



Golden Foundation Ball

*20 November 2019
Rigodon Ballroom
The Peninsula Manila*



CONGRATULATIONS TO THE FOUNDERS OF OUR PHI LAMBDA DELTA SORORITY ON ITS

Golden Anniversary

Camelita Purugganan
Barros-Lopez



Anita Buenaventura
Bernabe-Chu



Maria Magdalena
Cayabyab
Cruz-Palileo †



Zenda Bianco
Garcia-Lat



Celia Alinea
Genio-Harding



Amelia Lapus Lazaro
Medina-Davies



PHI LAMBDA DELTA came into being in 1969 when eleven women, brimming with youth and confidence, discovered a common desire to break free from the mold of rigidity and convention then encasing the minds of most female medical students. Second year medical students **Lita Barros, Anet Bernabe, Maggie Cruz, Zenda Garcia, Celia Genio, Mal Lazaro, Helen Mendoza, Nemy Pac Beng Toledo, Anet Velasco, and Teng Ynares** met early in 1969 at 1693 Maria Orosa Street, Malate, Manila. They forged a bond that paved the way for a sisterhood that would outlast the wear and tear of time.

This fledgling sorority was named PHI LAMBDA DELTA, or the Fellowship of Lady Doctors. The first sisses laid down their ideals and foundation for their new sorority. They encouraged other friends and acquaintances to join them in their noble yet difficult endeavor. Many heeded their call, spurred on by their enthusiasm in the face of wide skepticism. Thus, with a core of 28 pioneers, PHI LAMBDA DELTA was born.



Evangelina Borja
Mendoza-Belizaro



Nemesia Duma
Pecson-Ejercito



Rebecca Navarro
Toledo †



Anita Tuason
Velasco-Paves



Maria Cristina
Martin Ynares-Tallent



Proud to be PHIL Thank you to our Founders for a job well done!
From the sisterhood of the PHI LAMBDA DELTA SORORITY INTERNATIONAL
(alumni Phi sisses in the USA and other continents)



Golden Foundation Ball

*20 November 2019
Rigodon Ballroom
The Peninsula Manila*



REVOLITE®  **PicoSure**™

U.P TOWN CENTER | WHITE PLAINS | SM CITY FAIRVIEW | SM NORTH EDSA ANNEX |
SAN JOAQUIN | VALLE VERDE COUNTRY CLUB | SHANGRI-LA PLAZA EAST WING |
LASER 360 BY SKIN101 | MARKET! MARKET! | AYALA SOUTH PARK MALL | ALABANG
TOWN CENTER | SM SOUTH MALL | SM CITY STA. ROSA

HAPPY 50TH ANNIVERSARY
PHI LAMBDA DELTA

SKINCELL.

ADVANCED AESTHETIC CLINICS

Manila * Makati * McKinley * Global * Clark * Feliz



*Love,
your SkinCell sisters*

Clarissa V. Cellona, MD, FPDS (Phi 1994A, class 1998)

Carmela Dayrit-Castro, MD, FPDS (Phi 2005, class 2010) * Alexis Paula D. Ibañez, MD, DPDS (Phi 2008, class 2015) *

Patricia Anne Nicole Ramirez-Ecarma, MD, DPDS (Phi 2008, class 2013) * Nicola Valbuena-Go, MD, DPDS (Phi 2005, class 2009) * Joahna Villena-Hermida, MD, DPDS (Phi 2004, class 2009)



www.skincell.care





Vision

To become the premier medical sorority of the UP College of Medicine, fostering holistic growth of individual members, molding each one to become pioneers in their chosen fields, embracing diversity, and continuing the legacy of commitment to the service of the Filipino People

Mission



Guided by our core values of excellence, leadership, service, and sisterhood, we challenge and commit ourselves to be exemplary medical students and reach our full potential to become five-star physicians by promoting self-growth and discovery, social awareness, community empowerment, and a lifetime commitment to the Sorority

Legacy Committee

OVERALL HEADS

Charlotte Averill Yu Piab Tan Φ2009, Class 2013
Koreen Blossom Tian Chan Φ2015, Class 2019
Maria Inez Banson Herbosa Φ2016, Class 2020
Maria Katrina Magpantay Mata Φ2016, Class 2020

PROGRAMS HEADS

Melissa Rose Olivarez Orteza-Sorra Φ2012, Class 2017
Maria Lourdes Santiago Mabusay Φ2017, Class 2021
Justin Grace Bañez Φ2018B, Class 2022
Anna Carina Pineda Tatel Φ2018B, Class 2022

LOGISTICS HEADS

Marione Thea Basco Rodriguez Φ2017, Class 2021
Danielle Colleen Dee Tiu Φ2018A, Class 2022

PUBLICITY HEADS

Bernadette Ann Samaniego Alcazaren Φ2011A, Class 2015
Kristel Iris Gollayan Tiburcio Φ2017, Class 2021
Czarina Ann Baydo Baptisma Φ2018A, Class 2022

COMMEMORATIVE BOOK HEADS

Julianne Keane Maldia Pascual Φ2012, Class 2017
Danee Coline Espiritu Mangila Φ2018A, Class 2022

FINANCE HEADS

Patricia Carla Noel Asuncion Φ2011B, Class 2016
Alexis Ty Desamparado Φ2017, Class 2021
Vibiene Norma Colobong Bernal Φ2018A, Class 2022

MARKETING HEADS

Isabel Kristine Malabag Valdez Φ2017, Class 2021
Patricia See Sy Φ2018A, Class 2022
Patricia Marie Maiquez Lota Φ2018A, Class 2022

MERCHANDISE HEADS

Michelle Regina Lao Castillo Φ2012, Class 2016
Jade Emmanny Batungbacal Marcos Φ2018B, Class 2022

SERVICE HEAD

Maria Angela Magay Villa Φ2011B, Class 2016

Executive Council 2019-2020

FACULTY ADVISERS

Maria Concepcion Cruz Φ1982A, Class 1986

Esther Alinsunurin Saguil Φ1986, Class 1991

Jose Jonas Diño Del Rosario Φ1986

Billionaire Januario Antonio Dolorico Veloso, Jr. Φ1983

SUPERIOR SISTER EXEMPLAR

Ana Beatrice de Vera Constantino Φ2016, Class 2020

VICE SUPERIOR SISTER EXEMPLAR

Pamela Danielle Tanglao Lanuza Φ2017, Class 2021

SISTER KEEPER OF THE SCROLLS

Patricia Marie Maiquez Lota Φ2018A, Class 2022

SISTER EXCHEQUER

Lalaine Samson Quinan Φ2018B, Class 2022

SISTER PRIOR

Danicca Noelle Velasco Pineda Φ2018A, Class 2022

SISTER CARITAS

Sophia Amabelle Fajardo de Chavez Φ2018B, Class 2022

SISTER AMICA AETERNA

Aurora Suter Nakpil Φ2017, Class 2022

SISTER HERALD

Katrina Olivarez Orteza Φ2019, Class 2023

SISTER MERCURY

Isabelle Rose Inos Alberto Φ2019, Class 2023

PLD *International*

PRESIDENT

Ma. Corazon Wilhelmina Kasilag Ochoa-Strattan Φ1972, Class 1976

VICE PRESIDENT / PRESIDENT ELECT

Rosalinda Elena Barrera Milla Φ1973, Class 1977

SECRETARY

Nerissa Velarde Galang-Feather Φ1977, Class 1981

TREASURER

Consolacion Galsim Sison-Switalla Φ1978, Class 1982

PRO

Pacita Lascano Salisi-Platon Φ1974, Class 1978

BOARD OF DIRECTORS

Zenda Bianco Garcia-Lat, Founder, Class 1972B

Elizabeth Yee Fong-de Leon Φ1971, Class 1975

Lourdes Inciong Publico Φ1973, Class 1977

Ana Maria Isabel Vargas Villanueva-Salacata Φ1983B, Class 1987

Felicitas Cruz Lardizabal-Lachawan Φ1980B, Class 1984

PLD Alumna Association

ALUMNA SUPERIOR SISTER EXEMPLAR

Aileen Rhona Aliga Apolinario-Dualan Φ1987, Class 1992

ALUMNA VICE-SUPERIOR SISTER EXEMPLAR

Melissa Ann de Leon Zamuco-Mercado Φ1986, Class 1991

ALUMNA SISTER KEEPER OF THE SCROLLS

Doris Ribudal Benavides Φ1991, Class 1996

ALUMNA EXCHEQUER

Ma. Concepcion Luis Cruz Φ1982, Class 1986

ALUMNI BOARD DIRECTORS

Nanette de Castro Domingo-Reyes Φ1981, Class 1985

Shelley Ann Francisco dela Vega Φ1984, Class 1987

Josefina Tan Ly-Uson Φ1990, Class 1995

Ma. Cristina Alindogan Teotico-Ching Φ1992, Class 1997

Judith Sumabat Galang-Perez Φ1994A, Class 1998

Maria Leonor G. Robredo

Vice President of the Philippines



My warmest greetings to the Phi Lambda Delta Sorority as you come together for your 50th anniversary.

Your efforts in promoting quality and accessible healthcare are truly inspiring—your projects for the marginalized have been uplifting lives for five decades. We, at the Office of the Vice President, share this commitment in effecting positive change into the lives of our people. This is why through our anti-poverty program called Angat Buhay, we foster partnerships with private organizations to empower communities through various modes of engagement—health, education, youth, women, livelihood, local governance, disaster and relief, and housing. In the last 3 years, we have reached 193 communities, but we are well aware that a lot more needs to be done.

We are proud of your dedication to public service and healthcare. Your notable services like Lifeline, Milk Matters, Leprosy Storybook Project, among others, are deeply inspiring. We hope that you continue to make a difference not only in the field of healthcare, but also in encouraging others to extend a helping hand to those in need.

Happy 50th anniversary, Phi Lambda Delta Sorority! May you have a meaningful and productive Golden Foundation Ball.

Mabuhay kayong lahat!



Dr. Gerardo D. Pegaspi

Φ 1983

Director, Philippine General Hospital



Congratulations to the Phi Lambda Delta Sorority for celebrating its 50th year with a Golden Foundation Ball. Being the sister to my fraternity the Phi Kappa Mu Fraternity, I consider you the closest to my heart. Now on your 50th year, the sorority has very well established itself as an exemplary and outstanding molder of present and future women leaders in the field of medicine and healthcare. Your roster includes the most successful, respected, and beloved women physicians not only in the Philippines, but in other parts of the world.

I urge and encourage everyone to forge ahead and continue with your mission and vision, striving for continuous excellence, service, and leadership.

Mabuhay!



Danilo P. Concepcion
President, University of the Philippines



On behalf of the University of the Philippines, I warmly congratulate the Executive Council, the members, the alumni and friends of the Phi Lambda Delta Sorority, the premier sorority of the UP College of Medicine, on your 50th year or golden anniversary celebration.

Milestones and once-in-a-lifetime events such as the 50th foundation year of an institution are occasions for us to reflect upon the lessons of the past, to celebrate the present, and to refresh our vision for the future. For the Phi Lambda Delta Sorority, these past fifty years have been a testament to the spirit of independence, professional excellence, compassion and the bonds of sisterhood that have been passed down from the first eleven founders of the Sorority to each succeeding generation of sisters.

Today, the Sorority continues to demonstrate the highest standards of academic excellence, professionalism and public service that the UP College of Medicine and the University stand for. The Sorority achieves this through the various activities it holds, particularly those that fall under the PagKalMa (Pagkalinga para sa Kalusugan ng Mamamayan), which benefit indigent patients at the UP-Philippine General Hospital and urban poor communities. Through this, you enable your members to acquire intensive training in medicine and a firm commitment to professional ethics and social responsibility, thereby forging generations of leaders and pioneers in the medical profession. More importantly, you transform the lives of countless individuals and families for the better through your healing arts.

With such a strong foundation built upon the values of excellence, leadership, service and sisterhood, the future of the Phi Lambda Delta Sorority will no doubt be even brighter, and I look forward to seeing more collaborations, projects and partnerships between the Sorority, the UP College of Medicine, the UP-PGH and the University.

Once again, I wish you an enjoyable celebration tonight and even greater success in the Phi Lambda Delta Sorority's next fifty years.

Mabuhay kayo, Phi Lambda Delta!



Dr. Carmencita D. Padilla
 Chancellor, UP Manila



Celebrating 50 years of fulfilling a shared vision with one's mother unit and Alma Mater is certainly a milestone.

I congratulate the Phi Lambda Delta Sorority of the UP Manila College of Medicine for being the College's partner in achieving its vision of producing a community of doctors with a heightened social consciousness and excellence and leadership in community-oriented medical education directed to the underserved.

During the past five decades, the Sorority has produced women physicians who are considered to be pillars in their specialty and sub-specialty fields. They serve in varied settings, such as the academe, government, private sector, nongovernment organizations, professional societies, specialty boards, and other national and international organizations, influencing and shaping health through a wide range of tasks they perform.

They exemplify the ideals of the sorority —excellence, leadership, service, and sisterhood — through numerous activities directed to serving communities and indigent sectors, such as health and surgical missions, trainings and lectures, fundraising activities, milk and nutrition drives, and others.

The honors and recognitions bestowed on the Sorority as a group and those earned by its individual members affirm the quality and wide range of its services and contributions to health during the past 50 years.

Let me take this opportunity to thank the Phi Lambda Delta Sorority for your support and assistance to the university, particularly to the College of Medicine, in achieving its mandate. Your efforts have been pushing and inspiring us more to be faithful to our vision of being the national leader in health education, research, and public service.

Mabuhay and looking forward to another 50 years of excellent and relevant service!



Dr. Charlotte Martinez Chiong

Φ 1981A, CLASS 1985

Dean, UP College of Medicine



Phi Lambda Delta, the sorority that I chose and continue to choose, calls for a celebration! Since that fateful day when I was declared a "sis", the myriad of experiences only made me a better person through the years. It has made the journey towards becoming a medical doctor in the mold of the U.P. College of Medicine a most meaningful one. There was always the confidence that whatever trials and challenges that may come the burden will be lighter with the sisses around and indeed they were! On its 50th anniversary it will be not only nostalgic to look back but behold a future that is a 'realistic utopia' where sisses young and old will scale the heights of achieving not only for the sorority, not only for the college but for our country the proud heritage and tradition of honor beyond compare, of excellence in the highest order and service that merits the selfless dedication at its "phinest". To the venerable founders of this sorority, we salute your vision and thank you for laying the bricks by which each year we build upon. For the active sisses of the younger batches our gratitude goes to you for keeping the flames aglow. Let me thank the sorority for keeping the values we hold dear steadfast for a half century! I look upon you sisses not only for inspiration but firm action in leading our college to be the catalyst of transformative change in medicine not only in this country but in the global arena. It is my fervent wish that our bonds of sisterhood remain stronger than ever for by this they will know that we are indeed the Phi Lambda Delta. Of all the things that can be said it is that finding a Phi is and always will be the most exquisite experience there is!

Mabuhay!



Dr. Stella Marie P. Jose

Φ 1980B, Class 1984

Training Officer, Philippine General Hospital



My life in the Phi Lambda Delta Sorority started in 1980, when my former roommate in UP Diliman, Cathy Lisondra, invited me to join with her; we are hatch B. Back then, people would say “it will distract you from your studies” & “there are many activities in a sorority” (maraming ginagawa) etc. It did not deter me. I wanted to join PLD. I “went with the flow”, I attended all activities, and I enjoyed myself. I have many fond memories of UPCM because of Phi.

Many years later, my regard for our beloved sorority has flourished. Despite my busy schedule, I attend sorority affairs & has joined a medical mission. Our home welcomed the Phi carolers endless times!

Congratulations and more power to the Phi Lambda Delta Sorority!



Dr. Maria Margarita Lat-Luna

Φ 1989A, CLASS 1993

Deputy Director for Fiscal Services, Philippine General Hospital



To my dearest Sisses,

As we celebrate our golden year, I look back at how the sorority has inspired and continues to motivate each and everyone of us. I am truly blessed that I still have the opportunity to get to know the younger sisses. I am proud of the tireless efforts that you have given to the sorority and I am humbled that you recognize those of us who participate from the sidelines.

Congratulations for all your achievements! Together let us continue to serve our country and pursue the vision that our founders have laid down for us.



Dr. Ma. Piza Antoinette M. Gonzales

Φ 1981B, CLASS 1985

Associate Dean for Faculty and Students, UP College of Medicine



As Phi Lambda Delta celebrates 50 years since it was founded, we gather together to mark this momentous event not merely as a grandiose and festive celebration but more importantly, as a solemn occasion to pause and look back at our 50-year journey as a sorority. We pay tribute to our courageous elders whose vision and foresight have allowed them to build a close-knit community of women bound together with common goals. We are grateful for their efforts and the efforts of all those who came after, for what our sorority has become and for what we have accomplished thus far. We pay tribute to all these women, all noble elders and sisters, who gave of themselves to connect and encourage intelligent and talented young women in the UP College of the Medicine to shine and become the dedicated doctors that they were meant to be. By fostering an environment of support, camaraderie, and trust, they - and all of us here gathered now - together we have built a second home within the college walls where sisters can grow and learn in a safe environment.

It is also in this moment that we need to look ahead at the highways we must still cross and mountains we must still climb. We must build on our successes and achievements and continue to look for ways to grow and develop, to improve and to do better to serve the larger community and our beloved nation. We pray that same aspirations and hopes will be carried on in the hearts of our young sisses for the next fifty years, and beyond.

As this 50th anniversary brings together our beloved elders, current members, and new sisses, let us celebrate the many years of friendships and accomplishments, look back with gratefulness and love and look forward to many more years of sisterhood and service.

Happy 50th year anniversary to our Phi Lambda Delta dear!



Dr. Evangelina Poblete

First Adviser of the Phi Lambda Delta Sorority



The spirit of excellence, strong leadership, and service has always been our Lambda's driving force in impacting in our communities. The sisterhood of the Phi Lambda Delta encompasses programs and initiatives upholding its vision of women empowerment. Sisterhood is actually celebrating motherhood.

I am particularly proud of their ongoing Breastfeeding Team with donor milk pickup and delivery to the PGH Neonatal Intensive Care Unit and nursery, going on its 5th year now. To complete their breastfeeding services, they solicited a room in Ward 15 to convert into a mother's breastfeeding and teaching unit. Let us support this laudable project.

Also worth mentioning is their Gyne Team who demonstrates to the community the techniques for breast examination for early cancer detection. Equally important is how they impress the women of one cancer that is prevented through PAP smear and/or VIA.

The sisses do not excel only in academics, but in other fields as well—every November, during the college's Tao Rin Pala, they prepare a dance performance that wows the audience. They also regularly showcase their creativity by coming up with exhibits and posters for events. These, among other events/ activities, eventually make up a well-rounded Phi.

Let us continue to support Phi Lambda Delta's goals. I am beyond proud to be alongside these young lady doctors who exude with enthusiasm, compassion, and professionalism in their efforts to effect positive changes in the community.



Dr. Ma. Corazon Wilhelmina K. Ochoa-Strattan

Φ 1972, CLASS 1976

President, Phi Lambda Delta International



On behalf of the Phi Lambda Delta International, the Alumni sisters in the USA and other continents, I would like to congratulate our Phi Lambda Delta founders and sorority on its Golden anniversary.

It is remarkable how our sorority has grown since November 1969, when eleven idealistic classmates from Class 72A founded The Fellowship of Lady Doctors, the Phi Lambda Delta Sorority.

Little did they know that PLD would subsequently span many classes/years and generations over a period of 50 years and grow into a group of 919 sisters, who continue to uphold the core values and sisterhood of our sorority. All because the enthusiastic generations that followed truly believed in our ideals and enjoined more to join our beloved Phi sorority.

In line with that sisterhood, the Alumni sisters in the USA formed the Phi Lambda Delta International over a decade ago. We rekindled our sisterhood, reorganized and formed goals to be of service and give back to our Phi sorority, the UPCM and our underserved countrymen.

We have achieved this through the generosity of the alumni sisters and we now have 2 permanent PLDI scholarships for 2 sorority sisters for a term of 3 years each. We made a donation to the new UPCM Learning Center and supported humanitarian projects, in collaboration with our Phi Fraternity brothers. Our newest endeavor is to support the Virtual Reality Anatomy Lab of the new Learning Center.

We are happy to have rekindled our Phi sisterhood, as we enjoy each other's company in small to big reunions, Phi sisses' annual bonding weekends and international travel together. And I am personally thankful for the blessing of being part of our closely knit Phi sisterhood.

As President of the International Alumni, I am very proud of our sorority and I join all sisses in saluting our PHI LAMBDA DELTA FOUNDERS on our 50th Golden Anniversary.

Congratulations to my PHI sorority sisters and our FOUNDERS: Zenda, Celia, Anet B., Anet V, Teng, Helen, Lita, Nemi, the late Beng and Maggie !



Dr. Aileen Rhona A. Dualan

Φ 1987, CLASS 1992

President, Phi Lambda Delta Alumni Association



No words.

*A reassuring pat on the shoulder.
A gentle nod of encouragement.
A knowing, acknowledging smile.
A tight, tearful, comforting hug.
A leap of joy.
A silent prayer.*

What stories can we tell of this thing we call sisterhood?

*Only a dream 50 years ago, a seed planted by eleven,
Each hopeful for the future.
Nourished, tended to, shaped through the years by many,
To embody positive leadership, compassionate service and a commit-
ment to excellence.*

*Now hundreds strong, each one living that dream,
not as individuals but as one.
For sisterhood is best experienced not singularly, but
together.
Not in words, but in the lives we lead.*

*At 50, we are only just beginning.
Congratulations to us all for taking Phi this far!
My heartfelt gratitude goes to every sis, for you
have all contributed in big and small ways, to what
our sisterhood is today.
May our wishes and dreams for our future be
realized.*



Dr. Esther Alinsunurin Saguil

Φ 1986, CLASS 1991

Adviser, Phi Lambda Delta Sorority



It is indeed no mean feat to be celebrating fifty years of existence of the Phi Lambda Delta Sorority! We pay homage to our founders who shared the vision of a community of lady doctors bound by the ideals of leadership, excellence, and sisterhood. The ties that bind us are not confined within the walls of our beloved UP College of Medicine, but extend far and wide, across institutions, islands and even continents. The warmth of welcome, compassion, and sisterly communion is so tangible that it so warms the heart, for what can be more fulfilling than to be part of a large loving family? Sisterhood in Phi continues to imbue us with a sense of purpose and belonging long after we exit the venerable gates of the UPCM.

Here is to a happy golden anniversary celebration to the Phi Lambda Delta Sorority! May the flame of sisterhood in our hearts burn brighter with each passing year, so that we may be prepared for the challenges that the future may have in store. And may we all be worthy of the ideals inspired by our forebears.

Mabuhay, and God bless us all.



Dr. Maria Concepcion L. Cruz

Φ 1982A, CLASS 1986

Adviser, Phi Lambda Delta Sorority



My Dearest Lambda Sisses,

Happy Golden Anniversary, Phi Lambda Delta dear!!!

I joined the Phi Lambda Delta Sorority in the first semester of my first year in the College of Medicine in 1982. And for the past 37 or so years, I have witnessed its struggles and its achievements...albeit mostly at the sidelines. Nevertheless I knew in my heart that I belonged to a group of lady doctors each with gifted with a unique facet when combined made what we now know as our Phi sisterhood... full of creativity, generosity and camaraderie that reaches beyond years and circumstance.

When I was asked to be one of the advisers a few years back, I gladly said yes. Apart from having been called to the "Principal's Office" twice to explain a Facebook post sharing incident not entirely our sorority's fault (oops.. TMI...), my being adviser was effortless because we always had efficient officers and younger sisses who would update me constantly.

I welcome the greetings of our young sisses as I pass the hospital corridors, or during department conferences. I appreciate our clinical clerks and interns introducing themselves during their anesthesia rotation... coming up to me and saying "Ma'am, I'm your sis." I look forward to ambush selfies after my obstetric analgesia lectures previously at the BSLR West classroom and now at the Buenafe Hall or after critical appraisal SGDs at Paz Mendoza.

Through the years I spent in the College, I have had the opportunity to witness the evolution of the Phi sisterhood. I have seen how the various pursuits and endeavors of our sorority have improved the over all health care of the society as a whole. I have witnessed how our "Cocktails" have matured and have become more meaningful, striving to keep up with changing times and patiently reconciling the different convictions of the four generations that comprise our sorority (the Boomers, the Gen X, the Gen Y or Millennials and now the Gen Z).

All the sisses of the past 50 years of Phi Lambda Delta have defined the sisterhood we have today ... strong and enduring. Sisterhood exists. And it is truly powerful. It is the strength that unites us wherever we may be.

Congratulations, dear Sisses, on our 50th year of meaningful existence. I am sure as years will pass the sorority will continue to earn laurels both as individual sisses and collectively as well. I am also sure that there will be difficulties that we must overcome but working together, we will prevail. Remember this phrase in this very familiar poem? "Rest if you must but don't you quit."

Once again, Happy 50th!



Dr. Jose Jonas D. Del Rosario

Φ 1986

Adviser, Phi Lambda Delta Sorority



Ako ay lubos na nagaglak sa pagkakataon na makapagbigay-pugay sa mga kapatid ko sa PHI LAMBDA DELTA Sorority sa inyong pagdiriwang ng ika-limangpung taong anibersaryo. Sa loob ng limang dekada, marami sa inyo ang naging dalubhasa at eksperto sa iba't ibang sangay ng medisina at siyensa, naging pinuno sa iba't ibang organisasyon o institusyon at naging instrumento ng pagbabago sa kani-kaniyang mundong ginagalawan. Higit sa lahat, ang inyong samahan ay naging pugad ng mga taong bukas-palad sa ating mga kababayang nangangailangan.

Sumasaludo ako sa PHI LAMBDA DELTA na naging huwaran sa kahusayan, katapangan at kagandahang-loob.

Mabuhay ang PHI LAMBDA DELTA SORORITY ng UP College of Medicine!



Dr. Billionario Januario Antonio D. Veloso, Jr.

Φ 1983

Adviser, Phi Lambda Delta Sorority



Greetings and congratulations to my dearest sisses of the Phi Lambda Delta on the occasion of your 50th foundation year.

As a member of your brother fraternity the Phi Kappa Mu, I have seen how close our relationship is, and how strongly we have worked together towards achieving our shared goals of excellence, leadership, and service. Indeed, the Phi Kappa Mu would not be where it is without your partnership and support. May this event continue to reinforce the core of the tradition of brotherhood and sisterhood we share for another 50 years and more!

Happy 50th anniversary to the distinguished lady doctors of the Phi Lambda Delta!



Ana Beatrice D. Constantino

Φ 2016, CLASS 2020

Superior Sister Exemplar



Since her establishment in 1969, the Phi Lambda Delta Sorority has identified as a young sorority, likely by virtue of relativity. But, like a rose whose true beauty and integrity develops with age, our beloved home in the UP College of Medicine has reached full bloom, established in its roots and sprightly sharing its vibrance. What started as a group of young lady doctors-to-be with common beliefs, longing to break free from the confines of societal norms, has matured and evolved into a true bastion for Excellence, Leadership, Service, and Sisterhood— 919 strong.

The magic of 50 years lies in much more than the number, however, as it is easily the biggest milestone in our recent history. When one celebrates a birthday, it's common that she reflects on the year that's been: going through the checklist of resolutions she made, remembering the days that made it remarkable, and thanking whatever higher power she believes in for it all. In line with this, the 49th and 50th executive councils and the Legacy Committee decided that the best way to celebrate our golden year is to remember all that we have achieved as Phi Lambda Delta while honoring our founders, who paved the way for our beautiful journey, and all those who helped us along the way. We thank you, all our dearest sisses, for your unending commitment to our Sisterhood, which has nourished generations of young ladies and will surely do so for generations to come.

In the dynamism of recent years with the advent of technology, our Sorority has reached exponential growth. While our core values weather through all storms, they have been nurtured and transformed by the infinite possibilities of our changing society. Our Service projects, most notably our flagship project, Milk Matters, have particularly opened up new avenues for us as an organization dedicated to the service of the Filipino people.

However, through all the events and the fast-paced lives we lead, the constant has always been and always will be our Sisterhood. It is a unique shared experience we have that knows no limits, it is truly timeless and boundless. The warmth of some place to come home to, the light of the collective wisdom of all our sisses, and the leading hand there to guide us through our years in medical school and beyond— it is the constancy of this Sisterhood that allows to look to the future with confidence and great pride, knowing that, together, we can achieve anything and everything we set our minds to.

Happy Golden Anniversary, sisses! Congratulations to all of us for making 50 years possible!

Cheers!



*Maria Inez B. Herbosa
Maria Katrina M. Mata*

Φ 2016, CLASS 2020
Co-heads, 50th Legacy Team



Looking back at the stories behind our beloved Phi Lambda Delta, we could not have said it better as we did with the launch of the 50th logo:

“As a flower blooms to reveal its beauty, it celebrates the wind, the sun, the water, the earth — all that which allows it to stand proudly and share the light running deep in its roots.”

To each and every Lady Doctor who served as the wind that allowed the sorority to reach new heights, our deepest thank you goes out to each and everyone of you. Thank you for making the road to the 50th filled with experiences that foster a sisterhood that knows no bounds.

To the alumni, who without your constant and willing support, we would not be able to bring all that we had envisioned into fruition. Thank you for being the sun that continually serves as a guiding light in our humbling journey.

To the resident sisses, who have consistently supported the different projects of the Legacy Committee, our deepest gratitude for going with the ebb and flow.

To the Legacy Team, who have given countless hours to bring to life a celebration we all envisioned. We are deeply deeply grateful to be working with minds as creative as yours and with visions as solid as the ground we walk on. Each and every one of you has truly been a blessing and we would not have been able to do it if it weren't for you.



We may have only been members of the sorority for three years but as we've grown with and in the sorority, preparing for a year as grand as this has truly been a pleasure as this sisterhood has indeed proven to be timeless and boundless. To our dear Phi Lambda Delta, congratulations and our deepest and sincerest thank you!

Phi Lambda Delta.
Sisses forever.

HAPPY 50TH ANNIVERSARY

Phi Lambda Delta Sorority



DEAR DEPARTED SISSES

1. Maria Magdalena Cayabyab Cruz-Palileo, Founder, Class 1972 (B)
2. Rebecca Navarro Toledo, Founder, Class 1972 (B)
3. Thelma Javier Yambao, φ1969, Class 1970
4. Virginia del Fiero Trinidad, φ1969, Class 1972 (A)
5. Elizabeth Arriola Cruz, φ1969, Class 1972 (B)
6. Estrella Pacuan Gonzaga, φ1969, Class 1972 (B)
7. Maria Gracia Perlas Crisostomo-Flores, φ1969, Class 1973
8. Trinidad Garcia Gargia-Bhandari, φ1969, Class 1973
9. Balbina Hornilla Landicho, φ1973, Class 1977
10. Imelda Maribeth Fontillas Fontelera-Garcia, φ1974, Class 1978
11. Susanna Rivera Lim-Lopez, φ1974, Class 1978
12. Arlene Suarez Mendoza-Dagdag, φ1974, Class 1978
13. Susanna Rivera Lim-Lopez, φ1974, Class 1978
14. Imelda Maribeth Fontillas Fontelera-Garcia, φ1974, Class 1978
15. Elnora Caballeron Rint-Cambe, φ1975 (B), Class 1979
16. Blesilda Aguinaldo Liganor-Aw, φ1976 (A), Class 1980
17. Carmelita Gasparil Delgado, φ1977, Class 1981
18. Maria Gloria Nabong Tolentino-Mala, φ1977, Class 1981
19. Harivelle Charmaine Tapadan Hernando, φ1976 (A), Class 1981
20. Esperanza Niduaza Macasact, φ1977, Class 1981
21. Vilma Ho Martinez-Co, φ1977, Class 1981
22. Rowina Samaniego Rodriguez-Lapid, φ1978, Class 1982
23. Maria Cristina Manalligod Nunuz, φ1979 (A), Class 1982
24. Odette Pia dela Cruz Abarra-Valencia, φ1979 (A), Class 1983
25. Vilma Crisostomo Bagay-Salcedo, φ1979 (A), Class 1983
26. Elenita Lazarte Tiambeng, φ1979 (A), Class 1983
27. Amelita Susana Baluyut Aguila, φ1984, Class 1989
28. Rosana Miranda Mendez-Cabrera, φ1989 (A), Class 1992
29. Aline Tibor Corona-Miguel, φ1991, Class 1995
30. Ma. Katherine Rivera Lipana, φ1997, Class 2002

Gone but not forgotten

Celia Genio-Harding M.D

FROM OUR FOUNDERS

*What was the highlight
of your experience in Phi
as a resident sis?*



**NEMESIA DUMA
PECOSON-EJERCITO**

“When we, the Founders of the Phi Lambda Delta Sorority, got together in what seems to be ages ago now, we had no inkling of really what and where we will be in the next year or so, much less in the more distant future. To realize now, some 50 golden years later, that we are still here, a strong, viable force in our Medical college and community – I will have to say that, indeed, the experience and great fun and wonderment of being one of the Founders, was indeed, the actual Highlight itself!”

“I found role models among my sisses. Leaders, followers, teachers, innovators, even cooks! I saw the roles played as called for, in initiation rites, project leadership, fun affairs, fund raising, etc. I vividly remember a sis cook a huge “kawali “ of pancit gisado for everyone there. It was so delicious! Of course there’s the sis who executed the most credible “terror” intimidating styles and she’s actually a very caring person! Some sisses were born leaders and contributed to the growth of the sorority not just in number but in reputation!

Best of all, my sisses who were role models are still my very good friends after all the years!”



**AMELIA LAPUS LAZARO
MEDINA -DAVIES**

“Our sorority’s first project was to sponsor The Vienna Boys Choir concert at the Cultural Center of the Philippines. In order to raise funds to pay for this concert, every afternoon after class, some of us founders would go to Makati Medical Center, where the “elite” doctors had offices, to solicit donations for our project....we shamelessly knocked at every Dr’s office, including that of a MU sorority adviser! I can’t remember how much money we raised but we at least made it known to the UP doctors there that there was a new “kid on the block” at UPCM, out to do some good. The concert was a success especially considering that it was the first venture of our newly formed sorority. I remember all of us congregating at the CCP lobby after the concert, so exuberant, and spontaneously singing our Phi song.

What a night to remember indeed!”



**MARIA CRISTINA MARTIN
YNARES- TALLENT**



**ANITA TUASON
VELASCO- PAVES**

“As a student at UPCM and resident at PGH, I am so grateful to the sisses who encouraged and helped me to learn and to survive the sleepless nights, pass the oral and written exams. When off duty, we found ways to bond at parties, picnics, and outings. We would have study sessions at the Library in Magsaysay Building, or a few in my class will stay overnight at my house after studying until early morning. We also had initiation process done at my house of the new recruits. We helped each other raise funds by sponsoring performances at the Cultural Center. All of these are fond memories and highlights of my life in UPCM and PGH.”

FROM OUR FOUNDERS

"The friendships and camaraderie as we pursued our sorority goals."



**EVANGELINA BORJA
MENDOZA-BELIZARIO**

"Recruiting and convincing friends to be charter members during the first year."



**CELIA A.
GENIO- HARDING**



**ZENDA BIANO
GARCIA- LAT**

"The founding of the sorority itself was a highlight. As many of you may know, one factor that led to the founding of our sorority was Student Council elections. In sophomore year, I was recruited to run as secretary under the Phi slate, and we lost. My then boyfriend now husband Emmanuel "Iman" Lat was in charge of the campaign, and he soon realized we lost because Phi didn't have a sorority. And so the idea was hatched. We gathered together (all sophomores and Phi "friends") and talked informally. Many were telling us not to become Phi but just form our own class sorority, which some were receptive to -- but in the end, the brods convinced us to become "Phi." Iman and I then approached Dean Florentino Herrera, Phi brod, who gave us the okay. Subsequently, we founders got moving, recruiting from both the upper classes and freshmen. We wanted to have our own name and identity, so Phi Lambda Delta was born.

Another highlight was our induction ball on February 21, 1970, at The Plaza in Makati, and in the following year, our fundraising sponsorship of the Vienna Boys Choir at the Cultural Center. Wow! Those were great years!"

What are your hopes for Phi in the future?



**NEMESIA DUMA
PECOSON-EJERCITO**

“Since its founding in 1969, the Phi Lambda Delta Sorority has surpassed all my expectations and hopes! It has done so, it seems, like it has a life of its own, but with the same original guiding lights of friendship and purity of heart, and, importantly, strong, well-motivated leadership at its helms. We are bonded in the larger sense, by our common idealistic sense of service to others, that we had hoped to find in being doctors, lady doctors!

With these thoughts, it is my most cherished hope that we, as a Sisterhood of bright, brave, women healers, can continue, to not only survive, but to thrive and flourish as we have, for the centuries to come! ”

“I have no plans or suggestions for Phi Lambda Delta in the future because the sorority just naturally gravitates towards doing the beneficial & necessary things it can do. Good minds and hearts come up with ideas, plans, solutions, etc. to address various needs that arise. These may concern fellow sisses, students, the hospital, the community. May they receive the support they need. Keep it up! ”



**AMELIA LAPUS LAZARO
MEDINA -DAVIES**

“It is my hope that the future generation will continue to:

1. uphold the Phi values set forth by the founders and
2. remain responsive to the needs of our society”



**MARIA CRISTINA MARTIN
YNARES-TALLEN**

FROM OUR FOUNDERS



**ANITA TUASON
VELASCO- PAVES**

"I am proud to be a founding member of Phi Lambda Delta sorority. I am excited and looking forward to the golden anniversary celebration. I hope that all the sisters will keep their enthusiasm and dedication to our great sorority, to continue to excel in the practice of medicine, research, and community service. We will strive to be recognized in the whole country, and even the World Health Organization. We can earn awards for humanitarian projects, academic achievements, and scientific research. We should continue supporting our medical school in its project to give the best education and keep up with the new teaching aids and technology."

"For our younger sisters: A mentoring system that provides support and guidance as they move through their medical careers."



**EVANGELINA BORJA
MENDOZA-BELIZARIO**



**CELIA A.
GENIO- HARDING**

"Continued sisterhood and relevance of PLD today and in the future."



**ZENDA BIANO
GARCIA- LAT**

"When we founded the sorority half a century ago, we came together to build a sisterhood that we hoped would endure. First, we wanted to foster strong relationships among ourselves as medical students, to support each other through the rigors of medical school. Second, we sought to develop our talents to the fullest, to produce well-rounded future leaders of society. Finally, we wanted to instill in each other the importance of good moral values, the spirit of service, and a social conscience -- an understanding of the people around us, the problems they experience, and how we might be able to help. And of course, while pursuing all of these goals, we wanted to make medical school more pleasant and enjoyable -- in other words, to have fun.

Fifty years later, our sisterhood has endured, and we have succeeded beyond our wildest dreams. It is my hope that Phi will continue to grow and prosper, living up to the ideals we set at the founding. Let us spread our wings and continue the excellent work that has been done thus far, while at the same time staying focused and grounded and loving life."



PHI LAMBDA DELTA SORORITY



We came into being in 1969, when eleven of us felt the need to bring together minds that refused to be encased into the mold of rigidity and convention that the ordinary female student finds herself in. With this motivation, Sisses Anet Bernabe, Anet Velasco, Helen Mendoza, Celia Genio, Maggie Cruz, Mel Lazaro, Beng Toledo, Zenda Garcia, Teng Ynares, Nemy Pecson, and Lita Barros held the first meeting at 1693 Ma. Orosa St. to pave the way for a sisterhood that would blossom in and withstand the test of time. They named the sorority the PHI LAMBDA DELTA, which stands for "Fellowship of Lady Doctors." A gold rose and Aesculapius against a dark blue background with the Greek sorority name across the center were chosen as the identifying insignia.

The first year saw the Sorority's flame not only growing brighter but also blazing under an outstanding leadership of our earliest Superior Sister Exemplar, Sis Thelma Javier Yambao. Many from the different classes joined us, increasing in number and in strength. Hand in hand with our brother fraternity, Phi Kappa Mu, we fought hard for our recognition; until finally, the much-awaited recognition was granted on November 20, 1969. In no time at all, we gained recognition in the college and proved our worth by being active members of the school community through activities that certainly kept the PHI flame burning in our hearts.

That was just the beginning. With each year, new sisters are welcomed to the fold and forge a common bond. However, the real measure of one's worth as a PHI comes in the daily grind of a medical student's life, in the conduct she shows, and in the examples she sets. The real measure of one's worth as a PHI is her own true character which she reflects on her life as a medical student and later on, as a PHI doctor. And so her scope is broadened, her talents uncovered, her energy channeled. And so in her love for life, in her enthusiasm for service, a new coat is added – that of PHI – for henceforth she is a PHI. Henceforth her actions are measured according to the PHI standards, whether they are done in the spirit of sisterhood, in the spirit of and tradition of PHI.

Now with more than 900 lady doctors and doctors-to-be, the PHI LAMBDA DELTA continues to uphold its values of excellence, leadership, service and sisterhood through its various activities. The sorority provides avenues for each of its members to explore her talents, serve the community, enhance interpersonal relationships and reach her highest potential.



A LIFETIME OF *Sisterhood*



50 YEARS OF

PHI SERVICE

A compassionate love that seeks no glory

In its 50 years of its existence, the Sorority has undergone countless changes to adapt to the changing times. However, one thing has remained constant throughout the years: the **Phi spirit and passion for service**. Indeed, Phi sisses are bound not only through sisterhood, but also in that of service to the Filipino community.

Phi Service has its roots in the **early 1970s**, wherein our sisses and brods decided to adopt a community in Manila, which they regularly visited on weekends or after class. There, our sisses generously devoted their time to spreading awareness about diseases through public health lectures, as well as conducting medical, surgical, and dental missions in the community. Sisses also rendered service to the PGH community, helping out at the PGH wards and bringing hope & cheer to the PGH community. In the 1980s, along with their UPCM classmates, sisses even volunteered to serve as medics at the memorable People Power Revolution.

It was later on when the Phi brand of service slowly started to extend beyond their adopted community in Manila, and into the rest of the Filipino community, with sisses identifying specific diseases or needs in society that clamored for attention, and addressing these **sustainably** in the hopes of empowering communities across the country. Today, the Sorority has established its roots as a symbol of inspiration, hope, and empowerment for Filipinos. In its 50 years, the Phi brand of service has made its mark in the Filipino community.

PAGKALMA, or Pagkalinga sa Kalusugan ng Mamamayan, is the **joint service arm** of the Phi Lambda Delta Sorority and the Phi Kappa Mu Fraternity that was officially formed in 1979. Under **PAGKALMA**, sisses and brods regularly conduct blood-letting activities in the PGH community (**Lifeline**, also previously known as **Bloodline**), joint medical-surgical missions, **tuli missions** within and outside Metro Manila, **mental health awareness campaigns**, and **online information dissemination campaigns** about various prevalent and unknown diseases.

In previous years, **PAGKALMA** annually conducted activities such as **PAGKALMA: Home of Santa** - annual gift-giving for patients who spend Christmas in the wards; **Only the PhiInest (OTF)** - a Christmas celebration for pediatric patients of PGH; **Cornea and Organ Donation Pledging** - held at the UP College of Medicine; and **Medical & Tuli Caravans** - some of which were even held in Boracay, Aklan, care of Dr. Maria Cristina A. Teotico-Ching (Φ1992, Class 1997).



1990s -
EARLY
2000

Aside from conducting regular free clinics and public health lectures in their adopted community in Manila, sisses also served the PGH community by conducting activities at the Cancer Institute, sponsoring VP shunts (especially in the early 2000s), and bringing light into the wards through caroling & storytelling. Sisses also organized regular blood drives for the benefit of PGH patients.

2007

CAMP BRAVEHEART. This project, under the Philippine Heart Association Congenital Heart Disease Council and in partnership with the Phi Lambda Delta Sorority & Phi Kappa Mu Fraternity, aims to empower children with Congenital Heart Disease (CHD) to make their transition from a life of limited activity and exposure to one of vision, hope, and optimal productivity after undergoing surgery. The most recent Camp Braveheart took place in 2015.

Camp BRAVEHEART 2008

KIDS' DAY OUT. This was a project for the benefit of less-fortunate children. The Sorority would partner with a community of children (either from a preschool in Baseco, Manila, or from the Support and Empowerment Abused Deaf Child, Inc.), and would sponsor & accompany the children to an amusement park. The goal of the project was to provide the children with a one-day opportunity to learn while having fun.

2009

SINAGTALA HOME FOR THE BOYS. The Sinagtala Home is a home for the elderly and physically handicapped individuals, and was adopted by the Sorority as a partner community. In the Sorority's many visits, sisses spent time with the residents of the community, bringing fun and games into their lives with each visit. The Sorority also took initiative in collecting eyeglasses for the elderly residents, as well as bringing a Dental Mission to their community. Sadly, part of the community burned down in mid-2019; the Sorority helped out by organizing a rummage sale for the benefit of the residents who were affected.

stride
AS A WORK OF HEART

2010

Rx: A WORK OF HEART. The Phi Lambda Delta, under the guidance of Dr. Geraldine T. Zamora (Φ2000B, Class 2005), partnered with the Sagip Buhay Medical Foundation, Inc. from 2010-2016 to organize the fashion series **Rx: A Work of HeART**. This project brought together doctors and Filipino fashion designers with compassion and a passion for fashion to produce a fashion show for the benefit of the indigent patients of the PGH Department of Medicine. The biggest and most recent **Rx: A Work of HeART**, aptly entitled "Stride," was held in October 2016 at the Globe Circuit Events Grounds.

R
AS A WORK OF HEART

2011

REAL LIFE FOUNDATION. The Phi Lambda Delta Sorority joined the Real LIFE Foundation, a non-profit organization, in its weekly feeding programs for 4 weeks in May 2011. Weekly activities included children's games, mini talent shows, and interactive storytelling sessions.

REAL LIFE FOUNDATION

2014

Milk Matters

MILK MATTERS. Envisioned and brought to life by Dr. Maria Angela M. Villa (Φ2011B, Class 2010), this flagship project of the Phi Lambda Delta Sorority is the pioneering **youth-led project** in the country that conducts regular public health lectures on breastfeeding and milk letting activities for the benefit of the PGH Neonatal Intensive Care Unit. Its advocacy is to promote and enhance the quality of Filipino mothers and children, and in doing so, become a bastion of **maternal and child health**. The Sorority has received recognition from local and international bodies for this project, most notably the nation-wide Ten Accomplished Youth Organizations (TAYO) Award in 2014, the Service Project of the Year (SPOYA) of NCR Award in the same year, and the Foundation for Advancement of International Medical Education and Research (FAMER) Student Project Award in 2014. Now on its fifth year, Milk Matters has collected more than 350 L of breastmilk for PGH NICU babies, and has reached more than 550 mothers. This project aims to still broaden its reach and impart the beauty of exclusive breastfeeding to more mothers in the years to come. It has recently started an online campaign ("Express Yourself") to promote breastfeeding. Earlier this year, the Milk Matters team also organized a conference for mothers ("Mommy Matters"), touching on pertinent issues in modern-day parenting.



2014

GYNECOLOGICAL MISSION. The Phi Lambda Delta Sorority, with the help of Dr. Joanne Karen S. Aguinaldo (Φ1997, Class 2002), UP Pahnungod, and EZobel Foundation, aims to impart knowledge on cervical & breast cancer, self-breast examination, and visual inspection through acetic acid (VA) to its beneficiaries. In every gynecologic mission, beneficiaries receive free breast examinations and VA. This project has served hundreds of women in Calatagan (Batangas), Nasugbu (Batangas), and Piliia (Rizal).

2014

EMPOWERED. Empowered is an HIV/AIDS awareness campaign that started in 2014 as a photoessay competition. With the main goal of spreading awareness about HIV/AIDS and stopping the stigma against this disease, Empowered regularly organizes talks about HIV/AIDS in high schools, colleges, and medical schools around Metro Manila. With the help of its partner organization LoveYourself, it moreover offers free HIV testing for its participants.



2015 **CHILDREN'S FAIR**

CHILDREN'S FAIR. Children's Fair is an annual interactive fair especially catered to children with autism. It aims to spread awareness about autism, as well as bring joy to children from our partner institutions.

2019

EYESIGHT. The Sorority's newest service project, initiated by Dr. Corina P. Azarcon (Φ2011B, Class 2016), Eye Sight is an eyeglasses drive for the benefit of PGH patients.

EYE SIGHT
A CALL FOR VISION

UPCOMING SERVICE PROJECT



Breastfeeding Room Renovation

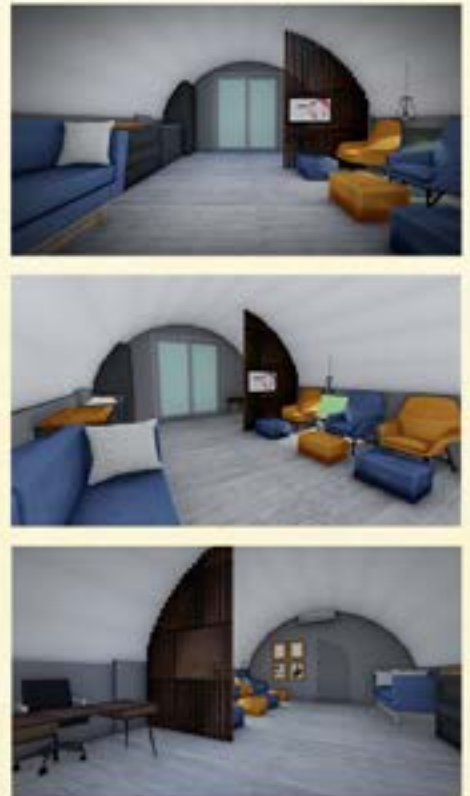
Under the Sorority's flagship program, Milk Matters, in partnership with the Legacy Committee, we have been preparing to renovate the PGH Breastfeeding Room, located at Ward 15 of PGH. Through this initiative, the Milk Matters team hopes to primarily make the breastfeeding room more accessible and comfortable for both staff and mothers admitted at the OBAS. Through this project, we aim to promote early initiation of breastfeeding among mothers, spread awareness on the importance of exclusive breastfeeding during the first 6 months of life, and provide new mothers confined at PGH with a support system.

To find out how you can help, please contact Lara Castillo (Φ2018A, Class 2022) at 09178133083, or email milkmatters.philambdadelta@gmail.com.

Current Layout



Proposed Layout





Mommy Matters

A CONFERENCE FEATURING TALKS FOR MOTHERS, BY MOTHERS

BY PAMELA DANIELLE T. LANUZA (Φ2017, CLASS 2021)

Founded on March 15, 2014, Milk Matters is the first youth-led project to conduct regular milk-letting activities around Metro Manila. It aims to provide a stable source of breastmilk supply for the Philippine General Hospital Neonatal ICU (PGH NICU) babies. In line with its vision of promoting and enhancing the quality of maternal and child healthcare in the country through breastfeeding, this project has grown to include milk drop-offs, public health lectures, and an online platform "Express Yourself." Over the past 5 years, we have collected over 325 L of breastmilk, expanded to 4 partner communities, and served over 500 mothers.

We celebrated Milk Matters' 5th year anniversary with the first ever Mommy Matters: A Conference Featuring Talks for Mothers, by Mothers last August 3, 2019 (Saturday) at the Bayview Park Hotel Manila. It was a one-day event that served as an avenue for mothers, fathers, parents-to-be, and healthcare professionals to gain knowledge, ask questions, and clarify concerns on pertinent parenting issues that matter in this day and age. Our esteemed roster of speakers included sisses and non-sisses from different fields such as medicine, education, nutrition, and social media.

The conference featured plenary talks on Breastfeeding and Kangaroo Mother Care (by Dr. Maria Esterlita Tagle Villanueva-Uy Φ1986 Class 1989), Parenting in the Digital Age (by mommy blogger Marga Reyes), and Protecting Your Child through Immunization (by Dr. Anna Lisa Tan Ong-Lim Φ1987 Class 1992). The program was also divided into three simultaneous streams - Mommy Wellness, Mommy and Daddy, and Baby's Next Steps - to allow the participants to choose which set of talks fit best with their current concerns in parenting. Our speakers for these streams included sisses Dr. Maria Lora Palo Garcia-Tansengco Φ1987 Class 1992 (for Mommy Fitness), Dr. Maria Jesusa Baluyot Banal Silao Φ1989B Class 1993 (for Infertility), and Dr. Francesca Antonina Viray Jiao-Fernandez Φ2008 Class 2013 (for Developmental Milestones and Red Flags).

Mommy Matters was organized by the Milk Matters team AY 2018-2019: Pamela Danielle T. Lanuza Φ2017 Class 2021 (overall head), Marien Fershell Joemir Babar Siao Φ2017 Class 2021 and Patricia Marie Maiquez Lota Φ2018A Class 2022 (programs heads), Justin Grace Bañez Φ2018B Class 2022 and Stephanie Isabelle Cruz Paredes Φ2019 Class 2023 (logistics heads), Gia Paula Villena Gozun Φ2018B Class 2022 and Maria Antoinette Malabag Valdez Φ2019 Class 2023 (marketing heads), Lara Marielle Lazaro Castillo Φ2018A Class 2022 (publicity head), Alyssa Louise Aquino Uy Φ2017 Class 2021 (Sister Caritas 2018-2019), and Sophia Amabelle Fajardo de Chavez Φ2018B Class 2022 (Sister Caritas 2019-2020). The program was hosted by our Milk Matters founder Dr. Maria Angela Magay Villa Φ2011B Class 2016, Charmaine Ray Ramos Caisido Φ2016 Class 2020, and Lalaine Samson Quinan Φ2018B Class 2022.

The event was well-attended with over 70 participants who received lots of freebies from our sponsors. The profit from Mommy Matters, together with donations from some of our alumnae sisses, will be used for the renovation of the PGH Breastfeeding Room in Ward 15.



THE PHI SCHOLAR: Excellence Exemplified

In 1969, eleven determined young women envisioned a fellowship where female medical students could come together in their shared values of excellence, leadership, and service whilst breaking down the barriers of a patriarchal society. Thus, the Phi Lambda Delta Sorority was established, reimagining the standards of becoming a Filipino lady doctor and paving the way for a lifetime of sisterhood. Now on its golden year, the Phi Lambda Delta continues to uphold excellence as one of its core values, having given young sisses infinite opportunities to pursue their desired fields in medicine through its academic scholarships.

At present, the sorority has four scholars, with one having just recently passed the physician licensure examination. Let's get to know our scholars and how Phi has helped shape them into the headstrong lady doctors they are today.

WHAT DID YOU THINK ABOUT THE PHI SCHOLARSHIP?

Prior to my application, I thought my chances of being selected were close to nil. The persistent belief that only the best and brightest were worthy dissuaded me from even trying. However, as all sisses do when they decide to commit to Phi, I took a huge leap of faith and applied for the scholarship. Imagine my disbelief when Dr. Coramine Ochoa Strattan, President of Phi Lambda Delta International, congratulated me for being awarded a grant from our generous sis, Dr. Annette Rubio-David. In her letter, the Phi Scholarship Committee selected me for "[my] very impressive academic performance"—which was hard to believe all on its own (haha)—and also for "[my] dedication to the mission and vision of the Phi Lambda Delta Sorority." Dr. Rubio-David added that the scholarship was granted to those who "exemplify a healthy, tobacco-free lifestyle," which physicians should model for their patients and colleagues. Since then, I've thought of the scholarship not solely as an award to those who've excelled academically, but also as a way for alumnae to recognize the unprecedented uniqueness of each sis, supporting them through their advocacies and commitment to Phi.

Anamarie Pamela V. Torja
Φ2017 Class 2021



It is a very helpful program for sisses that really need financial support. It does not only help the sisses financially but it also helps them emotionally and psychologically because this program allows them to study with no worries on the tuition and other medical education-related expenses. In addition, through this scholarship, I was able to get to know the older sisses more and feel their support more through the emails they sent me.



Jacelle D. Magala
Φ2018A Class 2022

HOW WAS PHI ABLE TO HELP YOU?

The Phi scholarship was an opportunity for me to help my family and a way for myself to achieve my goals and motivate me through medical school. My mother is the breadwinner of the family, supporting me and my sister through college and medical school. She has worked hard and long, most times going home late at night just to be able to provide for us both. I am so thankful for Phi for being able to financially assist us. Now that medical school is finally behind me, I want to eventually do residency, hopefully in Dermatology, and practice in Davao.



Maxina Nicole C. Bacasaza, MD
Φ2015 Class 2019

There is so much that really got me interested in joining Phi. Its core values attracted me. Aside from being known as group of beautiful ladies, all the sisses are also undeniably smart! I was inspired by them and I wanted to surround myself with people who inspires me to be better. The uniqueness and sustainability of Phi service projects set it apart from the others. During my LU III days, I was so impressed with everything that they do — from a simple room-to-room announcements to the event per se. Loving the invites and exhibits and maintaining Phi quality are one of the reasons why I decided to run for the position of Sister Mercury. It was such a great honor to be given the chance to serve the sorority as part of the 48th Executive Committee.



Rosilyn G. Solomon
Φ2017 Class 2021

WHAT ARE YOUR PLANS IN THE FUTURE?

I plan to pursue a residency program in PGH. After that, I plan to stay here in the Philippines to serve. I might study in abroad for further career development but I will stay in the Philippines to serve the Filipino people and teach the future generation of doctors. I would like to thank Phi for for all the opportunities that they have given to me since I joined Phi. I would also like to thank them for all their undying support (physically, emotionally, psychologically and financially) for me and in everything I do. I hope that this Phi love continues in the following years.

Jacella D. Magala
Φ2018A Class 2022



I plan to take residency and practice here in the Philippines, giving back to the nation that allowed me to receive the finest medical education. I hope to one day earn my place among the distinguished faculty of the UP College of Medicine. Ultimately, I aspire to serve as Dean of UPCM, helping mold five-star physicians and planting the same seeds of inspiration that sisses have instilled in me.



Anonasio Pamela V. Torga
Φ2017 Class 2021

IS THERE ANYTHING YOU WOULD LIKE TO SAY TO OUR SISSES?

Three years ago, I took a leap of faith to be part of something greater and indeed, that decision has changed my med life into the best experience it can ever be. They say that in Phi, "you get as much as you give" but for me it is different. I get way more than what I have given. I have learned so much through the service projects, academic reviews, career talks, and more. I have met inspiring sisses from different fields of specialization. I experienced sisterhood even from the sisses who have just met me. I received unreserved love and acceptance from my beloved batchmates. And now, the sorority is very generous to have given me a scholarship. Phi has touched many parts of my life. No words can express how grateful I am that I was chosen to be one of the sorority's scholar. Phi has never ran out of opportunities to give for the growth of its members. In Phi, you are never alone, not just in medical school, but in this journey of a lifetime.



Rogelyn G. Soloman
Φ2017 Class 2021

From the bottom of my heart, thank you so much sisses. Words do not suffice to show everyone how grateful I am for Phi. It's been such a big part of my 5 years in medical school and now will be a part of my life forever. Thank you.



Maximo Nicola C. Bacaraza, MD
Φ2015 Class 2019

To our dearest alumnae sisses, your kind consideration has deeply moved me. I am overwhelmed with joy and utterly humbled by this honor. To Dr. Andy Rubio-David, thank you so much for believing in me. Know that this has truly inspired me to work even harder to realize my dream of becoming a five-star physician. I'll do my best to make you and all sisses proud. To my fellow young sisses, may my story—albeit only beginning and largely unwritten—serve as a reminder that attaining great things in life starts with taking a huge leap of faith.

Anonasio Pamela V. Torga
Φ2017 Class 2021



I would like to give them thanks for all the opportunities that they have given to me since I joined Phi. I would also like to thank them for all their undying support (physically, emotionally, psychologically and financially) for me and in everything I do. I hope that this Phi love continues in the following years.



Jacella D. Magala
Φ2018A Class 2022



Sisses Celebrate PLD's 50th Year at the UPMASA Annual Grand Convention

On July 2-6, 2019, the University of the Philippines Medical Alumni Society in America (UPMASA) held their 34th Annual Grand Convention (AGC) at the Fairmont Hotel in Dallas, Texas. This 5-day event included activities for UPMASA members, such as Pabidahan, CME Sessions (with the theme "Personal Health, Society's Wealth"), class reunions, exhibits, and a gala dinner and dance.

Luncheon, held on the second day of the convention, select brods and sisses were awarded and recognized, and updates were given regarding shared projects of the Phi Kappa Mu International (PKMI) and the Phi Lambda Delta International (PLDI).

shared, "[The Founders' Brunch was a] Phi high moment. It was probably the best day I have ever had since arriving here." This event was also the highlight of the UPMASA AGC for Dr. Pacita L. Salisi-Platon, Phi Batch 1974 Class 1978, who felt it was "wonderful to get reunited and to get to know Sisses!"

There were also two events organized and attended only by sisses: The PLD Meeting, and the Founders' Brunch. The PLD Meeting, held right after the Phi Luncheon, was a venue to talk about activities and matters concerning the PLDI, such as PLDI Fundraising, Financial Report, and other upcoming projects. UPCM Dean Dr. Charlotte Chiong, Phi Batch 1981A Class 1985, also gave a report on the status of the UP College of Medicine. The Founders' Brunch, an


(Photo credits:
Dr. Jennifer Marie Junio Yang,
Phi 1994B Class 1999)



Our sisses from the Phi Lambda Delta Alumni Association (PLDAA) were active in all the activities, but also organized and participated in events exclusively for brods and sisses, such as Phiphest and Phi Luncheon. Phiphest, held this year in the residence of one of our founders, Dr. Celia Genio-Harding, is an annual gathering of Phi brods and sisses held a day before the UPMASA AGC. This gathering allows them to discuss important topics of Phi interest, or invite guest speakers to talk about select topics; this year, PGH Director Dr. Gap Legaspi, Phi 1983, was invited to give updates about the current status of the Philippine General Hospital. In the Phi

event held for the first time this year by the sorority's founders, was held after the AGC at Dr. Celia Genio-Harding's house. The sisses bonded over a cook-out and feasted over Filipino food. A highlight of the event was a replication of "Cocktails" that the founders had to go through. Having only arrived in the US and being the youngest attendee, Dr. Everly Faith P. Ramos, Phi 2010 Class 2014,





Cheers to

50
Golden Years!

FOREVER PHI
Strong in Spirit and Sisterhood

PHI BATCH 71 OF CLASS 75

Elizabeth Fong-deLeon

Titas dela Cruz-Marquez

Carina Cruz-Quimbo

Modesta Alina-Calso

Nelia Tan-Liu

Pearl Jamesis-Villalon

Marilyn Tiro-Zarraga





AS ONE OF THE EARLY ADVISERS FOR THIS SUPERB SORORITY, PHI LAMBDA DELTA, I AM EXTREMELY HONORED TO HAVE BEEN PART OF ITS BEGINNINGS FROM A HANDFUL OF FEMALE MEDICAL STUDENTS WHOSE VISION WOULD RESONATE AND GROW ITS MEMBERSHIP INTO 919 STRONG TODAY. IT IS NO SURPRISE THAT SIGNIFICANT MILESTONES AND AN ENDLESS LIST OF ACHIEVEMENTS HAVE BEEN OBTAINED BY THE PHI LAMBDA DELTA.

I CELEBRATE AND CONGRATULATE MY SISTERS. INDEED SISTERHOOD IS ONLY A WORD UNTIL IT IS FELT!

Greetings from Dr. Eva Poblete and family

Happy 50th Anniversary
**PHI LAMBDA DELTA
SORORITY**



**DR. FRANCISCO BELIZARIO
DR. EVANGELINA MENDOZA-BELIZARIO**



PHI LAMBDA DELTA

"A sister is a gift to the heart, a

PHI BATCH 78 CLASS 1982 MEMBERS

*Amina Yamile T. Abubakar
Carissa T. Carpio-Dimacali
Susan A. Cu-Uvin
Aranzazu Ligaya M. de los Angeles
Maria Lourdes M. Franco- Lipat
Wilhelmina S. Galvez- Sarte
Gilda G. Germar- Martinez
Amy N. Goleta-Dy
Ana Isabel L. Gumabon- Gervasio
Elizabeth M. Karunungan-Jacinto
Rosemarie Ella Legarda-Law
Maria Angela T. Medina-Lavadia
Maria Pilar G. Mina
Leah I. Monteagudo-Manapat
Susan M. Montemayor-Watanabe
Erlinda R. Nepomuceno- Armovit
Maria Cristina M. Nunez (+)
Ma. Imelda L. Olivarez-Orteza
Maria Teresa C. Plata-Que
Alexis Socorro L. Reyes
Rowina S. Rodriguez-Lapid (+)
Leah A. Saguil- Trantham
Asuncion C. Salva-Odrumia
Evelyn T. Santos- Morabe
Consolacion G. Sison- Switala
Joycelyn A. Trinidad- Torres
Agnes G. Vida- Quebral
Mary Anne U. Villegas- Gordon*



PHI LAMBDA DELTA SORORITY Batch '78, Class '82

"friend to the spirit, a golden thread to the meaning of life."

- Isadora James





Class of 1999

Celebrating our 20th year, and Phi Lambda Delta's 50th!

Cheche Aquino-Enriquez
Sandy Cabral-Prodigalidad
Sheila Espina-Bertosso
Vangie Ko-Villa
Roree Liboro-Salacup
Kristin Mercado-Respass
Tinky Nograles-Hugo
Elaine Obieta-Lopez
Melette Pangan-Muego
Aileen Pascual
Chay Pascual-Abalos
Lia Patacsil-Makalinao
Rosanne Sugay-Cruz
Ricci Sugui
Babie Talip-Lucero
Jennie Yang

Congratulations

FROM Φ1980 CLASS 1984



Wedding of Michelle L. Krings, daughter of Dr. Catherine Lisondra-Krings, Φ1980, Class 1984
R-L: Michael, Marissa Gayle, Cathy, John, Michelle (bride)



Jed, Dr. Maria Lilibeth Rosales-Manguera (Φ1980, Class 1984), Aron, Mark



Nora (Φ1980, Class 1985), Raffy, Kat, and Joel Flandes



L-R (seated): Ismael Lazaro, Catherine Jessica Sotto Mercado-Lazaro (Φ1980, Class 1984)
L-R (standing): Luis David Lazaro, Diana Leslie Lazaro (Φ2007, Class 2011)



Dr. Felicitas Cruz Lardizabal-Lacbawan
Φ1980, Class 1984



Dr. Mary Anne Pajel-Sio
Φ1980, Class 1984



Dr. Maritoni Jane Andres-Catan (Φ1980, Class 1984) with husband Mars and Children Paul and Grace. Happily serving the Lord in Missions!



Dr. Stella Marie Abella Legaspi-Jose, Φ1980, Class 1984

L-R (1st row): Rosina, Romina, Stella
L-R (2nd row): Reggie, Robbie, Ato



Dr. Julia Maria Pagulo
Warren-Valdez
Φ1980, Class 1984



Dr. Maribel
Lu-Valenzuela
Φ1980, Class 1984



L-R: Dr. Edwin C. Reyes, Φ1980; Dr. Nanette Domingo
Reyes, Φ1980, Class 1984; Justin Paul; Genevieve Therese
(1st row): Rosina, Romina, Stella



Greetings from Dr. Cora Adlawan Baeumer
(Φ1980, Class 1984) in Muenster,
Germany



Dr. Fahra Tan-Omar, Φ1980, Class 1984



We proudly celebrate the Golden Anniversary
of our beloved sorority, the
PHI LAMBDA DELTA



PHI BATCH 2011B, PHERCE



Here's to a lifetime of sisterhood!



Stephanie Paige C. Abellera
Φ2017 CLASS 2021

Veronica G. Cruz Abellera
Φ1984 CLASS 1989



ISAIAH 58:6-9A

*'Is not this the fast that I choose:
to loose the bonds of wickedness, to undo the straps of the yoke, to let the
oppressed go free, and to break every yoke? Is it not to share your bread with
the hungry and bring the homeless poor into your house; when you see the
naked, to cover him, and not to hide yourself from your own flesh?*

THEN SHALL YOUR LIGHT BREAK FORTH LIKE THE DAWN,
*and your healing shall spring up speedily; your righteousness shall go before
you; the glory of the LORD shall be your rear guard. Then you shall call
and the LORD will answer, you shall cry, and he will say,
'HERE I AM.'*

HAPPY GOLDEN ANNIVERSARY $\Phi \Lambda \Delta$



We found gold in each other...

PHI '83 | CLASS '87







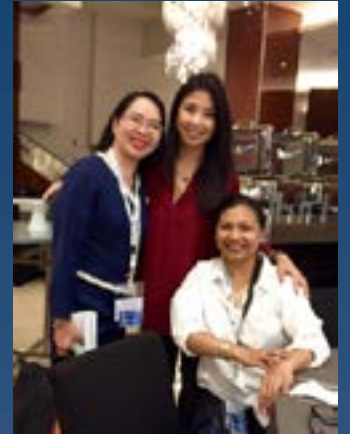
“WE CAN ONLY
BE SAID TO
BE ALIVE IN THOSE
moments
WHEN OUR HEARTS
ARE CONSCIOUS
OF OUR
TREASURES”.

WE ARE PHI BATCH 2007

PHI *nomenals*

richel.jesi.nonette.vicky.nina.din.mia.pam.rita.orlyn
les.joanne.kittina.gina.myra.jesa.crystal.mika.tin

PHI I



992



April, Judith, Brenda, Deb, Bimbim, Madonna, Lara, Chittina, Maíta, Jeng, Veronica, Joyce, Marj, Mae, Melissa, Maylene, Naomi, Maísa, Donna, Loísa, Angel, Girlie, Rita, Ellen



HAPPY GOLDEN

Phi Lambda

Φ1990, CL





ANNIVERSARY,

Phi Lambda Delta

CLASS 1995





*Happy 50th year.
Phi Lambda Delta Sorority!*

*From the
Benedicto Family*



MARIA TERESA JULIETA M. URBIZTONDO-BENEDICTO, M.D.

Φ1989B, CLASS 1995
and

JUBERT P. BENEDICTO, M.D.

Φ1987, CLASS 1992

*Congratulations
on our 50th, sisses!*

Amelia Lazaro Medina Davies

Phi 1969, Class 1972B





*Congratulations to our
Beloved PLD Sorority
on its Golden Anniversary!*

From:

Cora Alvarez- Francisco

M.D., FRACGP

Sydney, Australia

Founding Member, PHI 1969,

UPCM 1972 A



Congratulations!



TO
PHI LAMBDA DELTA SORORITY

ON YOUR



FROM

Borough 
Medical Clinics

15
YEARS

Eastwood City

Tel.: (632) 8687-1345 / 1369
Mobile: (63917) 553-5614

Mall of Asia

Tel.: (632) 8558-0557 to 60
Mobile: (63917) 553-5612

Subic Bay Freeport Zone

Tel.: (047) 250-2404
Mobile: (63917) 803-8504

San Jose del Monte

Tel.: (044) 769-0280
Mobile: (63917) 125-6760

www.boroughmedical.org

 **Borough Medical Clinics**



Happy 50th Anniversary

Phi
Lambda
Delta
dear!

Love,

BonPhire

(Bonaphide Φ '10, Phireworks Φ '11A)



“Congratulations to Phi Lambda Delta on their 50th Anniversary”

The Phi House is a testament to the joint commitment of the Phi Kappa Mu Fraternity and the Phi Lambda Delta Sorority towards the continuous support of the UP College of Medicine, the Philippine General Hospital, the University of the Philippines and the Filipino people.



- The first dormitory in the Philippines donated by a fraternity and sorority to their Alma Mater
- The first ever dormitory in UP Manila
- Affordable, clean, safe and secure
- Excellent location beside College of Pharmacy
- 100% occupancy after 2 years of operation
- All net proceeds donated back to UP, PGH and the Filipino people



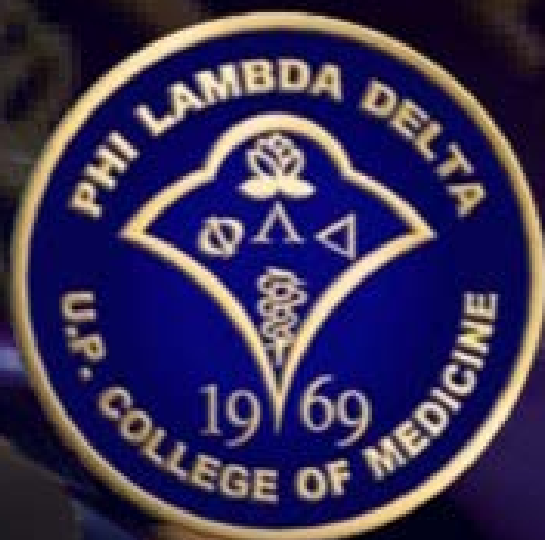
- 6 million peso donation made July of 2018 for the UPCM Medical Science Building Alumni Lounge
- 1 million peso donation made July of 2018 to the PGH
- 1 million peso donation made April of 2019 to the UP Los Banos Infirmery
- Phi Housing scholarship for deserving UPM students
- A gift that keeps on giving

Thanks to all our donors for their unceasing support without whom the Phi House would not have been possible!



From the Phi House Foundation, Inc. Founder and President
Emmanuel A. Lat, M.D., F.A.C.S.
and Phi Lambda Delta Sorority Founder **Zenda Garcia-Lat, M.D.**

Congratulations to Phi Lambda Delta on its Golden Anniversary



**We are proud to have
been there at the
founding, and we look
forward to the great
years that lie ahead.
More power to you !**

**Zenda Garcia-Lat, M.D.
Phi Lambda Delta '69
Founder and First Sister Herald
UPMASA National President 2011-2013**

**Emmanuel A. Lat, M.D., F.A.C.S.
Phi Kappa Mu '68
UPMASA National President 1997-1999**



UPCM
Class
1989



Congratulations to the
PHI LAMBDA DELTA SORORITY of
the UP College of Medicine on
its **50th Anniversary**



SimplyPHI.
Refresh.
Reconnect.





Proud to be *SimplyPHI*.

amy aguilar, sasa baltazar-enzaluz, susie bayot-moore, missy bobadilla, annabell chua, marleen coronel-maffeo, minie cortez-castor, rona covar-orendain, isabel crisostomo, cherry cruz-esteban, fe cruz-rodebaugh, ronnie cruz-abellera, beng dela cruz-rosas, tonnette esteban-habana, corinne estrella-lacanilao, nilda hernandez-manansala, joanne jajurie-lobo, melissa lasola-tompkins, tabs lim, rachie lim-hom, alma malabag-valdez, malou malvar-barrameda, socouer medina-oblepias, jay santiago-khan, mila tan, jeanette tan, lutch tan-hernandez, zerline tiu-snyderman, joji urlanda, lisa uy-celebrado, tita villanueva-uy





CONGRATULATIONS S
EXCELLENCE, LEADERHIP, S



ISSUES FOR 50 YEARS OF
SERVICE, AND SISTERHOOD!



BEST WISHE

JUGGER

PHI KAPPA MU



S, FROM THE
R NAUTS
U BATCH 2017A

Congratulations, Phi Lambda
Cheers to a lifetime more of



UNTOUCHABLES Φ2017B • DIVERS

Lambda Delta on your 50th!
brotherhood and sisterhood!



University Touch

SIPHI Φ2018A • UNIPHIED Φ2018B

Happy 50th Anniversary, Phi Lambda Delta!



Ime Olivarez-Orteza, Φ 1978 Class 1982

Mel Orteza-Sorra, Φ 2012 Class 2017

Phyllis Sorra, Φ 2019 Class 2023



Happy 50th Anniversary.
PHI LAMBDA DELTA SORORITY!
From The Sisbombs: Phi Class 2005

FRANZ • LIZ • MIC • MABELLE • RUTH • MEL • MARGA • GRACIE • LEAH • PAM • TOYANG
 EDHEL • CYNCH • KF • PATTY • PATS • MAI MAI • DORAY • JEN • JENNY • TIN • KITIN • GING





MARIA LUISA S. ACU



MARY JANETTE AQUINO-RIOS



JEANIE AQUINO-TIANGCO



CHARLOTTE M. CHIONG



MA. CARMINA A. ESPIRITU-CHIONG



TERESA LIMJOCO



RHONA N. R. LIMSON-POBRE



LESLIE S. LORICO-LINTAG

Spirit of CLASS 1985



EILEEN M. MALAPAYA-MANALO



MARIA ISABEL MANIEGO-ATIENZA



MA. LIZA ANTOINETTE MANIQUIS-GONZALES



VIRGINIA MARTINEZ-ALVA



NORA MISTAL-FLANDES



MA. VERNADETTE E. CRUZ-GONZALEZ



CONCEPCION ROCES



MARIA RUBY ROQUE-MIÑOSA





IN FR

AILE
AGC
RINA
OSA
ROO

PHI L



ENDSHIP WE ARE ONE, IN ONENESS LIES OUR STRENGTH

EN ● BAMBI ● IRENE ● ARMYN ● LIA
SIE ● MAY ● SANDRA ● LORA ● GISELLE
A ● SHARON ● IRENE ● LIZA ● JOY ● TINA
NG ● GUADA ● BETH ● ANNA ● LILIBEL
HELLE ● KROLENG ● EARLYN ● JUDITH
CHUBBS ● TRIXIE ● COCO
LAMBDA DELTA '87 ● UP COLLEGE OF MEDICINE '92



Phi Lambda Delta Batch



Maria Cristina M. Cleto-Quiaoit
"MARIE"



Evalyn SM. Talens-Macasaet
"LYN"

Evangeline S. Lagman-Vaca
"VANGE"



Catherine Jessica S. Mercado-Lazaro
"CAT"



Annabelle A. Isaac-Quizon
"ANNABELLE"



Ma. Lourdes M. Justo-Lasam
"ODETTE"

Ma. Louisa Q. Cajucom-Fogata
"MALU"



Natividad S. Mugut-Berlin
"NATI"

Elenita Victoria L. Tiambeng
"ELLIE"



Odette Pia C. Abarra-Valencia
"ODETTE"

Vilma C. Bagay-Salcedo
"VILMA"



Catherine L. Tiong
"CATIE"



Delta Sorority 1979



UPCM 1991

Phi '86

Meeting people for the first time, we often have no idea how much of an influence each of those we meet may bring into our existence. How a series of moments shared can have a lasting and unwavering effect on each other. Each of us in Phi Batch 1986 is a part of this story.



In love our lives are shared. In friendship we are one. We now cannot imagine not having each other in our lives. Of not being around the ones we have the honor to call our sisses. Yes, the funny ones. The ones who make us dissolve in riotous belly laughter. Sisses who never let your day end without giving you something to smile about. It's something special, being on this similar wavelength. This is a kinship developed over many shared experiences and unguarded moments.

We are friends who are siblings. These are the sisses who are up for adventures anytime, the ones who are present on every road trip. The ones who are only a call away. The observers. The learners. The shoulders to cry on. The ones who believe in friendships past midnight. The sisterhood we have forged has become something uniquely special, palpable even when hard at work, or over a shared drink at day's end, or when camped out together under a canopy of stars. We have spilled our secrets to each other during get-togethers till daybreak. These are the sisses we feel infinite with, the same ones you call when life throws a wrench in your plans. *Forever we do pledge, our dedication and our faith.*

Though we may not have ended up in the same places together, we know by heart that we are bound by love to each other, and share the same passion and enthusiasm for living. We are women doctors striving to make a difference. *In oneness lies our strength.* Sisses are the ones who help you find your way home. The ones who are fierce and warm at the same time. The ones who can make you feel calm amid disquiet, like a breeze on a sweltering day.

We have been fortunate to meet each other, and blessed to be part of one another's lives in ways that we had not known at the beginning. *No barriers can bar us, no goals unconquered, no deeds undone.* We wish for these moments to perpetuate themselves. To endure beyond our 50th year and never be gone. To be sisses in our hearts. In our souls. In our memories. Forever.
- Kathleen Hocson-Baldivia, MD

Sr Yel Adre
Cha Borja-Tabora
Mitas Castillo-Alcasid
Tess dela Rosa-Ribay
Aimee Dizon
Tina Eviota-Hizon
Emily Gaerlan-Resurreccion
Kathleen Hocson-Baldivia
Jiji Jajurie-Torres
Resa Javier
Pia Lopez-Lorenzo
Annabelle Nuñez-Martin
Tina Reloza-Camara
Es Saguil

Beni Sanchez-Gan
Sebe Sanchez-Fernandez
Tish Sarmiento-Pinlac
Fe Soriano-Felicilda
Tinay Tan-Aglibut
Leika Tatoy-Abad Santos
Marysia Tiongco-Recto
Susan Tiukinhoy-Laing
Thiele Umali-Anthony
Emee Villarosa-Rodriguez
Marimel Yap-Veloso
May Zamuco-Carangal
Melissa Zamuco-Mercado



"...what is essential is invisible to the eye."

-Antoine de Saint-Exupery



Amelia Lapuz Lazaro Medina-Davies, Founder, CF72B • Eileen Liesl Enerva Abesamis- Cubillan, CF93 • Bootsie Alejandrino-Kison, CF98
 Gracia E. Buendia- Teodosio, CF81 • Bernadette Lou G. Caluya CF08 • Carmela Augusta F. Dayrit- Castro, CF10 Chittina De Ocampo- Santiago, CF96
 Edna May E. Desquitado-Tranquilino, CF92 • Krissy Dim-Jamora, CF00 • Natividad Sandra Dy Chua, CF92 • Armi Espiridion-Calma, CF09
 Ma. Carmina Espiritu-Chiong, CF85 • Maria Niña Fajardo-Pascasio, CF12 • Mabelle S. Fernandez-Colayco, CF06 • Jennie Francisco-Diaz, CF00
 Mia Katrina R. Gervasio, CF12 • Lee Heredia, CF01 • Pamela Huang, CF05 • Alexis Paula Ibañez, CF13 • Monica Felise Jara-Sabal, CF07
 Belen V Lardizabal-Dofitas, CF87 • Johanna Pauline H. Lazo-Dizon, CF04 • Hanna Lucero-Orillaza, CF08 • Ma. Angela T. Medina- Lavadia, CF81
 Maria Socouer L. Medina-Oblepas, CF89 • Patricia Oreta-Arboleda, CF13 • Ma. Melissa C. Pasion-Dabao, CF97 • Nicole Ramirez- Ecarma, CF13
 Katrina Angela Reyes, CF10 • Charissa Sason- Rodriguez, CF00 • Ma. Cristina Teresa Ruby Roxas, CF12 • Arunee Siripunvarapon Dela Cruz, CF07
 Blossom Tian Chan, CF86 • Nicola Valbuena-Go, CF09 • Clarissa Villarama-Cellona, CF98
 Joahna Villena-Hermida, CF04 • Ma. Socorro Dizon W. Sit-Toledo, CF92 • Esperanza N. Macasaet, CF81+ • Erika Gayle C. Ty, CF17 (Resident)

Greetings from your Phi Dermatology Sisses!





FROM SISS
PGH DEPARTMENT

Happy 50th





ES IN THE
IT OF PEDIATRICS

Anniversary



KARLA ARANETA
 COY CABANILLA-MANUNTAG
 CARLA BONIFACIO-DOFITAS
 SHAYNE FAJUTAGANA
 JAM NOBLEZADA-FAVIS
 MAATRIX OCON
 JANNA OLIVERA
 TRACY PAULINO-CUESTA
 JULIE REYES
 ABI ROXAS
 MINDY SANTIAGO
 CHARVEE TAN



40 PHIED PHI BATCH 09





Φ Λ Δ



HAPPY 50TH ANNIVERSARY SISSES!



40PHIED







HAPPY GOLDEN ANNIVERSARY TO PHI LAMBDA DELTA

FROM
BATCH '73
CLASS 77





ΦΒΑΤ



Congratulations

ON OUR 50TH YEAR!

from

ATCH 2005, CLASS 2010

GERALD MARION ABESAMIS, MD
PLASTIC, RECONSTRUCTIVE & AESTHETIC SURGERY

ALVIN CHRISTOPHER CHU, MD
PATHOLOGY

JONATHAN GALINGAN, MD
MEDICAL INFORMATICS

BAYANI PASCO, JR., MD
HEPATOBIILIARY & PANCREATIC SURGERY
GENERAL SURGERY

RECIVALL SALONGCAY, MD
OPHTHALMOLOGY- VITREORETINA

MARIE JOAN THERESE BALGOS, MD
OPHTHALMOLOGY- CATARACT & REFRACTIVE SURGERY

CARMELA AUGUSTA DAYRIT-CASTRO, MD
PEDIATRIC DERMATOLOGY

MARIA ANGELA DE CASTRO-ABESAMIS, MD
OBSTETRICS & GYNECOLOGY
REPRODUCTIVE ENDOCRINOLOGY & INFERTILITY

ELIZA MIA DEJORAS, MD
INTERNAL MEDICINE-RHEUMATOLOGY

KATHLEEN ROSE DESCALLAR-MATA, MD
THORACIC & CARDIOVASCULAR SURGERY
CONGENITAL & PEDIATRIC CARDIAC SURGERY

GERALYN GARCIA, MD
GENERAL PEDIATRICS

NIKKI ROSE GONZALES, MD
DERMATOLOGY

JAKES CATHERINE MERCADO-PANGGAT, MD
INTERNAL MEDICINE- MEDICAL ONCOLOGY

SIENA ELISA ONA-LE, MD
PHYSICAL MEDICINE AND REHABILITATION- SPINAL CORD INJURY

KATRINA ANGELA REYES, MD
DERMATOLOGY

MELISSA BEATRIZ RODRIGUEZ-PALAYPAYON, MD
GENERAL PEDIATRICS

CECILLE SALES, MD
INTERNAL MEDICINE

NICOLA VALBUENA-GO, MD
DERMATOLOGY

IVY MAE VITANZOS-CERVANTES, MD
EPIDEMIOLOGY





*Congratulations,
Sisses!*

*from the
PhiSisYans*

PHI LAMBDA DELTA
BATCH 2006



CELEBRATING 50 YEARS
OF SISTERHOOD

Diane Carla Bernardo, MD
Internal Medicine-Endocrinology

Ana Aida Caballes-Litao, MD
Internal Medicine

Charissa Marie Carag-Le, MD
Internal Medicine-Nephrology

Eliza Mia Dejoras, MD
Internal Medicine- Rheumatology

Junielizelle Dela Victoria, MD
Pediatric Anesthesiology

Karla Cristina Detoya-Bhatia, MD
Internal Medicine-Endocrinology

Marillete Falagne, MD
General Medicine & Public Health

Nikki Rose Gonzales, MD
Dermatology

Cecilia Hipolito, MD
Pediatrics

Donnabelle Lim-Garey, MD
Family Medicine

Allison Quicoy, MD
General Medicine

Carolina Isabel Pascual, MD
Emergency Medicine

Diana Francesca Tuaño-Estrellas, MD
Radiation Oncology

Raissa Marie Tud, MD
Obstetrics & Gynecology
Infectious Disease

Ada Lyn Yao-Vendiola, MD
Physical Medicine & Rehabilitation
Pain Medicine

Anna Carmina Zantua, MD
Otorhinolaryngology





Congratulations

TO OUR PHI LAMBDA DELTA SORORITY
ON ITS 50TH GOLDEN ANNIVERSARY

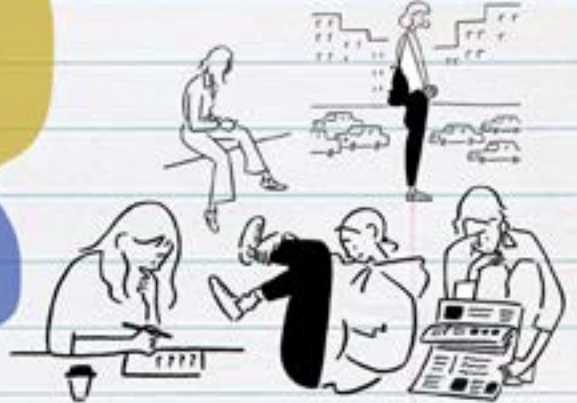
PHI BATCH '72/CLASS 76



CONNIE UY-APARENTADO, KATHY DE VERA-ECHEVERIA, GINA GONZALEZ-SAMSON, JEPS MENDOZA-WI, GRETHEL CABISON, CORAMINE OCHOA-STRATTAN, JOEL PALOMIQUE-ALFILER, NILA TIANGCO-TORRES, and COOKIE MARTINEZ as freshmen in 1972 at the UP College of Medicine



phicht club
ΦΛΔ '16





HAPPY GOLDEN ANNIVERSARY

Phi Lambda Delta

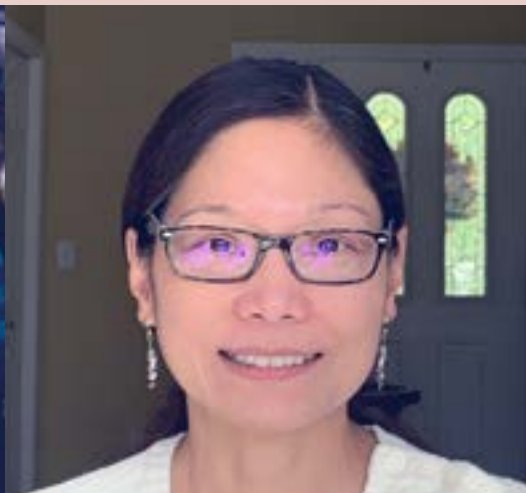
PHI 1976 CLASS 1980

Arlene Pajara Alcid-Samaniego
Maria Gloria Briones Blanco-McMillan
Julita Ocampo Carvajal-Mendoza
Irene Kungo Chanbonpin-Szeto
Quintina Bertiz Corteza-Rodriguez
Desiree Isiderio Fabros-Munez
Anne Marie Alquizola Fernandez-Villa
Irma May Avila Fernandez-de Leon
Maria Cynthia Saldua Fernandez-Tan
Gene Gatchalian Gonzales
Alexis Asuncion Narciso Ibarra-Leones
Prosephine Tabella Japitana-Bermudez
Rosemarie Lim King-Chen
Blesilda Aguinaldo Liganor-Aw (+)
Adoracion Co Lim
Cecilia Encarnacion de Asis Nakpil
Melissa Molina Penas
Jesusa Laguyan Talaue-Catabui
Maria Gloria David Tan Gatue-de Castro
Elena Penaflor Vitug-Dabu



Ampliphi

Φ2013



PHI CLASS 1996



*For there is no friend like a sister
In calm or stormy weather.
To cheer one on the tedious way,
To fetch one if one goes astray,
To lift one if one totters down,
To strengthen whilst one stands.*





CONGRATULATIONS, SISSES!

Phiireflies
Φ2017



Congratulations on our 50th Anniversary



50th Anniversary, Sisses!



greetings from your

PHI DELTA FAMILY

Dr. Lizzette Dela Victoria

Dr. Jo-Anne Lobo

Dr. Veronica Magnaye

Dr. Ana Maria Karla Datiles-Lei

Dr. Kathleen Rose Descallar-Mata

Dr. Diane Carla Bernardo

Dr. Junielizelle dela Victoria

Dr. Jesa Nadine Protasio

Dr. Maria Angelica Villano

Dr. Maria Niña Fajardo-Pascasio

Dr. Reysa Autentico

Dr. Christine Marie Jimenez

Dr. Marvie Aguro

Dr. Emmae June Quibod

Dr. Marian Frances Ysaac

Dr. Liana Mae Lobo

Dr. Katrina Mata

Dr. Keeshia Cacdac

Dr. Gaby Flores

Dr. Herminio Villano

Dr. Dominador Cabrera

Dr. Daniel dela Paz

Dr. Espiridion Reyes

Dr. William Briones

Dr. Danilo Legita

Dr. John David Mata

Dr. Dax Carlo Pascasio

Dr. Ryan Torres

Dr. Leonil Ferdinand Sembrano

Dr. Bin Rashid Chin



PHI LAMBDA DELTA



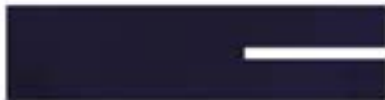
**50 –
years**

Congratulations

from Rosanna Sta. Romana Cruz

Phi Lambda Delta Batch 1985

UP College of Medicine Batch 1990



Congrat

FROM PHI LAMBDA

MARIA PATRICIA CLAUDIA AUGUSTA JAVIER AGUNOD
MARIA ELOISA CARDINEZ ALBAY-DE PADUA
CHARISSA FAYE CORAZON CABOTAJE BORJA-TABORA
JOSEPHINE MADAMBA CARNATE
RUBY ANN MARISTEL HLADKY CAYCO-BELL
HJORDIS MARUSHKA BELTRAN CELIS

MARIA ROSANNA MENDOZA CORTES-JIMEN
MARITA ARNEDE FORTADES
POALA BERNADETTE RAMONA SUSANNA GA
GALVEZ-MILLAN
MARIA LOURDES ESGUERRA GONZALES-GE
MICHELLE LEILANI GARCIA JOVER
AMBER MANZOOR KHAN



ntulations

DA DELTA BATCH 1985

IEZ

ALANG

NUINO

BEATRIZ DILAG KUIZON
ROSEMARIE SY LIM
MARIA PATRICIA PAGADUAN LUNA-SUN
MELINDA CATALINA CASTILLO MARANAN
ALMA MIA ROSAL MARTIJA-WULFF
YVONNE LAGASACA MINA
ELIZABETH SY ONG-DEE

JUDY MAE CABANGON PASCASIO-FEDORCIW
MARIA TERESA BRAWNER RUBIO
ROSANNA MENDOZA STA. ROMANA-CRUZ
JOSEPHINE VENZON TICSAY-LOPEZ
FLORENCE VOLANTE TIENZO
LEAH LOUISE LEGASPI VEGA-JUSTINIANO
MARY LIND DOLORICO VELOSO-YOSUICO



CONGRAT

Phi Lambda

FROM ANESTHE



ULATIONS

Phi Delta

PSYCHOLOGY SISSES





Celebrating Silver

UPCM CLASS 1994

Aimee Andag-Silva, Corinna Balanon-Soriano, Eunice Batac-Carlas, Terry Busa-Sanchez, Janice Chua-Go, Sarah Mae Cimafranca-Iregui, Kats Duque-Kappe, Sonia Estrada-Desquitado, Jocs Fernandez-Camara, Dinah Fojas, Virna Gamalinda-Balingit, Mia Labrador, Mona Lim-Dungca

SISSES MAKE US SMILE BRIGHTER, LAUGH

Celebrating Gold

PHI LAMBDA DELTA BATCH '89B-'90-'91



Geri Mayor, Liza Pena-Sulay, Lizette Prodigalidad-Jabson,
Minnie Rasalan-Dela Cruz, Zeny Reyes-Tauscher, Maita Rosales-Feliciano,
Rissa Santos-Kao, Jing Sibal-Poblete, Spiny Sta. Romana,
Wena Tabamo-Desailly-Chanson, Tere Urbiztondo-Benedicto



LOUDER, LOVE DEEPER, AND LIVE BETTER

HAPPY GOLDEN ANNIVERSARY,
Phi Lambda Delta!



UP PGH DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

UNIVERSITY OF THE PHILIPPINES MANILA



LOVE,
YOUR OB SISSES
UP PGH
DEPARTMENT OF
OBSTETRICS
AND GYNECOLOGY



Happy 50th Anniversary!

TO OUR

Phi Lambda Delta Sorority

CONGRATULATIONS AND MORE POWER!



JOSEFINA R. ALMONTE
ΦBATCH1969, CLASS1972A



ESTHER A. SAGUIL
ΦBATCH1986, CLASS1991

FROM YOUR SISSES IN THE PHILIPPINE GENERAL HOSPITAL

Division of Pediatric Surgery



Myrna · Zen · Peachy · Pilar · Nanette · Pai

MORE PHI POWER FOR PLD

at 50th and on

- Cynthia Salazar Araneta
- Myrna Solis Fojas
- Nanette Pangilinan Galang-Gana
- Pilar Tolentino Lagman-Dy
- Natividad Sia Presbitero-Navarro
- Evelyn Fuentecilla Reinoso
- Zenaida Galang Roxas-Nihill
- Pacita Lascano Salisi-Platon



Pai · Cynthia · Pilar · Peachy

In remembrance of
Arlene Suarez Mendoza-Dagdag (1999)
Susanna Rivera Lim-Lopez (2018)

Imelda Maribeth Fontillas Fontelera-Garcia (2019)



Peachy · Zen · Myrna · Pilar · Nanette

Because there's



...one thing stronger than magic:

SISTERHOOD

- Robin Benway



PHI 2001B - PHINK

- 1 Marga - Margarita Barzon Dela Pena - Wang (Anesthesiology, pediatrics)
- 2 Daphne - Daphne Joyce Resques Diamela
- 3 Ang - Angel Torres Espanto - Cabañagan (pediatrics, pulmonology)
- 4 Mabez - Mabelle Samano Fernandez - Calajo (dermatology)
- 5 Joe - Jocelyn Ann Tsa Fang - Muzanda (pediatrics)
- 6 Pia - Pia Rogers Espanto Galarita
(ophthalmology, urology, cornea and external disease)
- 7 Myra - Kristine Myra Dilo Cruz Lolas - Pitt (pediatrics)
- 8 Mar - Marissa Elizabeth Landstad Lim (internal medicine, nephrology)
- 9 Che - Cheryl Jose Magbanua - Cabalo (pediatrics, genetics)
- 10 Milo - Milo Casas Mangover - Regala (family medicine)
- 11 Karu - Karen Dabo McDonald
- 12 Quene - Quene Gario Ngobb - Samonte
(internal medicine, endocrinology)
- 13 MaBelle - Maria Isabelle Lorena Sanico Pineda - Leonards
(internal medicine & emergency medicine)
- 14 Misan - Melissa Anne Marie Santos - Gonzalez
(ophthalmology, pediatric ophthalmology and strabismus)
- 15 Tonelle - Antonette Mariano Sumagol - Montalban (neurosurgery)
- 16 Kai - Karen Gonzalez Tapawan - Chen (internal medicine)

PHI 2002B - PHIESTY

- 1 Iro - Iro Franco Borbiabac - Anala (psychiatry)
- 2 Rory - Ma Aurora Cristina Caparina Gayano - Lim
(family medicine)
- 3 Marone - Marlene Enriquez Lapina (family medicine, genetics)
- 4 Anne - Mary Anne Bongal Panday - Calmon (internal medicine)

PHI 2002A - MISPHITS

- 1 Kati - Katrina Faldina Cepeda Adlan (obstetrics & gynecology, ultrasound)
- 2 Annah - Ann Carmel Florio Baltazar - Busaquita
(obstetrics & gynecology, maternal fetal medicine / perinatology)
- 3 Theo - Christabelle Andrea Corti Bonarito - Cabanilo (family medicine)
- 4 Kai - Marie Katrina Julian Mangos - Hamal (pediatrics)



HAPPY GOLDEN ANNIVERSARY, SISSES!



LOVE, SOPHIES (PHI 2008)

Happy 50th Anniversary, sisses!



Love, Wildphire Φ2019

Katrina O. Orteza, BL
Nicole Rose I. Alberto, ABL
Isabelle Rose I. Alberto

Marie Pauline A. Alibin
Christina H. Baroña
Mary Grace L. Enriquez
Leslie Cathleen T. Lim

Marie Angelica U. Marquez
Stephanie Isabelle C. Paredes
Maria Antoinette M. Valdez

*Happy 50th Anniversary,
Phi Lambda Delta, dear!*

SAPPHIRE
PHI 2015





"Your Health, Our Service"
A **MOUNT GRACE HOSPITAL**

Annex Building



Medical Arts Building



T.E.A.M. HEALTHSERV
@17

Bigger. Brighter. Better

**8817 National Highway, Batong Malake,
Los Baños, Laguna 4030**

**www.healthserv.com.ph
(049) 536-4858**



REFINITY
DERMATOLOGY AND LASER CLINIC

ACE HOTEL, PASIG • 09088112101 • WWW.REFINITYCLINIC.COM

SANTOS - GONZALES
SG EYE
OPHTHALMOLOGISTS

Congratulations!

From:

Melissa Anne Meris Santos - Gonzales, MD, DPBO
Pediatric Ophthalmologist & Strabismus Specialist
Phi 2001B, UPCM 2006

Redentor Caesar Go Gonzales, MD, DPBO
Vitreoretina Specialist
Phi 2003, UPCM 2007



AVOCADO CHEESECAKE (P590)

Avocado and cream cheese w/ gourmet nutty (pistachio, almonds, walnuts, cashew) white chocolate coat and home-made graham base



WHITE AVOCADO SENYORITA (P100)

Avocado ice cream topped coated with white chocolate and almond bits



**FOR HOLIDAY ORDERS/GIFTS:
DM: @avocadoria.BGC
SMS: 0917-8114205**



Gift Certificates available!

**Food District Signatures,
Lower Ground Level
One Bonifacio High Street Mall**

CRAVING FOR ANGEL'S PIZZA?
HERE ARE THE THREE WAYS YOU CAN ORDER:

- 1** PLACE YOUR ORDER THRU OUR WEBSITE:
WWW.ANGELSPIZZA.COM.PH
- 2** CALL 8922-2222
- 3** SEND A MESSAGE TO:
0917 825 4993 | 0917 825 4994 | 0947 228 3880

[@figarocoffeecompany](#)
[@figarocoffee](#)
www.figarocoffee.com

Happy Golden Anniversary, sisses!

#ALifetimeOfSisterhood
#50YearsOfPLD



*In Phi,
The 50th Executive Council*

Ana Beatrice de Vera Constantino Φ 2016
Pamela Danielle Tanglao Lanuza Φ 2017
Patricia Marie Maiquez Lota Φ 2018A
Lalaine Samson Quinan Φ 2018B
Danicca Noelle Velasco Pineda Φ 2018A
Sophia Amabelle Fajardo De Chavez Φ 2018B
Aurora Suter Nakpil Φ 2017
Katrina Olivarez Orteza Φ 2019
Isabelle Rose Inos Alberto Φ 2019

Souvenir Program



Krystal Fabrice
Φ2017



Lian Sarragal
Φ2018B



Lara Castillo
Φ2018A



Steph Alollera
Φ2017

Committee



Xianthe Gomez
Φ2018B

PLD Song

MUSIC COMPOSITION *by Magdangal de Leon*
LYRICS *by Vivian and Laurencia Abad*
ADAPTATION *by William and Gretbel Cabison*

*We proudly sing of you
Phi Lambda Delta dear
Our hearts will e'er be true
Phi Lambda Delta dear*

*In love our lives are shared
In friendship we are one
Forever we do pledge
Our dedication and our faith*

*Our lives in service we render
For men in time to remember
So here we are to uphold the flame
To glorify your name*

*All noble sisters let's be one
For in oneness lies our strength
No barriers can bar us
No goal unconquered
No deeds undone*

*We hail and cherish you
Phi Lambda Delta dear
We'll always think of you
Phi Lambda Delta dear*

Congratulations to the PIONEERS and FIRST INDUCTEES,
OFFICERS, and ADVISERS of the
PHI LAMBDA DELTA SORORITY

First Induction Ball

February 21, 1970



*Pioneers and Inductees**

Abad, Vivien
Abalos, Maribella
Almonte, Josefina
Alvarado, Esperanza
Alvarez, Corazon
Armada, Linnie
Babao, Angelita
Balmaceda, Myrna
Barros, Carmelita
Belulia, Tabitha
Bernabe, Anita
Cabotaje, Judith
Castor, Emelita
Castro, Ofelia
Chua, Violeta
Crisostomo, Ma. Gracia
Cruz, Elizabeth

Cruz, Josefina
Cruz, Ma. Magdalena
Cruz, Ma. Victoria
Cruz, Maeva
Duque, Gracia
Garcia, Trinidad
Garcia, Zenda
Genio, Celia
Gonzaga, Estrella
Lazaro, Amelia
Lim, Grace
Lim, Helen
Luna, Erlinda
Macaraya, Emma
Mendoza, Amelia
Mendoza, Helen
Ochosa, Resurreccion

Pecson, Nemesia
Que, Lorna
Reyes, Lilia
Riego, Aileen
Roque, Erlinda
Tan, Edwina
Toledo, Rebecca
Tolero, Wilma
Trinidad, Virginia
Unda, Farida
Uy, Carmelita
Velasco, Anita
Vicencio, Joan
Virata, Shirley
Yambao, Thelma
Ynares, Cristina

Officers (1969-1970)

Superior Sister Exemplar
Vice Superior Sister Exemplar
Sister Guardian of the Scrolls
Sister Mercury
Sister Custodian of the Exchequer
Sister Herald
Sister Representatives

THELMA J. YAMBAO
ANITA B. BERNABE
OFELIA C. CASTRO
VIVIEN A. ABAD
TABITHA S. BELULIA
ZENDA B. GARCIA
ANITA T. VELASCO
VIRGINIA F. TRINIDAD
EMMA M. MACARAYA
GRACE T. DUQUE

Advisers

EVANGELINA P. POBLETE, MD
ZENAIDA G. BAGABALDO, MD
LINA D. SOLIMAN, MD
CARMENCITA R. VALENZUELA, MD

Sponsored by: Phi Lambda Delta International

* Information obtained from First Induction Ball Invite preserved by Cora Alvarez. Amended October 11, 2019.



WE PROUDLY CELEBRATE OUR
PHI LAMBDA DELTA SORORITY
ON ITS 50TH ANNIVERSARY



PROUD TO BE PHI !!!



**LONG LIVE SISTERHOOD
IN OUR
PHI LAMBDA DELTA
INTERNATIONAL (PLDI)
ALUMNI IN THE USA AND OTHER CONTINENTS**



Sponsored by:
Fe Lardizabal-Lacabawan, Class '84, Φ'80B