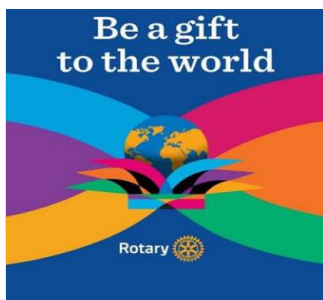




balita



No. 3617, September 10, 2015

GUEST OF HONOR AND SPEAKER



HON. MARIA LEONOR G. ROBREDO

Representative

Third (3rd) District, Camarines Sur



KABALITA

Let the distinguished lady from Camarines Sur, whose simplicity has made her more popular than the pili nuts of Naga, show the way towards good governance as she makes waves at Asia's First Rotary Club.

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

EBOT TAN
President

FRANK EVARISTO
Immediate Past President

TEDDY OCAMPO
Vice President

**SUSING PINEDA
ISSAM ELDEBS
AMADING VALDEZ
BOBBY JOSEPH
NING LOPEZ
OSCAR DEL ROSARIO**
Directors

JORGE SALAZAR
Secretary

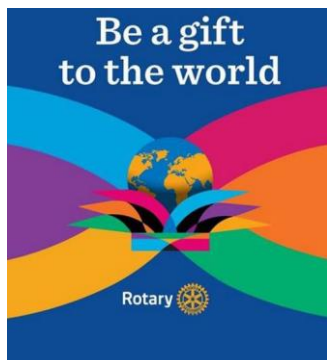
CHITO ZALDARRIAGA
Treasurer

DAVE REYNOLDS
Sergeant-At-Arms

ALVIN LACAMBACAL
Assistant Secretary

RAOUL VILLEGAS
Assistant Treasurer

**JIMMY CABASE
COEN EVERTS**
Deputy Sergeant-At-Arms



<u>What's Inside</u>	
Programme	2
President's Corner	3-4
Guest Speakers' Profile	5
Profile of Ms. Global Philippines 2015	6
Miss Global Phils. Coronation Night	7
Preview of Guests of Honor and Speakers	8
The Week That Was	9-11
Alay Lakad 2015	12-16
Comelec & Board Meeting	17
International Relations	18
Club Press Release / SKAL	19-21
Annual Dues	20-22
On the lighter side	25-26
Public Health Nutrition and Child Care	27
Advertisement	28-29
Attendance Report	30
Notes	31

RCM's 11th for RY 2015-16

September 10, 2015, Thursday, 12N,

Manila Polo Club McKinley Room

OIC/Moderator : PD Beda Fajardo**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 Beda Fajardo OIC/Moderator
12:30 PM	Call to Order	Pres. Ebot Tan
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	PD Pepo Nuñez
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Rtn. Peter Gonzales RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Sept. 12....Rtn. Jing Lapus, Rtn. Rody Antonino; Sept. 14....PT Jim Chua; Sept. 16....PT Roger Cabuñag, Rtn. Sonny Dominguez Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Presentation of Global Philippines Beauty Queens 1.) Ms. Pauline Sofia Laping - CEO & National Pageant Director Miss Global Philippines 2.) Ms. Catherine Marie Almirante - Miss Global Philippines 2014 winner and Miss Global international 2nd runner up. 3.) Ms. Mary Candice Ramos - Miss Global Philippines 2015 winner 4.) Ms. Henna Santos - Miss Global Philippines 1st runner-up 5.) Ms. Mary Aileen Gonzales - Miss Global Philippines 2nd runner-up	
12:55PM	President's Time	Pres. Ebot Tan

1:00PM	Annual Election of the RCM Board of Directors for R.Y. 2016-17 Announcement on required quorum of attendance of members for the election Election proper	Sec. George Salazar Committee on Election
1:10 PM	Introduction of Guest of Honor & Speaker	Rtn. Tong Payumo
1:15 PM	Address : Public Forum Response and presentation of token of appreciation to Hon. Maria Leonor G. Robredo	Honorable Maria Leonor G. Robredo Representative, District 3, Camarines Sur Pres. Ebot Tan
	Announcement of winners of annual elections	IPP/AG Frank Evaristo Comelec Chairman
2:00 PM	Adjournment	Pres. Ebot Tan
	*Photo opt for newly-elected RCM Board of Directors for RY 2016-17	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week's luncheon meeting had our Guest of Honor and Speaker, Supreme Court Associate Justice Marvic Leonen, a former Dean of the College of Law of the University of the Philippines, eloquently discuss with candor and openness various legal issues, including the draft bill on the Bangsamoro Basic Law. It stimulated questions from many of our lawyer-members and led to very interesting discussions.

On news within our Club, today we continue the process of electing our Club's Board of Directors for RY 2016-2017 since we failed to muster a quorum last week. Let us all come out and actively participate in the election process to elect our next set of Directors. In the evening of 3 September 2015, Director Bobby Joseph organized a very successful staging of the SKAL Awards at the New World Hotel in Makati City. I and many other Manila Rotarians attended the affair, which offered a sumptuous buffet dinner, good entertainers, and the raffling of many prizes. On Sunday, 6 September 2015, the Alay Lakad walk was conducted from 5:00am in the morning from the Planetarium at the Luneta until the Quirino Grandstand. I wish to thank all the members of our Club, led by Alay Lakad Foundation President IPP/AG Frank Evaristo and RCM Alay Lakad Chair/IDCoS/ISDG/PD/IPS Albert Alday, who participated in the ALAY LAKAD 2015 "Alay Lakad Para Sa Magandang Kinabukasan" walk with me. After the walk, all of us, together with the members of the Rotaract Club of Manila and the Rotaract Club of De La Salle University Manila, as well as the visiting Rotaractors from the Rotaract Club of Subang Malaysia and the Rotaract Club of the Marianas (who walked with us), had breakfast at the Sampaguita Room of the Manila Hotel hosted by Rotarian Rickie Yap. It was over this breakfast that we were able to get to know each of the Rotaractors better and to introduce ourselves, our Club, and our Club's projects and activities to them. The emceeing chores were led by Dir. Amading Valdez and Dir. Oca del Rosario. On this occasion, we were also asked to act as witnesses to the renewal of the sisterhood agreement between The Rotaract Club of Manila and the Rotaract Club of Subang Malaysia.

On news from around the District, last September 3, 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Sampaloc at the Quezon City Sports Club, where WCP Dante "Dan" Taverner was inducted as Club President. Three days later, on September 6, 2015, practically all of the Rotary Clubs in RI District 3810, including our Club, participated in the Alay Lakad 2015 walk, led by our very own DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, and ALAY LAKAD Foundation President AG/IPP Frank Evaristo. We understand that approximately P1 Million was raised as a result of the Alay Lakad walk.

Today, the popular lady legislator from the Third (3rd) District of Camarines Sur, Rep. Maria Leonor G. Robredo, the widow of the late DILG Secretary Jesse Robredo, will be gracing our luncheon meeting to talk about her plans and advocacies. Please actively participate in the program for our luncheon meeting and support the other plans and activities of our Club this Rotary Year.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



ATTY. MARIA LEONOR GERONA-ROBREDO

Representative
Third District of Camarines Sur

Before Atty. Maria Leonor Gerona-Robredo became the representative of the Third District of Camarines Sur, she was not only a loving wife and caring mother but also a public attorney and lawyer committed to non-governmental organization (NGO) work where her legal services to the poor were pro bono.

She continues to be a caring mother to her three daughters while also prioritizing the concerns of the half a million residents of her district and making sure that the grassroots, the national government, and every local government units (LGU) are well-connected to each other in the delivery of basic services and crafting of necessary policies.

In the House of Representatives, she serves as Senior Vice Chair of the Committee on Revision of Laws and Vice Chair of the Committee on Good Government and Public Accountability. She is an active member of the Appropriations, Human Rights, Local Government, People's Participation, Public Information, Rural Development, Suffrage and Electoral Reforms, Welfare of Children, Women and Gender Equality, Bicol Recovery and Economic Development, and Land Use committees.

A product of the prestigious University of the Philippines School of Economics, Atty. Robredo is called fondly as Leni in her native Naga City, where she continues to be an active member of civic organizations. She supports civil society organizations (CSOs) that promote best practices in governance and address issues that affects communities particularly women and children.

Leni has always been an achiever. During her term as coordinator of Sentro ng Alternatibong Lingap Panligal (SALIGAN) in Naga City in 2007, the office was awarded the Kabalikat ng Bayan Award for its exemplary efforts to achieve sustained growth and development through paralegal education and networking. The Volunteer Against Crime and Corruption, a non-government organization that aims to eradicate crime and corruption in the country, recognized her as Most Outstanding Private Prosecutor in 2009. And, during the May Mid-term Elections, she won close to 80 percent of her district's total votes.

Leni believes that excellence in public service concerns everyone, that how a person behaves becomes how the society acts, that how a leader serves defines how people work together in building the nation.

PROFILE OF MS. GLOBAL PHILIPPINES 2015



Miss Global Philippines 2015 Tourism ambassadors Reigning Queens

4th runner up #12 Meryl Angeline King - Miss Global Philippines 2015 Tourism Ambassador

3rd runner up #16 Angela Aninang - Miss Global Philippines 2015 Tourism Ambassador

2nd runner up #20 Mary Eileen Gonzales - Miss Global Philippines 2015 Tourism Ambassador

1st runner up #19 Henna Santos - Miss Global Philippines 2015 Tourism Ambassador

And the newly crowned Miss Global Philippines 2015...

#8 Mary Candice Ramos

MISS GLOBAL PHILIPPINES CORONATION NIGHT



IPP Frank Evaristo as one of the judges at the **MISS GLOBAL PHILIPPINES** held at the Newport Performing Arts Theater of Resorts World Manila in Pasay City last Saturday, September 5, 2015.



Mary Candice Ramos was crowned Miss Global Philippines, she graduated with a degree of B.S. from the University of the Philippines, during the Grand Coronation Night at Resorts World Manila its 2nd year pageant. Twenty two (22) exceptional ladies vying for the title with **AG/IPP Frank Evaristo**, as one of the board of judges during the pageant night.

PREVIEW OF GUESTS OF HONOR AND SPEAKERS

September 17, 2015, 12N, Manila Polo Club



Doctor Onofre "Pagsi" Pagsanghan (Confirmed)
Professor, Ateneo de Manila High School
Inspirational Speaker

September 24, 2015, 12N, Manila Polo Club

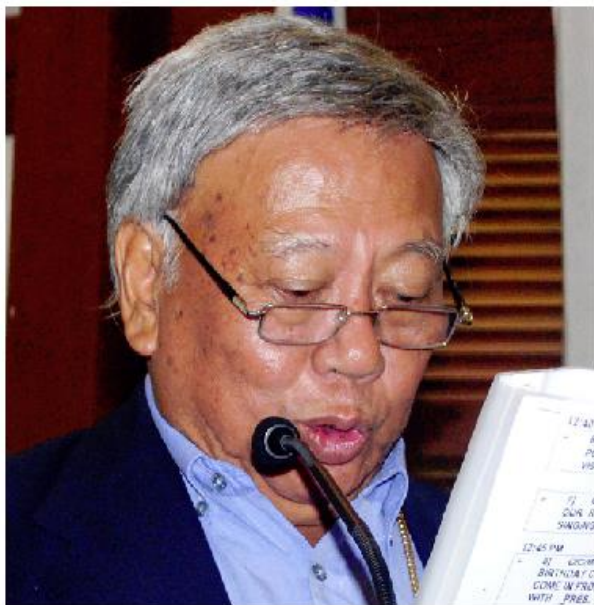


Honorable Rodrigo R. Duterte
(Note: Subject to confirmation)
Mayor, Davao City

October 1, 2015, 12N, Manila Polo Club



Honorable Antonio T. Carpio (Confirmed)
Associate Justice, Supreme Court of the Philippines



Rtn. Tong Payumo as OIC-Moderator directs the program of activities.



PAS Addie Topacio delivers an ecumenical prayer.



IPS Albert Alday leads in the recitation of the four (4) way test.



STAR Rtn. Jovee Ong introduces the guests, visiting Rotarians and personalities seated at the presidential table.



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



Asst. Sec. Alvin Lacambacal during the election of the RCM Board of Directors for the Rotary Year 2016-17.

Rtn. Hermie Esguerra does the honor and pleasure of introducing **Honorable Marvic Mario F. Leonen**, Associate Justice, Supreme Court of the Philippines, as guest of honor & speaker.





Supreme Court Associate Justice Marvic Leonen spoke before Manila Rotarians, Visiting Rotarians and guests on the rudiments of the law, how the law is applied to a particular case and how the Supreme Court arrives at a decision when a case is before them for resolution.



An interactive public forum followed suit post the speech of **Honorable Marvic Mario F. Leonen**.



Pres. Ebot Tan presents to **Honorable Marvic Mario F. Leonen** a religious icon of Jesus Christ and Mother and Child as the club's token of appreciation for being the guest speaker.

COMELEC



Seen in photo are: **Pres. Ebot Tan**, **PD Jimmie Policarpio**, **Rtn. Henning Karcher**, **IPT Chito Tagaysay**, **PD Rob Sears**, **PP Cesar Ubaldo**, **AS Alvin Lacambacal**, **PP Francis Juico**, **PP Benny Laguesma**, **Rtn. Manny Blanco** and **Rtn. Caloy Reyes**.

WF MEETING AT CCP



WF Initial Meeting for the Christmas Carolling. In photo are: Chair./PP Babes Reyes, Co-Chair./PS Gus Fajardo, Sec. George Salazar, PP Cesar Ubaldo, PD Beda Fajardo and PD Nick Locsin.

ALAY LAKAD



Congratulations for one of the most successful walks to date to Alay Lakad, IPP/AG Frank Evaristo (President of Alay Lakad Foundation) and RC Manila Midtown, the host club for Rotary District 3810. Approximately $\pm$ 1 million was raised, with exuberant participation of about 300,000 people from not only the NCR, but also from several provinces outside the NCR and from at least six foreign countries, mostly by invitation of our sponsored Rotaract club.

The walk to generate support for disadvantaged youth began in 1972 by DSWD, with the help of the Boy Scouts and the Girl Scouts. Benefitting out of school youth was obviously a great idea and it gathered the support of First Lady Imelda Marcos, expanding to include the Ministry of Education, Culture and Sports (now DepEd), the Ministry of Local Government and Community Development now (DILG), the Armed Forces of the Philippines (AFP) and the National Media Center (now PIA) from the government sector. From the private sector were JCI Philippines (Philippine Jaycees, Inc.), Rotary International, Lions and the Kiwanis Clubs, the Young Men's and the Young Women's Christian Associations (YMCA and YWCA), the Kapisanan ng mga Broadkaster sa Pilipinas (KBP), the Philippine National Red Cross (PNRC), the Grand Lodge of Freemasonry of the Philippines, the Knights of Columbus, and many other government and non-government organizations.





At the parade start are Francis Juico, Benny Laguesma, Oscar del Rosario, Lance Masters, RCM Alay Lakad coordinator Albert Alday, Hermie Esguerra, Ebot Tan, and Teddy Ocampo.

The parade of literally hundreds of units started with assembly at 5:00 am, with seemingly countless color guards, bands, and banners announcing every group as they paraded by the Quirino Grandstands. Sponsors are asked to donate a certain amount for every kilometer covered by a hiker, usually only one peso per kilometer per participant. The funds raised are used to finance socio-economic projects for the needy out-of-school youth, including skills training on various occupational trades, income generated projects leadership training and cultural services.



At the Luneta Grandstand, RCMers joined PP/COS Rudy Bediones they are: AG/IPP Frank Evaristo, Dir. Oscar del Rosario, Rtn. Hermie Esguerra, Pres. Ebot Tan, IPS Albert Alday, Dir. Amading Valdez, PVP Lance Masters, VP Teddy Ocampo and PP Francis Juico.



RCM lead by Pres. Ebot Tan pose with Rotaracts Club Manila and De la Salle and Rotaract Club of Subang, Malaysia.



ALAY LAKAD Scholars presentation of beneficiaries from Polytechnic University of the Philippines & testimonial for out of school youth scholar with RCM AG Frank Evaristo.



DG Obet Pagdanganan and Alay Lakad Foundation President / AG / IPP Frank Evaristo, in a TV interview at Quirino Grandstand during the walk for a cause last Sunday, September 6, 2015.



AFP Donates to Alay Lakad

AFP Chief of Staff General Hernando Iriberry represented by Lt. General Jeffrey F. Delgado, Commanding General, Philippine Air Force, Vice Admiral Jesus C. Millan, Flag Officer in Command, Philippine Army, Lt. General Eduardo M. Año, Commanding General, Philippine Army, Major General Richard O. Lagrana, handover a facsimile check for Php 280,000 to Frank Evaristo (3rd from left), President, Alay Lakad Foundation, Inc., during the annual walk-for-a-cause for the benefit of out-of-school youth to assist in financing their projects in consonance with this year's theme : ***"Alay Lakad Para Sa Magandang Kinabukasan."*** More than two hundred thousand (200,000) participants were on hand to give their donation totaling Php 600,000 for the walk-for-a-cause. Joining the handover ceremony from is Mr. John Sy, Vice President, Alay Lakad Foundation, Inc.

AT THE MANILA HOTEL



Rotaract Club of Manila renews Sisterhood Club agreement with the Rotaract Club of Subang, RID 3300, Petaling Jaya, Malaysia, witnessed by RCM Pres Ebot Tan and our A.L. team at the breakfast in Sampaguita, Hall A, Manila Hotel, courtesy of Rtn. Ricky Yap.



Breakfast courtesy of Rtn. Ricky Yap, GM of Manila Hotel, joined by DG Obet Pagdanganan, RCM Members from L-R (seated) Rtn. Hermie Esguerra, PVP Lance Masters, Rtn. Nilo Aventura, Pres. Ebot Tan, COS/PP Rudy Bediones and spouse Sharon, VP Teddy Ocampo, (standing) L-R: PP Francis Juico, IPS Albert Alday, Dir. Amading Valdez, Dir. Oscar del Rosario and Rotaract Club Manila and Rotaract Club of Subang, Malaysia. Also present is PP Cesar Ubaldo but not in photo.

COMELEC AND BOARD MEETING



Meeting of the Committee on Election and Special Board Meeting was held at the ACCRA Law office last Wednesday September 9, 2015. Present during the meeting were : Pres Ebot Tan, IPP Frank Evaristo (COMELEC Chairman), Dir Susing Pineda, Dir Issam Eldebs, Sec Jorge Salazar, AS Alvin Lacambacal; COMELEC- PP Cesar Ubaldo (Co Chairman); members- PD Jimmie Policarpio, PD Rob Sears, IPT Chito Tagaysay, Rtn Henning Karcher.

INTERNATIONAL RELATIONS

September 7, 2015

Pres. Chiemi Svensson
Rotary Club of Bangkok



Good afternoon Pres. Svensson,

Greetings! In consideration of the changes in flight details of Rtn David Wong, we are submitting the final details in summary for your perusal :
Immediate Past President Frank A. Evaristo and Victoria Montilla

ETD Manila	TG 621	Sunday September 13, 2015	1305 - 1520
ETD Bangkok	TG 624	Friday September 18, 2015	1445 - 1900

Inter'l. Relations Committee Chair / PD Edgar Lee & Daffodil Costelo			
Sept 13 sun.	B370	Paro, bhutan/Bangkok.	1015am-1555pm.
Sept 15 tue.	TG620	Bangkok/Manila.	740am -1155am.

Rtn David Wong			
Sept 13:	CX 751.	(HK to Bangkok)	1425 -1620
Sept 15:	CX 2700.	(Bangkok to HK)	0835-1225

Please note that the following are attending the Welcome Dinner on Sunday 13 Sept. 2015 at Seafood Market Restaurant, located at Sukhumvit 24 Rd. 6:30 PM, and the 85th Anniversary Dinner Banquet on Monday 14 Sept. 2015 to be held at the Grand Hyatt Erawan Hotel Grand Ballroom... with registration to start at 6:00 pm.

- (1) IPP Frank A. Evaristo
- (2) Ms. Vicky Montilla(spouse)
- (3) International Relations Chairman / Past Director Edgar L. Lee;
- (4) Ms Daffodil Costelo
- (5) Past President Francis E. Juico
- (6) Rtn David Wong

Thank you,

FRANK A. EVARISTO
Immediate Past President

CLUB PRESS RELEASE



Champions of Phl tourism honored by SKAL

The Philippine Star 7 Sep 2015 By Bim Tenorio Jr.



STAR president and CEO Miguel Belmonte (2nd from left) is honored as Media Personality of the Year awardee at the 25th SKAL International Tourism Personality Awards at the New World Makati Hotel. Presenting the award are (from left) SKAL International Makati president Robert Lim Joseph Jr., awards committee chairman Jaime Bautista and New World Makati GM Farid Schoucair. Inset shows Bimby Aquino Yap, the youngest to ever receive the award, which recognizes achievements of exemplary individuals in promoting Philippine tourism.

STAR president and CEO Miguel Belmonte paid tribute to the newspaper's editors, deskmen and reporters for promoting tourism in the country.

"This award should also go to our talented editors and travel writers who are the best in the business," said Belmonte, who received the Media Personality Award at the 25th SKAL International Tourism Personality Awards last Thursday night at the New World Hotel in Makati.

"It's fulfilling to note that our efforts to promote Philippine tourism are Recognized," he added.

The STAR was the only newspaper honored at the gathering of movers and shakers in the country's tourism industry. SKAL is a professional organization of tourism leaders around the world promoting global tourism and friendship.

"This annual event celebrates the achievements of exemplary individuals in the Philippine tourism industry," said SKAL International-Makati president Robert Lim Joseph Jr.

SKAL also awarded STAR columnist Cito Beltran in the Tourism Education category.

"The STAR is the first newspaper to regularly promote Philippine tourism in mainstream media with its twice-a-week 'Travel & Tourism' and the Sunday 'Travel Now' sections," Belmonte said after receiving his award. He added that the paper also has its regular twice-a-week directory for hotels and restaurants.

Other SKAL Personality Awardees included Tourism Promotions Board COO Domingo Ramon Enerio III (government service for tourism promotions), former tourism secretary Mina Gabor (sustainable community-based rural tourism development), Rajah Travel president Aileen Clemente (travel agency), SM Prime Holdings Inc. president Hans Sy (integrated tourism enterprise), Golden Arches Development Corp. chairman Dr. George Yang (international fast food chain), Huma resort owner Dr. Hamad Ibrahim Al Tuwaijri (resort personality of the year), Starbucks Philippines COO Noey Tantoco Lopez (international coffee company) and PAL's Ismael Augusto Gozon (airline personality of the year).

The crowd gave Bimby Aquino Yap a resounding applause when he received his SKAL International Youngest Tourism Media Personality award. His mother, Kris Aquino, was not present to receive her SKAL International Tourism Hall of Fame TV Host award.

Kris and Bimby, noted Joseph, extensively promoted Philippine tourism during the summer episodes of the show Kris TV, which also received the Hall of Fame award for travel show. Their network, ABS-CBN was honored as TV station of the year.



Seen in photo are: (standing from L-R) Dir. Ning Lopez, Dir. Oscar del Rosario, PD Raoul Villegas, VP Teddy Ocampo, AS Alvin Lacambacal and spouse Cathryna. (Seated from L-R) AG/IPP Frank Evaristo, Dir. Bobby Joseph and Pres. Ebot Tan.

September 06, 2015



SKAL AWARDS



RCMers' led by Pres. Ebot Tan with IPP/AG Frank Evaristo, VP Teddy Ocampo, Dir. Ning Lopez, AS Alvin Lacambacal, PD Raoul Villagas & Dir. Oscar del Rosario together with some of the awardees at the **25th SKAL International Tourism Personality Awards** held recently at the New World Hotel.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Hillary Clinton

Hillary Clinton goes to a primary school in New York to talk about the world. After her talk she offers question time.

One little boy puts up his hand. Hillary asks him what his name is. "Kenneth."
"And what is your question, Kenneth?"

"I have three questions: First - whatever happened in Benghazi? Second - why would you run for President after your husband shamed the office? And, Third - whatever happened to all those things you took when you left the White House?" Just then the bell rings for recess.

Hillary informs the kiddies that they will continue after recess.
When they resume Hillary says, "Okay where were we?
Oh, that's right, question time. Who has a question?"

A different little boy puts his hand up; Hillary points him out and asks him what his name is. "Larry." "And what is your question, Larry?"

"I have five questions: First - whatever happened in Benghazi? Second - why would you run for President after your husband shamed the office? Third - whatever happened to all those things you took when you left the White House? Fourth - why did the recess bell go off 20 minutes early?

And, Fifth- what happened to Kenneth?"

* * * * *

Off Colored Jokes

Four insurance companies are in competition. One comes up with the slogan, "Coverage from the cradle to the grave." The second one tries to improve on that with, "Coverage from the womb to the tomb." Not to be outdone, the third one comes up with, "From the sperm to the worm."

The fourth insurance company really thought hard, and almost gave up the race, but finally came up with, "From the erection to the resurrection." Two good ol' boys in a Tennessee trailer park were sitting around talking one afternoon over a cold beer after getting off of work at their local Nissan plant.

After a while the 1st guy says to the 2nd, "If'n I was to sneak over to your trailer Saturday & make love to your wife while you was off huntin' and she got pregnant and had a baby, would that make us kin?"

The 2nd guy crooked his head sideways for a minute, scratched his head, and squinted his eyes thinking real hard about the question. Finally, he says, "Well, I don't know about kin, but it would make us even."

* * * * *

A young man and his date were parked on a back road some distance from town. They were about to have sex when the girl stopped. "I really should have mentioned this earlier, but I'm actually a hooker and I charge \$20 for sex." The man reluctantly paid her, and they did their thing. After a cigarette, the man just sat in the driver's seat looking out the window. "Why aren't we going anywhere?" asked the girl. "Well, I should have mentioned this before, but I'm actually a taxi driver, and the fare back to town is \$25..."

My neighbor's foxy 20 year-old daughter is home from school and I've been feeling a bit dirty for looking at her. She prances around scantily clad chasing her dogs around the yard with youthful exuberance — I just can't take it! She should dress more conservatively! She should stop dolling herself up! She should stay inside! Or maybe I should just put my binoculars away!

* * * * *

Four friends, who hadn't seen each other in 30 years, reunited at a party. After several drinks, one of the men had to use the rest room. Those who remained talked about their kids..... The first guy said, 'My son is my pride and joy. He started working at a successful company at the bottom of the barrel. He studied Economics and Business Administration and soon began to climb the corporate ladder and now he's the president of the company. He became so rich that he gave his best friend a top of the line Mercedes for his birthday.' The second guy said, 'Darn, that's terrific! My son is also my pride and joy. He started working for a big airline, then went to flight school to become a pilot. Eventually he became a partner in the company, where he owns the majority of its assets. He's so rich that he gave his best friend a brand new jet for his birthday.' The third man said: 'Well, that's terrific! My son studied in the best universities and became an engineer. Then he started his own construction company and is now a multimillionaire. He also gave away something very nice and expensive to his best friend for his birthday: A 30,000 square foot mansion.' The three friends congratulated each other just as the fourth returned from the restroom and asked: 'What are all the congratulations for? One of the three said: 'We were talking about the pride we feel for the successes of our sons. ..What about your son?' The fourth man replied: 'My son is gay and makes a living dancing as a stripper at a nightclub.' The three friends said: 'What a shame...what a disappointment. 'The fourth man replied: 'No, I'm not ashamed. He's my son and I love him. And he hasn't done too badly either. His birthday was two weeks ago and he received a beautiful 30,000 square foot mansion, a brand new jet and a top of the line Mercedes from his three boyfriends.'

* * * * *

The teacher asks the kids in her 3rd grade class: "What do you want to be when you grow up?" Little Petey says: "I wanna start out as a Marine Pilot, then be a billionaire, go to the most expensive clubs, find me the finest hooker, give her a Ferrari worth over a million bucks, an apartment in Copacabana, a mansion in Paris, a jet to travel throughout Europe, an Infinite Visa Card, and all the while banging her like a loose screen door in a hurricane." The teacher, shocked, and not knowing what to do with this horrible response from little Petey, decides not to acknowledge what he said and simply try to continue with the lesson . . . "And how about you, Sarah?" "I wanna be Petey's hooker."

* * * * *

The Phone Call

A woman meets with her lover, who is also her husband's best friend. They make love for hours. Afterwards, as they lie in bed, the phone rings. Since it's the woman's house, she picks up the receiver.

The best friend listens, only hearing her side of the conversation: "Hello? Oh, hi... I'm so glad that you called... Really? That's wonderful... Well, I'm happy to hear you're having such a great time... Oh, that sounds terrific... Love you, too. OK. Bye-bye."

She hangs up the telephone and her lover asks, "Who was that?" "Oh," she replies, "That was my husband telling me about the wonderful time he's having on his fishing trip with you."

PUBLIC HEALTH NUTRITION AND CHILD CARE



SORE EYES 2015

Elias D. Adamos, M.D.

Rumors are circulating in the city about the shortage of eye drops. This is because of the incidence of conjunctivitis or commonly known as sore eyes that has increased to almost epidemic levels. Although there might have been outbreak of sore eyes on a year-in-year-out prevalence, most commonly seen during the hot and dry summer months, this present occurrence in 2015 is by far the biggest in recent years.

As the common name provides sore eyes refers to painful eyes. But pain is just one of the symptoms of sore eyes. If you're suffering from it you may experience other symptoms that peak within four days and may last up to two weeks. The following symptoms, together with the redness on the white portion of the eyes, may be present: burning sensation, feeling of some dirt, sand, or small foreign object inside the eyes, sensitivity to light, difficulty of opening the eyes after sleeping (eyelids stuck together after sleeping), watery discharge and in some cases yellowish (pus-like) discharge, stuffy or runny nose, sore throat, painful lymph nodes in the neck, itchy eyes, puffy eyelids, and sensation of dryness in the eyes. Sore eyes may be accompanied with fever, body weakness, and headache.

What causes sore eyes?

Sore eyes may be airborne. Smoke, smog, pollen, and other pollutants in the air can cause pinkish or reddish swelling of the eyes. Too much rubbing of the eyes (contaminated fingers) can also result to the same condition. Allergens, trauma to the eyes, contact lenses, prolonged use of eye solutions, and sexually transmitted diseases (gonorrhea and Chlamydia) can cause sore eyes. Too much sun exposure can be a cause. The two major causes are either bacteria or virus or a combination of the two.

What is the treatment for sore eyes?

The best thing for you to do is to go to your doctor. If it is a viral conjunctivitis, no treatment is needed. It goes away even without medicine. Ordinary washing of the face and the eyes with water is indicated. If blurring of vision is present, the use of eye drops with corticosteroids may help. If it is bacterial, an antibacterial eye drops is required. Antibiotics and anti-viral tablets are most of the time prescribed in combination with the eye drops. Avoidance of allergen is the number one treatment and prevention of allergic conjunctivitis.

Supportive remedies

Rest and get plenty of sleep. Increase your water intake throughout the day. Eat a well balanced diet. Avoid holding or rubbing your eyes. Take 'eye breaks' from computer strain, long drive, and other activities that can strain your eyes. Warm compress with clean cloth over the eyes for 2 to 3 minutes will give a soothing effect. Cotton balls dipped in water over the eyes for a few minutes can provide relief and decrease the swelling. Chilled cucumber slices may be beneficial.

ADVERTISEMENT



Exquisite Wines

Excellent Pleasures

Lasting Experiences

WWW.PWM.COM.PH

2253 Aurora Blvd. Pasay City PH 1300

8322523 / 8537421

philwine@compass.com.ph



FOR MORE PRODUCTIVE MEETINGS

In business, the smallest details make the biggest impact on the bottomline.

Whether you are planning for the rest of the fiscal year, holding a meeting with partners from overseas or a training your team, you will be able to access first-class facilities and the best of Philippine hospitality within our halls.

Hold your next meeting and business conference at The Manila Hotel and seal the deal in five-star luxury. Discuss your requirements with our team by calling 5270011 local 1271 to 1274 or emailing banquet@manila-hotel.com.ph.

M

THE MANILA HOTEL