

balita



No. 3606, June 25, 2015

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



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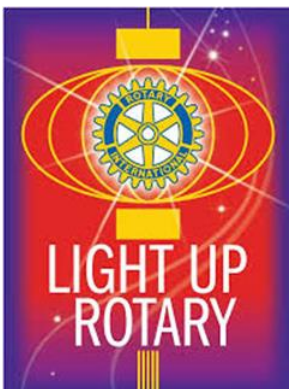
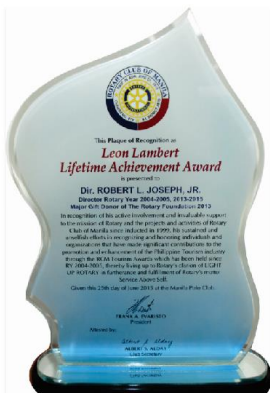
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Deputy Sergeant-At-Arms

VALEDICTORY MEETING & PRESIDENTIAL YEAR-END AWARDS PRESENTATION FOR R.Y. 2014-15



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RCM's 44th for RY 2014-15

June 25, 2015, Thursday, 12N, Manila Polo Club

OIC/Moderator : PD Issam Eldebs

"VALEDICTORY & YEAR-END AWARDS PRESENTATION FOR ROTARY YEAR 2014-15"

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: Members and Guests are requested to be seated	PD Issam Eldebs OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	Pres. Frank Evaristo RCM WF Music Chorale
	Invocation	DGE Obet Pagdanganan
	RCM Hymn	RCM WF Music Chorale
12:40 PM	The 4-Way Test Credo Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table	Sec. Albert Alday STAR Rtn. Emyl Eugenio
	Welcome Song Brief appreciation remarks from Spanish Medical Team led by Dr. Ramon Souza	RCM WF Music Chorale
12:45 PM	Maligayang Bati (RC Manila Birthday Celebrants) June 25...STAR Rtn. Caloy Reyes; June 28...PVP Manny Dy; June 29...STAR Rtn. Peter Gonzales; June 30...PP Archibartolome Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Induction Ceremony of His Excellency BILL TWEDDELL, Ambassador Extraordinary & Plenipotentiary of Australia to the Philippines, to the RCM Honorary Membership	Pres. Frank Evaristo, Inducting Officer
	Brief message	H.E. Amb. BILL TWEDDELL
1:05 PM	Valedictory Address "Congratulations and Mabuhay Toast for Pres. Frank Evaristo and Board of Directors/Officers for steering the club to higher level of accomplishments during the Rotary Year 2014 – 2015!" (wines courtesy of PVP Manny Dy)	Pres. Frank Evaristo

1:20 PM	Presentation of Special Award to Pres. Frank Evaristo by DG Edmond Aguilar Presidential Year-End Awards Presentation, RY 2014-15	Pres. Frank Evaristo; Gov. Edmond Aguilar; DIC Susing Pineda; PP Benny Laguesma, Chair., Club Awards Cmte.
1:50 PM	Raffle of Valuable Prizes: 1) 2 PAL airfare tickets, Manila-Hong Kong-Manila 2) 1 Overnight Accommodation at a 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, and 6) 10 bottles of red wine	Vice Pres. Teddy Ocampo Chairman, RCM 96th Anniversary Committee
2:00 PM	Response and Adjournment	Pres. Frank Evaristo

PRESIDENT'S CORNER



VALEDICTORY MESSAGE

The days are growing shorter and so too is the time we spend in leading this historic club to greater heights. Our public image has soared and so too are the service projects that have made Asia's First Rotary Club what it is today. As we redefine our existence as a force to reckon with in the district, we find new opportunities and discover resilience in the prestige we carry as an avenue of service to the nation and beyond. This is our covenant to the community we serve. This is our resolve to take up the plight of the marginalized and the underprivileged.

We opened the year that was with the hope of rekindling the iconic light we have so painstakingly kept throughout the years of our glorious existence as the foremost bastion of Rotary in Asia. With sheer courage and renewed vigor, we found new meaning and active participation in district affairs. The nobility we bring as Manila Rotarians which has often been mistaken as a wall of exclusivity to a unique breed of men whose social strata has made them the movers and shakers of Philippine society is now perceived as a source of inspiration for the many clubs within our district that find history in our own existence. Inasmuch as we extended our limbs to our brothers and sisters in the family of Rotary we have called our own, so too are the fellowships we forge from beyond our confines and within our ranks in the spirit of fun, camaraderie and congeniality. Defying the stark realities of advancing age, we danced to the music of yesteryears and found a home in the old school bantering of our youth while savoring our favorite delicacies amid drinks that have made us one. With the help of our offshore brethren in Rotary we found ways of spreading our wings to communities within the archipelago ravaged by nature's wrath a year ago and extended our hands towards restoring their normal way of life through livelihood opportunities aimed at eradicating mendicancy and promoting self sufficiency. Modesty aside, we made our presence felt on air, in social media and in print with the aim of informing the public of what we do in the name of "Service Above Self". Public image at its best could not have gone this far without the collective efforts of my fellow Manila Rotarians. With meaningful speakers gracing our weekly luncheons, our thirst for knowledge through an engaging public forum could never be quenched to say the least. Club meetings, therefore, were certainly clandestine fellowships to look forward to beyond the fraternal handshake we usually extended. And in adding spice to an already colorful Thursday encounter, the weekly club bulletin became a showcase of Manila Rotarians in action with light moments in between pages to strike the needed homeostatic balance to perk up an otherwise busy week for every Manila Rotarian. Basic Education and Literacy as well as Water and Sanitation found a home in the hearts of Manila Rotary. Never before has the world of Rotary been so endeared to the Manila Rotarian as it is now and so too will it linger as the road to the centennial draws near.

In my quiet and humble ways, my simple wish was to "Light Up Rotary" and bring the world of Rotary closer to my fellow Manila Rotarians in a way that will bring out the best in each and every one of us. Three hundred and sixty-five days, hence, I stand before each and every one of you, the rest of the district and the family of Rotary all throughout the world with my head up high as my service to my fellowmen has now become full circle with my humble contribution of making our world a better place. My leadership in Manila Rotary may have concluded but my story of selfless service has just begun and the rest is a continuing saga whose end we will not see but whose achievements will remain a living testimonial of the success of Rotary in Philippine shores.

Thank you my fellow Manila Rotarians, the Board, the committee leadership our Secretariat, my Ann Vicky, my children and grandchildren for your unwavering support that has allowed us to successfully complete our commitment to Light Up Rotary!

PRESIDENT'S SPECIAL ACKNOWLEDGEMENT

MEDICAL MISSION thru the Embassy of Spain: Rotary Club of Manila is honored to receive the delegation of 6-man team of Spanish medical team headed by Dr. Ramon Souza, who arrived via Philippine Air Lines EY3901 last Sunday June 21, 2015. The mission was facilitated thru the office of Rtn Jun Santos of the Embassy of Spain with the assistance of Dir. Ning Lopez, Incoming Asst. Sec. Alvin Lacambacal, Past Director Abe Pascual and Rtn Sonny Arevalo.

The medical mission held at the Rizal Medical Center started last 22 June 2015 and will end on 03 July 2015. Rizal Medical Center provided lunch & snack for the Spanish Medical Team in the duration of the medical mission. Spanish team is composed of 1 surgeon, 1 medical professor and 4 medical students . .

DEVELOPING BASEBALL SPORT FOR ECONOMICALLY CHALLENGED YOUTH

VP Teddy Ocampo facilitated the donation of Kumano Rotary Club (Japan) baseball goods for Filipino youth team to develop baseball sports, thru Rizal Institute Canlubang Foundation, headed by Mr. James Robert H. de Guia, in equivalent value of about Japanese Yen 200,000 per year for three years, or a total of Japanese Yen 600,000.00. On the third year, a team of Japanese baseball players will fly-in for a game with the local team at Rizal Institute Canlubang Foundation .

Kumano Rotary Club President Oosaki together with Rtn . Tony Noji arrived last Sunday June 28, 2015 and will be visiting Rizal Institute Canlubang Foundation in the afternoon of 29 June 2015 after meeting Pres. Frank Evaristo and VP Teddy Ocampo at the RCM Office at 9:00 in the morning. An early lunch was hosted by Pres Frank Evaristo and VP Teddy Ocampo for Pres. Oosaki and Rtn Tony Noji.

PREVIEW OF NEXT THURSDAY'S MEETING

Thursday, July 2, 2015, 12N, NEW WORLD HOTEL

(NOT at Manila Polo Club)

INAUGURAL / INDUCTION CEREMONIES



PP/DGE Roberto M. "Obet" Pagdanganan

Guest of Honor & Inducting Officer

Incoming President Eusebio V. "Ebot" Tan &

Board of Directors/Officers, RY 2015-16

Program Committee Chairman Rtn. "Tong" Payumo, Co-Chairmen PD "Issam" Eldebs & Rtn. Babe Romualdez, RY 2015-16

THE WEEK THAT WAS...



PP Archib Bartolome as OIC-Moderator directs the program of activities for the joint meeting between 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.



PD Alvin Lacambacal
delivers an ecumenical prayer.



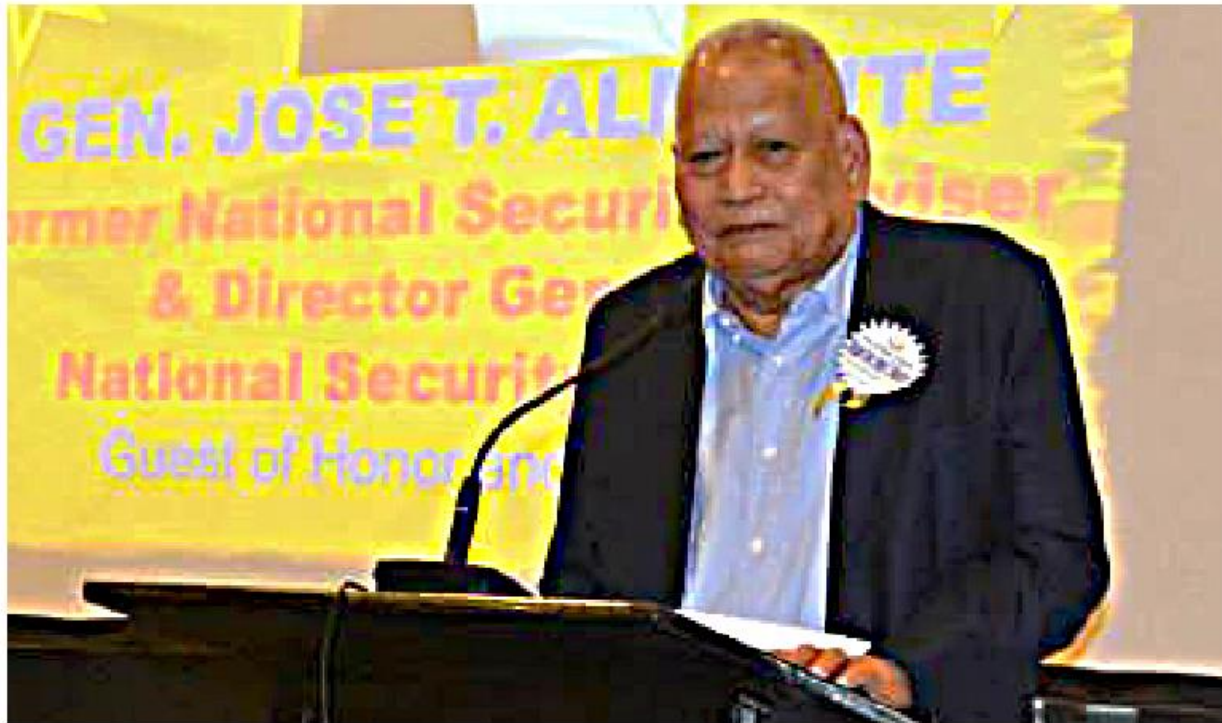
RCFP PP Frankie Adriano
introduces the guests, visiting
Rotarians and personalities
seated at the presidential table.



PP Bert Galano leads in the
recitation of four (4) Way
Test credo.



**Ambassador Rtn. Dicky
Yujuico** does the honor of
introducing **(Ret.) Major
General Jose T. Almonte**,
former Director-General,
National Security Council,
former National Security
Adviser, as guest of honor and
speaker.



Former National Security Adviser (Ret.) Major General Jose Almonte spoke before Manila Rotarians, Forbes Park Rotarians, Visiting Rotarians and guests where he dwelled on the politics of reform and our nation's maritime entitlements.



His Excellency Fidel V. "Eddie" Ramos, former President of the Republic of the Philippines and current Honorary Member of Rotary Club of Manila, shares his views and opinions on issues of national security, among other issues hugging the limelight.



An interactive public forum followed suit post the speech of
(Ret.) Major General Jose T. Almonte.



RCM Pres. Frank Evaristo and RCFP Pres. John Tiong present to
(Ret.) Major General Jose T. Almonte, & His Excellency Fidel V. “Eddie” Ramos as special guest, the former an almanac book courtesy of
Treas. Chito Tagaysay, and a religious icon of Jesus Christ, and the
latter, a coffee table book, as the respective clubs’ token of appreciation for
being the guest of honor and speaker



Pres. Frank Evaristo & Pres. John Tiong presents the lone birthday celebrant Treas. Chito Tagaysay the birthday cake amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

BOARD MEETING



Shown in photo are: Pres. Frank Evaristo, Treas. Chito Tagaysay, Sec. Albert Alday, VP Teddy Ocampo, IPP Rudy Bediones, Dir. Susing Pineda, Dir. Amading Valdez, Dir. Oscar del Rosario and ES Anna Kun Toledo.

ROAD SAFETY PROJECT



RCM Road Safety Project Organizational Meeting held last June 17, Wednesday, 2PM, at Makati Sports Club. Shown in photo are: IPP Rudy Bediones, PD Knud Hedeager, PVP Lance Masters and PD Nick Locsin.

Club Awards / District Award

Recognition of tireless efforts from among the ranks in Rotary serves as an incentive to continue to outdo themselves and perform better Rotary Year in and Year out. Giving out tokens of appreciation for a job well done is definitely, the hallmark of a successful Rotary club for a club whose members are inspired to reach out and share their time, talent and treasure is a club that deserves the accolades of history.

I LEON LAMBERT LIFETIME ACHIEVEMENT AWARD

This Plaque of Recognition as LEON LAMBERT LIFETIME ACHIEVEMENT AWARD is presented to

Dir. Robert L. Joseph, Jr.

Director Rotary Year 2004-2005, 2013-2015

Major Gift Donor of The Rotary Foundation 2013



in recognition of his active involvement and invaluable support to the mission of Rotary and the projects and activities of Rotary Club of Manila since Inducted in 1999, his sustained and unselfish efforts in recognizing and honoring individuals and organizations that have made significant contributions to the promotion and enhancement of the Philippine Tourism industry through the RCM Tourism Awards which has been held since RY 2004-2005, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance **and fulfillment** of Rotary's motto : Service Above Self.

2 OUTSTANDING ROTARIAN OF THE YEAR AWARD

Is presented to:

Rtn ISSAM ELDEBS

Chairman, Program Committee;

Director- 2010-2011; 2015-2016

for his dedicated and unrelenting efforts in organizing and managing the weekly Thursday meetings of the Club and for inviting highly qualified and interesting speakers resulting in enhanced member attendance and participation thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.



3 OUTSTANDING ROTARIAN OF THE YEAR

This Plaque of Recognition as OUTSTANDING ROTARIAN OF THE YEAR is presented to

PDG ALEXANDER "Alex" P. CUREG

In recognition of his invaluable support to The Rotary Foundation; effectively and efficiently organizing the DISTAS 2014, and for taking the lead and initiative in the planning and organization of the Remedios Circle Redevelopment Project thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance **and fulfillment** of Rotary's motto : Service Above Self



4 STAR ROTARIAN OF THE YEAR

This Plaque of Recognition as STAR ROTARIAN OF THE YEAR is presented to

STAR RTN JOHN EMYL G. EUGENIO

In recognition of his active participation in the activities of the club since inducted in 2014 leading and encouraging new members to participate in club projects and activities, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self



5. OUTSTANDING SERVICE AWARD, Club Service..

5.1 This Plaque of Recognition as OUTSTANDING SERVICE AWARD – Club Service

Is presented to:

Rtn. HERMINIO S. ESGUERRA

Chairman – Fellowship & Disaster & Emergency Relief Committees

In recognition of his active involvement and invaluable support to the projects of the Club and for generously hosting fellowship activities resulting in enhanced member camaraderie and attendance in club events thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self .



5.2 This Plaque of Recognition as OUTSTANDING SERVICE AWARD – Club Service

Is presented to **PDG VICENTE J. CARLOS**
Chairman, RCM Centennial Committee

In recognition of his unselfish and unqualified contribution of time, talent and treasure as Chairman of the RCM Centennial Committee, taking the initiative and lead in the preparation of the plan and organizing the activities to ensure successful staging of the June 1, 2019 Centennial Celebration of Rotary Club of Manila, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self



5.3 OUTSTANDING SERVICE AWARD, Club Service

This Plaque of Recognition as OUTSTANDING SERVICE AWARD – Club Service Is presented to
Sec. ALBERT S. ALDAY

Chairman, Rotaract Committee

Chairman, ALAY Lakad Committee

Co Chairman, RCM Centennial Committee



for his untiring efforts and editorial contribution to the club's weekly magazine – BALITA; **for** leading in the organizing and participation of members in Alay Lakad, **for his** effective administration of the affairs of the Club, for actively supporting the activities of Rotaract Clubs of Manila and De la Salle, and for the timely preparation of the club Annual Report and valedictory meeting of the Club **that ensured** wider dissemination of the club's activities and projects, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.

5.4 OUTSTANDING SERVICE AWARD, Club Service

This Plaque of Recognition as OUTSTANDING SERVICE AWARD – Club Service Is presented to

Treas. HECTOR O. TAGAYSAY

Chairman, Basic Education and Literacy



In recognition of his invaluable contribution of Time, Talent and Treasure for the propagation of literacy for the economically challenged members of the community and for prudent and efficient management of club resources as Club Treasurer, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.

**5.5 OUTSTANDING SERVICE AWARD,
Club Service**

**This Plaque of Recognition as
OUTSTANDING SERVICE AWARD – Club
Service** Is presented to
PVP LANCE MASTERS

Chairman, TRF - Grant Committee



In recognition of his invaluable contribution of time and talent to the activities of Rotary Club of Manila and in attending and participating in district activities and reaching out to the clubs of R.I. District 3810 thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self .

**5.6 OUTSTANDING SERVICE AWARD,
Club Service This Plaque of Recognition
as OUTSTANDING SERVICE
AWARD – Club Service** Is presented to
PVP MANNY DY



In recognition of his generous and unselfish contribution to the regular membership of the club that enhanced and added color and excitement to the regular meetings of Rotary Club of Manila, and enhanced Philippine-Chinese relations, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.

5.8 OUTSTANDING SERVICE AWARD,

Club Service

This Plaque of Recognition as OUTSTANDING SERVICE AWARD – Club Service Is presented to **PP CESAR UBALDO**

Chairman, Fellowship Committee

In recognition of his support and contribution to the fellowship activities of the Club thereby living up to Rotary's clarion of **LIGHT UP ROTARY** in furtherance and fulfillment of Rotary's motto : **Service Above Self**



5.9 OUTSTANDING SERVICE AWARD,

Community Service

This Plaque of Recognition as OUTSTANDING SERVICE AWARD – Community Service is presented to **Rtn ELIAS “Eloy” D. ADAMOS**

Assistant Treasurer

In recognition of his generous contribution of talent and sharing of medical information essential to the propagation of care for health thru his weekly medical journal at the Balita, the weekly publication of the Club thereby living up to Rotary's clarion of **LIGHT UP ROTARY** in furtherance and fulfillment of Rotary's motto : **Service Above Self** .



5.10 OUTSTANDING YOUTH SERVICE AWARD

This Plaque of Recognition as OUTSTANDING SERVICE AWARD –Youth Service

Is presented to Rtn PHILLIP ONG
Chairman, Special Children Committee
Director, 2001-2002



In recognition of his unwavering commitment and continuing dedication to RCM's program of generous nurturing and helping children born with developmental challenges through the Special Children Project since RY-2000 **that provided** these special children the opportunity for growth and development thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self

5.11 OUTSTANDING VOCATIONAL SERVICE AWARD

This Plaque of Recognition as OUTSTANDING VOCATIONAL SERVICE AWARD Is presented to

Rtn JOSE MANUEL "Babe" D. ROMUALDEZ
Chairman – Journalism Awards Committee RY 2014-2015; Co chairman – Program Committee



In recognition of his significant contribution in enhancing the public image of the Club by assisting successful entrepreneurs and professional personalities as guests of honor and speaking of the club weekly meeting, providing print media news on club activities and for his effective and efficient management and handling of the Club annual Journalism Awards for Rotary Year 2014-2015, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self

5.12 OUTSTANDING INTERNATIONAL SERVICE AWARD

This Plaque of Recognition as OUTSTANDING INTERNATIONAL SERVICE AWARD

Is presented to

PD EDGAR L. LEE

Co Chairman – International Relations Committee



In recognition of his invaluable support and active participation in the enhancement of sisterhood relationship with overseas Rotary Clubs and contribution to membership development and camaraderie by generously hosting fellowship activities and for actively participating in the organization of golf fellowships, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance of Rotary's motto : Service Above Self .

5. SPECIAL AWARD

5.1 This Special Award is presented to
Rtn ROBERTO “Obet” M. PAGANGANAN,
President of RY 2012-2013 and District
Governor Elect of RY 2015-2016 for
advancing and preserving the prestige of the
Club, leading the Club to greater heights of
Rotary Service, thereby living up to Rotary's
clarion of LIGHT UP ROTARY in furtherance
and fulfillment of Rotary's motto : Service Above Self .



5.2 This Special Award is presented to **Rtn DAVID “Dave” J. REYNOLDS**, Sergeant at Arms from RY 1996-1997, 2000-2002, 2006-2015, for his perseverance and diligent performance of duty as Sergeant at Arms, thus ensuring order and proper decorum during the weekly membership meetings of Rotary Club of Mania, and in recognition of his committed and valuable support for young men from low income earning families that enabled them to undergo training in the Seamanship Program thru the Propeller Club which provided skills and capability to alleviate their family from the bondage of poverty, thereby living up to Rotary’s clarion of LIGHT UP ROTARY furtherance and fulfillment of Rotary’s motto : Service Above Self.



5.3 This Special Award is presented to **Rtn CRISPINO “Babes” P.REYES**, President RY 1992-1993, for generously and unselfishly providing the use of his corporate facilities at the Central Colleges of the Philippines as the regular venue for the meetings and rehearsals of the World Famous Music Chorale as well as club fellowship, for untiringly leading the “World Famous –WF” Music Chorale to provide music to the weekly and special meetings of Rotary Club of Manila, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self



5.4 This Special Award is presented to **Rtn AUGUSTO “Gus” Z. FAJARDO**, Co Chairman – Music Committee and Club Secretary RY 2005-2006, for his active participation in arranging the schedule and requirements of the World Famous “WF” Choir thereby ensuring smooth and organized implementation of its activities, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self.



5.5 This Special Award is presented to **Rtn GUNTER MATSCHUCK**, Sergeant at Arms RY 2003-2004, for annually leading the organization with the German members of RCM the annual hosting of the OKTOBERFEST resulting in an enlightened and strengthened bond and cultural relationships among the members of the Rotary Club of Manila, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self.



5.6 This Special Award is presented to
Rtn DOMINGO “Boy” S. GUEVARA,
Past President Rotary Year 1996-1997
Chairman, Sunshine Committee



In recognition of his unselfish sharing of time, talent and treasure and for taking the lead in the works of the Sunshine Committee in paying respect and organizing club's tribute to departed members and for hosting a homeside fellowship with spouse Monette, resulting in the enhancement of camaraderie that led to the participation of more members in club activities, effectively nurturing and strengthening relationship amongst members, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.

PRESIDENTIAL CITATION AWARDS

6.1 This Presidential Individual Award for Commitment to Service is presented to Rtn RODOLFO “Rudy” P. BEDIONES, Immediate Past President & Director of Vocational Service,



in recognition of his able and dedicated leadership and 100% Attendance at the monthly regular board meetings of the club, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self

6.2 This Presidential Individual Award for Commitment to Service is presented to **Rtn TEODORO “Teddy” J. OCAMPO**, Vice President and Director of Community Service B (Youth Concern)



in grateful recognition of his able and dedicated leadership for Community Service Group B (Youth Service); his hosting of a board meeting at the National University; and the successful staging of the 96th Charter Anniversary Meeting of the Club, and attendance at the monthly regular board meeting, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self .

6.3 This Presidential Individual Award for Commitment to Service is presented to **Rtn EUSEBIO “Ebot” V. TAN**, Vice President RY 2014-2015, President Elect 2015-2016



In recognition of his leadership over the activities of Club Service Group A committees and attendance at the board meetings of the Club, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self

6.4 This Presidential Individual Award for Commitment to Service is presented to **Rtn JESUS “Susing” M. PINEDA** Director, Club Service Group B (Membership Concern).



in recognition of his able and dedicated leadership over the affairs of membership concerns and attendance at the monthly regular board meeting , thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self

6.5 This Presidential Individual Award for Commitment to Service is presented to **Rtn AMADO “Amading” D. VALDEZ**, Director–Community Service C (Civic Action)



in recognition of his able and dedicated leadership over the affairs of Community ServiceGroup C and attendance at the monthly regular board meeting , thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self

6.6 This Presidential Individual Award for Commitment to Service is presented to **Rtn MARIANO “Ning” B. LOPEZ**, Director of Community Service Group A (Health Concern)



in recognition of his able and dedicated leadership and 100% Attendance at the monthly regular board meeting, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self



6.7 **Rtn OSCAR DEL ROSARIO, SR.**
Director, International Service

in recognition of his able and dedicated leadership and attendance at the monthly regular board meeting, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.



6.8 RTN JAIME M. CABASE

Deputy Sgt. At Arms

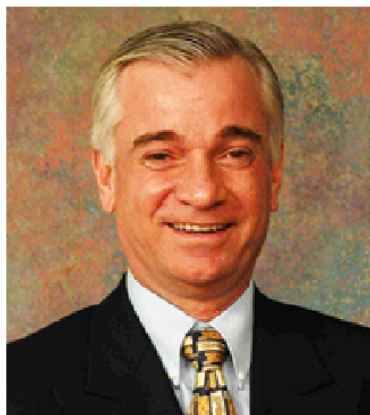
for his perseverance and diligent performance of duty as Deputy Sergeant at Arms, thus ensuring order and proper decorum during the weekly membership meetings of Rotary Club of Mania, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.



6.9 PP BIENVENIDO E. LAGUESMA

Chairman – Club Awards Committee

for services rendered as Chairman of the Club Awards Committee; for competently serving as Program Moderator in major events such as the Joint 95th Charter Anniversary and Inaugural Ceremonies and the District Assembly 2014 thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self .



6.10 PVP FAUSTO PREYSLER

Chairman, Membership Committee &
Paul Harris Fellow Committee

for his dedicated and untiring advocacy geared towards developing the club membership and for his aggressive campaign for members to share their resources for the benefit of The Rotary Foundation, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.

6.11 Rtn BRENDAN EGAN

Chairman, Classification Committee

In recognition of his active involvement and participation in the membership development program which resulted in the acceptance of well-qualified and eligible members, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto :
Service Above Self



6.12 PD PATRICIO “Bebot” F. PINEDA, JR.
Chairman, PDG RMR Rotary Information
Committee

for his all-out efforts and support in the development of prospective new member thru Rotary information that greatly contributed to a better informed membership, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self .



6.13 PS AMADO “Butch” M. MARKING,
Chairman, Golf Fellowship

for his dedicated and untiring efforts in organizing golf fellowship activities for members of the club and for actively participating in the Yolanda Livelihood Project in Capiz thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance of Rotary’s motto : Service Above Self



6.14 Rtn. RAYMOND “Ray” DAVIS

Co Chairman, Special Children Project

in grateful recognition of his untiring and unqualified support to the activities of the Special Children Project, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self



6.15 Rtn JACINTO “Jack” S. BAUTISTA

Chairman, Sight Conservation

In grateful recognition of his untiring and unqualified contribution of time, talent and resources for the prevention of blindness in partnership with the City of Manila thru the Ospital ng Tondo as exemplified by the Memorandum of Agreement (MOA) signed last November 19, 2014 with Hon. Mayor Joseph E. Estrada, thus sustaining the sight conservation program for the prevention of blindness, thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto: Service Above Self.



6.16 Rtn FELICITO “Tong” C. PAYUMO

In grateful recognition of his unselfish efforts for facilitating the rehabilitation of Tabon Tabon Central School classrooms and school library damaged by Typhoon Yolanda, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self.



6.17 PD ABRAHAM “Abe” F. PASCUAL

Chairman, Sagip Kabataan

In grateful recognition of his dedicated and untiring efforts and financial assistance that led to the acquisition of a brand new Isuzu 18 seater van for the use of the disadvantaged street children and youth of the Sagip Kabataan Center being managed by the Asilo de San

Vicente de Paul and for bringing cheers and hope to these children thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto: Service Above Self.



6.18 RTN TETSURO “Terry” AMANO

In grateful recognition of his untiring efforts and support to the Yolanda Rehabilitation Project of the Rotary Club of Manila in cooperation with Governor Kai (Rotary Japan) resulting in the provision of shelter and livelihood to victims of Typhoon Yolanda, and for his invaluable assistance vis-à-vis the visa application of members of the Club attending Rotary activities

in Japan, thereby living up to Rotary’s clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary’s motto : Service Above Self.

6.19 DISTRICT GOVERNOR EDMOND T. AGUILAR

R.I. District 3810

Rotary club of Chinatown Manila

In grateful recognition of his untiring support to Rotary Club of Manila and unqualified pursuit of the objectives of Rotary thereby living up to Rotary's clarion of LIGHT UP ROTARY in furtherance and fulfillment of Rotary's motto : Service Above Self.



7. BEST ATTENDANCE AWARD RY 2014-2015

This BEST ATTENDANCE Award for RY 2013-2014

Is presented to:

for consistently and faithfully attending regular club meetings, fellowship and other activities thereby sharing his valuable time, talent and resources making him worthy of the "Best Attendance" Award.



FRANK A. EVARISTO
President
4 years



RODOLFO P. BEDIONES
Immediate Past President
4 years



VICENTE "Vince" J.
CARLOS
Past District Governor
40 years



CESAR C. UBALDO
President 2005-2006
8 years



JAMES "Jim" G. CHUA
Treasurer, 2009-2010;
2012-2013
39 years



RTN. HERMENEGILDO
CARLOS "Caloy"
REYES
1 year

A REVIEW ON YEAR 2014-2015



It's No Trifling Matter to be President of Rotary Club of Manila

The year of President Frank Evaristo

By PVP Lance Masters, PhD

When a member of the Rotary Club of Manila becomes a candidate for its nine-member Board of Directors, they need to be prepared to serve as its president. Chartered on June 1, 1919, RC Manila became the first Rotary Club in all of Asia. It still has its original constitution and bylaws, which have an unusual provision: the director elected with the highest number of votes becomes the club's next President, and second place becomes Vice President! This year, that has been Frank Evaristo, Teddy Ocampo and Ebot Tan, respectively. Frank, long time President of Alay Lakad Foundation, is also a past President of Philippine Jaycees International, Inc. and the Philippine British Society. Teddy is President of National University & Ebot is Managing Partner, Angara Abello Concepcion Regala & Cruz Law Offices (ACCRALAW).

It's no trifling matter to become the leader of RC Manila because the expectations are extremely high and the shoes to fill of its previous leaders are nothing less than huge. Rotary International's *Presidents Manual* details more than sixty-eight responsibilities, each of which demands a substantial commitment of time, talent, and treasure. The president represents the club as its spokesperson, responsible for Public Relations, including the club's famous Journalism, Tourism and Tower awards, which are among the most important recognition programs in the country. This year, the Rotary Club of Manila had the most press coverage in recent years, for thirty-one times in eight different print media, plus numerous airings on television and radio.

The club's president must assure that the club plan and implement successful projects that address the needs of its community and communities in other countries. These programs generally have to fall within one or more of Rotary International's "Six areas of Emphasis: Peace and conflict prevention / resolution, Disease prevention and treatment, Water and sanitation, Maternal and child health, Basic education and literacy, and Economic and community development." This Rotary year, RCM's emphasis was on working with international partners and continuing relief in the Yolanda corridor, including the turnover of two additional motorized bancas (in addition to the 100 from the previous year), and was recognized as the best Economic and Community Development project among all Manila Rotary Clubs. The club delivered the first 30 of 80 funded houses valued at ± 12,000,000, had the Best Basic Education and Literacy project, the Best Water and Sanitation project, and undertook numerous additional projects in livelihood, medical mission, provided typhoon and fire relief, donated a tiger to the Manila Zoo, hosted noted entertainer Mr David Pomerantz for a special Halloween Party to bring joy to the special children and elderly of Hospicio de San Jose through Rtn Ray Davis, as well as summer recreational activities including a pool party. The club also sponsored Christmas gift giving for the socially challenged children of Asilo de San Vicente de Paul, and continued sustaining seamanship training, in cooperation with the Propeller Club.

The president must assure comprehensive and collaborative strategic planning, including realistic on base. RCM has the most diversified international membership of any club in the country, with members hailing from seventeen countries. As the oldest and largest Rotary Club in the country, RCM prefers that every member is either number one or number two in their organization. New members of RCM this year include Emyl Eugenio, Willy Villanueva, Jappy Pascual, Byron Chua, Aris Tan, Aldo Claparols, Steve Mommaerts, and Dennis Montecillo. Honorary members include eleven ambassadors, long time RCM

member former President F. V. "Eddie" Ramos, Vice President Binay, Rotary International Past President M.A.T. Caparas, and former RCM members Mar Roxas, Cesar Purisma, and retired SC Justice Puno. The club's regular membership includes the honorary consuls of eight countries.

The president must demonstrate support for The Rotary Foundation through both program participation (grants, PolioPlus, etc.) and with substantial financial contributions. This year, members of our club held back from their usual level of grantsmanship and substantial contributions to The Rotary Foundation because the entire district was under an exclusion from RI grants, due to the illegal misappropriation on an RI grant by a now-defunct club. We are happy to announce that the restriction has just been lifted this week, and once again the club will be active again in The Rotary Foundation.

The president has to develop future leaders not only for the club, but also capable of serving in Rotary at the district, region and international level. Several members undertook numerous Rotary Trainings, including seminars in grants stewardship, the Rotary Leadership Program, and the campaign to End Polio.

RCM's weekly meetings, usually held at the Polo Club, must have compelling speakers to get members to attend. If the speaker isn't of interest, RCM members, mostly high-ranking executives from business and industry, government officials, diplomats, etc., are simply too busy otherwise. This year, RCM's who's who list of distinguished speakers included honorary RCM member Vice-President Binay, Senators Loren Legarda and Grace Poe, PHR Rep of Pasig City Roman Romulo, the Ambassadors of Australia, Canada, India, Pakistan, the United States, Mexico, Chile, Bangladesh, Germany, Iran, and the United Kingdom (Fifteen ambassadors, eleven of whom became honorary members of the club). Take a breath, because here's the rest of the speakers: DFA Secretary Albert del Rosario, BSP Governor Tetangco, Budget & Mgmt Scty Butch Abad, PCOS Chrm Jose Rojas, OPARR Chrm Ping Lacson represented by Atty Karen Jimeno, AFP Chief of Staff Gen Greg Catapang, MMDA Chrm Francis Tolentino, DOE Secretary Carlos Petilla, BIR Comm Kim Henares, LTFRB Chrm Winston Ginez, Tourism Promotions Board Chrm Ramon Enerio, former NSC Exec Dir Gen Jose Almonte, former Commelec Comm Gus Lagman, Smart Communications Chrm Manny Pangilinan, PAL Chrm/Pres Jimmie Bautista, Gawad Kalinga Founder/Chrm Tony Meloto, Phil Red Cross Chrm Hon Dick Gordon, AIM Pres RCM Rtn Steve Dekrey, Stargate Media CEO RCM Rtn Babe Romualdez, Manila Standard columnist Jojo Robles, German Correspondent Carsten Stormer, DGE RCM PP Obet Pagdanganan (former Gov of Bulacan, former Secty Agrarian Reform), Makati Med Robotics Surgeon Dr. Becky Singson, representatives of the Bruno Groening Spiritual Healing Circle of Friends, and a public forum on the territorial issues of the West Philippine Seas, as well as club assemblies, turnovers, and so forth. By the way, clubs presidents are part of a "class" of presidents of clubs in the district, and are encouraged to support each other. This year club president Frank Evaristo attended the turnovers and installation of officers of thirty-seven other clubs in RI District 3810. That's a lot of evenings in barongs and who knows how much time in traffic!

Rotarians are dedicated first to "Service above self," but also want to have fun together, so eight club "fellowships" were arranged. The first was a favorite, a videoke and live music evening at RJ Bistro. We enjoyed a birthday fellowship with former speaker of the house, Rtn Joe de Venecia in his home and other birthday with PP Babes Reyes. Always a club favorite, "Oktoberfest" was hosted again at the German Club by our members from Germany, Finland and Denmark. The fellowship at RJ's was so popular, the physicians and surgeons in our club hosted another. The club hosted a Valedictory Fellowship at CCP, and Rtn Ed Lee hosted again at his famous Yu Lai Seafood Restaurant in Malate. PP Boy and Monette Guevara invited the entire district leadership team and all of the incoming presidents to a special fellowship in the Penthouse of his office tower in Mandaluyong. One of the more unusual foreign visitations was that of the Rotary Club of Thanjavur, who traveled here for their induction and turnover, just to be in the birthplace of Rotary in Asia. Numerous members participated in special visitations abroad, including the 80th Inaugural of RC Singapore, the 75th Anniversary of RC Guam, and the 45th Anniversary and Fund Raising Ball of RC Kowloon East. The "World Famous Chorale" continued its traditions of spirited song for weekly meetings and special events, bolstered by frequent rehearsals at Central Colleges of the Philippines.

Following last year's elections, some wondered if Frank was up to the job. The record speaks for itself, and the district recognized him as the Most Outstanding Rotary Club President in Manila, the club as the Most Outstanding in Manila, the Best in Club Meetings in Manila, the Best Club Bulletin in Manila, and for co-hosting numerous District activities and assemblies. Congratulations and thanks to Frank Evaristo, setting the example for the incoming RCM President for Rotary Year 2015, distinguished Atty Eusebio V. "Ebot" Tan, the managing partner of ACCRA, the largest law firm in the Philippines. Good luck, Ebot! We're sure that your club will stand by you, just as they did for soon-to-be PP Frank.

HANDOVER & INDUCTION CEREMONIES



IPP Rudy Bediones,
Incoming Chief of Staff



June 22, 2015

Dear Fellow Rotarians,

We are pleased to update the membership of the confirmed reservation made by the members of Rotary Club of Manila for the Handover Meeting to be held on June 27, 2015 (Saturday) 6:00 PM at the Philippine International Convention Center.

PAYMENT RECEIVED

- | | |
|------------------------------------|---------------------------------|
| (1) Pres Frank Evaristo | (17) PD Patricio "Bebot" Pineda |
| (2) IPP Rodolfo "Rudy" Bediones | (18) PD Reinerio "Ner" Lonzaga |
| (3) VP Teodoro "Teddy" Ocampo | (19) Spouse Femy Lonzaga |
| (4) Spouse Sharon Bediones | (20) PD Beda Fajardo |
| (5) Dir. Oscar del Rosario | (21) PD Phillip Ong |
| (6) Dir. Jesus "Susing" Pineda | (22) PS Augusto "Gus" Fajardo |
| (7) Dir. Amado "Amading" Valdez | (23) PS Amado "Butch" Marking |
| (8) Sec Albert Alday | (24) PS Justo "Justin" Ortiz |
| (9) Treas. Hector "Chito" Tagaysay | (25) PT Ceferino "Jun" Follosco |
| (10) PDG Francisco "Frankie" Roman | (26) PT James "Jim" Chua |
| (11) PP Boy Guevara | (27) PAT Muhammad Aslam |
| (12) PP Cesar Ubaldo | (28) PSAA Antonio "Tony" Lopa |
| (13) PP Renato "Boy" Ampil | (29) Rtn Hermie Esguerra |
| (14) PVP Lance Masters | (30) Rtn Cesar Bautista |
| (15) PD Jose "Jimmie" Policarpio | (31) IT Felix Francisco "Chito" |
| (16) PD Knud Hedeager | Zaldarriaga |

CONFIRMED PLEDGES OF SUPPORT:

- | | |
|---------------------------------------|-------------------------------------|
| (32) PE Eusebio "Ebot" Tan | (38) PD John Cenica |
| (33) DE Issam Eldebs | (39) PD Abraham "Abe" Pascual |
| (34) Ms Tracy | (40) Rtn. Crispiniano "Cris" Acosta |
| (35) Asst. Treas. Elias "Eloy" Adamos | (41) Rtn. Johnny Chotrani |
| (36) IAS Alvin Lacambacal | (42) Rtn. Jason Ong |
| (37) PP Bienvenido "Benny" Laguesma | (43) Sps. Sylvia Pineda |

We encourage members to join so that we can fulfill our commitment of 50 attendees.

Sincerely,

RODOLFO P. BEDIONES
Immediate Past President

THANKSGIVING AND HANDOVER CEREMONIES



Thanksgiving and Handover Ceremonies of Rotary District 3810 hosted by Rotary Street Children Foundation headed by R.I. District Gov. Edmond Aguilar last June 17, held at Don Bosco in Alabang. Photo from left BCP Andrew Co, Chief of Staff Mylene Co, Joe Acebedo, Jane Cabales of RC Jose Abad Santos, DG Edmond Aguilar, Pres. Frank Evaristo and SDG Edwin Chiu.

CLUB PRESS RELEASE



JOURNALISM AWARDS Rotary Club of Manila president Frank Evaristo, Sen. Grace Poe and RCM vice president Teddy Ocampo pose with the 2015 RCM Journalism Awardees: Manila Standard, newspaper of the year; Business World, business newspaper of the year; The Mindanao Daily Mirror and The Cebu Freeman, regional newspapers of the year; ANC Philippines, television station of the year; Noli de Castro of ABS-CBN TV Patrol, television male broadcaster of the year; Vicky Morales-Reyno of 24 oras, GMA Network, Inc., television female broadcaster of the year; DZMM 630 KHZZ - ABS-CBN, radio station of the year; Vic de Leon Lima of DZMM Radyo Patrol of 630, ABS-CBN, radio male broadcaster of the year; Ruby Bernardo-Tayag of DZMM.com.ph, ABS-CBN radio female broadcaster of the year; Letty Jimenez Magsanoc, Editor-in-Chief, Philippine Daily Inquirer, journalist of the year, represented by PDI President CEO Sandy Romualdez; Ted Failon of ABS-CBN TV Patrol, investigative reporter of the year; Ambassador Antonio L. Cabangon-Chua; the ALC Group of Companies, special awardee and Antonio S. Lopez of BizNews Asia, special awardee.

PHILIPPINE DAILY INQUIRER

SATURDAY, JUNE 20, 2015



PAL CHIEF RECEIVES TOURISM AWARD

PHILIPPINE Airlines (PAL) president and chief operating officer Jaime J. Bautista was recognized as a force to be reckoned with in tourism during the 11th Rotary Tourism Awards held at the New World Hotel in Makati City. In photo, from left, are: Rotary Club president Frank Evaristo, Jaime Bautista, Rotary Club Board of Directors member Bobby Joseph, and former Rotary Club president Rudy Bediones. The Rotary Club of Manila, the first in Asia, annually recognizes professionals in the tourism industry who are instrumental in making the experience of travel to the country an excellent one, helping boost the Philippines' image as a world-class tourist destination.

The Philippine STAR ENTERTAINMENT

C4

SUNDAY, JUNE 21, 2015



ANC news head Nadia Trinidad (center) receives the Television Station of the Year award from Rotary Club of Manila president Frank Evaristo. With them is Sen. Grace Poe (rightmost).

Rotary Club Manila names ANC, DZMM stations of the year

The ABS-CBN News Channel (ANC) was hailed as the Television Station of the Year at the Rotary Club of Manila's (RCM) annual Journalism Awards held recently at the New World Hotel. ANC scooped up the recognition for the second time

after winning the plum for the first time back in 2010.

"We are humbled by this acknowledgement of our efforts. At ANC, we always strive to be faithful to the needs of our stakeholders for different kinds of information. So this award is a big thing for the entire team. We are always evolving along with the needs of the market. So stay with us because greater things are coming," said Nadia Trinidad, news head of ANC.

ABS-CBN also won big at the event, bringing home six out of the seven awards handed out by RCM, including Radio Station of the Year for DZMM.

TV Patrol anchor Noli de Castro was awarded the Television Male Broadcaster of the Year, while Failon Ngayon and TV Patrol anchor Ted Failon was also named the Investigative Reporter of the Year.

DZMM's Todo-Todo Walang Preno anchor Vic Lima came away with the Radio Male Broadcaster of the Year, and Radyo Patrol Balita anchor Ruby Tayag was given the Radio Female Broadcaster of the Year award.

One of the oldest and prestigious award-giving bodies in journalism, the RCM Journalism Awards has been recognizing outstanding individuals and organizations in Philippine media annually since 1966.

Rotary District induction

The Rotary International District 3810 will have its formal handover and induction ceremonies with the new set of district officers and executive committee members. They will be led by district governor



Pagdanganan

elect Roberto Pagdanganan, a past president of Rotary Club of Manila, first in Asia, succeeding district governor Edmond Aguilar, on June 27, Saturday, 6 p.m., at the Philippine International Convention Center, announced by the District's public relations officer and assistant governor Frank Evaristo.

The occasion will be a testimony to the transition of the mantle of leadership in consonance with the incoming Rotary year's theme of "Be A Gift to the World." The new governor will take the helm to inspire the Ro-

tary Clubs (Manila, Pasay, Cavite and Mindoro) in the district and transform the lives of the marginalized sectors of society to be self-sufficient and productive members of their communities, with the able support of incoming district officers and executive committees members, world-class presidents, and their club members.

Assistant Editor Tony Bergonia

NATION

THURSDAY, JUNE 18, 2015



HOUSING TURNOVER

Members of the Rotary Club of Manila, led by Frank Everisto, president, and Chito Tagaysay, treasurer, turn over 30 housing units to survivors of Super typhoon "Yolanda" in Barangay Daga, Cadiz City, Negros Occidental. The project was undertaken in cooperation with Governor Kai Fund from Japan and Gawad Kalinga.

CONTRIBUTED PHOTO

The Nation

THE PHILIPPINE
STAR

FRIDAY, JUNE 19, 2015



The Rotary Club of Manila in cooperation with the Governor Kai Fund of Japan and Gawad Kalinga recently turned over housing units and livelihood projects amounting to P12 million and P7 million, respectively, to victims of Super Typhoon Yolanda in Cadiz City, Negros Occidental and other areas in the Visayas. These were part the club's flagship and major community service projects for 2014-2015. Photo shows Rotary Club president Frank Everisto and treasurer Chito Tagaysay with the beneficiaries during the turnover ceremony in Barangay Daga.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

HARD TRUTH . . . but smile, it's good for the soul

1) Place your wife in a room & lock it. Put your dog in another room & lock it!!!
Open both rooms after 2-3 hours & see who is happy to see you,
and who will bite you!

(Group members are advised not to try this at home as these stunts were performed by professionals; who are now divorced;
and living happily with their dog!!)

Don't laugh loud — The extended version says...

2) Put your husband in a room & lock it. Put your dog in another room & lock it !!! Open both rooms after 2-3 hours & you will be
happy to see your dog waiting for you.. but you'll be angry looking at your husband sleeping like he never slept before!!!

3) Always keep your spouse's picture as mobile screen saver. Whenever you face a problem, see the picture & say: "If I can
handle this, I can handle anything!"...

Superb Attitude for Life!!

4) If wife wants husband's attention, she just has to look sad & uncomfortable. If husband wants wife's attention, he just has to
look comfortable & happy.

5) A Philosopher HUSBAND said:- "Every WIFE is a 'Mistress' of her
Husband..."Miss" for first year & "Stress" for rest of the life..."!!!!

6) Million Dollar Truth: If Saturday and Sunday doesn't excite you, then change your friends. If Monday doesn't motivate you,
then change your profession. If Monday is too exciting, and you are dying to get to work, then you should change your spouse!!

7) Do you remember the tingling feeling when you took the decision to get married? That was common sense leaving your body.

8) Generally a man does not go to the place again where he has been cheated once...But many people still go to their in-laws
place..????

9) Pappu: Dad, I got selected for a role in a play for annual day!

Dad: What role are you playing?

Pappu: A husband!

Dad: Stupid, ask for a role with dialogues!

* * * * *

10) Man outside phone booth: "Excuse me you are holding phone since 29 minutes and you haven't spoken a word."

Man inside: "I am talking to my wife"

* * * * *

11) A very intelligent girl was asked the meaning of marriage.. She said- "sacrificing the admiration of hundred guys, to face the criticism of one idiot."

* * * * *

12) Position of a husband is just like a Split AC, No matter how loud he is outdoor, he is designed to remain silent indoor!

* * * * *

13) Best one line ad by a married man on OLX: "For Sale – Wedding Suit, used only once by Mistake....."

* * * * *

Elderly Couple

An elderly couple reaching their 70's are about to get married, but before they say their vows, the woman wanted to talk.

She said: "*I want to keep my house."

He said: "That's fine with me."

She said: "I want to keep my Cadillac."

He said: "That's fine with me."

She said: "And I want to have sex 6 times a week."

He said: "Put me down for Saturdays."

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



LIFE GOES ON AFTER THE STORM (Worrying can make you sick)

Elias D. Adamos, M.D.

While the Philippine Institute of Volcanology and Seismology's (Phivolcs) information campaign for a possible forthcoming big earthquake is an act of a good father to his family, many sectors and citizens in the country are worried about the bloated coming natural calamity that must be past overdue. The Phivolcs says the damage from the possible shaking can lead to disaster and devastation of fault lines that stretch from Marikina to Quezon City and up to Calamba, Laguna. But we are strong and resilient people as one good cardinal said during the Pope's visit. **Let us not forget too that worrying can lead to sickness, such as anxiety, headaches, hypertension, diabetes, and even cancer.** Life went on after Ondoy. Life continued after the storm surge in Tacloban. With God's saving grace, life will continue after the next big natural disaster. Let us enjoy the blessings of life. Let us remain vigilant and prepared but let us not worry so much. Let us live life to the fullest. Let us enjoy life as the writers Stock, Altken and Weathermen say it in the song "Enjoy Yourself."

*Enjoy yourself. It's later than you think.
Enjoy yourself, while you're still in the pink.
The years go by, as quickly as a wink.
Enjoy yourself, enjoy yourself,
It's later than you think.*

*You worry when the weather's cold,
You worry when it's hot.
You worry when you're doing well,
You worry when you're doing not.
It's worry, worry all of the time,
You don't know how to laugh.
They'll think of something funny
When they write your epitaph.*

*You're gonna take that ocean trip
No matter come what may.
You got your reservations
But you just can't get away.
Next year, for sure, you'll see the world,
You'll really get around;
But how far can you travel
When you're six feet underground?*

*Enjoy yourself. It's later than you think.
Enjoy yourself, while you're still in the pink.
The years go by, as quickly as a wink.
Enjoy yourself, enjoy yourself,
It's later than you think.*

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