

**BREAKING
BARRIERS,
BUILDING
BRIDGES,
UPLIFTING
LIVES**



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- Administrative Region of Asia
- Administrative Region of Europe
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- Administrative Region of North America
- Administrative Region of The Pacific
- Bangsamoro Autonomous Region in Muslim Mindanao
- Cordillera Administrative Region
- National Capital Region
- Region I - Ilocos Region
- Region II - Cagayan Valley
- Region III - Central Luzon
- Region IV-A - CALABARZON
- Region IV-B - MIMAROPA
- Region V - Bicol Region
- Region VI - Western Visayas
- Region VII - Central Visayas
- Region VIII - Eastern Visayas
- Region IX - Zamboanga Peninsula
- Region X - Northern Mindanao
- Region XI - Davao Region
- Region XII - SOCCSKSARGEN
- Region XIII - CARAGA
- Bangsamoro Autonomous Region in Muslim Mindanao
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- Region I - Ilocos Region
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- Region III - Central Luzon
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- Region IV-B - MIMAROPA
- Region V - Bicol Region
- Region VI - Western Visayas
- Region VIII - Eastern Visayas
- Region IX - Zamboanga Peninsula
- Region X - Northern Mindanao
- Region XI - Davao Region
- Region XII - Soccsksargen
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- Sis Eula Marsha K. Anab, Eta Chi

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Making a Difference in a Difficult Time



The health crisis has been brutal to all of us. Too many of our loved ones including those from our ranks, some of them frontliner brothers and sisters in APO, have been lost to it. We mourn them no end.

But we keep moving forward, as we must, with as much optimism as we can muster because this is who we are. We know that how we, as an organization, meet the challenges foisted on us inevitably defines us. Our strength lies in how we are able to take initiatives during difficult times.

In this issue, we feature some of the projects our brothers and sisters from different parts of the Philippines and the world were able to implement, pandemic notwithstanding. Numbers were mobilized, and projects were planned and executed with remarkable success.

This, while the Philippines was in the midst of what Time magazine, among other news agencies, described as one of the world's longest and strictest lockdowns. In so doing, we were able to reach some of those most in need of assistance.

Food distribution services were organized, especially in areas where livelihood was adversely affected by quarantine restrictions. Blood donation activities – “bloodletting,” we irreverently label them – were conducted, addressing the shortage of blood and blood products. APO Telemed was also launched, which supplied medical kits to Covid-stricken members and their families. And many others.

This, without a doubt, took astute leadership on several levels.

As well, we did not shy away from bridging gaps as we encountered them. Webinars were held to keep

members engaged. We even held our first ever elections through remote communication, and in the process made history in choosing the first woman National President to lead APO Philippines.

Chapters and APO administrative regions, sometimes unitarily and sometimes in coordination with each other, have brought projects to fruition. Reaching out to barangays in whose jurisdictions projects were conducted meant renewing networks built before and cultivating new ones too.

Our adaptability to changing situations coupled with our ingrained ability to truly value relationships within and even beyond the organization is our secret sauce, so to speak. We call it friendship.

For vulnerable communities facing unanticipated uncertainties, our efforts have had an impact in some measure. At the very least we were able to meet some of their needs, albeit temporarily.

From the Carmelite nuns of Lipa who were afflicted with Covid, to the Mangyans of Mindoro, to the inmates of the district jail in Tayug, Pangasinan, to the elementary schools in Bataan and Bulacan, and to the other notable service projects in CALABARZON, Bicol, Eastern Visayas, and other areas in the country, our members extended a helping hand. Every little bit helps, and for those we have managed to reach, very often each little bit means a lot.

We break barriers, we build social bridges, and we uplift lives, because this is what leadership, friendship, and service means.

Fidel Farales

contents

TORCH AND TREFOIL ISSUE 001 DY 2021-2023

OUR COVER

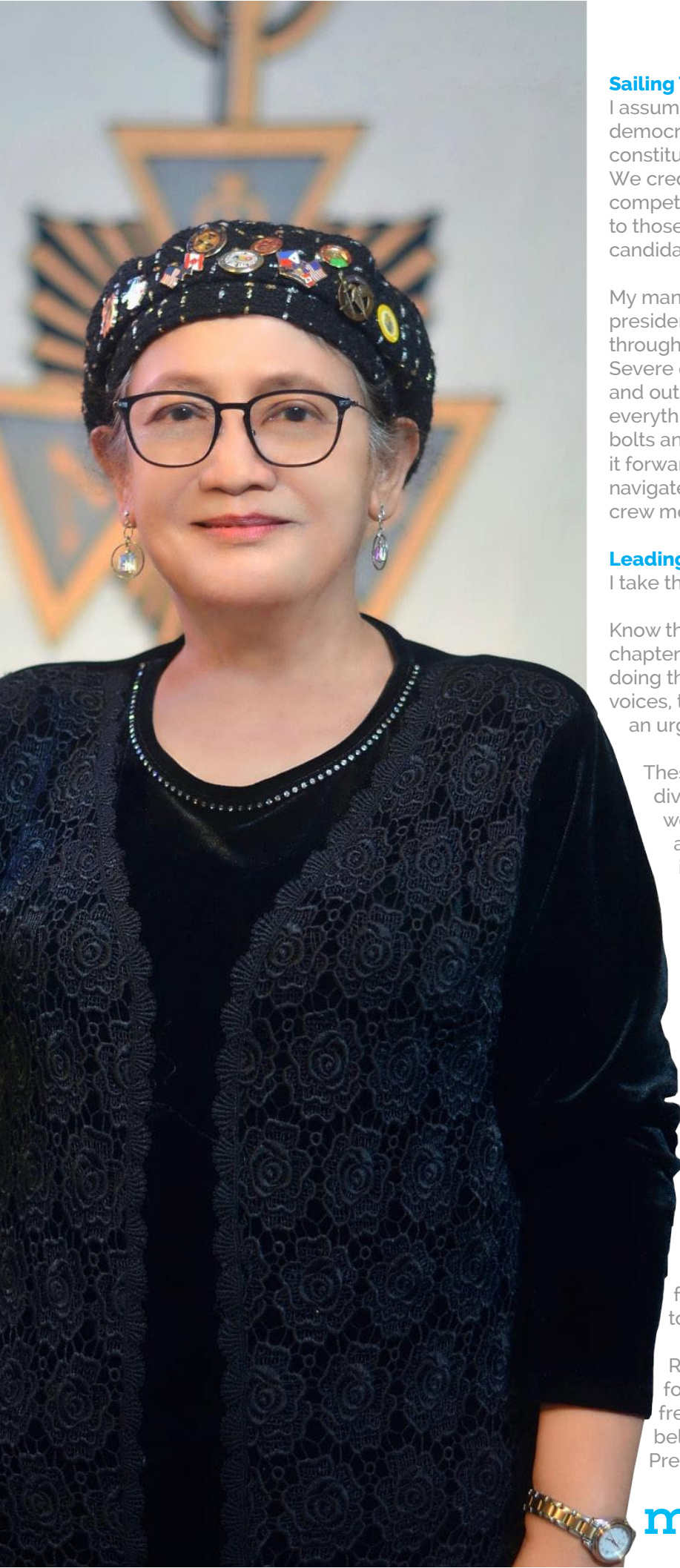


The APO handshake, shown here between Regional Director Brod Jerry Villanueva and National President Sis Norma Singson-de Leon, is the quintessential greeting between members of the fraternity and sorority. Done with the hand nearest the heart, it is the simplest expression of our shared cardinal principles.

Cover concept by **Brod Jayson Allan Vergara**
Photo by **Brod Nelson Gerundo**

1	Making a Difference in a Difficult Time
4	From The National President
6	Breaking Barriers As The First Woman President
12	APO Park Gets Cleaned
14	Helping Schools Prepare For Face-To-Face Classes
16	APO Region 1 Conducts Blood Drive
18	Taking A Stand For Conservation
20	Bringing Cheers To Persons Deprived Of Liberty
21	Tree Planting in Pangasinan
22	Back-to-back Blood Donation Drive in Bulacan
24	CLAR Chapters and AA Give Back Thru Service to Student Body and Faculty
26	Region IV-A: First Innovative Borderless Services
28	Region IV-A continues to Render Services Amidst the Pandemic
34	APO Lipa AA 165 ECO Farmville Ampalaya Production Project for the Nation and Community
36	APO Lipa #BeatCovid-19 Ayuda Distribution
38	APO COAST MIMAROPA
42	Pandemic and Its Challenges for Persons with Disabilities (PWDs) in Roxas
44	A Chapter in Bicol Soldiers On
48	Raising the BAR to the Highest Standards
52	APO-EVAR Holds Anti-Hazing Webinar
53	APO-EVAR Spearheads Regional Summit

54	What "Best Region" Means To EVAR
62	NCAR On Crossing Regions and Building Bridges to Serve: Healthcare, Gift Giving, And Legal Services Rendered For Mindoro
64	Mangrove Planting in Suguicay Island Partaken by APO NCAR with APO Bulalacao AA
66	ARA Batting for Unified Activities
69	First Online Elections Held
70	ARA Webinar: Leaders Should be Good Communicators
72	Europe Empowered and Ready for LFS
74	Help Can Never Be Small, It's Always Big
78	Love And Compassion in The Time of Pandemic
82	ARP 100% Engagement-Welfare To Members Master Plan
84	Challenge Accepted
88	Prevention Is Always Better Than Cure
90	The National Committees of APO Philippines
98	Get Your APO National ID!
100	PoAPPS Launching Soon
101	Recruitment in the New Normal
102	Introducing Our New APO Trustees
106	The Gawad Gintong Bayanihan National Awardees for DY 2019-2021 Service Awardees for DY 2019-2021 Pusthymous Awardees
110	Financial Report
112	Guidelines for Crediting and Claiming Regional Shares



Sailing Through a Perfect Storm

I assume leadership of our organization in a free and democratic exercise. An outcome in accordance with our constitution and by-laws, novel in the use of technology. We credit those who ran our electoral processes with competence, dignity, and transparency. Thank you to those who participated in the complete process: candidates, voters, supporters, well-wishers.

My mandate is being hailed as historic, as the first woman president of Alpha Phi Omega Philippines. Yes, for we sail through a historic, unprecedented storm. A pandemic. Severe economic and social crises. Divisiveness within and outside this great fraternity and sorority. It will test everything in the ship. The captain, the crew, the very bolts and rivets that hold it together. The forces that keep it forward and the frame that keeps it afloat. We must navigate with competent leadership at every deck with a crew moving in unison to the rhythm of one mighty drum.

Leading with Resolve

I take this leadership more with resolve than in fear.

Know that this term is not about gender, neither about chapters nor about legacy. It is about breaking barriers, doing the improbable, raising the bar. It is about uplifting voices, to reshape and reunify. My first act as president is an urgent call for tolerance and understanding.

These APO elections continue to reveal how deeply divided we can be because of that most fraught of words: politics. APO is a ship that can together, as long as everyone on board can agree that it must stay afloat.

Our disagreements, and sometimes bitterness, must not lead to disunity for as long as our discourse are rooted in principles, ideas and a vision for our greater good. Perhaps, there is no inherent malice in our views and beliefs. Instead of our differences, let us look at our shared identity as APO. Or better still, look into the angsts and inner pains in these perilous times and develop empathy among brethren.

Threat to APO

A bigger wave threatens to sink this ship. The oncoming Philippine elections. It is a foundation of democracy, yet the divisiveness that has taken hold leaves scars, many of which have barely healed. We need to rely on our resiliency and fraternal bond. We must beware of the tendency to moralize against each other.

Resilient organizations and societies have a foundation of tolerance. It means granting equal freedoms and rights, particularly to others whose beliefs, values, and actions we disagree with. As President John F. Kennedy once said: "Tolerance

message from the nati

implies no lack of commitment to one's own beliefs. Rather it condemns the oppression or persecution of others."

Tolerance does not mean compromising values, but rather allowing others to live life as they wish because our reasons to endure these differences overwhelm our reasons for objection.

APO is a broad cross section of Philippine society that extends to almost every corner of our majestic archipelago. Regions, tribes, cultures, disciplines, generations, and schools. Tolerance is what makes possible true diversity, true inclusivity. Tolerance functions as a check to discrimination. By creating social spaces and norms where we can share our lives with people with whom we disagree, it offers room for dialogue and mutual understanding. Conversation with civility. Constructive criticism instead of trading insults, trolling and public bashing especially on the internet and social media. Speaking of social media, this administration will put more teeth to our existing Internet Code of Conduct to ensure responsible discourse in cyber space.

Embracing our Differences but Observing the Rule of Law

I will be clear. We embrace difference, not deviance. We are governed by laws and acceptable behavior and conduct. There should be no room for rogues or saboteurs and those whose acts threaten the very existence of our organization. They will be dealt with swiftly, decisively and with the full force of the law.

The next two years shall be governed with transparency and regularity; plans and programs, with creativity but sustainability.

Our Thrusts

Current national projects that have proven themselves shall be continued. Especially so for those that reflect our social responsibility. APO Telemed foremost among them. As of today, this intervention has attended to more than 700 APO members and families, most of whom are covid-19 patients. It has saved countless lives and thousands or even millions of pesos of precious savings, mine and that of my family included. Thanks to our volunteer doctors, nurses, support groups and donors. Soon we will embark on similar and equally timely and timeless projects. We are a vast human resource with an insatiable appetite to do service to fellowmen.

We shall pursue the following:

1. Reinvigorating recruitment and enhancing leadership development. To this end, we will enforce fully the law on Anti Hazing;
2. Eliminating outdated illegal practices & seeking



Know that this term is not about gender, neither about chapters nor about legacy. It is about breaking barriers, doing the improbable, raising the bar. It is about uplifting voices, to reshape and reunify. My first act as president is an urgent call for tolerance and understanding.

3. formal recognition of chapters by schools;
3. Partnership with respectable organizations for greater community acceptability;
4. Establishment of a virtual blood bank responsive to our members' needs; and,
5. Continue the APO buildingg. project and prepare it for 2025.

Let us harbor no delusions that we will accomplish all in our term. While pursuing all of these with vigor, it is our responsibility to lay the groundwork for our 100 years and beyond. What we pursue is the work of generations. Our vision must outlive every individual's mandate.

Lastly, there is much work to do and so little time. I have appointed people I have full trust and confidence in, people I know will work not those who will throw roadblocks at every turn. Do trust and respect my choices and decisions. They are done in good faith with the best interest of the organization in mind and after thorough deliberation.

APO has lived through countless storms. We will navigate this storm, the next one, and the next. We Rise Up when we stumble, and we Rise Up even higher. And in the stillness between them, we will learn from each other's experience, hear from each other, respect each other. It is the way we stay together.

Mabuhay ang Alpha Phi Omega!

Norma Inagros - de Leon
NATIONAL PRESIDENT DY 2021-2023

BREAKING BARRIERS AS THE **FIRST** ΑΦΩ WOMAN PRESIDENT

BY SIS DORIS IRENE S. PIGON

National President (NP) sis Norma Singson-De Leon made history as the first woman president of Alpha Phi Omega (APO) Philippines Incorporated, truly a milestone for our fraternity and sorority. It took 71 long years before a woman was elected to lead APO in the Philippines.

What better way to know our president than to personally speak to her and get a different perspective from another sister. Let's get to know her from my conversation with one of her very close sorority sister, sis Chary Diño, and the incumbent President herself, sis NP Norma.

Sis NP Norma is a mother of 5. All her children had already carved a name in their respective careers. Her eldest is a clinic manager in Medical City. One of her sons is a lawyer who now works in her law firm. Her other children's profession are as follows: a doctor, a nurse and a businessman. She raised all her kids almost alone while practicing her profession as a rehabilitation receiver lawyer. She deals mainly with receivership and liquidation of distressed companies. She has a law firm which started as APO law firm until such time that only three were left. Bro Atty Armand Arevalo, and Atty Arlene Gonzales (wife of a bro) as partners. Her lawyer son eventually joined her law firm.

She got separated from her husband when her children were still very young and recently became a widow due to Covid. Raising her 5

kids alone was indeed a great challenge. She had to juggle her time between her career and the needs of her children. There were moments when she had experienced difficulties with her children, she had to be firm and imposed discipline on them to make sure they were guided to the right path of being good and responsible individuals. Despite the hurdles she had to pass along the way as a single parent, her greatest achievement is seeing her children successful in their chosen careers. Indeed, she is one proud mother of all her children's achievements.

Her source of strength to surpass all her life struggles comes from her devotion to Our Lady of the Most Holy Rosary - La Naval de Manila. During her children's early years, she encouraged them to join her every night in praying the holy rosary – definitely a very nice way to bond with family. Her greatest secret in raising her children to becoming God-fearing persons is her faith in God through the intercession of Mary.

From what she shared with me and sis Chary, she studied her elementary and high school years at St. Paul's College. Always praying the rosary was not new to her, it was inherent. But when she entered UP, she became lax for a while. When she started praying and made it her daily habit again, she noticed that as a devotee, she felt so lucky, things easily fell into place. It was like every puzzle was very easy to solve.



“

Years from now,
[she] would like
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one who stood by her
principle -- fairness,
stood for what is right,
respected the APO
National Office,
did not steal,
and fought for APO.

It was like she hasn't started putting her life in order and yet, everything is leading to the right direction already. Her devotion to Mama Mary has brought her to different places. Her colleagues, the officers of Medical City would travel roundtrip to Naga City yearly every September (either before or after but not during Our Lady of Peñafrancia Feast Day). They would patiently ride a bus, and experience the long travel time, to attend mass. Although some of her colleagues had already retired, she continued her devotion and went back every year. Since she is a regular visitor of Peñafrancia Basilica. She met the nuns from the convent of Daughters of Mary Mother of the Church, which is situated at the back of the church. The convent became her regular stopover where she would sometimes sleep and eat breakfast. If not for the pandemic, her yearly travel there would not have been interrupted.



She has gone to places all over the Philippines because of APO. Every time she visited a place, she made sure to find the nearest church so she could attend mass. It didn't matter if she was alone, or if she was new to the place, or if she got lost because she's not very familiar with the area, or if she forgot her hotel's name. As long as she can attend mass, her travel is complete. Her diligence has encouraged other brothers and sisters to join her and hear mass. Despite other brothers and sisters having different religions, she still gained their respect. What a good influence to strengthen a person's spirituality, right?!

Sis Chary witnessed everything that happened to sis Norma. She was acquainted with only a few people from the national office because she used to be so focused on her family. They started bonding together as both served as members of the 1st Board of Trustees of Eta Sorority Alumni Association. Sis Norma then organized the Prayer Battalion. They traveled together and that's where sis Norma saw the potential and strength of being an APO national officer. From sis Chary's perspective, if you wanted to effect change, you have to be active where you can really create the change you want. She didn't see sis Norma running for any position back then. But sis Norma saw the potential: there is APO all over, coming from all walks of life, and that to her is the organization's strength. APO is committed to SERVICE. Whenever an APO learns of any service project, an APO would definitely join. Hence, sis Norma was encouraged to run for a position in the APO national organization.



When the Covid 19 scare started spreading from China on the news, sis Norma thought this was going to be a disaster of disasters, and this became the impetus for an Alcohol Drive. With the support of some fellow members from Eta AA, they distributed gallons of alcohol as early as February 6, 2020 and the first recipient was the San Isidro Labrador Parish thru its parish priest Rev. Fr. Roberto Reyes. Additional gallons of alcohol were purchased and was distributed to some schools in Caloocan City through the assistance of Brod Archie Bugarin who was then the National Capital Administrative Region Regional Director (NCAR RD) and this DY's APO National Chairman of the Board of Trustees. Other organizations were tapped to support sis Norma's Alcohol Drive even before the lockdowns.

Nobody expected the pandemic to happen. Lockdowns were imposed all over the world. What better way to survive the pandemic last year than to start and strengthen her dedication with the members of the Prayer Battalion? They recite the holy rosary every 8:15 pm via Zoom of every day. This habit with Prayer Battalion has been going on since March 22, 2020. Aside from praying together, Prayer Battalion also donates 1 sack of rice monthly to Fr. Jansen's Kalinga (for the homeless).

A project that was started by VP Leni Robredo inspired sis Norma to organize APO Telemedicine (Telemed). Covid 19, has claimed a lot of lives already, and some of our brothers and sisters were also affected. They didn't know what to do, where to go, and hospitals were occupied to their full capacity. APO has a pool of doctors, nurses and other medical professionals. Sis Norma thought why not help our own. Many were hesitant and thought it impossible because so many things had to be considered but sis Norma was firm. She believed that we will develop as we progress. It started April 22, 2021. It was an ambitious project but when brothers

and sisters learned about it, some immediately sent their donations even without any requests from her yet. The support was overwhelming. APO Telemed made our members feel that they have somebody to ask help from and can depend on. Our sick members did not feel alone because they have Telemed.

Sis Chary asked sis Norma: if there was one thing that the first woman president of APO can do best, what would it be? Sis Norma jokingly answered that the question is very difficult, but seriously, one time, a brod mentioned that she is our mother, so she should be a mother to us, she has to nurture, love her children, and bring us all together. Her reply is "if I am the mother and my children are stubborn, you have to "pinch" them to discipline them. She cannot tolerate wrong doings, rules and regulations should be followed. But others just don't want to recognize them. It is hard to be a woman." A lot of brothers and sisters are proud to be with Sis Norma; they want to be photographed with her because they feel the sorority power. She is not a snob, she's not boastful, she listens, she has a natural rapport with others, and she talks to anybody.





Sis Chary shared that in 2016, sis Norma would ask her to join her travels in Prayer Battalion, enjoy, have fun, and eat wherever. They don't talk about serious things, they laugh, and they get along well. When they travel together, she liked to sing, and enjoy easy and light moments. For somebody who has reached higher heights in APO (she was the National Executive Vice President of the past DY), she observed that sis Norma was never a credit grabber. She'll organize it, she'll put it together, she'll make sure it runs well, and whatever is needed, she provides. She would ask sis Chary to talk in front of an audience instead of doing it herself. In sis Chary's words: "She is not in it for recognition."

Sis Norma would like to accomplish three major projects on her term.

1. Increase Recruitment

We know for a fact that we have a problem when it comes to recruitment. There are only 800 resident members all over the Philippines. That is such a small number considering that we have how many chapters? A lot has already died. Her question to our members is how many among us have children who entered APO. Out of 40-50 members, only 4-5 hands would be raised. When asked why didn't the others encourage their sons or daughters to join APO? The common answer she got was it's because of hazing or campus violence. She wants to stop hazing. She'd like to encourage the alumni members to have an active role in recruiting. What will the collegiate do if there are no longer collegiate members in the campus? Everyone should pitch in to help in the recruitment process. She wanted to make sure everyone abides by the Republic Act (RA) 11053 also known as "Anti Hazing Act of 2018." A board resolution has to be passed to address this issue.

2. APO House/Building

To be constructed on her term is our very own APO House/Building. She thinks that if every member would voluntarily donate at least two thousand pesos (2000.00), we can definitely have one. If an alumnus/ alumna does not have the capacity to pay the said amount, maybe somebody from his/her own chapter can shoulder the amount? Another option is to pay by installment like 100.00/day.

3. APO's 10 Most Outstanding Senior High Students from all over the Philippines

To probably give cash gifts to deserving students. It could be an early introduction of APO to senior high students and eventually be one form of recruitment to increase our APO numbers.

When sis Norma was asked what she felt about her winning the presidency, her answer was nothing. At the height of the campaign period for the national APO elections, she had Covid (Sept 10). In fact, her entire household got infected. When she was proclaimed the winner of the presidency,



she had just recovered. Until now this has not really sank in. She feels awkward every time she is called "Pangulo".

She feels fearless because of Mama Mary, by whose grace she overcame her sickness. Her devotion is also the source of her fortitude, which enables her to cope with the stress of her position, and the attacks from left and right. She is able to take everything in a stride.

Sis Norma's life changed when she became president. Her day starts as early as 3 am because she receives text or chat messages from APO everywhere in the world and in different time zones.

I'm glad and honored to have been given a chance to talk to her and get to know her

deeper. I was able to observe different sides of her personality. She is known for being serious, but she can also be funny. Most inspiring of all is her true devotion to Mama Mary. She encourages everyone to pray the rosary, to experience and have peace of mind.

Years from now, sis Norma would like to be remembered as one who stood by her principle – fairness, stood for what is right, respected the APO National Office, did not steal, and fought for APO.



APO Park Gets Cleaned

BY SIS MARIA JEAZRIELLE
M. FERNANDEZ



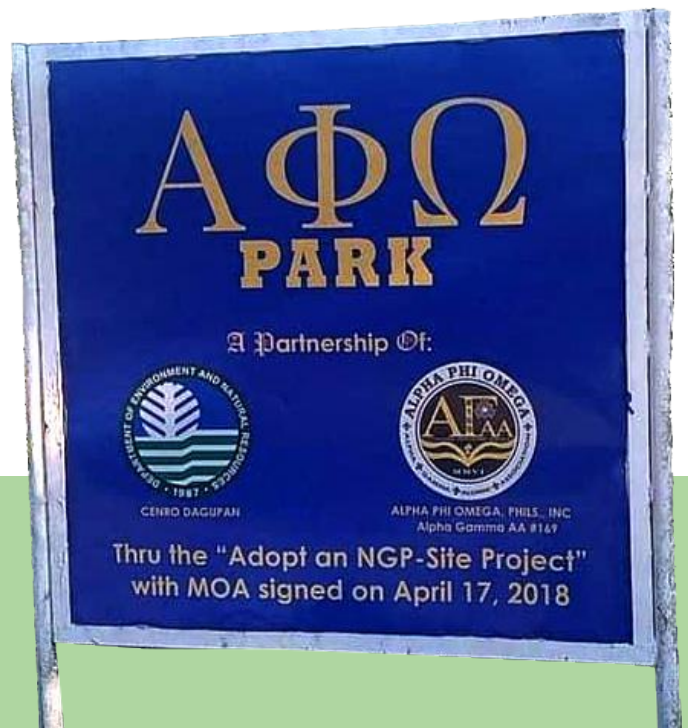
The sustainability of APO Park is a long-term commitment. For a productive All Saints Day 2021, Alpha Phi Omega PC-116 conducted a Clean-up Drive and Beautification activity at APO Park, Banaoang, Calasiao, Pangasinan.





The clean-up drive and beautification are a regular service to enhance and develop adopted APO parks. Said activity was joined by APO-AGAA16g represented by Brother Adriano Velasco, CAAPO represented by Brother Dave Fronda, Brother Ron Allan Bondoc of APO-PC116. Also present, Past National President Brod Roel Fernandez, Brother Regional Director Angelo Tandoc, and the 30+ brothers and sisters who took the time to participate in this endeavor. Barangay Captain Melecio Sapiera was also present during the activity. In his acceptance speech, he appreciated the efforts of Alpha Phi Omega Phils. Inc. to its dedicated commitment to community development and sustainability.

Having a clean, beautiful, and up-kept community can create permanent changes in the environment and attitude of the people.



Helping Schools Prepare for Face-to-Face Classes

BY SIS MARIA JEAZRIELLE
M. FERNANDEZ



Our world has no doubt suffered greatly with the onset of the COVID-19 pandemic. The crushing of the global economy, the shift in our educational system, chaos in maintaining protocols, and cessation of life are distressing effects of this plague of the 21st century.

To address such demands brought by this pandemic, Alpha Phi Omega Philippines Inc. Region 1 Section 4 Pangasinan through the following APO-AAs and APO Petitioning Chapters initiated a series of Bayanihan sa Paaralan at Angio, Lekep and Tocol Elementary Schools in San Fabian, and Mangaldan Central School held on September 8, October 16 and 23, 2021 respectively.

Bayanihan sa Paaralan is the “reconfigured” Brigada Eskwela and Oplan Balik Eskwela of the education agency of the government which

aims to focus preparations and strengthening partnership engagement to ensure that learning continues even in the time of COVID-19.

Brothers and Sisters from participating APO-AAs and APO Petitioning Chapters, donated school supplies (Bond Papers, Printers, Ink) and Personal Protective Equipment (PPE) such as face shield, face mask, and sanitizers to the recipient schools. Said activities were attended and participated by Regional Director Brother Angelo Tandoc, Section Chair Brother Jorge Lorica, Past National President Brother Roel Fernandez, Brother Judge Rusty Naya and Sis Cristy Naya, and Brother Adriano Velasco APO-AGAA169 President, to name a few.

During the Bayanihan sa Paaralan in Mangaldan Central School held last October 23, 2021, Dr. Jupiter Petilla, Principal IV, gave a very emotional message in his acceptance speech and thanked APO Philippines Incorporated and all brothers and sisters who unselfishly devoted their time and efforts to make this activity a success.

Indeed, the spirit of Bayanihan still lives in the heart of every Filipino.





APO Region 1 Conducts Blood Drive

BY SIS MARIA JEAZRIELLE
M. FERNANDEZ

**NOT EVEN THIS 21ST-CENTURY PANDEMIC
CAN STOP ALPHA PHI OMEGA
PHILIPPINES, INCORPORATED FROM
FULFILLING ITS DUTY
AND SERVICE TO HUMANITY.**

The Region I Medical Center (R1MC) Hospital, in coordination with the Alpha Phi Omega Petitioning Chapter No.116 (Colegio de Dagupan) has successfully conducted its Bloodletting activity last October 23, 2021, at J&T Express Galvan Bldg., San Miguel, Calasiao, Pangasinan. The said activity aims to augment the dwindling blood supply amid increasing demand from patients suffering from the Covid-19.

There was a total of 21 bags collected from the initial 40 potential blood donors. Due to some medical concerns, some brothers and sisters deferred as per the screening committee. Nonetheless, with this kind of



service, success is not so much gauged by quantity but by the quality of the blood collected.

In attendance, Past National President Brod Roel Fernandez, Regional Director Brod Angelo Tandoc, Section Chair Brod Jorge Lorica, Sis Gretchen Garcia GLC for Alpha Gamma, APO-AGAA President Brod Adriano Velasco, Brod Judge Rusty Naya, and APO-PALAS President Brod Jayson Calimlim. All selflessly had themselves checked if they could be a donor too.

This humbling activity only proved that we could make a difference during these difficult times. Not even this 21st-century pandemic can stop Alpha Phi Omega Philippines Incorporated from fulfilling its duty and service to humanity..



BLOOD DONATION

"EVERY DROP COUNTS"

Taking a Stand for Conservation

BY SIS MARIA JEAZRIELLE M. FERNANDEZ



Alpha Phi Omega
Philippines Incorporated
in Region 1 Section 4
Pangasinan through APO-AGAA169
and Petitioning Collegiate Chapters
spearheaded a Coastal Clean-up
activity last 02 November 2021 held



at Tondaligan Beach Park, Dagupan City. The endeavor aims to protect the marine waters leading to the protection of marine life and its surroundings. It also focuses on addressing Goal 13 of the Sustainable Development Goals (SDG) succinctly states: "Take urgent action to combat climate change and its impact."

In essence, APO brothers and sisters picked up trash along the shorelines and were able to collect biodegradable, non-biodegradable, and residual wastes. Afterward, the City Waste Management Office collected the waste materials for proper disposal.

As its commitment to serve the community and take action against the impact of the deteriorating earth, this coastal clean-up served its purpose of lessening the effects of climate change.

Through the initiative of its Regional Director Angelo Tandoc, Section Chair Jorge Lorica, APO-AGAA16g President Adriano Velasco, Brother Judge Rusty Naya, and Past National

President Roel Fernandez, the activity was attended by several APO-AAs, Chapters, and Petitioning Chapters within Pangasinan. Instantly after the clean-up activity, a short program was held. One of the salient announcements shared was the Adopt a Park Program within Tondaligan Beach Park as the Memorandum of Understanding is on its way. The Apo Park in Tondaligan Beach is another milestone for APO Philippines Inc APO-AGAA16g.



Bringing Cheers to Persons Deprived of Liberty

BY SIS MARIA JEAZRIELLE M. FERNANDEZ



Persons Deprived of Liberty (PDL) is one of those sectors silently affected by COVID-19, as temporary suspension of the visitation of families to avoid the spread of the coronavirus within the facility is in effect, which led to the PDL's lesser contact with the outside world.

On August 3, 2021, a Jail Visitation Service was initiated by APO Metro Tayug Alliance (APO-MeTAL) through Brother Judge Rusty Naya at Tayug District Jail, Tayug, Pangasinan. Joined by wife, Sister Cristy Naya, together with APO-PALAS President Arch. Jayson Calimlim, APO-AGAA Officers and Past NP Brod Roel "Daboy" Fernandez, "PDL Ayuda sa Pandemya" was conducted.

The activity aims to give some grocery items and Personal Protective Equipment (PPE) as it is timely and relevant. Moreover, this endeavor also seeks to uplift the psychological aspect of Persons Deprived of Liberty. The PDLs wholeheartedly thanked APO Phils Inc APO-MeTAL for the early Christmas present they received.

Tree Planting in Pangasinan

BY SIS MARIA JEAZRIELLE
M. FERNANDEZ

We want a breathable Earth where our next generations can live in a safe abode.



As a continued commitment upholding the Four-Fold Program Service of our beloved Alpha Phi Omega, a Tree Planting Service was spearheaded by Petitioning Chapter No. 116 (Colegio De Dagupan) last October 16, 2021, at Brgy. Bolaoen, San Fabian, Pangasinan.

The said activity with the Theme: "Plant a Tree, Save the Earth" aims to lessen the unfavorable effects of climate change and global warming and raise awareness to our community, especially the younger generation,

In attendance were Brother Judge Rusty Naya and wife, Sister Cristy of Alpha Gamma, Brother RD Angelo Tandoc and other brothers and sisters gave their full support to this project. A total of 100 plus seedlings were planted and wholeheartedly accepted by the community people of Brgy. Bolaoen, San Fabian Pangasinan.

Together, let us build an ecological bond that will harmonize every person in preserving the environment.

We plant what we breathe. We breathe to plant.

Back-to-Back Blood Donation Drive in Bulacan

BY SIS MARIA ROSALIE G. MASCAREÑAS

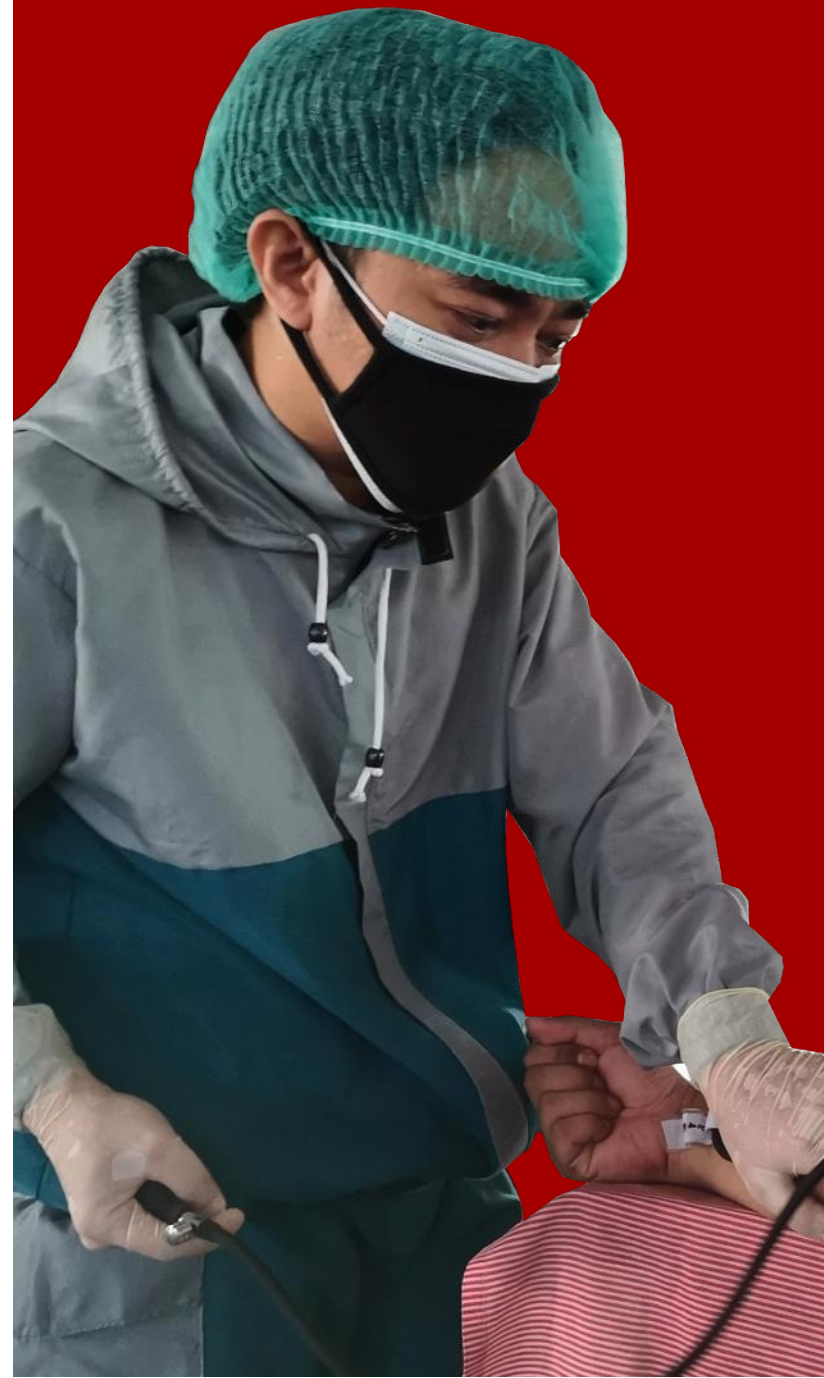
Epsilon Kappa Alumni Association 171 in coordination with Red Cross Bulacan and with the assistance of Rotary Club of Pulilan Royales spearheaded a back-to-back bloodletting activity last August 07 and November 06, 2021 respectively. The idea was to have a regular service activity for the APO-EKAA171 that could help people in need of blood transfusion and other medical procedures. The main objective of the blood donation drive is to collect blood that can be used to save lives of patients especially during the pandemic. We aim to ease, in our own little way, the burden of the blood centers in the depleting blood supply.

There were several people from all walks of life who went to Humel Heritage Homes in Longos, Malolos City on Aug 07, 2021 to voluntarily donate their blood. However, only 20 bags were collected from successful donors due to vaccine protocol.

On Nov 06, 2021, Red Cross Bulacan and Rotary Club of Pulilan Royales were invited again by APO EKAA171 for another bloodletting activity. Through this successful collaboration, we were able to collect 41 units from volunteer blood donors who gathered in Pulilan Central School. At least 20 APO brothers and sisters attended during the event and were screened

for blood donation. Other members who were present also assisted and observe our donors for any adverse reaction following the donation process. We also serve food and refreshments.

“Our target is to conduct a bloodletting activity once every quarter”, said Brod Phillip Caluag, Regional Secretary and one of the organizers of this service. On behalf of Alpha Phi Omega Epsilon Kappa Alumni Association, I want to extend my deepest gratitude to all the volunteers and donors of our blood donation drive.





“
We aim to ease,
in our own
little way, the
burden of the
blood centers
in the depleting
blood supply.”



CLAR Chapters and AA Give Back Thru Service to Student Body and Faculty

BY SIS MARIA ROSALIE G. MASCAREÑAS

Bataan and Bulacan conducted its Brigada Eskwela on October 15 and September 05 at Sta. Isabel Elementary School, Bataan and Duplas Elementary School, Sitio Duplas, Brgy Kalawakan, DRT, Bulacan, respectively. With the main objective of giving kids from low income families basic school supplies to be used for their learning activities for the incoming school year. Considering that we are stricken upon these pressing times, and that the current pandemic takes a toll on the finances of the common Filipino household, BPSU PC120 has opted to do this specific service in the belief that this may bring about a large impact and could be very beneficial for students who do not have the financial freedom to purchase such educational materials. The objective was to somehow lessen the expense of the families at Sta. Isabel, since they are already emptying their pockets on food and medicine. The said activity in Bataan was participated in by PC210 (Bataan Peninsula State University) and its residents. -6 members and 2 aspiring applicants of our collegiate organization. Also, only a handful of our brethren attended the activity in Bulacan- 5 members of Epsilon Kappa Alumni Association and 1 collegiate member. This is because of the ongoing basic health protocols due to the pandemic and the school's location is quite remote.





"It was supposed to be an EK 46th Anniversary Service Project, however, the service activity got delayed because of the ongoing community quarantine at that time," says Philip Caluag, one of the participants of the service in Bulacan.

We as human beings are in constant need of help with our fellow people, and it is only just to give a helping hand to those who need it, how simple or dire the situation may be. "Seeing those families with their children smile and thank us, makes our hearts flutter. To lighten up their burdens even for just swift moment in these trying times is not only duty, but a burning passion inscribed by this honorable organization which is Alpha Phi Omega", bro. Lloyd Dizon said in a statement.

The recipient schools both have 100 beneficiaries who received school supplies and hygiene kit.

Meanwhile, Beta Iota Chapter Collegiate in collaboration with BETA IOTA ALUMNI ASSOCIATION launched "Disinfect to Protect" - a series of disinfection and fogging activity to different schools and churches in town. The first activity was held last September 10 to 11, September 21 to 24, 2021 and October 21, 2021.

The recipients of this project are Palapala Elementary School, Sumandig Elementary School, Sta. Catalina National High School, Narra Elementary School, Gabihan Elementary

School, San Ildefonso Parish Church, Most Sacred Heart of Jesus Parish Church, Colegio De La Santisima Eucaristia, Inc., Bulacan Agricultural State College, Bulusukan Elementary School and Sumandig Elementary School.

Each school was given 10 doormats, an alcohol, a hand sanitizer and two boxes of face masks.

Cleaning and disinfection of churches and schools is a significant part to prevent and minimize the spread of virus in our environment.

“

We as human beings are in constant need of help with our fellow people, and it is only just to give a helping hand to those who need it, how simple or dire the situation may be.

Region IV-A: First in Innovative Borderless Services

BY SIS MARIA LEONOR R. MAULION

Alpha Phi Omega, Philippines, Incorporated, Region IV-A (CALABARZON) breaks ground with its innovative and borderless services.

This is the day and age of collaboration. While independence may showcase our strength as a basic organizational unit, collaboration showcases our strength as an entire organization. Because service has no borders, both with respect to organizational structures and the places where we render services. Due to the pandemic, we have become more resourceful and creative with regard to organizing our services. Region IV-A (CALABARZON) proves this to be true time and again not only with collaborative services, but innovative and borderless ones as well.

Roberts Rule of Order Webinar

Last August 14, 2021, Lambda Epsilon Chapter based in Laguna, APO ni Malvar Alumni Association and Kappa Omega Alumni Association (Petitioning), both based in Batangas, hosted the first ever Virtual Basic Orientation on Roberts Rule of Order webinar.

Sis Marlea P. Muñoz facilitated the event. Sis Marlea, Theta 1985, is the Auditor of the APOSS AA UPLB, Inc. She is also the Founding President of the Women's Initiative for Society, Culture, and Environment (WISE).

Roberts Rule of Order is one of the requirements for pledge members during their Leadership Development phase under the APO Pledge Program. The objective of the webinar was make new parliamentarians out of current collegiate

members, as well as those alumni members who attended.

At least 96 participants from different alumni associations and collegiate chapters attended the webinar.

Virtual Disaster Preparedness Webinars

On September 5, 2021, APO ni Malvar Alumni Association, APO Kappa Omega Alumni Association Petitioning, and APO Iota Iota Alumni Association (Petitioning), based in Quezon province, held the first national Virtual Disaster Preparedness Webinar via zoom. Speakers included Bro Nemencio Muyot (Epsilon Omicron Chapter), Bro Adrian Castillo (Iota Iota Chapter), and Bro Christopher Antona (Eta Omega Chapter), all seasoned government disaster and risk management personnel. Three hundred eighteen participants from all over the country attended the event.



Due to the success of the first webinar, a second webinar was held on November 20, 2021 with at least 60 participants. The same speakers graced the event.

It was emphasized that the said webinar, which used to be a face-to-face seminar, should not be attended by participants just to apply for an APO ID. The webinars are important for our survival, because there is no knowing what could happen next. As APO members, it would pay to be prepared, especially if we are called upon to serve our fellowmen during disasters.

Bloodletting tie up

APO Kappa Omega AA Petitioning had a partnership with fellow brothers and sisters in Oriental Mindoro (of Region IV-B) when they tied up for a bloodletting activity with APO Bansud Alumni Association 392 and APO PUP Petitioning Chapter 145 on October 10, 2021. With the theme, "APO Cares, APO Shares", "Give Blood, Save Lives", the blood donation drive was held at Brgy. Proper Bansud, Oriental Mindoro in coordination with Oriental Mindoro Blood Council.



Synchronized Feeding Program

On October 16, 2021 the region held the first ever synchronized feeding program in celebration of the World Food Day. World Food Day is an annual international event conducted to commemorate the founding of the United Nations Food and Agriculture Organization. This year's theme was: Safe food now for a healthy tomorrow. Thirty-three Alumni Associations and 11 Collegiate Chapters from all five sections joined this service to the community in various locations in the region.

Nationwide Tree-planting Activity

In line with the NAO Envicom's directive to synchronously plant 1925 trees per region, all five sections, some in collaboration with other private and government organizations, conducted

tree-planting activities on November 20 and 21, 2021. At least 3,590 seedlings were planted in various locations all over the region.

**“
...collaboration
showcases
our strength
as an entire
organization**

The afore-mentioned activities embodied the region's thrust based on the Mission and Vision Statement formulated by attendees of the Induction and Strategic Planning last October 30, 2021. One of the missions of the region is "To promote various service projects that would be significant to the environment, community, health and education and collaborate with Government and Non-Government institutions to address the need for action during crisis."

Truly, Region IV-A successfully bridged the previous development year's theme, "Unity in Diversity: Bridging Traditions and Innovations", with this development year's theme, "Breaking Barriers. Building Bridges. Uplifting Lives."

Region IV-A Continues to Render Services Amidst the Pandemic

BY SIS MARIA LEONOR R. MAULION

The pandemic put the world on hold ever since it spread out in March 2020, but it didn't hold back Alpha Phi Omega in rendering services to the community and the nation.

In Region IV-A (CALABARZON), basic organizational units thrived in rendering services to their respective communities. Here are some of the services in the region since August 2021.

Section 1 - Batangas

APO Lipa Alumni Association 156 leads the way with a Farmville Vegetable Production Project since August 2021. They planted bitter gourds (ampalaya). They also had a series of "Ayuda" for their members since August 26, 2021. They initiated a donation drive for the Carmelite Monastery in Lipa City on September 17, 2021. They also had a donation drive for Canossa Charity on September 19, 2021. APO Lipa also had a tree planting activity at Brgy. San Gregorio, Malvar Batangas and then an Alaska Milk Distribution for 320 household residents of the same location on the same day, October 23, 2021.

APO ni Malvar, on the other hand, started quarter with an outreach program at the Sta. Ana-San Joaquin Bahay Ampunan Foundation. The alumni association, along with APO Kappa Omega Alumni Association Petitioning and BATANG APO Alumni Association Petitioning donated hygiene kits, and food on September 11, 2021. The AA donated 20 pots for the Inosloban-Marawoy Elementary School on October 11, 2021. They also held a tree planting activity with the theme: Plant a Tree, Green the Earth, at Mt. Makiling, Sto. Tomas, Batangas, with the Sto. Tomas APO Alumni Association (STAPOAA)



on October 24, 2021. And last but not the least, they donated PPEs for frontliners to the Malvar Regional Health Unit, Barangays Poblacion and Bagong Pook on October 28, 2021.

Kappa Omega Alumni Association Petitioning initiated the "Share your blessings, give hope Project on October 10, 2021 where they donated drive of pre-loved educational toys, children's story and reference books, clothes, groceries,

and sacks of rice at Our Lady of Perpetual Help Children's Home (Sisters Oblates of the Holy Spirit), Labac, Taal, Batangas

APO Tanauan Alumni Association held an Anti-Rabies Vaccination Day at Brgy. San Jose, Tanauan City, Batangas on November 10, 2021. The activity was in coordination with the Batangas Provincial Veterinary Office led by Bro Dr. Rafael Baculi, the Tanauan City Veterinary Office led by Dr. Aries Garcia and Dr. Johannes Tolentino, and the Barangay Officials of Brgy. San Jose. A total of 120 house pets were given vaccinations.

Section 2 - Cavite

Delta Kappa Alumni Association or DEKAALAS held a vegetable planting service at Lumil National High School in Silang, Cavite on November 4,

2021. The alumni association's objective was to assist the school, which is the adopted high school of Delta Kappa and DEKAALAS, in maintaining their vegetable garden that serves as a sustainable food source.

APO General Trias Alumni Association had a feeding program on November 28, 2021, benefitting 150 PASCAM TODA drivers.

Section 3 - Laguna

APO Eta Theta Alumni Association initiated "Tulong Karunungan 2021," a community outreach program on October 11, 2021 at the Bucal Elementary School. The alumni association provided support to public high schools, elementary schools, and barangay daycare centers within Laguna.

In celebration of the 36th anniversary of Eta Theta Sorority, the APO ETAA conducted a service/donation at "Bahay ni Maria", a home for abandoned lolas or elderly women in Brgy. Sampiruhan, Calamba City, last October 23, 2021. The alumni association donated an assorted supply of toiletries and food, and provided a merienda of "lugaw" to the lolas.

APO ETAA in cooperation with Region IV-A conducted an Online Rovers Vigil and Investiture Ceremony on November 6 and 7 (First Wave), and 13 and 14, 2021 (Second Wave). Headed by Sis Toni Solleza, a total of 140 brothers and sisters from different chapters participated in the online ROVIC.



APO SAN PABLO CITY AA conducted a Vaccine Awareness Program in coordination with the City Government of San Pablo, Laguna, a service/motorcade on November 6, 2021.

APO Alpha Sigma Chapter and APO Alpha Sigma Alumni Association conducted BRIGADA ESKWELA 2021 with PNP SAN PABLO on October 2, 8, and 16, 2021. They were able to distribute 500 packs of school supplies to 24 elementary schools. Brothers and Sisters also helped in repainting the Branza Elementary School.

APO Service Sorority – Theta held an online meeting in partnership with the UP College of Veterinary Medicine to welcome freshmen Veterinary Medicine Students into the college on September 6 to 10, 2021. Dubbed as “Ready, Vet, Set, Go!”, the event was divided into three parts: Virtual Amazing Race, Pre-College Orientation, and Launch of CVM Merchandise (with the proceeds going to a chosen animal beneficiary).

In partnership with the Bernardina Aranza Deveza Memorial School students,



APO SS Theta initiated an online “Brigada Pagbasa sa Branza”, on September 09 to 20, 2021. This event was in line with the Department of Education’s Brigada Pagbasa, which is part of their Brigada Eskwela. Resident members were asked to provide a video of themselves reading stories for the elementary students of Branza Aranza Deveza Memorial School.

Together with the University of the Philippines Los Baños student body, APO SS Theta participated in the “UPLB Freshie Month 2021”. Different



organizations from UPLB were invited on a Discord Server where students were asked to jump from one channel to another. While they were on the sorority's Discord channel, interactive activities encouraged them to be a part of the sorority.

The sorority also initiated "Bangon Benguet", a donation drive for Brgy. Shilan, La Trinidad, Benguet, October 26, 2021.

In partnership with The UPLB Society of Pre-Med Students, the sorority launched "Save Our Heroes: The Second Wave" on September 9 and ended on November 10, 2021 for the Philippine Children's Medical Center, Laguna Provincial Hospital-Bay District Hospital, and Dr. Jose P. Rizal Memorial District Hospita.

In partnership with UP Bugkos, the sorority held an online "Election Game in the Philippines: A Webinar Series on Elections and Voter Education", from November 24 to 26, 2021. The three-day webinar which focused on voters and elections education was launched, as



awareness and education were acknowledged to be the most crucial factors affecting people's decision to choose the right leaders.

Finally, they also had an Environmental Awareness 2021: Ecosystem Restoration campaign both online and at Fule Almeda Elementary School, November 15 to 27, 2021.

Lambda Epsilon Chapter, in partnership with San Jose National High School, in San Jose, San



Pablo City, Laguna, held a Brigada Eskwela with the theme: "Bayanihan Para sa Paaralan" from June 3 to September 30, 2021.

Section 4 - Quezon

Gamma Omega Chapter held Blood Letting Service on October 15, 2021 at the Disaster Risk Reduction Office Covered Court at the back of Pacific Mall, Lucena City.

APO Candelaria Alumni Association initiated a COMELEC Registration Assistance (thru CQPC) for the residents of Candelaria at the Candelaria Municipal Hall, Brgy. Poblacion, Candelaria, Quezon on August 2021. They also had a School Supplies and Hygiene Kits Donation for the Buenavista East Elementary School at Brgy. Buenavista, Candelaria, Quezon on September 25, 2021.

Iota Iota Alumni Association Petitioning held a Mangrove Planting Activity at Brgy. San Roque, Guis-guis, Sariaya, Quezon on August 15, 2021.



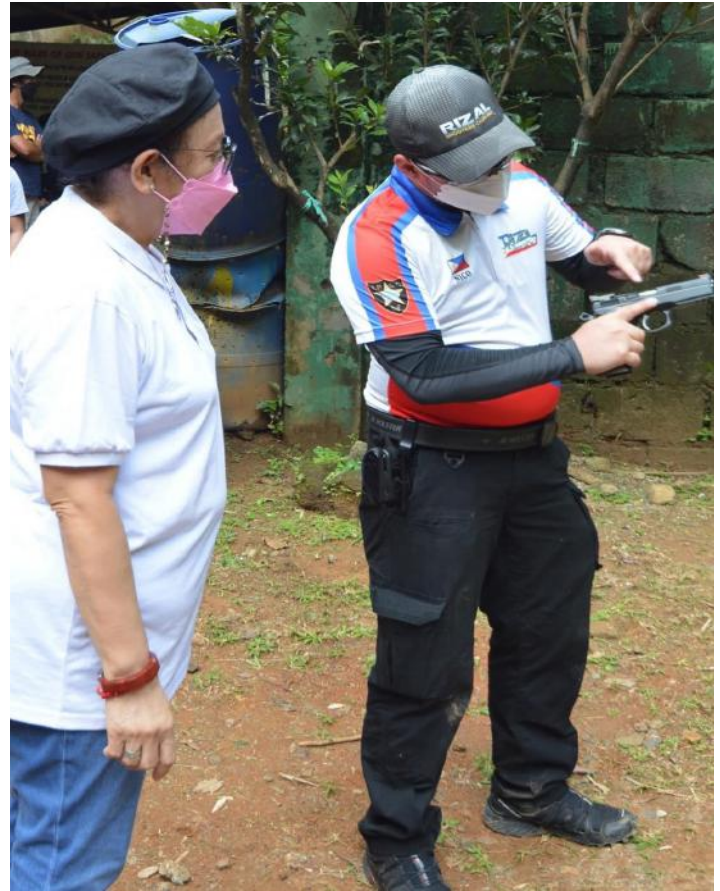
They planted 1,000 pieces of propagules at the mangrove area which would benefit the community of Barangay San Roque. They also had a Coastal Clean Up of the beaches at Guis-guis, Sariaya, Quezon on September 12, 2021.

APO Lucban Alumni Association joined Iota Iota AA Petitioning with the mangrove planting last August 15, 2021. The said alumni association also had a groundbreaking and beautification of an APO Landmark at the National Road, Brgy. May-It, Lucban, Quezon on July 5, 2021.

Zeta Xi Chapter and Zeta Xi Alumni Association held their annual cleaning and beautification service at the M.L. Quezon HILL at Lopez National Comprehensive High School (LNCHS) on August 2021. They also initiated relief operations for victims of a fire at Guinayangan, Quezon on August 31, 2021. They distributed relief goods for 43 affected families. The alumni association conducted a Brigada Eskwela at the Guinayangan Elementary School at Guinayangan, Quezon on August 2021. A total of 43 families were benefited from the service. Finally, the alumni association had a Community Pantry at Matinik, Lopez, Quezon where 100 families benefited.

APO CEFI PETITIONING 072 based in Lucena City held a Food Gift Giving Program for Street Children of Lucena City on September 23, 2021.

APO Chi Chapter conducted a "Libreng Almusal' Libreng Lugaw" service for indigenous people in the Aeta community located at Brgy. Gulang Gulang, Lucena City on October 16, 2021.



Section 5 - Rizal

APO Rizal Federation held a "Gun Safety, Shooting Fundamentals & Shoot for a Cause" at the Rizal Police Provincial Office Cabrera Road, Barangay Dolores, Hilltop, Tikling, Taytay on October 16, 2021.

As of writing, Region IV-A alumni associations and chapters are actively involved in services to the community and to the nation. This only goes to show that there is no stopping the spirit of service the region.

**"TO PLANT TREES IS TO GIVE BODY AND LIFE
TO ONE'S DREAMS OF A BETTER WORLD."**

- RUSSELL PAGE

APO Lipa AA 165 Eco Farmville Ampalaya Production Project for the Nation and Community

BY SIS MYLINE R. VALENCIA



To serve the nation and community by providing vegetables as essential for food and nutrition security, source of fund for APO Lipa AA 156 and livelihood for members, were the main reasons why APO Lipa AA 156 started the Eco Farmville Ampalaya or Bitter Gourd Production Project on August 1, 2021 at Barangay Tangway, Lipa City. Adviser Sis.Edna Resma's family lent us a 2,000 square meter lot for vegetable farming projects.

APO Lipa President Bro Wilbert "Weng" Borres, leads and closely monitors the project from buying of tools, seeds, land preparation, planting, spraying, harvesting and up to selling of ampalaya.

"Yes, it is not easy, I even have to talk to the plants, telling them to bear more ampalaya," said Pres. Bro Borres. According to him, what you feel when gardening will reflect what you plant. His childhood experience in farming, present job at Department of Agrarian Reform and determination made way for the abundant harvest.

Vegetables are mankind's most affordable sources of micronutrients needed for healthier diets. In this time of Pandemic, where everyone is affected, our health is at risk.



We consulted experts on farming and decided to plant Ampalaya. APO Lipa members work on the farm and we also hired farmers paid on a daily basis for farm works, doing trellis, digging, removing grass and spraying. We provide food and snacks for them.

Ampalaya is a tropical vine, this can be planted and grown throughout the year but the most profitable growing seasons are from October to December and from May to July. This vegetable is packed with several important nutrients, versatile, delicious, can help reduce blood sugar, may have cancer-fighting properties, could decrease cholesterol levels and may aid weight loss.

After three months, in November we got a taste of the fruits of our efforts in APO Lipa Eco Farmville Ampalaya Production. We started harvesting and selling organic,

long, good quality ampalaya. Our buyers were colleagues, friends, market vendors and APO Lipa AA 156 members.

Ampalaya is easy to prepare and can be used in many different dishes and recipes. Can be enjoyed raw or cooked.

Here are some recipes: pan-fried, steamed, baked or even hollowed out and stuffed with your choice of fillings. Juice Ampalaya along with a few other fruits and vegetables for a nutrient-packed beverage. Mix into your next stir-fry to bump up the health benefits. Sauté alongside tomatoes, garlic and onions and add to scrambled eggs. Combine seedless ampalaya with your choice of dressing and garnish for a savory salad. Stuff with ground meat and vegetables and serve with a black bean sauce.

APO Lipa AA 156 ECO Farmville Ampalaya Production Project is a success helping our nation in terms of food and nutrition security. Happy planting, harvesting and cooking brothers and sisters!



APO Lipa

#BeatCOVID-19

Ayuda Distribution

BY SIS MYLINE R. VALENCIA

CoVid-19 Pandemic affected everyone but APO Lipa AA 156 did not stop doing services and providing ayuda for our brethren brothers and sisters and for the community.

Most viruses – including SARS-CoV-2, the virus that causes COVID-19 – evolve over time. Mutation happens and any virus with one or more new mutations are referred to as a "variant" of the original virus.

It was August 2021 when Delta Variant was detected in the Philippines, it's twice as transmissible as the original. Causes an increase of reported cases on a daily basis.

We are all at risk, even some of our members and their families got infected.

APO Lipa AA 156 President Bro Wilbert "Weng" Borres of Delta Lambda Chapter, upon knowing any members who got infected or under quarantine, immediately provides supplies or ayuda. These ayuda consist of fresh fruits, Alaska Milk, groceries, vitamins and medicines. Delivered directly to their houses via courier. Brethren brothers and sisters residing in Lipa, Rosario, Cuenca, Bauan and others received ayuda.

In September 2021, some contemplative nuns belonging to Carmel of our Lady, Mary



Mediatrice of All Grace in Lipa tested positive for COVID-19, hospitalized, some died and the whole Carmelite church was under quarantine. Immediately APO Lipa provided assistance and called for donations. APO Prayer Battalion through APO National President Sis Atty. Norma Singson De Leon, donated cash worth 9,500 peso on September 2. while Bro Ivan and Sis Teresita Reyes, Bro Arky Torres and APO Lipa





fund were used to buy groceries, fruits, rice, eggs, hotdogs, breads, toiletries, alcohol, Alaska Milks and other essentials for the Carmelite in Lipa City. APO Lipa donated Alaska Milks to Canossa Charity on September 19.

October 16, 2021, APO Lipa AA 156 joins World Food Day: APO Region 4A CALABARZON Synchronized Feeding Program. Feeding Program held at Sitio Pulo, Brgy. Tambo, Lipa City, Batangas for 55 children. They got a pack lunch with rice, fried chicken, ginataang sitaw and kalabasa. With leche flan, apple and bottled water. We distributed face masks too.

We are continuously distributing Alaska Milk and other ayuda to public and private employees, farmers, frontliners and children in Lipa City, Malvar, National Capital Region, Tarlac and other areas.

Alaska Milk Corporation and El Grande Resort were our long-time partners in different Humanitarian Missions.



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We are all at risk,
even some of our
members and
their families got
infected.

APO COAST MIMAROPA D.Y. 2021-2023

Cooperation for the Oceans And Seas, and Territories
and Protection & Restoration of Environment and Natural Resources

BY SIS MA. KRISTINA JOY P. GALINDEZ

Why APO COAST MIMAROPA?

MIMAROPA located right at the heart of Philippine archipelago and popularly referred as the Treasure Trove of Southern Luzon, is one of two regions in the country having no land border with another region (the other being Eastern Visayas). Region IV-B was designated as MIMAROPA, which stands for the island provinces belonging to the Southern Tagalog region—Mindoro (Oriental and Occidental), Marinduque, Romblon

and Palawan. Due to its archipelagic nature, the coastal provinces were rich in fishing grounds and white sand beaches. Some of the many scenic spots in MIMAROPA were the Bathala Cave, Balanacan Bay, and Tres Reyes Islands in the province of Marinduque; White Island in Mindoro; Fort San Andres, Mount Guiting-Guiting, and Bonbon Beach in Romblon; and the Puerto Princesa Subterranean River National Park and El Nido Marine Reserve Park in Palawan. In the effort and cooperation of ALPHAPHI OMEGA members IV-B in the region they came up with the idea that its primary goal must be the territorial protection and restoration of environment and natural resources within the provinces, plus service to humanity. Thus, APO COAST MIMAROPA was born.



Among the services rendered by APO COAST MIMAROPA were:

National Service Project Categories (Environmental, Health, Education)

A. Health

- a.1 "DONATE BLOOD and Be a HERO of someone's life."
October 15, 2021- Mobile Blood Donation Program was carried out by APO Bansud AA, Kappa Omega AA and PUP-Bansud (PC 145) with the partnership of Oriental Mindoro Blood Council, 10TH Special Action Battalion (10SAB), 101SAC, PNP-SAF, Kauturan Organization and Bansud MPS at Brgy. Proper Bansud, Oriental Mindoro multi-purpose covered court.
- a.2 APO COAST MIMAROPA celebrates World Food Day.
October 16, 2021- Eleven (11) Alpha Phi Omega collegiate chapters and alumni associations in Region IV-B MIMAROPA simultaneously conducted community feeding activity in relation to World Food Day Celebration. They believe that in a world with so much, no one must go hungry. Sadly, hunger is a problem all over the world., and everyone must work towards a world without hunger - one meal at a time.

Collegiate chapters and AAs that participated were:

- Nu Nu Chapter, Labasan, Bongabong, Oriental Mindoro
- TamAPOKami AA
- Epsilon Lambda Chapter
- Xi Upsilon Chapter
- Poypoy, Calintaan, Occidental Mindoro
- PUP Sablayan PC167
- Brgy. Poblacion, Sablayan, Occidental Mindoro
- Gamma Lambda Sorority; Gamma Lambda AA; APO ROMAA
- Fosterville, Brgy. Bagumbayan
- Roxas, Oriental Mindoro
- Xi Psi Chapter
- Uyao, Bagumbayan, Roxas, Oriental Mindoro
- APO PSPG AA
- Pinamalayan Park, Or Mindoro
- Theta Nu
- Sitio Kaldayapan, Alcate, Victoria
- Sitio Lagpan, Alcate, Victoria
- 200 Batang Katutubo (IP Youth)

- a.3 PROJECT KALINGA- Adopt a PwD Program

B. Environment

- b.1 Coastal Clean Up
Aphio Xi Psi Chapter led Coastal Clean Up Drive at Catalina, Bagumbayan Roxas Oriental Mindoro, Nov 2, **2021 #adoptacoastalarea**





Point and Espanola carried out from 15 to 17 October 2021.

Moreover, APO Palawan Inc. likewise conducted quick response by performing relief operations in the municipalities of Narra, Quezon, Brooke's Point and Espanola carried out from 15 to 17 October 2021.



C. Education

c.1 Alpha Phi Omega School Supplies and Essential Kit Distribution to Ambulong Island Integrated School, Ambulong, San Jose, Occidental Mindoro, a joint project of TamAPOKaMi-AA, APO-ELCO, Xi Upsilon Chapter and Epsilon Lambda Chapter last October 25, 2021.

Four folds of service (to the community, to the fraternity, etc.)

To the community:

MaringPH Calamity Outreach spearheaded by APO Palawan (October 15-17)

As severe tropical storm Maring brought unusual rains, causing landslides and flashfloods, and leaving four (4) casualties in province of Palawan. Region IV-B Directorate organized a fundraising campaign for the victims of MaringPH and were able to raise the amount of Php.10, 260.00 from October 11 to October 15, 2021.

Moreover, APO Palawan Inc. likewise conducted quick response by performing relief operations in the municipalities of Narra, Quezon, Brooke's

"Tulong ng APO sa Apektado ng Bagyong Maring 2021" - It's truly better to give than to receive. In these trying times where the COVID19 has adversely affected the human race, it's also heartbreaking to see our fellowmen suffering again due to calamities.

Recipients of donations were chosen through the list given by the DSWD. Those families that were severely affected by the typhoon were the priorities during the distribution as identified by the bgy. health workers and bgy. officials.

33 households from Bgy. Aramaywan, 42 households from Bgy. Maasin, 9 households from Underground, Alfonso XIII, and 30 selected households in different areas in Bgy. Alfonso XIII benefited from the service program.

Halloween Programs and Projects.

In commemoration of all the saints of the Catholic Church, and those departed Christians, Alpha Phi Omega ensures a clean and safe community environment, launching OPLAN UNDAS CLEAN - UP DRIVE last October 24, 2021 at Roxas Public Cemetery; Trick or Treat for Kids by Xi Upsilon in coordination with Sangguniang Kabataan (SK) of Sitio Mabuhay 1, Barangay Central, San Jose,

Occidental Mindoro, Nov. 01, 2021 and Halloween treat for our Mangyan natives initiated by APO Calapan and MuMu Chapter; Trick or Treat for Kids by Xi Upsilon in coordination with Sangguniang Kabataan (SK) of Sitio Mabuhay 1, Barangay Central, San Jose, Occidental Mindoro, Nov. 02, 2021.







GAWAD GINTONG BAYANIHAN AWARDS

The Gawad Gintong Bayanihan was one of the national projects launched by the office of the National Research and Study Center (NRSC), when NRSC charter was approved on July 4, 1982 at the first National Executive Board Meeting in Tacloban City, under the term of NP Francisco P. Brosas, Jr. This project replaced the Golden Plate Award which was then institutionalized since the time of National President Librado I. Ureta.

GAWAD GINTONG BAYANIHAN in recognition of the efforts of collegiate chapters and alumni associations in the enhancement of the noble ideals of the organization...p106



Roxas, Oriental Mindoro - In the local situation in this time of COVID-19 pandemic, PwDs are more likely to be disproportionately affected in many ways. People with intellectual, developmental, mobility, or other disabilities are more likely to become infected because they have a harder time understanding or following prevention measures like physical distancing, effective handwashing, or wearing facemasks. Furthermore, when public health advice was offered in inaccessible forms, people with intellectual, visual, or hearing disabilities may be unable to follow them (eg, verbally through opaque masks). In addition, PwDs are institutionalized in other cities and provinces, and as a result, they are exposed to a high risk of physical contact, and are more likely to be affected by COVID-19 infection because they have a higher rate of chronic or secondary health disorders, such as those affecting respiratory and immune systems, heart disease, or diabetes. Moreover, pwds in Roxas community were frequently require assistance with daily tasks, such as obtaining basic necessities or seeking medical treatment, yet such assistance may be limited during lockdowns or sometimes not available. And finally, due to lockdown measures or a lack of readily available healthcare in Roxas, in-person access to general health and rehabilitation treatments may be limited. Still not mentioning the increasing number of cases of COVID- 19 that have been reported so far at Municipality of Roxas as of October 2021.

PANDEMIC and its Challenges for Persons with Disabilities (PwDs) in Roxas

BY SIS MA. KRISTINA JOY P. GALINDEZ

“LIFE’S MOST PERSISTENT AND URGENT QUESTION IS, WHAT ARE YOU DOING FOR OTHERS?”

- -MARTIN LUTHER KING JR.



This question is a constant reminder that a spirit of volunteerism is necessary to a successful life and society. Through simple act of service and kindness in our “own” communities, possesses the power to transform lives.

Thus, Alpha Phi Omega launched Project Kalinga last November 07, 2021 at Bagumbayan, Roxas, Oriental Mindoro. The project aims to deliver Covid-19 Health Kit/ hygiene kit to people with disabilities' homes. Also, conducting public awareness on how to prevent COVID-19 by increasing cleanliness habits, ending in the distribution of hygiene kits that'll include: Face-mask, alcohol and spray bottle, antibacterial soap and Vitamin C. Project beneficiaries were 130 PwDs of Brgy. Bagumbayan, and funds gathered came from sponsorships and donations of our APO brothers and sisters, private stakeholders and businessman in Roxas. And BHWs of Brgy Bagumbayan were tied up in the distribution process.

Indeed, HELPING those with compromised immune systems and are incredibly vulnerable to COVID-19 increased the feelings of wellbeing. Because GREAT SATISFACTION comes from SHARING



Raising the BAR to the Highest Standards

BY SIS DORIS IRENE S. PIGON

How does Bicol Administrative Region (BAR), differ from the rest of APO Philippines Inc. administrative regions?

The pandemic has not ended yet, but BAR-Regional Director (RD) for Alumni, Bro George Gerald "Donjie " F. Baccay, made sure that before all his elected and appointed officers can join his first activity for the region, everyone should have been fully vaccinated. All officers who arrived at the venue, despite being fully vaccinated, were still required to either present a negative antigen test or had the test performed there before all activities were started. He made sure that everyone was safe to mingle and health protocols were followed.

This DY 2021-2023, the BAR officers agreed to have their own mission and vision statement aligned with APO Philippines. BAR's mission and vision statement was presented before the activities started and it says: "To fortify and embolden the members of this great Greek Fraternity/Sorority from entrant to adept that it shall continue to produce ethical leaders inspired by the principles of leadership, friendship and service; to endure our responsibility as the premier service-oriented organization." This was the guide as to how the team building was designed.





RD Bro Donjie formally started his term with team building and workshop activities. His set of officers represented all 6 provinces of Region 5 – Bicol (Albay, Camarines Norte, Camarines Sur, Catanduanes, Masbate, and Sorsogon). Not all were familiar or close to each other. What good way to make each and every one get relaxed among each other than to bond first?! Hence, the team building and workshop facilitated by yours truly. Different personalities may clash when put together on unfamiliar grounds. This activity proved that you may have a strong or weak personality, but working together as one, resulted to harmonious and wonderful relationship among all present members. This was RD Donjie's way of breaking barriers among his officers. In his own words: "The team building is

for levelling of expectations and developing camaraderie among his officers this DY".

**“
Different personalities may clash when put together on unfamiliar grounds.”**

For the workshop proper, he gave all his officers a chance to think as an RD, given the action plans he had lined up. They had the option to think of other worthy projects and planned how they would implement them if they were given a chance to be an RD for the moment. All participants gamely pitched in their expertise. There was no distinction among all officers. There was no discrimination in terms of status in society, age, sex, whether from alumni or



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To fortify and embolden the members of this great Greek Fraternity/Sorority from entrant to adept that it shall continue to produce ethical leaders inspired by the principles of leadership, friendship and service; to endure our responsibility as the premier service-oriented organization.

collegiate batch. The action plans discussed were: 1) to have Bicol APO Id (provided should first have updated National APO and with partnership to major suppliers), 2) Bloodletting (MOA with DOH), 3) APO Blue Book, 4) Assistance to Alumni Association (AA) Recognition & Life Applicants, 5) CAMPORAMA (to concentrate on Scouting), 6) APOlympics, 7) APO Markers (all over strategic points in Bicol), and 8) Bicol Summit. Every participant was given a chance to rack their brains and come up with strategies on how to tackle given topics. The output was awesome. A lot of learnings had been shared and exchanged among brothers and sisters. This was an example of building bridges, where each one needed to work with a partner, exchange ideas, and agree to what should be presented to the whole group despite differences in personalities.

The BAR-RD for Collegiate Sis Renderizzah “Ren” A. Floralde, need not be left behind. It was her 1st time meeting other collegiate and alumni officers. An excitement for what was to happen that turned out to be informative, encouraging to unleash potentials, improved communications, worthy collaboration, and manage conflicts.

Bro RD Donjie thought his big challenge is for all his officers to have a uniform mindset. While Sis RDC Ren’s challenge is for her officers to speak up or voice out their ideas. Everyone should be encouraged to speak up, avoid a passive attitude of accepting “it is what it is” mindset.





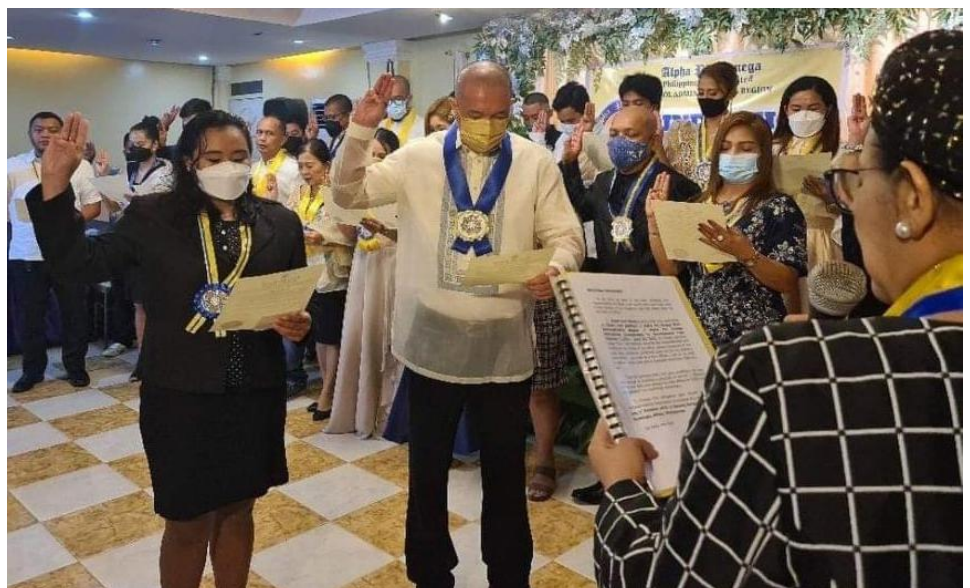
Sis RDC Ren believed that when the BAR collegiate communicates properly, cooperate wholly, seriously work and put to heart their commitment, responsibility and time, shall they successfully achieve their goals. To her, openness to one another is the key. Bro RD Donjie strongly believed that by introducing innovations which will uplift the standards of APO shall BAR be sure of uplifting APO life among all members.

After dinner of the same day was the induction of all officers by the very first lady APO President sis Norma Singson-De Leon. She was assisted by National Executive Director, Evelyn Cañete-Evangelio, National Trustee for Sorority, Quincy Claire Toriano, National VP for Fraternity Affairs, Bro Gil Paulo

Gomez and National Committee on Membership Chairwoman, Sis Romerli Kristi Garcia. The occasion was also graced by the Department of Tourism Regional Director Herbie Aguas, who was also the owner of Sarongi Banggi Resort in Sto. Domingo, Albay, the venue for the 2-day event held on October 30-31, 2021.

The next day was the first official meeting of all officers where the collegiate had their own time separate from the meeting of the alumni. The two-day event was packed with activities all members will keep fresh in their memories to cherish and was successfully concluded after a hearty lunch.

Borrowing sis Jen Velarmino-Van der Heijde's comment: "BAR wasted no time to equip themselves in Leadership, Friendship, and Service skills..."



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A Chapter in Bicol Soldiers On

BY SIS DORIS IRENE S. PIGON

In the presence of great Leadership, lifelong Friendship, and untiring Service, the Alpha Phi Omega Philippines Inc. Bicol Administrative Region Section 1, Beta Omicron Chapter of Mabini Colleges continue to uplift the unbroken circle of camaraderie in giving the best for the fraternity, for the community, for the school and student body and the nation as fully participating citizen.

Amidst the pandemic situations, even when the Covid-19 Battle is widespread, so should our helping hands be prevalent. Our fraternity brothers and sorority sisters kept walking on the same track from 1925 up to the present time. Resident members of the Beta Omicron Chapter secured the quality of services we should render to our people.

For the last quarter we had the following services from July to October 2021:

- 1 Community Service “Bayanihan sa Oras ng Pandemya”
- 2 Mangrove Planting and Coastal Clean-ups
- 1 Multi-Services Caravan
- 4 Brigada Eskwela to different schools nearby

Community Service “Bayanihan sa Oras ng Pandemya”

Serving people is like sharing your life with others. The pandemic crisis seems to be so helpless, but with teamwork and courage, we can always make ways.



Last July 21, 2021, at exactly 8:00 in the morning, Community Service was held at Brgy. Bactas Basud Camarines Norte Brgy. Hall grounds. Social distancing and health protocols were highly observed since different services were conducted in just one day. Free alcohol, masks, slippers, and snacks were distributed. Free haircuts, Blood Sugar Testing, Libre Bunot and legal consultations were also provided by the chapter.

A total of 200 recipients were served by the said activity. It was attended by 40 brothers and sisters, 10 members of Scout Royale Brotherhood, and 30 personnel of the barangay. People came and went as they received their stuff to avoid crowding inside the Brgy. Hall. Security and crowd control were provided by the Basud Municipal Police Station. It ended at exactly 12:00 noon. Free lunch meals were served by our brothers and sisters for the volunteers and participants. The success of the said activity was through the donations of sponsors from different Alumni Associations and volunteer donations of our brothers and sisters.

To provide, sustain and extend help to the needs of the people, we can make the change and turn the helpless situation into an inspiration. And give them the real meaning of life must go on. MAY WE ALWAYS BE one?

Mangrove Planting and Coastal Clean-ups

As our Nature grows, we are here to nurture its growth.

Our Dearest Earth is the only planet with the continuity of life, let us always be into action in saving our Mother Earth. Be resilient and be sensitive. Let us conserve our resources, strength, maintain the cleanliness of the air we breathe, and the place we live in. Clean and rehabilitate our land and plant more trees.

Mangrove Planting and Coastal Clean-up by Men and Women of Alpha Phi Omega headed by Beta Omicron Chapter happened last August 21, 2021, at Brgy. Catandunganon Mercedes and last October 17, 2021, at Brgy. Manguisoc Mercedes, respectively. Participation of 46 brothers and sisters, the Provincial Agricultural Office, Prime Water staffs and Local Officials and PNP personnel of Mercedes Municipal Police Station graces the said activities. Both activities started at 8:00 in the morning. A total of 2000 mangroves were planted.



...we can make the change and turn the helpless situation into an inspiration.



We may not see the essence of it overnight, but we can feel and live in the future without any hesitations because we know there will be tranquil, clean, and calm surroundings that will prolong the life of humankind.



Multi-Services Caravan

The school year 2021-2022, is another chapter for every student, parent, teacher, and community linkages. Our battle to the pandemic crisis has not yet ended.

Let inspiration and camaraderie be the ladder of our hopes and faith that we can make it through, even during this pandemic. Our children are the hope of the next generations and we should give them good guidance and inspiration to this endless battle.

Last September 11, 2021, the resident members of Beta Omicron Chapter with brothers and sisters from Camarines Norte rendered a fruitful caravan at Brgy. Tarum, Mercedes Coastal Area. Slippers, school supplies, and Jollibee burgers were distributed to 100 school children, 50 packs of rice and goods to 50 families, and 50 health kits to adults. Free blood sugar and blood pressure check-ups for everyone present, lecture for BPSO and Elementary Teachers regarding Covid-19 awareness were conducted. They also donated hand-cuffs and cudgels/ night sticks (batuta) for members of the Brgy. Tanod, medicines to be distributed by the Brgy. Health Workers. Free snacks were distributed to all who participated from the barangay. Social Distancing were highly observed and controlled by BPSO and PNP personnel. It was attended by 58 men and women of Alpha Phi Omega from different chapters. The activity ended graciously with free lunch from the people of the barangay as a sign of gratitude for all the volunteer works and donations.

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Let inspiration and camaraderie be the ladder of our hopes and faith that we can mae it through, even during this pandemic.



The parents, local communities' government and NGOs who are struggling and adjusting for their everyday living should know how to never give up and just fight for their lives. A single act of kindness is a thousand changes for a better life. Let us continue to spread our bloodline of never-ending service.

Brigada Eskwela to different schools nearby

Our community needs humanitarian works which will style our labor restored and more efficiently. Without teamwork we cannot sustain the goodness of our society, we need each other and we should pursue boundless thoughts and everything.

Men and women of Alpha Phi Omega Beta Omicron chapter allotted their time and efforts to join school activities which helped teachers and parents as well as the learners, cope up with the new normal settings of

education here in the province of Camarines Norte.

Last September 13, 2021, the opening of classes for school year 2021-2022 started calmly in the new normal setting. School communities needed the help of their linkages through volunteerism, to pursue even during the pandemic. Brothers and sisters extended their helping hands through "BRIGADA ESKWELA" to four different schools in Camarines Norte, namely: JULIA B ABILGOS ELEMENTARY SCHOOL, SAN ROQUE ELEMENTARY SCHOOL and twice at SAN ROQUE NATIONAL HIGH SCHOOL.

Some brothers and sisters donated school supplies, paints, health kits, cleaning materials, and rendered a clean-up drive in the schools mentioned above. School volunteers, teachers and some PNP Personnel also assisted in this productive activity.



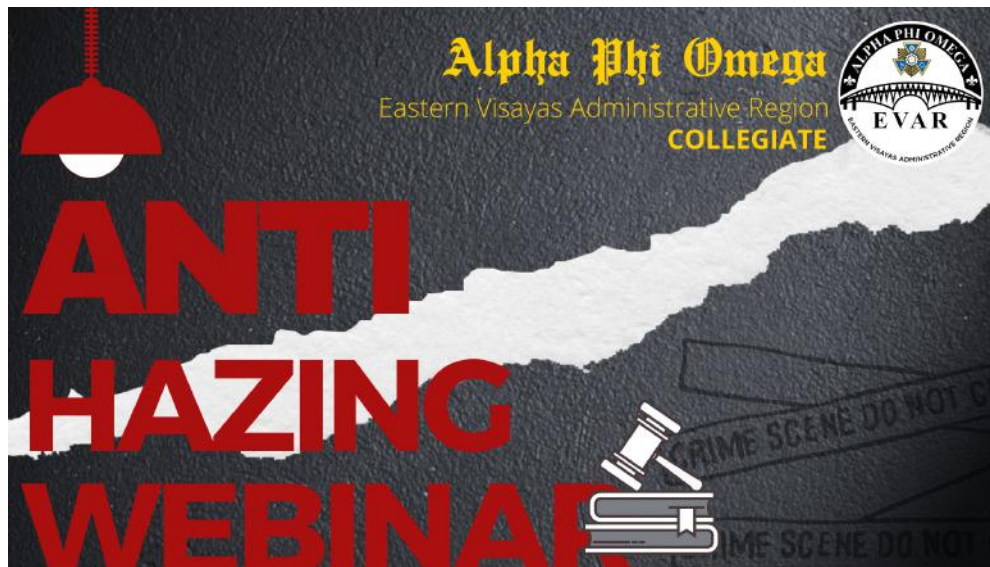
APO-EVAR HOLDS ANTI-HAZING WEBINAR

BY SIS GWYNETH NICOLE POMAREJOS

TACLOBAN—On October 17, 2021, a region-wide Anti-Hazing Seminar was held via Zoom which aimed to discuss Republic Act 11053, otherwise known as the Anti-Hazing Act of 2018, and was spearheaded by Alpha Phi Omega-Eastern Visayas Administrative Region (APO-EVAR).

Sis Cielo Velasquez-Martinez from the Regional Legal Council graced the webinar with her presence as the speaker and discussed not only what R.A. 11053 but also its role in the pledgship process and initiation rites of Fraternities, Sororities, and other organizations. She also stressed the disturbing effects of frat-related violence and for the current APO residents to heed the law.

Almost 70 participants coming from various chapters in Region 8 and other administrative regions were present at the event. APO-EVAR encouraged residents and officers of collegiate chapters to attend the said event as a requisite for the resumption of their respective recruitment process.



APO-EVAR SPEARHEADS

REGIONAL SUMMIT

BY SIS CAMILLE ENCARNACION

TACLOBAN—APO - Eastern Visayas Administrative Region kicked off the development year 2021-2023 with the Regional Summit held last October 23, 2021 via Zoom teleconferencing.

Following the introduction of EVAR's new set of regional officers, preparations for the Regional Summit have begun as early as the month of September. "We wish to maximize this opportunity to help our Chapters and Alumni Associations develop their service programs and strategies for the oncoming development year.", says Regional Director Sis Gina Liza Jimenez.

Attended by more than 60 BOU members of EVAR's chapter-based alumni associations and collegiate chapters, the activity was meant to serve as the platform for the region's vision setting and planning. The summit was attended by guests from the National Office including National President, Sis Atty. Norma Singson-De Leon; National Spokesperson, Sis Jane Ocampo-Ibay; BOT Chairman, Bro Richard Marc Bugarin; and

National Vice President for Alumni, Sis Nancy Go who was also EVAR's former Regional Director.



Guest speaker, Atty. Dino De Leon have vitalized the activity with his discussion on leadership styles and organizational effectiveness. Describing the synergic energy that is bore out of effective leadership and stakeholder participation, Atty. De Leon has left the participants with the challenge to uplift the organization and embrace obstacles with collaboration and fellowship. The Regional Summit concluded after the two-hour vision setting with chapter and AA members that tackled prospect services and strategies to address existing issues and map developmental plans for the years 2021-2023.



WHAT “BEST REGION” MEANS TO EVAR - GREAT RESPONSIBILITY

BY BRO ALFONSO ALEX C. LABRAGUE, JR

The previous development year has been a roller coaster ride, not only for EVAR but to all administrative regions and BOUs. The challenge to channel the ideals of service of the organization to people became very evident as we have been restricted to perform our normal activities in strict observance of the health protocols relative to the pandemic. However, time and again, we are Alpha Phi Omega and we have historically remained steadfast despite all odds.

Surprisingly, EVAR emerged as the BEST REGION. But to us, this does not entail being better or above others. To EVAR, this means greater responsibility. As we are made strong and united in the spirit of service, we remain even more resolute in our commitment to serve others.

Alpha Phi Omega – Eastern Visayas Administrative Region prides itself in organizing activities and services that deepens our appreciation of and strengthens our vow to live up to the core principles of the fraternity/sorority – leadership, friendship, service.

On Leadership

In the aim to better capacitate the EVAR members on matters pertaining to the handling of the units and other technical demands, the region spearheaded the conduct of the “1st Virtual Regional Summit: Vision-Setting, Planning and Workshop for DY 2021-2023” of the officers of EVAR and its basic organizational units (BOUs) on October 23, 2021. The said online gathering consolidated strategic action plans from the chapters and alumni associations which will provide framework for the region in the conduct of its program of service.

An Anti-Hazing Webinar was organized and held on the 13th of October which clarified crucial points on the anti-hazing legislation. Meanwhile, it refreshed previously acquired knowledge on the matter for a guided and violation-free recruitment and initiation process. The event was graced by a well-esteemed lawyer and a sister in the circle, Sis Judge Cielo V. Martinez, as the resource person.

Furthermore, EVAR also initiated an ID Run last October 30 which helped its members satisfy the necessary requirements before IDs are updated. In totality, 262 transactions were recorded by region’s Committee on Membership. Everyone is hopeful that they will get their new ID cards very soon.

On October 24, EVAR met with the BOUs in Northern Samar for a consultative assembly with the members. The meeting focused on resolving conflicts, clarifying concerns, and planning activities, among others.

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As we are made strong and united in the spirit of service, we remain even more resolute in our commitment to serve others.



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EVAR continues its promise of inspiring and touching lives...

On Friendship

While members are into pursuance of their personal and professional development, EVAR also ensures that they have their own time to unwind and be with our brothers and sisters. There are activities in store for them in the hopes of continually fortifying the bond between and amongst the members. Foremost, apart from the fellowship sessions, is the conduct of PABALHAS, a series of sports activities, on November 11 by the EVAR Sports Committee. The region looks forward to more of this in the months to come and through them, hopes to keep EVAR's oneness intact.

On Service

EVAR continues its promise of inspiring and touching lives through the continuous delivery of needs-based and relevant services. The following are the conducted services of EVAR thus far:

Health

In the midst of the pandemic, the call to prioritize individual and community health intensifies. As such, EVAR gave premium to health initiatives. Primarily, the region organized flu vaccination in Tacloban and Biliran on November 7 and 13, respectively. This was thru the efforts of EVAR, Theta Zeta AA, Delta Phi AA, Epsilon Omega AA, Omicron Alpha Chapter, and APO BISLA AA, in partnership with Tingog Sinirangan Partylist. A total of 215 flu shots were administered to the recipients, 115 in Tacloban and 100 in Biliran.

Other health services include Theta Alpha's OPLAN PANLAWAS conducted on Oct. 16 at Brgy. Patong Hall, Calbiga City which gave free blood sugar, free blood pressure, and a lecture on the common medical misconceptions to around 150 residents in the said locality; Delta Phi's Food Drive in commemoration of the 8th anniversary of Yolanda on November 8; Epsilon Omega's RESBAKUNA mobile vaccination on October 26-28; PC 104's Hygiene Kit Distribution on October 16 at Alang-Alang Leyte; Eta Pi and VSU Villaba PC's



Feeding Program on November 14, and; Mu Gamma, Delta Phi, Omicron Alpha, PC 014's Group Handwashing Facility Construction on October 9.

EVAR is hopeful that these initiatives would, at the very least, help promote health awareness, consciousness, and practice among community people.

Environment

EVAR also maintains that it should be at the frontlines of promoting green consciousness among people through the conduct of environmental initiatives. Zeta Epsilon, on October 16, launched its APO KAWAYANIHAN: Bayanihan Para Sa Kapaligiran, a bamboo tree planting activity which, to date, already planted 200 bamboos. As planned, the chapter looks forwarding to planting 1925 bamboos in anticipation of the 96th International Founding Anniversary of Alpha Phi Omega.

The Delta Phi Chapter conducted a school-based clean-up drive on November 5 in reference to its commitment to serve the student body and faculty. Meanwhile, the Xi Rho Chapter spearheaded a Mangrove Grooming and Planting on October 20 at Sto. Niño, Bontoc, Southern Leyte. This was in coordination with several institutions and

organizations with the same intentions of saving the environment such as the PNP and DENR, among others.

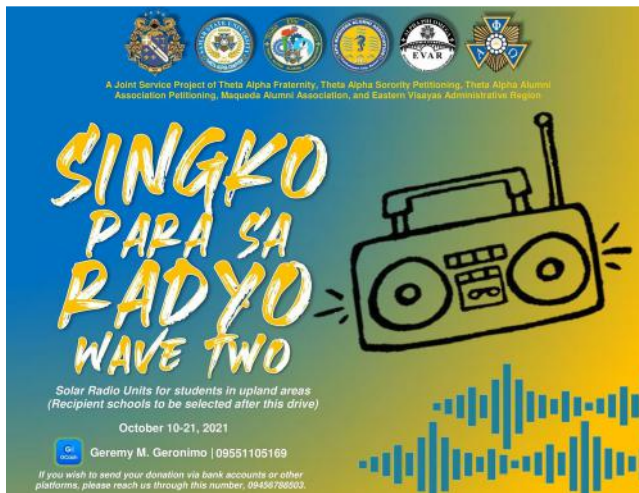
Furthermore, the Theta Alpha Chapter successfully hurled its ZERO-PLASTIC WASTE CAMPAIGN on November 2 in reference to its environmental thrusts and advocacies. It released infographics on plastic pollution and includes planned related activities such as plastic bottles and containers collection as well as coastal and inland clean-up drives. On October 22, as per request of the Catbalogan City Environment and Natural Resources Office, the chapter participated in the Coastal Clean-up Drive at Buri Baras Beach. Finally, Theta Alpha also joined in the City-Wide Pintakasi or general clean-up of Catbalogan City on November 14. Members were assigned in Brgy. Mercedes, particularly on the area which recently suffered from landslide, and the efforts were focused on the declogging of the drainage/waterway affected by the said landslide.

Indeed, as humans are responsible for the destruction of the environment, it is fitting that we also initiate efforts that rebuild and rehabilitate it. EVAR is firm that we need to act now and save the world from further devastation before it gets too late.



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...we need to act now and save the world from further devastation before it gets too late.



Education

The education system has been heavily disrupted with the onslaught of the COVID-19 pandemic. And so, EVAR also saw to it that we extend support to the education sector, both faculty and students. The highlight of the education-related services is Theta Alpha's SINGKO PARA SA RADYO, a fundraising project for the solar radio units given to the students of selected upland schools in Catbalogan City. The initiative was intended to support the students in their learning amid the health crisis. The solar radios worked supplementary to the modules of the students. It had two waves – 100 units were turned over to the school heads on October 7 and 106 on November 6. In total, 206 radios were turned over to 206 students of seven (7) upland schools. The project was able to raise a total amount of P76,385.57.

Omicron Alpha, Delta Phi Chapter, Delta Phi AA, and LNU PC 014 organized a service donating school supplies to the PDLs (persons deprived of liberty) enrolled in the DECS ALS program on October 30. Around 96 school kits were provided to them in aid of their learning.

PC 202 of EVSU – Burauen Campus donated a wall clock, with a coat of arms design, to the library of the same campus on October 6. Theta Alpha also volunteered in an extension activity of the Samar State University – College of Arts and Sciences at Brgy. Ibol, Catbalogan City on October 20. The activity gave lecture on mental health awareness as well as training on soap production.

Our support to the education sector thus manifests our enthusiasm to help the youth in their learning. EVAR consistently believes that through these initiatives, we will be able to help our fellows acquire more knowledge and eventually secure a better and brighter tomorrow.



Livelihood Support

The region also makes it a point to extend support to the livelihood of those in the marginalized sector. A noteworthy initiative is that of the Theta Alpha Chapter entitled LAMRAG: Sell A Lantern, Help A PDL which is a partnership with the Samar Provincial Jail and aims to sell the lanterns personally handcrafted by the PDLs. The initiative started on the 11 of November. Members of Theta Alpha marketed these lanterns and as of writing, all lanterns are already sold. The proceeds generated from this initiative will be used to fund an initiative for the PDL come December.

The chapter found pleasure in helping the PDLs sell their lanterns as this would not only help them personally but also their families. As the Christmas season approaches, EVAR is committed to bringing light and hope to these people and their families especially in these trying times.

Disaster

In reference to the experience of the region during the Typhoon Yolanda, EVAR emphasizes the importance of capacity-buildings especially in terms of disaster preparedness. As such, we organize different initiatives that capacitate individuals and organizations in reducing and mitigating the impact of disasters.

The Mu Gamma Chapter organized a Disaster Preparedness Webinar on November 14, 9am-4pm via Zoom accommodating around 50 participants, both APO and non-APO. The initiative tapped various experts on the subject matter from different

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...EVAR is committed to bringing light and hope to these people and their families...

LAMRAG: SELL A LANTERN, HELP A PRISONER



LAMRAG: SELL A LANTERN, HELP A PRISONER



agencies and offices. The webinar aimed at imparting learning to the participants on the reduction of impact of disasters as well as developing a coordinated strategy that will cost less time, money, and effort. After this, the region hopes to deliver more webinars that will focus on other crucial subjects in disaster preparedness and response and in the process, be able to contribute in achieving a resilient community.

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This fresh development year posits a much stronger challenge of continuing the tradition of selfless servitude to the communities.

Other Services

Aside from the abovementioned services, EVAR also responds to the needs of other sectors, groups, and institutions. Theta Alpha, on October 7, was tapped by the Samar Police Provincial Office to assist in the construction of a housing project named “Pangarap na Bahay, Si PD Ang Aalalay”. More than a month after, the project was completed and was turned over to the beneficiary on November 18 at Brgy. San Pablo, Catbalogan City.



Theta Alpha also conducted its Adopt-A-Waiting Shed project in partnership with Brgy. Maulong, Catbalogan City. The waiting shed of the said barangay was repainted and rehabilitated to provide a conducive and cleaner waiting area for the residents. The project was completed on October 20.

Additionally, APO Guiuan AA and ESSU Guiuan PC 501 conducted APO Handog T sinelas on November 13 and distributed around 133 pairs of slippers. The initiative came timely with the celebration of the National Children's Month. The activity ushered in the support of the BJMP, RHU, TESDA, NOVO, and LGU Guiuan.

Vaccination, free massage and manicure services, mass feeding and distribution of food packs were also done during the activity.



This fresh development year posits a much stronger challenge of continuing the tradition of selfless servitude to the communities. The region expects to serve more initiatives in the coming months as we believe that through this, EVAR and APO, in general, will remain united and whole.

Onwards to more responsive activities!
MAY WE ALWAYS BE! ###





NCAR on Crossing Regions and Building Bridges to Serve: Healthcare, Gift Giving, and Legal Services Rendered for Mindoro

BY SIS JAY NADIA ESPAÑOL

Bongabong, Oriental Mindoro – On November 20, 2021, a collaboration service project by the Municipality of Bongabong and King Builders Development Corporation thru APO Bongabong AA and APO Coast Mimaropa (IV-B) in partnership with APO National Capital Administrative Region (NCAR) was held.

A Free Medical, Tuli, Dental, Gift Giving, Haircut, and Feeding to the Mangyan tribe was successfully hosted by Municipal Mayor Hon. Bro Elegio Malaluan and son Bro Mike Malaluan. The service was organized by Sis Emerizza Caseres with the collaborative efforts of Regional Directors Kevin Dy and Toto Gabayno. Teams of APO doctors, nurses, dentists, law school students, and other volunteers crossed the bordering southern end by land and by sea, and further braved the slopes, heat, and risk of the mountainous red zone areas of Region IV-B to render service to the Mangyan tribe.

The team from NCAR was divided into three groups (Brgy. Lisap, Brgy. Hangan, and Brgy. Batangan). Hangan and Batangan were mountainous barangays situated in the rural areas and Hangan is a much nearer one to the national road. Men in uniform were deployed in the areas. Units of Special Action Forces thru Commanding Officer PLTCOL ALDWIN R. SANTOS, prior to the actual date of service were already on the areas to secure perimeter and the safety of APO volunteers. Units that served were 105th in Lisap, 103rd in Batangan, and 101st in Hagan; and also there were battalion from the Philippine Army. Deployed from the local unit were the 2nd PMFC Oriental Mindoro Police Provincial Office, Bongabong Municipal Police Station, Regional Anti-Cybercrime Unit, and Bureau of Jail and Penology. All these units aided not only for the safety

and protection of all teams but also assisted with the basic tasks most especially in the implementation of protocol adherence against COVID-19.

Each team has its subgroups of a tuli team, dental team, and a legal team. The gift giving took place in Brgy. Lisap which consisted of toys, books, and loot bags that contained hygiene kits. Flu vaccination was also done by the APO TeleMedicine Nurses randomly in different areas. The team in Hangan was also able to visit a child with hydrocephalus and handed some supplies and gifts. This kid had a few operations already and was being assisted financially thru the efforts of Bro Mike Malaluan and friends.

In summation, Batangan catered 55 dental patients and 19 flu vaccines were administered. Hagan was able to render medical consults to 75 patients, perform tuli to 29 kids, did dental procedures to 100 patients, and administered 21 flu shots. The team in Lisap was able to circumcise 14 kids, perform 68 procedures to dental patients, and administered 9 flu shots.

The Mangyan tribe is an ethnic group in Mindoro, from north to south which consisted of 8 tribes, one of which was a hidden tribe. They used to be coastal dwellers in the past but had moved to the mountains to avoid foreign settlers. Our fraternal brother, Mayor Bro Elgin, has fathered

interactions with the Mangyan through education and livelihood programs. In fact, a large number of Mangyan go to school already compared to the previous decades. According to Sir Jun, Teacher-In-Charge of the ELIM Lisap School, the lifestyle and beliefs of the Mangyan tribe had improved in the recent years, most specially in education. However, when questioned about their adherence to vaccinations, Sir Jun stated that they are still unconvinced in this line of science.

It was indeed a productive unity of regions to share resources to achieve such a vast number of individuals being given healthcare despite the distance. As the new DY had started, NCAR had begun to cross borders and regions to deliver its service both within the circle and to humanity. To quote NCAR RD Kevin Dy, "the goal is to make a difference to every street, every pavement, and every community."



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The goal is to make a difference to every street, every pavement, and every community.

Mangrove Planting in Suguicay Island Partaken by APO NCAR with APO Bulalacao AA

BY SIS JAY NADIA ESPAÑOL

Suguicay Island, Bulalacao, Mindoro – To respond to the call of Alpha Phi Omega's National Environmental Committee led by NVPA Sis Nancy Go and EnviCom Chairman Joel Alivia for a one-day Synchronized Tree Planting all over the regions, the team from APO NCAR's medical, dental, tuli, and gift giving mission continued to shed time to serve while in the area of MIMAROPA.



What supposed to be a side trip became a multi-task fruitful day to both serve and enjoy nature. Suguicay Island belongs to the 3rd class municipality of Bulalacao, Oriental Mindoro. APO Bulalacao AA had long been conveying with its local unit for project services that contribute so much to the welfare of the community around it. On November 21, 2021, APO COAST MIMAROPA had planted approximately 2,600 seedlings thru the leadership of Regional Director Bro Toto Gabayno, all around its sections. APO Bulalacao AA was assigned for the 300 mangrove propagules in Suguicay Island, situated in the southernmost tip of the province. The area that APO brothers and sisters had planted propagules will soon be adopted by APO IV-B. APO will soon have a Memorandum of Agreement with the LGU and MENRO, according to RD Toto. Through this, more advocacies for safer coasts and oceans, and the promotion for tourism would elevate and tender more possible tasks for APO Bulalacao AA and its neighbouring AAs.



Six from the NCAR volunteers in an impromptu, were able to check three dive spots around the island. The untouched part on its rear housed its thick table corals, beautiful brain corals, and staghorn corals. The rear part also had the more floury and powdery sand; however, the currents under were more risky. Once the MOA with APO, the LGU, and MENRO would be realized, and once Alpha Phi Omega would be able to adopt a part of the protected area, this island can be a gateway to more environmental activities that would conserve the coasts of MIMAROPA.



**WHAT WE DO
MAKES A DIFFERENCE**

ARA BATTING FOR UNIFIED ACTIVITIES

TALL ORDER FOR YOUNG ARA TEAM AS IT TRIES TO COORDINATE 9 BOUS IN A VAST REGION

BY BRO AL R DIZON

The Administrative Region of Asia (ARA) has sprung back into action even as the newly-installed regional directorate took office in Q2 2021, with the far-flung region's service activities scattered across 8 sections taking off.

By the time this edition of Torch and Trefoil is published, ARA will have carried out a donation and disaster relief drive, conducted three webinars, and organize a region-wide virtual wellness activity – events that generated much interest and response among brothers and sisters across the region, and receiving kudos from the host countries.

The ARA directorate (2021-2023) is led by the seasoned hands of Bro Daryll Paolo Ugale (0908-2004), Regional Director (RD), and Bro Jerry Añonuevo (0315-1990), Deputy Director (DRD).

Bro Paolo and Bro Jerry are not new to regional work. Bro RD Paolo was previously ARA's DRD (2017-2019). Prior to his ARA position, he was an active APO AA Singapore member since 2010 and eventually served as its vice-president for external affairs (2016-2017).

Bro DRD Jerry was previously ARA's Section 3 Chairman (2019-2021), and vice-president for external affairs of Gamma Omicron AA (2011-2013).



ALPHA PHI OMEGA
ADMINISTRATIVE REGION OF ASIA

invites you

LEADERSHIP WEBINAR

OCTOBER 17, 2021
1:00PM TO 4:00PM
VIA ZOOM

SPEAKER:
BRO. RICHARD JAVIER
Delta Kappa '88

- Professor & IRDO Director at University of the Philippines, Manila
- WHO, USAID, VAMED Austria & Czech Republic, South Africa & Botswana Africa Consultant

For registration, kindly scan the QR Code and fill out the form

For enquiries, please contact Sis Joan Carbalto
WhatsApp: +65 9744 2350 or email
aposra.sg2021@gmail.com



A Project of APO - ARA DY: 2021-2023



ALPHA PHI OMEGA
96th FOUNDING ANNIVERSARY
VIRTUAL FITNESS CHALLENGE
APO ARA EDITION
2021-10-24 to 2021-11-01

CATEGORIES:
RUN / WALK
96KM
BIKE
96KM

JOIN THE CLUB
ALPHA PHI OMEGA ARA REGION
Sponsored by: MARIITECH

PAYMENT DETAILS:
BDO KABAYAN SAVINGS ACCOUNT
ACCOUNT NAME: ARNEL Q. LUALHATI
ACCOUNT NUMBER: 0059 0353 4659


FOR INQUIRIES:
CONTACT BRO RICH
WHATSAPP: +65 975 092 565
EMAIL: APO-ARA@GMAIL.COM

REGISTRATION DATE:
OCT 11 - NOV 01

REGISTRATION FEE:
PROPRIETARY

RUN / BIKE DURATION:
OCT 11 - OCT 31

INCLUSIONS:
PERSONALIZED & RACE BIB
FINISHER'S CERTIFICATE
FINISHER MEDAL



ALPHA PHI OMEGA
Philippines Incorporated
ADMINISTRATIVE REGION OF ASIA
HongKong Singapore Taiwan Japan Thailand Korea Bunei Macau
DY: 2021-2023

CALL FOR DONATION

FOR THE VICTIMS OF TYPHOON MARING

Any amount or help will be very much appreciated.

YOU MAY SEND YOUR DONATIONS TO THE FOLLOWING BANK DETAILS:

BDO KABAYAN SAVINGS ACCOUNT
ACCOUNT NAME: ARNEL Q. LUALHATI
ACCOUNT NUMBER: 0059 0353 4659

WE'RE ALL IN THIS TOGETHER.
Please share this information to others!
Thank you and God bless

ALPHA PHI OMEGA
PHILIPPINES, INCORPORATED
ADMINISTRATIVE REGION OF ASIA
REGIONAL OFFICERS BY 2021-2023

DARYLL PAOLO UGALE
Regional Director

JERRY AÑONUEVO
Regional Deputy Director

LEYDEN MAE SAULAN
SECTION 1 CHAIRMAN

MARC EUGENE CRUZ
SECTION 5 CHAIRMAN

ARNEL LUALHATI
TREASURER

JOAN PAULA CARITATIVO
SECTION 2 CHAIRMAN

ANGIE MASAGCA
SECTION 7 CHAIRMAN

MARVI MEJIA
AUDITOR

BIENVENIDO OBALDO III
SECTION 3 CHAIRMAN

MARK JAYSON TERCIAS
SECTION 8 CHAIRMAN

CHRISTIAN FABIAN
COMELEC

PATRICK ALLEN LIMSIACO
SECTION 4 CHAIRMAN

AL RAMIREZ DIZON
TNT REGIONAL CORRESPONDENT

KRISTMOND CHENG
OVERSEAS WORKERS AFFAIRS

UNIFIED SERVICE & DEVELOPMENT

“

We want to have a unified and interactive region

With the entire team of office holders including seven section chairpersons (Section 6 Chairman has yet to be appointed), the ARA directorate is fully focused on carrying out its Four-Fold Agenda: Service to Fraternity & Sorority, Service to Membership, Service to the Community (Host Country), and Service to the Nation (Philippine Embassy or Consulate).

“We want to have a unified and interactive region,” said Bro RD Paolo, justifying the Four-Fold Agenda. “We aim to organise more activities as one Administrative Region of Asia. We are also aiming to conduct coordinated services across the region.

Service to the Fraternity & Sorority

Operationalisation of this agenda is chaired by Bro DRD Jerry. It has three objectives: a) to promote active participation of BOUs to National programs and activities; b) to coordinate donation/ sponsorship /assistance efforts in aid of ARA members who may be in need of help; c) coordinate service project from all sections.

Service to the Membership

Chaired by Sis Joan Paula Caritativo, Section 2 Chairman (1024-2000), Service to Membership will focus on: (a) membership interpersonal development across ARA; and (b) conducting webinars or soft skills training.

Service to the Community (Host Country)

Chaired by Bro Patrick Allen Limsiaco, Section 4 Chairman (0223-1985), Service to Community (Host Country) will involve coordinating services programs such as Bloodletting, Coastal Clean-up Drive etc across ARA.

Service to the Nation (Philippine Embassy or Consulate)

Chaired by Sis Angie Masagca, Section 7 Chairman (0314-1998), Service to the Nation will see BOUs becoming more active in participating in Embassy/Consulate activities by way of courtesy visits, Filipino Community meetings and other embassy activities.

SECTION	BOU/AA	FULL-FLEDGED MEMBERS	UNRITUALIZED MEMBERS	LIFE MEMBERS	OVERALL MEMBERS
1	APO HONGKONG AA 82	56	0	1	56
2	APO AA SINGAPORE 189	95	3	2	98
3	APO TAIWAN AA 241	56	6	1	62
4	APO TOKYO AA 248	19	0	2	19
	APO NAGOYA AA 354	40	1	2	41
5	APO SIAM AA 261	28	1	1	29
6	APO SEOUL AA 311	27	1	0	28
7	APO BRUNEI AA 314	15	1	0	16
8	APO MACAU SAR AA 320	27	0	1	27
*	INDO-CHINA+ (Reporting to SIAM)	29	-	-	29
TOTAL		392	13	10	405

(+Cambodia, Laos, Malaysia, Vietnam, Myanmar, Southern Thailand)

In addition the ARA directorate has also introduced a Committee on Overseas Workers Affairs (OWA) under the stewardship of Bro Kristmond Cheng (004-2005).

"The OWA is an inclusive extension of our services to our countrymen in the different sections," said Bro Paolo. "It is expected to help our brothers and sisters address their concerns regarding SSS, PhilHealth, Pag -ibig, OWWA, OEC, DFA and other matters." The composition and protocol of the region-wide committee and how are still being finalized, but is expected to be operationalized soon.

Already in the pipeline for January-March 2022 are the following:

- Fitness and Health Talk
- Mental Awareness Talk
- Bloodletting activities
- Start of a series of Podcasts featuring ARA Sections and AAS

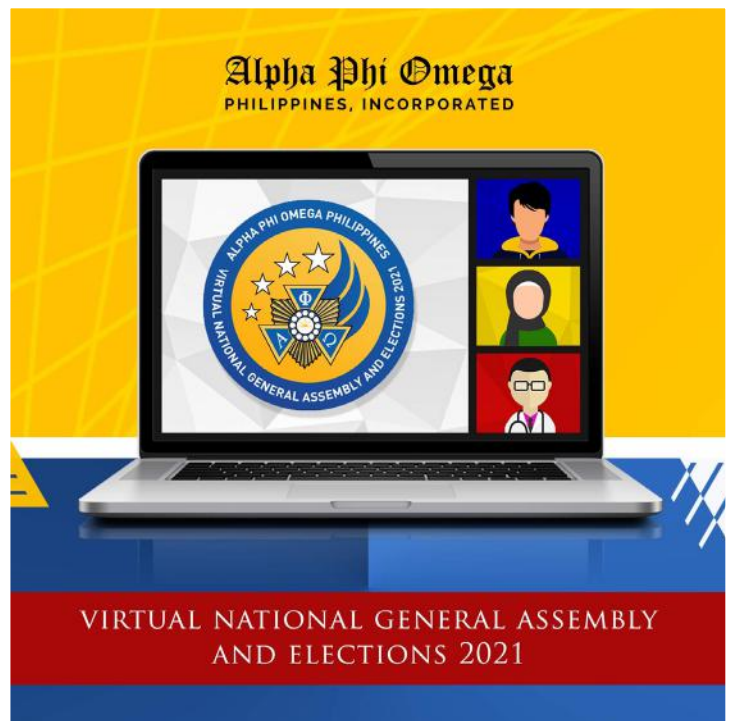


FIRST ONLINE ELECTIONS HELD

BY BRO ARMAND AREVALO

The Alpha Phi Omega Phils., Inc. successfully conducted its online Regional Conference and General Assembly on September 24 and 25, 2021, respectively. A Special General Assembly held on May 31, 2021 through Zoom ratified the amendments to the By-laws that the Securities and Exchange Commission approved. This allowed the first ever elections through remote communication.

The biennial General Assembly was originally scheduled in May 2021 in Tacloban City. Due to the pandemic, the National Board of Trustees adopted the Committee on Elections' recommendation to amend the By-laws.



LGU Suites, Inc., a data technology company comprised mainly of Brothers, provided the delegate registration and voting platform. To secure the integrity of the votes, official delegates were required to register online and provide selfies with their APO IDs. A one-time-pin was sent electronically during the registration process and during the elections. The real time results were displayed through the online dashboard.

Thanks to such innovations, 1,249 official delegates worldwide were able to vote during the General Assembly.

ARA WEBINAR: LEADERS SHOULD BE GOOD COMMUNICATORS

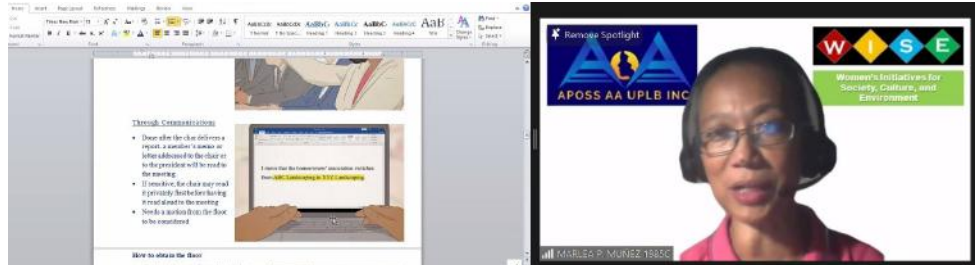
BY BRO AL R DIZON

The Administrative Region of Asia wrapped up its Developing Leintensified its Service to the Membership program with a webinar on Communication Skills and Roberts Rules of Order on November 21 2021. Over 100 brothers and sisters from ARA and other alumni associations signed up for the 5 hours-long session.

In his presentation, this writer (Bro Al R Dizon, 0401-1976 and a member of APO AAS 189) asserted that leaders are by default communicators, and that if one wants to be a leader, one must be equipped with good communication skills.

Drawing on his 25 years of journalism experience which allowed him to interview some of the leaders of industry, innovators and heads of state, he laid out the communication skills required that leaders must have.

He grouped the skills according to what he called a 'hierarchy' of skills, which



includes interpersonal, collective/team, comprehension, process and leadership skills.

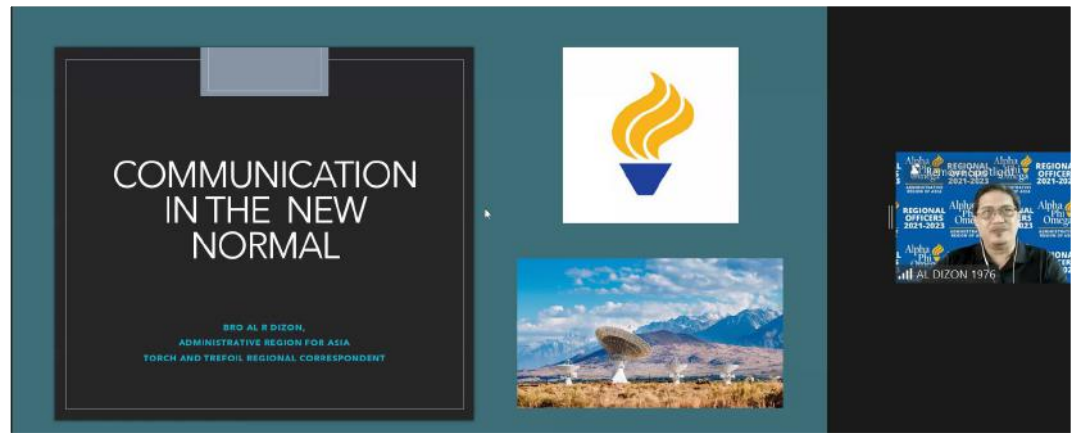
Bro Al also urged everyone present use communication and communication channels to "rally all brothers and sisters, past and present around the same vision, and support the tenet that we are all in this journey together" and not to divide or fragment the fraternity.

He urged leaders to communicate more frequently, promote virtual communication, paint the big picture, embrace transparency and straight talk, listen more and with empathy, and make themselves available

In her segment, Sis Marlea P. Muñoz (0008-1985), drew upon her knowledge of parliamentary proceedings when she ran through the key features of the Roberts Rules of Order.

Using various scenarios ranging from collegiate chapter and alumni association meetings to National Board of Trustees Meetings and Annual General Assembly sessions, Sr Marlea led participants through the rigors of setting an agenda, and explained the differences between determining, seeking and dispensing a quorum.

During the breakout sessions, participants had to brainstorm, handle group meetings and had some role playing to accentuate the learning outcomes.



She also enlightened the participants about the roles and responsibilities of the chairman of a meeting or of a presider in an assembly.

The webinar series for 2021-2022 is spearheaded by ARA Section 2 Chairman Sis Joan Paula Caritativo (1024-2000), who is also responsible for membership interpersonal development under the Service to the Membership program.

It has four parts:

- a) Developing Leaders (Leadership, Communication Skills and Roberts Rules of Order)
- b) Other Skills (IT, Cybersecurity)
- c) OFW Matters
- d) Health (Mental Health, Running etc)

In reviewing the communication webinar, Sr Joan highlighted the apparent conflict of schedules. There was a NAO-organised tree planting being held on the same day, which may have affected the response to the webinar.

Sr Joan has urged the NAO to release a calendar of all the planned synchronised activities of APO.

“With a calendar, we can plan our webinars so that that they will not clash with other services,” she said, adding that a lower number

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Rally all brothers and sisters, past and present around the same vision, and support the tenet that we are all in this journey together...

of participants audience was expected to turn out at the webinar as most of the registrants were caught in the tree planting service and fellowship activities.

Attendance in Region 4A’s webinar on disaster preparedness, also held on the same day, was also affected.

Europe Empowered and Ready for LFS

BY SIS ARLINE ASCANO-RUTHER

Determined and eager with its comeback the Administrative Region of Europe is empowered and ready for LFS with its re-elected Regional Directorate led by its relentless Regional Director Sis Brenda Manugan-Casiño (Alpha 87). The vision is to have a united Alpha Phi Omega Alumni Associations dedicated to making a positive difference through charitable, social, and development services within and outside Europe.

The goals and objectives for this Development Year 2021-2023 are:

1. To strengthen and consolidate APO ARE as an organization conscious of its purpose in doing service to deprived and disadvantaged communities, and to in-need APO brothers and sisters;
2. To promote unity, trust, and camaraderie amongst Alumni Associations within the region, to ensure availability of resources for a smooth flow of services of the Administrative Region within and outside Europe; and
3. to promote a healthy competition among Alumni Associations (AA) in APO ARE in the name of service.

To make all these happen, APO ARE identified strategies and approaches that will empower the productivity and efficacy of each Alumni Association and elected and/or appointed Regional Officers. This includes a regular reminder to all Alumni Association in Europe regarding their duties, responsibilities, and obligation to update their membership as members of the ADMINISTRATIVE REGION OF EUROPE. Also, to create rules and regulations that maintain peace, harmony, camaraderie, and unity in our official social media account. Another is to carry out the new mandate to have an annual regional conference as prescribed by the revised By-laws of APO Philippines. Moreover, to promote a healthy competition among Alumni Associations (AA) in ARE in the name of SERVICE on an annual basis during the APO Friendship Day and APO Europe Conference. And to enforce and implement the institutional projects of APO ARE that we regularly perform every conference. In addition, to strengthen our ID campaign and encourage all members of APO Alumni Association in Europe to renew/update and secure their ID. And to come up with an improved and systematic fund-raising campaign for ARE. And lastly, to strengthen and institutionalize the ARE Benevolence Committee as one of the pillars of ARE in doing Service and delivering assistance to victims of natural and manmade calamities most especially to Alpha Phi Omega.

ADMINISTRATIVE REGION OF EUROPE ALUMNI ASSOCIATIONS

SECTION 1

APO United Kingdom 154
Sis Mercia Balmores

APO Ireland 203
Bro Edgar Pujanes

APO Germany 257
Sis Arline Ruther

APO Northeast England 280
Bro Jayson Libiran

APO Metropolitan England 297
Sis Jelenie Hirang Amante

APO Østlandet 298
Bro Stephen Paul Jordeleza

APO Christiania 299
Bro Christian Quinto

APO Shamrock 310
Sis Judith Tabuena

SECTION 2

APO Milano 174
Bro Ronald Ja Paraon

APO Austria 198
Bro Jumar Lorenzo

APO Roma 211
Bro Stimson Tagudar

APO Firenze 264
Bro Paulo Cabuhat

APO Barcelona 285
Sis Brenda Manugan Casino

APO Bologna 307
Bro Mac Bermudez



Alpha Phi Omega

PHILIPPINES, INCORPORATED

ADMINISTRATIVE REGION OF EUROPE REGIONAL DIRECTORATE D.Y. 2021-2023



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Sis. Brenda Manugan Casiño
APO Barcelona AA



DEPUTY REGIONAL DIRECTOR
Bro. Allan Altamero
APO Ireland AA



SECTION 1 CHAIR
Sis Rhett Marru Decena
APO Østlandet AA



SECTION 2 CHAIR
Bro Ronaldo Mendoza
APO Roma AA



REGIONAL SECRETARY
Sis Lucy Pablo-Sarcina
APO Milano AA



ASSISTANT REGIONAL SECRETARY
Sis Leila Manzano



REGIONAL TREASURER
Sis Jaymarie Torres-Gronberg
APO Christiania AA



REGIONAL AUDITOR
Bro Mario Dennis Bantilan
APO UK AA



ID OFFICER
Bro Wilson Milano
APO UK AA



COMELEC, CHAIR
Bro Edmar Cadawas
APO Ireland AA



COMELEC, MEMBER
Sis Marivic Magno Mendoza
APO Bologna AA



COMELEC, MEMBER
Bro Jay Azcueta
APO Barcelona AA



REGIONAL ADJUDICATOR
Bro Erl Agudo
APO Roma AA



ADJUDICATOR ASSOCIATE
Sis Melania Calip-Collick
APO UK AA



ADJUDICATOR ASSOCIATE
Bro Christian Quinto
APO Christiania AA



ADJUDICATOR ASSOCIATE
Bro Gerald Perez
APO Firenze AA



ADJUDICATOR ASSOCIATE
Bro Arnel Trinidad
APO Barcelona AA

Help Can Never Be Small, It's Always Big

BY SIS MARYAM L. PADAYAO

Through the years, the Alpha Phi Omega – Administrative Region of Middle East (APO ARME) has always been on the frontline of providing valuable contributions to vulnerable communities, touching the lives of many people. Amidst the crisis and with all challenges we all faced in the last developmental year, we have shown that even during the most difficult times, we have risen above the storm to lead and to serve. Each and every one of us has our own hardships to deal with but this does not hinder us from continuing to lend a helping hand, showing kindness, and giving hope especially to those who needed it most.

These undoubtedly are the reasons why the Alpha Phi Omega – Administrative Region of Middle East (APO ARME) has for the 3rd consecutive time emerged as the Best Foreign Based Administrative Region. APO ARME has not stopped in continuously striving and upholding the three guiding principles of Alpha Phi Omega and will keep on serving with pride wherever we may be.

From Our Host Country

As cliché as it may sound, it is true that no one has ever become poor by giving and helping. The past few months, with the lifting of COVID restrictions, APO Administrative Region of Middle East along with all the Alumni Associations of the Region has gotten back on track and responded by started taking action to assist those affected by the pandemic. Being aware of all these issues, the Alumni Associations under ARME came up with several projects, sprinkling kindness and bringing rays of hope to everyone who may need it most. They showed up with their flashlights and helped people by delivering what they needed.

Truly, we are all born with the heart of generosity. No boundaries nor walls could ever stop us in lending a helping hand to those in need. As the pandemic continues, many are not aware that even the OFWs were extremely





affected and have been continuously fighting their way out from the crisis. Several Alumni Associations have provided food packs or what we call “Ayuda” to make sure that they would be able to put food on the table and share it with their families especially now that most of them have become victims of COVID job cuts. The resulting financial stresses had been an apparent problem even to our very own brothers and sisters. It is during these times that we get the opportunity to let our very own members know that we have their backs, that even if it is just a small amount, we will always share in order to let them feel that they have a family in us. The value we put in our moral obligation is as important as any material thing we provide. As the saying goes “No small act of kindness is ever wasted.” A big hug and big smile are oftentimes more than enough.

Furthermore, it is during the pandemic that we have come to realize that health should be our top priority. Blood Donation Drives are back and everyone is happy to share a part of themselves and be a part of the solution. Donating blood is a divine experience; we should all try it. It is an important procedure that saves human lives, and a great initiative that must be encouraged everywhere. Also, sports activities were held not only to promote friendship but to clearly help us realize the health benefits associated with it to preventing illnesses.

In addition to a healthier lifestyle, a clean environment is also vital in building a nourishing environment for people, especially children, that all of them will be in good health may it be physically, mentally, or emotionally. With this, selected AAs in ARME have joined Coastal Clean-up drives launched in coordination with the local organizations and institutions in their

communities. Preservation of our environment is a paramount concern for the future generations and has always been our responsibility. The members have shown their commitment towards empowering people, advocating for important issues like fighting climate change and ensuring clean water and healthy communities. They do not let this pandemic hinder them from helping and saving our environment.

On the other hand, there were more services and activities that were finally happening. Members assisting and supporting another member in need, either financially or morally AAs have been able to help and assist with the needs of our Embassies as well. Face to face meetings were held though virtual meetings are still an option for others. Anniversaries are finally getting celebrated. How nice it is to be raising glasses again in front of each other. Cheers!

“

...no one has ever become poor by giving and helping.

“

...our hearts will always find its way home.

To Our Homeland

As we celebrate million miles away, our hearts will always find its way home. ARME AAs would definitely not let the opportunity to help pass by. They have provided significant contributions in the field of education, health and environment.

In the field of education, as the annual Brigada Eskwela starts the ever-ready AAs donated bond papers and printers to schools especially to those who were left unseen by the national government. This act of generosity only shows that even in our own little way we are able to fill these inadequacies and help provide quality education to children. They have always believed that investing in children and prioritizing children's well-being is an essential ingredient of building more resilient communities



Meanwhile, in the field of Health, in order to promote children's nutrition and well-being, the AAs spearheaded a feeding program to those children and their reaction and the fulfilment that each facilitator felt was indeed priceless. What they did was only a simple act of kindness, but they are rewarded with overwhelming feelings. Also, gifts were also given such as slippers to both adults and kids to remind them that every step of the way, they would find a friend in APO. It has become part of us to look out for the people in need in all ways. We do not hesitate to go further, with the help of local AAs and chapters there were Medical Missions, circumcisions, and health check-ups conducted. With the pandemic, there have been necessities that were given enough attention, especially with regard to our health. As the saying goes "Health is wealth".

Most importantly, as human beings continue to destroy nature at unprecedented rate, threatening the survival of millions of species and our own future, it is vital to have organizations or agencies that would be the primary drivers advocating and promoting our nature's wellness. And APO ARME AAs are some of these organizations. They did not fail to contribute to saving and preserving our planet. Assistance was provided to support tree planting and eco clean up drives. We have to take part in the preservation of our planet and be an advocate of environmental wellness.



After every act of kindness and generosity, they feel physically bruised yet emotionally well. They feel an unexplained kind of happiness that allows them to view life in a different spectrum. We can make this world a better place if we start being selfless. We need to think that we can always help as long as it is true and sincere, no matter how simple it may seem to be. Help can never be small, it's always big, you give what you can, your best and you change someone's life.

In the end, it is always important to see the beauty of the unified members of APO around the world. It does not matter how big your donation is, but the mere fact that you bother to spend even your last penny to feed the hungry and to meet the needs of the needy, you are "ONE TRUE BLESSING" to everybody. APO ARME will always be here to help. Let us keep the fire burning in our hearts as we go through these trying times. Who knows? Maybe soon we would be able to see the light and development that we have made throughout the years of service and compassion.

In a world engulfed with myriad problems, the Alpha Phi Omega – Administrative Region of Middle East (APO ARME) is playing a significant role in making the world a better place to live.

“
**Let us keep the fire
 burning in our hearts
 as we go through these
 trying times.**”

APO Groups Involved

- APO Dhahran Alumni Association – Kingdom of Saudi Arabia - Financial Assistance | Brigada Eskwela | Clean-up Drive | Sports Events
- APO Riyadh Alumni Association- Kingdom of Saudi Arabia - Financial Assistance | Blood Donation Drive | Joint Services – Medical Mission | Crown Marshall Volunteers
- APO Western Region of KSA Alumni Association
- APO Jubail Alumni Association – Kingdom of Saudi Arabia - Food Packs, Shelter and Financial Assistance | Consular Services | Clean-up Campaign
- APO United Arab Emirates Alumni Association FundRaising Activities | Financial Assistance | Joint Services - Community Service | Bowling Tournament
- APO Qatar Alumni Association- Joint Services - Brigada Eskwela| Financial Assistance | Monetary Donations | Blood Donation Drive
- APO Emarat Alumni Association - Eco Clean Up Drive | Feeding and Gift Giving | Bowling Tournament | Food Packs Assistance
- APO Kuwait Alumni Association - Giving of Food Packs | Joint Services | Fund Raising Events | Financial Assistance
- APO Bahrain Alumni Association - Financial Assistance | Gift Giving | Brigada Eskwela | Joint Services - Feeding Programs
- APO Oman Alumni Association
- APO Jeddah Alumni Association - Community Pantry | Medical and Monetary Assistance to Members and non-members
- APO Qassim Alumni Association - Blood Donation | Joint Services - Medical Mission, Tree Planting | Financial Assistance

Love and Compassion in the Time of Pandemic

BY SIS MARYAM L. PADAYAO



In a time when people misunderstand and discriminate, there will always be people who will reach out without judgment. Once again, the APO Administrative Region of the Middle East has helped thousands of people despite the threat brought about by the Covid-19 pandemic, reminding everyone that when modern medicine fails to provide a cure, love and compassion will always be there. They have initiated humanitarian projects with advanced ideas and approaches in different places of the world to contain the spread of the virus and promote the welfare of people, especially our OFWs' in vulnerable and poverty-stricken communities.

The year 2020 has been a challenging yet fulfilling and productive year for the APO Administrative Region of the Middle East. They conducted and spearheaded several vital projects and services aimed at helping people who are in need in these trying times. At the end of each day, they feel physically bruised yet emotionally well. The feeling of an unexplained kind of happiness allows them to view life on a different spectrum.

In August 2020, APO UAE AA 96 extended their help through the distribution of PPEs, disinfectant, and hand sanitizer at Ibabao-Estancia Elementary School Mandaue City and Basak Elementary School Lapu-Lapu City. Not only that, but they also distributed school supplies for the Balik Eskwela Program. They believe in the power of education and its impact on the lives of Filipino children.

Meanwhile, the APO Emarat 121, has proudly dedicated the services rendered within UAE and the Philippines related to the Covid-19 pandemic. All directions were unified to provide financial and physical share from awareness training, financial assistance, food, and goodies distribution. The service was a success due to the APO medical front liner's sacrifice and above all the unifying support of all its members.

It's a well-known fact that the Covid-19 pandemic has affected many people globally but not equally. Other people may love this lockdown, but for OFWs, it's another story. It's hard to be alone in a foreign place, being away from your family, losing your job, unable to move due to quarantine measures, running out of resources, and barely living decently. And to address this problem, the APO Kuwait AA has shown compassion to the displaced OFWs/ Kababayans affected by the lockdown. In August 2020, they conducted a relief goods operation in response to the need of the displaced OFWs, APOKAA-153 contributed and distributed assorted groceries and basic commodities in which over a hundred of our fellow Filipinos who were retrenched from work benefited.

“
When modern
medicine fails to
provide a cure,
love and compassion
will always be here,



In addition, another notable project centered on helping our OFWs' conducted by the APO Qatar AA entitled "APO Qatar's Covid-19 Food Assistance Program." The project's foremost goal is to help the OFWs, especially the distressed at POLO OWWA, and most importantly, fellow brothers and sisters affected by the lockdown and retrenchments brought by Covid-19.

Furthermore, APO Qatar AA 97, in full coordination with the Philippine Embassy in Qatar, POLO-OWWA & Qatar Government (Qatar Charity), being a fully recognized active organization in Qatar, has successfully assisted in distributing food packs to the united Filipino Community to different locations and accommodation in the State of Qatar. The AA has also initiated its self-funded APO AYUDA Program intended for our brothers and sisters affected by the lockdown and termination due to the pandemic. APO Qatar was able to distribute food items to about 500 OFW's.

Moreover, on December 23, 2020, the APO Oman AA has extended their help and support to the Christmas Wheel of Hope and Project of APO Delta Omicron in BAAO, BUH, and IRIGA City. There were five beneficiaries of the said project.

To support the Kingdom's call to vaccinate and promote the welfare of people, most of the members of the APO Bahrain AA got vaccinated. Fortunately, the country has offered free vaccinations for all its residents providing the option to choose from four available vaccines approved in the Kingdom. Keep in mind that the available vaccine is the one that is best for you. The members of APO Bahrain make sure not to add to the world's myriads of problems, but instead, they help one another and become part of the solution. They play their part by staying at home as much as possible, wearing their facemasks, observing physical distance, and avoiding social gatherings. Practicing these health protocols and getting vaccinated is the very least thing that they can do to help our front liners. Hence, the members believe that as covid-19 continues to ravage our communities and the world, it's a must for the people to follow health expert's advice on how to combat the virus and be ethical.

More so, due to the increasing Covid-19 cases, many hospitals need hospital beds. As a response to this crisis, the APO Jeddah AA has donated 1 unit of Electrical Medical Bed, medicines, hospital foam mattress, and adult bedside at the Philippine Consulate General last September 25, 2020..



“

...we give what we can,
our best, and we change
people's lives.

Consequently, on January 15, 2021, the APO Riyadh AA Donated 100 Free Flu Vaccines to the 60 Volunteer Kababayan. They also provided Paracetamol tablets, sanitizers, masks, and sanitary kits to more or Less 95 Female Beneficiaries in coordination with the Philippine Overseas Labor Office, OW/WA-RIYADH.

On the other hand, members of the APO Western Region of the Kingdom of Saudi Arabia AA were deeply saddened by the death of their brother Mon Islao. As a way of showing their condolences, they have provided financial support to the bereaved family. This only reflects the extraordinary bond that exists among its members that even in the gloomiest days, they will show up and will always extend their helping hand.

On August 27, 2020, the APO Qassim AA conducted a Brigada Eskwela Project at Madawon Elementary School (Nabua West), San Roque Madawon Nabua, Camarines Sur. Over 890 pupils from Grade 1-6 benefited from the said project. Volunteerism and initiative are common ways to encourage community involvement in schools. In this connection, APO Qassim AA was considered as one of the Brigada Heroes who rendered service to the students, teachers, and community by giving away educational materials needed by the students and schools.

Interestingly, strong men and women of APO gradually gathered and assembled to form APO Dhahran 14th Alumni Association in the Eastern Province of the Kingdom of Saudi Arabia. It has come to a point that certain members thought a nesting place would be a haven for all the members, particularly during weekends, to ease the longing they have from their families back in the Philippines. A flat has been rented altogether by fellow brothers and was later on called the BBH. BBH or the Big Brother House was coined sometime in 2010 after the phenomenal launch of the Pinoy Big Brother program in the Philippines which was also a hit in the TFC program in the Kingdom.

The Big Brother House is a place where anyone can feel the warmth and camaraderie known for outstandingly present between the members of APO Dhahran AA. It's a safe abode where sumptuous meals are continuously served, memories are created, stories are passed on, fellowship strengthened, and meetings and events are conducted. The place may not be huge nor grand, but the walls of their humble home had seen and

heard a lot of historical circumstances that withstood the test of time. The place has been an avenue for them to overcome the stress and anxiety inflicted by the pandemic. It's indeed what the members of Alpha Phi Omega Dhahran Alumni Association can consider their home away from home.

Even in times of the pandemic, there are still people who strive for excellence. One of these is Ms. Karina "Karen" O. Retales-Pascual, MBA. She's the first Sorority president of APO Jubail AA DY 2021. She's hailed as the Outstanding OFW Women of 2020 and has received the Excellence in Community Service Award. Undoubtedly, Ms. Pascual deserves these awards because of her consistent support and dedication to several Filipino Community Outreach activities. She became the light and hope of her fellow Filipinos working abroad. She had been a long-time volunteer of the Embassy on Wheels and Consular Outreach Program (Jubail, Al Khobar & Dammam) and other humanitarian activities.



All the humanitarian services of the APO Administrative Region of the Middle East are an indication that the spirit of humanity and volunteerism are still widely vast in the society that we live in. That is a world full of depressing news and darkness, and people came and brought us light. People were the light. They showed up with their flashlights and helped us by being what we needed. They proved to us that help can never be small, it's always big, we give what we can, our best, and we change people's lives. When modern medicine fails to provide a cure, love and compassion will always be there.

Alpha Phi Omega

PHILIPPINES, INCORPORATED

ADMINISTRATIVE REGION OF THE PACIFIC D.Y. 2021-2023

Regional Directorate



REGIONAL DIRECTOR
Bro. Raden Chavez
Eta Theta 1985-12511



DEPUTY RD
Bro. Dennis Flor Cruz
Psi 1988-14825



SECTION 1 CHAIR
Bro. Abe Tomboc
Zeta Rho 1993-26527



SECTION 2 CHAIR
Bro. Michael Anggam
Gamma Gamma 1999-31646L



SECTION 3 CHAIR
Bro. Clifford Lagadan
Iota Gamma 2003-39464



SECTION 4 CHAIR
Bro. Alfie Alojado
Eta Chi 1988-16026



REGIONAL SECRETARY
Bro. John Burgos
Alpha 1988-14873



REGIONAL TREASURER
Bro. Leo Tancio
Alpha Mu 1986-13780



ARP ID OFFICER
Bro. Carmelo Merced
Alpha Mu 1986-14584



REGIONAL COMELEC
Bro. Mani Manahan
Phi 1979-10018L



REGIONAL ADJUDICATOR
Bro. Sonny Pablo
Alpha Delta 1986-13743



WAYS & MEANS, CHAIR
Sis. Maritess Jackson
Gamma Psi 1984-19570



WAYS & MEANS, MEMBER
Sis. Glaze Leis
Zeta Psi 2006-41811

Alumni Presidents



APO WESTERN AUSTRALIA AA
Bro. Abe Tomboc
Zeta Rho 1993-26527



APO QUEENSLAND AUSTRALIA AA
Bro. Jan Rey Gardose
Beta Theta 2004-40598



APO AUSTRALIA NSWAA
Sis. Ellen McCarthy
Xi 1974-00991



APO SYDNEY AUSTRALIA AA
Sis. Grace Liston
Alpha Mu 1978-01816



APO VICTORIA AUSTRALIA AA
Sis. Ria Velasquez
Alpha 1992-04557



APO AUCKLAND NEW ZEALAND AA
Bro. Carmelo Merced
Alpha Mu 1986-14584



APO SOUTH ISLAND NEW ZEALAND AA
Bro. Everett Vargas
Theta 1994-49686

100% ENGAGEMENT-WELFARE OF MEMBERS



ARP 100% Engagement-Welfare to Members Master Plan

BY SIS REINIEL ANTONETT B. SOLLEZA

There is no time to waste, the Administrative Region of the Pacific, together with its seven (7) recognized Alumni Associations in Australia and New Zealand is facing Alpha Phi Omega Philippines, Incorporated's Development Year 2021-2023 head-on. Led by its newly elected Regional Director Bro Raden Chavez (Eta Theta 85'), fearless and ready to calibrate the Pacific Region with a new master plan - 100% engagement and welfare to every member in the region. The objectives of the incumbent Regional Directorate are: to strengthen APO ARP by increasing communication, collaboration, and welfare of members; to unify the region; and to cooperate and align APO ARP to APO Philippines' national leadership.

A summarized road map called PDCA Board (Plan, Do, Check, Action) was introduced swiftly to the region and the national level, drawing an outline of what to do and how to achieve it within 21 months. This includes a concrete plan of putting into numbers and graphs: the active vs inactive constituents within the total of 455 members of the ARP Team; to manifest the performance of all Alumni Associations comparing the previous development year to the current; to pin down and schedule projects, services, and fundraisers within 90 days; and lastly to put up scorecards in terms of communication, collaboration, projects, and services that will recognize the merits and efforts of everyone involved. All this does not end by a simple implementation thus evaluating every action point with a gap analysis is also established to know how to move forward and accomplish the master plan and its purpose.

Moreover, as ARP is already registered in Australia Securities & Investment Commission (ASIC), the Regional Directorate intends to have the Administrative Region of the Pacific registered also in the New Zealand Companies Office Incorporated Societies as an independent organization in New Zealand providing service to its fraternity and sorority, to the schools and universities, to the youth and community, and the nation. APO ARP in synergy to institutionalize its service projects by creating a year-round calendar focusing on environmental services and enjoining the movement of COP26 (26th Conference of the Parties) to make enhanced commitments towards mitigating climate change and a move to end coal power and fossil fuel subsidies.

APO ARP is also ready to embrace and empower a growing team, preparing and organizing the petition for charter of APO South Australia Alumni Association and APO Lower South Island New Zealand Alumni Association. Nevertheless, seek authorization from the International Council of Alpha Phi Omega (ICAPO) through its incumbent Chair Sis Judge Alice C. Gutierrez (Alpha Eta '75) to expand and recruit collegiate members in New Zealand.

Despite the ongoing situation concerning Covid19, everyone is excited and onboard to a dynamic and innovative region. The Administrative Region of the Pacific trusts the strength in unity, the power in diversity, head on for a road to 100 years of Leadership, Service, and Service.

Challenge Accepted!

BY BRO ATTY. FRITZ G. SAPON



History was made when the Alpha Phi Omega Philippines, Inc. elected its first woman President, Atty. Norma Singson-de Leon.

Faced with the gargantuan task of leading the entire organization, President Norma, immediately hit the ground running by calling for the conduct of a planning session where all plans, strategies, and focused areas will be discussed.

Heeding the President's call, the national officers held their first planning session followed by the formal turnover ceremonies of the new officers last October 9-10, 2021 at the El Grande Residencia Hotel and Resort, Lipa City, Batangas. Incidentally, El Grande is owned by one of our very own, Sis Edna Garcia-Resma (Alpha), who graciously attended to the needs of all the participants.

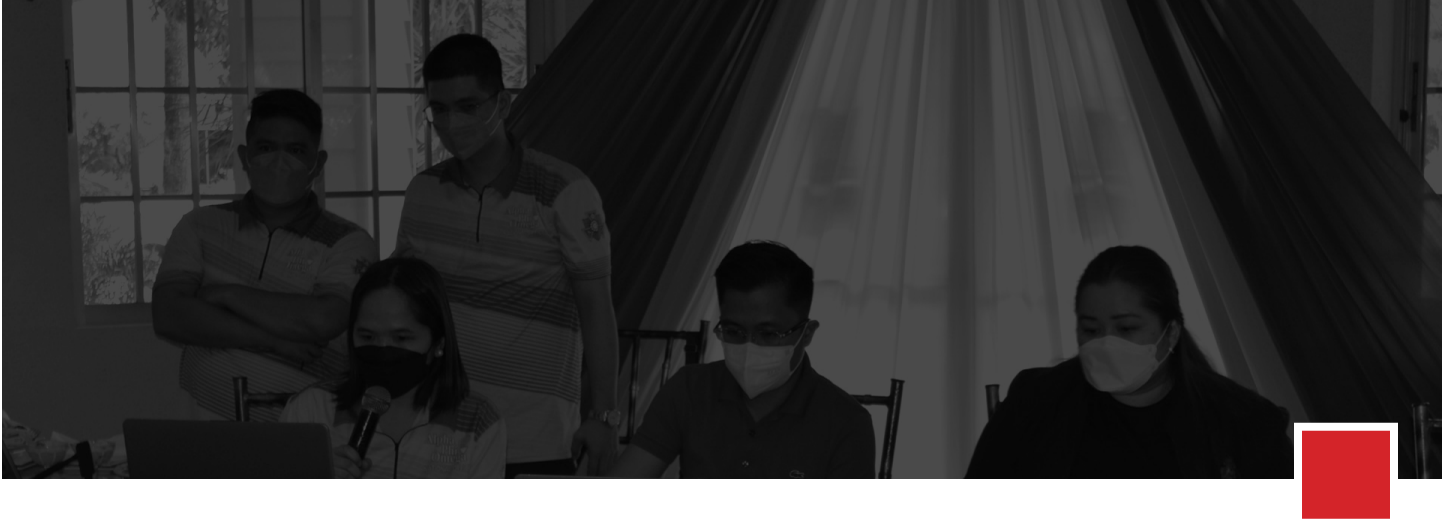
Present during the planning session were President Sis Atty. Norma Singson-de Leon, Executive Vice President Bro Datu Amerhassan Lucman, Chairman of the Board of Trustees Bro Richard Mark Bugarin, Vice Chairman Bro Edgar Llarena, Trustee/ Treasurer Bro Edward Allan Flores, Vice President for Alumni Affairs Sis Nancy Go, Vice President for Fraternity Affairs Bro Gil Paulo Gomez, Vice President for Sorority Affairs Sis Noreen Goh-Adino, Trustee for Fraternity Bro Christian Santiago, Trustee for Sorority Sis Quincy Claire Turiano, Executive Director Sis Evelyn Cañete-Evangelio, Executive Secretary Atty. Celia Valdez, Asst. Executive Secretary Atty. Fritz Sapon, PNP Mel Adriano, PNP Luis Paredes, Regional Directors and officers, chairpersons and members of the various committees, national administrative staff, APO Lipa, and several other APO members. Also present via zoom videoconferencing were foreign-based regional directors and those who, by reason of distance, were not able to attend physically.

The planning session started with an opening prayer and the singing of the Philippine national anthem led by Trustee Quincy and Trustee Noreen, respectively. This was followed by the Scout Oath and Law and Loyalty Pledge recited by Trustee Christian and Trustee Paulo, respectively. NED Evelyn then recognized those in attendance which was followed by the welcome remarks of President Norma.

The organizers deemed it proper to hold a vision/mission and leadership talk that is why the expertise of Atty. Dino de Leon was tapped to speak on the matter. After his talk, the program proceeded with PNP Luis Paredes discussing APO's Organizational Structure followed by NED Evelyn's discussion of the national office's structure and introduction of the staff that compose it.

During the planning session, the following key points were exhaustively discussed:

- Recruitment – Discussion on what we can and should do to increase our numbers especially in this time of pandemic where schools are closed and classes are being conducted online. Sis Chary Dino spoke about her experience while Trustees Noreen, Paulo, Quincy, and Christian also discussed their proposed strategies for recruitment.
- Strict Implementation of the Anti-Hazing Law – President Norma stressed this administration's "zero tolerance" policy on hazing.
- APO Pledge Program
- Revisiting the Code of By-Laws (CBL) – PNP Luis Paredes discussed his proposed plans if APO decides to amend its by-laws in order to adapt to the changing times.
- Institutionalization of APO Service Projects
- Legacy Projects
 - APO Building – President Norma discussed her proposed plans on how to generate sufficient funds to make this dream a reality.
 - APOspital
 - Ten Outstanding Senior High School – President Norma asked the support of everyone for this initiative, focusing on the pool of high school students who are deserving to receive the recognition.



With these initiatory steps being taken by our current leadership, we can confidently say that Alpha Phi Omega is in good hands.

Considering the time constraints, the body decided to suspend the planning session and just continue the discussions on another day to make room for the formal turnover ceremonies of the new set of officers. There being no objections, the participants were allowed a few minutes to rest, freshen up and come back for the formal turnover.

APO Rises Up

After the planning session, the participants immediately gathered to witness the formal turnover ceremonies of the new officers of Alpha Phi Omega Philippines, Inc. Leading these star-studded officers is the first ever woman President, Sis Atty. Norma Singson-de Leon.

During the formal turnover, those in attendance (physically and via zoom) had the privilege to witness the passing of the torch from a very young, energetic, and dynamic leader Immediate Past President Bro Marcelino "Tatang" Ferry to President Norma, the new face of Alpha Phi Omega Philippines who continues to break barriers and show that leadership should not be based on gender but on competence and integrity.

To show the entire organization's appreciation to the dedication and selfless service of PNP Tatang, a video presentation was shown highlighting his many accomplishments. After this, PNP Tatang delivered his valedictory address and thereafter, he was awarded with a plaque of appreciation.





As if to start a new era, President Norma delivered her acceptance speech where she emphasized that her term is not about gender, neither about chapters nor legacy. Rather, it is about breaking barriers, doing the improbable, and raising the bar. President Norma also said that the next two years shall be governed with transparency and regularity, plans and programs, creativity but with sustainability. Some issues that her administration will focus on are the following:

1. Reinvigorating recruitment and enhancing leadership development. To this end, we will enforce fully the law on Anti-Hazing.
2. Eliminating outdated illegal practices & seeking formal recognition of chapters by schools.
3. Partnership with respectable organizations for greater community acceptability.
4. Establishment of a virtual blood bank responsive to our members' needs.
5. Continue the APO bldg. project and prepare it for 2025.

Before the night ended, plaques were awarded to the outgoing officers followed by the introduction and oathtaking of new officers, chairpersons and members of national committees. Group pictures were taken and the APO toast song, albeit under the new normal, was sung.

Serving as emcees were Sis Mary Catherine Gonzales-Lingat and Bro Atty. Fritz Sapon who provided the needed energy and valuable insights to this very historic event.



PREVENTION IS ALWAYS BETTER THAN CURE

BY BRO ATTY. FRITZ G. SAPON



Alpha Phi Omega Philippines, Inc. showed once again its commitment in advocating for the health and wellness of its members. With the Committee on Health at the helm, the fraternity organized a flu and pneumonia vaccination drive last October 27, 2021 at the national office parking area, Ermin Garcia Avenue, Cubao, Quezon City. The ever-generous Congressman Rodolfo M. Ordanes, representative of the Senior Party List, donated the vaccines used during the said event.

APO's diverse membership served as an advantage as our brothers and sisters from the medical profession wholeheartedly volunteered to be vaccinators, namely: Bro Dr. Edward Allan Flores (Alpha Phi), Sis Maria Delia Kho, R.N. (Alpha Chapter), Sis Shermela H. Noor, Sis Almira D. Comabig (Iota Rho), and Sis Norhaya Dalid, R.N. (Eta Omega).

Likewise in attendance were the National President Sis Atty. Norma Singson-de Leon, National Executive Director Sis Evelyn C. Evangelio, National Executive Secretary Sis Atty. Celia G. Valdez, Bro Apolinar Dimla, Sis Maria Carmella Sucgang, Bro MJ Shea, Bro Lester Galdo, Bro Demy Cruz, Bro Nick Macabeo, and Sis Patricia Cruz.

All in all, a total of sixty-seven (67) brothers and sisters were vaccinated with the flu vaccine while forty-four (44) were given the pneumococcal vaccine.

A big thanks to all the donors, volunteers, and participants. We look forward to seeing you in the next vaccination drive!



THE NATIONAL COMMITTEES OF APO PHILIPPINES

BY SIS EVELYN CAÑETE-EVANGELIO

In order to effectively function as an organization, the Alpha Phi Omega By-Laws allows the National Board of Trustees to promulgate the policy charter which shall outline the principles, functions, organization and policies involving the National Committees of the fraternity.

Proceeding from this power, the National Board of Trustees, confirmed the officers and members of the National Committees of the organization. It is thus an honor to introduce the men and women who readily accepted the challenge of serving for the betterment of APO:

The Standing Committees

Section 5 Incidental Powers- All Committees shall have such incidental, residual and inherent power and authority to do and perform such other duties and functions as may be necessary and proper to fulfill their mandates.

Committee on Membership

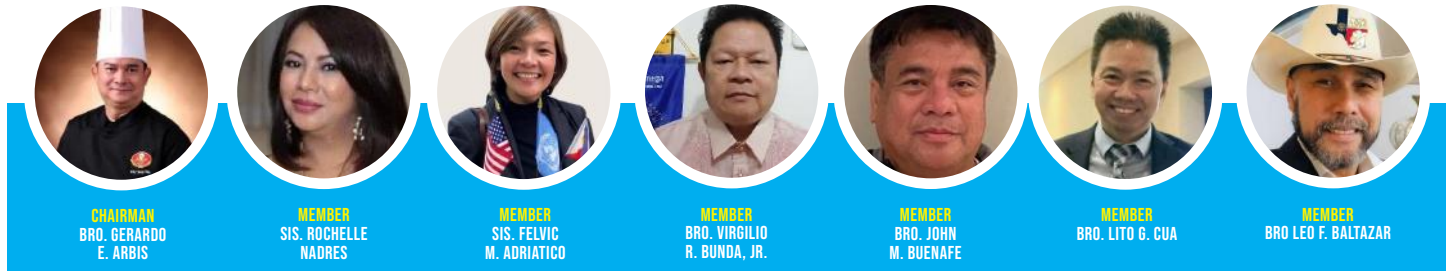


The Committee on Membership shall be responsible for the formulation and implementation of all programs and policies pertaining to the general membership and the expansion thereof.

Committee on Membership shall perform the following duties and functions:

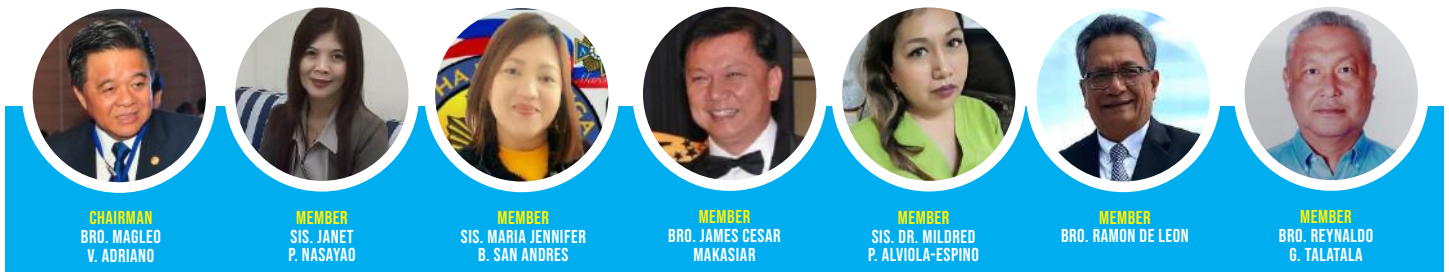
- To promote and encourage programs and activities that serves and supports the Chapters and Associations;
- To promote and encourage programs and activities for the enhancement of membership recruitment, retention and reporting;
- To promote and encourage the reactivation of inactive chapters and associations and/or the formation of new collegiate chapters and alumni associations;
- To formulate, institute, publish and establish a Code of Conduct, effective upon approval of the Board of Trustees, which shall be compulsory on all members and thereafter, to conduct the periodic review thereof to ensure its continued pertinency; and,
- To conduct a census every six (6) years on the demographics of the membership and distributions of collegiate chapters and alumni association for the purpose of realignment and reassignment of collegiate chapters and alumni associations in the administrative regions or sections.

Committee on International Relations



The Alpha Phi Omega Philippines, Inc. recognizes the significance of promoting the principles, ideals and purposes of Alpha Phi Omega throughout the world. It therefore adopts as part of the Code of By-Laws, not contrary to existing laws of the Philippines, any agreement or undertaking that may be entered into by the President and the Committee on International Relations with any national organization of Alpha Phi Omega based from without the Philippines. The Committee shall strengthen the existing relationships with other Alpha Phi Omega national organizations and promote the establishment of Alpha Phi Omega on a worldwide scale.

Committee on Finance (Ways And Means)

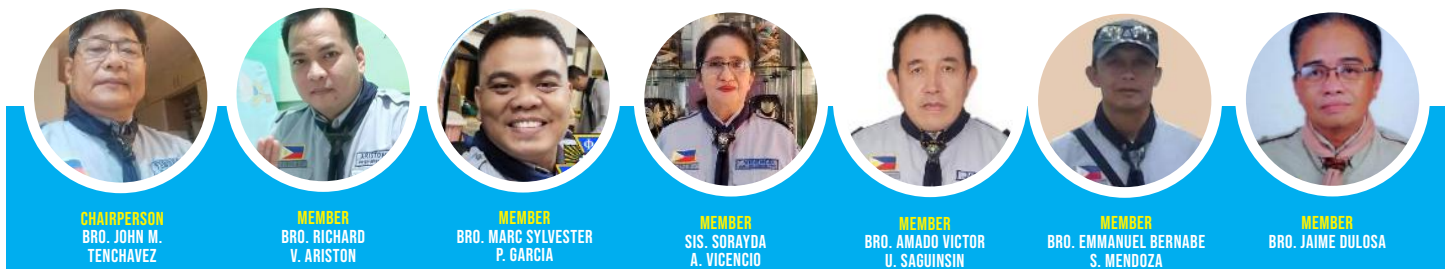


Committee on Finance (Ways and Means) shall be charged with the duty of recommending measures to the Board of Trustees for adequately financing the organization, its programs and policies.

The Committee on Ways and Means shall do and perform the following specific duties and powers:

- To devise ways and means to develop sources of funds needed for the programs and projects of the organization, and to oversee and coordinate -fund raising programs and activities; and,
- To prepare, propose and submit to the President, after consultations with the other officers and Committees, the budget of the organization for the next two (2) years.

APO Philippines National Committee on Scouting (ANCOS)



MISSION

Lead all APO members develop their worth and cultivate skills to become worthwhile members of the organization guided by the scout oath and law.

VISION

Inculcate scouting values and competencies of members that enable them to realize their full potential and share meaningfully in building the nation.

ANCOS DY 2021-2023 THEME

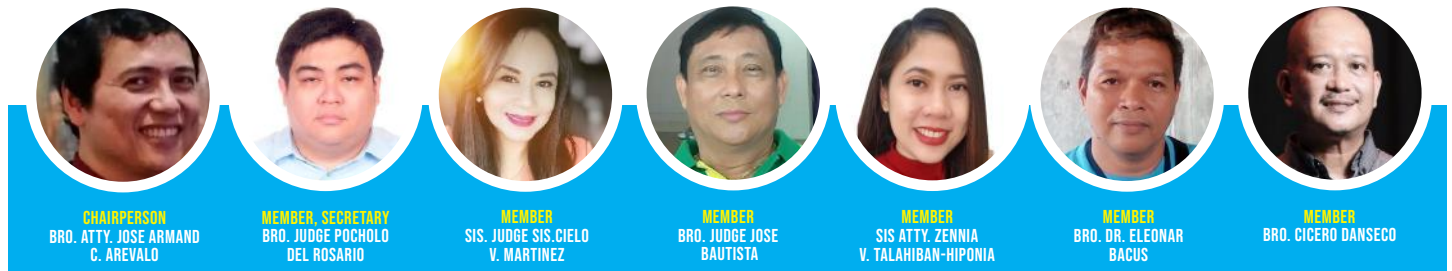
"APO makes it happen through Scouting".

The primary task of the APO NATIONAL COMMITTEE ON SCOUTING is to strictly to implement memorandum no 17 series of 2016. this is the partnership with the APO for promotion of the rover scouting and the community based program.

ANCOS will help in the promotion and propagation of the scout ideals, tenets and principles, and the overall development of the scouting movement, particularly the rover scouting and the community based scouting program of the Boy Scout of the Philippines.

The ANCOS has given the authority to assist in the conduct of the Rover Vigils and orientation seminars in coordination with the local councils of the BSP across the country. APO shall provide assistance and support in the conduct of scouting events at any level.

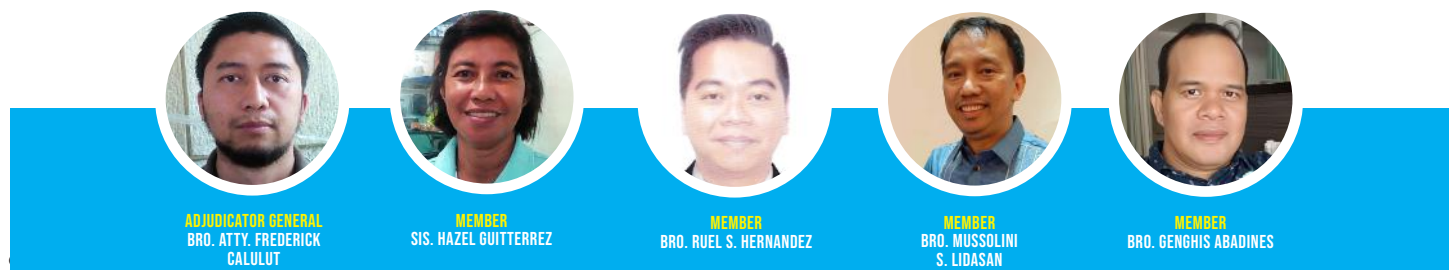
Committee On Elections



The Committee on Elections shall have the following powers and duties:

- To exercise general supervision and control over all elections and/or electoral exercises conducted by the Electoral College and the Administrative Regions;
- To pass upon the qualifications of candidates and members of the Electoral College or of the Administrative Region
- To decide, after due notice and hearing conducted on the basis of written protest, any complaint to disqualify any candidate or voter who violates the rules and regulations of the Committee.
- To promulgate rules and regulations to govern the conduct of the elections or any other electoral exercise.
- The Committee shall submit to the Board of Trustees at the latter's regular meeting immediately following any electoral exercise a report on the manner by which such election was conducted, as well as the results thereof.

Grievance And Adjudicatory Authority



The Jurisdiction of the Grievance and Adjudicatory Authority shall have the following powers:

- Exercise primary and original jurisdiction in all disputes and controversies involving actual rights which are demandable and enforceable, including —
 - The validity of the election or appointment and removal of any National Officer.
- Review, revise, reverse, modify, or affirm on appeal the judgments and orders of the Regional Adjudicatory Councils.

Created Committees

Committee On Audit

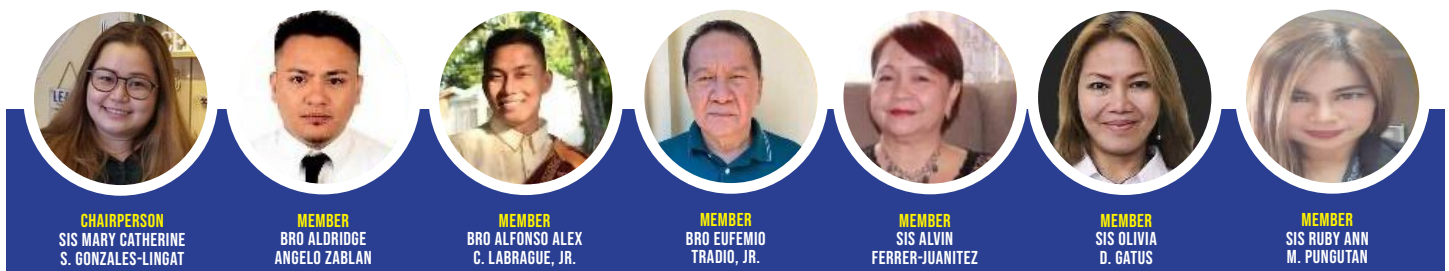


The Committee's primary objectives are to verify the accuracy of accounts, detect errors and/or frauds, check internal controls, verify the organization's assets and liabilities and also to check the adherence and compliance to government rules and regulations. To fulfill this overwhelming task, the committee divided the team in two working sections. The first section is tasked to handle finance related matters and the second section is tasked to handle internal controls, policies and procedures with consideration for the period constraints.

The pandemic posed an extra challenge as regards member movement, but thanks to technological advances such as online communication, interviews and inquiries on subject matters became possible. Audit members from across the country and even overseas continue to perform their duties adapting to this new normal.

The Committee's loyalty to the fraternity and sorority, the commitment to serve and their resiliency and adaptability will be their arms in forging on to overcome the challenges and limitations brought upon us by this global crisis and fulfill their duties and responsibilities.

APO Academy Committee



Vision

To build a new tomorrow of strong men and women in APO and get a head start in the collegiate and professional life through knowledge and skills advancement via collaborative efforts with reputable persons and institutions.



The meaning of the APO Academy Emblem:

- The Torch in the center represents Higher Education and Learning.
- The sole purpose of the academy is to deepen our knowledge of the organization not readily taught during Pledgeship and Active Membership, and to diversify the skills and tools of every APO member.
- The 3 Fleur De Lis symbolize the 3 Cardinal Principles of Leadership, Friendship, and Service which each Alpha Phi Omega member should embody.
- The 4 Stars at the upper side represents the Four- fold Program of Service from which we scope our Scout Oath.
- The Shield which shapes the emblem symbolizes that we guard and protect Our Fraternity and Sorority through our code of brotherhood and sisterhood, and uphold the Standard of Manhood that will withstand the Test of Time.

National Disaster Response Team Committee



CHAIRMAN
BRO. ERIC BAUTISTA



MEMBER
BRO. NEMENCIO
E. MUYOT



MEMBER
BRO. WILFREDO
V. MARANA



MEMBER
BRO. NICK
G. MACABED



MEMBER
BRO. WINTHROP
A. RAS

Mission

To educate and equip all Alpha Phi Omega members with the skills and knowledge essential to disaster preparedness and management through a series of quality and standard trainings and seminars conducted simultaneously throughout the country.

Vision

To be the leading service oriented fraternity and sorority based disaster response team in the Philippines by providing assistance in all aspects of disaster preparedness and management for a safer, protected, and resilient community.

Our aim is to educate Brothers and Sisters on Disaster Preparedness and Management in terms of emergency and to help his/her family and neighborhood. It can use their knowledge that he/she acquired from us and not for the id requirement only.

Our team are aiming to create APO Rescue Team in the whole Philippines per Region, Cities and Municipalities it depends on our capabilities and dedication of each brothers and sisters who are willing to be part or voluntarily to join in our team.

Our team is still looking for any bro and sis who can voluntarily to join in our team and appointed as regional APO rescue team coordinator.

On Training:

A. Batch 1 Basic Emergency Medical Technician (EMT – B) Training in cooperation with Good Responder Training Institute headed by Bro Myron Panlilio as Instructor. This training has start last August and it will end by November followed by on the job (OJT) training on different rescue team

B. Disaster Management and Preparedness webinar scheduled:

- October 9 - hosted by APO Holy Spirit, APO Payatas and Xi Omega Sorority Chapter - attendees are 145 participants coming from different Alumni and Chapter.
- November 20, 2021 – Hosted by APO Region 4A, APO ni Malvar and Kappa Omega AA - Registered Participants – 285 members, Actual Participants – 70 members attended
- December 4, 2021 – Hosted by Mu Pi Chapter and AA

C. Basic Occupational Safety and Health for Safety Officer 1

In cooperation with Constructions Safety Foundation Inc. headed by Bro Erik Bautista. The following are the target areas for the free Basic Occupational Safety and Health for Safety Officer 1:

- Zamboanga, Palawan
- Mindoro, Batangas
- Pampanga, NCR – Taguig
- Laguna, Cavite
-

D. Emergency Medical Responder Training in cooperation with Good Responder Training Institute open to all APO Members who are willing to be part or volunteer member

Committee On Information And Communication (Media)

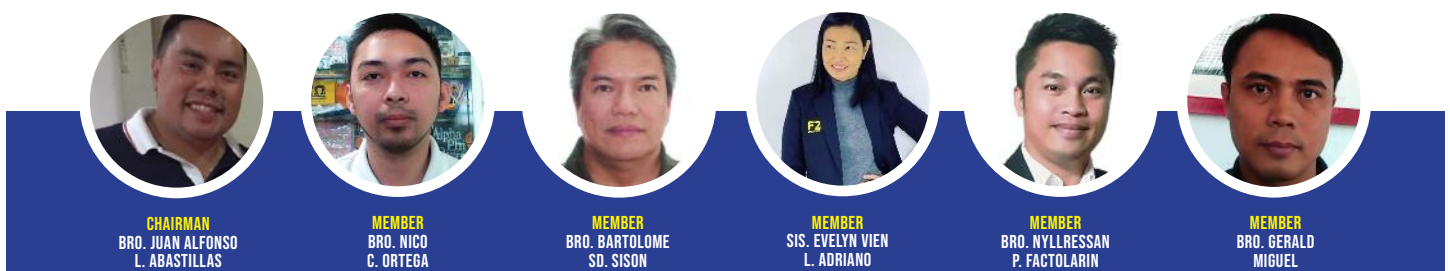


The Committee on Information and Communication was proposed by the Vice Chairman of the Board of Trustees Brod Edgar Llarena together with the National President Sis Atty. Norma Singson-de Leon.

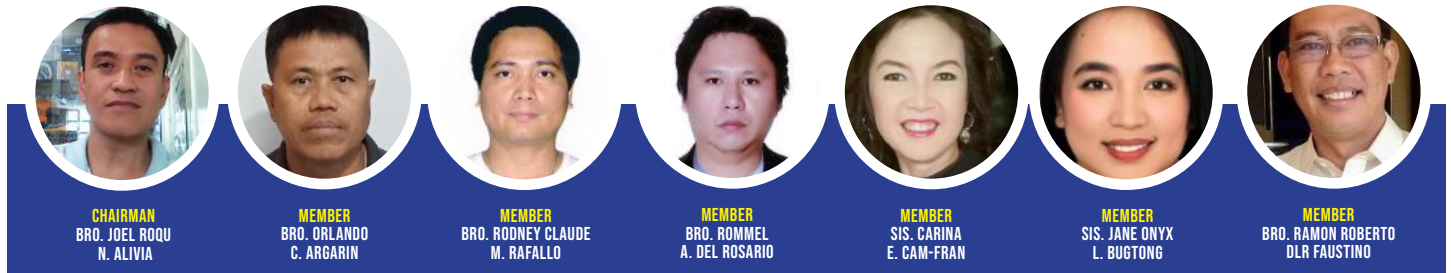
The Committee on Information and Communication (CIC) will be responsible for developing, updating and monitoring APO Philippines communications policies, social networking accounts, and electronic discussion groups, as well as to recommend new ways for APO Philippines to communicate with its members and to the public through alternative media.

The CIC will also be responsible, in coordination with the National Executive Director and the National Executive Secretary, for the proper dissemination of new resolutions, policies and other pertinent documents thru our official newsletters and Facebook group accounts. The Committee will be the one to finalize information content, on issues that require member information and/or public information, and shall craft press releases for the quad-media.

Committee On Sports



Committee On Environment



The Programs

1. Green Scouting (APO Tree/ Forest Camp)

Green Scouting is an environmental service program of Alpha Phi Omega Philippines Inc. focused on tree planting in upland, lowland and mangrove areas. It aims to contribute to the Philippine frame of reforestation and general forestry programs designed to mitigate climate change.

The program organizers will collaborate with local DENR offices in each region to identify areas where APO Tree and Forest Camps activities can be conducted. These activities may also include brown bag educational discussions and forums on the prevention of forest fires and on the role of reforestation in climate change mitigation.

2. Coastal Clean Up (APO Coast)

Coastal Clean-up started last August 13, 2017 in Roxas, Boulevard Baywalk. This is a continuous project done quarterly to give way for the service to the nation and as part of being a responsible law abiding citizen.

Committee on APO Building Project



National Service On Health Committee



In the virtue of compassion to serve in Alpha Phi Omega, the provision for healthcare through assistance in the medical needs in this brotherhood is essential.

The Committee on National Service for Health was formerly known as “Committee on National Service for Medical” and “Committee on National Service for Dental.”

The committee was emanated during the time of our Past National President Marcelino “Tatang” Ferry on the DY 2019-2021. It was a national service program whose purpose was to reach out to our fellow Filipinos by conducting a quarterly Medical/Surgical/Dental Mission in line with the NEC/BOT meeting, which was usually conducted a day prior the meeting. When the pandemonium started, the mobilization of the said committee was abruptly stopped; hence, the prohibition of these healthcare services.

In this DY 2021-2023, National President Sis Norma Singson-De Leon concluded to continue the program that would deliver healthcare to our fellowmen. The limitations of the services that the previous committees could provide were now given a more heightened intervention that would fuse both the medical and dental services, and also acquire more allied health professionals. The integration of brothers and sisters from different specializations in healthcare led to its new name, The Committee on National Service for Health.

DOWNLOAD NOW!

You may access these forms [here](#).



GET YOUR APO NATIONAL ID!

APPLICATION REQUIREMENTS

FOR LIFE MEMBERS AND ALUMNI RENEWAL

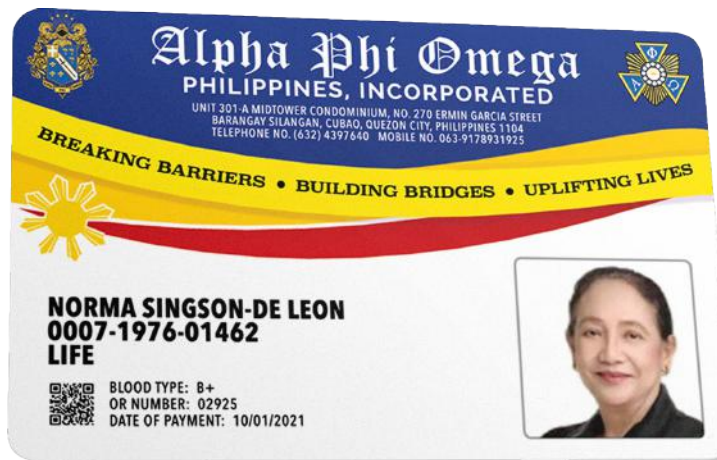
1. Completely filled out APO membership form
2. Screenshot of 1 valid id or last issued APO ID
3. Recent photo with white background
4. Screenshot of payment

FOR ALUMNI NEW

1. Applicant name must be on the applicant chapter RAPOR
2. Completely filled out APO membership form
3. Screenshot of 1 valid id
4. Recent photo with white background
5. Screenshot of payment

CHECKLIST FOR NEW ID APPLICANTS BATCH 200

- Complete filled out New ID Application
 - Application for Pledgeship
 - Mandatory Pledge Registration
 - Leadership Development Program
 - Friendship Development Program
 - Service Development Phase
 - Certificate of Completion
 - Application for Active Collection
- Certificates:
- Rover Scout Training Certificate
 - Gawad Kalinga or Disaster Preparedness Certificate
 - Valid Government Issued ID



LIST FOR APPLICATION

8 TO PRESENT

Application Form

tion

Phase Certificate

Phase Certificate

e Certificate

Collegiate Membership

cate

Response Training Certificate

D

APPLICATION PROCESS

1 Download and completely fill out the APO membership form.

2 Attach your updated ID picture.

3 Deposit your payment to APO Philippines Bank Account:

Account Number: 001 490 103 773
Account Name: Alpha Phi Omega Philippines
Bank: Banco de Oro (Savings Account)
Branch: Anonas

Php 500.00 - Alumni & Renewal
Php 100.00 - Life Member

Php 500.00 - Collegiate New
Php 400.00 - Collegiate Renewal

4 Send a scanned copy or clear picture of the filled out APO membership form, deposit slip and requirements depending on your membership classification to apophstaff@gmail.com

5 Shipment of the Processed ID. Shipping fee will be shouldered by the applicant.

For Metro Manila areas, it will be sent via LBC, Lalamove or Angkas Padala
For outside Metro Manila, it will be sent via LBC (Domestic) & DHL (International)

PoAPPS, Launching Soon

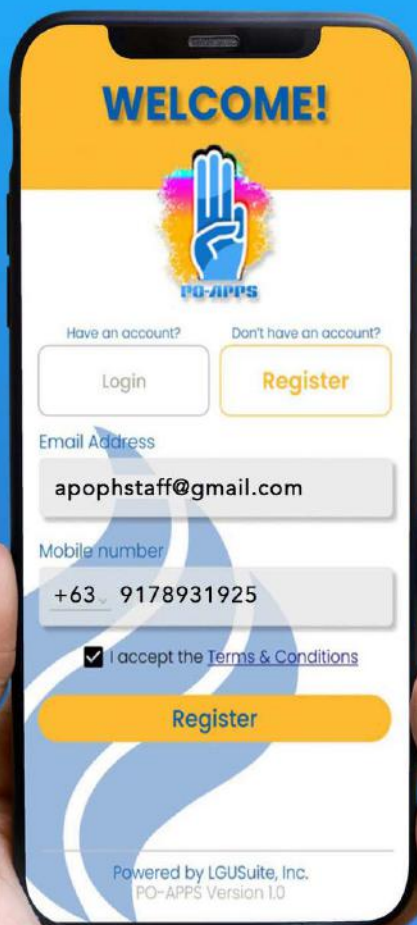
BY SIS EVELYN CAÑETE-EVANGELIO

In 2022, APO Philippines is gearing towards full digitalization with the deployment of PoAPPS, a web and mobile applications platform tailor-made to the needs and complexities of our beloved organization.

Available to iOS and Android OS devices, and for the exclusive use of our members, PoAPPS will enable our brothers and sisters located anywhere on the globe to (a) apply or renew their APO ID, (b) pay their biennial dues and fees, (c) purchase and/or sell APO merchandise, (d) learn and be notified of official announcements, ongoing initiatives, and future events and fellowships, and (e) join various discussions and for – all at the tip of their fingers and the convenience of their home.


The PoAPPS is our organization's rise to the challenge to innovate and bring our old and treasured traditions to new dimensions. With the use of the PoAPPS, our organization's processes will be transparent, efficient, real time, paperless, and cashless.

The PoAPPS is a joint undertaking of the APO Philippines National Administrative Office and LGUSuite, Inc., the system provider of our 2021 Online National and Regional Elections.



RECRUITMENT IN THE NEW NORMAL

BY BRO CHRISTIAN L. SANTIAGO



Recruitment is one of the vital points of an organization. Recruiting new members is essential in the continuity of its core values and principles, meeting new people with the same ideals in life: To advance in LEADERSHIP, promote FRIENDSHIP, and to provide SERVICE. Unfortunately, recruitment is declining in today's generation, unlike in the old days. It was the year 2020, a pandemic erupts caused by the COVID-19 Virus. The declining recruitment rate has declined more, recruitment and other chapter activities have been halted. Slowly, APO Philippines is now addressing the declining numbers of new members amidst the pandemic.

The APO Philippines BOT for Collegiate is now formulating guidelines for recruitment in the new normal following the IATF (Inter-Agency Task Force) protocols, by combining virtual and actual engagement to

applicants, which we called APO Pandemic Response Guidelines for Recruitment. Under these guidelines are remedies and ways for an applicant to continue pledging to APO even he/she is in a strict quarantine level area or if the applicant's school is too distant from where he/she lives and as we all know it is very hard to travel in these times.

The creativeness and the scout mentality "Laging Handa" of an APO always shines bright, always finding ways to achieve one's goal even in the most difficult situation. As the COVID-19 cases gradually go down, we hope our recruitment rate will gradually go up also. Spreading the spirit of LFS in every youth of the nation as our founder, Frank Reed Horton believes "As scouting is worldwide, so should Alpha Phi Omega be worldwide". But, amidst pandemic or not, finding and recruiting new brothers and sisters will be the top priority of APO Philippines.

READY & ALL SET: INTRODUCING

BY SIS EVELYN CANETE-EVANGELIO

This year proved to be like no other, not just for Alpha Phi Omega and the officer hopefuls — it was life changing for everyone due to the COVID-19 coronavirus pandemic that forced our beloved organization to move all of its events and programs to a remote environment.

For the first time in the history of APO PH, the general assembly and the regional as well as the national elections of officers had to be done virtually, with the filing, campaigning and voting taking place online. One of the candidates said that running for office virtually was a little difficult, since you don't get to personally talk to the members to listen to their needs and engage with them. However, he feels it was a challenge he had to overcome during this trying time.

Another first in the history of our fraternal organization was the election of the first Lady National President Sis Atty. Norma Singson-De Leon. New line of servant-leaders is now ready to lead us towards the Lord's greater plans this Development Year 2021–2023. The national elections were held last September 26, where the majority of the voting delegates elected for Bro Richard Mark Bugarin, Bro Edgar Llarena, Sis Atty. Norma Singson-De Leon, Bro Datu Amehassan Lucman, Bro Gil Paulo Gomez, Sis Noreen Goh-Adino, Sis Nancy Go, Bro Edward Allan Flores, Bro Christian Santiago, Sis Quincy Claire Turiano.

In this article, let us have the opportunity to know all elected national officials along with their respective plans.



BRO RICHARD MARK C. BUGARIN

This business minded leader has been elected as the new **Chairman of the National Board of Trustees**. Bro Archie was the former Regional Director of the National Capital Administrative Region. He is currently Chief Finance Officer of iService Global Business Solutions Co. and Managing Director at Topspur Co. He graduated with a Bachelor of Science in Legal Management. We can probably catch our new chairman in the Golf course, shooting range and scuba diving during his spare time. His plans and programs for this development year are geared towards the improvement of the Constitution and By-laws, Sports Events that will generate funds for APO building and National Administrative Office Opex, Enhance APO Apps, Continuity of APO Telemed, support projects and services of the National Executive Council.

INTRODUCING OUR NEW APO TRUSTEES

NG OUR NEW APO TRUSTEES



BRO EDGAR D. LLARENA

“To be a stronger and unified Alpha Phi Omega in service to our fellow brothers and sisters”. This is the famous slogan of Bro Egay as our newly elected **Vice Chairman** for this development year. He was our former Adjudicator General and has been a rooted leader serving the organization even during his collegiate days. To mention among others, he has been a Committee on Membership Chairman (2010-2017), Chairman of the National Board of Directors (2007-2009), National Executive Vice President (2005- 2007), and regional positions since 1989. For his undeniable contributions and dedication, he was awarded as the Best Regional Director in 2005, a recipient of a 2007 & 2017 National Leadership Award, Presidential Leadership Award in 2015 & 2017 and many more. He opted to focus on good governance, transparency and accountability during his current term.



SIS ATTY. NORMA SINGSON-DE LEON

Our first lady **National President** was our previous National Executive Vice President, Development Year 2019-2021 and has been holding national office since 2015. She was also the founder and Project Head of APO Interfaith Prayer Battalion and APO TELEMEDICINE. She graduated at the University of the Philippines with a Bachelor of Laws, degree batch 1983, passed the BAR Examinations given in 1983 and took the Lawyer’s Oath in May 1984. Since then she has been an active leader, mentor, a lawyer and a colleague in and outside the organization receiving numerous awards and recognitions. Her contributions in the community and the organization as a whole cannot be discounted. She is right now connected as a partner of the De Leon Arevalo Gonzales & Associates Law Offices and a legal consultant of The Medical City.



BRO DATU AMERHASSAN G. LUCMAN

Our new **National Executive Vice President** was our former National Vice President for Alumni and Board of Trustee Vice Chair. Bro Waida (as we call him) is a Businessman and the President of the Royal AGL Group of Companies and an active member of Free and Accepted Masons of the Philippines. During his high school he joined the Scout Royale Brotherhood and continued his pledge of loyalty when he joined the Alpha Phi Omega Year 1993 at Epsilon Chapter, University of the East, Manila. In the Year 1997-1999 he was one of the organizers of Kappa Phi Chapter (DMMMSU-MLUC) and became a Life Member Award year 1999-2001 during the Subic Convention. His activeness in Alpha Phi Omega drives him to hold a position of Deputy Regional Director in Northern Luzon Administrative Region and in behalf of his Regional Director he presented well during the last Development Year and received a special award during the Laoag Convention in May 2019.



BRO GIL PAULO B. GOMEZ

Our newly elected **National Vice President for Fraternity Affairs** was the former Regional Director-Collegiate of the National Capital Administrative Region. He received a Service Award in 2019 and followed by a Regional Leadership Award last development year. This business minded and talented brother is currently a government employee and a 4th year law student of the Philippine Law School. His main goal for this DY is on the Balik Scouting Program which will encourage every person to learn and practice leadership skills. He believes that every scout has the opportunity to participate in both shared and total leadership situations. Understanding the concepts of leadership helps every person accept the leadership role of others and guide him/her toward the citizenship aim of scouting.



SIS NOREEN L. GOH-ADINO

Before being elected as our new **National Vice President for Sorority Affairs-Trustee**, she started leading her chapter as a Prime Lady Chancellor and Grand Lady Chancellor since 2014. She also served as the APP task force, a section chairwoman for collegiate for two consecutive years and became the Regional Director for Collegiate of Section 4-B MIMAROPA in 2019-2021. She is currently advocating on Balik-Eskwela with a simultaneous Brigada Eskwela nationwide and to conduct different seminars and training that involves youth especially Senior High School. Sis Noreen is currently a student at Western Philippines Main Campus taking up Master in Public Administration while managing his own medium sized businesses.



SIS NANCY A. GO

Who would have not known the previous years award winning RD Best Region under her directorship. Sis Nancy was the former elected Regional Director for Alumni of the Region 8-Eastern Visayas Administrative Region (EVAR) and gained herself the Best Regional Director award during the 1st virtual, 32nd National General Assembly. After the success of her leadership, she now deserves to be our **National Vice President for Alumni-Trustee**. She is currently working as a company nurse and one of the foundations of the APO Telemedicine. She now aims to strengthen the Alumni Associations across all regions through casual visits and discussions with the AAs; or through online zoom meetings and Implement the plans of APO's Environmental Committee through synchronized activities such as tree plantings, coastal clean ups, and the like, across all regions.

After gathering brilliant entries, the team has chosen the theme "UPLIFTING LIVES".

The theme streamlines what we should focus on: training development, Recruitment through automation, standardized the financial process, and address the current needs of the organization, d



BRO EDWARD ALLAN F. FLORES

We would probably know his trademark as ‘a Doctor on the go’. Bro. Doc Ed was the former Chairman of APO National Services for Medical, APO Volunteer Doctor of APO Telemedicine, President of APO Sta. Mesa AA and the Deputy Regional Director of National Capital Administrative Region. He is a doctor specializing in anesthesiology but limitless in terms of giving medical assistance to our constituents. We could never have a medical mission without him, much more that he is now our **National Treasurer-Trustee**. He will monitor, review and promote transparency in the expenditures of all the institutionalized programs during this DY and envision for a symbolic interaction with the different regions and to convey the service of more APO MDs in all other regions through a proposal or invitation to the Regional Directors to enlist more physicians who could serve in APO TeleMedicine’s zoom consults.



SIS QUINCY CLAIRE G. TURIANO

Sis Quincy graduated with a Bachelor degree in Commerce Major in Computer Management batch 2019 and is currently finishing her Master in Public Bus. Administration while taking her new role as our **National Trustee for Sorority Affairs**. She has been a leader asset of her Chapter and Region as the previous Regional Director for Collegiate. She also received several commendations such as Best Collegiate Section Chair 1st Runner Up - BAR 2018-2019, Best Sorority Chapter BAR 2018-2019 and Best Regional Director for Collegiate 2nd Runner Up. She plans to intensify Collegiate Congress and GPAC Summit, build communication pathways to bridge the chapter to National Office, revisit and review APO pledge program, evaluate and come up with practical considerations to make it flexible, adaptable, sustainable and doable according to specific chapter environment and partnership with universities and/or state colleges to promote our organization.



BRO CHRISTIAN L. SANTIAGO

Finally, we have our Bro Bunso (as he is properly known) as our new **National Trustee for Fraternity Affairs**. He is an undergraduate of Bachelor of Science in Medical Laboratory Science. He is the former Regional Director for Collegiate of Region 3- Central Luzon Administrative Region (CLAR) and at the same time the Grand Chancellor of Epsilon Omicron and was awarded 1st runner up Best Regional Director for Collegiate. Apart from the common development plan of the administration, he will focus on Sports, Music, and Arts Development Programs which will promote sport activities and arts in our Organization, to discover talents and interest among our members and to make our organization more appealing to the youth by tapping and sharing common interests with our members, helping our recruitment to flourish.

am came up with a new theme for the Development year 2021-2023:- “BREAKING BARRIERS, BUILDING BRIDGES,

be expecting to flow in the next coming periods. In general, our leadership will have to focus on the membership and though the enhanced recruitment taskforce, service enhancements, and continue the legacy project of the organization. In addition to the maintenance and housekeeping of the past administration, our new leaders will strengthen National Office service through various policies to achieve transparency and accountability, revision of the Constitution and Bylaws to align the provisions with the development of financially stable and sustainable projects, and institutionalized APO services.

GAWAD GINTONG BAYANIHAN AWARDS

BY BRO WILLIAMM AY-AY

The Gawad Gintong Bayanihan was one of the national projects launched by the office of the National Research and Study Center (NRSC), when NRSC charter was approved on July 4, 1982 at the first National Executive Board Meeting in Tacloban City, under the term of NP Francisco P. Brosas, Jr. This project replaced the Golden Plate Award which was then institutionalized since the time of National President Librado I. Ureta.

GAWAD GINTONG BAYANIHAN in recognition of the efforts of collegiate chapters and alumni associations in the enhancement of the noble ideals of the organization, national biennial awards are conferred upon the Most Outstanding for the categories of:

- Best Fraternity Collegiate Chapter
- Best Sorority Collegiate Chapter
- Best Alumni Association
- Chapter Based
- Community Based
- Institution Based
- Profession Based
- Foreign Based
- Best Administrative Region
- Best Foreign based
- Best Regional Director for Alumni and Collegiate

The basis and criteria for the Gawad Gintong Bayanihan Award are as follows:

1. Membership Development = 25% - Adherence to the APO Pledge Program -Target Selection - Training & Development/Seminars - Socials/Recreation - Membership Directory - Membership Dues payment -Charter dues payment
2. Organizational Development = 25% - Selection - Training and Development - Succession - Strengthening the Unit - Giving Assistance to Members
3. Service Program = 25% - APP - Family - Local service Projects - Regional Service Projects participation - National Service Projects participation
4. FINANCIAL Program = 25% - Income generating projects - Inside sourcing - Outside sourcing

The Gawad Gintong Bayanihan National Awardees were proclaimed during the 1st virtual, 32nd National General Assembly held on September 25, 2021 via zoom webinar.

NATIONAL AWARDEES FOR DY 2019-2021

BEST FRATERNITY CHAPTER

Best Fraternity Chapter	Xi Fraternity
1st Runner Up	Omicron Fraternity
2nd Runner up	Lambda NuFraternity
Special Awardee	Theta Alpha Fraternity
Special Awardee	Nu Xi Fraternity
Special Awardee	Mu Kappa Fraternity
Special Awardee	Xi Rho Fraternity
Special Awardee	Zeta Omicron Fraternity
Special Awardee	Nu Lambda Fraternity
Special Awardee	Gamma Gamma Fraternity
Special Awardee	Gamma Pi Fraternity
Special Awardee	Xi Psi Fraternity
Special Awardee	Lambda Fraternity

BEST SORORITY CHAPTER

Best Sorority Chapter	Omicron Sorority
1st Runner Up	Xi Sorority
2nd Runner up	Lambda Nu Sorority
Special Awardee	Theta Sorority
Special Awardee	Zeta Omicron Sorority
Special Awardee	Theta Zeta Sorority
Special Awardee	Gamma Pi Sorority
Special Awardee	Gamma Gamma Sorority

BEST CHAPTER BASED ALUMNI ASSOCIATION

Best Chapter Based AA	APO Xi AA
1st Runner Up	APO Alpha Gamma AA
1st Runner Up	APO UP Omicron AA
2nd Runner up	APO Alpha Eta AA
Special Awardee	APO Eta Theta AA
Special Awardee	APO Theta Zeta AA
Special Awardee	APO Theta Foundation AA
Special Awardee	APO Psi AA
Special Awardee	APO Beta Chi AA
Special Awardee	APO Lambda AA

BEST COMMUNITY BASED ALUMNI ASSOCIATION

Best Community Based AA	APO Nueva Ecija AA 23
1st Runner Up	APO Lipa AA 156 Region 4A
2nd Runner up	APO Deparo North Caloocan AA 262
Special Awardee	APO Kutawato AA
Special Awardee	APO ni Malvar AA
Special Awardee	APO San Jose City AA
Special Awardee	APO ni Malvar AA
Special Awardee	APO Caloocan Bukid Area AA

BEST ADMINISTRATIVE REGION

Best Administrative Region	Region VIII - Eastern Visayas
1st Runner Up	Region III - Central Luzon
2nd Runner Up	National Capital Region
2nd Runner Up	Region IV-A - CALABARZON
2nd Runner Up	Region XI - Davao Region
Special Awardee	Region V - Bicol region
Special Awardee	Region IV-B MIMAROPA
Special Awardee	Region VI- Western Visayas
Special Awardee	Region X- Northern Mindanao
Special Awardee	Region XIII- CARAGA
Special Awardee	Region XII- SOCCKSARGEN
Special Awardee	Region II - Cagayan Valley
Special Awardee	Region 1- Ilocos Region
Special Awardee	Cordillera Administrative Region
Special Awardee	Region IX- Zamboanga Peninsula



BEST FOREIGN BASED ADMINISTRATIVE REGION

Best Foreign Based Region	Administrative Region on Middle East
1st Runner Up	Administrative Region of Europe
2nd Runner Up	Administrative Region of the Pacific
Special Awardee	Administrative Region of Asia
Special Awardee	Administrative Region of North America

BEST REGIONAL DIRECTOR FOR COLLEGIATE

Best RD for Collegiate	Bro Vito Serdan
1st Runner Up	Bro Christian U. Santiago
2nd Runner Up	Sis Quincy Claire G. Turiano
Special awardee	Bro Kier James Albarracin
Special awardee	Bro Gil Paulo B. Gomez
Special awardee	Sis Noreen L. Goh-Adino
Special awardee	Bro Brylle Nulada
Special awardee	Bro Elrich Von Joshua Jimenez
Special awardee	Bro Aldridge Angelo Zablan
Special awardee	Bro Jinar G. Tampal
Special awardee	Bro Bhurry L. Villa
Special awardee	Bro Al Mansour Kalon Tumama

BEST REGIONAL DIRECTOR FOR ALUMNI

Best RD for Alumni	Sis Nancy A. Go
1st Runner Up	Bro Rommel G. Santiago
2nd Runner Up	Bro Manolo L. Arasa
Special Awardee	Sis Dr. Mildred A. Espino
Special Awardee	Bro Engr. Ferdinand Balcueva
Special Awardee	Bro Hercules Umali
Special Awardee	Bro Kenneth D. Garcia
Special Awardee	Bro Dr. Genghis A. Abadines
Special Awardee	Sis Sakina K. Paglas
Special Awardee	Bro Dr. Eleonar Bacus
Special Awardee	Bro Alejandro L. Pascual
Special Awardee	Bro Mario Tagasa
Special Awardee	Bro Russel Barroga

BEST FOREIGN BASED REGIONAL DIRECTOR FOR ALUMNI

Best Foreign Based RD for Alumni	Bro Virgilio R. Bunda, Jr.
1st Runner Up	Sis Brenda C. Manugan
2nd Runner Up	Bro Adeo P. Silang
Special Awardee	Bro Jose Jonathan C. Mejia
Special Awardee	Bro Arturo G. Cristobal, Jr.

APO PHIL

The APOPH service award sh...
furthered the vision, missio...
programs and activities at...
dedicated service to the chapter...
bonafide full pledged members, ex...

The APO Philippines Service Award

Sis Edna A. Corpuz-Navallo, Eta
Sis Edna Garcia-Resma, Alpha
Sis Mary Flor L. Padayao, Theta Zeta
Sis Gina Liza R. Jimenez, Theta Zeta
Bro Roger P. Pialago, Theta Beta
Sis Eva A. Silaran-Collado, Gamma Theta
Sis Helen H. Amante, Xi
Sis Judith De Castro-Tabuena, Pi
Bro Edgardo E. Pujanes, Alpha Sigma
Bro Kier James L. Albarracin, Lambda Nu
Sis Maria Delia G. Camposano-Kho, Alpha
Sis Jay Nadia L. Español, Omicron Alpha
Bro John Philip J. Lesaca, Eta
Bro Jonathan L. Poldo, Gamma Omicron
Bro Gerardo M. Zamudio, Alpha Nu
Sis Rosalie R. Licauco, Eta
Bro Magno Y. Lim, Beta Xi
Bro Julius D. Diaz, Pi
Sis Jennifer D. Chan, Gamma
Bro Fortunato G. Guerrero, Delta Xi
Bro William C. Ay-Ay, Xi Xi
Bro Jayson Allan R. Vergara, Epsilon Xi
Bro Edward Allan F. Flores, Alpha Phi
Sis Bernardina S. Guevarra, Epsilon Omicron
Bro Rommel G. Santiago, Epsilon Omicron
Bro Richard Mark C. Bugarin, Alpha Delta

PHILIPPINES SERVICE AWARDEES

shall be presented in recognition of continuous dedicated service to the fraternal organization, having significantly advanced the aims and goals for which the Alpha Phi Omega was founded, and continued over a number of years in various capacities at the Regional and National levels. The qualifications of the service awardees: candidate shall have performed distinguished service to the community, and to the nation and to the fraternal organization within the development year 2019-2021, and shall not be a provisional member.

Awardees for DY 2019-2021:

Bro Ariel S. Oliveros, Alpha Delta	Bro Mark Joseph M. Shea, Alpha Nu	Sis Geraldyn P. Usog, Delta Kappa
Bro Nemencio E. Muyot, Epsilon Omicron	Bro Edgar D. Llarena, Eta Theta	Sis Maria Aurora T. Castillo, Nu
Sis Norma Singson-De Leon, Eta	Bro Felix S. Sayago, Eta Theta	Bro Jonathan R. Rosario, Eta
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Bro Krunimar Antonio D. Escudero, III,	Bro Fritz G. Sapon, Eta	Bro Neil John S. Makasiar, Beta Nu
Bro Apolinar L. Dimla, Lambda Psi	Bro John M. Tenchavez, Alpha Epsilon	

Posthumous Awardees

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Bro Rodolfo Llorea, Rho
Bro Domingo M. Cobarrubias, Eta
Bro Geoffrey Pungutan, Beta Tau
Bro Atty. Datu Blo Adiong, Al, Haj, Tau
Bro Emmanuel Macapagal, Eta
Sis Rosalyn Aquilizan, Beta Beta
Bro Christian Louie Perez, Alpha Phi

FINANCIAL REPORT

PREPARED BY APO NATIONAL TREASURER AND ASST. TREASURER

ALPHA PHI OMEGA PHILIPPINES, INCORPORATED CASH FLOW STATEMENT

As of Nov 30, 2021

SOURCES OF FUNDS

Dues and Fees	
ID Receipts	148,900.00
Charter Dues	45,250.00
Petitioning Fee	2,500.00
Accreditation Fee	3,000.00
Courier	2,885.00
Laundry Fee	100.00
Membership Certificate	300.00
Receipts from Consigned Items	10,800.00
RECEIPTS FROM DUES AND FEES	213,735.00

Restricted Donations	
Typhoon Maring	218,504.95
APO Telemed	26,400.00
APO Building	52,500.00
Office Chairs (NAO)	15,000.00

Restricted Donations	312,404.95
Payment for APO Nagoya (Air Fare of PNP Daboy)	3,506.00

Settlement of Receivables	
Advances-Past Due	3,000.00
Officers	16,666.00
National Office Staff	84,192.24
Total	103,858.24

Other Income	
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TOTAL RECEIPTS	633,504.19
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USES OF FUNDS



Assistance to Members and Donations	
Benevolence Assistance	50,000.00
Typhoon Maring	210,545.70
APO Telemed	256,900.00
Donations-APO NAO Executive Chairs	15,000.00
Total Assistance and Donations	532,445.70

Project/Program Expenses	
LGU Suite-Voting Platform	147,649.39
On line Screening	213,000.00
Total Project/Program Expenses	360,649.39

Regions Share Released

Total Regions Share Released	-
Operating Expenses	
Materials-ID	88,500.00
Developmental Expenses	23,964.17
Planning Session	40,000.00
Communication and Courier	7,462.38
Light & Water	12,257.28
Subscription Fee-Internet/Zoom	5,177.31
Consignment Payable	21,210.00
Honoraria, Staff Benefits & 13th Month Pay	114,557.64
Office Supplies	38,870.28
Misc	8,815.50
Postage	3,133.00
Transportation & Travel	1,602.00
Presidential Pins/Medals	35,000.00
Plaques and Awards	18,000.00
Repairs and Maintenance	9,000.00
Representation	400.00
Association Dues	4,590.00
Web Hosting	8,500.00
Total Operating Expenses	441,039.56
Procurement of Office Fixture & Equipment	
Furniture & Fixtures (Aircon)	56,998.00
Office Equipment	
Total Procurement	56,998.00
Advances	
Advances-Officers (Planning Session)	28,740.00
Advances for Air Fare to Legaspi	11,876.00
NAO Staff Advances/Salary Loan	15,000.00
Total Advances	55,616.00
	-
TOTAL FUNDS USED	1,446,748.65
Net Cash Inflow	- 813,244.46
Add: Beginning Balance	3,575,566.41
Cash Balance, end	2,762,321.95

Prepared by:



BRO. EDWARD ALLAN F. FLORES / **SIS. BENITA F. VILLANUEVA**
 National Treasurer Assistant Treasurer

GUIDELINES FOR CREDITING AND CLAIMING REGIONAL SHARES

Approved last October 24, 2021 during the first National Board of Trustees Regular Meeting

Rationale

Administrative Regions under the umbrella of Alpha Phi Omega Philippines, Incorporated are entitled to a share coming from the membership dues processed by the Region or Regional Officers. Regional Shares shall serve as financial aid to regions that drove the members under their Administrative Region to pay their dues and collate membership applications. With this, crediting and claiming regional shares should have clear-cut guidelines and procedures mandated to all Regional Officers.

Crediting Procedures:

1. An amount of 150 pesos per membership fee (APO ID) shall be credited to those regions that processed membership dues under their Administrative Region coordinated by the Section Chairman and the Regional Director.
2. Administrative Regions are encouraged to appoint their Regional ID Officer, provided with an endorsement letter or certificate from their respective BOUs.
3. Administrative Regions are mandated to create a Gmail account inline and uniform from the Gmail accounts of APO Philippines, Inc. Example: apophregion11@gmail.com
4. All ID Applications forms coming from the region should have the signature of the Regional Director.
5. Regional shares will be credited to the region with the following conditions:
 - a. For online processing of membership dues, membership applications forms should be submitted by the region's official Gmail account; or
 - b. Hard copies of membership application documents were sent personally by the Regional Director or Regional ID Officer.

Claiming Procedures:

1. Regional Directors must submit a letter of request addressed to the National President and National Executive Vice-President through the National Executive Director and National Treasurer requesting for their Administrative Region's share provided with the following:
 - a. Specific reason and use for the regional share; and
 - b. Breakdown of probable expenses.
2. All requests shall be processed within 5-7 business days.
3. Cheques to be issued and deposited by the National Administrative Office shall only be named after the Regional Director, Regional Treasurer, or the Region's official bank account.
4. Upon the date of release of the initial request, the Regional Directors are directed to submit a liquidation with official receipts within thirty (30) to forty-five (45) days.

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