

balita



No. 3611, July 30, 2015

GUEST OF HONOR AND SPEAKER



HON. ALBERTO D. LINA, CPA

Commissioner
Bureau of Customs

KABALITA

Let the Man of Logistics produce the much needed port statistics at the country's most popular agency of government when he makes waves on his maiden appearance at Asia's First Rotary Club.

THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2015-2016

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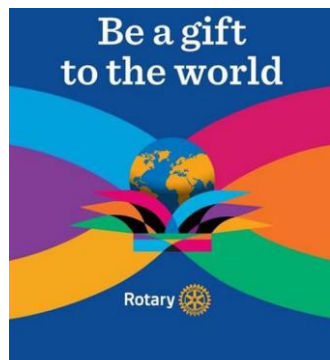
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What's Inside	2
Programme	3-4
President's Corner	5-6
Guest Speakers' Profile	7-9
The Week that Was	10
Committee on Elections / Road Safety Project	11
Sagip Kabataan	12-13
International Relations	14-15
Rotary International News / Institution	16
Sight Conservation Project	17-20
Expat News	21
Inter-Club Activities	22
Alay Lakad 2015	23-24
Annual Dues	25-26
On the lighter side	27
Public Health Nutrition and Child Care	28-29
Advertisement	30
Attendance Report	31
Notes	

RCM's 5th for RY 2015-16

July 30, 2015, Thursday, 12N,

Manila Polo Club McKinley Room

OIC/Moderator : Rtn. Jack Bautista**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	Rtn. Jack Bautista OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	Pres. Ebot Tan RCM WF Music Chorale
	Invocation	IPS Albert Alday
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	Rtn. Johnny Chotrani
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Rtn. JJ Berenguer-Testa RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Aug. 1...Rtn. JJ Berenguer-Testa; Aug. 2...Rtn. Terry Amano; Aug. 3...Rtn. Johnny Chotrani; Aug. 4...Rtn. Henning Karcher, Rtn. John Hirsh; Aug. 5...Rtn. Henry Villarica, Rtn. Ray Davis, Rtn. Edwin Seña Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Ebot Tan
12:55 PM	Introduction of Guest of Honor and Speaker	PP Boy Ampil Former Customs Commissioner
1:00 PM	Address: Honorable Alberto D. "Bert" Lina Commissioner, Bureau of Customs	
	Public Forum Response and presentation of token of appreciation to Comm. Alberto D. Lina	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, one of our former associates at ACCRALAW and, now, a visionary legislator in the upper chamber of Congress, Senator Juan Edgardo M. Angara, or Sonny, was the Special Guest and Speaker at the regular Thursday general membership meeting of our club, the Rotary Club of Manila, the First Rotary Club in Asia. Sonny shared with us his ground breaking advocacies, particularly those involving his proposals to reduce personal and corporate income taxes. Just like his Manila Rotarian father, Rtn. Ed, who is best known for his authorship of the Senior Citizens Law, Senator Sonny Angara is definitely taking the high road to meaningful and beneficial legislation. On this note, our club wishes him well as he continues to push for important pieces of legislation that will affect our lives and our country's economy.

Also last week, our club was awarded a Certificate of Appreciation on 26 July 2015 during the 130th Foundation Day Celebration of the Asilo de San Vicente de Paul. During this occasion, our ES Anna Toledo received the Certificate in behalf of our club and the Sagip Kabataan Foundation.

On news from around the district, last July 24, 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones and AG/IPP Frank Evaristo attended the 36th Induction and Handover Ceremonies of the Rotary Club of Bagumbayan Manila at the New World Manila Bay Hotel, where WCP Wilson L. Ngie Gan was inducted as Club President. The Rotary Club of Bagumbayan Manila is our largest daughter club in the district. Earlier that day, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones took part in the tree planting and installation of a 4 Way Test Marker of the Rotary Club of Dasmariñas Cavite led by WCP Divina Lory Ann Mendoza. The next day, July 25, 2015, both DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones took part in the District 3810 National Disaster Preparedness Seminar hosted by the Rotary Club of Manila Midtown led by WCP Teodulo Hidalgo at the Pasay City Sports Complex. Three days later, both DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Rosario Magdiwang at the Seven Pairs Bar and Restaurant in Noveleta, Cavite.

After starting our work week with President Aquino's last State of the Nation Address where he expressed his gratitude to everyone who helped him achieve his "Daang Matuwid", today, we shall have the Honorable Albert "Bert" D. Lina, Commissioner of the Bureau of Customs, as our Special Guest and Speaker, who will talk on the meaningful reforms being undertaken by his agency in curbing graft and corruption. Let us all attend our luncheon meeting and actively participate during the open forum which will follow Commissioner Lina's talk.

Again, I encourage each and every Manila Rotarian to take an active role in the various activities and projects of our club this Rotary year.

GUEST OF HONOR AND SPEAKER'S PROFILE



ALBERTO DAVID LINA, CPA

CAREER HIGHLIGHTS

- Successful Entrepreneur who established his own private conglomerate, the Lina Group of Companies with its flagship brand Air21, one of the leading logistics company in the country today, Apart from logistics, the LGC Group is also involved in business process outsourcing, food, customs brokerage, travel, security, marketing, solar energy, waste management, among many others.
- Served the Government in his capacity as Bureau of Customs Commissioner.
- Sits as Board Member and Independent Director for various Private Institutions.

WORK EXPERIENCE

I. Founder and Chairman of the following companies under the Lina Group of Companies:

1. Airfreight 2100, Inc.
2. Air2100, Inc.
3. 2100 Customs Brokers, Inc.
4. U-Freight, Inc.
5. U-Ocean, Inc.
6. Linaheim Corporate Services, Inc.
7. Cargohaus, Inc.
8. LGC Logistics, Inc.
9. Linaheim Corporate Travel & Tours, Inc.
10. E-Konek Pilipinas, Inc.
11. Lina Farm and Food Services, Corp.
12. Integrated Waste and Management, Inc.
13. Waste and Resources Management
14. Dynamic Outsource Solutions, Inc.
15. UBE Media, Inc.
16. Dun and Bradstreet Philippines, Inc.
17. Solarlina Energy Systems Corporation
18. BK Titans, Inc.
19. Ube Express, Inc.

II. Government Service

- Commissioner, Philippine Bureau of Customs

III. Educational Institutions

- Professor, Pamantasan ng Lungsod ng Maynila
- Professor, Colegio de San Juan de Letran
- Professor, Philippine School of Business Administration

IV. Board Memberships

- Independent Director, Philippine Airlines
- Board Member, Filipino War Veterans Foundation (FILVETS), Inc.
- Board of Regents, Central Luzon State University

CITATION AND AWARDS

- Finalist, Entrepreneur of the Year 2013
Awarded by Ernst and Young, October 16, 2013

- People of the Year Award 2006
Awarded by People Asia, January 15, 2007
- Most Outstanding Manilan 2003
Awarded by the City of Manila, June 24, 2003
- Partner of the Industry Award
Awarded by the Semiconductor Industries in the Philippines, Inc., January 17, 2003
- Lifetime Achievement Award
Awarded by Global Carriers, Inc. November 21, 2002
- Papal Award Pro Ecclesia et Pontifice
Awarded by Archdiocese of Manila , February 15, 1997
- Outstanding CPA in Entrepreneurship Award
Awarded by Philippine Institute of Public Accountants (PICPA),
1992 (For his introduction of portable toilet in the Philippines)

GOVERNMENT LICENSURE

- Certified Public Accountant, License No. 21522

SOCIO/CIVIC AFFILIATIONS

- Philippine Business for Social Progress (PBSP)
- Semiconductor and Electronics Industries in the Philippines Inc.
- Integrated Cycling Federation of the Philippines
- Philippine Disaster Recovery Foundation, Inc.,
- Ramos Peace Development Foundation
- Semiconductor Industries of the Philippines, Inc.
- Ramos Peace Development Foundation
- Semiconductor Industries of the Philippines, Inc.
- Makati Business Club
- Philippine Institution of Certified Public Accountants
- Philippine Association of Management Accountants
- American Chamber of Commerce in the Philippines
- Philippine Chamber of Handicraft Industries, Inc.
- European Chamber of Commerce of the Philippines
- Junior Achievement of the Philippines
- Management Association of the Philippines
- Clark Investors and Locators Association
- Rotary Club of Makati North
- Air Cargo Forwarders of the Philippines, Inc.
- Philippine Basketball Association

ACADEMIC BACKGROUND

- Graduated Valedictorian at Masapang Elementary School and at St. Anthony's Academy High School respectively
- Graduated with Honors from Philippine School of Business Administration with the degree of BS Administration
- Certified Public Accountant

PERSONAL BACKGROUND

Born on April 23, 1948, 66 years old, Married to Sylvia Pacheco Lina with four lovely daughters.



PVP Roy Golez, as OIC-Moderator directs the program of activities.



Rtn. Philip Recto delivers an ecumenical prayer.



Rtn. Peter Gonzales leads in the recitation of the four (4) Way Test.



PD Beda Fajardo introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. Ebot Tan reports on club activities during the President's Time.



Rtn. Tong Payumo does the honor and pleasure of introducing **Honorable Juan Edgardo M. Angara, Senator, Republic of the Philippines**, as guest of honor & speaker.



Hon. Juan Edgardo "Sonny" M. Angara spoke before Manila Rotarians, Visiting Rotarians and guests on his various advocacies which include tax reduction, meaningful labour legislation and reforms in education.



An interactive public forum followed suit post the speech of **Senator Juan Edgardo M. Angara**.



Pres. Ebot Tan Senator presents to Juan Edgardo M. Angara a religious icon of Jesus Christ and Mother and Child, as the clubs' token of appreciation for being the guest of honor and speaker.

WEEKLY BIRTHDAY CELEBRANT/S



Pres. Ebot Tan presents the lone birthday celebrant in attendance Archt. Rtn. Philip Recto for the traditional blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

COMMITTEE ON ELECTIONS



Comelec Chair/IPP Frank Evaristo met with members of Comelec to review the election guidelines. Shown in photo from L-R: **PD Jimmie Policarpio**, **Rtn. Manny Blanco**, **ES Anna Kun Toledo**, **PP Cesar Ubaldo**, **IPP Frank Evaristo** and **SAA Dave Reynolds**.

Comelec Advisory

As mandated in our RCM's Constitution and By-Laws, we shall hold our annual **NOMINATION OF BOARD OF DIRECTORS FOR ROTARY YEAR 2016-17** this August 6, 2015, 12N, at the Manila Polo Club McKinley Room.

ROAD SAFETY PROJECT COMMITTEE MEETING

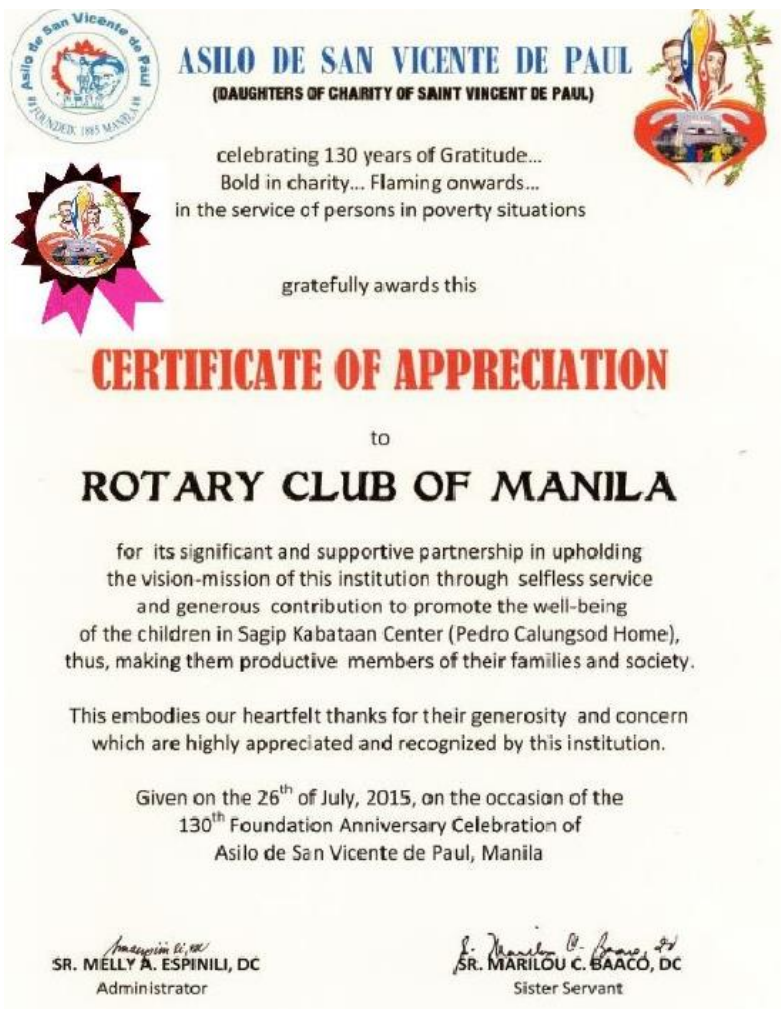


Road Safety Project Committee Coordination meeting with the team of **Ms. Elvira Y. Medina**, President, National Center for Commuter Safety & Protection, Inc. (2nd from left), with **PD Nick Locsin**, Chairman, **DCOS/PP Rudy Bediones**, **PVP Lance Masters**, **Rtn. Sonny Arevalo** and **STAR Rtn. Caloy Reyes**.

SAGIP KABATAAN



Asilo de San Vicente de Paul presented Certificate of Appreciation to Rotary Club of Manila. Presenting the awards are: Sr. Marilou C. Baaco DC, Sister Servant, Sr. Melly A. Espinili DC, Administrator and Sr. Mary Ann Guevarra, DC. **ES Anna Kun Toledo** recieved the Certificate of Appreciation in behalf of Pres. Ebot Tan and Sagip Kabataan Pres./PD Abe Pascual.



INTERNATIONAL RELATIONS

July 24, 2015

Dear Fellow Rotarians,

RE: INTERNATIONAL RELATIONS ACTIVITIES

The International Relations Committee invites you to participate in the following international fellowship activities with our sister clubs :

I. EVENTS:

1. 85th Anniversary of Rotary Club of Bangkok , is celebrating their 85th Anniversary on **Monday 13-14 September 2015..** Program of activities are as follows :

Sunday, September 13..Welcome Dinner (time and venue to be announced)

Monday, September 14..Ceremony by Monk's Prayer 9:00 am-11:30am

Banquet-

6:00 PM

Registration

6:30 PM

Door open at ballroom

Grand Hyatt Erawan Hotel

We are pleased to advise that the following are attending :

- (1) IPP Frank Evaristo
- (2) Ms Vicky Montilla
- (3) PD Ed Lee (Chairman)
- (4) Ms Daffodil Costelo

- (5) Rtn David Wong
- (6) Rtn. Pering Benedicto
- (7) Rtn. Noy Benedicto

2. 46th Anniversary Fund Raising Ball, Rotary Club of Kowloon East,
is celebrating their 46th Anniversary Fund Raising Ball .. Program of activities are as follows:

Thursday, November 19...Welcome Dinner in honor of visiting sister clubs

6:30 PM at the Neptune Chiu Chow Restaurant (address:

1/F, Energy Plaza, 92 Granville Road, Tsim

Shau Tsui East, Kowloon

Friday, November 20.. 46th Anniversary Ball at the Grand Ballroom,
Kowloon Shangri-La Hotel

We are pleased to advise that the following are attending:

- | | |
|-----------------------|--------------------------|
| 1. IPP Frank Evaristo | 4. Rtn. Pering Benedicto |
| 2. Vicky Montilla | 5. Dir. Ning Lopez |
| 3. Rtn. Noy Benedicto | 6. Josephine Lopez |

Thank you,

Yours in Rotary,

PD ED LEE

Chairman

International Relations Committee

CC: Pres. Ebot Tan ; Dir. Oscar del Rosario

RSVP

Please send back by email the RSVP form if
you are participating :

(A) Rotary Club of Bangkok, 13-14 September 2015

- [] Attending alone
[] Attending with _____

(B) Rotary Club of Kowloon East, 19-20 November 2015

- [] Attending alone
[] Attending with _____

By: _____
Signature over Printed Name

Date : _____

ROTARY INTERNATIONAL NEWS



SAVE THE DATE

Thursday, August 13, 2015 / 5:00 pm
Manila Polo Club, McKinley St.,
Makati City, Philippines

Meet RIPE John Germ with Lady Judy
Dinner Fellowship with
Districts 3810, 3830,
3850, 3860 and 3870

Assessment : Php 1,600 per person
Attire : Men - Coat and tie
Ladies - Business attire with coat

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Rotary



APPLY TO SERVE ON AN RI COMMITTEE

If you would you like to contribute to Rotary by serving on a committee, this is your opportunity. The nine committees listed below are searching for qualified candidates for openings in 2016-17. Each of these committee works with Rotary leaders to increase efficiency and promote the goals and priorities of our strategic plan.

To be considered for a committee appointment go to www.tinyurl.com/ri-committee-application for an application form.

The application deadline is 20 August.

[Learn more about the committees and the application process.](#)

[Get answers to frequently asked questions.](#)

COMMITTEES WITH OPENINGS FOR 2016-17

SIGHT CONSERVATION PROJECT





Ibajay Medico Surgical Mission. July 23-26, a joint project for 10 years of linahiem transport group, shining light ministries, LGU Aklan Congressman Teodoro Haresco, Governor Joven Miraflores, Mayor Maria Lourdes Miraflores, RCM eye center of Infant Jesus Hospital, asian hospital, abesamis dental group.

EXPAT NEWS



Celebrating 239 Years of U.S. Independence

By ANGIE DUARTE

The United States Embassy in Manila recently celebrated the 239th Independence Day of the United States of America – popularly known as the Fourth of July – on July 2 at the Fairmont Hotel in Makati.

U.S. Ambassador to the Philippines Philip S. Goldberg welcomed guests to the commemoration of the most significant American holiday, which – for the first time – was held outside of the U.S. Embassy along Roxas Boulevard, on account of major renovations ongoing within the facility.

In his welcome address, Goldberg – who was joined on stage by Foreign Affairs Secretary Albert del Rosario; U.S. Embassy Political Counselor, Matthew Cenzer; and Apostolic Nuncio to the Philippines, Monsignor Giuseppe Pinto – shared that the actual voting for the Declaration of Independence historically took place on July 2, 1776 and not on July 4; which was the date ultimately inked on the document, after revisions had been made.

“Don’t let anybody tell you that we’re actually just doing it for the long weekend for the Embassy staff,” he added in jest as he explained why the festivities were two days earlier.

U.S. Independence Day is a celebration of the simple premise that all men and women are created equal and that they are endowed by their creator with certain unalienable rights: life, liberty and the pursuit of happiness.



Foreign Affairs Secretary Albert del Rosario delivers his welcome speech, as Monsignor Guiseppe Pinto, Matthew Cenzer, and Philip S. Goldberg prepare to make a ceremonial toast.

In honoring this spirit of equality, this year's commemoration was themed in remembrance of the 25th anniversary of the signing of the milestone legislation, the Americans with Disabilities Act. Students from the Philippine National School for the Blind led the national anthems of both the Philippines and the U.S.A.; while Rondalla on Wheels, a musical project in tandem with the National Orthopedic Hospital and the Philippine Society for Crippled Children, were among the talented groups which provided the evening's entertainment.

The Ambassador also noted that July 4 is Philippine-American Friendship Day, as well; which he referred to as "a great alliance between two countries and two peoples."

Goldberg expounded that not only is the US-Philippine alliance great, "It is undergoing a great renewal."

"In fact, we're doing more together than at any other time in the generation – in assistance, in security, in Congress – and we're doing so as the Philippine government works to modernize, fight corruption, and provide more equitable growth," he disclosed.

"For more than 79 years, America and the Philippines have stood together shoulder to shoulder, and we continue to face the future together shoulder to shoulder," he added.

The event was well attended by Americans and Filipinos alike, from various sectors of society, all eager to take part in the meaningful affair.



**Mayor Joseph Estrada and
Matthew Cenzer**



**Johnny Litton, Israeli Ambassador Effie Ben
Matityau and Rommel Abisamis.**



Frank Evaristo, Australlian Ambassador Bill Twedell and Gen. Gregorio Pio Catapang



Indian Ambassador Lalduhtlana Ralte, German Ambassador Thomas Ossowski and Glenn Gale



Col. Brian Bell, US Ambassador Philip S. Goldberg and David Schier



Fotini Ali, USAID Director Gloria Steele, Randy Ali and Lito Ocampo Cruz.



Rondalla on wheels serenade guests at the celebration



Members of the US Missions, dressed as Lady Liberty, IPP Frank Evaristo and Uncle Sam.

INTERCLUB ACTIVITIES



RC Bagumbayan Manila 36th Induction Ceremonies held last July 24 at New World Manila Bay Hotel with WCP Wilson Ngie, attended by **RCM Gov. Obet Pagdanganan**, **PP/Chief of Staff Rudy Bediones**, **IPP and Assistant Governor Frank Evaristo**, **Vilma Vinluan**, **PP Alex Santiago**, **Ricky Valdes**, **Arvim Serrano**, **Elma Perello**.



RCM Rotarians with RC Cebu Rotarians. **From Left: PP/Chief of Staff Rudy Bediones**, **IPP/AG Frank Evaristo**, **Gesalem Jonathan** at RC Bagumbayan Manila Induction.



ALAY-LAKAD FOUNDATION, INC.
ALAY LAKAD PARA SA MAGANDANG KINABUKASAN

July 27, 2015

PRESIDENT EUSEBIO V. TAN
Rotary Club of Manila

Dear President Tan,

Warm greetings from Alay Lakad Foundation, Inc. (ALFI) !

We are pleased to invite you to join the annual Alay Lakad, scheduled nationwide on **Sunday, September 6, 2015, 8:00 AM at the Quirino Grandstand, Rizal Park, Manila**. This year's theme is **"Alay Lakad Para sa Magandang Kinabukasan"**.

The Kiwanis International Philippines Luzon District will chair this year's National Coordinating Committee under the leadership of its Governor, Atty. Melvin Mendoza with Federation of Filipino-Chinese Chamber of Commerce and Industry, Inc. as vice-chair headed by President Angel Ngu.

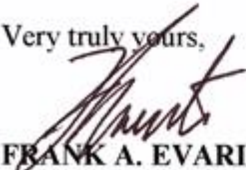
This year will be Alay Lakad's 43rd Anniversary. For 43 years Alay Lakad is dedicated to assist the government in enabling and empowering the youth especially the out-of-school youth to become productive and responsible citizens. Raising funds through "walking" was conceptualized by the late DSWD Secretary Dr. Estefania Aldaba Lim to enable the OSYs to go to school thru scholarship programs, educational assistance, skills and livelihood trainings to improve their way of life.

To sustain this effort, we need the support of other organizations and individuals who share our commitment and dedication to help the Filipino youth. Through these years, Rotary International is one of the avid supporters of this walk-for-a-cause to benefit the marginalized youth, especially the out-of-school youth.

In this regard, we would like to request your help for any donation, in cash or in kind from the Rotary Club of Manila which will contribute much to the success of Alay Lakad's on-going projects for the benefit of the out-of-school youth.

Thank you very much for your support to the Alay Lakad Foundation, Inc.

Very truly yours,



FRANK A. EVARISTO

President, Alay Lakad Foundation, Inc.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Dr. Bumbutu

A flat-chested young lady read an article in a magazine that stated Dr. Bumbutu in Africa could enlarge your breasts without surgery. So she decided to go to Dr. Bumbutu to see if he could help her.

Dr. Bumbutu advised her, 'Every day after your shower, rub your chest and say, 'Scooby doobie doobies, I want bigger boobies!'

She did this faithfully for several months, and to her utter amazement she grew a terrific D-cup rack!

One morning she was running late, got on the bus, and in a panic realized she had forgotten her morning ritual. Frightened she might lose her lovely boobs if she didn't recite the little rhyme, she stood right there in the middle aisle of the bus, closed her eyes and said, 'Scooby doobie doobies, I want bigger boobies.....

A guy sitting nearby looked at her and asked 'Are you a patient of Dr. Bumbutu's?' Yes I am.. How did you know?' He winked and whispered, 'Hickory dickory dock...

* * * * *

Looking for a Wife

Fred is 34 years old and he is still single. One day, a friend asked, "Why aren't you married? Can't you find a woman who will be a good wife?"

Fred replied, "Actually, I've found many women that I have wanted to marry, but when I bring them home to meet my parents, my mother doesn't like them."

His friend thinks for a moment and says, "I've got the perfect solution, why not find a girl who's just like your mother?"

A few months later, they meet again and his friend says, "Did you find the perfect girl? Did your mother like her?"

With a frown on his face, Fred answers, "Yes, I found the perfect girl. She was just like my mother. You were right, my mother liked her very much."

The friend said, "Then what's the problem?" Sadly, Fred replied, "My father doesn't like her."

* * * * *

True Friendship Amongst Golfers

This guy brings his best golf mate home, unannounced, for dinner at 6:30 p.m., after golf. His wife screams her head off while his friend sits open

mouthed and listens to the tirade.

"My bloody hair and makeup are not done, the house is a f*cking mess, and the dishes aren't done. Can't you see I'm still in my f*cking pyjamas and I can't be bothered with cooking tonight! Why the f*ck did you bring him home unannounced, you stupid idiot?" "Because he's thinking of getting married."

* * * * *

Water Skiing in Church

In Church there is a family that has recently been baptized. After a month of being new members the Bishop calls them in separately to see how they are doing. During an interview with the father, the bishop asks,

"Will you give a talk next Sunday in Church?" The new convert replies, "Sure, but what would you like me to give my talk on?" "On anything you feel that would be beneficial to the congregation, like past experiences and such that have changed your life in a positive way."

So he goes home and immediately starts thinking about what he would like to speak about. One night as he is working on his talk his wife comes up to him and asks, "So honey, what are you going to give your talk on?"

"Well, after much thought, I have decided to give a talk on water skiing." "Water skiing! What? This is Church we are talking about; you can't give a talk on water skiing. It would be indecent!" "The Bishop said I can give a talk on anything I wanted to and I want to give it on water skiing!"

Her husband is known to be a big joker so she shrugs it off not worrying about it for the time being. As Sunday comes though, she starts to get nervous and can't take it any longer. When they arrive at the church parking lot she says to him, "Alright sweetheart, the jokes over. What are you really going to give your talk on?" "I was being serious; I really am going to give a talk on water skiing!"

His wife responds, "Well, if that's the way you are going to be, me and the kids do not want to be embarrassed by this, so we will wait out here in the car while you give your talk!" "FINE, be that way!" He replies.

So he goes into Church while his family stays in the car. As he sits down and waits for his turn to speak, he thinks it over and realizes that his wife is probably right. Talking about water skiing in Church? What was he thinking?!! So he goes to his backup plan. He gives a talk on adultery. After he gives his talk and the session ends he goes back to the parking lot to get his wife and kids and to apologize for the way he acted. But before he could say anything to them the Bishop comes up, turns to his wife and remarks:

"Your husband gave one of the best talks in Church. I mean there wasn't a dry eye in the room after he finished!" The wife stared at the Bishop incredulously. "You must be joking! He's only done it twice. Once with my mother and once with my sister and couldn't stay up either time!!"

PUBLIC HEALTH NUTRITION AND CHILD CARE



ORAL, NOSE, THROAT AND NECK CANCER PREVENTION

Elias D. Adamos, M.D.

The most common form of cancer that ears, nose and throat doctors encounter is nasopharyngeal cancer. This cancer involves the nose, pharynx (throat), and the oral cavity (mouth). The earliest sign is a mass on the neck near the lower portion of the ear. It is sometimes mistaken as lymphadenopathy or simply a swollen lymph node, referred to in Tagalog as “kulane”, that is a temporary and curable condition that can result from colds or infection. Thus, any mass or swelling on aforesaid area of the neck should not be taken lightly. It might be something else rather than just the simple “kulane”. It might be a tumor or cancer. Nasopharyngeal cancer is preventable. The percentage of cure is high when it is diagnosed at its early stages and as long as the right and indicated treatment is immediately instituted.

Factors related to the development of nasopharyngeal cancer

The most common cause of nasopharyngeal cancer is **smoking** and **alcohol**. Avoidance of alcohol and nicotine from cigarettes is therefore the number one preventive measure against nasopharyngeal cancer. It can also developed from **poor oral hygiene** and **dental problems and conditions**. Regular visits to the dentist for oral prophylaxis and check-ups can prevent oral cancer. A bitternut or “nga-nga” that is and/or has been popular among the old folks in the north of Luzon is also a cause of oral or mouth cancer. In 1990, Johns Hopkins University found out that oral sex that is linked to the transmission of oral sexually transmitted disease through the spread of human papillomavirus (HPV) has a strong connection to the risk in the development of throat cancer.

Diagnosis and treatment

Diagnosis is established through cellular or pathology studies of samples taken from the mass or tumor. This is also referred to as biopsy or the taking of a small sample of cells or tissues for the identification of cancer cells. The sample can be taken via needle aspiration (fine needle aspiration biopsy), which I believe is the safest way to establish diagnosis in nasopharyngeal tumors.

When diagnosis is established, you have to rely on the expertise of an eye, nose and throat doctor for the indicated mode of treatment. In most case radiation therapy is indicated.

National Disaster Consciousness Month and De-worming of School Children Month

The Department of Health launched the month of July as the National Disaster Consciousness Month. On July 30, 2015 the Metropolitan Manila Development Authority (MMDA) will conduct a metro-wide earthquake drill called the *Metro Manila Shake Drill*. July 29 is the second round of the de-worming of school children. The first round was conducted in January 2015 in all public schools throughout the country.

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