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No. 3647, May 19, 2016

GUEST OF HONOR AND SPEAKER

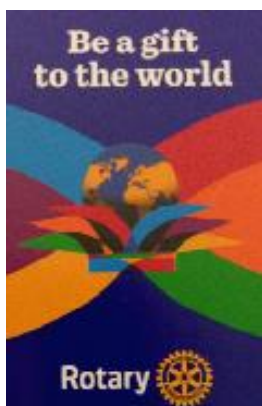


PVP LANCE MASTERS

Deputy Sergeant-At-Arms
Rotary Club of Manila

KABALITA

Let our very own American Samaritan show Asia's First Rotary Club the way to Service Above Self as he relays a heart warming story of a Filipino child he helped towards achieving a new lease on life.



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THE ROTARY CLUB OF MANILA

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PROGRAM

RCM's 41st for RY 2015-16

May 19, 2016, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator : Rtn. Steve “Momo” Mommaerts

PROGRAM TIMETABLE

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Rtn. Momo Mommaerts OIC/Moderator
12:30 PM	Call to Order	Pres. Ebot Tan
	Singing of Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	RCM WF Music Chorale STAR Rtn. Rene Banzon RCM WF Music Chorale All Rotarians led by STAR Rtn. Hiro Uchida
12:35 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	STAR Rtn. Mike Ozaeta RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) : May 19.....PD Dick Taguchi, Rtn. Andy de Rossi; May 21.....Rtn. Monchoy Garcia; May 23.....Rtn. Rick Zalamea, Rtn. Tony Santos; May 24.....Rtn. Raul Boncan Happy Birthday Song	RCM WF Music Chorale
12:45 PM	President's Time	Pres. Ebot Tan
12:50 PM	Introduction of Guest Speaker Address: DSAA/PVP Dr. Lance A. Masters Chancellor and Executive Director A-S Group of Companies	Rtn. Ray Davis
1:55 PM	Public Forum Raffle of cash prizes Response & Presentation of token of appreciation to DSAA/PVP Dr. Lance A. Masters , and meeting adjournment	DE/Dir. Bobby Joseph Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, our own Rotarians Tong Payumo and Babe Romualdez led us in a very stimulating discussion on the topic: "What a Duterte Presidency Portends". Many of our members took to the floor to raise questions and give comments and insights. It was certainly a very interesting exchange of ideas that transpired.

On news within our Club, last Saturday, 14 May 2016, a big number of Manila Rotarians attended the birthday bash of our very own PD Ner Lonzaga at the Champagne Room of the posh Manila Hotel in Manila. The party, complete with song renditions and dancing, was attended by well wishers which included DGND/CoS/PP Rudy Bediones, PDG Vince Carlos, ICoS/SDG/PP Cesar Ubaldo, IDCoS/ISDG/DE/IPS Albert Alday, ISDG/AG/IPP Frank Evaristo, PP Francis Juico, PE/VP Teddy Ocampo, Dir. Amading Valdez, Dir. Oca del Rosario, Club Secretary Jorge Salazar, PD Rod Valencia, PD Beda Fajardo, PT Jim Chua, Rtn. Willie Peliño, and former Manila Rotarian Bernd Schneider (who really misses all of us). Many of the well wishers who belong to RCM's World Famous Chorale sang the RCM Birthday Song for PD Ner to the delight of the crowd that evening.

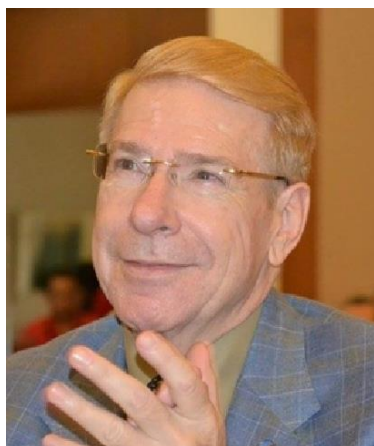
On news from around the District, last Friday, 13 May 2016, ISDG/AG/IPP Frank Evaristo attended the Philippine Rotary Magazine Designate Training Seminar for District Governors-Elect and Incoming District Governor's Representatives at the Solco Malvar Room of the Rotary International District 3780 Rotary Center Building in Quezon City. He is the Incoming Senior Deputy Governor – District Governor's Representative to the Philippine Rotary Magazine for District 3810. In the evening of that same day, ICoS/SDG/PP Cesar Ubaldo, IDCoS/ISDG/DE/IPS Albert Alday and PE/VP Teddy Ocampo graced the Cavite Area Fellowship of the All Star Team at the residence of ASP Elvira Gan in Silang, Cavite. The following day, Saturday, 14 May 2016, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones were on hand to attend the Rotary Membership Development Program Inaugural Seminar and Fellowship hosted jointly by the Rotary Club of Imus and the Rotary Club of Rosario Magdiwang at the Development Academy of the Philippines in Tagaytay City. Yesterday, 18 May 2016, marked the beginning of induction ceremonies/parties for the All Star Team, as ICoS/SDG/PP Cesar Ubaldo, IDCoS/ISDG/DE/IPS Albert Alday and PE/VP Teddy Ocampo attended the Induction and Handover Ceremonies of the Rotary Club of Hiyas ng Maynila at the Cafe of Champs, TAO Corporate Center, along Pasong Tamo Extension in Makati City, where ASP Hospicia "Hospy" Sy was inducted as President for RY 2016-2017. During this event, IDCoS/ISDG/DE/IPS Albert Alday did the honors of introducing DGE Ernesto Yuyek, who spoke at the event.

Today, our very own Deputy Sergeant-At-Arms, PVP Lance Masters, will share with us his story of how he helped an impoverished Filipino child obtain a new lease on life, when he brought the child to India for surgery. I am sure that all of us will be very interested to hear the experience of PVP Lance while he accompanied the child during the trip and the surgery.

Please continue to actively participate in, and support, all of our Club's plans, programs, and activities during the remainder of this Rotary Year. Most importantly, we still have some time before the end of this Rotary Year to beef up our Club's membership. Please recommend, as soon as possible, at least one new recruit for the consideration of our Membership and Classification Committee.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



Brief Bio of DSAA PVP Dr. Lance Masters

Lance is currently serving RC Manila as Deputy Sergeant at Arms and will serve as Sergeant At Arms beginning in Rotary Year 2016. Previously he served as Vice President in 2009-10 under President Gert Gust. He has been active in The Rotary Foundation, serving as Co-chair for grants and has written Matching Grants and Global Grants for other clubs in other districts.

This coming Rotary Year, he has been tapped to serve Rotary District 3810 on its new TRF Stewardship Panel to assure proper handling of all Global Grants throughout the district. Additionally he has been asked to design and build a District Speaker's Bureau. He first became a Rotarian more than twenty-five years ago in Riverside, California.

Lance is now retired, doing some consulting in higher education, hospitality management and health care management. He originally came to the Philippines in 2008 to run Enderun Colleges as Provost and assure that it was fulfilling its quality promise to be equal or better than the best American business schools, especially in Hospitality Management (Hotel Management and Culinary Arts). In addition to rapidly securing ISO certification on the path to American accreditation, he also added majors in Financial Wealth Management, Marketing Management, Operations Management, technology Management and more. Enderun has rapidly become one of the most recognized leaders in Philippine Higher education.

Prior to Enderun, Lance served as President of Thiel College in Greenville, PA for nine years. He had previously been a Dean, Department Head and tenured Professor of Marketing and Management at California State Universities at Hayward and San Bernardino. He has been a visiting professor at the Claremont Graduate University, The Academy of National Economy under the Russian Federation in Moscow, and several others. He is the author of more than fifty scholarly articles and books, with several "best paper" awards. Prior to his career in academe, he worked in industry for many years, including service as Corporate Director of Marketing for America's largest producer of frozen ethnic foods and as Corporate Economist for America's largest producer of recreational vehicles and manufactured housing. He has been a restaurateur, owning or operating fast food restaurants in California or Pennsylvania.

Lance is an active member of the Episcopal Church of the Holy Trinity in Forbes Park, Makati, where he serves as a lay reader. Lance is a member of many Masonic orders. He was coroneted as Sovereign Inspector General of the 33rd and final degree of Scottish Rite Masonry, its highest honor, in 2005. He was invested as an "Active Member of the Legion of Honor" by the Order of DeMolay. He is a member of several honorary and invitational Masonic groups, especially those related to research and publication to shed more light on what is known about Masonry, separating truth from fiction.

Lance was born and reared in Erie, Pa. He is divorced, has two sons and two grandchildren in the US, and is a permanent resident of the Philippines by virtue of a Section 13 "Quota visa." He intends to spend the remainder of his life here in the Philippines.

Preview of forthcoming Thursday Speakers

May 26, 12N, Manila Polo Club



Dr. Ernesto M. Pernia, PhD

Professor Emeritus,
UP School of Economics

June 2, 12N, Manila Polo Club



Atty. Roberto P. Cabrera III

Chief, Land Transportation Office

By: Director-in-charge Issam Eldebs;
Program Committee Chairman Rtn. Tong Payumo;
and Co-Chairman Rtn. Babe Romualdez

THE WEEK THAT WAS...



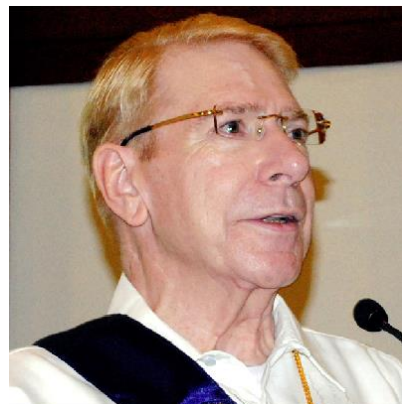
Pres. Ebot Tan calls the meeting to order.



Sec. George Salazar as OIC-Moderator directs the program of activities.



IPS/DE Albert Alday delivers an ecumenical prayer.



PVP Lance Masters introduces the guests, visiting Rotarians and personalities seated at the presidential table.



"Post-Elections Discussion : What Duterte Presidency Portends" – Resource Speaker Rtn. Felicito C. "Tong" Payumo, former Representative, 1st District, Bataan, delivers opening remarks, prior to the discussion.



VPE Jose Manuel "Babe" Romualdez, Columnist, The Philippine STAR, presents his views and opinions on the topic.



Several Manila Rotarians who have been through the in's and out's of the Philippine political and economic arena give their two cents worth on the upcoming Duterte Administration in a lively discussion among fellow members of Asia's First Rotary Club.



Fund-raising raffle conducted by Dir./Dir.-elect Bobby Joseph with the two (2) sets of winners: From May 5 Donors, winners are: Treas. Chito Zaldarriaga, P1,600; Ms. Nellie King, P1,000 and Rtn. Jimmy Tang, P500. And the lone winner of May 12 is raffle-master Dir./Dir.-elect Bobby Joseph, P1,950 who donated the prize back to the RCM.



WEEKLY BIRTHDAY CELEBRANT/S



Pres. Ebot Tan presents the birthday celebrants DE/Dir. Susing Pineda and PD Ner Lozaga 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 INDUCTION



PDG Alex Cureg for and in behalf of AS Alvin Lacambacal , Proposer, introduces Mr. Raymund Arnold “Mon” S. Alberto (Filipino), Proprietor / Principal Geodetic Engineer, RASA Surveying. Classification: Real Estate Professional Services-Land Surveying, prior to the formal induction ceremony.



Pres. Ebot Tan administers the oath of membership pledge to Mr. Raymund Arnold “Mon” S. Alberto, with PDG Alex Cureg, as the newest member to the Rotary Club of Manila Membership Roll

PLANNING MEETING



Planning Meeting of the Incoming Board. Present during the meeting were: Pres. Ebot Tan, Incoming Treas. Chito Tagaysay, VPE Babe Romualdez, DE/Dir. Susing Pineda, PE/VP Teddy Ocampo, DE/Dir. Bobby Joseph, DE Albert Alday, DE Art Lopez, Sec. George Salazar, ES Anna Kun Toledo and Incoming SAA/DSAA Lance Masters.

MANILA ROTARIANS WITH AMBASSADORS



During the RCM Luncheon Post Election Discussion Meeting. from L-R: PDG Alex Cureg, IPP/AG Frank Evaristo, Pres. Ebot Tan, H.E. Lalduthlana Ralte - Extra Ordinary Plenipotentiary Ambassador of India to the Republic of the Philippines, PVP Lance Masters and H.E. Hayat Safdar - Extra Ordinary Plenipotentiary Ambassador of Pakistan to the Republic of the Philippines. Also in photo is PDG Vince Carlos (standing).

DIST. GOVERNORS & REPRESENTATIVES TRAINING SEMINAR



MANILA ROTARIAN REPRESENTS DISTRICT 3810 IN PHILIPPINE ROTARY MAGAZINE DESIGNATE TRAINING SEMINAR

By
IDCoS/ISDG/DE/IPS Albert S. Alday

ISDG/AG/IPP Frank Evaristo, who was appointed by DGE Ernesto Yuyek as District Governor's Representative to the Philippine Rotary Magazine, attended the Philippine Rotary Magazine Designate Training Seminar last May 13, 2016 at the Solco Malvar Room, RI District 3780, Rotary Center Building in Quezon City together with DGE Ernesto Yuyek. This seminar served as a training for both the District Governor-Elect and the Incoming District Governor's Representative to adequately prepare them on how they would fill the pages of the Philippine Rotary Magazine. ISDG/AG/IPP Frank, as he is fondly called by his fellow Manila Rotarians and colleagues in the press, will serve as the District Governor's Representative of District 3810 to the said magazine for Rotary Year 2016-2017. His long stint as a diplomat correspondent and member of the Bulong Pulungan will definitely add color to the premier magazine for Rotarians all over the archipelago. This achievement likewise adds another feather to the cap of Asia's First Rotary Club as another Manila Rotarian proudly holds the banner of the Rotary Club of Manila up high in district affairs.



DGN Rudy Bediones with Len Hao-Uy, Rubyliza Come, DS Dolly Velouanang, Rhomie Alphonzo, Elizabeth Rapatan Wu, Rose Lim, DG Obet Pagdanganan, Helen Ver, Vilma Vinluan and Joe Acebedo at DAP (Development Academy of the Philippines), Tagaytay.

**District Governors and
District Governors' Representatives
To The Philippine Rotary For RY 2016-2017
TRAINING SEMINAR**

**R.I. District Nos. 3770, 3780, 3790, 3800, 3810, 3820, 3830, 3850, 3860 & 3870
May 13, 2016, RI D-3780 Rotary Center Building, Roces Avenue, Quezon City**

At the District Governors and District Governors' Representatives To The Philippine Rotary For RY 2016-2017 TRAINING SEMINAR held last May 13, 2016, RI D-3780 Rotary Center Building, Roces Avenue, Quezon City. Attendees were **District 3810 Governor Elect Ernest Yuyek** and **AG/IPP/ISDG/IDGR Frank Evaristo**, Incoming District Governor 3810 Representative to Philippine Rotary Magazine with **PDG Melito S. Salazar, Jr.**, PR Editor-in-Chief, Philippine Rotary Magazine. **Rotary International Director Guiller Tumangan**, RY 2016-2016, highlighted the event with an inspirational talk.



The Rotary International Representatives, R.I. District Nos. 3770, 3780, 3790, 3800, 3810, 3820, 3830, 3850, 3860 & 3870, with **AG/IPP/ISDG/IDGR Frank Evaristo**, (at right) Incoming District Governor 3810 Representative to Philippine Rotary Magazine.



PDG Melito S. Salazar, Jr., PR Editor-in-Chief, Philippine Rotary Magazine, D-3810 Governor-Elect Ernesto Yuyek and AG/IPP/ISDG/IDGR Frank Evaristo.

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DG Ernesto Yuyek
R.I. District 3810

PP Frank Evaristo
District Governor's Representative to PR
Mobile no. 09178323360
Email: frankevaristo@yahoo.com



Philippine Rotary

THE OFFICIAL REGIONAL MAGAZINE OF ROTARY INTERNATIONAL

Presents this

Certificate of Appreciation

to

PP Frank Evaristo

*for his attendance and active participation during the
District Governors-Elect & District Governors' Representatives to the
Philippine Rotary-Designate Training Seminar.*

*Given this 13th day of May 2016 at the Solco-Malvar Room,
RI D3780 Rotary Center Bldg., Quezon City, Philippines.*

Teng Quila
PDG J. Anfonio M. Quila
Chair, PR Management Board

Just Gary S
PDG Melito S. Salazar, Jr.
PR Editor-in-Chief

ROTARY INFORMATION

NOTEBOOK



RI President Ravi Ravindran participates in the legislation proceedings.

RI COUNCIL ON LEGISLATION RECAP

Every three years, members from Rotary districts across the globe gather in Chicago for the Council on Legislation to deliberate and act upon all proposed enactments and resolutions. Enactments seek to change Rotary's constitutional documents while resolutions express an opinion or make a recommendation to the RI Board which reviews and acts on resolutions adopted and other items referred by the Council.

Here is the recapitulation of the results of the recent assembly:

11 APRIL 2016

The Council on Legislation approved two key measures that were both backed by the RI Board of Directors and passed overwhelmingly after a lively debate. The first measure gives clubs greater flexibility in setting guidelines and procedures in conducting their meetings which must be at least twice a month. The second measure grants clubs the freedom to experiment with membership models. Proponents argued that clubs need the enhanced leeway in order to determine what works best in their communities, emphasizing that one template may not apply to all.

12 APRIL 2016

Continuing the theme on flexibility, the Council on Legislation agreed to simplify the qualifications for membership in a Rotary Club. The measure replaces six membership criteria set by the RI Constitution, with encompassing yet simple requirements of good character, unblemished reputation both in business and in the community, as well as willingness to serve. Proponents argued that the amendment will restore to clubs the power to choose members without relying on a “checklist,” thus, encouraging membership growth. The Council deferred for two days the deliberation for the following proposals: 1) creation of a new type of membership to be termed as “associate members,” and 2) allowing Rotaractors to join a Rotary club.

13 APRIL 2016

Citing the need to provide programs and services, the Council on Legislation approved an increase of \$4 per year, for three consecutive years, in the annual per capita dues that clubs remit to Rotary International. “Hearing that 9 out of 10 Rotarians have asked Rotary to provide more services, the Board does not want to decrease the services to the clubs and districts. Now is the time to invest in our future and make it possible to move forward and achieve a strong future for Rotary,” RI Treasurer Per Høyen said in favor of the request. The increase sets the dues at \$60 in 2017-18, \$64 in 2018-19, and \$68 in 2019-20.

14 APRIL 2016

Council members approved the creation of a Council on Resolutions, a separate governing body that will be in-charge of proposing and submission of resolutions to the RI Board, leaving the triennial meeting of the Council on Legislation to deal exclusively with enactments. The newly created Council will meet annually, online. Proponents argued that the change shall shorten the sessions of the Council on Legislation by a day, saving up to \$300,000. They also pointed out that the new Council would establish a channel of communication between clubs and the RI Board, Representatives also voted to allow Rotaractors to simultaneously be members of Rotary clubs.

To know more about the results of the Council on Legislation, visit the website: <https://www.rotary.org/myrotary/en/exchange-ideas/events/council-legislation>

BIRTHDAY FELLOWSHIP



Mr. Bernd Schneider, General Manager, Novotel Manila Araneta Center; former RCM member, with RCMers', seated left-right: Dir. Amading Valdez, PD Rod Valencia, PT Jim Chua, ICoS/PP Cesar Ubaldo. Standing left-right: Sec. George Salazar, VP/PE Teddy Ocampo, Mr. Bernd Schneider, Dir. Oscar del Rosario, DCoS/PP/DGE Rudy Bediones and Ann Sharon Bediones, AG/IPP/ISDG/IDGR Frank Evaristo, IPS/DE Albert Alday.



Ann Minerva Tanseco, Ann Vicky Montilla, Ann Femy Lonzaga, Ann Sharon Bediones.



Birthday Celebrant PD Ner Lonzaga blows the candle on the birthday cake as Ann Femy Lonzaga and immediate Family Members look on.



Birthday Celebrant PD Ner Lonzaga and Ann Femy Lonzaga with immediate Family Members, Nephews and Nieces.



Birthday Celebrant PD Ner Lonzaga and Ann Femy Lonzaga with DCoS/PP/DGE Rudy Bediones, Dir. Amading Valdez, PP Francis Juico, AG/IPP/ISDG/IDGR Frank Evaristo, Mr. Bernd Schneider, former RCM member, VP/PE Teddy Ocampo, ICoS/PP Cesar Ubaldo, Dir. Oscar del Rosario.



Birthday Celebrant PD Ner Lonzaga and Ann Femy Lonzaga acknowledge the singing of the Happy Birthday song by fellow RCMers'.



Birthday Celebrant PD Ner Lonzaga kisses his Ann Femy Lonzaga as fellow RCMers' look on. From left to right: DCoS/PP/DGE Rudy Bediones, Dir. Amading Valdez, AG/IPP/ISDG/IDGR Frank Evaristo, IPS/DE Albert Alday, VP/PE Teddy Ocampo, ICoS/PP Cesar Ubaldo, PD Beda Fajardo, Dir. Oscar del Rosario, PD Rod Valencia, Sec. George Salazar.



Spouse Linda Angeles, VP/PE Teddy Ocampo, AG/IPP/ISDG/IDGR Frank Evaristo, Dir. Oscar del Rosario, DCoS/PP/DGE Rudy Bediones, PP Francis Juico and PT Jim Chua.

ROTARY MEMBERSHIP DEVELOPMENT PROGRAM



MANILA ROTARIANS LEAD FIRST EVER DISTRICT 3810 ROTARY MEMBERSHIP DEVELOPMENT PROGRAM SEMINAR AND FELLOWSHIP

By
IDCoS/ISDG/DE/IPS Albert S. Alday

DG/PP Roberto “Obet” Pagdanganan and DGND/CoS/PP Rudy Bediones lead District 3810 Rotarians in staging the first ever Rotary Membership Development Program Seminar and Fellowship last May 14, 2016 at the Development Academy of the Philippines in Tagaytay City. The seminar which caters to all new Rotarians in the district and all those who want to enjoy Rotary is one of information and appreciation of what Rotary is all about. The six (6) hour long seminar was hosted by the Rotary Club of Imus and the Rotary Club of Rosario Magdiwang. The seminar was a special project of our very own DG/PP Obet Pagdanganan in furtherance of his resolve for Rotarians of our district to “ENJOY ROTARY”.



DGN Rudy Bediones with Len Hao-Uy, Rubyliza Come, DS Dolly Velouanang, Rhomie Alphonzo, Elizabeth Rapatan Wu, Rose Lim, DG Obet Pagdanganan, Helen Ver, Vilma Vinluan and Joe Acebedo at DAP (Development Academy of the Philippines), Tagaytay.



District Governor Obet Pagdanganan delivers his opening remarks.



DGN Rudy Bediones spoke on History of Rotary and Rotary's Core Values during the program at the Rotary Membership Development Program held in (Development Academy of the Philippines), Tagaytay.



DGN Rudy Bediones with **Edwin Seymour Chiu**, **Raymond Ciriaco**, **DG Obet Pagdanganan**, **Ed Tumangan**, **DS Dolly Velouanang** and **Rose Lim** at DAP (Development Academy of the Philippines), Tagaytay.

NEWS RELEASE



THURSDAY, MAY 12, 2016



Congratulations to our new president!

Unbelievable! Sixteen million Filipino voters chose the 16th president of the Republic of the Philippines: Rodrigo Roa Duterte. That the choice is someone who is obviously not into mainstream politics but was a simple mayor of Davao City known for his tough stance, reflects the people's yearning for a strong leader, telling us to our faces - "We want things to change."



Analysts attribute the big voter turnout, which hit a record-high 81 percent, to supporters of the popular mayor who was besieged from all fronts by critics and detractors. Duterte has now surpassed the votes of all other presidential candidates in the past with close to 16 million votes.

The mayor himself told us he could not believe he was running and he still could not believe he is poised to become president. The tough talking mayor gained a few more fans when he said it is time to begin healing the nation, extending the hand of friendship to his rivals and critics. We were all moved when he broke down in tears in front of his parents' tomb, asking his mother for help since he is "just a nobody" - which clearly shows us he is as human as one can

see, whose emotions can be frail, overwhelmed perhaps at the thought of what's ahead for his as president.

As Manny Pangilinan said, the result of the elections is an "in-your-face message to all of us in the establishment" because people have chosen someone out-of-the-box to be their next leader.

And now, it is incumbent upon all of us to rally behind the incoming president because the task ahead is very clear- and the people around him and his advisers should be there to help Rody Duterte, not because they have an agenda for themselves. Businessmen have also pledged to support the administration of Duterte to ensure sustainable economic growth. Even the stock market surged after the elections, with the peso soaring the most against the dollar in six weeks.

Among those whose names are being floated as possible members of the Duterte administration are former Defense Secretary Gilbert Teodoro and former Trade Undersecretary Tommy Alcantara, who I think are both good choices. Other names mentioned include former Press Secretary Jess Dureza and former Agriculture Secretary Sonny Dominguez who are both welcomed by those of us who know them.

It is good to see someone who is very popular among the people become the next president, given the task of unifying Filipinos who have been so polarized. People must give the right people around him to become members of his official family is going to be very crucial as they will help define the Duterte presidency.

As for the pending disqualification cases, those cases should be thrown out the window because they have all become moot and academic. The people have spoken and it would be stupid for Comelec to disregard the voice of the people. We are already starting on a high note, and even Duterte critic, Senator Sonny Trillanes said, "let's not be a party pooper."

Our sincere congratulations to the new president of the Republic of the Philippines!

PUBLIC HEALTH NUTRITION AND CHILD CARE



SWIMMER'S EAR

Elias D. Adamos, M.D

With the steaming heat index, many families go out of town on weekends for the beach. One of the conditions you have to watch for after the happy hours of swimming and family outing is infection of the outer ear canal (otitis externa) or Swimmer's Ear.



What is swimmer's ear?

Swimmer's ear is caused by an infection. Bacteria are the causative agents to the infection. It is also possible that it may be caused by fungus. In some cases it is both fungus and bacteria.

How does it develop?

It develops after water has gotten into the ear, especially after swimming. Sand and other debris from the water can get inside the ear canal and may also result to swimmer's ear. When the external ear is itchy because of some fungus or allergen, vigorous cotton swabbing may produce microscopic cuts that are suitable for entry of bacteria.

Signs and symptoms of swimmer's ear

Pain in otitis externa or swimmer's ear is worse compared to its relative, middle ear infection or otitis media. Pain becomes more intense when you chew and when you press on the tag (protruding middle portion of the ear or the *tragus*) or when you wiggle the earlobe. Aside from the pain, there's a feeling of fullness of the outer ear canal. There can itching. The ear canal may be swollen. In more severe infection, the pain may be severe, coupled with watery or yellowish or colored discharge from the ear. Possibly, there may be some hearing loss.

Treatment

Make sure there is no foreign material or object, like an insect, for example, in the ear. An eardrop with *Neomycin Sulfate* and *Polymyxin-B* is the indicated treatment. Some eardrops contain steroidal agents that may help in lessening the swelling. There are some eardrops in the market that contain broad-spectrum antibiotics aside from the two that I have mentioned. Antibiotics in capsule or tablet form will speed up treatment and recovery. Some ear specialists recommend two weeks of oral antibiotic treatment, combined with eardrops. A warm towel over the ear will lessen the discomfort and pain. Cotton coated with petroleum jelly can be used as earplug. Don't use plastic earplugs. Painkillers may be taken if your tolerance to pain is low.

Prevention

Keep your ears dry. After swimming, shake your head to remove water from the ear canal. If water has gotten inside an ear after swimming, tilt your head and let it drain out. Gently dry your ears with the corner of a tissue or towel. You may use a blow dryer on its lowest setting and held several inches away from the ear to fully dry the canal. Just be careful. Blow dryers can be too noisy to the ear.

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