

balita



No. 3627, November 26, 2015

GUEST OF HONOR AND SPEAKER



DIR. ROBERT "BOBBY" L. JOSEPH, JR.

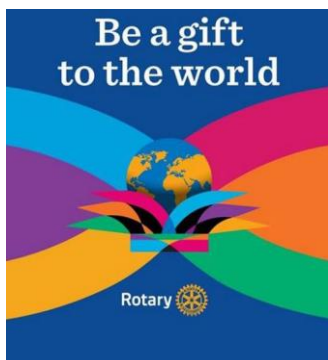
Chairman of the Board

Philippine Wine Merchants



KABALITA

Let our very own Wine Connoisseur, whose years of experience in the logistics and tourism industry has made him an icon of world travel, show us why the search for the perfect wine can bring us to places we have never seen before as he tackles the current trends in the travel industry within the comforts of his own home, Asia's First Rotary Club.



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RCM's 21st for RY 2015-16

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

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November 26, 2015, Thursday, 12N,
Manila Polo Club McKinley Room
OIC/Moderator : PD/AS Alvin Lacambacal

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/AS Alvin Lacambacal OIC/Moderator
12:30 PM	Call to Order	Pres. Ebot Tan
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	Rtn. Jun-Jun Capistrano
	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	Rtn. Geof Yu RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Nov..27.....PDSAA Tony Lopa; Dec. 1.....PE/VP Teddy Ocampo; Dec/ 2.....PP Ed Reyes Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Corner	Pres. Ebot Tan
12:55 PM	Introduction of Guest of Honor and Speaker	AG/IPP Frank Evaristo
1:00 PM	Address: Director Robert Lim "Bobby" Joseph, Jr., Ph.D. Consul General, A.h. Chairman, Ralph's Wine and Spirits Philippine Wine Merchants/Food & Beverage Travel Cooperative of the Philippines Contrans Cargo Public Forum Raffle of cash prizes Response and presentation of token of appreciation to Dir. Robert Lim "Bobby" Joseph, Jr.	Dir. Bobby Joseph Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

After the non-working holidays last week which were declared for the APEC meetings in Manila, we are back in action. The joint luncheon meeting we held with the Rotary Club of Makati North and the Rotary Club of Makati Forbes before the holidays had Atty. Romy Macalintal sharing with us his expert knowledge about the senior citizens' law and the benefits it grants senior citizens (like most of our members) and election laws (especially as to how they impact the coming national elections). I'm certain many of those in the audience learned a thing or two from the discussion with Atty. Macalintal.

On news within our Club, a big delegation of Manila Rotarians led by AG/IPP Frank Evaristo fly to Hong Kong to join our sister club, the Rotary Club of Kowloon East, cab rate their big event. Aside from AG/IPP Frank and Vicky Montilla, the others who composed the delegation were Dir. Ning and spouse Joy Lopez, PP Dong Saludo, PD Ner with spouse, Intramuros Rtn. Femy, and son, Mark, PDSAA Ferdie and spouse Christine Co, PD Ed Lee and Daffodil Costelo, PD Bebot and spouse Sylvia Pineda, Dir. Susing and spouse Marites Pineda, as well as Rtn. David Wong. During the event, AG/IPP Frank Evaristo, who represented me, handed our cash donation of US \$2,000.00 on the occasion of the the Rotary Club of Kowloon East's Anniversary and Foundation Ball. It was, indeed, a very successful and enjoyable event, based in the pictures taken and stories told, with sumptuous food, dancing, singing, and all sorts of merry making which have traditionally marked the years of cordial relationship between our sister clubs.

On news from around the District, last 21 and 22 November 2015, PE/VP Teddy Ocampo attended the District 3810 Presidents Elect Training Seminar 1 at the Thunderbird Resort and Casino in Poro Point, San Fernando, La Union, where he was also joined by two other Manila Rotarians who are incoming district officers, namely, IDCoS/ISDG/DE/IPS Albert Alday and ICoS/SDG/PP Cesar Ubaldo. On 23 and 24 November 2015, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and PVP Lance Masters attended the District Road Safety Summit 2015 held at the Tagaytay International Convention Center with the theme, "Consolidating A Road Safety Strategy". The Road Safety Summit is a special advocacy of our very own DG Obet Pagdanganan.

Today, we will have our own Director Robert "Bobby" Joseph, Jr. as our speaker. Director Bobby will discuss with us the tourism industry in the Philippines and the various issues related thereto. Let us all actively participate in the discussion with Director Bobby.

Please continue participating in and supporting the activities and projects of our Club.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



ROBERT LIM JOSEPH, Ph. D.
Consul General, A.h.

Robert Lim Joseph is not only a recognized leader and pillar of the tourism industry; he is also an authoritative and esteemed figure in the cargo forwarding sector. He has extensive experience in global forwarding and deep knowledge about cargo operations obtained from years working with foreign airlines and as top management running the family's cargo and freight forwarding business.

His advocacy is to help students and employees understand the complex systems governing modern freight forwarding and apply this knowledge in their work.

As early as 1986, Mr. Joseph was already exposed to the cargo business when the Joseph family set up its own freight forwarding company. This company, the Columbia Transport or Coltrans, turns 25 this year. He has also been writing about issues on the cargo industry since 1986, which saw print in a number of national publications.

Mr. Joseph took over the company's helm as its President in 1992 after retiring from Kuwait Airways. His experience as district sales manager for passenger and cargo for almost 10 years in Kuwait Airways came in handy when his time came to run the family business.

Prior to Kuwait Airways, Mr. Joseph also worked for Korean Airlines, a stint which gave him an opportunity to learn basic and advanced cargo operations in Philippine Airlines.

While in Kuwait Airways, he undertook various seminars on cargo operations in Kuwait and the Philippines, as well as led the training programs with cargo agents in the country.

Mr. Joseph chaired the Air Cargo Panel of IATA (International Air Transport Association), which is the highest policy making body in the industry.

He co-founded the Cargo Training Center, a cargo agency training center, in collaboration with Mr. Roberto Hukom, the then country manager of Gulf Air, to jumpstart the Dangerous Drugs Course while waiting for the International Air Transport accreditation. The Center allows cargo agents to get cheaper training programs and is a source of income for the Air Cargo Association of the Philippines.

He established the first cargo brokerage firm in Subic, the Coltrans Cargo, in '87-'88, and initiated the bringing in of exhibition starting with energy in 1992.

He was given the Lifetime Award by the Global Carriers, an award given by the airline cargo industry, and was an awardee of the Board of Airline Representatives, the highest governing policy making body of airlines in the country.

PREVIEW OF FORTHCOMING THURSDAY GUEST SPEAKERS

December 3, 2015, 12N, Manila Polo Club

Director **AMADO D. VALDEZ**

Chairman Emeritus, Philippine Association of Law Schools
(PALS) Of Counsel, Valdez Law

December 10, 2015, 10am Governor's Visit-DG Obet Pagdanganan / 12N, Manila Polo Club

Admiral **Samuel J. Locklear III** and **Mr. Chris Johnson**

Former US Navy/Officials

SPECIAL RCM CHRISTMAS DINNER PARTY

December 14, 2015, Monday

6PM – Registration, onwards

New World Hotel Ballroom, Makati

PREVIEW OF FORTHCOMING THURSDAY SPEAKERS

January 7, 2016, 12N, Manila Polo Club

Honorable **Amando M. Tetangco, Jr.**

Governor, Bangko Sentral ng Pilipinas

“A Joint Meeting of RCM and RC Forbes Park”

January 14, 2016, 12N, Manila Polo Club

Honorable **Rodrigo Duterte**

Mayor, Davao City

Presidential Aspirant 2016 Elections

THE WEEK THAT WAS



RC Forbes Park Pres. Tedjie Herbosa, RC Manila Pres. Ebot Tan & RC Makati North Pres. Dieter Bruecher alternately call the joint meeting to order.



RC Forbe Park PP Albert MG Garcia as OIC/Moderator directs the program of activities.



RC Makati North PP Mac McLean 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.



STAR Rtn. Teyng Arcilla leads in the recitation of the four (4) way test.



STAR Rtn. Jackie Rodriguez introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RC Forbes Park PP Rudy Robles does the honour and pleasure of introducing **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”*, as guest speaker.



Seasoned Election Lawyer and Senior Citizens’ Rights Advocate Atty. Romulo “Romy” Macalintal spoke before a joint meeting of Manila Rotarians, Makati North Rotarians and Makati Forbes Rotarians on the rights of Senior Citizens in the Philippines.



An interactive public forum followed suit post the speech of Atty. Romulo B. “Romy” Macalintal.



RC Forbes Park Pres. Tedjie Herbosa, RC Manila Pres. Ebot Tan & RC Makati North Pres. Dieter Bruecher present to Atty. Romulo B. "Romy" Macalintal the respective Rotary Club's token of appreciation for being the guest speaker

PAUL HARRIS FELLOWS



Pres. Ebot Tan, Dir.-in-Charge Oscar del Rosario present to PVP Lance Masters a 1-sapphire Paul Harris Fellow (PHF), the PHF certificate and 1-sapphire pin.

INDUCTION OF NEW RCM MEMBER



PVP Lance Masters delivers brief introductory remarks on Prof. Vee David (Filipino), Investor, The VEEEd Foods; CEO – Hybrid Language Systems. Proposed by : PVP Lance Masters; DG Obet Pagdanganan, Classification: Restaurants – Fast Foods, as inductee to the RCManila membership.

MEMBERSHIP



Pres. Ebot Tan administers to Prof. Vee David the oath of membership pledge together with proposer PVP Lance Masters.

RCFP, RCM, RCMN WEEKLY BIRTHDAY CELEBRANT/S



RC Forbes Park Pres. Tedjie Herbosa, RC Manila Pres. Ebot Tan & RC Makati North Pres. Dieter Bruecher present the week's birthday celebrants PP Frankie Adriano, PP Albert MG Garcia, PP Hiro Asandas, PDG Vince Carlos, Rtn. Mon Ko, Rtn. Jun-Jun Capistrano, Dir. Ryan Sabug, Dir. Joey Zalcita, PP George Mercado, for the traditional blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale of the Happy Birthday song.

SPECIAL BOARD MEETING



Present during the meeting were: Pres. Ebot Tan, Dir. Issam Eldebs, Dir. Susing Pineda, PVP Lance Masters, AS Alvin Lacambacal, Dir. Bobby Joseph, IPP/AG Frank Evaristo and ES Anna Kun Toledo.

ROAD SAFETY SUMMIT BY ROTARY CLUB OF SILANG



At road safety summit in Tagaytay with Gov Obet, Rudy & Highway Patrol Group director Chief Supt. Arnold Gunnacao, The Road Safety Summit was held from Nov 23-24, 2015 at the Tagaytay International Convention Center. The activity was hosted by the Rotary Club of Silang...

PETS 1



DISTRICT 3810 ALL STAR TEAM HOLDS PETS 1

By: IDCoS/ISDG/DE/IPS Albert Alday

Rotary District 3810 Team for Rotary Year 2016-2017 led by DGE Ernesto Yuyek held the first installment of the Presidents Elect Training Seminar last November 21 and 22, 2015 at the Thunderbird Resort and Casino, Poro Point, La Union. The Presidents Elect Training Seminar aims to hone the leadership skills of the Presidents Elect and prepare them for the rigors of the coming Rotary Year. Among the attendees were our very own PE Teddy Ocampo who rendered a song during the presentation portion and District Officers IDCoS/ISDG for District Publications/DE/IPS Albert Alday and ICoS/SDG/PP Cesar Ubaldo. PDG Karen Tamayo, the District Trainer for RY 2016-2017, led trainor spouses PP Ramon and IDCC/FCP Leah Banta of the Rotary Club of Ermita Manila, PP Elma Perello-Lagamson of the Rotary Club of Pasay Maharlika, FCP Relly Fajardo of the Rotary Club of Chinatown Circle and FCP Jage Estipona of the Rotary Club of Imus East in ensuring that Leadership Development was clearly instilled in the minds of the Presidents Elect that gave rise to a very successful staging of the seminar. The event was hosted by the Rotary Club of Pasay Southeast.



TEDDY'S ALL STAR TEAM. PE Teddy Ocampo at the Presentation Evening of the Presidents Elect Training Seminar 1 (PETS 1) with **ICGA Bernie Sagsagat** (RC Chinatown), IDCoS/ISDG for District Publications/DE/IPS **Albert Alday** (RC Manila), ICoS/SDG/PP **Cesar Ubaldo** (RC Manila), IDT **Ronnie Co** (RC Manila San Miguel), DGE **Ernesto Yuyek** and ISDG **Nicandro de Leon** (RC Manila Sta. Ana)



THE ALL STAR TEAM AT PETS 1. PE Teddy Ocampo with his classmates, the All Star Team Presidents who will lead their respective clubs for Rotary Year 2016-2017 together with the Incoming District Officers for RY 2016-2017 led by DGE Ernesto Yuyek.

DISCON 2016



DISCON 2016 Meeting at the ACCRALAW Tower, November 17, 2015. Present during the meeting were: **Pres. Ebot Tan, DGND Rudy Bediones, Ms. Joy Gadon, Winston Ongchinke, DG Obet Pagdanganan, AS Alvin Lacambacal, ES Anna Kun Toledo and Ms. Vilma Vinluan.**



Tuesday Nov 24, 2015, Discon 2016 Executive Committee led by Overall Committee Chair **DG Obet Pagdanganan**, Chairman **Pres Ebot Tan**, Adviser **PDG Alex Cureg**, Sec Gen **Alvin Lacambacal**, Host Club Chair **PE Teddy Ocampo**, House Committee Member **Dir Oscar del Rosario**, Promotion Committee Chair **IPP Frank Evaristo**, District Area Secretary for Manila PP **Vilma Vinluan** met with **Rtn Ricky Yap** - Exec Vice President of Manila Hotel and **Ms Nathalie Torres Ramirez**, Asst Vice President Banquet Sales at the Manila Hotel Executive Office. The meeting aims to finalize the logistical requirements of Discon 2016.

RCKE 46TH ANNIVERSARY & FUND RAISING BALL



By: IPP Frank Evaristo

46th Anniversary Fund Raising Ball of Rotary Club of Kowloon East:

Rotary Club of Manila IPP Frank Evaristo led the delegation of officers, members, spouses and family members. Because of the Asia Pacific Economic Council Summit held from November 19 to 20, 2015, all flight schedules were reset by the flight carriers from two to three hours earlier. To avoid undue flight delays, IPP Frank Evaristo together with International Relations Chair PD Ed Lee flew into Hong Kong last Sunday, November 15, 2015.

Last Thursday November 19, 2015 the following members composed of Dir Ning Lopez & spouse Joy; PP Dong Saludo, Jr.; PD Ner Lonzaga with spouse Femy and son Mark and Rtn Ferdie Co and spouse Christine arrived via Philippine Airlines at 8:45 AM. PD Bebot Pineda and spouse Sylvia flew in via Cathay Pacific and arrived at 2:00 AM. Rotary Club of Kowloon East led by Pres. Victor Lo hosted a sumptuous breakfast for the Rotary Club of Manila delegation at the Maxim's Restaurant. Pres. Victor Lo, PE Willy C.M. Liu (Chairman of 46th Anniversary Fund Raising Ball), VP Tung Siu Wing, PDG Peter S. H. Wong, PP Leung Hoo Lau, PP Albert Poon, PP Lai Ping Lun, and PP Joseph C.Y. Cheung gave a warm reception to the delegation of the Rotary Club of Manila at the airport and arranged for a coaster to bring the Manila Rotarians to their respective hotels. Dir. Susing Pineda and spouse Marites arrived in Hong Kong last Friday, November 20, 2015, just in time for the anniversary dinner.



Pres. Victor Lo, PE Willy Liu, PP Albert Poon, PP Joseph Cheung and Rtn Clement with the delegation of the Rotary Club of Manila led by IPP Frank Evaristo..

RCKE 46TH ANNIVERSARY & FUND RAISING BALL



Standing from L-R: **RCKE PP Albert Poon, PE Willy Liu, RCM AG/IPP Frank Evaristo and RCKE Pres. Victor Lo.** Seated from L to R: **Chairman PD Ed Lee, Daffodil Costelo, Mr. Edgar Mendoza, Mr. Rex Prexia, Ms. Anna Esteban, Dr. Edward Bolanos, RCKE Rtn Clement.**



Seated from L to R: **PP Dong Saludo, Jr., Rtn Ferdie Co and Christine, Mark Lonzaga, Femy Lonzaga, Sylvia Santos, PD Bebot Pineda, and Joy Lopez.** Standing from L to R: **PD Ner Lonzaga, PD Nick Locsin, RCKE PP Joseph Cheung, Dir Ning Lopez. IPP Frank Evaristo, Vicky Montilla, PD Ed Lee, Daffodil Costelo and RCKE PP Albert Poon,**

The Welcome Dinner was formally opened with the ceremonial chopping of the roasted pork by Pres. Victor Lo and representatives of sister clubs from Rotary Club of Manila represented by IPP Frank Evaristo, Rotary Club of Sae Seoul – Pres. Nam Koong-Kun; Rotary Club of Bangkok – Pres. Chiemi Svensson and Rotary Club of Taipei – Pres Nicky.



Rotary Club of Kowloon East organized a Welcome Dinner in honor of visiting Rotary Clubs of Bangkok, Manila, Taipei, and Sae Seoul (Korea). The welcome dinner was held at the Neptune Chiu Chow Restaurant (Address: 1/F Energy Plaza, 92 Granville Road, Tsim Shau Tsui East, Kowloon). It was an evening of fellowship with karaoke music and dancing led by Rotary Club of Kowloon East and their sister clubs from Rotary Clubs of Bangkok, Manila, Sae Seoul, and Taipei.



Group singing by Rotary Club of Kowloon East.



Karaoke singing by Rotary Club of Manila led by **Chairman PD Ed Lee, Daffodil Costelo, Ms Anna Esteban, Dr. Edward Bolanos and Mr. Edgie Mendoza.**



Group singing by **Rotary Club of Manila ... with Rotary Club of Kowloon East President Elect Willy Liu.**

The Rotarians and spouses dancing to the tune of karaoke music...



The Anniversary Ball, Friday November 20, 2015 at the Grand Ballroom of Kowloon ShangriLa Hotel,



L to R: Rtn Ferdie Co, Christine Co, Dir. Ning Lopez, Joy Lopez, RCKE First Lady Norita Lo, Pres. Victor Lo, Vicky Montilla, IPP Frank Evaristo, PP Dong Saludo, Jr., RCKE PE Willy Liu, Sylvia Pineda, PD Bebot Pineda, Femy Lonzaga, PD Ner Lonzaga and Rtn David Wong.



L to R: Rtn David Wong, Chairman PD Ed Lee, PD Ner Lonzaga, RCKE PP Albert Poon, Dir. Susing Pineda, PD Bebot Pineda and PD Nick Locsin.



L to R: Rtn David Wong, IPP Frank Evaristo, Vicky Montilla, Daffodil Costelo & PD Ed Lee



Seated from L to R: Christine Co, PDSAA Ferdie Co, PP Dong Saludo, Jr., Mr. Tommy Wu, Dir Ning Lopez and Joy Lopez. Standing L to R: Dir. Susing Pineda, Marites Pineda, PD Ner Lonzaga, Rtn David Wong, Sylvia Pineda and PD Bebot Pineda.

The 46th Anniversary and Fund Raising Ball was formally opened with the entrance of two gentlemen clad in the traditional Scottish kilt national costume playing a Scottish traditional tune before the members of Rotary Club of Kowloon East sang the Hong Kong national anthem. This was followed by the members of Rotary Club of Kowloon East leading in the singing of the Rotary song. Song numbers were alternately rendered by two professional entertainers and home grown talents of Rotary Club of Kowloon East. The drawing of raffle

tickets was done within the program proper alternating with the entertainment numbers. One of the highlights of the celebration was the presentation of gifts by the visiting sister clubs. In behalf of Pres Ebot Tan, the donation of the Rotary Club of Manila in the amount of US\$ 2,000 together with a token gift, was presented by IPP Frank Evaristo to Pres. Victor Lo and PE Willy Liu. Culminating the two day celebration was the Farewell Lunch hosted for sister clubs who attended the 46th Anniversary Fund Raising Ball of Rotary Club of Kowloon East last Saturday November 21, 2015 which was held at the Royal Garden Hotel (Address: 69 Mody Road, Tsim Sha Tsui East, Kowloon, Hong Kong). Rotary Club of Manila was represented by IPP Frank Evaristo, Vicky Montilla and Dir Ning & Joy Lopez.





Seated from L to R: **Joy Lopez, Vicky Montilla, IPP Frank Evaristo, RC Bangkok – Prasas Tangmatitana.** Standing L to R: **Dir Ning Lopez, RC Kowloon East PE Willy Liu, RC Bangkok Pres. Chiemi Svensson, RC Kowloon East – Pres. Victor Lo and PP Lai Ping Lun.**

Rotary Club of Kowloon East arranged for hotel-airport transport for IPP Frank Evaristo, Dir Ning Lopez, PSAA Ferdie Co and PD Ner Lonzaga. Due to other business / family commitments, Dir. Susing Pineda, PP Dong Saludo, Jr. and PD Bebot Pineda made separate arrangements for their return flight to Manila.

It has been another memorable experience of fellowship with our sister club – Rotary Club of Kowloon East.

RC Kowloon East President Elect Willy Liu presents a gift during the Farewell Lunch held at Rose Garden Hotel last November 21, 2015, to IPP Frank Evaristo, as head delegate of RC Manila to the RCKowloon East 46th Anniversary Fund Raising Ball held last Nov 20, 2015.



CLUB PRESS RELEASE



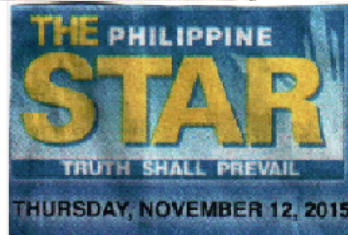
CLUB PRESS RELEASE



ALAY LAKAD SCHOLARSHIP: The Alay Lakad Foundation presented the P100,000 check for beneficiaries-scholars (out of school youth) from the Polytechnic University of the Philippines during the annual Alay Lakad Walk-for-a-Cause at the Luneta grandstand with Alay Lakad Foundation president Frank Evaristo (center) together with the Alay Lakad beneficiaries. From left are Kristel Anne Hongyongco, John Ivan Amper, Samuelito Dacanay, Grace Sharon Palting, Kristine Cueto, Edward Angelo Reyes, Mary Rose Demeterio, Rafael Bao and Shina Villanueva.



RCM president new District 3810 gov



District governor Obet Pagdanganan of D3810 declared president Rudy Bediones of the Rotary Club of Manila as the newly elected district governor nominee for 2018-2019 of District 3810, who will serve during the centennial celebration of Rotary in the Philippines and Asia.

Bediones was overwhelmingly elected as announced by district balloting committee chairman past district governor Paco Atayde.

Rotary International District 3810 covers Manila, Pasay, Cavite and Mindoro provinces, and is composed of 2,879 Rotarians and 101 Rotary clubs.

MONDAY, NOVEMBER 16, 2015

Rotary District Christmas Bazaar

Rotary District 3810 led by district governor Roberto Pagdangan announced that the district's Christmas Bazaar will be held on Dec. 12-13, at the MOA SMEx. Rotary International (RI) District 3810 covers Manila, Pasay City, Cavite and Mindoro provinces, is composed of 2,879 Rotarians and 101 Rotary clubs. Everybody is invited to take advantage of the opportunity to exhibit their products or do their Christmas shopping at the Rotary Christmas Bazaar at MOA SMEx. Proceeds will go to the District End Polio Campaign fund. Enjoy your Christmas Bazaar shopping while helping end polio. For more details, contact the district office – Joy Gadon at 5271887; 0917-8630729 or 0919-8042082.



Roberto M. Pagdangan

ROTARY CODE OF CONDUCT

As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve in Rotary
3. Conduct all of my personal, business, and professional affairs ethically, encouraging and fostering high ethical standards as an example to others.
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community.
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians
8. Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

PUBLIC HEALTH NUTRITION AND CHILD CARE



TRAFFIC JAMS ARE BAD FOR THE HEALTH

Elias D. Adamos, M.D.

There's a bar called "TRAFFIC." When the husband came home so late at night, the wife asked, "Where have you been? Why are you so late?" The husband answered, "I was stuck in TRAFFIC." Of course, this is an old joke. But these days, being stuck in traffic is now a ready and perhaps legitimate answer for coming home late at night. Traffic woes in the Metro Manila have worsened and had affected drivers, passengers, commuters, pedestrians, schoolchildren, the neighborhood, and you name who and what. It's been spreading like a plague. It actually is. Traffic jams kill! And when I said the word "kill," I was referring to the real meaning of the word.

Health risks from heavy traffic (the lungs)

The heavy traffic in major roads, alternate streets, and almost all thoroughfares in Metro Manila can result to major health problems in the lungs. Air pollution that can cause lung diseases, such as bronchitis, exacerbation of bronchial asthma, recurrent respiratory infections, allergies, and not to mention cancer can emanate from long hours of snail-pace driving and being stalled in the streets. Recent data from studies showed that microelements or air pollutants emitted by cars caught in traffic in the metropolis has reached peak pollution levels. In other words, air pollution brought about by worsening traffic problems is hazardous to the lungs.

Traffic can affect the heart

In 2010, the American Heart Association reported that short-term exposure to air pollution can result to heart attacks, irregular heartbeats, and strokes. The risks are higher in the elderly, persons with diabetes, hypertension, and long-standing heart disease. The anxiety-producing situation aggravates heart problems. A heart attack can happen right inside a car, though air-conditioned it may be. Toxic gas fumes from the car itself can find its way inside the car when air exchange is inefficient because of hours in traffic. Chronic diseases of the heart and also those of the lungs result to more clinic and hospital visits. These translate to increase in hospital expenses and bills.

Posture and back pains

Getting caught in traffic for long hours can result to upper and lower back pains. It can also affect posture and the symmetry and balance of the back because of prolonged sitting. Low back pains result to loss in job hours and decrease or loss in productivity.

Other health risks

Anxiety and tension in driving can result to disorders of the gastrointestinal system, including gastritis and peptic ulcers. Too much sitting can also result to hemorrhoids of all types and varicosities of the legs. Traffic affects wellbeing. It can result to road rage, traffic-related altercations and crimes, and various anxiety disorders when meetings, business, schedules, and appointments are not met. Therefore: TRAFFIC=HEALTH RISKS=ILLNESS=INCREASED MEDICAL BILLS=SHORTER LIFE SPAN.

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