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No. 3624, October 29, 2015

GUEST OF HONOR AND SPEAKER

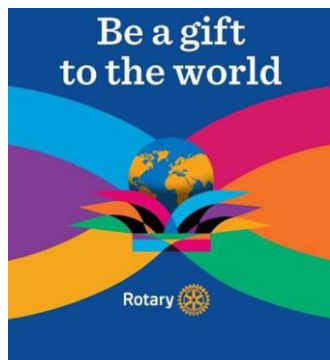


ALFREDO S. LIM

Past Sergeant-At-Arms, Rotary Club of Manila
Former Senator, Republic of the Philippines
Former Mayor, City of Manila

KABALITA

It's time for our very own "**Dirty Harry**" to show us why a true blooded Manila Rotarian like him deserves a proverbial return to the helm of the country's capital city.



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

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RCM's 18th for RY 2015-16

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

OIC/Moderator : PD John Cenica

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 John Cenica**
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 Beda Fajardo**

A moment of silent prayer for the eternal repose of the soul
of **Ms. Tina Rivera**, bookkeeper, RCM Secretariat staff,
who peacefully passed-away last Oct. 23, in the grace of our Lord
RCM Hymn **RCM WF Music Chorale**
The 4-Way Test Credo **All Rotarians**

12:40 PM Introduction of - **Star Rtn. Monch Cruz**
-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...31.....PD Jess Santos & PD Rob Sears;
Nov..1.....PP Dong Saludo;
Happy Birthday Song **RCM WF Music Chorale**

12:50 PM Presentation of plaque of appreciation to
PD Paterno V. "Pat" Viloria **Pres. Ebot Tan; Dir.-in-
Charge Susing Pineda**
Club Service B-Membership

12:55 PM Presentation of **RCM Paul Harris**
Fellows (PHF): **DG Obet Pagdanganan;**
1. IPS Albert Alday – New PHF member **Pres. Ebot Tan; Dir-in-
Charge Oscar del Rosario**
2. PD Nick Locsin – New PHF member
3. Ms. Ana Mirena Achivel Preysler – 1 Sapphire PHF
4. Spouse Sharon Hughes Bediones - 2 Sapphires PHF

1:05 PM President's Corner **Pres. Ebot Tan**

1:10 PM Introduction of Guest of
Honor & Speaker **Rtn. Art Lopez**

1:15 PM Address: **Hon. Alfredo S. Lim**
Former Senator, Republic of the Philippines;
Former Mayor, City of Manila;
Past Sergeant-at-Arms, Rotary Club of Manila

Public Forum
Response and presentation of token of appreciation
To **Hon. Alfredo S. Lim** **Pres. Ebot Tan**

2:00 PM Adjournment

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, Clark Development Corporation's President and Chief Executive Officer, Atty. Art Tugade, offered us a glimpse of the various development programs in Clark and how Clark could contribute to the growth of the local, as well as the national, economy in a very substantial manner. He cited his Rotary experience, being a Past President of the Rotary Club of Panday Pira, and enumerated the benefits of investing in Clark. For many Manila Rotarians, it was definitely an eye opener as to what Clark has to offer.

On news within our Club, I am very happy to announce the victory of CoS/PP Rudy Bediones in the District 3810 Gubernatorial Race, where he won by a landslide, garnering 90 votes against his rival's 16 votes, or 84.9% of the total votes cast. He will be the DGND, or District Governor Nominee Designate, upon the formal announcement of the election results by DG/PP Obet Pagdanganan, and he will serve as District Governor during the centennial anniversary of our Club, i.e., during Rotary Year 2018-2019. Last Thursday, 22 October 2015, right after our regular luncheon membership meeting at the Manila Polo Club, Sunshine Committee Chair PP Boy Guevara, CS Jorge Salazar, AS Alvin Lacambacal, PD Ner Lacambacal, and PD Bebot Pineda paid a visit to PS Justin Ortiz at his residence in Ayala Alabang Village. PS Justin has been suffering from recurring pneumonia and has been advised by his doctors to rest. On the next day, 23 October 2015, our Club's Fund Coordinator, Tina Rivera, suffered a heart attack and passed away. For those of you who are willing to contribute some amount for her family's financial assistance in this time of need, please advise ES Anna as soon as possible. Last Monday, 26 October 2015, many of our fellow Manila Rotarians trooped to the 100 Revolving Restaurant in Libis, Quezon City, to be one with the family of our dear late Manila Rotarian PS Gus Fajardo in celebrating his 40th day into eternal life. I am certain that PS Gus is smiling now in heaven as he saw many of his fellow Manila Rotarians, mostly from the World Famous Music Chorale, celebrating with his family. On Tuesday, 27 October 2015, at 3:00pm, a Halloween Treat for Special Children and the Elderly Communities of the Hospicio de San Jose was held, organized by Special Committee Chair PD Philip Ong, Co-Chair Ray Davis, Rtn Peter Gonzales, Rtn Caloy Reyes, and PE/PD Teddy Ocampo. Rotarian Caloy brought along the Central College of the Philippines' Bobcats (who will compete in Malaysia next month) to help bring joy to the special children, elderly persons, house parents, occupational and physical therapists, and the administrative staff of the Hospicio de San Jose. Aside from those mentioned above, also present at the event were IPP Frank Evaristo and Vicky Montilla. Rtn Ray Davis sponsored the sound system and invited a lady singer to render songs for those in attendance. Earlier in the same day, prior to the aforementioned Halloween Treat, Sunshine Committee Chair PP Boy Guevarra, along with Directors Susing Pineda, Ning Lopez, Amading Valdez, and PS Ivan Uy, and Rtns Nilo Aventura, Hermie Esguerra, and Beneting Legarda, paid a visit to PP Babes Reyes in his hospital room at the St. Luke's Hospital in Quezon City. PP Babes has been having a problem with his left leg and was confined for treatment. On a brighter note, I wish to announce that one of the most awaited fellowship parties of the Rotary Club of Manila, the Oktoberfest, the annual event hosted by the German members of our Club, namely, PSAA Gunter Matschuck (who is the Chair of the RCM Oktoberfest Committee), 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 Sprengelsen, will be co-hosted by the other European members of our Club, namely, Rtn. Mikael Avellan and PD Knud Hedeager, and will be held on Tuesday, 10 November 2015, at 7pm and the German Club in Makati City.

On news from around the District, last 23 October 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the 19th Charter Anniversary and 20th Induction Ceremonies of the Rotary Club of Imus East at the Aloha Hotel, where WCP Romulo "Rhomie" Alfonso was inducted as Club President. Three days later, on 26 October 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Manila

Quiapo Central at the Great Eastern Hotel in Quezon City, where WCP Grace Ong was inducted as Club President. The following day, on 27 October 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones, together with other District 3810 Rotarians and Manila Rotarians, distributed relief goods to victims of Typhoon Lando in Calumpit, Bulacan, and, in the evening of the same day, both of them, together with other Manila Rotarians, attended the District Oktoberfest at the One Esplanade in Pasay City hosted by the Rotary Club of Manila 101 led by WCP Majella T. Villaroman, which our club co-hosted.

Today, we shall have our very own PSAA Alfredo "Fred" Lim, Former Senator and Former Mayor of the City of Manila, as our Speaker. We can expect PSAA Fred to enlighten us on his expected return to Manila's mayoralty post and on his programs for the City of Manila. Please take an active role in the discussions that will follow his speech and continue actively participating and supporting our Club's programs and activities this year.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



ALFREDO SIOJO LIM
KATAPAT

PERSONAL DATA

Date of Birth	December 21, 1929
Place of Birth	Manila Children's Hospital
Current Position	Former Mayor, City of Manila Elected May 2007
Father	Alfredo Lim of Binondo, Manila
Mother	Rosario Siojo of San Miguel, Bulacan

PUBLIC SERVICE RECORD

1. Senator, Republic of the Philippines
July 1, 2004 to June 30, 2007
2. Secretary of the Department of Interior & Local Government
January 8, 2000 to January 19, 2001
3. Re-elected Mayor of Manila with the highest majority votes in the history of Manila politics (250,000 votes over his closest rival) May 8, 1995
4. Elected Mayor of Manila
May 11, 1992
5. Appointed Director of the National Bureau of Investigation
December 22, 1989

6. Retired Police Major General
December 21, 1989
7. Director, Western Police District
May 2, 1986 to December 21, 1989
8. Director, Northern Police District
January 2, 1985 to May 1, 1986
9. Superintendent, Philippine National Police Academy
March 1984 to January 1985

EDUCATION

- 1981 Master in National Security Administration
National Defense College of the Philippines
Graduated with Honors
- 1963 Bachelor of Laws
University of the East
- 1951 Bachelor of Business Administration
University of the East
- 1948 High School
Far Eastern University
- 1943 Elementary
P. Gomez Elementary School

POLICE SERVICE TRAININGS / SEMINARS ATTENDED

SEMINARS

- | | |
|--------------------------|---|
| November 1991 | 60 th Interpol General Assembly Meeting
Montevideo, Uruguay |
| Feb. 21 to March 1, 1991 | 11 th Asian Regional Conference of Interpol
Canberra, Australia |
| October 1-13, 1986 | Interpol Conference
Belgrade, Yugoslavia |
| October 1984 | Ascana Pol
Malaysia |
| June 12-24, 1983 | Hostage Negotiation Seminar
FBI National University
Quantico, Virginia, USA |

December 1-7, 1980 Field Study on Political, Economic and
Military Problems of Japan
Sponsored by NDCP
Tokyo, Japan

Study on the Treatment of Criminal
Offenders
Sponsored by the United Nations
Hongkong

SPECIAL COURSES

A. Annual Active Duty Training as Reserve Officer/AFP on the following dates:

1975 - Provost Marshall's Office Camp Aguinaldo, Quezon City

1967 - RAD, Fort Bonifacio, Rizal

1965 - II MA, Camp Vicente Lim, Laguna

1962 - II MA, Camp Vicente Lim, Laguna

B. Supervisor Management Course
1964 – MPD Academy (3rd Honor)

C. Crowd Control and Physical Security Course
1964 – NBI, National Academy

D. Special Security Officers Course
1964 – NICA

CIVIL / POLICE SERVICE ELIGIBILITIES

Member, Philippine Bar (1963 BAR EXAM) RA 1080
Patrolman (Entrance)
Police Sergeant (Promotional)
Supervisor 1st Grade
Police Lieutenant Colonel

AWARDS / COMMENDATIONS AND ACCOMPLISHMENT

THE OUTSTANDING FILIPINO FOR 1997, in the field of Public Service (December 9, 1997)

THE CHINO ROSES AWARD for having pursued an uncompromising career against criminality (September 30, 1997)

CONFERRED A DOCTORATE ON PUBLIC ADMINISTRATION, HONORIS CAUSA, pamantasan ng Lungod ng Maynila (April 17, 1996)

MEDAL OF MERIT, International Association of Lions Club (1996)

CONFERRED A DOCTORATE ON PUBLIC ADMINISTRATION, HONORIS CAUSA, Far Eastern University (March 24, 1995)

HONORED WITH THE ESTABLISHMENT OF THE MAYOR ALFREDO S. LIM DISTINGUISHED PROFESSIONAL CHAIR. In Public Administration of the De La Salle University (December 2, 1994)

AWARDED AS THE MAYOR OF THE FIRST PEACE CITY IN ASIA by the Rotary Club of Koorungal, Wagga Wagga, Australia c/o Rotary Club of Manila, last June 22, 1994 at Plaza Ferguson

GINTONG AMA AWARDEE
For Government and Public Service 1994
(June 9, 1994)

PLAQUE OF APPRECIATION WPDC 93rd Anniversary
Awarded by WPD
(January 9, 1994)

DR. JOSE P. RIZAL IMMORTAL AWARDEE, given by the Knights of Rizal
(December 30, 1994)

PRESIDENT OSMENA MOST OUTSTANDING PUBLIC SERVANT AWARDEE
(1992)

MOST OUTSTANDING LAW ENFORCER awarded by the Consumer Union of the Philippines, Manila
(November 21, 1990)

FIRST TOPP (Ten Outstanding Police of the Philippines) HALL OF FAME AWARD given by the Philippine Jaycees for being the First Policeman to receive seven TOPP AWARDS
(July 12, 1990)

DEPARTMENT COMMENDATION No. 263 issued by Brig. Gen. Cabrera for the resolution of the murder of Pat. Rainer Alatiel which led to the arrest of Pat. Rogelio Santiago and Pat. Raynaldo Sanatigo, both of WPD.

THE WEEK THAT WAS...



Presiding Officer, PE/VP Teddy Ocampo calls the meeting to order.



Rtn. Tong Payumo, Chairman, Program Committee, as **OIC/Moderator** directs the program of activities.



AG/IPP Frank Evaristo, Director-in-charge for Vocational Service Group, delivers an ecumenical prayer.

STAR Rtn. Yukio Asahina leads in the recitation of the four (4) way test.



IDCOS/ISDG/DE/IPS Albert Alday introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Dir. Oscar del Rosario, Director-in-charge for International Service Group, does the honour and pleasure of introducing **Atty. Arthur Tugade**, Clark Development Corporation President & CEO, as guest of honour and speaker.



Clark Development Corporation President & CEO **Atty. Arthur Tugade** spoke before Manila Rotarians, Visiting Rotarians and guests on the benefits of investing in Clark as well as the success story that is Clark.



An interactive public forum followed suit post the speech of **Atty. Arthur Tugade**.



Presiding Officer, PE/VP Teddy Ocampo presents to **Atty. Arthur Tugade** 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.

SUNSHINE COMMITTEE



Sunshine Visit on PS Justin Ortiz led by Sunshine Committee Chair PP Boy Guevara, who was accompanied by Sec Jorge Salazar, AS Alvin Lacambacal, PD Ner Lonzaga and PD Bebot Pineda.



SUNSHINE VISIT ON PP BABES REYES



The ff members of RCM Sunshine Committee visited PP Babes Reyes: Dir. Ning Lopez, Rtns. Hermie Esguerra, Amading Valdez, Nilo Aventura, Ivan Uy, Beniting Legarda, Dir. Susing Pineda and PP Boy Guevara. PP Babes may have to stay a few more days because his total healing is hampered by his being a Diabetic. Lets continue to pray for PP Babes over all well-being. Thnks.

HALLOWEEN PARTY AT HOSPICIO

Halloween Treat
for
Special Children at
Hospicio de San Jose



Chairman Philip Ong
"SUPER HERO AWARD"



PE/VP Teddy Ocampo and Rtn. Chairman Philip Ong during the
awarding ceremony of Halloween Treat for Special Children.



The Central Colleges of the Phils Bob Cats at the Halloween Treat of Rotary Club of Manila for Hospicio de San Jose Special Children and elderly community.



Rotary Club of Manila was given a Superhero Award for being a Super Hero to the beloved children for more than a decade. In photo from **L-R: Co-Chairman Ray Davis(Special Children Committee), PE/VP Teddy Ocampo, Special Children Committee Chair. Philip Ong, AG/IPP Frank Evaristo and Rtn. Caloy Reyes.**



RCMers in a posterity photo with Angie. Seen in photo from L-R are: Chair. Philip Ong, Rtn. Caloy Reyes, PE/VP Teddy Ocampo, Rtn. Ray Davis, AS Alvin Lacambacal, IPP/AG Frank Evaristo and Ms. Vicky Montilla.

PS GUS FAJARDO'S 40TH DAY



RCM members at the 40th Day of PS Gus Fajardo. Seen in photo are (L-R) **PVP Lance Masters**, **IPP/AG Frank Evaristo**, **PD Armie Aquino**, **COS/PP Rudy Bediones**, **PD Nick Locsin** and **Dir. Oscar del Rosario**.

PS GUS FAJARDO'S 40TH DAY



PD Armie Aquino, COS/PP Rudy Bediones, PVP Lance Masters, Sec. George Salazar and spouse Cherryl, Tessie (wife of PS Gus Fajardo), Dir. Oscar del Rosario, PT Jim Chua, AG/IPP Frank Evaristo at the 40th day Merienda / High tea held at 100 Revolving Restaurant, 33rd flr. Mercury Bldg. Eastwood Drive, Libis, Quezon City.

DISTRICT OKTOBERFEST



Dr. Elenita Sombillo-Binay (center) with PP Cesar Ubaldo, Ms. Vicky Montilla, Dir. Issam Eldebs and IPP/AG Frank Evaristo.



At the District Oktoberfest held at One Esplanade, October 27, 2011! Enjoying the fest are: PD Ner Lonzaga, PP Cesar Ubaldo, Ms. Vick Montilla, spouse Sharon Hughes-Bediones, COS Rudy Bedione and DGND/AG/IPP Frank Evaristo.

RCM GERMAN OKTOBERFEST



2015 new date

NOVEMBER 10

Tuesday, 7:00PM

GERMAN CLUB

Penthouse, Eurovilla II Building
118 V.A. Rufino (formerly Herrera Street),
Legaspi Village, Makati City

Hosted by:

PSAA Gunter Matschuck Chair, RCM Oktoberfest
H.E. Rtn. Thomas Ossowski, German Ambassador
Rtn. Bodo Goerlich
Rtn. Uwe Hesse
Rtn. Henning Karcher
Rtn. Klaus Muller
Rtn. Horst Kessler von Sprengisen

Co-Hosted by:

Rtn. Mikael Avellan
PD Knud Hedeager

NAME		ADDRESS		CITY		COUNTRY	
1	Mr. John Doe	123 Main St	Manila	Philippines			
2	Ms. Jane Smith	456 Elm St	Quezon City	Philippines			
3	Mr. Robert Brown	789 Oak St	Taguig	Philippines			
4	Ms. Emily White	101 Pine St	Alabang	Philippines			
5	Mr. Michael Green	202 Cedar St	Las Alamos	Philippines			
6	Ms. Sarah Black	303 Birch St	San Juan	Philippines			
7	Mr. David Gold	404 Maple St	Marikina	Philippines			
8	Ms. Lisa Silver	505 Walnut St	San Jose del Monte	Philippines			
9	Mr. James Copper	606 Chestnut St	Antipolo	Philippines			
10	Ms. Karen Iron	707 Hickory St	Alor City	Philippines			
11	Mr. Paul Lead	808 Poplar St	General Santos	Philippines			
12	Ms. Helen Zinc	909 Willow St	Davao City	Philippines			
13	Mr. Frank Tin	1010 Ash St	Butuan	Philippines			
14	Ms. Grace Platinum	1111 Sycamore St	Surigao City	Philippines			
15	Mr. Henry Nickel	1212 Dogwood St	General Luna	Philippines			
16	Ms. Victoria Cobalt	1313 Magnolia St	Alibon	Philippines			
17	Mr. Benjamin Sapphire	1414 Tulip St	San Carlos	Philippines			
18	Ms. Sophia Ruby	1515 Iris St	San Miguel	Philippines			
19	Mr. Lucas Emerald	1616 Rose St	San Fernando	Philippines			
20	Ms. Olivia Amethyst	1717 Lily St	San Antonio	Philippines			
21	Mr. Noah Topaz	1818 Orchid St	San Marcos	Philippines			
22	Ms. Isabella Garnet	1919 Jasmine St	San Mateo	Philippines			
23	Mr. Ethan Opal	2020 Lavender St	San Rafael	Philippines			
24	Ms. Ava Malachite	2121 Zinnia St	San Pedro	Philippines			
25	Mr. Liam Jade	2222 Petunia St	San Andres	Philippines			
26	Ms. Mia Onyx	2323 Marigold St	San Luis	Philippines			
27	Mr. Noah Ruby	2424 Sunflower St	San Juan	Philippines			
28	Ms. Sophia Sapphire	2525 Dandelion St	San Marcos	Philippines			
29	Mr. Lucas Emerald	2626 Poppy St	San Antonio	Philippines			
30	Ms. Olivia Amethyst	2727 Cosmos St	San Rafael	Philippines			
31	Mr. Noah Topaz	2828 Hyacinth St	San Pedro	Philippines			
32	Ms. Isabella Garnet	2929 Begonia St	San Andres	Philippines			
33	Mr. Ethan Opal	3030 Zinnia St	San Luis	Philippines			
34	Ms. Ava Malachite	3131 Marigold St	San Juan	Philippines			
35	Mr. Liam Jade	3232 Sunflower St	San Marcos	Philippines			
36	Ms. Mia Onyx	3333 Dandelion St	San Antonio	Philippines			
37	Mr. Noah Ruby	3434 Poppy St	San Rafael	Philippines			
38	Ms. Sophia Sapphire	3535 Cosmos St	San Pedro	Philippines			
39	Mr. Lucas Emerald	3636 Hyacinth St	San Andres	Philippines			
40	Ms. Olivia Amethyst	3737 Begonia St	San Luis	Philippines			
41	Mr. Noah Topaz	3838 Zinnia St	San Juan	Philippines			
42	Ms. Isabella Garnet	3939 Marigold St	San Marcos	Philippines			
43	Mr. Ethan Opal	4040 Sunflower St	San Antonio	Philippines			
44	Ms. Ava Malachite	4141 Dandelion St	San Rafael	Philippines			
45	Mr. Liam Jade	4242 Poppy St	San Pedro	Philippines			
46	Ms. Mia Onyx	4343 Cosmos St	San Andres	Philippines			
47	Mr. Noah Ruby	4444 Hyacinth St	San Luis	Philippines			
48	Ms. Sophia Sapphire	4545 Begonia St	San Juan	Philippines			
49	Mr. Lucas Emerald	4646 Zinnia St	San Marcos	Philippines			
50	Ms. Olivia Amethyst	4747 Marigold St	San Antonio	Philippines			
51	Mr. Noah Topaz	4848 Sunflower St	San Rafael	Philippines			
52	Ms. Isabella Garnet	4949 Dandelion St	San Pedro	Philippines			
53	Mr. Ethan Opal	5050 Poppy St	San Andres	Philippines			
54	Ms. Ava Malachite	5151 Cosmos St	San Luis	Philippines			
55	Mr. Liam Jade	5252 Hyacinth St	San Juan	Philippines			
56	Ms. Mia Onyx	5353 Begonia St	San Marcos	Philippines			
57	Mr. Noah Ruby	5454 Zinnia St	San Antonio	Philippines			
58	Ms. Sophia Sapphire	5555 Marigold St	San Rafael	Philippines			
59	Mr. Lucas Emerald	5656 Sunflower St	San Pedro	Philippines			
60	Ms. Olivia Amethyst	5757 Dandelion St	San Andres	Philippines			
61	Mr. Noah Topaz	5858 Poppy St	San Luis	Philippines			
62	Ms. Isabella Garnet	5959 Cosmos St	San Juan	Philippines			
63	Mr. Ethan Opal	6060 Hyacinth St	San Marcos	Philippines			
64	Ms. Ava Malachite	6161 Begonia St	San Antonio	Philippines			
65	Mr. Liam Jade	6262 Zinnia St	San Rafael	Philippines			
66	Ms. Mia Onyx	6363 Marigold St	San Pedro	Philippines			
67	Mr. Noah Ruby	6464 Sunflower St	San Andres	Philippines			
68	Ms. Sophia Sapphire	6565 Dandelion St	San Luis	Philippines			
69	Mr. Lucas Emerald	6666 Poppy St	San Juan	Philippines			
70	Ms. Olivia Amethyst	6767 Cosmos St	San Marcos	Philippines			
71	Mr. Noah Topaz	6868 Hyacinth St	San Antonio	Philippines			
72	Ms. Isabella Garnet	6969 Begonia St	San Rafael	Philippines			
73	Mr. Ethan Opal	7070 Zinnia St	San Pedro	Philippines			
74	Ms. Ava Malachite	7171 Marigold St	San Andres	Philippines			
75	Mr. Liam Jade	7272 Sunflower St	San Luis	Philippines			
76	Ms. Mia Onyx	7373 Dandelion St	San Juan	Philippines			
77	Mr. Noah Ruby	7474 Poppy St	San Marcos	Philippines			
78	Ms. Sophia Sapphire	7575 Cosmos St	San Antonio	Philippines			
79	Mr. Lucas Emerald	7676 Hyacinth St	San Rafael	Philippines			
80	Ms. Olivia Amethyst	7777 Begonia St	San Pedro	Philippines			
81	Mr. Noah Topaz	7878 Zinnia St	San Andres	Philippines			
82	Ms. Isabella Garnet	7979 Marigold St	San Luis	Philippines			
83	Mr. Ethan Opal	8080 Sunflower St	San Juan	Philippines			
84	Ms. Ava Malachite	8181 Dandelion St	San Marcos	Philippines			
85	Mr. Liam Jade	8282 Poppy St	San Antonio	Philippines			
86	Ms. Mia Onyx	8383 Cosmos St	San Rafael	Philippines			
87	Mr. Noah Ruby	8484 Hyacinth St	San Pedro	Philippines			
88	Ms. Sophia Sapphire	8585 Begonia St	San Andres	Philippines			
89	Mr. Lucas Emerald	8686 Zinnia St	San Luis	Philippines			
90	Ms. Olivia Amethyst	8787 Marigold St	San Juan	Philippines			
91	Mr. Noah Topaz	8888 Sunflower St	San Marcos	Philippines			
92	Ms. Isabella Garnet	8989 Dandelion St	San Antonio	Philippines			
93	Mr. Ethan Opal	9090 Poppy St	San Rafael	Philippines			
94	Ms. Ava Malachite	9191 Cosmos St	San Pedro	Philippines			
95	Mr. Liam Jade	9292 Hyacinth St	San Andres	Philippines			
96	Ms. Mia Onyx	9393 Begonia St	San Luis	Philippines			
97	Mr. Noah Ruby	9494 Zinnia St	San Juan	Philippines			
98	Ms. Sophia Sapphire	9595 Marigold St	San Marcos	Philippines			
99	Mr. Lucas Emerald	9696 Sunflower St	San Antonio	Philippines			
100	Ms. Olivia Amethyst	9797 Dandelion St	San Rafael	Philippines			

REPLY BOX:

E-Mail: rcmanila@rcmanila.org

Fax: 5271885

☐ ATTENDING

☐ REGRETS

Signature over printed Name

Date

RCM DONATION



Turnover of donation thru **SC Ching Salazar**, RCM Secretariat Staff, of **Php 30,000 cash from RCM**; another **Php 5,000 and biscuits from IPP/AG Frank Evaristo & Spouse Vicky Montilla** to **Ms. Abby Rivera**, daughter of the late **RCM Secretariat Staff/Bookkeeper Ms. Tina Rivera**, with **Auntie Ms. Flordeliza Rivera-Reyes**, and **Nephew Mr. Paul Edward Cabrera**, held last October 27, Tuesday, during the wake at residence in 2621 Silang Street, Azucena, Santa Ana, Manila.

PUBLIC HEALTH NUTRITION AND CHILD CARE



HAVE A SAFE HALLOWEEN

Elias D. Adamos, M.D.



In recent years, Halloween has penetrated the Filipino culture. Why not? Celebrating Halloween is fun. It is the time of the year when children of all ages can dress up in costumes, enjoy parties, and eat lots of food (including candies). While sweets are most often given to kids who go on trick-or-treating, Halloween gives us the chance to give out healthy snacks and plan for enjoyable physical activities. Let us also remember that the festive fun calls for public safety for the kids, the not very young but not old, and for the adults as well.

Safety tips for Halloween

1. Pirate costumes and super hero get-ups are in. Knives and sharp instruments that go with aforesaid costumes should be short, soft, and flexible.
2. If your kids are trick-or-treating in a village, advice them to walk in groups. It is even better to have them walk with their 'yaya' or a trusted adult.
3. Treats should not be 'choking hazards'. Check for tampering before letting them eat their treats. Tell them to limit the amount of treats they eat. Tell them that they can eat some tomorrow and still some, the days after tomorrow.
4. Allow them to eat only 'factory-wrapped' treats. Homemade treats may not be safe when made by strangers.
5. If they're going to trick-or-treat during the night, provide them with flashlights. Strictly tell them that they can't run in the street because streets are made for cars. Tell them to always look right-left-right or both ways before crossing the street. Tell them to only walk, but not run, on sidewalks. Tell them to just walk and don't run from house to house. Tell them to never walk near lit candles.
6. Tell them that they can't enter homes without 'yaya' or a trusted adult.
7. To avoid skin irritation and/or allergy. Always test face paint or make-up on a small area of your kid's forearm overnight. If there is no redness or itchiness on the area then the make-up or paint must be safe for him. Remove the make-up or face paint before bedtime to avoid possible eye or skin irritation on longwearing.
8. Masks, costumes, and shoes should be well-fitting to avoid trips, slips, and falls. Costumes should (whenever possible) be flame-resistant. Avoid sharing masks. If they have to, a small ethyl alcohol spray should come in handy and practical.
9. A piece of advice for adults: Don't wear decorative contact lenses to avoid eye irritation.

Throwing a party?

Go for healthier treats like low-calories foods and beverages. Fruits and vegetables in the menu are unique and might just be hits to partygoers. Party games should be an opportunity for a usual daily dose of physical activity. If possible, throw an alcohol-free Halloween party. Remind drivers to never drink and drive. Tell them to drive safely and watch out for trick-or-treaters.

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