



Tumbleweeds



The official publication of the Tumbleweeds Viber Groups of the UP Los Baños Beta Sigma Fraternity and Sigma Beta Sorority, College, Laguna, Philippines



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TRAVELS WITH MY BROTHER BETANS THROUGH TIME AND SPACE

by Popoy Castañeda '55

The General del Pilar finally left the quay of Pier 8 North Harbor after midnight of Thursday the 4th week of October 1958. The General Del Pilar operated by the General Shipping Co, plies the San Jose Mindoro, Coron, Palawan route every Thursday. I boarded the ship earlier that afternoon escorted by my brother Betans at UPLB on board the jeep of Brod Conrado Nora (LB 55), with driver Tony Bautista (LB54) who was currently a cadet at the Philippine Airforce flying school in Batangas. Traveling with us were Julito "Igan" Leones (LB57), Frankie "Hopia" Colanta (LB55), Ponciano "Ninggoy" dela Pa (LB57) who carried my small travel bag of clothes labeled Porgecast, and Tony "Kilay" Asuncion (LB57) who was carrying 2 long neck bottles of aged lambanog, steeped in raisins (there were supposed to be 3 bottles but we

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**TRAVELS WITH MY BROTHER BETANS THROUGH TIME
AND SPACE**

by Popoy Castañeda '55

had dinner at a local carenderia and finished 1 bottle to wash down the carenderia fare.

I was bound for Sablayan Occidental Mindoro, to work at the MINDORO FARMS INC a Large Corporate Farm managed by Brod Johnny Quijano (LB53). I was replacing Ed Nabong (LB55) who was going back to the UPCA. When I saw the ship I

will be taking, I nearly backed out not because of the size of the ship but the sea of humanity and the mountain of cargo waiting to be loaded, which included numerous large huge ice boxes used for transporting fish, a herd of water buffalos on a make-shift corral on one end of the Quay and a big crowd of people with their belongings waiting to board even though it was clear that the ship was already fully loaded. The MV General del Pilar was a converted World War II liberty ship about 400 feet long and 50 feet wide. Igan the incurable joker told me I might have to swim to Sablayan, I was not worried because Ning had given me a life vest courtesy of the PAL and I had a Colt .45 with 60 rounds of ammunition in my old Army haversack. I was also bringing a large envelope containing the salary for the farm employees.

Armed with a courtesy pass from Tony's uncle who works with General Shipping, I acquired a berth at the top deck. After dispatching another bottle of lambanog, the brods left for Los Baños. As I was arranging my beddings on the canvas cot, I was approached by a man who introduced himself as Sgt. Bernardo Piscasio who commands the Philippine Constabulary detachment in Sablayan. When he found out that I was a Castañeda whose clan is from Imus Cavite and a grand nephew of Gen. Mariano Castañeda, Philippine Army Chief of Staff he warmed up quickly and told me that there were a lot of Caviteños in Sablayan. He was from Tanza himself. He mentioned that the

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by Popoy Castañeda '55

families of settlers travelling with us on the ship are mainly bound for Sablayan to settle via home-stead the newly opened areas at Sablayan. Most of them are former Hukbalahaps who are being resettled by the government under the National Resettlement and Rehabilitation Administration

(NARRA). Many come from the Ilocos region and some of them were going to the place I was going to which was called Katuray which later became Barangay San Vicente. After a few swigs of lambanog Sgt. Piscasio left to carry out his look on the main deck. Left alone, I finished the leftover pancit and washed it down with lambanog and laid down to sleep, remembering vividly the night of the joyful night of the Loyalty Day Ball at Baker Hall, and Igan Leones singing the nostalgic song "Always". I still remember the song up to now and its melody still helps me drift into blissful sleep.

I was awakened by the ringing of bells and a voice shouting in Spanish "Fuera visita" the bells signaling visitors who were not making the voyage to disembark from the ship. The ship's engine came alive starting with a gentle humming of the generators to deep throbbing of the ship's diesel engine. Then we were off to our life's journey. As MV General Del Pilar left the shelter of the harbor, the swells of the bay rocked the ship, and together with the gentle rolling of the ship and the copious amount of lambanog in my system I happily settled down into deep dreamless slumber.

The Caviteño accented voice of Sgt. Piscasio calling me to the breakfast table woke me up. Meals were served only to the first-class passengers on the upper deck. Breakfast consisted of fried, salted flying fish, a choice of fried or boiled rice and coffee. Sgt. Piscasio wore his staff sergeant uniform which got us an immediate place at the breakfast table. As soon as we finished breakfast we were already approaching the town of Mamburao, the Provincial capital of Occidental Mindoro but except for the church belfry and the telegraph tower there were no other signs of human habitation.

Technical Tip 



For cellphone users...

Rotate your phone to landscape position for a better view of the contents of this Newsletter.

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TRAVELS WITH MY BROTHER BETANS THROUGH TIME AND SPACE

by Popoy Castañeda '55

Sgt. Piscasio told me that according to the Caviteño families in Sablayan when Gen. Emilio Aguinaldo was captured by the Americans in Palanan, Isabela, many of his followers refused to surrender and hid out in Sablayan and are still in the area, albeit very old by now.

I told him of my grandfather Deogracias "Achang" Castañeda was a 14 years old military courier of Gen. Aguinaldo, was captured by the Americans (within the week of Gen. Aguinaldo's capture) and exiled to Guam. He died in the early days of the war with Japan due to a lung infection. Another uncle was incarcerated for the killing of a mayor in Cavite who was a Japanese collaborator.



By lunchtime Sgt. Piscasio pointed out a few wisps of smoke and told me that is Sablayan marked by a headland with a lighthouse. After lunch all the passengers started to prepare for our arrival. I told the Sgt. Piscasio I am supposed to take the Lady Nora to shore. The Nora's pilot happens to moonlight as a mechanic in the farm I am headed for. Sgt. Piscasio described Lady Nora to me and mentioned that the boat's mechanic is his friend, and a fellow Caviteño from Rosario.

We saw the white sandy islet marking the entrance of Magarin harbor as we approached. The ship's crew prepared for arrival and as soon as the ship slowed down, and docked, and crew secured its moorings, a horde of stevedores rushed aboard to offer their services to carry your luggage and belongings. There was total chaos.

From the corner of my eyes, I saw Sgt. Piscasio approach with a wiry small fellow wearing a Lady Nora t-shirt. He said the man will take care of my luggage and the cargo I was bringing to the farm. After the initial chaos has settled down, I made my way to the Lady Nora with Undong, its Purser. I checked in with Mang Dadong (Diosdado Lleto) the Lady Nora's Patron the traditional name given to a small boat captain. By the way, the Lady Nora

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TRAVELS WITH MY BROTHER BETANS THROUGH TIME AND SPACE

by Popoy Castañeda '55

is a 40 foot double outrigger dugout canoe or banca powered by a truck diesel engine. She is reputed to be the fastest banca plying the Sablayan, Mamburao and San Joe routes. She has a small cabin that could accommodate 8-10 passengers. Other passengers can stay topside in whatever space they can find.

I was able to meet my Kabatch Ed Nabong (LB55) who was staying in the población. Unfortunately, both Roger Guevarra (LB53) and Ricardo "Butch" Reyes were out of town so I got hold of brod Ildefonso "Eddie" Capinpin (LB 53) who manages the rural bank in San Jose who took us to the marketplace where in the late afternoon vendors cook fish over charcoal and also sell ice cold San Miguel beer. We had broiled dorado (mahi-mahi) and drank all the beer of the two vendors. Sgt. Piscasio caught up with us at the market. He will also be taking Lady Nora to Sablayan with us. We rode in Sgt. Piscasio's jeep to the the Lady Nora which was docked in Caminawit.

At around 9 pm, Mang Dado decided to weigh anchor and set sail for Sablayan. Being a Friday, the boat was more than fully booked. It was dangerously overloaded with school teachers, local government officials and PC soldiers taking prisoners to the Sablayan Penal Farm. Mang Dadong invited me inside the wheelhouse, where I found a cozy place to sleep.

I woke up at dawn and heard the voices of people conversing in the accent of southwestern Mindoro and the sound of the surf. Mang Dadong told me we had landed in Jalawjawan beach, several kilometers from the Sablayan Penal Farm. The soldiers loaded the 4 prisoners in a truck provided by the Penal Farm to hand them over to the authorities there. In the meantime, we spent our free time helping the crew prepare for sinigang the big barracuda (locally called Rompecandado) they caught earlier, for breakfast. As soon as the soldiers came back, we immediately shoved off and it was early-morning by the time we approached the beach of Sablayan about 250 meters from shore the big outrigger had to be poled because of the coral reef. There was a large crowd on the beach, waiting for Lady Nora's arrival. Sgt. Piscasio pointed out Mang Gene Mercini, the Farm's carpenter who will accompany me to Katuray. Mang Gene took care of my luggage and the cargo I was taking to the farm. We had another breakfast of rice and corned beef. Sgt. Piscasio joined us with Mr. Pedro Dano a tall elderly gentleman

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TRAVELS WITH MY BROTHER BETANS THROUGH TIME AND SPACE

by Popoy Castañeda '55

who was the municipal treasurer of Sablayan. He was also the 13-year old courier of Gen. Emilio Aguinaldo, who avoided capture and joined the other Magdalo soldiers who hid out in Sablayan. Mang Gener's wife is the niece of Mr. Dano, We all had breakfast together. Mr, Dano was very pleased to hear Sgt. Piscasio's and my heavily Cavite accented voice.

It was already 10am when Mang Gener and I started our 24 km hike to Katuray (now barangay San Vicente). Mang Gener's wife Petra is the niece of Pedro Dano the municipal treasurer. The way to Katuray is an old trail exiting the Poblacion on the north end thru the old World War II airstrip called Landing. This is the location where most of the settlers were temporarily placed while waiting for their homestead assignments. We passed the town cemetery emerging on the beach. After a kilometer we entered the narrow forest which borders the wide and an expansive fresh water swamp dominated by stands of Buri Palm.

The swamp was an excellent location for paddy rice cultivation. We walked besides a stream called the Ibod river and followed it eastward walking along the bank. By about noon, we reached the house of Mang Dadong where I met his brother Tony who works partime as a lighthouse keeper at the Apo Reef light-house. We drank tuba from Buri palm and broiled Moray eel personally speared by Tony. After consuming a gallon of Tony's tuba we continued our hike in the low area into the cogon and talahib grass until we reached Katuray. Mang Gener told me that the farm owners are working to officially convert Katuray into Barangay San Vicente.

We passed through the back trail, avoiding the main street of the settled area and arrived at my destination - MINDORO FARMS INC.



BROD RUBEN R. CANOY

by Ed C. Quisumbing '56

Contributor's note about this article: Ruben and I both came from Cagayan de Oro and worked closely in government. During that time we have always called each other as brod. I wish to share a more comprehensive article about Ruben written by **Ian Rosales Casocot** (born 17 August 1975) who is a Filipino creative writer and journalist from Dumaguete City, Negros Oriental, Philippines.



Reuben Rabe Canoy was a fictionist, poet, screenwriter, film producer, radio host, lawyer, politician, and staunch advocate for Mindanao independence and federalism. He was born on 6 June

1929 in Cagayan de Oro City. He graduated with an AA degree from Silliman University in 1952, after spending his collegiate years in Dumaguete City pursuing the literary life: he was a huge part of Silliman's post-World War II generation of writers who went on to great critical acclaim in the mid-1950s, together with Edilberto Tiempo, Edith Tiempo, Aida Rivera Ford, Ricaredo Demetillo, Eddie Romero, and Cesar Jalandoni Amigo. He was editor-in-chief of the 1952 edition of *Sands and Coral*, the university's literary journal, for which he was also known for contributing its now iconic emblem of a nude figure swimming underwater and gathering sand in their hands, which he designed in 1948. He published his fiction and poetry widely in national papers and magazines as well. In 1981, Leopoldo Y. Yabes would include his short story "Deep River" in the landmark anthology, *Philippine Short Stories 1941-1955*, published by the University of the Philippines Press.

After graduating with a law degree from UP, he dabbled in two different worlds: cinema and politics. In 1966, he was appointed Undersecretary for the Department of Public Information under the Presidency of Ferdinand E. Marcos, and also provided the story for fellow Sillimanian Eddie Romero's *The Passionate Strangers*, which is a film noir set in Dumaguete. He would later write the screenplay for Romero's B-movie horror film *Mad Doctor of Blood Island* [1968], where he was billed as Ruben Canoy, and for Amigo's *Babae sa Likod ng Salamin* [1976], which he also produced under his film outfit Ruben Canoy Productions. He also went on to write and produce Amigo's *Sa Dulo ng Kris* [1977].

While making headway into local film, he would become a

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BROD RUBEN R. CANOY
by Ed C. Quisumbing '56

member of the Marcos-era Batasan Pambansa. He would later run for mayor of Cagayan de Oro City, a position he held from 1971 to 1976. Together with fellow Mindanaoan politicians Aquilino Pimentel Jr. and Homobono Adaza, he formed the Mindanao Alliance during the Marcos years, and the three became known for being outspoken critics of the Martial Law regime. Of the three, it was Canoy who first hogged the national limelight when he emerged as the lone opposition candidate in Northern Mindanao to win in the 1978 Batasan polls. [At that time, Batasan members were elected on a regional basis.] In 1981, however, the three allies parted ways because of political differences, and Canoy would go on to form the Social Democratic Party of the Philippines with 14 members of various opposition groups, hoping to begin building a unified opposition to the then 16-year-old rule of Marcos.

He used his knowledge from his early association with Marcos to write a book on Martial Law, titled *The Counterfeit Revolution: The Philippines from Martial Law to the Aquino Assassination* [1984], which many took as Canoy's diatribe against *Revolution from the Center* [1978], a book in which Marcos touted the ideological foundation of his authoritarian rule. Of this tome, the late National Artist F. Sionil Jose noted: "Canoy ... has first-hand knowledge of the Marcos regime because he was Undersecretary of Information, Presidential Action Officer, and Chairman of the Southern Philippines Development Authority. As a writer in the early days of the Martial Law regime, Canoy was privy to the machinations and back-door dealings in the Palace. His book is not only authoritative but also illustrates how power operates and how it also fails. He called the Marcos dictatorship a counterfeit revolution because like most intellectuals in the fringes of power he realized soon enough the shortcomings of a presidency surrounded by relatives and cronies who profited from that dictatorship."

Canoy also wrote *The Quest for Mindanao Independence* [1989], where he began touting his dream for that island's political independence from the Philippines. He would also turn his attention to the issue of federalism, and once described the current unitary government as "a legacy of colonialism, whose centralized power suppresses democratic governance, thwarts local development and impedes nationalist progress."

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BROD RUBEN R. CANOY

by Ed C. Quisumbing '56

Canoy would continue writing even when he was deeply enmeshed in politics. He had a regular column for *The Philippines Herald*. He also wrote two novels: *Island of Fear* [1987], which is about an armed band roaming the countryside, posing as communist guerillas and terrorizing the rural folk, who are in reality members of an operation supported by American agents, high-ranking military officials, and right-wing businessmen; and *Terror in Paradise* [2006, co-written with his brother Nestor R. Canoy], which is about a good American caught in the webs of deceit by a dictator and the nefarious activities of the CIA.

He would run for President against Marcos in 1986, and in 1990 he was arrested and detained without warrant by the military for his alleged involvement in a coup staged in Northern Mindanao led by Col. Alexander Noble.

He was also a long-time radio personality. In 1952, he convinced his brother Henry to turn his fledgling radio station in CDO into a more powerful network. This became Radio Mindanao Network. Until his later years, Canoy would host an early morning radio program, "Perspective," which ran for 64 years on RMN. In 1971, for his contributions to mass media, he would be conferred the Outstanding Sillimanian Award.

In 2013, he made a brief return to film when he was announced as one of the winners of the Genre Film Scriptwriting Competition organized by the Film Development Council of the Philippines, for his unproduced screenplay "The Unbelievers."

He married Solona Torralba in 1953, with whom he had four children, Rhona, Chet, Marc, and Don.

He died on 5 July 2022.

For many of his avid radio listeners, he was known for his trademark sign-off: "Ang lungsod nga nasayod maoy makahatag og kusog sa demokrasya. Apan ang lungsod nga mapasagaron, maoy makapukan sa atong kagawasan. [The city that values knowledge is what gives strength to democracy. But the city that is foolhardy is what will destroy our freedom.]"

A MOTHER. A COLLEAGUE. A SISTER. AND FOREMOST, A WOMAN

by Eleika Ortiz, SKS



As beknownst to many, sis Imelda Lozada Evangelista-Santos was one of UP Sigma Beta Sorority Los Baños Chapter's charter members. For some in the late 1950s, she was an agriculture student in UPLB, an Iska one would regularly cross paths with around the campus or sit beside with in major classes, but for the sorority and the fold, sis Imelda was a pioneer. A resident member

of grit and outstanding potential who, together with equally empowered sisters, have molded the foundation of what the sorority is and what the sorority upholds today.

Shortly after graduating college and earning her degree in 1958, sis Imelda became a licensed Agriculturist and has professionally worked her way up as a Soil Research Aide in 1958 in the Bureau of Soils to a Supervising Agriculturist from 1990 to 2004 in the Bureau of Soils and Water Management, spanning almost half a century in service. A laudable career that has flourished in the industry and her colleagues, sis Imelda was also recognized for her expertise and has worked as a respectable consultant for several private companies such as Amway to which she has contributed through constituting an efficacy evaluation of the company's fertilizers and agricultural products. Truly, a formidable woman who has spent her career in service of the people for better and efficient utilization of soils and water as vital agricultural resources.

Of course, sis Imelda has not only thrived professionally, but has lived a joyous life as well. There were a few things that sis Imelda was highly fond of. Aside from being an established agriculturist, she also loved collecting clocks, which ranged from table clocks to wall clocks. Perhaps, we can assume that sis Imelda undoubtedly valued time as evident in her clock collection. She was also a foodie with great gastronomic taste particularly for steaks. Exploring newly opened restaurants and supporting the foodservice industry was one of the passions in life she delighted in.

Needless to say, sis Imelda has lived through several roles and milestones during her meaningful years as she nurtures a

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A MOTHER. A COLLEAGUE. A SISTER. AND FOREMOST, A WOMAN

by Eleika Ortiz, SKS

family with values while also cultivating a prosperous career. An alumna, a career woman, an affectionate mother to Alma Delight and Alvin Erikson both raised in a close-knitted family beside her compassionate and dependable husband, Mr. Conrado C. Santos, and of course, a supportive grandmother to her grandchildren, Carbine Colt, Bar Walther, Carl, Ralph Anthony, Charles Irving, and Paul Derrick. In millennial and gen-z language, sis Imelda has assumed these roles “basic” and has excelled without breaking a sweat!

For many women and to her family, sis Imelda continues to be an example. Her legacy carries on to the many lives she has inspired. To the Sigma Beta Sorority, she will always be a vital pillar of the principles and values that the sorority has sustained for the empowerment of women not only in the Philippines, but around the world. To her friends and colleagues, she is a symbol of loyalty and a counsel of wisdom. And lastly to her loving family, sis Imelda perpetuates in their hearts; in the memories each relative holds dear; in every corner of the four walls she’s built with the love of her life; in every album; and every picture frame hanging these walls fortified with her generosity, her sacrifices, and her never ending love.



RESIDENT SISTER'S UPDATE

by Cheska Mae Marcial

On June 25, 2022, the resident members of the UP Sigma Beta Sorority, Los Baños Chapter and the UP Beta Sigma Fraternity-Los Baños Chapter held a semi-ender party at the Splash Mountain Resort and Hotel, sponsored by Brod Leo Balagot, where resident members gathered for food, drinks, and exchange of words and ideas.

Various activities were enjoyed from 8:00 PM to 6:00 AM. The residents shared their introductions and unique traits, as well as expectations for the upcoming term, including the maintenance of strong bonds between brothers and sisters. Stories involving the sorority and the fraternity and tips for recruitment and organizing events were shared by older residents, especially those who were able to experience face-to-face classes for a long time. Conversations were also shared at the pool at 4:00 AM before packing and cleaning up by 6:00 AM.

RESIDENT BROD'S UPDATE

by Keith Tidon, Grand Princep, 2022-23

Rekindling Bonds as we enter the Post-COVID Era

After two long years, we gladly announce that the **U.P. Beta Sigma Fraternity – Los Baños Chapter** will be holding its first official face-to-face celebration this month of August — our **72nd Anniversary Celebration**. In celebrating this milestone, a series of activities for the month of August will be conducted to showcase the Brotherhoods resilience and continued unity despite the struggle of the pandemic. The schedule of activities for our month-long celebration is as outlined below.

August 1-12: Infirmary Assistance

The Fraternity has been a consistent partner of the University Health Service during the Pre-enrollment Physical Examination (PPE) of incoming first-year students. As the UPLB campus prepares for the blended learning setup next semester, the University Health Service resumes the conduct of PPE. Living up to our principles, we once again offer our service through partaking in this endeavor which also allows us to introduce the Fraternity to all the incoming first-year students which can help boost recruitment.

August 12: Thanksgiving Mass and Rose Giving

As we celebrate our anniversary, we also give thanks to God Almighty for blessing the Fraternity for 72 years; let us pray for the safety of all brods and their loved ones, let us pray that the pandemic may end soon, and let us pray for a more prosperous U.P. Beta Sigma for the years to follow.

During our anniversary, it has also been part of our month-long celebration to give roses to the campus offices to show appreciation for the work of the UPLB staff and to maintain relations with the UPLB administration.

August 13: Temporary Tambayan Inauguration, Campus Day Celebration, and Malmon Ride

The ongoing demolition of the College Coop Store (Coop) prompted our temporary transfer to the area across the street, at the back of the Old Humanities Building. As we celebrate our anniversary, we will be marking this spot as our temporary *tambayan* through a short inauguration program. After the program, brods and sisses may go around the campus for the UPLB Saturday Bazaar after which there will be a feast and jug-a-lug to allow us to catch up after not being able to meet for the past

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RESIDENT BROD'S UPDATE

by Keith Tidon, Grand Princep, 2022-23

two years. On this day will also be the Malmon Ride, a bike ride event promoting health and wellness.

August 20: Testimonial Dinner

With the Commencement Exercises now falling on the month of August, we also take this opportunity to send off the graduates of this academic year through the Testimonial Dinner. Resident and alumni brods are invited in this event as we celebrate the achievement of the newly graduated brods and reminisce their campus life being brods.

August 27: Malmon Cup

Capping off our month-long celebration is Malmon Cup — a fund-raising basketball competition promoting camaraderie between brods of different chapters through sports. This year's Malmon Cup targets 6 teams to compete.

To make all of the activities of the Fraternity possible for this year's anniversary celebration, we are inviting all brods to take part in our events. Any form of assistance – be it in kind or in cash – is also welcome and is deeply appreciated as it will go a long way in making our celebration a success. We would also like to promote the ongoing sale of our 72nd Anniversary Shirt and other shirts (see designs attached). We hope to see you all brods. Cheers to our 72nd Anniversary!

Payments and Donations

may be forwarded to the following accounts:

Bank/E-wallet	Account Name	Account Number
GCash	John Angeles Remo	09269788927
Philippine National Bank	Nathaniel Ariben L. Domoguen	128810032160

Links

Form	Link
Campus Day Celebration Registration Form	https://bit.ly/UPLBBSFat72
Shirt Order Form	https://bit.ly/UPLBBSFat72-Shirts
Malmon Cup Registration Form	

Should you have inquiries, please feel free to contact the undersigned, Nathaniel Ariben L. Domoguen (nathanieldomoguen13@gmail.com) or John Angeles M. Remo at (0926) 978 8927.

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RESIDENT BROD'S UPDATE

by Keith Tidon, Grand Princep, 2022-23

MERCHANDISE

72nd Anniversary Shirt: 600 PHP (500 PHP if you register for the Campus Day Celebration)



SHIRT SIZE CHART

	XS	S	M	L	XL	2XL	3XL	4XL
WIDTH	17	18	19	20 1/2	21 1/2	23	23	24
HEIGHT	26	27	28	29	29 1/2	30	31	31

MEASUREMENT IN INCHES

βΣ Collared Frat Shirt:



A few good Senior Moments

An elderly gentleman.....

Had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet..

I just sit around and listen to the conversations. I've changed my will three times!'

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!? Like a newborn baby!?'

'Yep. No hair, no teeth, and I think I just wet my pants.'

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great.. I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'What is the name of that flower you give to someone you love?

You know.... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'



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Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

Couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember ..

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure..'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, The old man returns from the kitchen and hands his wife a plate of bacon and eggs.. She stares at the plate for a moment.

'Where's my toast ?'



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JOKES

A senior citizen said to his eighty-year old buddy:

'So I hear you're getting married?'

'Yep!'

'Do I know her?'

'Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'Naw, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse.'

'Well, then, is she good in bed?'

'I don't know.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'

Morris, an 82 year-old man, went to the doctor to get a physical check-up.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful."

The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.'

One more. . .!

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool.. After catching his breath, he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis.'

