

September 16, 2020

I welcomed the invitation to be guest editor of the first digital UPMASA Journal. For the past two years, I have been publishing TIDBITS, a monthly digital newsletter for UPCM '67, started after our Golden Anniversary celebration in December 2017. The feeling of camaraderie was something we wanted to prolong. We had stories to tell, memories to preserve (different variation with each narration), and important events to share. We were gradually transitioning from extremely busy careers into retirement, getting to that stage in life where we had time to pursue interests, develop hidden talents and spend more time with loved ones. Although we had the group email and social media group accounts, not everyone participated, and it was difficult to generate sustained enthusiasm.

As a coeditor of the 50th Anniversary Memory Book, I had the advantage of having been in most recent communication with classmates. I possessed the technical ability, a modest amount of talent, and the audacity to start the digital newsletter, available to classmates who wished to “subscribe.” My fervent hope was to get classmates involved. And participate they did!

The contents of this publication are selected articles from TIDBITS (Issue 1 to Issue 24).
The sections are as follows:

Looking Back – Medical school days

Looking at UPCM Class '67 - Honors, Class projects, Individual acts of generosity for
the benefit of UP-PGH

Looking Scholarly – Poem, Essays

Looking Normal (At least trying to) – Activities during the pandemic

Please share my pride in being a member of UPCM '67,

Angelina de la Cruz- Castro

Editor of TIDBITS

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