

# Ang MaNggagamot



The Official Newsletter of the Philippine Minnesotan Medical Association

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## PMMA holds first virtual Christmas Party



By Dr. Eleanor Bucu and Janice Go

While the coronavirus pandemic continued to dominate our lives in 2020 and beyond, PMMA prevailed in holding its annual Christmas celebration on January 2, 2021.

Several of the PMMA members, in their best Christmas regalia, attended the first ever virtual Christmas party. Everyone enjoyed talking about Christmas traditions or memories and shared their 2020 Christmas activities. It was encouraging to hear, how despite current difficulties, everyone was keeping the spirit of Christmas alive.

In one of the sentimental moments, the members sang to Christmas carols, in



Snapshot of the 2020 PMMA Virtual Christmas Party

both Filipino and English, prepared by Dr. Puring Lucas. What a treat to hear Dr. Judy So render an impassioned "O Holy Night"!

Door prizes (\$50 Target/Amazon gift cards) were awarded to lucky winners -- Dr. Amy Ellingson and Jim Ellingson, Drs. Joe and Theresa Kalugdan, Dr. Sigrid Priscilla, and Drs. Ed Santos and Ligaya Carlos.

By popular vote, Dr. Puring and Lydia Lucas won the best costume award and another gift card.

One at a time, the members who joined the Secret Santa gift exchange, revealed who they sent their present to, as the recipients excitedly opened their presents. All except for Drs. Dan Trajano and Paula Thomsen whose address was erroneously submitted by the organizers. (Sorry, Dan and Paula) The evening was capped off by a beautiful rendition of "Pasko Na Santa Ko" on violin by Alex Rodriguez, son of Dr. Marion Raflores.

We open 2021 with the hope that we

find ourselves together attending the next PMMA CME Conference. The officers and board members of PMMA thank you for your continuing support.



Christmas Party Flyer created by Dr. Go

# Message from the President

Dear PMMA Family,

Greetings and welcome to another edition of "Ang MaNggagamot", our first for 2021. Last January 2, we held our holiday event, recapped in this issue by our tireless Secret Santa organizers Drs. Cherry Bucu and Janice Go. 'In the Spotlight' features former PMMA presidents Drs. Connie Lacqui and Joseph Canto. One of our new members, Dr. Arianne Agdamag, also recently published an article on COVID-19 myocarditis, a short teaser is presented here; we encourage interested readers to use the link to the full article. Dr. Puring Lucas shares reflections on the pandemic and how it has profoundly affected and changed our way of life. We are also very happy to start a new feature, 'Officers' and Board Members' Picks', inspired by "Staff Picks/Recommendations" one often sees in the local library and coffee shops. For this edition, we share restaurant recommendations. Lastly, Dr. Lucas provides updates on other Philippine-Minnesotan organizations in "Community Corner".

Since last issues' release, so much has happened - the presidential elections, the suspense of the ballot counting, and the subsequent controversies, allegations and investigations, all of which reached a tragic climax in the form of an insurrectionist riot on Capitol Hill. Nonetheless, a new president was sworn in, and we now have a new leader in the White House. After all the drama, I strongly considered writing about something totally unrelated to everything that had gone on around us. Escapism after all is a natural human reaction and quite an effective defense mechanism. I thought about writing about under-rated Filipino music albums circa 1990s and early 2000s (just before I left for the US). For those who could relate, it might be a nostalgic trip down memory lane; for those who are totally unfamiliar with the Pinoy music scene at that time (totally awesome, by the way), it might inspire a few to look up these artists and their music (what is Youtube there for anyway?). And if it results in even one person becoming a new fan, then I would have fulfilled my goal.

After more reflection though, I realized that such a piece does not really fit under the heading "President's Message", so I

decided to write about something else instead. I would still like to write that column in a future edition

though (if the editorial committee would let me).

I'm devoting the rest of this column to: diversity, equity and inclusion. Although certainly not new, these have certainly gained more traction over the past year. For some reason, COVID had not only changed our lives in the ways Dr. Lucas describes in his article, but has also brought to the forefront disparities, inequality and prejudice of many different kinds. There has been a documented increase in hate crimes against Asians (Filipinos naturally included), which is not helped by promoting terms such as "Chinese virus", "Kung Flu", etc.. The other day, I read about Jeremy Lin (of NBA "Linsanity" fame), who now plays in the G-league (the NBA developmental league) as he tries to claw his way back hopefully to the NBA. I personally find it very admirable that a 32-year-old player who had tasted stardom and huge popularity in his younger years would be willing to start at the bottom again in order to pursue/reclaim his NBA dream. Anyway, he mentioned that during games, he frequently would get called "Coronavirus". While some people might argue that it's all part of the game and that heckling is part of what makes the games fun, I think this is but another prime example of a taunt that speaks more of the person heckling than the one heckled. Jeremy Lin in his social media post states: *"Something is changing in this generation of Asian Americans. We are tired of being told that we don't experience racism, we are tired of being told to keep our heads down and not make trouble. We are tired of Asian American kids growing up and being asked where they're REALLY from, of having our eyes mocked, of being objectified as exotic or being told we're inherently unattractive. We are tired of the stereotypes in Hollywood affecting our psyche and limiting who we think we can be. We are tired of being invisible, of being mistaken for our colleague or told our struggles aren't as real..."*

It is great that people like Jeremy Lin (the actress Olivia Munn is another example) are using their platforms to advocate for Asian Americans. On the other hand, I think it is also important that we also work on identifying and improving on our own prejudices and unconscious biases. The first step I believe is acknowledging that

we are not perfect and that we all have our own biases (after all, the one who says he has not a racist bone in his body tends to be the most racist), and then being willing to listen to and learn from others. Many times we find ourselves listening in order to respond, when we should really be listening in order to understand. At a recent Department Retreat on this topic, we had breakout group discussions. Someone asked me if I often get asked where I'm from and what my reaction to that is. I told them that I do get asked by patients often enough (likely because of my name, my looks, my accent, or more likely all of the above), but that I totally am cool with it, and that I even play a game with them and ask them to make a guess. I said I take it simply as the patient's way of trying to break the ice or establish some rapport, and I appreciate the effort; that I try not to take offense when clearly none is intended. One of my partners, a black sports surgeon, told me gently that he agreed that I don't need to feel offended because I readily acknowledge that I really am not from here and that I speak with a different accent. Then he added, "But how would you feel if you are from here and you do not speak with an accent, and still get asked that question?" Unfortunately, at that instant we were all yanked out of the Zoom breakout room and back to the main group; but the message was already so cleanly and precisely delivered. Our whole exchange would not have been more than a couple of minutes, but that for me was the single most important and educational moment of the whole retreat. With a single gently phrased question, I learned so much from him and the struggles that some people face. So my parting advice is simply for all to keep an open mind and to try to keep learning, using every interaction, conversation or argument as a chance to gain a better understanding of other people and improve our outlook and attitudes.

A blessed and safe 2021 to all!



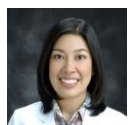
*Jonathan N. Sembrano*  
Jonj Sembrano



## COVID-19 Myocarditis

By Dr. Arianne Agdamag

Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) has been declared a pandemic by WHO in 2020. This virus primarily affects the respiratory system but has also been shown to affect multiple organ systems. Cardiac manifestations include myocarditis, arrhythmias, heart failure, cardiogenic shock, and acute coronary syndrome. COVID-19 myocarditis is a life-threatening complication of this virus and early recognition and management are critical in reducing morbidity and mortality.



To learn more about COVID-19 myocarditis, click this [LINK](#) to the paper published by our very own PMMA member, Dr. Arianne Agdamag, UP College of Medicine Class 2014. She did her residency at Rush University Medical Center in Chicago and is currently a cardiology fellow at the University Minnesota.

## COVID-19 Pandemic: A Reflection

By Dr. Purisimo Lucas



Since the start of the pandemic in late January last year, our American way of life has changed tremendously. Our resilience, patience, and endurance have been tested. Most, if not all association and organization meetings have now been changed to online, virtual, Google Meet, FaceTime, and Zoom conferences. The way we practice our faith is now celebrated mostly in our homes via online streaming or by joining the mass on television. The way we do our groceries are now mostly deliveries online. We cannot even go to our favorite restaurant for an evening meal because they are all closed. If you are lucky, you may have a good place near you that you can order and pick up from. Every time you leave your house, it is already 'engraved' in your mind, that you MUST

WEAR YOUR MASK all the time, even just walking in the park. Special occasions such as birthdays, weddings, baptisms, and anniversaries are celebrated at home with a limited number of close relatives. We could not even invite friends or relatives for a brief visit at home for a cup of coffee because of social distancing. Even the way we celebrate life now, especially those who were victimized by the virus, relatives cannot even visit them in the hospital; and with their last breath, you cannot even see them. Only a brief telephone call by the nurse will be enough. The victim's body goes directly to cremation, and the ashes will be delivered to the nearest relative. Last fall, parks were open but most outdoor activities have been cancelled. Travel had been very limited to

neighboring states; and if you were allowed to fly, quarantine is necessary for 1-2 weeks in the US but longer in other countries.

We cannot predict what comes next. We just hope that the vaccines available will be enough for the US population, so we can continue our normal and healthy life. The strength of our communities is what gives us hope. Sharing love and conversations with our loved ones from afar will continue until the day when we can hug them in person.

We just hope and pray for the best.

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Interested in submitting an article or a letter to the editor? Care to share a story? Email Jonj Sembrano at [sembro01@umn.edu](mailto:sembro01@umn.edu)

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## PMMA PICKS

A new segment of Ang MaNggagamot where we list PMMA Officers' and Board Members' recommendations.

First installment is on Food/Restaurants in MN. What is your recommendation? Let us know by emailing [sembro011@umn.edu](mailto:sembro011@umn.edu)!

<b>Jonj</b>	<i>Tori 44, North Mpls – Best ramen in town! Homemade noodles and bold flavors. Try the Bali Bali ramen!</i>
<b>Simon</b>	<i>Crave Restaurant, Rochester</i>
<b>Janice</b>	<i>Tea House, Woodbury – Good Chinese food</i>
<b>Noe</b>	<i>Akita, Woodbury – Eat all you can Japanese food</i>
<b>Puring</b>	<i>Manila Grill, St. Paul – authentic Filipino dishes! Afterwards, you could do Filipino grocery shopping across the street at Phil-Oriental!</i>
<b>Cherry</b>	<i>Jensen's Food and Cocktails in Eagan. Recommend the Ribeye; comes with wonderful popover and homemade butter.</i>
<b>Amy</b>	<i>This pandemic, we've been doing "sous-vide" cooking. Highly recommended!</i>
<b>Laura</b>	<i>Asian Mart (Take-out only), Burnsville</i>
<b>Ed</b>	<i>Salut, Edina – French restaurant. Love the oysters!</i>
<b>Dan</b>	<i>Nokomis Beach Coffee House, Mpls – We usually go here after swimming in/across Lake Nokomis. Recommend the Nordic waffle!</i>

## In Memoriam: Tribute to Dr. Felix Gudio

By Dr. Purisimo Lucas

Dr. Felix Gudio was one of the pioneers of the Philippine Minnesotan Medical Association. He was there when the Association was formed in 1972. He was already a practicing surgeon then. He was there when they formed the first group of officers of the association, in an advisory capacity. He helped them recruit new members and organized social events. He enjoyed being part of the advisory group rather being an officer because of his busy private practice.



*Photo taken at Ft. Myers, FL*

He was always  
known to be  
warm and  
friendly to  
everybody in  
the association.

All the members of the Association only had kind words for Dr. Gudio. He enjoyed telling stories, cracking jokes, and discussing the topic of the day, especially politics. He was an avid fan of the Minnesota Twins, Vikings and Gophers. He never missed any Vikings game either watching live from the stadium or on the TV. Sometimes, he could be challenged with a friendly bet.

He was born in Iloilo, a Visayan City in the Philippines. He is proud of his Ilonggo heritage. Interestingly, Felix, spoke English and Ilonggo, but could not speak Tagalog, even though he spent of his college days in Manila. He had his Pre-Medical Education at the University of Santo Tomas, the only Catholic university in the Far East at the time. He finished his Medical Degree at the College of Medicine, University of Santo Tomas. He then travelled

to America and finished his residency training in Surgery. He was one of few Filipino surgeons who started a solo practice in the Minneapolis and Saint Paul area at the time

He met Adrienne, got married, and had three children. As a family, they enjoyed traveling all over the world, but mostly in Europe, visiting his wife's relatives in Ireland, and the Philippines, visiting his relatives in Iloilo. All their travels included the whole family when their children were in pre-College.

Aside from sports, Felix enjoyed food, good Filipino food. He enjoyed Red Lobster, where he always ordered his favorite 'talaba'. He enjoyed eating this fresh oysters with his rice. He enjoyed all Filipino food including 'Adobo', 'Pancit', 'Egg Roll', 'Impanada', 'Kare-kare', to name a few. The only delicacy he never touched is the 'dinuguan'. Another food he didn't like to talk about is 'balut'. Felix enjoyed parties of all kinds, especially when Adrienne was still alive. In big events like the Debutante's Ball, they kept dancing and dancing until the party was over. He enjoyed most of the Filipino gatherings, and his favorite was the 'Carinderia' and the Independence Day Celebration on June 12.

**Dr. Felix Gudio left a lasting legacy of kindness, understanding, and love.**

He had always been active and attended most of the CMEs and social events of PMMA. He was always known to be warm and friendly to everybody in the association. A few years ago, he was awarded the PMMA recognition award especially given to members of the association who have demonstrated exemplary service to the association.

Dr. Felix Gudio left a lasting legacy of kindness, understanding, and love. We will miss him. May he rest in peace.

### PMMA Officers and Board Members

**President** Jonathan 'Jonj' Sembrano

**Vice President** Simon Kung

**Secretary** Janice Go

**Treasurer** Noe Mateo

**Ex-Oficio** Joseph 'Joe' Kalugdan

**Advisor** Purisimo 'Puring' Lucas

#### Board Members

Eleanor 'Cherry' Bucu

Amy Ellingson

Laura Hong

Sigrid Precilla

Edward 'Ed' Santos

Daniel 'Dan' Trajano

# In the Spotlight

Get to know two of our very own PMMA members/officers! Be featured by emailing [sembr001@umn.edu](mailto:sembr001@umn.edu).

## Dr. Connie Laqui

**Term of Presidency:** 6 years, 1991- 1996.

**Specialty:** Anesthesiology.

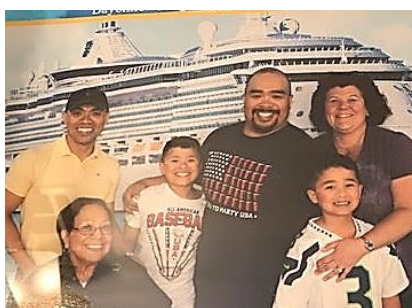
**Current Residence:** Henderson NV (USA), Magnolia Residences, Quezon City (Philippines)

**Present Status:** Fully Retired.

**Fondest PMMA Memory:** "In my first term as President, I am proud to share two first time events in the history of the Association: 1. Holy retreat attended by 4-5 couples, mostly officers of PMMA at Buffalo, Minnesota; 2. PMMA ventured to go out of the state for our Annual CME



*Dr. Laqui in her condo in Manila*



*Dr. Laqui's family: sons Robbie and Mark with daughter-in-law and grandsons*

conference at the Tropicana Hotel and Resort, in Las Vegas, Nevada.

**Family:** Two sons, Mark E., 45 yo married to Elizabeth Clogher, 2 sons; Rob M. 42 yo; finished 5 year course in Art Performance, lives in Las Vegas, single.

**Stay in Minnesota:** Very fruitful and memorable.

**Favorite Filipino food:** Kare-kare, lechon, pancit palabok.

**Region in the Philippines:** Nueva Ecija, Manila

**Dialect:** Tagalog.

**Leisure in Life:** Traveling, reading, learning more about my FAITH; Retired - Live in the USA - 6 months, and in the Philippines, 6 months.

**I admire most in life:** The HOLY TRINITY, MY MOTHER, HUSBAND; SCHOENSTATT Sisters, and few Saints.

## Dr. Joseph Canto

**Year I was President of PMMA:** 1975-1976

**My Specialty:** Board Certified in Internal Medicine 4-16-1971, Board Certified in Cardiology 3-27-63

**Current residence:** The Villages, FL

**Present status:** Retired from practice 2007

**Fondest PMMA memory:** Playing golf tournament with the members, medical conferences, Family get together and camaraderie among members.

**Family:** Wife- May G. Canto, 7 children, 16 grandchildren and 5 great grandchildren

**Describe our stay in Minnesota:** MN is the best place to live overall. The quality of life in the Twin Cities is awesome, except for the long winter

and a good place to live if you have a big family like me.

**Favorite Filipino food:** Adobo, Lechon and Pancit

**Region in Philippines:** Pangasinan:

**Dialect:** Pangasinan, Ilocano and Tagalog.

**Who do you admire the most:** Other than my parents and loving wife, I admired most in this world President Donald Trump because of his

unflinching boldness in the face of criticism and many accomplishments to make America great again.

**Leisure in life and hobbies:** travelled in many countries and joining religious pilgrimages, cruising the Caribbean. Hobbies: golf, ballroom dancing, movies, playing the organ, guitar etc.



*Dr. Canto's family gathering in MN*



*Dr. Canto and his wife, May*



## Community Corner

*Filipino community events*

*Jan-May 2021*

*By Dr. Purisimo Lucas*



PCM: Miss Teen & Mr. Teen PCM 2021 - May 16, 2021. PCM building is almost completely renovated. 2nd and 3rd floors will be rented for special events - special birthdays, anniversaries, meetings, CMEs, other special events. Location: 1380 Frost Ave, Maplewood, MN 55109 Tel: 243-2732; Contact Dodge Flores or Darwin Yasis for reservations.

PSGM: March 13, 2021 - Virtual ZOOM Conference on "Development on Human Evolution" at 4:15 PM. Please contact Meg Leyese for details.

FCC: Special Mass to commemorate the 500th Year of Christianity in the Philippines Possibly will be celebrated by Archbishop Bernard Hebda. Please reach out to FCC for more details.

UPAM: Educational Forum: Personal/Family stories on World War events - Fall of Bataan and Corregidor and the Bataan Death March, May 2021. More details to follow.

FMA: March - Klasika Home Series April 4 - FMA Easter Fest, Facebook. FRED Talks – Please contact FMA for details.

CSFA - All social activities has been deferred this year due to the pandemic. Instead, they are actively doing fundraising for Filipinos in Minnesota who need help. If you're interested in donating, please call CSFA at (651) 243-2732.

PCM - Philippine Center of MN, SGM- Philippine Study Group of MN, FCC- Filipino Catholic Community, UPAM- University of the Philippines Alumni, Minnesota, FMA- Fil- Minnesotan Association, CSFA - Cultural Society of Filipino Americans, FRED - Filipino Renaissance for Educational Development

### PMMA Trivia Time

The PMMA Medical Missions began in 2000 during the Presidency of Dr. Tommy Ong. Where was it first held in the Philippines?

- A) Laoang, Northern Samar
- B) Cebu City
- C) Lemery, Batangas

Answer: Lemery, Batangas

## HAPAG KAINAN

A segment on Filipino recipes by PMMA officers/members

### Bicol Express

This issue's recipe is submitted by Dr. Noe Mateo



1. In a smaller pan:
  - 2-3 pounds of pork belly – trim excess peripheral fat and pork skin
  - Chopped into 1/3 inch thick, 2-3 inch long strips
  - Brown [high heat] for about 7-10 minutes in a pan [one tablespoon regular cooking oil]
  - Drain excess water and fat from the pan / set aside
2. In a larger pan:
  - Fresh ginger, about the size of one shot glass, peeled and sliced into thin strips
  - Scallion, 2 stems, chopped fine
  - 5 sections of fresh garlic, chopped coarsely
  - One medium sized white onion, chopped coarsely
  - Sautee [high heat] the above in 2 tablespoons of olive oil [EVOO] for about 5 minutes
3. Add the meat to the larger pan with the sautéed vegetables
4. Add and stir into the larger pan:
  - 3 large jalapeno peppers, sliced thin cross-wise
  - One large sweet red bell pepper, moderate size cut portions
5. Pour 2 cans of coconut milk [~24-28 fluid ounces] into the larger pan
6. Add 2 tablespoon of soy sauce, and 2 tablespoon of fish sauce [Filipino "patis"]
7. Bring to a boil, simmer in low heat for another 40-45 minutes, stir every 10-15 minutes to avoid burning
8. Serve over a bed of rice [best with beer or red wine]



Bicol Express by Dr. Mateo

**Bon appetit!**

### ANNOUNCEMENT: PMMA SPRING SOCIAL

The PMMA is hosting a virtual Spring Social on May 15 to welcome physicians who have recently moved to or started their practices in Minnesota. Any Filipino physician, or who has ties to the Filipino community, who is new to MN or started in practice in the last 5 years, is invited. Please inform the board if you know anyone you would like to invite. Watch your email for details.

### Ang MaNggagamot Editorial Board

Jonathan 'Jonj' Sembrano, MD

Noe Mateo, MD

Eleanor 'Cherry' Bucu, MD

Purisimo 'Puring' Lucas, MD

Monica Keyport, MD