

balita



No. 3604, June 11, 2015

GUEST OF HONOR AND SPEAKER



HON. GRACE POE

Senator
Republic of the Philippines



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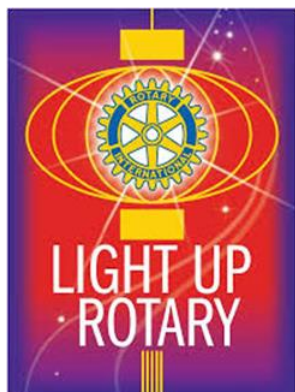
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KABALITA

Let the BC Eagle show the fresh new look of Philippine statesmanship as she GRACEs the 2015 Journalism Awards of Asia's First Rotary Club.



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PROGRAM

RCM's 42nd for RY 2014-15

June 11, 2015, Thursday, 12N

New World Hotel Ballroom

OIC/Moderator : Rtn. Babe Romualdez

Chairman, Journalism Awards Committee

JOURNALISM AWARDS PRESENTATION

PROGRAM TIMETABLE

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Rtn. Babe Romualdez OIC/Moderator Chair., Journalism Awards Committee
12:30 PM	Call to Order	Pres. Frank Evaristo
	National anthem of the Philippines Invocation	RCM WF Music Chorale PD Jimmie Policarpio Member, Journalism Awards Committee
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	Rtn. Art Lopez Member, Journalism Awards Committee
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table	PVP Fausto Preysler Co-Chair., Journalism Awards Committee
	Welcome Song Brief Message	RCM WF Music Chorale Pres. Frank Evaristo
12:45 PM	RCM Journalism Awards 2015 Presentation	Rtn. Babe Romualdez Chair., Journalism Awards Committee

Presentation of Journalism Awardees

1. Radio Female Broadcaster of the Year : Ms. Ruby Bernardo-Tayag,
ABS-CBN – DZMM.com.ph
2. Radio Male Broadcaster of the Year : Mr. Vic de Leon Lima, ABS-CBN,
DZMM Radyo Patrol 630
3. Radio Station of the Year : DZMM 630 KHZZ - ABS-CBN
4. Television Female Broadcaster of the Year : Ms. Vicky Morales-Reyno,
Anchor, 24 oras, GMA Network, Inc.

5. Television Male Broadcaster of the Year : Mr. Noli de Castro, Anchor,
ABS-CBN TV Patrol
6. Television Station of the Year : ANC
7. Investigative Reporter of the Year : Mr. Ted Failon, Anchor,
ABS-CBN TV Patrol
8. Opinion Writer of the Year : Mr. Conrado R. Banal III, Columnist,
Philippine Daily Inquirer
9. Regional Newspaper of the Year : The Mindanao Daily Mirror and The Cebu
Freeman, Visayas Region
10. Business Newspaper of the Year : Business World
11. Newspaper of the Year : Manila Standard
12. Special Awards : Mr. Tony Lopez, Pres./Publisher, Biznews Asia and
Amb. Antonio L. Cabangon-Chua,
Chairman Emeritus, ALC Group of Companies
13. Journalist of the Year : Ms. Letty Jimenez Magsanoc, Editor,
Philippine Daily Inquirer

Presentation of Journalism Award Trophies

**Pres. Frank Evaristo,
Sen. Grace Poe, DGE/PP Obet
Pagdanganan & Dir.-in-charge/
IPP Rudy Bediones**

1:15 PM Introduction of Guest of
Honor & Keynote Speaker

PVP Roy Golez

**Address: Honorable Grace T. Poe
Senator, Republic of the Philippines**

Public Forum

2:00 PM Response, presentation of token of
appreciation to **Sen. Grace T. Poe**
and meeting adjournment

Pres. Frank Evaristo

PRESIDENT'S CORNER



It's time to turn the tables on the people who cover the news as today they become part of the biggest news in town on the occasion of the most coveted Rotary Club of Manila Journalism Awards. On this momentous event, our club honors the outstanding journalists in print, television, radio as well as other special awards. This awards-giving body is chaired by no less than Rtn. Jose Manuel "Babe" Romualdez, himself an accomplished journalist and co-chaired by PVP Fausto Preysler with the following Manila Rotarians as members, namely, Dir. Susing Pineda, PD Jimmie Policarpio, Rtn. Art Lopez, Rtn. Pepe Rodriguez and Rtn. Farid Schoucair while the committee is under the directorship of ICOS/AG/IPP Rudy Bediones who heads the Vocational Service Group. Likewise, our club is deeply honored by the presence of Senator Grace Poe who will be our special guest and keynote speaker. In behalf of the club, I congratulate the awardees for their

respective achievements in the field of journalism in keeping our country abreast with the current issues, news and information in the tri-media and to the hardworking committee, a warm salute to a job well done.

On news within our club, last Thursday, June 4, 2015, we successfully celebrated our club's 96th Charter Anniversary which was graced by no less than His Excellency Philip S. Goldberg, Ambassador Extraordinary and Plenipotentiary of the United States of America to the Republic of the Philippines as Guest of Honor and Speaker and making this event more special was the induction of the Honorable Joseph Ejercito Estrada, Mayor of the City of Manila, as Honorary Member of our club. Adding international flavour to our historic event was the presence of members from our sister club, the Rotary Club of Kowloon East headed by President-Elect Victor Lo who lauded Metro Manila as a safe place when his wife was able to recover the wallet she left in a taxi. Due to time constraint in the anniversary program, the raffle of valuable prizes such as the two (2) Philippine Airlines Manila-Hong Kong-Manila Round Trip tickets, the overnight stay for two (2) with breakfast at the New World Makati Hotel as well as that of other hotels, will be conducted during the Valedictory and Year End Awarding Ceremonies on June 25, 2015 at our last Thursday club luncheon meeting for Rotary year 2014-2015 which will be held at the Manila Polo Club. For the successful historic event, congratulations are in order for VPE/VP Teddy Ocampo, Chairman of the 96th Charter Anniversary Celebration Committee whose members include Program Subcommittee Chair DE/PD Issam Eldebs and his Co-Chair Rtn. Caloy Reyes, Souvenir Program Subcommittee Chair Club Secretary Albert Alday and Co-Chair Rtn. John Emyl Eugenio as well as house Subcommittee Chair Rtn. Farid Schoucair, PD Ed Lee for graciously hosting dinner for the international delegation at his restaurant, La Grotta Cucina Italiana, located at 104 V.A. Rufino St., Legaspi Village, Makati City together with coordinator, Rtn. David Wong last June 3, 2015, PD Nick Locsin for graciously hosting the international delegation to dinner at the Peking Garden last June 4, 2015, to the duo of PDG Vince Carlos and PD Ner Lonzaga for graciously hosting the farewell luncheon last Friday, June 5, 2015, at the Via Mare Restaurant in Greenbelt 5, Makati City as well as to the Rotary Club of Manila Secretariat led by ES Anna Kun Toledo. Last Monday, June 8, 2015, Treasurer Chito Tagaysay and I together with our Rotary Club of Manila staff our bookkeeper Lan Eufemio boarded a Philippine Airlines flight to Bacolod to witness the formal turnover of our community service project. We trooped by land using a motor vehicle for an hour and a half to Barangay Daga, Cadiz City, Negros Occidental from Bacolod for the formal turnover ceremonies of some thirty (30) houses benefitting the families of the victims of Typhoon Yolanda where certain officials were on hand to receive us and witness with us this turnover. At the time we arrived, the beneficiaries were likewise there, eagerly waiting for us, for the turnover of the Rotary Club of Manila Village as it was an awesome sight to see the big families of victims and their children being awarded their new homes. A short program was held for the turnover and among those who witnessed it were Barangay Daga Chairman Helen de la Cruz, Gawad Kalinga Partnerships Coordinator Joyce Uy, Gawad Kalinga Area Coordinator for Western Visayas Vincent Rivera, Gawad Kalinga Provincial Management Team Head Butch Villanueva, Gawad Kalinga Provincial Negros Head Bob Magalona, the City Engineer and Mayor Patrick Escalante's representative Engineer Loamy Moy. As we all know, our club provided the needed shelter in cooperation with Gawad Kalinga through the Governor Kai Fund from Japan to realize the Typhoon Yolanda Rehabilitation Project. The joint project cost was TWELVE MILLION PESOS (Php 12,000,000.00) for a total of 80 homes across the Visayan region while another SEVEN MILLION PESOS (Php 7,000,000.00) was spent for livelihood projects where the homes are located. This is our club's Flagship and Major Community Service Project for Rotary Year 2014-2015. The trip was definitely an exhausting one but the rewards of seeing the happy faces of the beneficiaries are, certainly, priceless.

On news around the district, last Friday, June 5, 2015, our PP Boy Guevara and his spouse, Monette, hosted a Fellowship Cocktails and Dinner at their DMG Center Penthouse in Mandaluyong City in honor of DGE Obet Pagdanganan and his World Class District Officers and Presidents Team, the Outgoing Board of Directors and Officers of the Rotary Club of Manila and the Incoming Board of Directors and Officers of the Rotary Club of Manila. The event was a very good way of enhancing the relationship of the team so as to turn them into a cohesive force preparatory to their tenure which would commence on July 1, 2015, the day Rotary Year 2015-2016 comes into force and effect with the theme, "Be A Gift To The World" and a fitting testimonial to the Outgoing and Incoming Directors and Officers of our club. On this note, I wish to convey our sincere gratitude to PP Boy and spouse, Monette, for their generosity in the spirit of friendship and camaraderie.

Let's all participate in the remaining activities of our club as we give the remaining days of this Rotary year, the final kick it deserves.

GUEST OF HONOR AND SPEAKERS PROFILE

PROFILE OF SENATOR GRACE POE



Our guest of honor made Philippine election history when she garnered a *record-breaking* **20,337,327** votes in the 2013 Senatorial elections.

She took up *AB Development Studies* at the University of the Philippines, where she was a college scholar and Batch Representative to the UP Student Council, before transferring to Boston College (in Massachusetts) where she earned her *AB Political Science* degree. She is *only one of three (3) Filipinos* to be chosen as a **Fellow** at the Lee Kuan Yew Policy Center of the National University of Singapore. Prior to the Senate, our guest of honor headed the Movie & Television Review & Classification Board (MTRCB).

In her first year in office, our guest of honor racked up an impressive list of accomplishments in the Senate. She already has two (2) laws under her belt, namely; **Republic Act 10639** or the "**Free Mobile Texts During Disasters Act**," and **Republic Act 10640** which streamlines the "**Three-Witness Rule**" of the Dangerous Drugs Act.

She likewise spearheaded passage of the **Freedom of Information (FOI)** bill in the Senate. To date, our guest of honor has authored *more than 178 measures*, the most notable of which are the "**Sustansiya sa Batang Pilipino**" Act, **Corporate Farming Act** and the "**Tulong sa Kabataan sa Agrikultura**" Act.

RCM JOURNALISM AWARDEES 2015

Radio Female Broadcaster of
the Year : Ms. Ruby Bernardo-
Tayag, ABS-CBN –
DZMM.com.ph



Radio Male Broadcaster of
the Year : Mr. Vic de Leon
Lima, ABS-CBN, DZMM
Radyo Patrol 630



Radio Station of the Year :
DZMM 630 KHZZ - ABS-CBN



Television Female
Broadcaster of the Year :
Ms. Vicky Morales-Reyno,
Anchor, 24 oras, GMA
Network, Inc.



Television Male
Broadcaster of the Year :
Mr. Noli de Castro,
Anchor, ABS-CBN TV
Patrol



Television Station of the
Year : ANC Philippines



Investigative Reporter of the Year :
Mr. Ted Failon, Anchor, ABS-CBN
TV Patrol



Opinion Writer of the Year :
Mr. Conrado R. Banal III,
Columnist, Philippine Daily
Inquirer

The Mindanao
Daily Mirror
Since 1950 Your Exponent of Truth and Progress

Regional Newspaper of the Year : The Mindanao Daily Mirror

The Freeman

and The Cebu Freeman, Visayas Region

BusinessWorld

Business Newspaper of the Year : Business World

The Standard
DEFINING THE NEWS

Newspaper of the Year : Manila Standard

Special Awardee : Rtn.
Antonio S. Lopez, Pres./
Publisher, Biznews Asia and



Special Awardee :
Ambassador Antonio L.
Cabangon-Chua, Chairman
Emeritus, ALC Group of
Companies



Journalist of the Year : Ms. Letty
Jimenez Magsanoc, Editor,
Philippine Daily Inquirer



PREVIEW OF GUEST OF HONOR AND SPEAKERS

June 18, Thursday, 12N, at the Manila Polo Club McKinley Room

General Jose T. Almonte, Former Security Adviser

“A Joint Meeting Between RC Manila and RC Forbes Park”

June 25, Thursday, 12N, at the Manila Polo Club McKinley Room

RCM Valedictory and Year – End Awards Presentation

RAFFLE TO LUCKY WINNERS OF THE FF:

1) 2 PAL AIRFARE TICKETS(MLA-HONGKONG-MLA)

2) 1 OVERNIGHT ACCOMODATION DELUXE ROOM WITH BUFFET BREAKFAST FOR 2 IN NEW WORLD MAKATI HOTEL

3) 1 BUFFET LUNCH OR DINNER FOR 2 AT CAFE 1228 IN NEW WORLD MAKATI HOTEL

4) 3 CERTIFICATES FOR OVERNIGHT STAY FOR 2 IN A DELUXE ROOM AT FERSAL HOTEL

5) 3 CERTIFICATES IN A DOUBLE ROOM AT MICROTEL

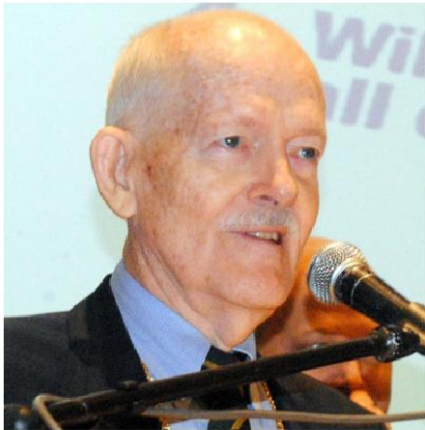
THE WEEK THAT WAS...



Rtn. Farid Schoucair as OIC-Moderator directs the program of activities for the Club's 96th Charter Anniversary Celebration.



Rtn. Hermie Esguerra delivers an ecumenical prayer.



PD Rob Sears leads in the recitation of the Four (4) Way Test.



PP Benny Laguesma introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. Frank Evaristo delivers his anniversary message.



Pres. Frank Evaristo leads the “Mabuhay Toast in Celebration of Rotary Club of Manila’s 96th Charter Anniversary Celebration”, with wines courtesy of PVP Manny Dy.

PDG Vince Carlos do the honor of introducing the Club’s Sister Rotary Club of Kowloon East delegation led by **President-elect Victor Lo**.





Pres. Frank Evaristo and Spouse Vicky Montilla present gifts to Sister Rotary Club of Kowloon East delegation led by President-elect Victor Lo with Spouse Norita Lo, Rtn. Willy Liu, Club Sec. and Spouse Fonia Liu, Ms. Margarita Wan & Ms. Kwok Nga Yee.



President-elect Victor Lo delivers his anniversary message.



Vice President Teddy Ocampo, Chairman, RCM 96th Anniversary Committee presents the **RCM Presidents** in attendance as pillars of the Rotary Movement in the order of seniority: **PP Toting del Rosario**, RY 1965-66, **PP/PDG Vince Carlos**, RY 1982-83, **PP Archit Bartolome**, RY 1988-89, **PDG/PP Frankie Roman**, RY 1991-92, **PP Babes Reyes**, RY 1992-93, **PP Dong Saludo**, RY 1995-96, **PP Boy Ampil**, RY 2003-04, **PP Cesar Ubaldo**, RY 2005-06, **PP Francis Juico**, RY 2006-07, **PP Benny Laguesma**, RY 2007-08, **PP/DGE Obet Pagdanganan**, RY 2012-13, **AG/ICOS/IPP Rudy Bediones**, RY 2013-14, and **Pres. Frank Evaristo**, RY 2014-15.



Presentation of token of appreciation to the RCM Presidents by **President Frank Evaristo**, and **Vice President Teddy Ocampo**, Chairman, RCM 96th Anniversary Committee.



The **RCM Presidents** during the symbolic blowing of the 96th years old candle on the anniversary cake, led by **Senior Pres. Toting del Rosario**.



The **RCM World Famous Chorale** led by **Chairman PP Babes Reyes** and **Co-Chairman PS Gus Fajardo** singing the anniversary song to highlight the Club's milestone achievement.



Ms. Danna Gancel, entertainer-singer through the courtesy of PD Dr. John Cenica, belts our favourite songs to the delight of the audience.



President Frank Evaristo administers to the **Honorable Joseph Estrada**, Mayor, City of Manila, the oath of honorary membership pledge, as the latest inclusion as Club Honorary Member.



Vice President Teddy Ocampo, Chairman, RCM 96th Anniversary Committee introduces **His Excellency Philip S. Goldberg**, Ambassador Extraordinary and Plenipotentiary of the United States of America to the Republic of the Philippines, as guest of honor and keynote speaker.



His Excellency Philip S. Goldberg spoke before Manila Rotarians, Visiting Rotarians and guests on the occasion of the 96th Charter Anniversary of the Rotary Club of Manila regarding, among others, the US presence in Asian waters



Pres. Frank Evaristo presents to His Excellency Ambassador Philip S. Goldberg religious icons of Jesus Christ and Mother and Child, as the clubs' token of appreciation for being the guest of honor and keynote speaker.

YOLANDA REHAB PROJECT WITH GAWAD KALINGA



30 housing units turned over by Rotary Club of Manila in partnership with Gawad Kalinga to the victims of Yolanda in Cadiz, Negros Oriental



Rotary Club of Manila donated and turned over 30 units of homes in Cadiz, Negros Oriental to beneficiaries of Yolanda Victims, a project by RCM with cooperation by Gawad Kalinga with a total of 80 homes in Visayas worth 12M and 7M Livelihood Projects./ In photo: RCM Pres. Frank Evaristo and Treasurer Chito Tagaysay.



RC Manila Village Marker at the turn over of 30 Homes in Cadiz, Negros Oriental. In photo, from left, City Engineer representing Mayor Patrick Escalante, Engr. Loamy Moy, GK Area Coordinator of Western Visayas Vincent Rivera, RCM Treas. Chito Tagaysay, Barangay Daga Captain Helen dela Cruz, RCM President. Frank Evaristo, GK Provincial Negros Head Bob Magalona and GK Provincial Management Team Head Butch Villanueva.



Symbolic key is being handed over to the beneficiaries of Cadiz. Among those who witnessed are: From left: Vincent Rivera, GK Area Coordinator of Western Visayas, (left of Pres. Frank) Bob Magalona, GK Provincial Negros Head, Engr. Loamy Moy, City Engineer representing Mayor Patrick Escalante and Barangay Captain Helen dela Cruz of Barangay Daga.



RCM President Frank Evaristo giving inspirational address at the turn over of 30 homes for Cadiz families. On behalf of the RCM I would like to convey our best wishes to the beneficiaries of our Gawad Kalinga houses and livelihood project. We trust that this project of ours would go along way in bringing your lives back to where it was before typhoon yolanda. We wish all of you the best in your future endeavours. Our thanks to the local government led by Mayor Escalanto for making this housing a reality so you can own your own home.



RCM Treasurer Chito Tagaysay giving inspirational address at the turn over of 30 Homes for Cadiz Families.



President Frank Evaristo & Treasurer Chito Tagaysay being thanked by beneficiaries of Cadiz, Negros Oriental Homes during the turnover ceremony.

INTERNATIONAL RELATIONS



Welcome Dinner Fellowship at LA Grotta hosted by Ed Lee. Shown in photo are: **Dir. Ning Lopez & Spouse, PD Ed Lee, Rtn. David Wong, PS Butch Marking, PD Ner Lonzaga, IPP Rudy Bediones, DGE Obet Pagdanganan, Pres. Frank Evaristo, VP Teddy Ocampo & Spouse, Dir. Susing Pineda, Dir. Oscar del Rosario, PDG Alex Cureg and delegates from RC Kowloon East.**

RC KOWLOON EAST DELEGATION DURING THE 96TH CHARTER ANNIVERSARY OF RCM



RCM Lunch with Kowloon East Delegates. Shown in photo are: **VP Teddy Ocampo, Pres. Frank Evaristo, PDG Vince Carlos, Dir. Oscar del Rosario, PD Ner Lonzaga & Spouse Femy, Dir. Susing Pineda and Delegates from RC Kowloon East.**

INTERNATIONAL RELATIONS



Dear PDG Vince, President Frank, Ed, Susing, Teddy, Farid, Anna,
Members of the RC Kowloon East returned from Manila in high spirit after attending your 96th Anniversary Celebration. We would like to specially thank PDG Vince for taking the trouble to greet us inside the restricted area of the airport. May I on behalf of us sincerely thank everyone of you in taking care of us so well and treating us with such a warm hospitality during our visit!

For Farid,
Your colleagues had been efficient in tracking the taxi in which my wife had dropped her wallet. Grateful if you would pass on our gratitude to them.

Wishing you all best of luck and good fortune!

Dear Ner, Femy, Oscar, David, Nick and those I have missed in mentioning,

You all had been wonderful in taking care of us during the recent visit. We thoroughly enjoyed our time together for which we are truly grateful.

Please convey our sincere thanks to Nick.

Anna, Would you please pass on this email to Sam to thank him for the fresh mangoes he kindly arranged for us!

Your in Rotary,

Victor Lo
PE RC Kowloon East

DISTRICT FELLOWSHIP



Host PP Boy Guevara being thanked by DGE Obet Pagdanganan for hosting the event.



DGE Obet Pagdanganan welcoming the World-Class Presidents and other guests, acknowledging the generosity of PP Boy & Spouse Monette Guevara for graciously hosting the fellowship cocktails and dinner.



PP Boy Guevara receives the plaque of appreciation for RCM Presidents presented during the RCM 96th Charter Anniversary from **Pres. Frank Evaristo**. RCMers applauding are **DGE Obet Pagdanganan**, **PD Issam Eldebs**, **VP Teddy Ocampo**, **IPP Rudy Bediones** and **Dir. Oscar del Rosario**.



A posterity photo with **Pres. Frank Evaristo**, **SDG Odie Tarvela**, **Dir. Amading Valdez**, **Host PP Boy Guevara** and **PE Beboy Requesto**.



RCMERS' enjoying each others company, are **Host PP Boy Guevara**, **ICOS/AG/IPP Rudy Bediones**, **VP Teddy Ocampo**, **Dir. Oscar del Rosario**, **PP Francis Juico**, **PS/IS George Salazar** and **PD Issam Eldebs**.



RCMers' and World-Class Presidents pose for a posterity photo during the Fellowship Cocktails and Dinner graciously hosted by PP Boy and Spouse Monette Guevara.

DISTRICT HANDOVER

Date: June 09, 2015
From: IPP Rudy P. Bediones
To: * All Current and Incoming members
of the RCM Board
* Committee Chairs and Co-Chairs
* All RCM members and spouses

Subj: District Handover



The District Handover which shall highlight the induction of District Governor-Elect Roberto "Obet" Pagdanganan as Governor of District 3810 shall be held on:

Date: June 27 (Saturday)
Venue: Philippine International Convention Center (PICC)
Time: 6 PM
Attire: Dark Coat and Tie
Ticket Price: P1,500 (with dinner)

We have reserved five (5) tables or 50 seats for the Handover ceremonies. And to show the support of the officers and members of the Rotary Club of Manila to this significant occasion we are encouraging our members to attend this event.

The following RCM members have already paid for their tickets for the Handover:

- | | |
|-------------------------|---------------------------|
| 1. Pres. Frank Evaristo | 10. PAT Muhammad Aslam |
| 2. IPP Rudy Bediones | 11. Rtn Hermie Esguerra |
| 3. Sec. Albert Alday | 12. PD Bebot Pineda |
| 4. Dir. Oca del Rosario | 13. Treas. Chito Tagaysay |
| 5. PS Gus Fajardo | 14. PS Butch Marking |
| 6. PDG Frankie Roman | 15. PD Knud Hedeager |
| 7. PP Boy Ampil | 16. PD Jimmie Policarpio |
| 8. PT Jim Chua | 17. PTJun Follosco |
| 9. PP Cesar Ubaldo | 18. Ps Justin Ortiz |
| | 19. Rtn Cesar Bautista |

LETTER OF APOLOGY



June 9, 2015

Dear BCP Frank Evaristo,

On behalf of the Rotary Club of Paco, I sincerely and deeply apologize for the incidents which you complained about in your text message.

It has never been nor will it ever be the intention of our club to malign your club's integrity and reputation. In fact we have always respected your club and regarded it in high esteem.

It is just very unfortunate that there were several miscommunications which happened during the rush of preparing for the awards as well as in the printing of the event program that led to such grievous oversights.

However please trust that our club members will make sure that such incidents will never happen again and that you and our club will continue to enjoy and relish the smooth and cordial relationship that it always had.

Again, we sincerely apologize to your club.

Very truly yours,

Gilbert Yupangco
OIC / Past President
Rotary Club of Paco

REMEDIOS CIRLE RE-DEVELOPMENT PROJECT MEETING



Present were: L-R: Dir. Susing Pineda, Dir. Amading Valdez, PDG Alex Cureg, Rtn. Hermie Esguerra, IT Chito Zalzarriaga, Dir. Oscar del Rosario, ES Anna Kun Toledo, DGE Obet Pagdanganan, IPP Rudy Bediones and GLOSSY e-vents Team.

DISTRICT 3810 MEETING



Shown in photo are: (L-R) Vilma Vinluan, IPP Rudy Bediones, PP Ricky Valdes, Dolly Uanang, ISDG Munding del Rosario and DGE Obet Pagdanganan.

COGS IN THE WHEEL



Dir. Amading Valdez will be in Dumaguete City this Thursday for the Faculty Development Seminar of the Philippine Association of Law Schools (PALS) where he is the Chairman Emeritus. So he will be absent on your regular meeting. Thank you.

ON THE LIGHTER SIDE

PDG VINCE CARLOS



Learning About Politics

A little boy goes to see his Dad and asks, "Dad, What is politics?"

His Dad says: "Well son, let me try to explain it this way: I'm the breadwinner of the family, so let's call me the **TREASURY**. Your Mum, she's the administrator of the money, so we'll call her the **GOVERNMENT**. We're here to take care of your needs, so we'll call you **THE PEOPLE**. The nanny, we'll consider her the **WORKING CLASS**. And your baby brother, we'll call him the **FUTURE**."

"Now, think about that and see if that makes sense." So the little boy goes off to bed thinking about what Dad had said.

Later that night, he hears his baby brother crying, so he gets up to check on him. He finds that the baby has severely soiled his nappy. So the little boy goes to his parents' room and finds his mother sound asleep. Not wanting to wake her, he goes to the nanny's room. Finding the door locked, he peeks in the keyhole and sees his father in bed with the nanny. He gives up and goes back to bed.

The next morning, the little boy says to his father, "Dad, I think I understand the concept of politics now!"

The father says, "That's great son! Tell me in your own words what you think politics is all about."

The little boy replies: ***"Well, while the Treasury is screwing the Working Class, the Government is sound asleep, the People are being ignored and the Future is in deep shit."***

The Genie In Washington

"Bill Clinton was driving past the White House when he accidentally ran over the Obama's new puppy, Sunny, crushing it flat as a fritter. He climbed out of his Rolls and sat down on the grass totally distraught. He knew Michele would go ballistic. Then he noticed a lamp half-buried in the ground. He dug it up, brushed it off and immediately a Genie popped out."

"You have freed me from thousands of years of imprisonment," said the Genie, "as a reward I shall grant you one wish." "Well," said Bill, "I have all the material things I need, but let me show you this dog I just ran over." They walk over to the splattered remains of Sunny. "Do you think you could bring this dog back to life for me", Bill asked.

The Genie looked at the remains and shook his head. "This poor critter is too far gone for even me to bring it back to life, maybe there's something else you'd like?" Bill thought for a minute, reached into his pocket and pulled out two photos. "I had an affair with this beautiful young girl called Monica," said Bill, showing the genie the first photo. "But I'm actually married to this older, distressed looking woman called Hillary", he showed the genie the second photo. "You see Hillary isn't good looking at all, so do you think you can make her look pretty like Monica?"

The Genie studied the two photographs and after a few minutes said, "Let's go have another look at that dog."

* * * * *

Skinny Dipping

An elderly man named Luigi had owned a large farm for several years. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables, bocci ball courts, and some orange, olive and fig trees. One evening Luigi decided to go down to the pond as he hadn't been there or a while, and look it over. He grabbed a five-gallon bucket to bring back some fresh fruit. As he neared the pond, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a group of beautiful young women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave!" Luigi frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked." Holding up the bucket he said, "I'm here to feed the alligator." Luigi may be 77 years old, but can still think fast...

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At A Dinner Party,

At a posh Manhattan dinner party, a Latin American visitor was telling the guests about this home country and himself. As he concluded, he said, "And I have a charming and understanding wife but, alas, no children."

As his listeners appeared to be waiting for him to continue, he said, haltingly, "You see, my wife is unbearable." Puzzled glances prompted him to try to clarify the matter: "What I mean is, my wife is inconceivable." As his companions seemed amused, he floundered deeper into the intricacies of the English language, explaining triumphantly, "That is, my wife, she is impregnable!"

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Yet Another Lawyer Joke

The lawyer says to the wealthy art collector tycoon: "I have some good news and I have some bad news...." The tycoon replies: "I've had an awful day, let's hear the good news first? The lawyer says: "Well your wife invested \$5,000 in two pictures this week that she figures are worth a minimum of \$2 to \$3 million."

The tycoon replies enthusiastically: "Well done...very good news indeed! You've just made my day; now what's the bad news?" The lawyer answers: "The pictures are of you with your secretary."

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Southern Gal

The Northerner's son graduated from college and was offered a good job, but it was in the deep South. Dad, a liberal Democrat, was worried about his son going off to such a strange land and he warned him to avoid entanglements with southern women. "They can't cook the kind of food we northerners eat, they won't keep the house clean, they don't like sex, and if you marry one, she'll call you a 'Damn Yankee' the rest of your life."

After a few months, the son telephoned Dad and told him he had just met a wonderful Southern girl, and thought he was in love with her. Dad repeated his warnings about Southern women and their shortcomings.

After another couple of months, the son called Dad and told him he and his Southern girl were getting married. Dad just moaned and groaned and repeated his warnings. Two more months go by and son telephones Dad....."Dad, you were wrong. My wife is a great cook, keeps the house neat as a pin, and she absolutely loves sex." Dad responded, "Well, what about the fourth thing — her calling you a Damn Yankee?" "Oh, we reached an agreement on that. She won't call me a Damn Yankee, and I won't call her Nigger."

PUBLIC HEALTH NUTRITION AND CHILD CARE



NATIONAL KIDNEY MONTH

Elias D. Adamos, M.D.

June is declared The National Kidney Month by virtue of Proclamation No. 184. It was issued and signed on May 31, 1993 by our very own member and now Honorary Member, then President Fidel V. Ramos. The National Kidney and Transplant Institute that leads the nation in this year's commemoration has also announced not just the celebration, this month of June, as the National Kidney Month, but also as Awareness Donation Month and Prostate Health Month.

The kidneys

The kidneys are bean-shaped organs located at the back portion of the abdominal cavity. The best-known function of the kidneys is the filter and removal of water-soluble waste products of the body through the urine. They are also responsible for the re-absorption of water and the production of certain hormones and enzymes. They regulate electrolytes and maintain acid-base balance; and through water-salt balance, they regulate the blood pressure.

Like any other organ in the body, kidneys can be diseased and become unhealthy. Kidney diseases may result from injury, infection, cancer, obstruction (kidney stones), and systemic diseases, like diabetes mellitus and systemic lupus erythematosus (SLE). Kidney disease often cannot be cured. Fortunately, it can be prevented.

Taking care of your kidneys

"Water therapy" is still the best way to take care of your kidneys. Maintain a daily fluid intake of 1.5 to 2 liters of water. Cleaning the kidneys is like draining and cleaning a container with the use of water.

Reduce your salt intake. The recommended sodium intake is 5-6 grams (around a teaspoon) of salt per day. Avoid restaurant food and fast food, as well as processed or preserved meat that may contain too much salt in them. Eating healthy can also prevent diabetes and heart disease that can lead to chronic kidney disease.

Monitor your blood pressure. Rises in blood pressure don't only lead to stroke and heart attack. High blood pressure can also damage the kidneys.

Control your blood sugar level. One of the complications of diabetes is kidney damage.

"Move your kidneys." Be active. Engage in exercise. Keeping fit reduces the risk for kidney disease.

Maintain a healthy weight. Do not smoke. Smoking slows the flow of blood in the kidneys. Avoid over-the-counter pills that may cause kidney damage when taken regularly.

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