



# THE FLASH

## FAMOS Newsletter

Filipino American Military Officers Association  
Celebrating the Past & Inspiring the Future

FAMOS – Established in April 1990

September 2016

<http://www.famosusa.org>

<https://www.facebook.com/famosusa>

Volume 2 Issue 3

### *President's Message*

He approached me with excitement and announced that he had flown several missions in Leyte, Samar and Cebu. I shook his hand and thanked him for his service and proudly announced that I was born and raised in Leyte, Philippines. Robert Telles was one of the many WWII veterans who celebrated the Spirit of '45 with us last August 14, 2016 at the Veterans Museum & Memorial Center in Balboa Park. He was 93 years old. His memory was still very sharp and he walked without assistance.



**CAPT Elsa P. Ang  
MC, USN Ret.**

Then there was the petite sailor in his Navy blue uniform. I asked Ed Danico how he was accepted by the U.S. Navy. Ed explained he was a Navy signalman and there were no strict physical criteria for his rating. That was the time when the Navy employed semaphore which used flags in making signals to communicate. There were no e-mails, no Facebook, no GPS, no Skype and other fancy communication and information gadgets. I started to think what WWII would be like with all our advances in information technology, weapons of mass destruction and UAV (drones) and submarines. I felt comfortable that the next world war would not happen in my lifetime so why worry about it.

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### **FAMOS Helps Keep Alive the Spirit of '45**

The Filipino American Military Officers Association again helped keep alive the Spirit of '45 when some of its members joined the celebration of the 71st anniversary of the end of WWII at the Veterans Museum and Memorial Center at Balboa Park

The Spirit of '45 project was adopted by both the Senate and House of Representatives to make the second Sunday in August a National Day of Remembrance to honor the legacy of service of America's "greatest generation". The men and women who remember the day when World War II ended are invited to attend the celebration and share their memories with others especially with today's youth.

**As it was last year, FAMOS had set up booths. Its name banners across the top of the booths conspicuously displayed the presence of the Association. FAMOS again handed out bottled water, bananas and candies. A pin or a polo shirt bearing the FAMOS emblem or both items would be presented to donors. Overseeing the amicable and nonprofit trade were President Elsa Ang and Sunshine Committee Gloria Supnet.**

The temperature at Balboa Park that day was pleasant in the mid 70s unlike last year when it was nippy

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## Two FAMOS Members Win Illustrious Honors

Colonel Ceferina Ruiz, USA, Ret. was selected as FARSOC\* VETERAN OF THE YEAR (\*Filipino American Retirees of Southern California). (See Page 3)

OSCS(AW) Jimmie Sober, USN, Ret. was chosen as PASDC\* VETERAN OF THE YEAR (\*Pangasinan Association of San Diego County) (See Page 4)

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### President's Message

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We are now in the last quarter of 2016. I wish to express my sincere appreciation for all your active participation and support in all our FAMOS activities. I look forward to a more exciting and challenging 2017.

MABUHAY !

CAPT Elsa Peñaranda- Ang, MC, USN, Ret.

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### Largest Overseas Military Installation of the U.S. Armed Forces

The Subic Bay Naval Base located in Olongapo, Zambales, Philippines was the largest overseas military installation of the United States Armed Forces after Clark Air Base in nearby Angeles, Pampanga, closed in 1991. Subic was 262 square miles, about the size of Singapore. It was a major ship-repair, supply and recreation facility of the United States Navy.

The Navy Exchange had the largest volume of sales of any exchange in the world. The Naval Supply Depot handled the largest volume of any oil of any navy facility in the world. After its closure in 1992, the Subic Naval Base was transformed into the Subic Bay Freeport Zone by the Philippine government.

## Executive Council Meetings

Meetings are held on the first Saturday of the month from 0900 to 1100 at 1341 East 8<sup>th</sup> Street, Suite A, National City, CA 91950  
Members are invited.

## Coming Events

- General Meeting: 3 September 2016
- Executive Meeting: 1 October 2016
- Executive Meeting : 5 November 2016
- FAMOS at FARSOC Veteran of the Year Event: 5 November 2016
- FAMOS at PASDC Veteran of the Year Event: 12 November 2016
- Holiday Harbor Cruise: TBD

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## Military Personnel in Uniform Salute During Pledge of Allegiance to the Flag

“I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all” **should be rendered by standing at attention facing the flag with the right hand over the heart.**

When not in uniform, men should remove any non-religious headdress with their right hand and hold it at the left shoulder, the hand being over the heart.

**Persons in uniform should remain silent, face the flag, and *render the military salute*, according to Section 4 of the Flag Code.**

**CEFERINA “CEF” P. RUIZ, M.D.**  
**COLONEL, USA, Ret.**  
***A Community Leader at Heart***



**Colonel Ceferina “Cef” P. Ruiz, USA, Ret.** has been selected as **Veteran of the Year** of the Filipino American Retirees of Southern California. She will be inaugurated at the dinner and dance on November 5, 2016 at the Four Points By Sheraton, Aero Drive, San Diego. COL. Ruiz is a medical doctor who retired from the United States Army as O-6 on March 1, 2007 after rendering 30 years of military service. **She is presently the Chair of the Sunshine Committee of the Filipino American Military Officers Association also known as FAMOS.**

**COL Ruiz’s deeds and achievements are numerous and impressive. From 1984 to 2001, she held a Commanding Officer billet with 987<sup>th</sup> Medical Detachment Unit, U. S. Army Reserve, USARC, San Diego, CA. She also served as the Chief of Professional Services of 4211<sup>th</sup> U. S. Army Hospital in San Diego, CA. She had completed active duty tours in Weisbaden, Germany; Fort Jackson in Columbia, South Carolina; Seoul, Korea and Fort Wainwright in Fairbanks, Alaska.**

The **Veteran of the Year** was born on February 3, 1942 in Calauag, Quezon in the Philippines. She attended the Calauag Elementary School in Calauag, Quezon. She graduated as the **Salutatorian from elementary** and later on as the **high school Valedictorian** from Calauag Central College.

With her ambition to be in the medical field, she moved to Manila to attend one of the best medical schools in the Philippines. She earned her Doctor of Medicine degree from the University of Santo Tomas, College of Medicine. She later went on to do her specialty training at Mount Vernon Hospital in New York as an intern and then did Family Practice residency at Camp Pendleton Naval Medical Center in California.

**In addition to the above mentioned assignments, COL. Ruiz had seen duty at the Balboa Naval Regional Medical Center, Miramar Naval Air Station, Naval Training Center, Anti-Submarine Warfare Center and Point Loma Submarine Base, all in San Diego, CA. She was deployed to Germany for the Operation Joint Endeavor in Bosnia. She spent time in Guatemala, Haiti, and El Salvador for the Humanitarian Medical Missions. She also served with the U. S. Public Health Services.**

DR. RUIZ has been and still is very active with numerous community service-oriented organizations. She had been President of the Philippine Medical Association of San Diego, CA where she is a Charter and Lifetime member.

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**JIMMIE SOBER**  
OSCS (AW), USN, Ret.



**Greetings! My name is Jimmie Sober. I feel honored and humbled for being chosen as Veteran of the Year of Pangasinan Association of San Diego County. Rest assured I shall endeavor to be worthy of the honor and trust accorded to me.**

I was born in Nebraska 1937 during the Great Depression. We had dirt roads, horse & wagon - no motorized vehicles. The nearest doctor was more than twenty miles away. Farmers, as were my Father and Mother, brought their own children into the world.

**I have served in the United States Navy. I saw first duty in Navy Aviation. I remained on active service for more than ten years. I then served with Surface Warfare in the Naval Reserves for nineteen years.**

My first major civilian job was with San Francisco Oakland Helicopter Airlines as a co-pilot. This was followed by working for Bell Aero systems Company as a test pilot, and then as an instructor while pioneering the Air Cushion Vehicle (English Hovercraft). At Bell Aero systems I was privileged to introduce this advanced marine vehicle to the Canadian Coast Guard in Vancouver, and to the U.S. Navy and U.S. Army for use in Vietnam. Bell's pioneering are the Landing Craft Air Cushion (LCAC) observed just past Oceanside on the Marine Corp Base near the ocean.

At Aerojet General I was again involved with the Canadian and United States Coast Guard and the U.S. Navy. Our operations assigned me to Canada, Alaska, Vietnam, and the Arctic Ocean. Aerojet General and Pioneer Bell Aero systems both introduced their different competing Surface Effect Ship (SES) to the world. The surface Effect Ship is a marine vehicle which can easily reach 100 knots while carrying aircraft similar to an aircraft carrier.

Rohr Industries was my next job of work. I served as a Program Manager/Director of Advanced Marine Vehicle Test, Research and Development Operations at the U.S. Navy in Patuxent River, Maryland. Afterwards I was assigned as Manager, Washington, D.C. Operations.

After leaving the Advance Marine Industry, I became Owner and President of California Paratransit Corporation and of American Cab Company.

I am now Director, Arthur, Cornell & Stuart where pro bono legal services are provided for low income and disadvantaged throughout San Diego County. We assist with Immigration, Naturalization, Wills/Trusts, Non-Profit formation, and perform other legal services requested. We often associate with several active attorneys

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## **CEFERINA “CEF” P. RUIZ, M.D.**

*—continued from Page 3*

She also served as President of the San Diego Majestic Lions Club, District 4-L6 (San Diego & Imperial Counties), Lions Clubs International.

Furthermore, she served as Board of Director of the American Diabetes Society, Philippine Medical Association, the Quezonians of San Diego, the Calauaguenians of San Diego, Fil-Am Community of San Diego, Filipino American Chamber of Commerce, Samahan Filipino American Heritage, all of which are in San Diego, CA.

She was a core Team Member of One Vision – One Voice, a Filipino American movement in San Diego. She is a lifetime member of the Association of Philippine Physicians in America. She was an active member of the American Academy of Family Physicians and the American Geriatrics Academy.

DR. RUIZ is an expert in her field. Her medical experience is outstanding as she has been affiliated with a number of hospitals including the Balboa Regional Medical Center (San Diego, CA), Camp Pendleton Naval Hospital (Camp Pendleton, CA), Landstuhl Army Medical Center (Weisbaden, Germany), Moncrief Army Community Hospital (Columbia, South Carolina), and Bassett Army Community Hospital (Fort Wainwright, AK).



## **JIMMIE SOBER—continued from Page 4**

with a similar mindset. Together, we have provided free legal services to more than 200 disadvantaged, deserving people.

I am currently the President of South Bay Fil-Am Association 2016-2018. I'm Past President of the San Diego Executive Lions Club which accomplished several medical and educational missions to the Philippines. I'm Past President & now Chairman of the Board of Samahan Fil-Am Heritage which provides educational books to the Philippines and Mexico, Scholarships for the under privileged, feeds the homeless, and more.

### **Organizations**

Fellow, North American Advanced Marine Association

Member, American Legion

Member, Navy League of the United States

Samahan Filipino American Heritage

Pangasinan Association

San Diego Executive Lions Club

### **Pioneered**

Pioneered Operations, Maintenance, Testing and Training Advanced Marine Vehicles, Pioneered Advanced Marine Operations with Canadian Coast Guard, United States Navy, United States Army, Commercial Operations within Canada, United States, and Asia.

### **Education**

Attended Shelton High School. BA in Commerce - University of the Philippines. MBA - University of Maryland. BA in Law Studies.- Southern California University.

## **FAMOS Helps Keep Alive the Spirit of '45**—*continued from Page 1*

especially to those who did not bring extra clothing. Ironically, the same people brought jackets and coats this year but did not have to use them.

FAMOS occupied the same site. It was adjacent to the band that played music of the '40s. Nearby was a canopy which displayed replicas of Army and Marine uniform, equipment, weapons and vehicles that were used in World War II.

Farther down was a tent manned by a WWII British Army soldier. Next to the tent was a group of six former Russian soldiers and sailors in their WWII uniform. There was also a gentleman wearing a Japanese soldier's WWII outfit.

The United States Armed Forces were well represented by young and old, active and retired personnel. Members of the Naval Sea Cadet Corps were present and so were Boy Scouts and Girl Scouts of America.

There were speakers who talked about their experiences and their whereabouts on August 14, 1945. The keynote speaker was retired Navy RADM Len Hering who said the WWII veterans are "really here to share their stories so the heroes of the day are not forgotten but are celebrated for their commitment to a country and a world worth fighting for." In the interim, spectators would dance and sing while the band played nostalgic music.

**CWO4 Ed Danico took the helm in coordinating the FAMOS participation. He did such a marvelous job and thus CDR Benny Valerio moved that Ed should be made the permanent coordinator for the Spirit of '45. The motion was easily concurred by the majority with only Ed objecting. That remains to be seen for now.**

On his own volition, the coordinator prepared food for his co-volunteers. The fare included steamed corn on the cob, pork *siopao* and chicken *siopao*, hard boiled eggs, cantaloupe and soft drinks. And yes, there was a cake that Ed himself baked, so he claimed. He arbitrarily called it "German cake" and like he bragged, the cake was good.

**CWO4 Manny Supnet and his wife, Gloria showed up first at the site, followed by CAPT Ang and her husband, Roger. Arriving just about the same time before 0900 were COL. Ceferina "Cef" Ruiz and her spouse, Secretary Jay; CDR Valerio who brought in the tables and chairs, OSCS (AW) Jimmie Sober and CW5 Teddy Datuin.**

Missing was the coordinator who was bringing in the ever important canopies. No canopy, no booth. When **Manny** asked where **Ed** was, **Teddy** responded that Ed told him he would show up at 0900. Lo and behold! Ed did arrive precisely at 0900. Wow! Was that a mere coincidence or by design?

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### **Replacing Lost Military Records**

If discharge or separation papers are lost, veterans or the next of kin of deceased veterans may obtain duplicate copies by contacting the National Personnel Records Center, Military Personnel Records, 1 Archives Drive, St. Louis, MO 63138, [www.archives.gov/st-louis/military-personnel](http://www.archives.gov/st-louis/military-personnel).

Use Standard Form 180, "**Request Pertaining to Military Records**," which can be downloaded. It is not necessary to request a duplicate copy of a veteran's discharge or separation solely for the purpose of filing a claim for VA benefits. If complete information about the veteran's service is furnished on the application, VA will obtain verification of service.

## *Editor's Nook*



CWO4 Manny Supnet  
USN, Ret

When the Japanese Imperial Armed Forces invaded the Philippines, I was in elementary school at Santa Maria, Ilocos Sur. In front of the school were two flag poles that used to fly the Philippine and American flags side by side. Every school day we would assemble by the flag poles in the morning for the flag ceremony. Standing tall and placing our right hands over our hearts, we would sing the *Stars Spangled Banner* as the American flag would be swiftly hoisted to the top of the pole. This would then be followed by the raising of the Philippine flag and the rendering of *Land of the Morning*. (Until now I remember the hymn vividly as opposed to my scanty memorization of its Tagalog version - *Lupang Hinirang*.)

**The American and Philippine flags were replaced by the Japanese flag as soon as the invaders claimed victory. A decree was then issued throughout the Japanese-occupied Philippines requiring everyone to bow before the flag of the rising sun when passing by. Non compliance of the ordinance would likely result in death. A sentry ensured the order was obeyed. In those days, a Japanese soldier could shoot and kill a Filipino for virtually any reason and that would be the end of it.**

That's how it was some 74 years ago. I have forgotten about it until the celebration of the Spirit of '45 last August 14 at the Veterans Museum & Memorial Center in Balboa Park. I saw someone wearing a Nippon soldier World War II outfit. In no time, I remembered the Japanese sentry who let go an elderly Filipino although he did not bow before the Japanese flag when he passed by. It was the duty of the sentinel to shoot the old man but somehow he spared him. **Why?**

**The episode was quite provocative and I decided to relate it to my fellow members of "FAMOS" - Filipino American Military Officers Association who were also at the celebration. They were CDR Benny Valerio, CW5 Teddy Datuin, CWO4 Ed Danico, OSCS (AW) Jimmie Sober and Engr. Roger Ang. CAPT Elsa Ang and Associate Member Gloria Supnet were not among the audience as they were busy minding the FAMOS booth. COL Ceferina Ruiz and her husband, EMCS(SS) Jay Ruiz had to leave early due to prior appointment.**

I asked the five available members to answer the question -- why did the Japanese sentry not shoot the Filipino pedestrian - as he was ordered to do - when the old man failed to bow before the Japanese flag when he passed by. They thought about it.

After a few minutes that I did not get any answer, I paraphrased the question: "Who was the old man who escaped a certain death -- what kind of a man was he?"

*Continued on Next Page*

## **Editor's Nook**—*continued from previous page*

I thought **CW5 Datuin** was on the verge of coming up with the right answer when he uttered, “the old man got a stiff neck.” **CWO4 Danico** appeared nonchalant although perhaps he was thinking. And so were Associate Members **Roger Ang** and **Jimmie Sober**. Meanwhile, **CDR Valerio** seemed to be searching for the answer as he was observing my demeanor.

After more than enough time had silently passed, I had to tell them the answer: The Filipino who escaped a certain death without even knowing it was a **hunchback**. The Japanese sentry must have erroneously surmised the hunchback had bowed because of his **back deformity -- seemingly bowing perpetually**. He was slow, weak but fair compared to the **hunchback of Notre Dame** who was agile, strong but ugly as evidenced by his feats in leaping over the great walls of the cathedral, carrying Esmeralda when he was trying to protect her and the fright he was eliciting on the people. The former hunchback was real while the latter was an imagery of novelist Victor Hugo.

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### **Survivor Benefit Plan**

#### **Children After Retirement**

A child acquired after retirement may be covered under SBP within one year if no eligible children existed at the time of retirement, according to the Retired Military Personnel Handbook.

The election request must be sent to the Defense Finance and Accounting Service (DFAS) and must arrive there within one year of acquiring the child.

Costs will be computed on the basis of the current age of the member and child (and spouse if for spouse and child coverage). Such a child is automatically covered if child coverage was taken at retirement and no change in costs will occur unless costs were suspended because all other children became ineligible.

If child costs were suspended, costs will be recomputed using the current ages of the member and youngest child (and spouse if for spouse and child coverage).

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### **Meet the United States Army**

The United States Army is made up of three components. One active, the **Regular Army** and two reserve components, the **Army National Guard** and the **Army Reserve**.

Both reserve components are primarily composed of part-time soldiers who train once a month, known as Battle Assembly or Unit Training Assemblies (UTAs), and conduct two to three weeks of annual training.

The Regular Army and the Army Reserve are organized under Title 10 of the United States Code. The Army National Guard is organized under Title 32. **While the Army National Guard is organized, trained and equipped as a component of the U. S. Army, individual units are under the command of individual state's governors.** However, units of the National Guard can be federalized by presidential order even if against the governor's wishes.

## Navy Journalists Fade Away

The Navy Journalist (JO) rating no longer exists. It was merged into the new Mass Communication Specialist (MC) in July 2006.

Navy journalists were information specialists. They gathered news about people, places and activities in the Navy, and communicated it to the military and civilian communities through radio, television, military publications and civilian newspapers.

They served as reporters and editors, and often with civilian reporters and photographers. JOs worked in print and broadcast media with public affairs officers and as independent journalists arranging public displays, exhibits, demonstrations, speaking engagements, news conferences, VIP visits and ship-based and shore-based tours.

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## Medicare Blood Coverage

*You may need blood as part of a covered inpatient stay in a hospital or a skilled nursing facility – whole blood, units of packed red blood cells or blood components.* If so, Medicare will keep help pay the costs, including the cost of processing and administering it, according to the Retired Military Personnel Handbook. **You must either pay for or replace the first three pints of blood each year – this is the annual blood deductible. You can replace the blood you use yourself or have another person donate on your behalf.**

Both Part A and Part B of Medicare cover blood, and to the extent that you meet the three-pint blood deductible under one part you do not have to meet it under the other.

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## Military Pay Garnishment

Military retired pay is exempt from garnishment for anything other than child support, spousal support, or a property division under the Uniformed Services Former Spouses' Protection Act. It is exempt from garnishment for the collection of commercial debts.

Members of the active duty military are not subject to garnishment for commercial debt; however, their pay can be attached through the military involuntary allotment process.

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## SBP Costs and Taxes Refund

If the Dependency and Indemnity Compensation (DIC) offsets the entire Survivor Benefit Plan (SBP) no annuity is paid and the SBP premiums for spouse coverage paid by the member are refunded to the surviving spouse. If the DIC payment is less than the SBP annuity, the spouse is paid an SBP annuity equal to the difference between the full annuity and DIC. A refund of SBP premium is made based on the difference between the costs actually incurred and the costs that would have been incurred in order to provide the annuity payable after the DIC reduction.

# FAMOS Personnel at Spirit of '45

## August 14, 2016



*Aug. 14, 2016 L-R M. Supnet, J. Sober, R. Ang, B. Valerio, E. Danico, J. Ruiz, G. Supnet, C. Ruiz*



*Aug. 14, 2016 Ed Danico & Robert*

**L-R: CWO4 Manny Supnet,  
OSCS (AW) Jimmie Sober, Roger Ang,  
CDR Benny Valerio, CWO4 Ed Danico,  
EMCS(SS) Jay Ruiz, Sr., Gloria Supnet,  
COL Cef Ruiz, CW5 Teddy C. Datuin**

**CWO4 Ed Danico  
with  
WWII Veteran Robert Telles**



*Aug. 14, 2016 FAMOS ladies,  
Gloria Supnet, COL. Ceferina  
Ruiz, USA, Ret*

**Gloria Supnet and COL Cef Ruiz**



*Aug. 14, 2016 Spirit of 45*

**L-R: CWO4 Manny Supnet,  
OSCS (AW) Jimmie Sober, Roger Ang,  
CDR Benny Valerio, CWO4 Ed Danico,  
EMCS(SS) Jay Ruiz, Sr., Gloria Supnet,  
COL Cef Ruiz, CW5 Teddy C. Datuin**

# **FAMOS Personnel at Mabuhay Festival**

## **An Annual Celebration of Philippine Independence Day & Filipino Culture**

### **June 11, 2016**



*CAPT Elsa P. Ang Presents Certificates of recognition to Filipino Sailors of the year June 11,2016*

**CAPT Elsa P. Ang presented FAMOS Certificates of Recognition to the U.S. Navy Southwest Region Fil-Am Sailors of the Year (SOY).**

**Front L-R: Ditas Yamae (Mabuhay Festival CEO), CAPT Elsa P. Ang (FAMOS President), CDR Gervy J. Alota (CO, USS Comstock, LSD 45), and two unidentified SOY recipients.**

**Back L-R: LCDR Clint Ceralde ( 2015 SOY recipient) and proud shipmates and friends of the SOYs.**

#### **Washington, D.C. Guests at FAMOS Booth**

**CWO2 & Mrs. Liwag (Ernie & Remy, both FAMOS members) brought their guests from Washington, D.C. to the FAMOS booth at the Mabuhay Festival.**

**L-R: Celso Antonio & Matilda Antonio (from Washington, D.C.), Remy Liwag, CAPT Elsa P. Ang, Roger T. Ang, and Norma Caramat**



*June 11,2016 Mabuhay Festival Kimball Park*

## APPOINTMENTS TO THE 2016-2017 FAMOS STANDING COMMITTEES

### BYLAWS:

Jay Ruiz, Sr.—Chair  
Oscar Sanchez Garcia  
Manuel Supnet

### EDUCATION/ SCHOLAR- SHIP:

Joy Gacuya—Chair  
Dennis Alcazar  
Dr. Ceferina Ruiz

### MEMBERSHIP:

Benny Valerio—Chair  
Ernesto Liwag  
Ed Danico

### SOCIAL/RECREATION

#### ( MWR):

Julio DeGuzman, Jr.—Chair  
Cesar Adan  
Nancy Valerio  
Teddy Datuin

### SUNSHINE:

Dr. Ceferina Ruiz  
Remedios Liwag  
Veronica Garcia  
Gloria Supnet

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## Publication

**THE FLASH** is the **FAMOS Newsletter** published quarterly by the Filipino-American Military Officers Association and distributed free to all members.

Readers are invited to send comments, news items and relevant articles to the editorial staff.

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