Andres Aglibut Street. Professor Aglibut was professor of agricultural engineering in the UPCA before UPLB was organized.

We’re unable to give you all the new names, but when you visit the campus, they’re all written on the street markers. These names could bring back memories of those personalities.



Calling all alumni, particularly those who have not visited the UPLB campus for years now, you are all welcome to visit the Alumni Center, along Domingo M. Lantican Avenue across the UPLB Health Walk or drive past it and head to the UPLB-CFNR Campus, you’ll see to your right the ASEAN Biodiversity Center going up on the former site of the house that the late Dean Leopoldo Uichangco lived, near the College Country Club.

To everybody, let’s bring back the Los Baños Spirit. Come visit our Center. See our campus again. We’ll see all of you during the Grand Homecoming this October.

Nostalgia



Our freshman year 1958 started the second stage of my life after 16 years in Naga City. Fresh from the province (Naga City that time had urban stirrings, but still, the person and animo in me was total probinsiyano), I could barely speak conversational Pilipino in a totally strange place and with equally strange people and the food. Our “Tagalog” was the lingua franca we learned in high school, so traditional that I usually found myself saying “pahiram ng aklat” instead of “libro”. I found solace however in our fellow probinsiyano freshman classmates, especially those from the Visayas and Mindanao whose language is similar to Bikol.

Later, Los Baños became a little bit familiar and homey, there were regional student organizations catering to the probinsiyanos! Remember the Bikol Varsitarians, Lumabay-Labay, Panay-Negros, Novo-Ecijanos, etc.? For all religious-minded, there was also UPSCA (UP Student Catholic Action).

As we attended our classes and became friends with other classmates, adjustment to the UPLB campus life became easier – and some years late, we became UPLB alumni.

This piece, therefore, is about remembering. We give tribute to those precious moments, people and places at UPLB that, in our formative years, truly contributed to our education, values, and what we are and have now in life. These years remind us not only for our loss of innocence but also continue to paint in much detail the blossoming of our persons and lives that bear the imprint of “dugong LB.”

Dr. Dioscoro L. Umali (DLU) was installed as dean in 1959. My first impression of this great UPLB leader was one of awe when he “lightened” up the campus by trimming the large acacia trees and the old royal palms, giving the campus a much healthier and brighter look. He would soon lead the physical and academic development of the then College of Agriculture through the Five-Year Development Program of the World Bank.

Still, first day of registration, Baker Hall: All of us, freshmen and others were lined up in the second floor, all semi-naked, waiting for the medical and physical examination. Many of us were so embarrassed seeing each other in this condition, but after a while, what the heck, pare-pareho lang naman tayo!

The UPLB siren (housed at the Security Office) signals the end and start of a class period: blasting an ear-splitting hoot 10 minutes before the hour and exactly on the hour. Class starts on the hour and we take the 10 minutes before the hour walking to our next class (very few jeepneys around). Most challenging walks were a class at Ag. Economics ending at 8:50 a.m. and another class in Agronomy at 9:00 a.m. Walking was very brisk, and since there were many of us doing the walking, we did not mind the distance. We enjoyed the scenery around the Senior Social Garden and the abounding Martinez birds guiding us to the Agronomy building. Nowadays, the siren still works, but hoots only at 7:00, 8:00 a.m., 12:00 noon, 1:00 and 4:00 pm.

Remember that small (4-ft) crocodile caged at the courtyard of the then Entomology/ Zoology building? When we passed that place (a shortcut to our classes in agronomy, engineering, or animal husbandry), we used to poke the animal with some long bamboo sticks. Our teenage adrenalin-inspired curiosity drove us to see how the croc reacted.

The baka-bakahan society – Remember the Dysdercus megalopygus (cotton stainer, baka-bakahan in Pilipino) insects? They are the brown and orange colored insects we mostly saw at the base of the bombacacea tree, the kapok tree still living and found near the Palma Bridge, the one that produces the kapok fiber for making soft pillows. You can spot them when they are so many, usually two insects tied together in a romantic posture. When student sweethearts took their romantic walks around the campus and were seen holding hands (this was most they could do in public at that time), they were usually referred to as members of the baka-bakahan society. And speaking of student couples, would you remember them? They were quite a fixture in the campus.

When Alums Flock Together

BUKAS is opening this section for Alums who flock together and enjoy fellowship, new surroundings and FOOD, for it is in such gatherings where dreams are shared and bright ideas are born. We implore the Alums to send pictures whenever and wherever you meet and perhaps share your ideas and dreams with us.



Cofi group

The Wednesday cofi group keeps the Los Baños Spirit aflame in this weekly meetings and trips. From left: Alberto Robles, Dolores Ramirez, Tess Rosario, Restituta Robles, Nitz Mamaril, Tenny Vega, Cely Alejar, Lucy Vicunia, Ric Lantican and Cezar Mamaril (at the back).

When Alums Flock Together



Calma's Bulls

Four of Calma's Bulls, the riotous and notorious "bulls" residing at Calma's dorm (circa '50's) celebrate the birthday of Bonyong at Angeles, Pampanga. Now, Tony drinks mineral water while Tayag can't catch the spirit without wine. Front: Antonio Ocampo and Jose Tayag. Back: Lazaro "Toz" Ricafort and Antonio Limson.

When Alums Flock Together



Class of '58

UPCA Class '58 president, Dr. Fernando F. Sanchez, meet members of the class to update them of this year's celebration of the 98th Alumni Homecoming and firms up attendance of classmates to the annual traditional rendezvous at the Gazebo. Happy to be together discussing life, president Duterte's war on drugs, and the sweetest rambutan from Sumatra, are: L to R: Cely Alejar, Lil Gatmaitan, Nanding Sanchez, Emma Liongson and Elmy Antonio.

When Alums Flock Together



A Visit to Dagupan/Lingayen Diocese

Members of UPLBCA Class '58 visit Momoy Abesamis to find out what keeps him busy nowadays. Bangus, salt, banks and many more ventures keep him well, healthy and wealthy. Everyone is happy to see each other after a long time. Posing at the Dagupan/Lingayen Diocese are, L to R: Carl Barril, 'Lucy Espiritu, Emma Liongson. Momoy Abesamis, Estela Alquiza, Elmy Antonio, Lil Gatmaitan, a friend and Pol Resma.

Publications

News and information abound in the campus each day. The newsletters, magazines and bulletins published online and print by UPLB Office of Public Relations, schools and colleges attest to this. All publications provide updates on the plans, activities, events and accomplishments of each of the colleges that provide advanced scientific, technical, cultural and social advancement. Such is a very laudable endeavor. The alumni benefit most since many are no longer in the campus.

BUKAS, for its part, will work harder to update the alumni on the "lighter" side of alumni interests, foremost are alumni social gatherings or meetings within and outside the campus and surely from across the sea. This is our challenge. As starter BUKAS collated the major publications in campus for a "one stop shop" where everyone could readily access information sources.

1. UPLB

HORIZON

*Official Community Newsletter of
University of the Philippines Los Baños*

Issued quarterly

E-mail: opaa-uplb@yahoo.com

Website: www.uplb.edu.ph

HORIZON

Magazine of University of the Philippines Los Baños

Produced semi annually

E-mail: opr.uplb@up.edu.ph

Website: www.uplb.edu.ph

RDE Digest

Official Research, Development and Extension magazine of UPLB

Published semiannually by the Office of the Vice-Chancellor for Research, Development, and Extension

E-mail: facruz@uplb.edu.ph

UPLBAA

YEARBOOK: LOYALTY DAY AND ALUMNI HOMECOMING

Published yearly in October

E-mail: aa.uplb@gmail.com

BUKAS

Official Newsletter of UPLB Alumni Association

Issued quarterly

E-mail: uplbaa.bukas@gmail.com

2. College of Agriculture

AGGIE Green and Gold

Official Quarterly Publication of the UPLB College of Agriculture

Issued quarterly

E-mail: apolinariolantican@yahoo.com

The AgriTourist

The Philippine Agritourism Magazine

Produced semi-annually

E-mail: apolinariolantican@yahoo.com

COLLEGE OF AGRICULTURE Monthly Newsletter

Official Publication of the UPLB College of Agriculture

Issued monthly

E-mail: apolinariolantican@yahoo.com

AGRI Notes

*A digest of research and extension breakthroughs
in agriculture and food*

Produced upon demand by the UPLB College of Agriculture

E-mail: apolinariolantican@yahoo.com

The Philippine Agricultural Scientist

International Journal of Tropical Agriculture and Related Sciences

Published quarterly by the UPLB College of Agriculture

E-mail: pas@mozcom.com

Website: <http://www.pasuplbca.edu.ph/>

3. College of Arts and Sciences

CAS ACCENTS

Newsletter of the College of Arts and Sciences

Issued: quarterly (regular issue)

annually (anniversary issue)

annually (graduation issue)

E-mail: uplb_casdo@yahoo.com

Publications

4. College of Development Communication

Devcomm@il
The Official Newsletter of the
UPLB College of Development Communication
Issued monthly
Website: http://www.devcom.edu.ph/site/cd-newsletter

The Philippine Journal of Development Communication
A refereed biannual journal of UPLB College of Development
Communication
Produced biannually
E-mail: PJDC@devcom.edu.ph

Los Baños TIMES
(Serving Los Baños and nearby communities)
Produced monthly by the Department of Journalism
of the UPLB College of Development
Communication
E-mail: lbtimes@devcom.edu.ph
Website: http://lbtimes.ph

5. College of Engineering and
Agro-Industrial Technology

CEAT Newsletter
Official newsletter of the College of Engineering
and Agro-Industrial Technology
E-mail: mariavictorialarona@yahoo.com

6. College of Economics and Management

Economics and Management Matters
CEM Technical Bulletin
Issued monthly
E-mail: cem_douplb@yahoo.com
Website: http://cem.uplb.edu.ph

CEM Newsletter
Official Newsletter of the College of Economics and Management
Issued quarterly
E-mail: cem_douplb@yahoo.com
Website: http://cem.uplb.edu.ph

Economics and Management Briefs
Journal on Economic, Management and
Agricultural issues and policies
Produced annually
E-mail: cem_douplb@yahoo.com
Website: http://cem.uplb.edu.ph

7. School of Environmental Science and Management

SESAM Updates
Bimonthly Newsletter of the School of Environmental
Science and Management
Issued bimonthly
E-mail: tplawas@up.edu.ph
Website: sesam@uplb.edu.ph

Journal of Environmental Science and Management
An Institute for Scientific Information or ISI-indexed journal
produced by the University of the Philippines Los Baños
Produced semi annually
E-mail: upjesam@gmail.com
Website: http://journals.uplb.edu.ph/index.php/JESAM

8. College of Forestry and Natural Resources

Makiling e-News
The official electronic newsletter of the UPLB
College of Forestry and Natural Resources
Issued bimonthly
E-mail: ldamongo@up.edu.ph

Ecosystems and Development
A Journal on Tropical Forests and Natural Resources
Issued semiannually
E-mail: ecosys_journal@yahoo.com

UPCFNRAA News
Newsletter of the University of the Philippines College of Forestry
and Natural Resources Alumni Association (UPCFNRAA)
Published annually
Website: http://cfnr.uplb.edu.ph

Publications

9. Graduate School

The GS NEXUS
Official Newsletter of the Graduate School,
University of the Philippines Los Baños
Issued quarterly
E-mail: uplb.gs@gmail.com
Website: http://gs.uplb.edu.ph

10. College of Human Ecology

STEWARDS news @ CHE
Official Newsletter of the College of Human Ecology
Issued quarterly
E-mail: che@uplb.edu.ph

Journal of Human Ecology
A peer-reviewed journal of the College of Human Ecology
Produced semi annually
Email: che@uplb.edu.ph

11. College of Public Affairs and Development

CPAf Updates
Official Newsletter of the College of Public Affairs
and Development
Issued bimonthly
E-mail: cpaf.uplb@up.edu.ph
Website: http://cpaf.uplb.edu.ph

The Journal of Public Affairs and Development
A Journal of the College of Public Affairs and Development
Produced semi annually
E-mail: cpaf.uplb@up.edu.ph
Website: http://cpaf.uplb.edu.ph

CPAf Policy Brief
Policy brief of the College of Public Affairs and Development
Issued quarterly
E-mail: cpaf.uplb@up.edu.ph
Website: http://cpaf.uplb.edu.ph

IN FOCUS: Development and Governance
Magazine produced by the College of Public Affairs
and Development
Produced annually
E-mail: cpaf.uplb@up.edu.ph
Website: http://cpaf.uplb.edu.ph

12. College of Veterinary Medicine

Philippine Journal of Veterinary Medicine
Journal produced by the College of Veterinary Medicine
Produced semi annually
E-mail: vetmed_uplb@yahoo.com
Website: cvm.uplb@up.edu.ph

13. Ugnayan ng Pahinungod

Punlad
The Official Newsletter of the UPLB Ugnayan ng Pahinungod
Issued bimonthly
E-mail: pahinungod@up.eu.ph



UPLB Song writing Contest

UPLB launched a song writing contest to compose a song for the University, touching on the theme: “The UPLB Spirit in the Service of Humanity.” The contest is open to all bonafide UPLB students and alumni, both amateur and professional song writers. The contest was launched on 20 August 2016 and the deadline of submission is on September 2017. Announcement of winners and the awarding of Php25,000 plus token to the winners will be done during the Loyalty Day and Alumni Homecoming 2017 celebration. All those interested to join may contact Shiela Tipayno of CHE at satipayno@up.edu.ph for the details of the contest.

UPLB Alumni ID

UPLB alumni can now avail of either a Lifetime Membership ID for Php2,000 or an Annual Membership ID at Php500. Holders of an alumni ID can enjoy benefits such as access to the UPLB Library and other campus facilities. Alumni who are already Lifetime members may renew their IDs for Php250, at the UPLB Alumni Center.

For more information, please visit or contact:

Ms. Nahja Pagdonsolan-Macatula, Executive Assistant, UPLB Alumni Center, College, Los Baños, Laguna (+63 49 536 4649; +63 917 336 2528)



Acknowledgement

Let us acknowledge the leadership and gifts of the first “BUKAS ang PUSO” sponsors. Your gesture will hopefully be “viral”:

Floro R. Francisco
Leo R. Ballesfin
Sim A. Cuyson
Frank C. Cornejo
Edmund G. Centeno

Please Reply

We are much interested to hear from you to update and share with other alumni the recent events which occurred in your life, your views and memoirs. Please reply.

BUKAS also needs your invaluable support to sustain its existence and ensure success. Aside from time and effort given to create BUKAS, an appeal for your financial support is direly implored. If money grows on trees, we could have a lot. But it doesn't. It will have to come from all of us. We appeal to your benevolence and gracious heart. Please reply to UPLBAA for the gift. Thank you.



University of the Philippines
Los Baños Alumni Association

UPLB Alumni Center
Domingo Lantican Avenue
University of the Philippines
Los Baños, College, Laguna