

# balita



No. 3598, April 30, 2015

## GUEST OF HONOR AND SPEAKER



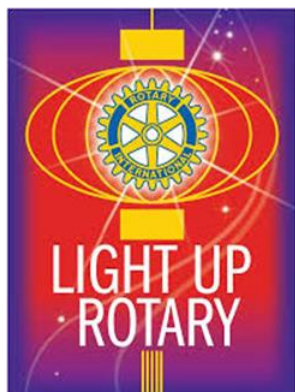
**JAIME J. BAUTISTA**

President & Chief Operations Officer  
Philippine Airlines



## KABALITA

It's time to fly and make the heavens YOUR HOME IN THE SKY. Indeed, as the flag carrier's signature song aptly puts it, "Here among the stars, our spirits will fly." Let us all welcome the flag carrier's FIRST IN COMMAND of Operations as Asia's First Airline meets Asia's First Rotary Club.



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## THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2014-2015

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*Immediate Past President*

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# PROGRAM

## RCM's 36<sup>th</sup> for RY 2014-15

April 30, 2015, Thursday, 12N, Manila Polo Club McKinley Room

**OIC/Moderator : PP Archit Bartolome**

## **“A Joint Meeting Between Rotary Club of Manila (RCM) and Rotary Club of Makati West (RCMW)”**

### **P R O G R A M   T I M E T A B L E**

|          |                                                                                                                                                                                                                                                |                                                                                                                        |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 11:30 PM | Registration & Cocktails                                                                                                                                                                                                                       |                                                                                                                        |
| 12:25 PM | Bell to be Rung:<br>Members and Guests<br>are requested to be seated                                                                                                                                                                           | <b>PP Archit Bartolome<br/>OIC/Moderator</b>                                                                           |
| 12:30 PM | Call to Order                                                                                                                                                                                                                                  | <b>RCM Pres. Frank Evaristo;<br/>RCMW Pres. AP Bartolome</b>                                                           |
|          | Singing of Republic of the Philippines<br>National Anthem<br>Invocation<br>RCM Hymn<br>RCMW Hymn<br>The 4-Way Test Credo                                                                                                                       | <b>RCM WF Music Chorale<br/>RCMW PN Ruy Moreno<br/>RCM WF Music Chorale<br/>RCMW Members<br/>RCM Sec. Albert Alday</b> |
| 12:40 PM | Introduction of -<br>-Guests and Visiting Rotarians<br>-Personalities seated at the Head Table<br>Welcome Song                                                                                                                                 | <b>RCMW IPP Tony Lopez<br/><br/>RCM WF Music Chorale</b>                                                               |
| 12:45 PM | Maligayang Bati (Weekly Birthday Celebrants) :<br><b>RCM</b> Birthday Celebrants:<br>May 5...Dir. Amading Valdez;<br><b>RCMW</b> Birthday Celebrants:<br>April 30...Rtn. Martin Pascual;    May 3...Rtn. Venu Kotamraju<br>Happy Birthday Song | <b>RCM WF Music Chorale</b>                                                                                            |
| 12:50 PM | President's Time                                                                                                                                                                                                                               | <b>RCM Pres. Frank Evaristo;<br/>RCMW Pres. AP Bartolome</b>                                                           |
| 12:55 PM | Introduction of Guest of<br>Honor and Speaker                                                                                                                                                                                                  | <b>RCM Dir. Bobby Joseph</b>                                                                                           |
| 1:00 PM  | Address: <b>Mr. Jaime J. Bautista</b><br>President/CEO, Philippine Airlines                                                                                                                                                                    |                                                                                                                        |
|          | Public Forum<br>Response and presentation of token of<br>appreciation to <b>Mr. Jaime Bautista</b>                                                                                                                                             | <b>RCM Pres. Frank Evaristo;<br/>RCMW Pres. AP Bartolome</b>                                                           |
| 2:00 PM  | Adjournment                                                                                                                                                                                                                                    |                                                                                                                        |

# PRESIDENT'S CORNER



ALAY LAKAD remains our turf. And the Filipino out-of-school youth have every reason to rejoice. During the general assembly of the Board of Directors of the Alay Lakad Foundation, Inc. which is now on its 45<sup>th</sup> year, last April 24, 2015 at the Philippine National Police Headquarters and modesty aside, I was re-elected as President of the Alay Lakad Foundation, Inc. Its mandate is to provide educational assistance, skills training and livelihood programs to thousands of out-of-school youth through the annual fund raising walk-for-a-cause held every first Sunday of September. The walk is led by the four (4) big civic organizations, namely, Rotary, Jaycees, Lions with the support of the Armed Forces of the Philippines, the Philippine National Police, the Metro Manila Development Authority, the Boy Scouts of the Philippines, the Girl Scouts of the Philippines as well as other government agencies with H.E. Benigno Simeon C. Aquino III, President of the Republic, as honorary member. This coming Rotary Year, our very own DGE/PP Obet Pagdanganan will be a member of the Board of the foundation and Rotary Club of Manila South PP Ricky Valdez will be Rotary Alay Lakad Chairman. Meanwhile, I am both honored and humbled by my re-election to head this foundation, knowing that its main objective is for a worthy cause. On this note, I would like to express my deepest gratitude and sincere appreciation to those who have supported me and I am deeply inspired to continue doing the same for the benefit of our out-of-school youth. It is worthy to note that the last walk chaired by Lions District Governor Marissa Sy generated a total donation of Php 661,150.00 of which a total of Php 156,000.00 came from Rotary District 3810 led by District Governor Edmond Aguilar and of which Php 60,000.00 came from our very own club through the leadership of our club's Alay Lakad Chairman Club Secretary Albert Alday.

On news within our club, our sister club, the Rotary Club of Singapore, is extending an invitation for us to attend their 81<sup>st</sup> Installation, Induction Ceremonies and Fellowship Dinner on June 26, 2015 at the Tower Ballroom of the Shangri-La Hotel Singapore and this will be led by their Best Class President Alan Tan. With respect to this event, I am pleased to note that PD Ed Lee and Daffodil will be attending this momentous occasion. For those who will join them, please get in touch with our International Service Director Susing Pineda.

On a sad note, our club prays and extends our deepest condolences to the families of the victims of the recent deadly earthquake that struck Kathmandu, Nepal which has claimed the lives of some 4,000 individuals and which has triggered an avalanche at the highest peak in the world, Mt. Everest.

On a brighter note, I wish to convey my sincerest thanks and profound gratitude to fellow Rotarians and friends who offered prayers for the speedy recovery of PP Boy Guevara's Ann, Monette, who has swiftly and completely recovered and is not resting at her home. Indeed, strong faith and prayers are the keys to overcome adversity. Really, "God is Good All The Time."

Today, we shall have Mr. Jaime J. Bautista, President and Chief Operating Officer of Philippine Airlines, as Guest of Honor and Speaker, in a joint meeting of our club, the Rotary Club of Manila and the Rotary Club of Makati West led by Best Class President A.P. Bartolome, son of our PP Archibart Bartolome. Let us all give him a warm welcome and lend him our undivided attention as it will surely be a very interesting and interactive fellowship meeting. Hence, let us give the winding up stages of our Rotary Year 2014-2015 one final kick as we participate in all the activities of Rotary.

# GUEST OF HONOR AND SPEAKER'S PROFILE



## PROFESSIONAL PROFILE OF JAIME J. BAUTISTA

Jaime J. Bautista is a PAL veteran with a record of service spanning more than three decades.

He re-assumed the presidency of Philippine Airlines in September 2014 after the Lucio Tan Group took over management control of Asia's longest-running airline. He served the same post as PAL President and Chief Operating officer from 2004 – 2012.

He was Executive Vice President of PAL from 1999 – 2003; Senior Vice President - Finance and Chief Financial officer from 1994 – 1999 and Vice President-Comptroller from 1993-1994.

He was also President of PAL Holdings, Corp. from 2004 - 2012 and held various positions in the LT Group of Companies. He also served as Board Director of Eton Properties, Philippines, Inc, from 2004-2008.

From 2003-2004, he was President of PNB Forex, Inc. and President and CEO of Air Philippines, Inc. From 1992 – 1993, he served as Vice President and General Manager of Asian Alcohol Corporation.

He held various managerial positions in the Lucio Tan Group of Companies throughout the 80s and the early 90s. He was also an auditor of Sycip, Gorres, Velayo & Co. in the late 70s.

At present, he is Vice Chairman of the Board of Trustees - University of the East; Member, Board of Trustees - UERM Memorial Medical Center; Treasurer and Board Director - Macroasia Corporation; Chairman - Macroasia Airport Services Corporation; Treasurer - Macroasia Catering Services Corporation; Board Director - Macroasia Properties Development Corp, and Treasurer - Tan Yan Kee Foundation, Inc.

His socio-civic professional membership includes: Philippine Institute of Certified Public Accountants; Rotary Club of Makati-West; Makati Business Club and Financial Executives Institute of the Philippines.

He has received various awards through the years, among these: People of the Year – People Asia Magazine (2010); Aviation Person of the Year – Orient Aviation Magazine (2007); Tourism Personality of the Year – Rotary Club of Manila (2006); Tourism Personality of the Year – SKAL Makati (2005) and Outstanding Alumnus – Colegio de San Juan de Letran (2004).

He graduated with a Bachelor of Science degree in Commerce, Major in Accounting (Magna Cum Laude) from the Colegio de San Juan de Letran in Intramuros, Manila and is a Certified Public Accountant. (END)

## THE WEEK THAT WAS



RCM PVP Fausto Preysler as OIC-Moderator directs the program of activities for the joint meeting of Rotary Club of Manila (RCM) and Rotary Club of Forbes Park (RCFP).



RCM Pres. Frank Evaristo and RCFP Pres. John Tiong call the joint meeting to order.



**RCFP PN Lito Buñag** delivers an ecumenical prayer.



**RCFP PP Frankie Adriano** leads in the recitation of the Four (4) Way Test.



**RCM Rtn. Art Lopez** introduces the guests, visiting Rotarians and personalities seated at the presidential table.



**RCM Rtn. Babe Romualdez**, Chairman, Journalism Awards Committee, gives a brief background presentation on the ranking of nominees by fellow **RCMers'** for the ***Most Outstanding Journalists in Print, Television and Radio Categories***. This was followed by his introduction of **Honorable Loren B. Legarda**, Senator, Republic of the Philippines, as guest of honor & speaker.



**The Honorable Loren B. Legarda**, Senator of the Republic of the Philippines, spoke before Manila Rotarians, Forbes Park Rotarians, Visiting Rotarians and guests on the effects of climate change as well as concern for the environment.



An interactive public forum followed suit post the speech of **Honorable Senator Loren B. Legarda** .



RCM Pres. Frank Evaristo & RCFP John Tiong present to Honorable Senator Loren B. Legarda, RCM's almanac book courtesy of Treas. Chito Tagaysay, and a religious icon; and RCFP's coffee table book, as the clubs' token of appreciation for being the guest of honor and speaker.

## WEEKLY BIRTHDAY CELEBRATION



RCM Pres. Frank Evaristo and RCFP Pres. John Tiong presents the birthday celebrants of the week: From RCM Rtn. Celso Abastillas; and from RCFP PN Lito Buñag and PP Leo Garcia for the traditional blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

## MEMBERSHIP COMMITTEE MEETING



Present at the meeting were: Rtn. Bren Egan, PVP Fausto Preysler, Rtn. Jujut Enriquez, Rtn. Art Lopez, PP Boy Ampil, Rtn. Babe Romualdez, Dir. Susing Pineda, SAA Dave Reynolds, PD Ed Lee, PVP Lance Masters and ES Anna Kun Toledo.

## WF MUSIC REHEARSAL MEETING



WF Meeting/Practice at the CCP. Present were: Chair. Babes Reyes, Co-Chair. Gus Fajardo, PD Ralf Gonzales, PT Jim Chua, PD Nick Locsin, Dir. Oscar del Rosario, PD Beda Fajardo, PS George Salazar, Rtn. Nilo Aventura, Rtn. Tong Payumo and DGE Obet Pagdanganan.

## ALAY LAKAD

RE-ELECTED AS ALAY-LAKAD PRESIDENT



# Congratulations!

## Best Class Pres. Frank

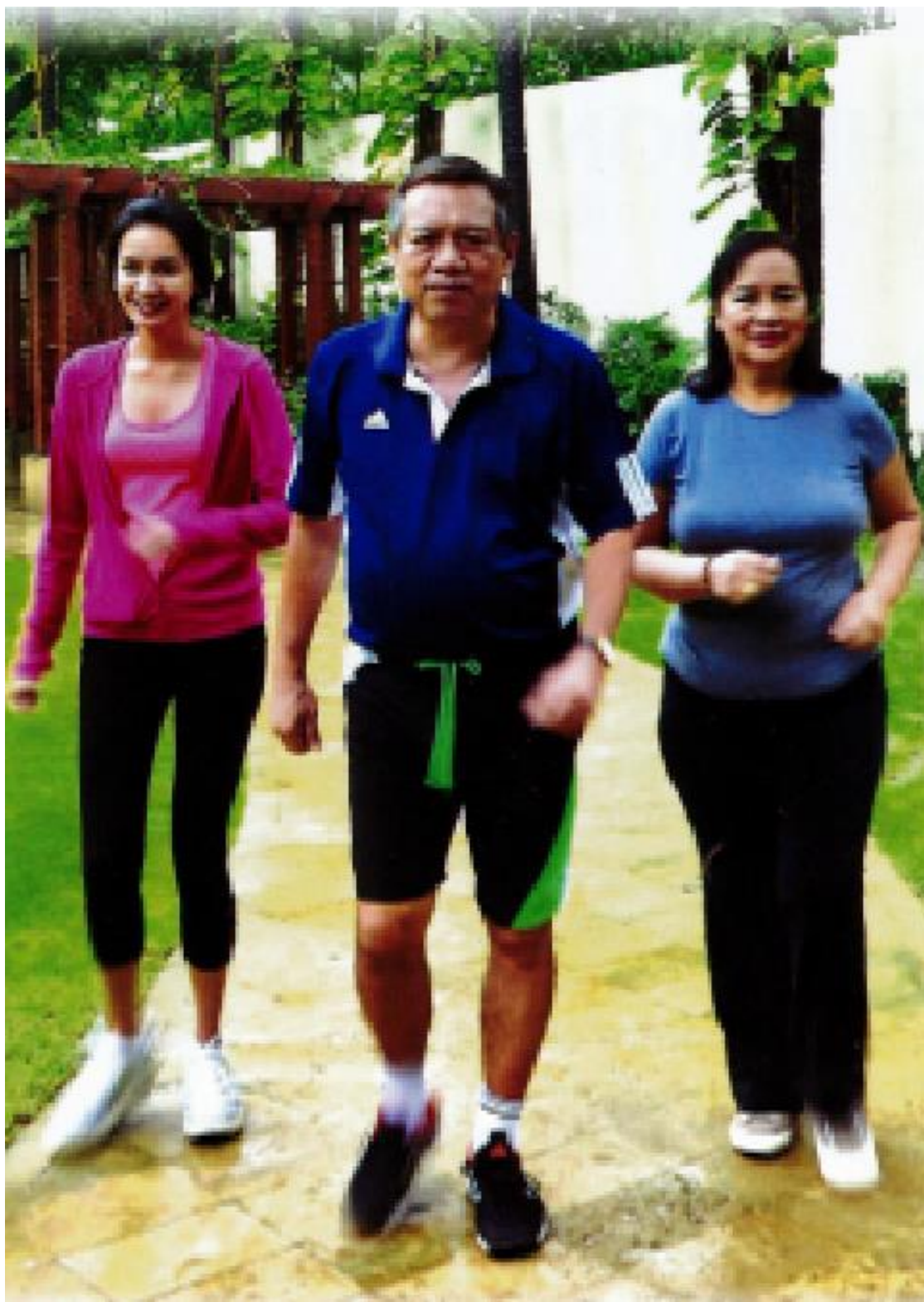
Re-elected President of Alay Lakad Foundation  
held last Friday at PNP headquarters.

It is such a privilege to know you and  
we look forward to support you.

**You deserve your splendid success!**

*-from your Best Class Classmates*





***Alay Lakad President Frank Evaristo (center) with Amanda Navasero to his left and Tita Trillo to his right. To date Alay Lakad has assisted more than 60,000 out-of-school youth beneficiaries with scholarship grants, educational assistance and livelihood opportunities.***

# IN MEMORIAM

**IN MEMORIAM OF 1ST DEATH ANNIVERSARY OF DE TING ANGELES,  
CHAIRMAN, INTERNATIONAL RELATIONS RY 2012-2013**



**Remembering Rtn. Ting Angeles in his first death anniversary last March 31, 2015 start with mans & dinner held at Edades Tower, Rockwell, Makati - photo with Pres. Frank Evaristo, AS Addie Topacio, Dir. Susing Pineda and Spouse Marites, PS Butch Marking, PD Ed Lee, PP Benny Laguesma, PD Alvin & Cath Lacambacal, PD Ner & Femy Lonzaga, IPP Rudy & Sharon Bediones, Dir. Amading Valdez, Rtn. Thad Liamzon, PDG Vince Carlos, VP Teddy Ocampo and spouse Baby, PP Boy Guevara and PS Justin and Tona Ortiz.**



**Premiere of the Movie: Avengers for a Worthy Cause by RC Chinatown Manila**

Avengers age of the ultron movie premiere presented by Rotary Club of Chinatown Manila led by Best Class Pres. Andrew Co at the Promenade Greenhills Atrium last April 23, 2015., 8PM, a fund-raising project for Rotary International District 3810.



**Best Class Pres. Andrew Co** presents a check of **P250,000** – proceeds from the movie for the benefit of humanitarian projects of Rotary International District 3810. In support of the premiere showing of the movie – Avengers..., are **Best Class Pres. Frank Evaristo, RC Manila, Best Class Pres. Miah Belgica, RC Ermita, Best Class Pres. Fely Chua Dy, RC Manila 101, Best Class Pres. Ron Marcos, RC Manila Maynilad Seafront, Best Class Pres. Cathy Piczon, RC Manila Midtown, Best Class Pres. Yusoph Mando, RC Manila Quiapo Central, Best Class Pres. Harry Freires, RC Manila Sta. Ana, Best Class Pres. Lyka Olson, RC Manila Taft, Best Class Pres. Kirk Chua, RC Quirino Manila Central, Best Class Pres. Sol Tugano, RC Ramon Magsaysay, Best Class Pres. Esther Uy, RC Tondo, Best Class Pres. Cielo Cajayon, RC San Jose Mindoro.**

# INTERCLUB FORA

## Rotary Club of Raha Sulayman Manila 40<sup>th</sup> Charter Anniversary Celebration



The Rotary Club of Raha Sulayman Manila celebrated its 40<sup>th</sup> Charter Anniversary Celebration headed by Best Class Pres. Dong Concepcion, last April 22, 2015, at Gloria Maris Restaurant in Greenhills, San Juan. Its four decades of great Rotary Service and Fellowship was attended by Rotary District 3810 Governor Edmond Aguilar and 14 Past Presidents of Rotary Club of Raha Sulayman, including your President. Among other attendees were District Officers, SDG Edwin Chiu, District Treas. Ricky Ongchan, PP Sofie Jabillo.

# DISTAS 2015

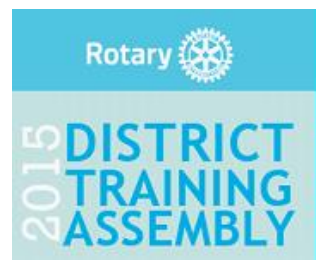


By PVP Lance Masters

Why you should read this article:

1. You might learn something important,
2. Maybe you are even supposed to do something discussed here, and
3. The article is short (for a change).

Every year, there are training events that Rotary International and our district require (*or strongly encourage*) of clubs and specific officers and committee chairpersons. One of the most important of these is the Annual District 3810 Training Assembly, also known as “DisTAs.” It is designed to assure that incoming club leadership – specific officers and committee chairpersons – are at least familiarized with the basic requirements of their position, including critical policies, procedures, timelines, reporting requirements, and so forth. In other words, that we at least know what we are supposed to do. It is also a one-day learning opportunity for new Rotarians who might not yet have been able to avail of the required three-day “Rotary Leadership Institute.” Please note that many of those who are strongly encouraged to participate in Distas have already participated in other training or in previous years, but the district wants current training in the responsibilities of those elected or appointed to specific assignments or positions on an annual basis. For example, even though President-elect Ebot has already undergone numerous trainings in his responsibilities as incoming president, he is never-the-less expected to participate in this final training before assuming office, as are other experienced directors and committee chairs, as well as those who are new to their upcoming Rotary responsibilities in RY 2015-2016.



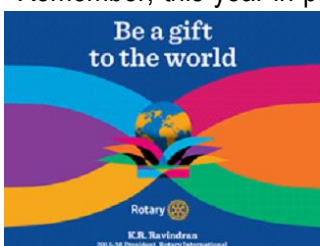
This year, the Distas is strongly encouraged of the following RCM club members:

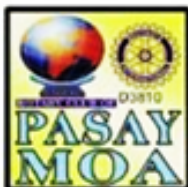
- President-elect Eusebio V. “Ebot” Tan
- Secretary-designate Rtn. Jorge Q. “George” Salazar (also recommended for A.S. designate Rtn. Alvin D. Lacambacal)
- Treasurer-designate Rtn. F. Francisco S. “Chito” Zaldarriaga (and recommended for AT Designate Rtn. Raoul A. Villegas)
- Foundation Director Oscar Del Rosario and Foundation Chairs AS Conrado B. “Addie” Topacio and PVP Lance A. Masters
- Membership Director Jesus M. “Susing” Pineda, Jr. and Chair PVP Fausto R. Presyler Jr.
- PR Director Issam Eldebs and Chair Rtn. Antonio A. “Tony” Lopa
- Community Service Directors VPE Teodoro J. “Teddy” Ocampo, DE Mariano B. “Ning” Lopez and DE Amado D. “Amading” Valdez
- Vocational Service Director IPP (now Pres) Frank Evaristo
- International Service Director Oscar A. “Oca” Del Rosario and Chair PD Edgar L. “Ed” Lee
- Youth Service Director VPE Teddy Ocampo and Rotaract Chair PS Albert S. Alday.
- All Rotarians who have not yet undertaken the Rotary Leadership Institute are also encouraged to join and learn more about how we can help make our clubs ever more effective and get more out of our membership ourselves.

The event is hosted by the Rotary Club of Manual Roxas and will be held at the Midas Hotel and Casino, on Roxas Boulevard, in Pasay. Kindly mark your calendar for all day, Saturday, May 30. The registration form will be printed in next week’s Balita.

Remember, this year in particular we must be the exemplar of all that is right and good in Rotary

as we support incoming President Ebot, and demonstrate to all the clubs in the District that the home club of DGE “Obet” Pagdangnanan is not only the first club in all of Asia, but indeed the best, active and visible in all of the district activities and taking frequently taking critical leadership roles. Participation in the Distas is one of the requirements for the Presidential challenge, awarded each year by the Governor only to club Presidents whose clubs fulfill all the requirements of the challenge. Please mark your calendars to enroll in Distas this year.





District 3810, Philippines

**DISTRICT ASSEMBLY (DISTAS 2015)  
RY 2015-2016**

May 30, 2015

PHILIPPINE INTERNATIONAL CONVENTION CENTER (PICC)

*Hosted by the Rotary Club of Pasay MOA*

**REGISTRATION FORM**

ROTARY CLUB OF: \_\_\_\_\_

MEMBERS:

|    | CLUB POSITION               | FULL NAME |
|----|-----------------------------|-----------|
| 1  | President-Elect             |           |
| 2  | Club Secretary              |           |
| 3  | Club Treasurer              |           |
| 4  | Club Admin Chair            |           |
| 5  | Club Membership Chair       |           |
| 6  | The Rotary Foundation Chair |           |
| 7  | Service Project Chair       |           |
| 8  | Public Relations Chair      |           |
| 9  |                             |           |
| 10 |                             |           |

**Registration Fee:**

Php 1,500.00 - not later than May 15, 2015

*(no onsite registration)*

**Account Name: Rotary Club of Pasay Mall of Asia**

**Account Number: 920-300000-231**

**Bank Name: Security Bank**

Please email **deposit slip and registration form** to: [rickybajen@yahoo.com](mailto:rickybajen@yahoo.com)

Contact Number: PE Blessie (0917-865-5648)

**Attire:**

Corporate – Dark coat and tie for men and Coat or Blazer for ladies.

## DISTAS ANNOUNCEMENT



Rotary District 3810 shall have its District Training Assembly (DISTAS) on May 30, 2015 at the Philippine International Convention Center starting at 7:00 AM. The DISTAS 2015, which shall be hosted by the Rotary Club of MOA, **prepares incoming club leaders for their year in office.**

All incoming club leaders (**president-elect, directors-elect, incoming secretary, treasurer, committee chairs**) are encouraged to participate in this annual Rotary event.

The meeting is also an opportunity for club leaders to meet with district leaders (incoming assistant governors, and district committee chairs) who will support club projects and activities.

Registration fee (until May 15): P1,500 (which includes lunch, snacks, and handouts). After May 15 fee is: P1,700. Payment may be made with our Secretariat.

Business attire.

# INTERNATIONAL RELATIONS

## AN INVITATION

Friday, 26th June 2015



The Rotary Club of Singapore  
cordially invites you to the installation of our 81st President,  
Rotarian Alan Tan, and his Board



### Guest of Honour

Mr Lawrence Wong  
Minister for Culture, Community and Youth and  
Second Minister for Ministry of Communications and Information



on Friday 26th June 2015 at 7.00pm  
for a Cocktail Reception followed by Dinner



at the Shangri-La Hotel, Tower Ballroom  
22 Orange Grove Road Singapore 258350

PLEASE REPLY TO [RTYINFO@ROTARY.ORG.SG](mailto:RTYINFO@ROTARY.ORG.SG)

BLACK TIE

Dear Fellow Rotarians,

INVITATION TO ATTEND INDUCTION AND FELLOWSHIP OF 81<sup>ST</sup> INAUGURAL MEETING OF ROTARY CLUB OF SINGAPORE- JUNE 26, 2015 AT SHANGRI-LA HOTEL, TOWER BALLROOM, SINGAPORE

We are invited to attend the 81<sup>ST</sup> Installation and Fellowship Dinner by Rotary Club of Singapore, our sister club to be held on FRIDAY 26<sup>TH</sup> JUNE 2015 AT 7:00 PM at the Shangri-La Hotel, Tower Ballroom, located at 22 Orange Grove Road, Singapore.

Please send back the RSVP FORM on or before May 28, 2015 so we could advise our sister club of our delegation.

Many thanks.

INTERNATIONAL RELATIONS COMMITTEE

DIR SUSING PINEDA  
Chairman RY 2014-2015

PD Ed Lee  
Chairman RY 2015-2016

Cc: Pres. Frank Evaristo, Dir Oscar del Rosario

---

R S V P

RC SINGAPORE 81<sup>ST</sup> INAUGURAL MEETING DINNER,  
JUNE 26, 2015 7:00 PM

Email: [rcmanila@rcmanila.org](mailto:rcmanila@rcmanila.org); Fax 5271885

Dear Dir Susing Pineda,

[    ] ATTENDING ALONE FLIGHT DETAILS TO FOLLOW  
[    ] ATTENDING WITH \_\_\_\_\_ FLIGHT DETAILS TO FOLLOW

Thank you,

By: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature over Printed Name



# ON THE LIGHTER SIDE



PDG VINCE CARLOS

## **Bert's Boots...**

Bert at 80 years old, always wanted a pair of authentic cowboy boots, so seeing some on sale, he bought them and wore them home.

Walking proudly, he sauntered into the kitchen and said to his wife, "Notice anything different about me?"

Margaret at age 75, looked him over and replied, "Nope."

Frustrated as all get out, Bert stormed off into the bathroom, undressed and walked back into the kitchen completely naked except for the new boots. Again he asked Margaret, a little louder this time, "Notice anything different NOW???"

Margaret looked up and said in her best deadpan response, "Bert, what's different? It's hanging down today, it was hanging down yesterday, and it'll be hanging down again tomorrow."

Furious, Bert yells out, "AND DO YOU KNOW WHY IT'S HANGING DOWN, MARGARET?" "Nope. Not a clue," she replied. "IT'S HANGING DOWN, BECAUSE IT'S LOOKING AT MY NEW BOOTS!!!" Without missing a beat, old Margaret replies, "Shoulda bought a hat, Bert."

\*\*\*\*\*

## **The Old Geezer**

An old geezer, who had been a retired farmer for a long time, became very bored and decided to open a medical clinic. He put a sign up outside that said: Dr. Geezer's clinic. "Get your treatment for \$500, if not cured get back \$1,000."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000.

So he went to Dr. Geezer's clinic. This is what transpired.

Dr. Young: — "Dr. Geezer, I have lost all taste in my mouth." can you please help me??

Dr. Geezer: — "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: — Aaagh !! — "This is Gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500." Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth." Doctor Young: "Oh no you don't, — that is Gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak — I can hardly see!!!!

Dr. Geezer: "Well, I don't have any medicine for that so — "Here's your \$1000 back."

Dr. Young: "But this is only \$500..."

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story — Just because you're "Young" doesn't mean that you can outsmart an old "Geezer"!!!!

\* \* \* \* \*

### **A Visit From the Mother in Law**

A newlywed farmer and his wife were visited by her mother, who immediately demanded an inspection of the place. The Farmer had genuinely tried to be friendly to his new mother-in-law, hoping that it could be a friendly, non-antagonistic relationship.

To no avail, she kept nagging them at every opportunity, demanding changes, offering unwanted advice and making life unbearable to the farmer and his new bride. While they were walking through the barn, the farmer's mule suddenly reared up and kicked the mother-in-law in the head, killing her instantly.

At the funeral service a few days later, the farmer stood near the casket and greeted folks as they walked by. The pastor noticed that when ever a woman would whisper something to the farmer, he would nod his head yes and say something. Whenever a man walked by and whispered to the farmer, however, he would shake his head, no and mumble a reply.

Very curious as to this bizarre behavior, the pastor later asked the farmer what that was all about. The farmer replied, "The women would say, 'What a terrible tragedy' and I would nod my head and say, 'Yes, it was.' The men would ask, 'Can I borrow that mule?' and I would shake my head and say, 'can't. It's booked up for a year.'"

\* \* \* \* \*

### **Joke: The Rain...**

A man goes into the confession booth at the church. "Forgive me father, for I have sinned." "What is your sin, my son?" asks the priest. "Well, about a month ago I was in the library until closing time, and when I wanted to leave it started to rain very heavily and didn't let up. After some time me and the librarian lost our patience and... well.. partied all night, if you catch my drift."

"That is bad but not horrible, my son," said the priest, "if it is a one-time slip, God will forgive you." "That's just the thing," said the man, "about a week ago I helped my neighbor fix her shutters, and when I wanted to go home it started raining heavily and... well.. you know, all night long." The priest remains silent.

The man covers his face in his hands and starts sobbing, "what should I do now, father?"

"What should you DO??" Screamed the priest, "You should get out of here right now before it rains!"

\* \* \* \* \*

# PUBLIC HEALTH NUTRITION AND CHILD CARE



## A BANANA A DAY KEEPS DEPRESSION AWAY

Elias D. Adamos, M.D.

Serotonin is a chemical that affects behavior and emotions. It is a calming neurotransmitter that is needed for proper sleep. The chemical affects the mood and the lack of it may result to depression and aggressive behaviors.

### How does serotonin work?

The chemical neurotransmitter that is found in the brain works as an inhibitory chemical that sends messages to the brain's CEO or manager/executive – the prefrontal cortex. The prefrontal cortex implements action to inhibit aggressive behavior and anger. The chemical is also responsible for the control of emotions. This inhibition of unacceptable behaviors brought about by decisions and actions initiated by the prefrontal cortex differentiates us from animals.

### What happens when emotions overpower you?

Imagine yourself getting angry to your men or associates during meetings and your behavior becomes uncontrollable. You are overpowered by your emotions. This is also known as 'emotional hijacking' and you become unreasonable. When you get home, you could not sleep and consequently you feel tired in the morning. This results from the lack of serotonin in your brain. The same is true in depression, wherein serotonin is depleted or low and suicidal ideations are high.

### How do you improve your serotonin supply in the brain?

L-tryptophan from the foods that we eat is converted to serotonin. Thus foods that are rich in L-tryptophan, by process of chemical conversion, are excellent sources of the calming chemical serotonin. L-tryptophan foods also produce vitamin B3 or Niacin that is good for the nerves.

### Foods that are rich in L-tryptophan

**One local food that is rich in L-tryptophan is banana.** Other sources of L-tryptophan are: Shrimp, turkey meat, tuna, salmon, sardines, pumpkin seeds, sunflower seeds, cashews, peanuts, almonds, walnuts, beans, and peas. A glass of cow's milk can give you 100 milligrams of L-tryptophan while a cup of yogurt can give you 60 milligrams.

### What else can you do to improve serotonin levels in the brain?

Get plenty of exercise, improve lighting, and get plenty of sleep. Do some relaxation activities, such as reading, movies, and music.

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