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No. 3637, March 3, 2016

GUEST OF HONOR AND SPEAKER



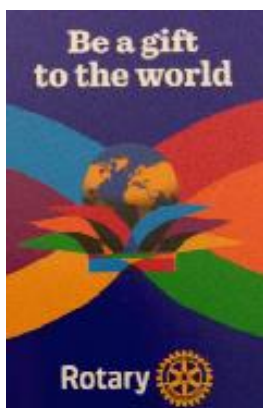
HON. ANTONIO F. TRILLANES, IV

Senator
Republic of the Philippines



KABALITA

Peace and order is no tall order with an officer and a gentleman as he makes his legislative advocacies known on his "pass in review" at Asia's First Rotary Club in his bid for the second highest post in the land.



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THE ROTARY CLUB OF MANILA

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RCM's 31ST for RY 2015-16

March 3, 2016, Thursday, 12N, Manila Polo Club Turf Room

OIC/Moderator: RCM Rtn. Manny Blanco

**“A Joint Meeting Between Rotary Club of Manila (RCM) and
Rotary Club of Forbes Park (RCFP)”**

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	RCM Rtn. Manny Blanco OIC/Moderator
12:30 PM	Call to Order	RCM Pres. Ebot Tan;RCFP Pres. Tedjie Herbosa
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	RCM Rtn. Willie Peliño
12:35 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	RCFP Dir. Tim Tolentino RCM WF Music Chorale
12:37 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Mar. 6.....Rtn. Mari Antunez; Mar. 7.....Program Chairman Rtn. Tong Payumo, Rtn. Hermie Esguerra; Mar. 8.....Rtn. Bren Egan; Mar. 9.....Rtn. Nilo Aventura Maligayang Bati (Weekly RCFP Birthday Celebrants) : Mar. 4...CP Alex Ledesma ; Mar 12...Treas. Joey Mabilangan Mar. 20...Dir. Tim Tolentino; Mar 24...Pres. Tedjie Herbosa Happy Birthday Song	RCM WF Music Chorale
12:42 PM	Presentation of Medipinas Medical-Surgical Mission 2016 A joint project of CEU Universidad Cardenal Herrera, Spain, RCManila & Rizal Medical Center	Dr. Belen Merck, Team Leader
12:50 PM	Induction of new members to RCM: a) Brief Introduction of Inductees by their Proposers b) Formal Induction Ceremony	RCM Pres. Ebot Tan
	1) Mr. Miguel L. Ozaeta (Filipino) Executive Director, Nomura Securities Phils. Inc. Classification: Securities – Securities Brokerage Proposer : PVP Fausto Preysler	
	2) Mr. Richard Tan Ang (Filipino) Chairman – Cambridge Center for International Studies- EV Phils. Inc. Proposer : PP Dong Saludo, Jr.	

3) Mr. Jose Rene D. Banzon (Filipino)

President – AB Capital Indonesia

President & CEO – Capstone Technologies Inc.

Proposer : **DE Art Lopez****4) Mr. Enrico M. Trinidad (Filipino)**

President, MOCYRI Holdings Corporation

Proposer: **DE Art Lopez**

Welcome Baby Rotarian Song

RCM WF Music Chorale

12:55PM

Presentation of Paul Harris Pins &
Rotary Foundation Certificates**DG Obet Pagdanganan, Pres. Ebot Tan &
Dir. Oscar del Rosario****1. PD Jimmie Policarpio**Paul Harris Pin for Ms. Christine Joei Policarpio
Certificate of Appreciation and Paul Harris Pin
for Christian Julian Policarpio**2. Rtn. Carmelo “Teying” Arcilla**

Certificate of Appreciation and Paul Harris Pin

12:58 PM

President’s Time

**RCM Pres. Ebot Tan; RCFP
Pres. Tedjie Herbosa**

1:00 PM

Introduction of Guest of
Honor & Speaker**RCM PD Raoul Villegas**Address: **Honorable Antonio F. “Sonny” Trillanes IV**
Senator, Republic of the Philippines

Public Forum

Raffle of cash prizes

RCM Dir. Bobby JosephResponse and presentation of
token of appreciation
to **Sen. Sonny Trillanes IV****RCM Pres. Ebot Tan; RCFP Pres.
Tedjie Herbosa**

2:00 PM

Adjournment

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

After a hiatus of one week on account of the 30th Anniversary of the 1986 EDSA People Power Revolution, we are back in the service of Rotary. The other week, we were given a glimpse of the foreign investment climate in the country by no less than Philippine Economic Zone Authority ("PEZA") Director-General Lilia de Lima, who gave us a rundown of how efficient her office operates. Foreign investors, especially Japanese investors, have nothing but praises for her leadership, which spans a long period under the administration of four Philippine Presidents. One cannot but conclude that she must be doing a great job at ensuring the highest level of efficiency of service at the PEZA, which results in more investments for our country and more employment opportunities for Filipino workers.

On news within our Club, your DISCON 2016 Committee continues to meet on a weekly basis to update the arrangements for the required accommodations, venue function rooms, booths, and souvenir program, as the event date fast approaches. I urge each and every Manila Rotarian to help in any way you can so that we can meet the target revenue collection needed to cover the expenses for the event our Club is mandated to host, being the home club of the current District Governor. More importantly, I exhort each of you to register for the DISCON and to show our full support to our Past President, DG Obet Pagdanganan, in the most significant event of his reign as District Governor of District 3810. We should all go out of our way, even how busy we all are, to "hold the banner of the Rotary Club of Manila up high".

On news from around the District, last 2 February 2016, Rtn. Caloy Reyes and Rtn. Leo Peter Gonzales attended the Rotary Leadership Institute ("RLI") Seminar hosted by the Rotary Club of Pasay EDSA at the Discovery Suites in Ortigas Center, Pasig City. Rtn. Caloy completed the RLI III and, thus, graduated from the RLI programs, while Rtn. Peter completed RLI II. Our very own DG/PP Obet Pagdanganan, who is also part of the RLI faculty and, in his capacity as head of the District, was on hand to open the RLI and award the certificates. Four days later, on 24 February 2016, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones attended the District 3810 Rotary Alumni Fellowship night at the Golden Fortune Seafood Restaurant along T.M. Kalaw in Manila. Two days later, on 26 February 2016, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and ICoS/SDG/PP Cesar Ubadlo attended the Governor's Visit of the Rotary Club of Pasay Friedens at the Philippine Navy Golf Club in Taguig City. A day later, on 27 February 2016, DGND/CoS/PP Rudy Bediones and I attended the practice session for the dance presentation of the World Class Presidents at the Governor's Ball during the DISCON 2016, while ICoS Cesar Ubaldo and IDCoS/ISDG/DE/IPS Albert Alday attended the Punky February All Star Presidents-Elect Fellowship at the Marina Bay East Clubhouse in Parañaque City. Two days later, on 29 February 2016, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones attended the 32nd Charter Anniversary Celebration of the Rotary Club of Uptown Manila at the Great Eastern Hotel-Aberdeen Court in Quezon City.

Today, we welcome our Guest of Honor and Speaker, Hon. Antonio F. Trillanes, IV, Senator of the Republic of the Philippines, who will present his legislative advocacies and his platform of government in his bid for the Vice Presidency, the second highest government office in the land. Please actively participate in our program and engage our Guest of Honor and Speaker in a lively discussion.

Please also submit to Anna Toledo or to me the name of at least one (1) good recruit for membership into our Club. We need to boost our membership numbers and strengthen our Club.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



ANTONIO "SONNY" F. TRILLANES IV

Antonio Fuentes Trillanes IV, or Sonny to his relatives and friends, was born and raised in Caloocan City. He traces his roots to Ligao, Albay in Bicol where his late father, Antonio Sr., grew up. His mother, Estelita, hails from the province of Capiz.

He studied at De La Salle University in Manila where he took up BS ECE from 1987 to 1991.

He formally entered into public service in 1991 as a cadet in the Philippine Military Academy where he graduated Cum Laude in 1995.

In 2002, Sonny took up graduate studies at the University of the Philippines and got his master's degree in Public Administration major in Public Policy and Program Management. For the duration of his master's program, he received two University Scholar Awards for obtaining two semestral GPAs of 1.0 to 1.25.

Recently, he finished the National and International Security Program at the Harvard Kennedy School in Cambridge, Massachusetts.

After graduating from PMA, Sonny went through all shipboard assignments starting from Mess & Supply Officer, and, ultimately as Acting Commanding Officer of a patrol gunboat.

During his five-year sea duty experience, his unit apprehended dozens of smugglers, illegal loggers, poachers, human smugglers and illegal fishermen in numerous maritime law enforcement operations conducted in the waters of Basilan, Sulu, Tawi-Tawi, Maguindanao, Scarborough, Palawan, Batanes, and the Visayas.

One of the highlights of his military profession was the daring search and rescue operation for the survivors of the ill-fated M/V Princess of the Orient at the height of a super typhoon in 1998. For this act of risking their own lives in the fulfillment of their duty, Sonny and his unit managed to rescue thirty-two (32) survivors.

He was also involved in numerous naval operations in support of ground operations directed against the Abu Sayyaf and other lawless elements.

As procurement officer of the Naval Training and Education Command, Philippine Navy, Sonny reformed the procurement system, which resulted to the accumulated savings of more than four million pesos in favor of the government.

For his meritorious service to his country, Sonny has been awarded a total of 23 assorted merit medals, campaign ribbons and badges.

Sonny, thereafter, became widely known for his prominent role in the uprisings directed against the oppressive Arroyo regime which put him in jail for 7½ years. In 2007, he successfully launched a nationwide campaign from his prison cell as he ran and won a seat in the Philippine Senate on a shoestring budget.

Now on his second term, Sonny vows to serve his country by continuing his advocacies on peace and order, anti-corruption, and poverty alleviation. He is the Chairman of the Senate Committee on National Defense and Security and the Senate Committee on Civil Service, Government Reorganization and Professional Regulation. For the past and present congresses, he has been the most productive senator as he has consistently ranked first in terms of number of national bills passed into law as principal author and principal sponsor. To date, he has filed a total of 1,109 bills and resolutions filed. Of these, 57 have been passed into law. Foremost of which are the: AFP Modernization Law; Archipelagic Baselines Law; Universal Healthcare Law; Immediate Release of Retirement Benefits of Government Employees; Salary Standardization Law 3; PAG-IBIG Fund Law; Magna Carta for Disabled Persons; Expanded Senior Citizens Act; Anti-Bullying Act; and the Increase in Subsistence Allowance for Soldiers and Policemen.

In this forthcoming elections, Sonny seeks to widen the reach of his advocacies by running for Vice President of the country. He is campaigning on a platform anchored on peace and order, anti-corruption, and poverty alleviation.

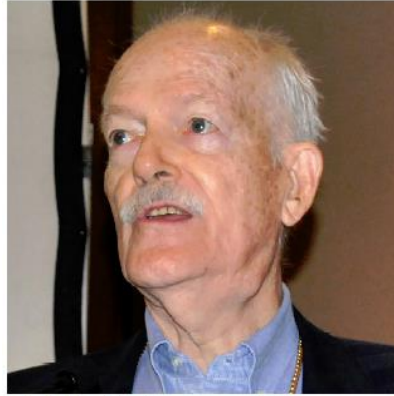
THE WEEK THAT WAS...



PE/VP Teddy Ocampo as presiding officer of the day, calls the meeting to order.



Treas. Chito Zaldarriaga as OIC-Moderator directs the program of activities.



PD Rob Sears delivers an ecumenical prayer.



PSAA Gunter Matschuck introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Program Chairman **Rtn. Tong Payumo** does the pleasure of introducing **Honorable Lilia B. de Lima**, Director-General, Philippine Economic Zone Authority, as guest of honour & speaker.



Philippine Economic Zone Authority (PEZA) Director-General Lilia de Lima laid down before Manila Rotarians the role of her office in economic development and the merits of investing in the Philippines. Through the presentation of various statistics which include the economic zones in the country and the breakdown of investments by nationality and by industry together with their respective investment figures, she highlighted the role of investors in nation building. She likewise cited the tax incentive packages and the PEZA as a one stop-shop where registration procedures are simplified as key attractions for potential investors. In culmination, she emphasized the NO GRAFT NO CORRUPTION policy of her office as in PEZA, there is "no red tape, only red carpet treatment".



An interactive public forum followed suit post the speech of **Director-General Lilia De Lima**.



TONG PAYUMO

AG/IPP Frank Evaristo conducts the fund-raising raffle of cash prizes drawn by Director-General Lilia De Lima. And the winners were: 1st prize of P1,100 Rtn. Hermie Esguerra; 2nd prize of P850 Sec. George Salazar (donated back to RCM due to having left the venue) and 3rd prize of P675 is OIC/Moderator Treas. Chito Zaldarriaga.



PE/VP Teddy Ocampo presents to Director-General Lilia De Lima 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.

RCM WEEKLY BIRTHDAY CELEBRANT/S



PE/VP Teddy Ocampo presents the birthday celebrants **Dir. Ning Lopez**, **Past Vice President Fausto Preysler**, **PSAA Gunter Matschuck** and **Rtn. Nicky Villaseñor**, for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.

MEMBERSHIP



Rotary Briefing for Messrs **Jose Rene Banzon**, **Enrico Trinidad** and **Richard Ang** with **Past District Governor Alex Cureg** and **Past Director Bebot Pineda** at the Sports Cafe, Manila Polo Club.

RCM BOARD MEETING



The regular board meeting of Rotary Club of Manila of Feb 17, 2016 held at the 26th flr of ACCRA Law Office, Global City. Photo shows: **Pres. Ebot Tan**, **Dir. Susing Pineda**, **PE/VP Teddy Ocampo**, **Dir. Oscar del Rosario**, **Dir. Amading Valdez**, **Treas. Chito Zaldarriaga** and **Sec. George Salazar**(not in photo)

RID 3810 SPECIAL CHILDREN VALENTINES FELLOWSHIP



RID 3810 Valentines Fellowship for Special Children was held last Friday, February 12 at Hospicio de San Jose. Photo above shows from L-R: **PVP Lance Masters**, **Mr. Bernardo Benedicto III**, **IPP Frank Evaristo**, **Special Children Project Chairman Philip Ong** and **DGND/ COS Rudy Bediones/Sharon Bediones (Standing)**.



Presentation of donation. From L-R: DGND Rudy Bediones, WCP Nard Garcia of RC Rosario Cavite, WCP Wilson Ngie of RC Bagumbayan, PD Abe Pascual, DG Obet Pagdanganan, Sis. Magdalena Erasmo, D.C. Sister Superior & Head of Pastoral Services, Assis. Dist. Sec. Vilma Vinluan and WCP Omie Rocha of RC Pasay Cyber City.

ROTARY LEADERSHIP INSTITUTE

RCM sponsored the registration of Rtn Leo Peter Gonzales and Rtn Caloy Reyes to attend the Rotary Leadership Institute .. Rtn Leo Peter Gonzales receives the certificate of attendance for RLI II and Rtn Caloy Reyes for completing RLI course, held last Saturday Feb 20, 2016 at Discovery Suites, Ortigas Center.



PDG Ed Tumangan (at left) together with other officers of RC Pasay EDSA, host to the RLI Course III. At far right is RCM STAR Rtn. Caloy Reyes.



Rtn. Caloy Reyes receives the certificate of attendance for completing the RLI course III with DG Obet Pagdanganan, PDG Karen Tamayo and PDG Ed Tumangan.



RCM Rtn. Caloy Reyes signs his certificate of graduation for the Rotary Leadership Institute RLI Course III he completed hosted by RC Pasay EDSA last Feb. 20, 2016, Saturday in Discovery Suites, Ortigas Center, Quezon City.



RCM Rtn. Leo Peter Gonzales receives his certificate of graduation from fellow **RCMer, PP, District Governor Obet Pagdanganan, PDG Karen Tamayo, PDG Ed Tumangan** and officers from host **RC Pasay EDSA**.



Rtn. Peter Gonzales in a posterity photo with delegates during the **Rotary Leadership Course II**.



RCMer, PP, District Governor Obet Pagdanganan leads delegates to the RLI Course III hosted by **RC Pasay EDSA** held last Feb. 20, 2016, Saturday in Discovery Suites, Ortigas Center, Quezon City.

DISCON 2016 MEETING



DISCON 2016 Meeting at RCM Board Room. Present during the meeting were: DG Obet Pagdanganan, DS Dolly Uanang, PE/VP Teddy Ocampo, AG Vilma Vinluan, IPP/AG Frank Evaristo, Arwin A. Serrano, Ms. Joy Gadon, Johnson Elektrik, DE Albert Alday, Ricky Ongchan, DGN/COS Rudy Bediones and ES Anna Kun Toledo.

CLUB NEWS RELEASE



FRIDAY, FEBRUARY 19, 2016



OSMEÑA BEFORE MANILA ROTARIANS: Senator Sergio Osmeña III, spoke before Manila Rotarians recently in a joint meeting between Rotary Club of Manila, First In Asia and Rotary Club of Bagumbayan-Manila at the Manila Polo Club on his advocacies, legislation and the state of politics in the country as the 2016 elections draw near. Photo shows (from left) past president and assistant governor Frank Evaristo, program chairman Tong Payumo, Osmeña, president Wilson Ngle, Rotary Club of Bagumbayan-Manila and president Ebot Tan, Rotary Club of Manila.

INTERCLUB ACTIVITIES



At the 78th charter anniversary of the Rotary Club of Baguio with RCM as their mother club. PE/VP Teddy Ocampo delivers his speech during the program of RC Baguio.



PDG Edmond Aguilar RI 2014-2015 with Best Class Presidents celebrated his birthday with february BCP celebrants held at Fortune Court Seafood Restaurant with BCP Chairman Frank Evaristo. In attendance also are District Governor Nominee Designate of RID 7670 Isaac Owolabi of RC Asheville Biltmore, DGN RID 7670 Bill Biddle..

MEDIPINAS 2016

A joint Medical-Surgical Mission
by CEU Universidad Cardinal Herrera, Spain,
Rotary Club of Manila and Rizal Medical Center

I Welcome Ceremonies
February 22, 2016, Monday, Rizal Medical Center Auditorium



The Medipinas Medical-Surgical Team from CEU Universidad Cardinal Herrera, Spain, from left-right **Dra. Belen Merck**, Team Leader, with members: **Mr. Matias Gomez**, **Ms. Leize Espazza** and **Mr. Alvaro Fezzagut** with **RCM Rotarian Sonny Arevalo** during the welcome opening ceremonies last February 22, 2016, Monday, 8:00 AM at the Rizal Medical Center. The volunteer-group was made possible thru **RCM Rotarian Jun Santos**, Economic & Commercial Analyst, Embassy of Spain.



Team Leader **Dra. Belen Merck** delivers introductory remarks on the **CEU Universidad Cardinal Herrera, Spain** humanitarian assistance mission for indigent patients in Pasig and Quezon City.



Team Leader **Dra. Belen Merck** presents to **Dr. Relito Sanquilayan**, Medical Chief Officer, Rizal Medical Center, a compilation of photos from last year's humanitarian assistance mission held at the same venue.



RCM Rotarian Sonny Arevalo expresses its sincere thanks and appreciation to **CEU Universidad Cardinal Herrera, Spain**, for this year's humanitarian assistance medical-surgical mission benefitting indigent patients and Rizal Medical Center for once again accommodating the group.



The **CEU Universidad Cardinal Herrera, Spain** headed by **Team Leader Dra. Belen Merck** with Rizal Medical Center **Dr. Relito Sanquilayan**, Dr. Rodrigo Rodrigo, Chief Medical Training Officer, **Rtn. Sonny Arevalo** for a photo opt session.

II Pre-Operative Consultation, Orientation and Tour of Rizal Medical Center

February 22, 2016, Monday



RCM Rotarian Sonny Arevalo discussing the group's schedule of activities for the week, with CEU Universidad Cardinal Herrera, Spain headed by Team Leader Dra. Belen Merck; Members: Mr. Matias Gomez, Ms. Leize Espazza and Mr. Alvaro Fezzagut with Rizal Medical Center Dr. Hanz Saliendra and Dr. Renchi Lumjoco.



Orientation and Tour of Rizal Medical Center facilities at the pre-operating room area, CEU Universidad Cardinal Herrera, Spain headed by Team Leader Dra. Belen Merck; Members: Mr. Matias Gomez, Ms. Leize Espazza and Mr. Alvaro Fezzagut getting a briefing from doctors.



Ms. Leize Espazza shakes hands with doctor/nurses at the station leading to the operating room, with her team from **CEU Universidad Cardinal Herrera, Spain**.



Patients at the Rizal Medical Center being observed by **CEU Universidad Cardinal Herrera, Spain** Medical-Surgical group.

**III. Welcome Dinner Fellowship hosted by RCM at
Locavore Restaurant
February 22, 2016, Monday**



Dir. Amading Valdez, Rtn. Sonny Arevalo with CEU Universidad Cardinal Herrera, Spain Medical-Surgical group: Ms. Leize Espazza, Dra. Diana Escribano, Ms. Marina Terroba, Ms. Marta Badenes during the welcome dinner fellowship hosted by RC Manila at the Locavore Restaurant, Pasig City.



AS Alvin Lacambacal (far left) with CEU Universidad Cardinal Herrera, Spain Medical-Surgical group: Mr. Alvaro Fezzagut, Mr. Matias Gomez, Ms. Marta Badenes, Mr. Luis Gordillo, Mr. Ernesto Muñoz, Rizal Medical Team of Doctors led by Dr. Hanz Saliendra.



RCMers' PE/VP Teddy Ocampo, COS/DGE/PP Rudy Bediones and Rtn. Jun Santos in a photo opt with the CEU Universidad Cardinal Herrera, Spain Medical-Surgical group and Rizal Medical Center group.

IV. DINNER BY PE TEDDY OCAMPO



At Gloria Maris Greenhills with PE/VP Teddy Ocampo and RCM guests, graduating Spanish Medical Students on a medical mission.



A posterity picture of the group: **Rotary Club of Manila, CEU Universidad Cardinal Herrera, Spain and Rizal Medical Center** in front of the Locavore Restarant, Pasig City.

**V. Dinner Fellowship hosted by RCM PD Ed Lee at
La Grotta Cucina Italiana, February 26, 2016,
Friday**



Dinner Fellowship graciously hosted by PD Ed Lee on February 26, 2016, Friday, 7:00PM, at his La Grotta Cucina Italiana Restaurant, in Makati City. Photo shows RCMer's Rtn. Jun Santos and Spouse BabyLou Santos, Pres.-elect/Vice Pres. Teddy Ocampo, Rtn. Sonny Arevalo, AS Alvin and Spouse Cath Lacambacal, with CEU Universidad Cardinal Herrera, Spain headed by Team Leader Dra. Belen Merck; Members: Mr. Alvaro Fezzagut, Mr. Ernesto Muñoz, Ms. Marta Badenes and Mr. Valentin Hernare Jos.



The group sings-along with the triumvirate of musicians performing Spanish popular songs to the delight of the group.



The intervention of our first patient: Lumpectomy with skipper oncoplastico and sentinel lymph node biopsy with the Spanish Surgeons re RCM-Medipinas- RMC Surgical Mission 2016, held last Wednesday, February 24, 2016 at the Rizal Medical Center. Photo shows **Dra. Belen Merck** with the team assisting in the delicate surgical procedure.

DISCON 2016



ROTARY DISTRICT 3810 CONFERENCE SET ON April 1-2, 2016

The Annual DISTRICT CONFERENCE (DISCON 2016) of Rotary International District 3810 will be held from Friday April 1, 2016 to Saturday April 2, 2016 at the Manila Hotel as announced by District Governor Roberto M. Pagdanganan. Highlight of the event is a keynote message by Former President of the Republic of the Philippines – H.E. Fidel “Eddie” V. Ramos, Honorary Member of Rotary Club of Manila. DISCON 2016 will also have as its distinguished guests of honor Rotary International Director Saowalak Rattanaovich of the Rotary Club of Bangrak who is the Rotary International President Ravi Ravindran’s Representative; and Prof. Alvin Campomanes. The DISCON is the highlight event of a Rotary District that summarizes the achievements of the year for the service projects to the community. This year’s theme: Be a Gift To The World, defines the direction of community service projects of the 101 Rotary Clubs of R.I.D. 3810. Rotary International District 3810 is the premier district in the Philippines composed of the cities of Manila and Pasay and the province of Cavite and Occidental Mindoro with over 2900 Rotarians to date.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Military Humor

On some air bases the Air Force is on one side of the field and civilian aircraft use the other side of the field, with the control tower in the middle.

One day the tower received a call from an aircraft asking, "What time is it?"

The tower responded, "Who is calling?"

The aircraft replied, "What difference does it make?"

The tower replied, "It makes a lot of difference...If it is a commercial flight, it is 3 o'clock.

If it is an Air Force plane, it is 1500 hours.

If it is a Navy aircraft, it is 6 bells.

If it is an Army aircraft, the big hand is on the 12 and the little hand is on the 3.

If it is a Marine Corps aircraft, it's Thursday afternoon and 120 minutes to "Happy Hour."

During training exercises, the lieutenant who was driving down a muddy back road encountered another jeep stuck in the mud with a red-faced colonel at the wheel. "Your jeep stuck, sir?" asked the lieutenant as he pulled alongside.

"Nope," replied the colonel, coming over and handing him the keys .

"Yours is."

Having just moved into his new office, a pompous, new colonel was sitting at his desk when an airman knocked on the door. Conscious of his new position, the colonel quickly picked the phone told the airman to enter, then said into the phone, "Yes, General, I'll be seeing him this afternoon and I'll pass along your message. In the meantime, thank you for your good wishes, sir."

Feeling as though he had sufficiently impressed the young enlisted man, he asked, "What do you want?"

"Nothing important, sir," the airman replied, "I'm just here to hook up your telephone."

Officer: "Soldier, do you have change for a dollar?"

Soldier: "Sure, buddy."

Officer: "That's no way to address an officer! Now let's try it again!" "Soldier, do you have change for a dollar?"

Soldier: "No, SIR!"

Q: How do you know if there is a fighter pilot at your party?

A: He'll tell you.

Q: What's the difference between God and fighter pilots?

A: God doesn't think he's a fighter pilot.

Q: What's the difference between a fighter pilot and a jet engine?

A: A jet engine stops whining when the plane shuts down.

An Air Force Chief Master Sergeant and a General were sitting in the barbershop. They were both just getting finished with their shaves, when the barbers reached for some after-shave to slap on their faces.

The General shouted, "Hey, don't put that stuff on me! My wife will think I've been in a whorehouse!"

The Chief turned to his barber and said, "Go ahead and put it on. My wife doesn't know what the inside of a whorehouse smells like."

* * * * *

"Well," snarled the tough old Navy Chief to the bewildered Seaman, "I suppose after you get discharged from the Navy, you'll just be waiting for me to die so you can come and pee on my grave."

"Not me, Chief" the Seaman replied. "Once I get out of the Navy, I'm never going to stand in line again!"

* * * * *

Smoker In A Non-Smoking Store

Sales lady: Excuse me sir, "This is a non-smoking store."

Smoker: But I bought my cigarettes from here.

Sales lady: "I know!, we sell condoms too and that doesn't mean you can f*** us here!..."

* * * * *

Tolerance

Jiggs McDonald, NHL, Hall of Fame broadcaster speaking in Ontario says, "I am truly perplexed that so many of my friends are against another mosque being built in Toronto.

I think it should be the goal of every Canadian, to be tolerant, regardless of their religious beliefs. Thus the mosque should be allowed, in an effort to promote tolerance.

That is why I also propose, that two nightclubs be opened next door to the mosque, thereby promoting tolerance from within the mosque.

We could call one of the clubs, which would be gay, "The Turban Cowboy," and the other a topless bar called "You Mecca Me Hot."

Next door should be a butcher shop, that specializes in pork, and adjacent to that, an open-pit barbeque pork restaurant, called "Iraq of Ribs."

Across the street, there would be a lingerie store called, "Victoria Keeps Nothing Secret," with sexy mannequins in the window, modelling the goods.

Next door to the lingerie shop, there would be room for an adult sex toy shop, "Koranal Knowledge" its name in flashing neon lights, and on the other side a liquor store, called "Morehammered."

All of this would encourage Muslims to demonstrate the tolerance they demand of us, so their mosque issue would not be a problem for others.

Yes, we should promote tolerance.

And if you are not laughing or smiling at this point...it is past your bedtime!

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



ALCOHOLIC LIVER DISEASE

Elias D. Adamos, M.D.

Alcohol is a potentially toxic substance to the liver (*The Washington Manual of Medical Therapeutics*, 2014). Liver diseases brought about by too much alcohol may either be: alcoholic hepatitis, fatty liver, or alcohol cirrhosis. A patient suffering from alcohol-induced liver condition may suffer from one, two, or all of these previously-enumerated liver diseases. **Alcoholism is a socioeconomic problem** and in the United States, about 5% to 35% of chronic alcoholics develop liver damage.

When is alcohol consumption bad for the health?

Alcohol consumption is measured in units. One unit is equivalent to one glass of wine or one can (or bottle) of beer. Experts claim that a glass of wine or a can of beer per day may help in the breaking down and burning of cholesterol in the blood. **30 to 40 units of alcohol per week can induce cirrhosis and liver damage over a period of a decade.**

Clinical symptoms

Alcoholic cirrhosis, alcoholic liver disease, and fatty liver are silent killers. Alcoholics might underestimate their alcohol abuse or misuse that once the surfacing of symptoms happen, the huge body of iceberg submerged under water might have already grown too huge as to occupy an entire ocean floor. Said in another way and like in the song, *"It's too late, baby, it's too late."* Alcoholic liver disease may be clinically silent or severe enough to lead to rapid development of hepatic failure or death (*Alcohol Alcohol*, 2008).

Symptoms include: Fever, abdominal pains or tummy aches, yellowish discoloration of the skin and of the white portion of the eyes, increasing abdominal girth, loss of appetite, loss of weight, nausea, vomiting, bleeding from the stomach and intestines, difficulty in concentration/confusion (decision making may be affected), edema of the legs (and may include the abdomen in severe cases).

Diagnosis

Diagnosis is made through laboratory testing. Your doctor will request for blood examinations (serum aminotransferases or transaminases) that are needed to determine your liver's functioning. He may also request for imaging studies of the liver, that may include ultrasound, CAT Scan, and magnetic resonance imaging. Liver biopsy in some cases may be necessary and indicated.

Treatment

The cornerstone of treatment in alcoholic liver diseases is abstinence from alcohol. The use of corticosteroids is controversial. A medicine with anti-inflammatory effect on the liver, *Pentoxifylline*, has shown promising effects. Some cases of cirrhosis can be evaluated for liver transplantation. Emphasis is given to good nutrition and nutritional supplement.



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