

balita



No. 3644, April 28, 2016

GUEST OF HONOR AND SPEAKER



ATTY. ESTELITO "TITONG" P. MENDOZA

Former Solicitor General of the Republic of the Philippines
Former Minister of Justice, Republic of the Philippines
Founding Partner, E.P. Mendoza Law Office
Past Director, Rotary Club of Manila

KABALITA

Let our very own Legal Luminary, whose *Iskolar ng Bayan* and Crimson upbringing has made him one of the most sought after counsels of our time, interpret the signs of brewing conflict in the South China Sea at Asia's First Rotary Club.



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THE ROTARY CLUB OF MANILA

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Executive Officers 2015-2016**

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Deputy Sergeant-At-Arms

PROGRAM

RCM's 38th for RY 2015-16

April 28, 2016, Thursday, 12N,

Manila Polo Club McKinley Room

OIC/Moderator: STAR Rtn. Jack Rodriguez

P R O G R A M TIMETABLE

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	STAR Rtn. Jack Rodriguez OIC/Moderator
12:30 PM	Call to Order	PE/VP Teddy Ocampo Presiding Officer
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation RCM Hymn The 4-Way Test Credo	Rtn. Cris Acosta RCM WF Music Chorale All Rotarians led by PD Knud Hedeager
12:35 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	STAR Rtn. Jerry Agnes RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrant) : Apr. 28.....Rtn. Celso Abastillas Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Introduction of Guest Speaker	PD Beda Fajardo
	Address: Atty. Estelito "Titong" P. Mendoza Former Solicitor General of the Republic of the Philippines Former Minister of Justice, Republic of the Philippines Founding Partner, E.P. Mendoza Law Office Past Director, Rotary Club of Manila	
	Public Forum	
	Raffle of cash prizes	DE/Dir. Bobby Joseph
	Response and presentation of token of appreciation to Atty. Estelito "Titong" P. Mendoza	PE/VP Teddy Ocampo
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, our Guest of Honor and Speaker, Ms. Caroline Marie “Mylene” Lising, a cultural heritage archaeologist, shared with us her thorough knowledge of the evolution of man and of prehistoric human beings, including those whose fossilized remains she helped discover and unearth. Many of us learned for the first time that fossils of many animals which are not now found in the Philippines were actually discovered in some parts of our country and such fossils date way back in time. She also showed us samples of fossilized skulls and other body parts of humans which were found in various places in the Philippines. She certainly captured the attention and interest of the Manila Rotarians present.

On news within our Club, please be informed that District Governor Elect Ernest Yuyek has chosen and requested our Club to host the District Training Assembly for 2016 (“DISTAS 2016”) , which is scheduled to be held on 7 May 2016 at the Philippine Trade Training Center near the corner of ROXAS Boulevard and Buendia Avenue in Pasay City. In this connection, I highly encourage all incoming officers and directors of our Club to attend this activity, which is a mandatory event of Rotary International. Our own PE/VP Teddy Ocampo has been tasked to take the lead in arranging for DISTAS 2016. Let us all support PE/VP Teddy and actively attend and participate in the event.

On news from around the District, last 22 April 2016, DG/PP Obet Pagdanganan and our very own ISDG/AG/IPP Frank Evaristo attended the 13th Philippine Rotary Magazine Awards Night at the Metropolitan Museum, which was graced by the Turkish Rotary International Director. Complete with cocktails and dinner, the grand evening of glitz and glamour was attended by District Governors of the ten districts of Rotary in the Philippines. ISDG/AG/IPP Frank Evaristo attended the said event in his capacity as Incoming Senior Deputy Governor – Representative of District 3810 to the Philippine Rotary Magazine. His tour of duty as such begins in July 2016 at the commencement of the new Rotary Year. The next day, 23 April 2016, was the day when the Charter Induction Ceremonies of the Rotary Club of Cavite South was held. It was attended by no less than our very own DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones. The event was held at the Kartini Hotel. The following day, on 24 April 2016, DG/PP Obet Pagdanganan lead the district at the District Mangrove Tree Planting Day event spearheaded by the Rotary Club of Rosario Magdiwang.

Today, we get back to discussing our territorial disputes with the Peoples Republic of China, as our very own PD Estelito “Titong” Mendoza takes on the topic: “Build-up of Armed Might in the South China Sea: Portents of War on our Land?” All Manila Rotarians are urged to continue actively participating and supporting all of our Club’s programs, activities, and projects during the rest of the Rotary Year. Most importantly, I urge all Manila Rotarians to recommend at least one good new recruit to beef up the membership of our Club.

Mabuhay Ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



Obtaining an LL.B. (Cum Laude) from the University of the Philippines in 1952, upon qualifying as a member of the Bar in 1953, he engaged in the practice of law from 1953 to the present, or a period of more than sixty (60) years, as a private practitioner, and as Solicitor General from 1972 to 1976. His practice was interrupted only while he pursued and obtained an LL.M. degree from Harvard University in 1954.

While in government principally as Solicitor General, upon designation of the President, he served as Vice-Chairman of the Philippine Delegation to the U.N. Seabed Committee and the Conference on the Law of the Sea from 1971 to 1981.

In regard the Law of the Sea, he also served as Special Counsel to the Commission on Maritime and Ocean Affairs (CMOA) during the administration of President Gloria Macapagal Arroyo. He was awarded on June 28, 2010 the "Presidential Medal of Merit as Special Counsel on Marine and Ocean Concerns."

While he was Solicitor General, he was actively involved in the drafting and enactment of the following:

a. During the administration of President Ferdinand E. Marcos –

(1) Proclamation No. 370 issued on March 20, 1968, "Declaring As Subject To The Jurisdiction And Control Of The Republic Of The Philippines All Mineral And Other Natural Resources In The Continental Shelf Of The Philippines".

(2) Presidential Decree No. 1599 issued on June 11, 1978, "Establishing An Exclusive Economic Zone And For Other Purposes".

(3) Presidential Decree No. 1596 issued on June 11, 1978, "Declaring Certain Areas Part Of The Philippine Territory And Providing For Their Government And Administration" (Kalayaan Island Group).

b. During the administration of President Gloria Macapagal Arroyo —

Republic Act No. 9522 enacted on March 10, 2009 “An Act To Amend Certain Provisions Of Republic Act No. 3046, As Amended By Republic Act No. 5446, To Define The Archipelagic Baseline Of The Philippines And For Other Purposes”.

His involvement in International Law matters also included serving as Chairman, Sixth (Legal) Committee, 31st Session (1976), UN General Assembly; Chairman, Special Committee (of the UN) on the Charter of the United Nations and the Strengthening of the Role of the Organization (1980); Philippine Representative to the Asian-African Legal Consultative Committee (1972-1979); As Philippine representative to several multilateral and bilateral conferences and meetings which included, among others, United Nations Conference on the Law of Treaties (1968, 1969); negotiations with the US Government on the amendment of the US-Philippine Military Bases Agreement (1971-1978) and the proposed US-Philippine Extradition Treaty (1981).

PREVIEW OF GUEST SPEAKER

May 5, 2016, 12N, Manila Polo Club



**Hon. Ferdinand R. Marcos, Jr.
Senator, Republic of the Philippines
Vice Presidential Aspirant, 2016 Election
Rtn.-Officer-in-Charge Rtn. “Ani” Desierto**

THE WEEK THAT WAS



Rtn. Manny Blanco as OIC-Moderator directs the program of activities.



Rtn. Rosel Doval Santos delivers an ecumenical prayer.



STAR Rtn. Dong Benedicto introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Director Bobby Joseph, Honorary Consul of Latvia formally presents the flag of Latvia to Rotary Club of Manila thru **Pres. Ebot Tan**.



PE/VP Teddy Ocampo does the honor and pleasure of introducing **Ms. Caroline Marie Q. "Mylene" Lising**, Cultural Heritage Archaeologist, as guest speaker.



Archaeologist Mylene Lising presented before Manila Rotarians, Visiting Rotarians and guests, her thoughts on prehistoric humans where replicas of their skulls and bones were shown.



Archaeologist Mylene Lising presented before Manila Rotarians, Visiting Rotarians and guests, her thoughts on prehistoric humans where replicas of their skulls and bones were shown.



Raffle winners drawn by Archaeologist Mylene Lising : 1st prize winner of P1,500 PD Beda Fajardo; 2nd prize winner of P800 DGE/PP Rudy Bediones; and 3rd prize AG/IPP Frank Evaristo of P475 .



Pres. Ebot Tan presents to Archaeologist Mylene Lising, a religious icon of Jesus Christ and Mother and Child as the club's token of appreciation for being the guest speaker.

WEEKLY BIRTHDAY CELEBRANTS



Pres. Ebot Tan presents the birthday celebrants **STAR Rtn. Jack Rodriguez** and **STAR Rtn. Ricky Trinidad** for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.

INTERCLUB RELATIONS



Pres. Ebot Tan presents the birthday celebrants STAR Rtn. Jack Rodriguez and STAR Rtn. Ricky Trinidad for the traditional blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

ROTARY TOURISM AWARD MEETING



12th Rotary Tourism Award met last Thursday, April 21, 2016. Present during the meeting were: Dir. Bobby Joseph, Dir. Susing Pineda, PVP Fausto Preysler, IPP/AG Frank Evaristo, ES Anna Kun Toledo, Rtn. Bren Egan, Rtn. Art Lopez, Treas. Chito Zaldarriaga, AS Alvin Lacambacal and Rtn. Babe Romualdez.

13th PHILIPPINE ROTARY AWARDS NIGHT

22 April 2016, 6:00 PM, Metropolitan Museum of Manila
Bangko Sentral ng Pilipinas Complex, Manila

The 13th Philippine Rotary PR Awards Night to honor Rotarians for their valuable contributions to the Philippine Rotary Magazine with Rotarians from the Rotary District in attendance who have annually subscribed to the local Rotary monthly magazine.



Rotary International Representative Safak Alpay, (2nd from right), Chair, Executive Committee of the Board, RY 2015-2016; R.I. Director, RY 2014-16, Zone 20-19, Istanbul, Turkey, as guest of honor, with **Spouse Deniz Alpay** (at far right), with left-right: **PDG Jun Farcon**, Chair, Philippine Rotary Magazine (PRM) Foundation, Inc. and Chair, PR Awards Committee, **IPDG Edmond Aguilar**, **PDG Rosie Go**, Deputy Secretary, PRM Foundation, Inc., **AG/IPP Frank Evaristo**, Incoming District Governor Representative for Public Relations and **PRID Paing Hechanova**.



Among distinguished personalities in attendance at the 13th Philippine Rotary PR Awards Night, from left-right: PDG Ernie Choa, Spouse Celine Choa, R.I. Representative Philippine Rotary Lily Aguilar, PDG Rosie Go, PDG Melito Salazar, Jr., PR Editor-in-Chief, R.I. Director Guiller Tumangan, RY 2014-16, IPDG Edmond Aguilar and AG/IPP Frank Evaristo, Incoming District Governor Representative for Public Relations.

PAUL HARRIS FELLOW



DGN/COS RUDY BEDIONES

Paul Harris Fellow recognition is extended to any individual who contributes, outright or cumulatively \$1,000 or more to The Rotary Foundation. Your generous contributions to The Rotary Foundation are essential to securing and growing Rotary programs throughout the world.

Question: Why was I given a Paul Harris Fellow Award in Rotary Year 2013-14 when I contributed only US\$500.00?

The Rotary Foundation allows Donors to transfer **Foundation Recognition Points** to others to help them qualify as a Paul Harris Fellow (PHF) or Multiple Paul Harris Fellow. In your case, the Donor matched your US\$500.00 with the equivalent of \$500.00 **Recognition Points** to complete the required \$1,000. (Note: Donors receive one recognition point for every U.S. dollar contributed).

This program allowed about 30 members of the Rotary Club of Manila to be Paul Harris Fellows or Multiple Paul Harris Fellows in Rotary Year 2013-14.

Question: Do Foundation Recognition Points count toward Major Donor recognition?

No. Only cumulative personal outright contributions count toward Major Donor Recognition. Thus, if you availed of the "matching program" and gave \$500 which allowed you to be a PHF you will have to give an additional \$9,500.00 to become a Major Donor.

Multiple Paul Harris Fellow

When you give additional gifts of \$1,000 or more to the Annual Fund, PolioPlus, or an approved Foundation grant.

Paul Harris Society member

When you commit to give \$1,000 or more annually to the Annual Fund, PolioPlus, or an approved Foundation grant.

Major Donor

When your cumulative donations reach \$10,000. Major Donors can choose to receive a crystal recognition piece and a Major Donor lapel pin or pendant. Other Major Donor Levels are:

- Level 1: \$10,000 to \$24,999
- Level 2: \$25,000 to \$49,999
- Level 3: \$50,000 to \$99,999
- Level 4: \$100,000 to \$249,999

Arch Klumph Society

When your cumulative donations reach \$250,000. Recognition includes an induction ceremony at the Rotary International headquarters in Evanston, Illinois, USA, and your picture and biography in the Arch Klumph Society interactive gallery. You also receive invitations to society events, along with membership pins and crystals that commemorate giving at these levels:

- Trustees Circle: \$250,000 to \$499,999
- Chair's Circle: \$500,000 to \$999,999
- Foundation Circle: \$1,000,000 to \$2,499,999
- Platinum Trustees Circle: \$2,500,000 to \$4,999,999
- Platinum Chair's Circle: \$5,000,000 to \$9,999,999
- Platinum Foundation Circle: \$10,000,000 and above

DISTAS 2016



MANILA ROTARIANS HOST

DISTAS 2016

By

IDCoS/ISDG/DE/IPS Albert S. Alday

As a fitting testimony to the emerging role of our club, the Rotary Club of Manila, the First in Asia, in district affairs, it is with great pride that we play host to the District Training Assembly 2016 (DISTAS 2016). The event, which is one of the mandatory activities of Rotary International, takes place on May 7, 2016 at the Philippine Trade Training Center, Sen Gil J. Puyat Avenue corner Roxas Boulevard in Pasay City. Registration begins at 7:00 am and training starts at 8:00 am.

The DISTAS provides the venue for Club Presidents-Elect to develop their leadership skills and for incoming club leaders to learn their new responsibilities, affording them the opportunity to refine their goals for the incoming Rotary year. The highlight of this year's DISTAS is the keynote address of a renowned Rotarian whose ways of conducting seminars have made him a much sought after speaker in many a Rotary gathering, Dato Dr. Siva Ananthan of District 3300.

Registration Fee is Php 1,500.00/participant until April 27, 2016. Thereafter, until May 4, 2016, the registration fee is Php 1,800.00/participant. There will be no onsite registration for this event. Payment details are as follows:

Account Name: Rotary International District 3810
 Bank Name: Philippine National Bank, Masangkay Branch
 Branch Account Number: 1671-01536-1

Deposit slips and registration form should be faxed to 5271885 or emailed to rcmanila@rcmanila.org. The attire for this activity is dark coat and tie for men and coat or blazer for ladies.

All incoming officers and directors should support this activity by registering for this event as we all endeavor to be one in Rotary Serving Humanity this coming Rotary Year 2016-2017.

ROSTER UPDATE



Sponsor: PD Abe Pascual
2016 Filipino
Manufacturing-Solar Panels
Chairman/President,
AIRFREIGHT 2100, INC.

**AGNES,
JERRY A.**

Born: May 6, Married to
ROSALINDA AGNES

OFFICE: Air21 Merville Warehouse, Km. 14 West
Service Rd. , Paranaque City

RESIDENCE: #8 Alpine St. Merville, Paranaque City



Sponsor: PP Dong Saludo
2016 Filipino
Petroleum Products -
Gas & Service
Stations
President/Chairman, Cambridge
Center for International Studies;
EV Philippines, Inc.

**ANG,
RICHARD T.**

Born: Aug. 22, Married
Oct. 4 to NANCY YAP

OFFICE: Abucay Road Maharlika
Highway, Tacloban City
Tel. No. (053) 325-5211
Fax No. (053) 832-2223
Email: richardtanang@yahoo.com.ph

RESIDENCE: Unit 1101E, One Rockwell,
Makati City



**Sponsor: IPP Frank Evaristo &
DG Obet Pagdanganan**
2016 Filipino
Steel Products - Rigging
President, Benedicto Steel
Corporation

**BENEDICTO,
BERNARDO T. III 'Dong'**

Born: Feb. 9, Married August 29
to MARILOU CINCOCHAN

OFFICE:

1143 Don Chino Roces Avenue, Makati City
Tel. No. 899-5758 / 645-0741 / 241-9789
Fax. No. 576-6328
Email: vicechairman@benedictosteel.com

RESIDENCE:

1783 Pomelo St. Dasmarinas Village, Makati City
Tel. No. 298-5289 / 964-4088
Fax No. 241-9791

Sponsor: DE Art Lopez
2016 Filipino
Construction-Building
Interior Fit out
President , CAPSTONE BUILDERS
CORP.



**BANZON,
JOSE "RENE" D.**

Born June 30, Married Oct. 8
to CHICKEE LAUREL DE CASTRO

OFFICE:

1143 Don Chino Roces Avenue, Makati City
Tel. No. 899-5758 / 645-0741 / 241-9789
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RESIDENCE:

1783 Pomelo St. Dasmarinas Village, Makati City
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Fax No. 241-9791



Sponsor: DE Art Lopez
2016 Filipino
Real-Estate Holdings
President ,
Mocyri Holdings Corporation

Sponsor: PVP Fausto Preysler
2016 Filipino
Securities - Securities Brokerage
Executive Director,
NOMURA SECURITIES
PHILS. INC.



**TRINIDAD,
ENRICO M. "RICKY"**
Born April 24

OFFICE:
5B Vernida 1 Building, Amorsolo St.
Legaspi Village, Makati City
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10B Rosal St. cor. Betty Go Belmonte St.,
New Manila, Quezon City 1112
Tel. No. 705-7106

**OZAETA,
MIGUEL L. 'Mike'**

Born: April 11, Married March 13 to KEIKO SUZUKI

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18/F Tower 2, The Enterprise Center,
6766 Ayala Avenue, Makati City
Tel. No. 886-5240
Fax No. 886-5251

RESIDENCE:
Unit 39 Manila Polo Townhouses,
17-A McKinley Rd., Forbes Park, Makati City
Telefax No. 398-6750



Sponsor: DE Art Lopez
2016 German
Business Services –
Information Systems
President /Managing Director
Fritz & Macziol Asia, Inc.

Sponsor: PDG Vince Carlos
2016 Japanese
Diplomatic Service - Japan
Minister for General Affairs/
Consul General
EMBASSY OF JAPAN



**KUNACK,
LUTZ H.**

OFFICE:
22/F Zuellig Building
Makati Avenue corner Paseo de Roxas St.
Makati City, Philippines
Tel.No. (632) 662-1688

**UCHIDA,
HIROYUKI 'HIRO'**
Born: July 12

OFFICE:
2627 Roxas Boulevard, Pasay City
Tel. No. 551-5710
Fax No. 551-5781
Email: hiroyuki.uchida@mofa.go.jp

RESIDENCE:
16 A Amorsolo East Tower, Rockwell, Makati City
Tel. No. 551-5710
Fax No. 551-5781

CLUB NEWS RELEASE



SUNDAY, APRIL 24, 2016

Several international congresses will take place in South Korea over the next few months, most notably the 2016 Rotary International Convention.

Set to take place from May 28 to June 1 in Gyeonggi Province, the 2016 Rotary International Convention is expected to draw 50,000 participants, of which 25,000 will be from overseas.

This will be the second time that Korea will host the event since 1989 in Seoul.

This year, it will be held in Kintex, the biggest convention center in Korea.

It will be a good chance to introduce Korea's culture and life with modern technology.

Korea MICE Bureau support for the convention will include on-site cultural experience booths to let attendees enjoy and experience local traditions conveniently.

These booths include a traditional Korean Cloth "Hanbok" wearing experience, Korean craft making experience, and a special activity to experience the 2018 Pyeongchang Winter Olympic in advance.

Along with the booths, there will be event welcome signs at Incheon International Airport, souvenirs for the participants of the formal tour programs, and other assistance.

To showcase the highly advanced IT industry of Korea, the Korea MICE Bureau supports the host organizing committee in developing a smart phone application.

Through the app, attendees can avail tour information and other services easily. This is a joint initiative to enhance the experience of Rotarians during their stay in Korea.

This month and May, Korea will host two other major events likewise receiving KMB support.

The first of these, the 21st Cardiovascular Summit (TCTAP 2016) conference, is scheduled for April 26-29 at Coex, Seoul, and will be attended by 3,600 participants, of which 1,200 will hail from overseas.

This will be followed by the 13th International Congress of Shoulder and Elbow Surgery at ICC Jeju from May 18 to 20.

As with the Rotary International Convention, the above events will also be enhanced by complimentary culture booths and airport signage.

For inquiries contact Korea MICE Bureau, www.koreaconvention.org

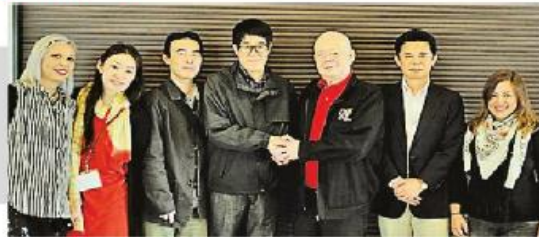
SATURDAY APRIL 23, 2016



PHILIPPINE AIRLINES celebrated recently its 75th anniversary at the Solaire Resort & Casino. At left is Ida Manalo-Joseph, wife of Robert Lim Joseph (third from left), president of the Network of Independent Travel and Allied Services, Inc. (NITAS); singer-actress Lea Salonga; Baby Ruth Chuaunsu, Asst. VP for Compliance/Ancillary Business Division at PAL, and singer-actress Sarah Geronimo.

SUNDAY APRIL 24, 2016

WanderList
this week in Travel



MNL X NAGASAKI

Robert Lim Joseph, president of the Network of Independent Travel and Allied Services Inc. (NITAS), and **Hisakazu Matsukawa**, director general of Natural Prefectural Government Culture, Tourism and International Affairs Department, met and forged an understanding to promote tourism, culture, sports, pilgrimage between Philippines and Nagasaki through NITAS and other allied associations, during their visit in Nagasaki, Japan recently. Also in photo, from left, are **Baby M**, international singer; **Yukiko Taniguchi**, Nagasaki Prefecture Convention and Tourism Association, General and International Affairs Department Overseas Promotion Section; **Akihiro Ogawa**, assistant director of Natural Prefectural Government Culture, Tourism, and International Affairs Department; **Tetsuya Daian**, director of Natural Prefectural Government Culture, Tourism, and International Affairs Department, and **Deedee Ledonio**, president of Coltrans Logistics Inc.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

The Villages Dating Ads

You can say what you want about Florida, but you never hear of anyone retiring and moving north. These are actual ads seen in "The Villages" Florida newspaper.

(Who says seniors don't have a sense of humor?)

FOXY LADY:

Sexy, fashion-conscious, blue-haired beauty, 80's, slim, 5'4' (used to be 5'6'),
Searching for sharp-looking, sharp-dressing companion.
Matching white shoes and belt a plus.

* * * * *

LONG-TERM COMMITMENT:

Recent widow who has just buried fourth husband, looking for someone to round out a six-unit plot.
Dizziness, fainting, shortness of breath not a problem.

* * * * *

SERENITY NOW:

I am into solitude, long walks, sunrises, the ocean, yoga and meditation.
If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

* * * * *

WINNING SMILE:

Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy.

* * * * *

BEATLES OR STONES?

I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar.
If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

* * * * *

MEMORIES:

I can usually remember Monday through Thursday.
If you can remember Friday, Saturday and Sunday, let's put our two heads together.

* * * * *

My favorite. . .

MINT CONDITION :

Male, 1932 model, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves.
Isn't in running condition, but walks well.

* * * * *

"When life gets too hard to stand...kneel." Anon

Talkative Parrot

A woman went to a pet shop and immediately spotted a large, beautiful parrot. There was a sign on the cage that said \$50.00.

"Why so little?" she asked the pet store owner.

The owner looked at her and said, "Look, I should tell your first that this bird used to live in a house of prostitution, and sometimes it says some pretty vulgar stuff."

The woman thought about this, but decided she had to have the bird anyway. She took it home and hung the bird's cage us in her living room and waited for it to say something.

The bird looked around the room, then at her, and said, "New house, new madam."

The woman was bit shocked at the bird but then thought "that's really not so bad."

When her two teenage daughters returned from school, the bird saw them and said "New house, new madam, new girls."

The girls and the woman were a bit offended but then began to laugh about the situation considering how and where the parrot had been raised.

Moments later, the woman's husband Roy came home from work. The bird looked at him and said,

"Hi Roy!"

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



ZINC AGAINST THE COMMON COLD

Elias D. Adamos, M.D.

Zinc is an important mineral that is involved in cellular build-up and repair. Zinc thus participates in the boosting up of the immune system and it enhances the natural defenses of the body. At any given time a normal person contains two to three grams of Zinc. The mineral is predominantly found in the salivary gland, prostate gland, and the pancreas. Although Zinc is known as a supplemental treatment for children with diarrhea, the mineral has been found to fight the common cold.

Zinc vs. the common cold

The common cold or the ordinary “sison” is more often than not, caused by virus. Children have 6 to 10 colds per year while adults have 2 to 4 colds annually. The frequency of common cold in both adults and children equates to losses in work and productivity in adults and affects school attendance in children. Common cold is also a common reason for a hospital or clinic visit that amounts to unnecessary medical expense. Sad to say, even prescribing habits of clinicians and doctors are affected because patients often expect their doctor to prescribe antibiotics or antimicrobials for their common cold. This practice has somehow resulted to antibiotics misuse that may lead to antibiotics resistance.

Zinc that is naturally present in foods and available as vitamin tablet or dietary supplement helps in decreasing the severity and duration of the common cold. Zinc's ability to stimulate white blood cell (or the ‘soldiers of the body’) activity makes it ideal for reducing colds and infections. Zinc prevents cold virus to attach to the nasal mucosa (inner skin of the nose) and it inhibits multiplication of virus. During an active bout of cold, Zinc blocks nerve conduction on the face and the nasal areas, thus reducing nasal congestion and sneezing.

Sources of Zinc

Oysters contain more Zinc per serving than any other food. Red meat and poultry also contains the mineral. Other foods that contain Zinc include beans, nuts, crab and lobster, whole grains, fortified breakfast cereals, and dairy products (milk and cheese).

How much of Zinc is needed per day?

The daily recommended dietary allowance for Zinc is **11 milligrams (mg) for males and 8 mg for females**. An ordinary multivitamin capsule/tablet or a dietary supplement usually contains the needed amount of Zinc for day-to-day combat against the common cold.

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M

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