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No. 3623, October 22, 2015

GUEST OF HONOR AND SPEAKER



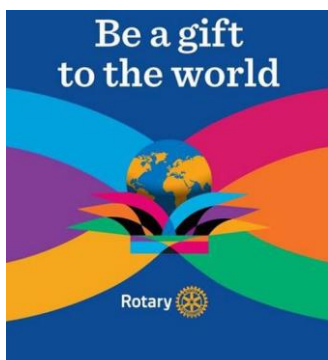
ATTY. ARTHUR P. TUGADE

President and Chief Executive Officer
Clark Development Corporation (CDC)



KABALITA

Let the Steward of Clark's overwhelming success show Asia's First Rotary Club why it has now become Pampanga's best.



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

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RCM's 17th for RY 2015-16

October 22, 2015, Thursday, 12N,
Manila Polo Club McKinley Room

OIC/Moderator : Rtn. Tong Payumo

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. Tong Payumo OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	PE/VP Teddy Ocampo, presiding officer RCM WF Music Chorale
	Invocation	AG/IPP Frank Evaristo Dir.-in-Charge, Vocational Service Group
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	STAR Rtn. Yukio Asahina
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Oct. 23....PD Nick Locsin; and Oct. 26....Rtn. Horst Kessler Von Sprengisen Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Introduction of Guest of Honor & Speaker	Dir. Oscar Del Rosario Director-in-Charge, International Service Group
12:55 PM	Address : Atty. Arthur P. Tugade President and Chief Executive Officer Clark Development Corporation (CDC)	
	Public Forum Response and presentation of token of appreciation To Mr. Arthur P. Tugade	PE/VP Teddy Ocampo, presiding officer
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, Liberal Party Senatorial candidate and former Secretary of the Department of Energy, Carlos Jericho "Icot" L. Petilla, our Guest of Honor and Speaker at our regular Thursday luncheon membership meeting, shared with us updated information about the demands and sources of energy in our country today, as well as his thoughts on the development and use of renewable sources of energy in the Philippines. His presentation was very timely in the light of the recently announced planned power outages in Metro Manila and elsewhere and the El Niño phenomenon that will affect our country this year. Many of our members who are involved in the power industry engaged Secretary Petilla in a lively exchange of ideas.

On news within our Club, I wish to announce that one of the most awaited fellowship parties of the Rotary Club of Manila every Rotary Year, the Oktoberfest, which was originally planned to be held on October 20 this year, and which is to be hosted by the German members of our Club, namely, PSAA Gunter Matschuch (who is the Chair of the RCM Oktoberfest), His Excellency Rtn. Thomas Ossowski (who is the German Ambassador to the Philippines), Rtn. Bodo Goerlich (who is the President of the Philippine-German Chamber of Commerce), Rtn. Uwe Hesse, Rtn. Henning Karcher, Rtn. Klaus Muller, and Rtn. Horst Kessler Von Sprengisen, and co-hosted by the other European members of our Club, namely, Rtn. Mikael Avellan and PD Knud Hedeager, had to be postponed to a later date, due to the onslaught of Super Typhoon Lando. The new date of our Club's Oktoberfest for 2015 will be announced later. I would like to remind all members to please help in the recruitment of new members into our Club. I request all of you to please identify at least one good candidate for invitation as member into our Club. Please inform Ms. Anna Toledo of our Secretariat of the name(s) of your proposed candidates so that our Membership and Classification Committees can process the recommendations. The sooner we get your recommendations, the better.

On news from around the District, last 15 October 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the 24th Induction and Handover Ceremonies of the Rotary Club of Imus at the Leighton Hall, Lancaster City, in Imus, Cavite, where WCP Jocielyn "Jelyn" Laosantos was inducted as Club President. Two days later, 18 October 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, IDCoS/ISDG/DE/IPS Albert Alday, and Rtn. Nicky Villaseñor attended the District 3810 Vocational Seminar with the theme, "Made To Make A Difference", at the New World Manila Bay Hotel. On that same evening, there were simultaneous events: DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, AG/IPP Frank Evaristo, and PVP Lance Masters attended the Induction and Handover Ceremonies of the Rotary Club of San Marcelino at the YWCA MANILA, where WCP Ronald Remulla was inducted as Club President, while IDCoS/ISDG/DE/IPS Albert Alday, who is our Club's Rotaract Chair, attended the Induction and Handover Ceremonies of the Rotaract Club of De La Salle University Manila, where he administered the oath of office to the club's new officers and delivered an inspirational message. Last 21 October 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and handover Ceremonies of the Rotary Club of Mabini, Manila, at the Le Park, Metropolitan Park in Pasay City, where WCP Mona Lisa "Mona" T. Argana was inducted as Club President. Moreover, the elections for RI District 3810's District Governor Nominee (the "DGN") is underway, with two candidates vying for the position: PP Liza Elorde of RC Manila 101, and our very own CoS/PP Rudy Bediones. Let us all wish CoS/PP Rudy all the best. If CoS/PP Rudy wins as DGN this year, he will become the District Governor of our RI District in Rotary Year 2018-2019 when our Club and Rotary will celebrate our centennial anniversary in the Philippines.

Today, we shall have Mr. Arthur P. Tugade, President and Chief Executive Officer of Clark Development Corporation, as our Guest Honor and Speaker. He is expected to enlighten us on developments in Clark, including its planned conversion into a "green" city, as well as the business climate in that part of Pampanga. Please actively engage Mr. Tugade in a lively discussion.

Please continue actively participating and supporting our Club's activities and projects.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



ARTHUR P. TUGADE

Educational Background

Primary	1959
Secondary	1963
A.B PHILOSOPHY, Magna Cum Laude	1967
BACHELOR OF LAWS, Cum Laude	1971
FINANCIAL MANAGEMENT PROGRAM	1985

EMPLOYMENT / BUSINESS CONCERN

Present Position / Company

PRESIDENT & CHIEF EXECUTIVE OFFICER Clark Development Corporation	2012 Present
CHAIRMAN San Beda College Alabang Board of Trustees	2012 -Present
BOARD OF DIRECTOR Asian Hospital Inc.	2011 -Present
San Beda College Mendiola	2006 -Present

Some Honors / Awards Received

2015 MVP BOSSING AWARD PLDT SME NATION in partnership with GO NEGOSYO	Makati Shangri-la November 29, 2014
PRES. & CEO ARTHUR P. TUGADE PUNTO CENTRAL LUZON MAN OF THE YEAR	Clark Development Corp. Jan. 11, 2014
SKAL Award Receptient 2013 Tourism Personality Award Makati	

CERTIFICATE OF RECOGNITION
RECOGNITION NIGHT &
ALUMNI HOMECOMING
SAN BEDA LAW ALUMNI ASSOCIATION
THE SAN BEDA COLLEGE

Cory Aquino Kalayaan Hall
Club Filipino, San Juan
Nov. 17, 2010
NBC Tent, The Fort Makati

MOST DISTINGUISHED BEDAN
FOR BUSINESS

Feb. 17, 2006

THE ARTHUR P. TUGADE
DISTINGUISHED PROFESSIONAL
CHAIR IN LEGAL MANAGEMENT

San Beda College, Mendiola
Manila
November 24, 2003

GCCI LIFETIME ACHIEVEMENT
AWARD IN THE FIELD OF
LOGISTICS & FREIGHT
FORWARDING BUSINESS

Ballroom of the Westin
Phil. Plaza Hotel
November 24, 2003

BEDAN OF THE CENTURY AWARD
IN THE FIELD OF BUSINESS 1901-2001

Abbey Church of Our Lady
of Monserrat, San Beda
College Mediola, Manila
October 23, 2001

PREVIEW OF NEXT WEEK GUEST OF HONOR & SPEAKER

October 29, 2015, 12N, McKinley Room, Manila Polo Club



RCM PSAA Alfredo S. Lim
Former Senator of the Philippines
Former Mayor of the City of Manila
Confirmed

THE WEEK THAT WAS...



Rtn. Bodo Goerlich as OIC/ Moderator directs the program of activities.



Rtn. Jun Aventura delivers an ecumenical prayer.



STAR Rtn. Caloy Reyes leads in the recitation of the four (4) way test.



Rtn. Rosel Doval Santos 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.



STAR Rtn. Jackie Rodriguez does the honour and pleasure of introducing **Former Energy Secretary Carlos Jericho "Icot" L. Petilla**, as guest of honour and speaker.



Former Energy Secretary Carlos Jericho “Icot” L. Petilla spoke before Manila Rotarians, Visiting Rotarians and guests on renewable energy and how it benefits the nation.



An interactive public forum followed suit post the speech of **Former Energy Secretary Carlos Jericho “Icot” L. Petilla**.



Pres. Ebot Tan presents to Former Energy Secretary Carlos Jericho "Icot" L. Petilla a religious icon of Jesus Christ and Mother and Child as the club's token of appreciation for being the guest of honour and speaker.

BOARD MEETING



Regular Board Meeting. Present during the meeting were: Pres. Ebot Tan, Dir. Susing Pineda, Sec. George Salazar, Dir. Bobby Joseph, Dir. Issam Eldebs, AG/IPP Frank Evaristo, ES Anna Kun Toledo and AS Alvin Lacambacal.

DISCON 2016



Meeting with prospective event organizer Global Link represented by Mr Patrick Tan (President) and Ms Jing Lagandaon (COO). Discon 2016 Committee meeting 2 Thursday Oct 15,2015 with event organizer Global Link-present during the meeting were(clockwise): **Pres. Ebot Tan, Sec. George Salazar, PT Jim Chua, PP Benny Laguesma, COS/PP Rudy Bediones, PVP Lance Masters, PDG Alex Cureg, AS Alvin Lacambacal** and event organizer **Mr. Patrick Tan(President), Ms. Jing Ladandaon (COO)** of Global Link and **ES Anna Kun Toledo**.

SPECIAL CHILDREN COMMITTEE

Dear Fellow Rotarians,



The Special Children Committee is inviting you to a Halloween Party with the Special Children / Youth and elderly persons at Hospicio de San Jose

WHERE... Hospicio de San Jose

WHEN.... Tuesday, October 27, 2015 3:00 PM

Please send your RSVP by email to rcmanila@rcmanila.org or fax the RSVP to our Secretariat thru Fax # 5271885. Thank you

SPECIAL CHILDREN COMMITTEE: Chairman PD PHILLIP ONG; CO CHAIR RTN RAY DAVIS AND RTN. PETER GONZALES

RAC DLSU INDUCTION

ROTARACT CLUB OF DE LA SALLE UNIVERSITY MANILA HOLDS INDUCTION

by

IDCoS/ISDG/DE/IPS Albert S. Alday

The Rotaract Club of De La Salle University Manila held its Induction and Handover Ceremonies at the Hotel Kimberly in Manila last October 17, 2015. The Keynote Speaker during the event was DRC Mark Eugene Tan who also led the charging of officers while I delivered the Inspirational Message and administered the oath of office to the officers for RY 2015-2016 in my capacity as Rotaract Chairman of the Rotary Club of Manila, the sponsoring club of the Rotaract Club of De La Salle University Manila. The new set of officers were led by WCP Alain Wilbur Ganipan. The induction likewise of new members into their fold took place. During my inspirational message, being a La Sallian myself in my grade school and high school years, I extolled the famous Rotarians of our club who are DLSU alumni which include DG Obet Pagdanganan, CoS/PP Rudy Bediones, WCP Ebot Tan, PE/VP Teddy Ocampo, VPE Babe Romualdez and DE/Treasurer Chito Zaldarriaga as well as the fact that a famous government personality, the late Secretary of Interior and Local Government Jesse Robredo emerged from their Rotaract ranks and in addition, that they should be proud that many members of our club, the Rotary Club of Manila, are La Sallians while DRC Mark Eugene Tan gave a philosophical approach through an informative film on how Rotaractors should lead.



RAC DLSU INDUCTION. Rotaract Chair IDCos/ISDG/DE/IPS Albert Alday delivers an inspirational message at the Induction and Handover Ceremonies of the Rotaract Club of De La Salle University Manila at Hotel Kimberly in Manila.



Rotaract Chair IDCoS/ISDG/DE/IPS Albert Alday inducts the officers of the Rotaract Club of De La Salle University Manila for RY 2015-2016 at Hotel Kimberly in Manila.



DISTRICT 3810 HOLDS VOCATIONAL SEMINAR 2015

by

IDCoS/ISDG/DE/IPS Albert S. Alday

Rotary International District 3810 held its Vocational Seminar 2015 with the theme, "Made To Make A Difference" at the New World Manila Bay Hotel last October 17, 2015. The seminar was hosted by the Rotary Club of Pasay MOA with our club, the Rotary Club of Manila, as one of the co-host clubs. The speakers were PDG Tranquil Gervacio S. Salvador, III on "Corporate Social Responsibility", Rotary Club of Pasay Maharlika PP Elma Perello-Lagamson on "Unveiling the Leader in You" and Dr. Carl Balita on "Social Entrepreneurship". PDG Tranquil Salvador, III gave his equation of Corporate Social Responsibility as "Transparency + Honesty = Public Trust". PP Elma Lagamson, for her part, focused on leadership as consisting of character, action and knowledge by quoting different well-known personalities and their respective takes on leadership. Dr. Carl Balita equated social entrepreneurship with Rotary as "Social Entrepreneurship = Business + 4-Way Test". Manila Rotarians present were DG Obet Pagdanganan, CoS/PP Rudy Bediones, Rtn. Nicky Villaseñor and myself. Indeed, "Rotarians represent the dignity and utility of one's vocation as an opportunity to serve others."

DISTRICT 3810 VOCATIONAL SEMINAR 2015 "MADE TO MAKE A DIFFERENCE". Rtn. Nicky Villaseñor, DG Obet Pagdanganan and IDCOS/ISDG/DE/IPS Albert Alday at the New World Manila Bay Hotel in Manila last October 17, 2015.

INTERCLUB ACTIVITIES

RC MANILA SOUTH INDUCTION



Rotary Club of Manila South Induction, October 14, 2015 led by WCP Jannett Concepcion-Valdes at Heritage Hotel. From left: SDG Jun Ibay, Zeny Yao, DT Rose Lim, Gov. Obet Pagdanganan, Pres./WCP Jannett Valdez, WCP Susan de Jesus, PDG Edmond Aguilar, AG Frank Evaristo, AG Andrew Co.



Best Class Presidents with PDG Edmond Aguilar at RC Manila South Induction. From left: BCP Andrew Co, BCP Ray Reyes, PDG Edmond Aguilar, AG Frank Evaristo and BCP Arwin Serrano.

RC BAGUMBAYAN MANILA TEAM VISIT



Rotary Club of Bagumbayan, Team Visit. The Rotary Club of Bagumbayan, Manila lead by WCP Wilson Ngie (center) hosted a Team Visit in preparation of Governors Visit last October 15, 2015 held at Hyatt Hotel, Manila. The Team Visit was conducted by Dist. Area Director Zeny Yao and Assistant Governor Frank Evaristo. Seated from left: VP Eddie Choa, Dir. Ponce Tallo, CS Willie Chua, Dir. Yuri Yoshida, DAD Zeny Yao, WCP Pres. Wilson Ngie, Dir. Oliver Lua, Dir. Patrick Chua, AG Frank Evaristo, IPP/AG Ian Tong.

RC SAN MARCELINO MANILA INDUCTION CEREMONIES



RC San Marcelino Induction & Handover Ceremonies. From left: **Eleazar Dong Concepcion**, AG/IPP **Frank Evaristo**, **Catherine Canoy**, **Vilma Vinluan**, **Philip Henry Llasos Jacobo**, **Fatima Emma Tello-Caye** and COS/PP **Rudy Bediones**.

RC SAN MARCELINO INDUCTION



RC San Marcelino Induction. District Governor Obet Pagdanganan administers the oath for incoming set of officers of RC San Marcelino during the induction ceremonies.



RC San Marcelino at the YWCA Manila. Seen in photo are (L-R): COS Rudy Bediones, Dist. Gov. Obet Pagdanganan, Dist. Treasurer Rose Lim, Joe Acebedo, Edwin Chiu, PDG Edmond Aguilar, WCP Wilson Ngie.

DISTRICT OKTOBERFEST



DISTRICT 3810
Rotary



TUESDAY, OCTOBER 27, 2015 at 6PM



Oktoberfest

COME and JOIN

ONE ESPLANADE
JW DIOKNO BOULEVARD
SM CENTER BUSINESS PARK
SEASIDE CORNER BAY BLVD
PASAY CITY



for CO-HOSTING
WCP MAJELLA V ILLAROMAN
CELL# 0917.315.2731
SOL TRONIADO
TEL 536.1767

19 October 2015

RCM German Oktoberfest Postponement

To all RCMers:

In view of the current Super Typhoon "Lando", internationally coded as "Koppu", our scheduled RCM German Oktoberfest scheduled tomorrow, Tuesday, October 20, at the German Club HAS BEEN POSTPONED, until further notice.

Thank you.

Sincerely yours,
"Gunter"

PSAA Dr. Guenter G. Matschuck
Chairman, RCM German Oktoberfest Committee



INTERNATIONAL RELATIONS

October 21, 2015

Dear Fellow Rotarians,

RE: UPDATE ON INTERNATIONAL RELATIONS ACTIVITY



The International Relations Committee invites you to participate in the **46th Anniversary Fund Raising Ball, Rotary Club of Kowloon East**, our sister club since 1976, is celebrating their 46th Anniversary Fund Raising Ball .. Program of activities are as follows:

Thursday, November 19, 2015 6:30 PM

Welcome Dinner in honor of visiting sister clubs at the Neptune Chiu Chow Restaurant (address: 1/F, Energy Plaza, 92 Granville Road, Tsim Shaui Tsui East, Kowloon

Friday, November 20, 2015 6:30 PM

46th Anniversary Ball at the Grand Ballroom, Kowloon Shangri-La Hotel

As of October 20, 2015, the following are attending :

- (1) Immediate Past President Frank Evaristo & Ms Vicky Montilla
- (2) Dir Ning & Josephine Lopez
- (3) Dir. Susing & Marites Pineda
- (4) PD Ed Lee (Chairman, International Relations Committee) & Ms Daffodil Costelo
- (5) PP Dong Saludo, Jr.
- (6) PD Ner, Femy and son Mark Lonzaga
- (7) PD Bebot and Sylvia Pineda
- (8) Rtn. Pering and Noy Benedicto
- (9) Rtn David Wong

. Thank you,

Yours in Rotary,

PD ED LEE DIR SUSING PINEDA
Chairman Co Chairman
International Relations Committee

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

R S V P

**Rotary Club of Kowloon East 46th Fund Raising Anniversary
November 19-20, 2015 at the Kowloon Shangri-La Hotel**

Dear Chairman Ed Lee,

[] Attending alone [] Attending with _____

My / our flight details / accommodation are as follows

Flight details: (Carrier) _____ Date: _____ ETD MNL: _____ ETD HK _____ Accommodation (Hotel) : _____

By: _____ Date : _____

Signature over Printed Name

CLUB PRESS RELEASE



WEDNESDAY, OCTOBER 14, 2015

Golez: China building defense triangle at sea

by: Gil C. Cabacungan

CHINA'S incursion into disputed islands in the South China Sea is part of a triangle aimed at expanding its military influence close to the US trust territory of Guam in the Western Pacific, former National Security Adviser Roilo Golez said Tuesday.

Golez, 68, a former Parañaque representative, told a breakfast forum that he met in Japan with a group of experts with military and strategic defense background early this year. He said they all concluded that Beijing was building a South China Sea triangle that started with its control of the Paracel Islands.

The graduate of the Philippine Military Academy and the US Naval Academy at Annapolis, Maryland, said the triangle expanded to its second point in the Kagitingan Reef (Fiery Cross Reef), Zamora Reef (Subi Reef) and Panganiban Reef (Mischief Reef), all within the Philippines' exclusive economic zone.

"Fiery Cross, Subi and Mischief appear to have 3-kilometer-long runways that can accommodate all the aircraft in the inventory of China's Air Force such as fighters, bombers, transport and surveillance planes," Golez said.

The third point in the triangle is Panatag Shoal (Scarborough Shoal), which is also inside Philippine territory, he said, adding that China recently sent a survey ship to Recto Bank (Reed Bank), which President Aquino promised to defend in his 2011 State of the Nation Address.

"If they (Chinese) can complete this triangle, they will have full control of the South China Sea. This will be a game changer, it will affect our security and the region," Golez warned.

The triangle, according to Golez, would provide China with a first defense line that would prevent hostile forces from going to China through the South China Sea, and a second defense line through which its naval and air forces could cover the West Pacific to prevent the US 7th Fleet from coming to the aid of its allies in the region.

"Through Scarborough, China can deploy fighter planes and bombers over Borneo, Vietnam, the Philippines and Malaysia and employ an antiaccess, area denial strategy to prevent the 7th Fleet from going inside or going close. China can declare South China Sea an aerial defense identification zone," Golez said.

He said China had built a killer missile, which could destroy any of America's vaunted aircraft carriers.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Mongolian VD

While in China, an Australian man is very sexually promiscuous and does not use a condom the entire time he is there.

A week after arriving back home in Melbourne, he wakes one morning to find his penis covered with bright green and purple spots. Horrified, he immediately goes to see a doctor.

The doctor, never having seen anything like this before, orders some tests and tells the man to return in two days for the results.

The man returns a couple of days later and the doctor says, "I've got bad news, you have contracted Mongolian VD. It's very rare and almost unheard of here in this country, we know very little about it. "

The man looks a little perplexed and says, "Well, give me a shot or something and fix me up, Doc."

The doctor answers, "I'm sorry, there's no known cure. We are going to have to amputate your penis."

The man screams in horror, "Absolutely not! I want a second opinion!!! "

The doctor replies, "it is your choice. Go ahead if you want, but surgery is your only option."

The next day, the man seeks out a Chinese doctor in Little Bourke Street, figuring that he'll know more about the disease. The Chinese doctor examines his penis and proclaims, "Ah, yes, Mongolian VD. Vewy ware disease."

The guy says to the doctor, "Yeah, yeah, I already know that, but what can we do? My local GP wants to cut off my penis!"

The Chinese doctor shakes his head and laughs. "Stupid local docttah, always want opawate. Make more money dat way. No need amputate!"

"Oh, thank God!" the man exclaims. "Yes," says the Chinese doctor. "Wait two week. Fall off by itself!"

* * * * *

Don't Help Me

John and Jessica were on their way home from the bar one night and John got pulled over by the police. The officer told John that he was stopped because his tail light was burned out.

John said, "I'm very sorry officer, I didn't realize it was out, I'll get it fixed right away."

Just then Jessica said, "I knew this would happen when I told you two days ago to get that light fixed."

So the officer asked for John's license and after looking at it said, "Sir your license has expired."

And again John apologized and mentioned that he didn't realize that it had expired and would take care of it first thing in the morning.

Jessica said, "I told you a week ago that the state sent you a letter telling you that your license had expired." Well by this time, John is a bit upset with his wife contradicting him in front of the officer, and he said in a rather loud voice, "Jessica, shut your mouth!!"

The officer then leaned over toward Jessica and asked. "Does your husband always talk to you like that?*" "Not always," answers Jessica, "only when he's drunk."

* * * * *

Honey, Can You Hear Me?

An elderly man feared his wife was getting hard of hearing. So he called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in two weeks, but meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response." So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for dinner?" He calls. No response. So he moves to the other end of the room, about 30 feet away. "Honey, what's for dinner?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for dinner?" No response.

On to the kitchen door, only 10 feet away. "Honey, what's for dinner?"

No response. So he walks right up behind her and screams. "HONEY, WHAT'S FOR DINNER??!!" His wife turns to him a rage and screams.

"CHICKEN, CHICKEN! For the FIFTH TIME, WE'RE HAVING CHICKEN!!!"

* * * * *

Ironic Justice

A lean Mexican was sitting at the bar staring at his drink when a large, trouble-making white biker steps up next to me, grabs his drink and gulps it down in one swig. "Well, what are you gonna do about it?" he says, menacingly, as the Mexican burst into tears. "Come on, man," the biker says, "I didn't think you'd cry. I can't stand to see a man crying."

"This is the worst day of my life," he said. "I'm a complete failure. I was late to a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my white american wife with another man. Then my dog bit me."

"So I came to this bar to work up the courage to put an end to it all. I buy a drink, I drop a capsule in and sit here watching the poison dissolve; and then you show up and drink the whole damn thing!

"But, hell, enough about me. How are you doing?"

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



ASPARAGUS FOR DIABETES, ETC.

Elias D. Adamos, M.D.

Typhoon *Lando* (with international name “Koppu”) cancelled all my schedules last Sunday. I stayed at home and cooked lunch for my family. I cooked Tempura with *kamote*, *okra*, *talong*, and asparagus. Although the sweet taste of *kamote* became an instant hit with the shrimp, the crisp taste of the asparagus cannot be discounted.

Asparagus is medicine

The British Journal of Medicine in a 2006 research pointed to asparagus extract that significantly increased the action of insulin by producing an 81% increase in glucose uptake in the fat cells.

Other medicinal use

Asparagine in asparagus is a diuretic that can control blood pressure and help in water excretion. One serving of asparagus is equivalent to about 60% of the daily-recommended intake of *folate* that protects the heart from damage.

Asparagus is also good for digestive health. It contains *fructo-oligosaccharides* that promote that growth of beneficial bacteria in the colon.

What else is so special about asparagus?

Asparagus is an excellent source of folic acid. It may control a known risk factor (*homocysteine*) for heart disease, cancer, and brain and learning dysfunction. It may also reduce the risk for birth defects. Asparagus is also a good source of vitamin C, thiamine, and vitamin B6. It can strengthen the blood vessels from wear-and-tear and damage because of a property called *rutin* that is found to be high in asparagus. Asparagus is high in *glutathione* that protects cells from damage.

A plant chemical called *prostodioscin* is cancer-protective. It also improves sexual desire and enhances erection. The chemical was also found to reduce bone loss. Asparagus, when served fresh, was found with high content of cancer-fighting element – phytochemical *anthocyanin*.

Aside from being an aphrodisiac, asparagus was used by traditional Greeks, Romans, and Chinese to treat arthritis, toothache, and bites and stings. Chinese herbalists still use it as laxative.

Asparagus trivia

Asparagus originated in the Mediterranean region more than 2,000 years ago. Greeks and Romans valued asparagus not only for its taste but also for its medicinal qualities. It became popular in France and England in the sixteenth century. The early colonizers brought the vegetable to America.

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