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No. 3626, November 12, 2015

GUEST OF HONOR AND SPEAKER



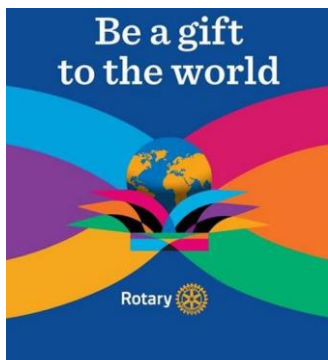
ATTY. ROMULO B. MACALINTAL

Election Lawyer

Senior Citizens' Rights Advocate

KABALITA

Let the foremost Election Expert show us why championing the rights of the elderly members of our society is like winning an election as he makes his maiden appearance at Asia's First Rotary Club.



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THE ROTARY CLUB OF MANILA
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RCM's 20th for RY 2015-16

November 12, 2015, Thursday, 12N,

Manila Polo Club McKinley Room

OIC/Moderator : RCFP PP Albert MG Garcia

**“A Joint Meeting of RC Forbes Park (RCFP), RC Manila (RCM)
and RC Makati North (RCMN)”**

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	RCFP PP Albert MG Garcia OIC/Moderator
12:30 PM	Call to Order	RCFP Pres. Tedjie Herbosa RCM Pres. Ebot Tan; and RCMN Pres. Dieter Brueckner
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	PP Mac McLean RCMN
	RCM Hymn RCFP Hymn	RCM WF Music Chorale; RCFP Music Chorale
	The 4-Way Test Credo	STAR Rtn. Teying Arcilla RCM
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	STAR Rtn. Monch Cruz RCM RCM WF Music Chorale
12:45 PM	Maligayang Bati (RCFP Birthday Celebrants) : Nov..01.....PP Frankie Adriano; Nov..07.....Rtn. Sunder Khemani; Nov..10.....Dir. Jun Ranada; Nov..17.....Rtn. Tony Lacdao; Nov..19.....PP Albert MG Garcia; Nov..21.....PP Hiro Asandas Maligayang Bati (RCM Birthday Celebrants) : Nov. 19.....PDG Vince Carlos; Nov. 20.....Rtn. Mon Ko; Nov. 21.....PD Knud Hedeger, Rtn. Jun-Jun Capistrano; Nov. 24.....Rtn. Ricky Laurel; Nov. 25.....Rtn. Tony Lopez	

Maligayang Bati (**RCMN Birthday Celebrants**) :

Nov. 3.....PP George Mercado;

Nov. 5.....Dir. Ryan Sabug;

Nov. 9.....Rtn. Arnold Apdua;

Nov. 13.....Rtn. Kernan Motoomull;

Nov. 19.....PP Gus Lagman;

Nov. 19.....Dir. Joey Zialcita;

Nov. 23.....PP Porong Herrera

Happy Birthday Song

RCM WF Music Chorale

12:50 PM

Presentation of **RCM Paul Harris Fellows (PHF):**

DG Obet Pagdanganan;

Pres. Ebot Tan; Dir.-in-Charge Oscar del Rosario
RCM PVP Lance Masters –
1-Sapphire PHF member

12:55 PM

Induction of new member to RCM **RCM Pres. Ebot Tan**
Brief introduction by proposer

Prof. Vee David (Filipino)

Investor, The VEEed Foods; CEO – Hybrid Language Systems

Proposed by : PVP Lance Masters; DG Obet Pagdanganan

Classification: Restaurants – Fast Foods

Welcome Baby Rotarian song **RCM WF Music Chorale**

1:00PM

President's Time **RCFP Pres. Tedjie Herbosa;**
RCM Pres. Ebot Tan; and
RCMN Pres. Dieter Brueckner

1:05 PM

Introduction of Guest of Honor & Speaker **PP Rudy Robles**
RCFP

1:10 PM

Address: **Atty. Romulo B. “Romy” Macalintal**
Radio Host: Mga Alaala at Paalala ni Mr. Senior Citizen
DZRH, 666KHZ every Saturday, 1:00 pm -2:00 p.m.
“Mga Karapatan ng Senior Citizens-Alamin at Ipaglaban”

Public Forum

Response and presentation of token of appreciation to
Atty. Romulo B. “Romy” Macalintal

RCFP Pres. Tedjie Herbosa;
RCM Pres. Ebot Tan; &
RCMN Pres. Dieter Brueckner

2:00 PM

Adjournment

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

At last week's membership luncheon meeting, Star Rotarian Jack Rodriguez provided us with a very personal and intimate story of the life of Harry Stonehill and, in so doing, also gave us a glimpse of his own very colorful life. All RCM members in attendance were listening very quietly and intently to the very interesting story of the lives of both Harry Stonehill and Star Rotarian Jack Rodriguez.

On news within our Club, last 10 November 2015, 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), 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, and co-hosted by other European members of our Club, namely, Rtn. Mikael Avellan and PD Knud Hedeager, was finally held at the German Club, with a big throng of Manila Rotarians in attendance. As expected, all took turns in savoring the sumptuous German dishes and overflowing beer which was served, amid the singing of German songs to complete the traditional event. To our fellow Manila Rotarians who hosted the event, our deepest gratitude for your generosity and congratulations for a job well done.

On news from around the District, last 5 November 2015, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones were on hand to greet the foreign delegates who arrived to attend the 2015 Manila Rotary Institute. Rotarian dignitaries from twenty-three (23) countries around the globe trooped to the Sofitel Philippine Plaza Manila to attend the affair. Two days later, on 7 November 2015, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, Dir. Oca del Rosario, Dir. Issam Eldebs, IDCoS/ISDG/DE/IPS Albert Alday, and PVP Lance Masters attended the Rotary Leadership Institute (RLI) Breakfast Reunion at the Boracay Room of the Sofitel Philippine Plaza Manila, where many RLI alumni were in attendance. Two days later, on 9 November 2015, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, AG/IPP Frank Evaristo (Chairman of the Best Class Presidents), and ICoS/SDG/PP Cesar Ubaldo (Chairman of the Presidents 101) attended the Past Presidents Council (PPC) Fellowship party with the theme, "Groovin 70's", at the Golden Bay Seafood Restaurant along Macapagal Avenue in Pasay City.

Today, we shall have famous election lawyer and senior citizens' rights advocate, Atty. Romulo "Romy" Macalintal, as our Guest of Honor and Speaker in a joint meeting with the Rotary Club of Forbes Park and the Rotary Club of Makati North. We expect Romy to enlighten us on the rights of senior citizens in the Philippines, which many of us may not be aware of, and on some issues involved in our elections.

Please actively participate in the program and continue supporting our Club's activities and projects.

Mabuhay ang Rotary Club of Manila!

IMPORTANT ANNOUNCEMENT

We shall have **NO THURSDAY CLUB LUNCHEON MEETING** on the succeeding week, **November 19** in view of being declared a **NON-WORKING HOLIDAY** due the hosting of the APEC Leaders' Summit with the theme *"Building inclusive economies, building a better world."* **PLEASE be guided accordingly.**

We shall resume our Thursday Club luncheon meeting on November 26, 2015, with Hon. Ramon R. Jimenez, Jr., Secretary, Department of Tourism as guest of honour and speaker, though the efforts of our **PD / Asst. Sec. Alvin Lacambacal.**

GUEST OF HONOR AND SPEAKER'S PROFILE



Atty. Romulo Macalintal

Radio Host: Mga Alaala at Paalala ni Mr. Senior Citizen DZRH, 666KHZ every Saturday, 1:00 pm -2:00 p.m.

"Mga Karapatan ng Senior Citizens-Alamin at Ipaglaban"

Our guest speaker today is Atty. Romulo B. Macalintal, prominent private practitioner, election law expert, and senior citizens' advocate. He was born in Lipa City. A graduate of the University of the East College of Law, he was admitted to the Philippines Bar on May 11, 1979.

THE WEEK THAT WAS



Pres. Ebot Tan calls the meeting to order.



PS Butch Marking as OIC/
Moderator directs the program
of activities.



STAR Rtn. Caloy Reyes
delivers an ecumenical
prayer.



PSDG/PP Cesar Ubaldo leads in the recitation of the four (4) way test.



PD Eric Severino introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Dir. Bobby Joseph announces the mechanics of the weekly cash raffle to raise funds for the community service projects of **Rotary Club of Manila**.



Dr. PSAA Gunter Matschuck, Chairman, Annual German Oktoberfest, announces/reminds fellow RCMers' to attend the RCM German Oktoberfest on November 10, Tuesday, at the German Club.



Rtn. Joe Assad does the honour and pleasure of introducing a fellow member, **STAR Rotarian Joaquin C. "Jackie" Rodriguez**, Chairman, Lumad Agro Industrial Ventures Corporation, as guest speaker.



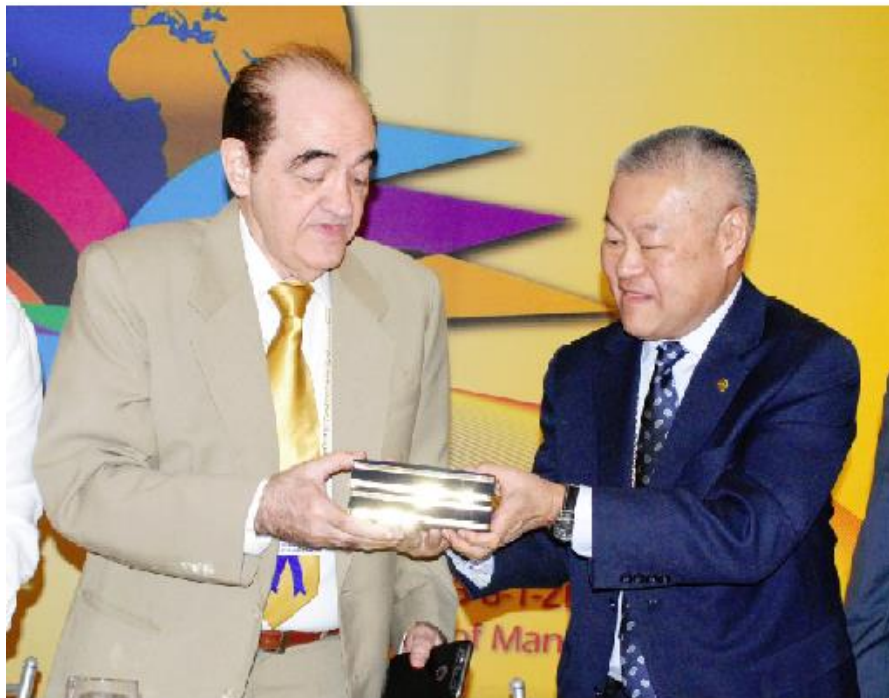
Seasoned Restaurateur and Businessman **Star Rtn. Joaquin “Jackie” Rodriguez** spoke before his fellow Manila Rotarians on how the life of a dear colleague of his, Mr. Harry Stonehill, has affected the course of Philippine history and the economic state of the country.



An interactive public forum followed suit post the speech of **STAR Rotarian Joaquin C. “Jackie” Rodriguez**.



Dir. Bobby Joseph draws the raffle winners from the glass tamboli picking the names of **AG/IPP Frank Evaristo** as winner of the top cash prize of Php 2,000; **PD Armie Aquino**, second cash prize of Php 1,000 and **Rtn. Manny Blanco** third cash prize of Php 650.



Pres. Ebot Tan presents to a religious icon of Jesus Christ and Mother and Child to **Star Rotarian Joaquin C. "Jackie" Rodriguez** as the club's token of appreciation for being the guest speaker.

PAUL HARRIS FELLOWS



DG Obet Pagdanganan, Pres. Ebot Tan, Dir.-in-Charge Oscar del Rosario present to PVP Fausto Preysler for and in behalf of his spouse Ann Mireana Achivel Preyser as a 1-sapphire Paul Harris Fellow (PHF), the PHF certificate and 1-sapphire pin



DG Obet Pagdanganan, Pres. Ebot Tan, Dir.-in-Charge Oscar del Rosario present to Rtn. Hermie Esguerra as a PHF Major Donor Level 2, the Major Level 2 PHF certificate, pin and crystal.

JAPANESE AMBASSADOR FAREWELL RECEPTION



His Excellency Kazuhide Ishikawa, Ambassador Extraordinary and Plenipotentiary of Japan to the Philippines (3rd from right, in purple tie) graciously hosted a Farewell Reception in honor of RCMer's Rtn. Tetsuro "Terry" Amano (4th from left) last November 4, 2015 at his residence in North Forbes Park, Makati. Rtn. Tetsuro "Terry" Amano, Consul-General / Minister Deputy Chief of Mission, Embassy of Japan is slated to assume a new consular assignment. RCMers' well-wishers were PP/DG Obet Pagdanganan, Pres. Ebot Tan, AG/IPP Frank Evaristo, PE/VP Teddy Ocampo, Dir. Ning Lopez, SAA Dave Reynolds, AT Raoul Villegas, AS Alvin Lacambacal, IDCoS/ISDG/DE/IPS Albert Alday, with other special guests.

THE ROTARY LEADERSHIP INSTITUTE (TRLI)



RCMers' at The Rotary Leadership Institute (TRLI) Breakfast Reunion held last November 7, 2015 at the Sofitel Philippine Plaza Manila, led by **DG Obet Pagdanganan**, with **CoS/PP Rudy Bediones**, **Dir. Issam Eldebs**, **Dir. Oca del Rosario**, **PVP Lance Masters**, and **IDCoS/ISDG/DE/IPS Albert Alday**.

RCM German Oktoberfest



RCMers' visibly all-smiles enjoying the fellowship, friendship and camaraderie at the *RCM German Oktoberfest* graciously co-hosted by German and European Members: Chairman Dr./PSAA Gunter Matschuck, German Oktoberfest, RCM Honorary Consul Ambassador Rtn. Thomas Ossowski of Germany to the Philippines, Rtn. Mikael Avellan, Rtn. Bodo Goerlich, PD Knud Hedeager, Rtn. Uwe Hesse, Rtn. Henning Karcher, Rtn. Klaus Mueller, Rtn. Horst Von Sprengesen, held on November 10, 2015, 7PM, at the German Club. From left-right, clockwise: DCoS/PP/DGE Rudy Bediones, PDG Vince Carlos, Rtn. Henning Karcher, Co-host, PSDG/PP Cesar Ubaldo, PT Jim Chua, PVP Fausto Preysler, Pres. Ebot Tan, Sec. George Salazar, Dir. Susing Pineda, and AG/IPP Frank Evaristo.



With beer mugs on hand to drink the refreshing cold draft German beer are **PE/VP Teddy Ocampo, Dir. Oscar del Rosario, PD/AS Alvin Lacambacal and PD Ner Lonzaga.**



RCM German Oktoberfest Chairman Dr./PSAA Gunter Matschuck initially welcoming fellow RCMers and their Guests for their attendance and active participation, in the singing of German and other songs to compliment the sumptuous German food entrees and bottomless drinks.



Sec. George Salazar and STAR Rotarian Jackie Rodriguez take turns during the sing-a-long.



Pres. Ebot Tan thanking fellow RCMers' and their Guests for their attendance and show of support and cooperation which made this year's annual RCM German Oktoberfest a well-attended fellowship, as Chairman Dr. PSAA Gunter Matschuck beams.



Enjoying each other's company with H.E. German Ambassador/RCM Honorary Member **Rtn. Thomas Ossowski**, Co-host, **DG Obet Pagdanganan**, PE/VP **Teddy Ocampo**, PVP **Lance Masters** & **Rtn. Ricky Guevara**.



H.E. German Ambassador/RCM Honorary Member **Rtn. Thomas Ossowski**, Co-host sends his appreciative message to fellow Rotarians and their Guests.



Pres. Ebot Tan, DCoS/PP/DGE Rudy Bediones, PSDG/PP Cesar Ubaldo, PVP Lance Masters, PT Jim Chua, Rtn. Nilo Aventura and Rtn. Hermie Esguerra enjoying the fellowship.



RCM pillars seen in photo are Past Presidents Archit Bartolome, Boy Guevara and Francis Juico, with AT Raoul Villegas (with hand raised), in a light conversation & fellowship. Other Past Presidents gracing the Fellowship but not seen in photo are DG Obet Pagdanganan, DCoS/DGE Rudy Bediones, PDG Vince Carlos, AG Frank Evaristo, PSDG Cesar Ubaldo.



PSAA Dr. Gunter Matschuck, Chairman/Co-host, RCM German Oktoberfest together with **RI District 3810 Governor Obet Pagdanganan**.

A total of 53 members & some guests were present for the first Oktoberfest in November in 18 years of this outstanding fellowship. With special Thanks to hosts Ambassador of Germany/RCM Honorary Member Rtn. Thomas Ossowski, PSAA Dr. Gunter Matschuck, Chairman, RCM German Oktoberfest, and all of the RCM members from Germany and other European Countries. Among RCMers' in attendance were:

ATTENDEES:

1. Alday, Albert (DE/IPS)
2. Aquino, Armie (PD)
3. Avellan, Mikael (Rtn) Co-host
4. Aventura, Jun (Rtn)
5. Aventura, Nilo (Rtn)
6. Bartolome, Archit (PP)
7. Bediones, Rudy (DCoS/DGND)
8. Benedicto, Nonoy (Rtn)
9. Carlos, Vince (PDG)
10. Chua, Jim (PT)
11. David, Vee (Prof.)
12. Davis, Ray (Rtn)
13. Del Rosario, Oscar (Dir.)
14. Eldebs, Issam (Dir.)
15. Esguerra, Hermie (Rtn)
16. Evaristo, Frank (AG/IPP)
17. Goerlich, Bodo (Rtn) Co-host
18. Guevara, Boy (PP)

19. Guevara, Ricky (Rtn.)
20. Hedeager, Knud (PD) Co-host
21. Hesse, Uwe (Rtn.) Co-host
22. Juico, Francis (PP)
23. Karcher, Henning (Rtn) Co-host
24. Kessler, Horst Von Sprengelsen (Rtn) Co-host
25. Lacambacal, Alvin (AS)
26. Lee, Ed (PD)
27. Lonzaga, Ner (PD)
28. Lopez, Ning (Dir.)
29. Marking, Butch (PS)
30. Masters, Lance (PVP)
31. Matschuck, Gunter (PSAA) Co-host
32. Morales, Miguel Pocholo (Guest of IPS/DE Albert Alday)
33. Muller, Klaus (Rtn) Co-host
34. Nuñez, Pepo (PD)
35. Ocampo, Teddy (PE/VP)
36. Ortiz, Raymond Angelo J. (Guest of IPS/DE Albert Alday)
37. Ossowski, Thomas Amb (Honorary Member) Co-host
38. Pagdanganan, Obet (DG)
39. Pelino, Willie (Rtn)
40. Pineda, Susing (Dir.)
41. Preysler, Fausto (PVP)
42. Reyes, Caloy (Rtn)
43. Rodriguez, Jackie (STAR Rtn)
44. Salazar, George (Sec.)
45. Sears, Rob (PD)
46. Sibayan, Lito (PT)
47. So, Warren (Rtn)
48. Tan, Ebot (Pres.)
49. Ubaldo, Cesar (PSDG/PP)
50. Valdez, Amading (Dir.)
51. Villasenor, Nicky (Rtn)
52. Villegas, Raoul (AT)
53. Yujuico, Joey (PD)

D3810 CHRISTMAS BAZAAR 2015



Roberto M. Pagdanganan

ROTARY DISTRICT CHRISTMAS BAZAAR :

Rotary District 3810 led by District Governor Roberto M. Pagdanganan announced that the district's Christmas Bazaar will be held on December 12- 13, 2015, Saturday and Sunday at the MOA SMEx. Rotary International (R.I.) District 3810 covers Manila City, Pasay City, Cavite and Mindoro Provinces, is composed of 2,879 Rotarians and 101 Rotary clubs. Everybody is invited to take advantage of this opportunity to exhibit their products or do your Christmas shopping here at the Rotary Christmas Bazaar at MOA SMEx. Proceeds will go to the District End Polio Campaign fund. Enjoy your Christmas Bazaar shopping! Enjoy while helping END POLIO. For more details, please contact the district office – Ms Joy Gadon at 5271887 or 09178630729 or 09198042082.



Rotary 
DISTRICT 3810

**Christmas
BAZAAR
2015**

SMX, FUNCTION HALL 1-2
DEC 12-13, 2015 | 10:00 AM TO 9:00PM

GO GET YOUR
HO HO HO ON!
Shop for the perfect Christmas presents
We have your gift plan from A-Z!

FOR INTERESTED EXHIBITORS PLEASE CONTACT:
Ms. Joy Gadon: 0919-804-2082 (Rotary)
Ms. Monique Fame: 0917-871-8972 | (02) 779-8727 (Brandaction Inc.)

SMX  Rotary   BrandAction Inc.

EXHIBITOR APPLICATION FORM

Thank you for your interest in joining this event. Kindly fill up this form to process your application

BOOTH RATES

CORNER BOOTH (2X3) = P20,000 (plus 2,500 for food vendors)

REGULAR BOOTH (2x3) = P15,000 (plus 2,500 for food vendors)

COMPANY NAME: _____ NUMBER OF BOOTH: _____

PRODUCT LINE: ☐ FOOD
☐ NON-FOOD

TYPE OF BOOTH: ☐ CORNER
☐ REGULAR

CONTACT DETAILS:

NAME: _____

EMAIL ADDRESS: _____

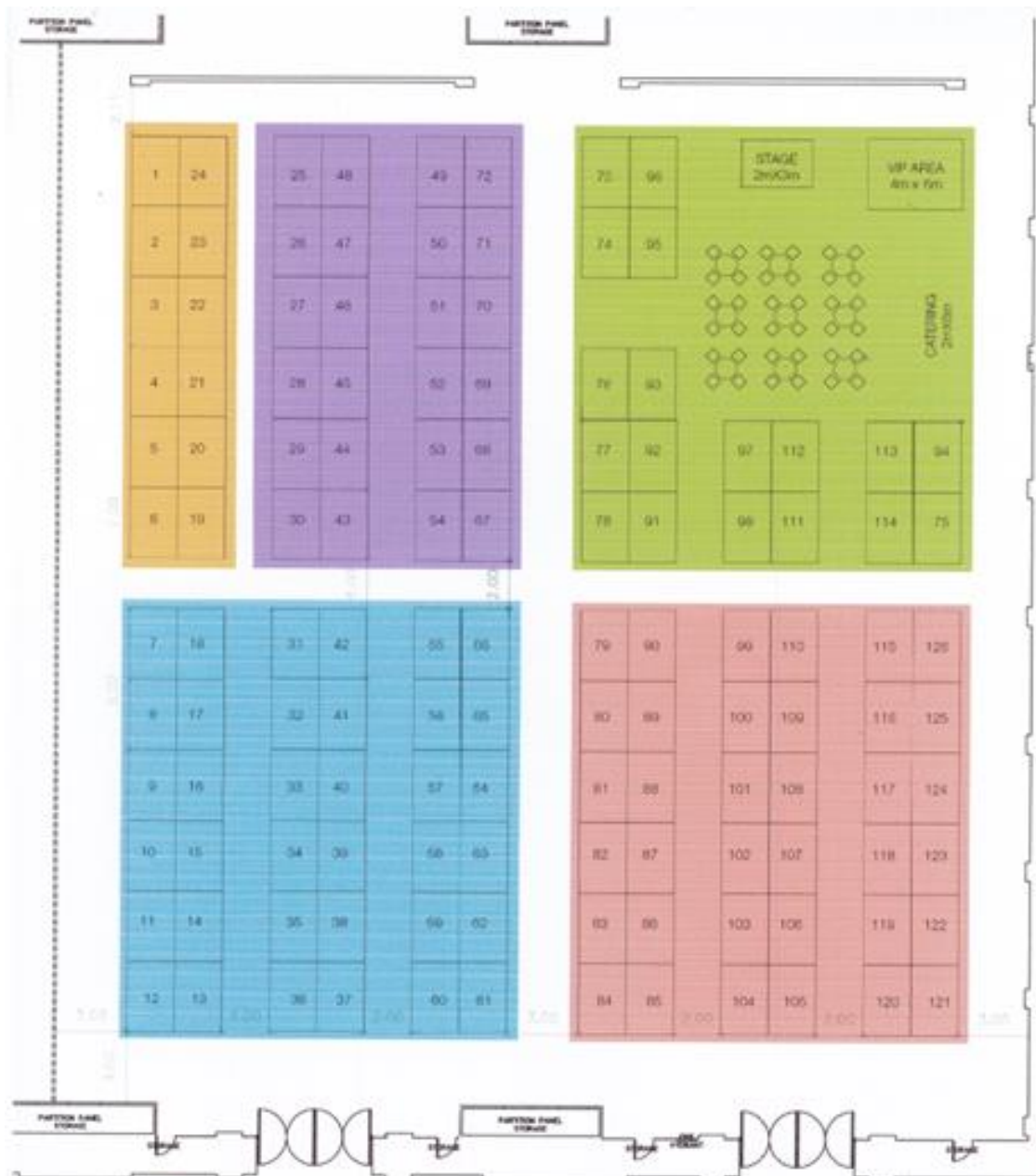
POSITION TITLE: _____

COMPANY ADDRESS: _____

TELEPHONE NUMBER: _____ MOBILE NUMBER: _____

AUTHORIZED SIGNATURE

This undersigned confirms the he/she is duly Authorized on behalf of the company and acknowledgements that he/she has read and accepts the terms and conditions of sale.



INTERNATIONAL RELATIONS

Chairman PD Ed Lee

Rotary Club of Kowloon East will be celebrating its 46th Anniversary Fund Raising Ball to be held on 20th November 2015 (Friday) at the Grand Ballroom of the Kowloon ShangriLa Hotel (Hotel address: 64 Mody Road, Tsimshatsui East, Kowloon, Hong Kong).

In the evening of the 19th November 2015 (Thursday), Rotary Club of Kowloon East will host a Welcome Dinner at the Neptune Chiu Chow Restaurant (Address: 1/F Energy Plaza, 92 Granville Road, Tsim Shau Tsui East, Kowloon) in honour of visiting Sister Clubs' office bearers, members and their families.

Rotary Club of Manila will be represented by the following :

- 1- IPP Frank Evaristo and Vicky Montilla
- 2- Chairman PD Ed Lee and Dadofil Costelo
With guests- Dr. Edward Bolanos, Ms Anna Esteban & Mr. Edgardo Mendoza
- 3- Co Chairman Dir. Susing and Marites Pineda
- 4- Dir Ning & Joy Lopez
- 5- PP Dong Saludo, Jr.
- 6- PD Ner & Femy Lonzaga
- 7- PD Bebot & Sylvia Pineda
- 8- Rtn David Wong



COGS IN THE WHEEL

THE EXPONENTIAL GROWTH OF THE PHILIPPINE ECONOMY SINCE 1986
MANILA BULLETIN
THE NATION'S LEADING NEWSPAPER

Wednesday, Nov. 4, 2015 p6

pie.

rising cost of living," Villar said.



JOURNALIST-AUTHOR, NOW A COMMANDER — Veteran Spanish Journalist and author Jose 'Pepe' Rodriguez (left) receives from the Minister of Culture of Chile, His Excellency Ernesto Ottone (right), his award, the Order of Gabriela Mistral Rank of Comendador (Commander), from the Government of the Republic of Chile at a recent ceremony in Santiago, Chile during the 130th anniversary of the Chilean Academy of the Spanish Language. Rodriguez is author to the highly-acclaimed book 'Front Pages of Philippine History,' which was published by The Manila Bulletin. (Contributed photo)



SY IS SKAL AWARDEE: Hans T. Sy, president and CEO of SM Prime Holdings was the recipient of SKAL Integrated Tourism Enterprises Award during the 25th SKAL International Tourist Personality Award 2015 held at the New World Hotel Makati Grand Ballroom. Photo shows Sy (center) receiving the award from SKAL Committee Awards chairman and PAL president and CEO Jaime Bautista and (left) SKAL president Robert Lim Joseph.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Senior Moments

There was a man who really took care of his body. He lifted weights and jogged 6 miles a day. One day, he took a long in the mirror and noticed that he was tan all over except his 'thing.' So, he decided to do something about it.

He went to the beach, completely undressed himself and buried in the sand, except for his 'thingie,' which he left sticking out.

Two old ladies were strolling along the beach, one using a cane. Upon seeing the 'thing' sticking over the sand, she began to move it around with her cane, remarking to the other lady, "There's no justice in the world."

"Well," said the old lady, "When I was 20, I was curious about it."

"When I was 30, I enjoyed it."

"When I was 40, I asked for it."

"When I was 50, I paid for it."

"When I was 60, I prayed for it."

"When I was 70, I forgot about it."

Now I'm 80, the damn things are growing wild on the beach and I'm too old to squat!"

* * * * *

ROMANCE

Barb was lying in bed one night. Art was falling asleep but Barb was in a romantic mood and wanted to talk.

She said: "You used to hold my hand when we were courting."

Wearily he reached across, held her hand for a second and tried to get back to sleep.

A few moments later she said: "Then you used to kiss me..."

Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep.

Thirty seconds later she said: "Then you used to bite my Neck..."

Angrily, Art threw back the bed clothes and got out of bed.

"Where are you going?" Barb asked..

"To get my teeth!"

* * * * *

OLD FRIENDS

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said,
"Now don't get mad at me... I know we've been friends for a long time but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her.

Finally she said, "How soon do you need to know?"

* * * * *

SENIOR DRIVING

As a senior citizen was driving down the motorway, his car phone rang.
Answering, he heard his wife's voice urgently warning him, "Vernon, I just heard on the news that there's a car going the wrong way on I-25. Please be careful!"
"Hell," said Vernon, "It's not just one car. It's hundreds of them!"

* * * * *

DRIVING

Two elderly women were out driving in a large car - both could barely see over the dashboard. As they were cruising along, they came to major crossroad. The stop light was red, but they just went on through.

The woman in the passenger seat thought to herself "I must be losing it. I could have sworn we just went through a red light."

After a few more minutes, they came to another major junction and the light was red again. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous.

At the next junction, sure enough, the light was red and they went on through. So, she turned to the other woman and said, "Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!"

Mildred turned to her and said, "Oh! Am I driving?"

* * * * *

The 3 LADIES IN THE PARK

Three old ladies - Gertrude, Maude and Tilly, were sitting on a park bench having a quiet conversation when a handsome young man dressed only in a trench coat approached them from across the park.

The young man came up to the ladies, stood right in front of them and opened his trench coat. Gertrude immediately had a stroke.

Seeing her friend's reaction, Maude also had a stroke.

But Tilly, bless her heart, being older and more feeble than her friends, couldn't quite reach that far...

* * * * *

LOOKING FOR THE RIGHT SIZE

Two old ladies were outside their nursing home having a smoke, when it started to rain. One of the ladies pulled out a condom, cut off the end, put it over her cigarette, and continued smoking.

Lady 1: "What's that?"

Lady 2: "A condom."

Lady 1: "Where'd you get it?"

Lady 2: "You can get them at any drugstore."

The next day, the first lady hobbled into the local drugstore and announced to the pharmacist that she wanted to buy a package of condoms.

The guy looked at her kind of strangely (she was, after all, in her 80s), but politely asked what size and brand she preferred.

"Doesn't matter," she replied, "as long as it fits a Camel."

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



CONSISTENTLY AMONG THE TOP “Tuberculosis”

Elias D. Adamos, M.D.

The Philippines hit the airwaves and social media with the villainous “*tanim-bala (TB)*.” Perhaps not many in the international community and *netizens* know that we are also popular with another TB – Tuberculosis. TB has remained among the top ten causes of death and morbidity in the country from the time I entered medical school in 1981, up to the time I have gone through residency training in 1990, and up to the latest Department of Health statistics on the leading causes of death and sickness in the Philippines. If Tuberculosis were a hit song, the songwriter and composer would have raked-in royalties in the tune of millions of pesos by now.

Revisiting TB

TB is caused by *Mycobacterium tuberculosis*. The culprit bacteria are transmitted to an otherwise healthy or un-infected person by a person with infectious pulmonary TB. It is transmitted when said bacteria is aerosolized by coughing, sneezing, or speaking. There may be as many as 3000 tuberculosis bacteria per cough. The tiny droplets dry rapidly and may remain suspended in the air for several hours. They reach their destiny and fate to destroy air passages and lungs when inhaled. Multiplication of the bacteria occurs in the lungs. Although the main focus of infection is the respiratory system or the lungs, TB may also affect the liver, kidneys, bones, skin, intestines, and the brain.

Impact of TB

The World Health Organization (WHO) said in 2009 that 5.8 million new cases of TB were reported. Of this number, 95% of cases were reported from developing countries. That includes us. WHO also reported that Tuberculosis-related deaths mostly come from disadvantaged/marginalized populations. The WHO proclaimed that TB has reemerged as an important public health problem, mainly because of international travel, immigration, and the recent exodus of refugees to developed and first-world countries.

Diagnosis, signs and symptoms, and treatment

TB is classified as pulmonary (lung infection) or extrapulmonary (outside the lungs), or both. Before the advent of HIV, 80% of new cases of TB were limited to the lungs. Now, two-thirds of patients with HIV have both TB of the lungs and other organ involvement of the bacteria.

Primary infection of TB occurs to a healthy person, most and often children, who are infected by adult with TB (*Postprimary or reactivation type or adult type of TB*). Diagnosis is made through chest x-rays, skin (Mantoux) test, sputum microscopic examination, and sputum culture for *Mycobacterium tuberculosis*. Biopsy of infected organ(s) is also possible. TB presents as cough of 3 weeks, or more or less a period of one month. Fever, body weakness, back pains, and weight loss may be present.

Treatment: ***Don’t self-medicate. See your doctor if you have a nagging cough.***

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