

balita



No. 3649, June 2, 2016

GUEST OF HONOR AND SPEAKER



HON. ROBERTO P. CABRERA, III

Chief
Land Transportation Office
Department of Transportation and Communications
Republic of the Philippines

THE ROTARY CLUB OF MANILA

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KABALITA

Let the Vehicle Registration Czar, a certified BU Terrier and Blue Eagle, make his road test at Asia's First Rotary Club as he makes safe driving a foremost tenet for everyone.



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PROGRAM

RCM's 43rd for RY 2015-16

June 2, 2016, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator : Rtn. Caloy Reyes

PROGRAM TIMETABLE

11:30 PM Registration & Cocktails

12:25 PM Bell to be Rung:

Members and Guests

are requested to be seated

Rtn. Caloy Reyes

OIC/Moderator

12:30 PM Call to Order

VP/PE Teddy Ocampo

Presiding Officer

Singing of Republic of the Philippines

National Anthem

Invocation

RCMHymn

The 4-Way Test Credo

RCM WF Music Chorale

STAR Rtn. Marcus Dee

RCM WF Music Chorale

All Rotarians

12:35 PM Introduction of -

-Guests and Visiting Rotarians

-Personalities seated at the Head Table

Welcome Song

PD Eric Severino

RCM WF Music Chorale

12:40 PM Maligayang Batì (RCM Birthday Celebrants) :

June 3.....Rtn. Ike Sobrepeña;

June 4.....PRIMP Paco Delgado, Rtn. Paquito Tankiang;

June 5.....Rtn. Jun Santos;

June 6.....Rtn. Sonny Arevalo;

June 7.....PD John Cenica, Rtn. Jeric Jucaban

Happy Birthday Song

RCM WF Music Chorale

12:45 PM Induction of new member to RCManila

1. Introduction of inductee by his proposer **PVP Fausto Preysler**

Mr. Michael Spence (British)

Managing Partner, Partners in Performance

Classification: Consultancy-Business Management

2. Formal Induction Ceremony

VP/PE Teddy Ocampo

Welcome Baby Rotarian Song

RCM WF Music Chorale

12:50 PM Introduction of Guest of

Honor & Speaker

DG/PPO bet Pagdanganan

Address: **Hon. Roberto P. Cabrera III**

Chief, Land Transportation Office

Public Forum

1:55 PM Raffle of cash prizes

DE/Dir. Bobby Joseph

Response & Presentation of token of appreciation

to **Hon. Roberto P. Cabrera III**

VP/PE Teddy Ocampo

2:00 PM Adjournment

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Since last Friday, May 27, I have been in Seoul, Korea, to attend this year's RI International Convention with DG Obet Pagdangaban, DGND Rudy Bediones and his wife, Sharon, PDG Vince Carlos and his wife, Tina, Club AS Alvin Lacambacal, PD Jun Hallare and his wife, Myrna, PD Bebot Pineda and his wife, Sylvia, and Dir Oscar del Rosario.



While here in Seoul, we took the opportunity to get together and closely interact with our sister clubs, RC Seoul Muak (which hosted dinner for us and the officers and members of RC Osaka East) and RC Osaka East. At the dinner meeting with our sister clubs, we signed our Memorandum of Understanding with RC Osaka East, witnessed by the officers and members of RC Seoul Muak, documenting our joint project with RC Osaka East which involves the funding by RC Osaka East in the amount of US\$ 11,500 of the installation of solar power energy facilities at the Hospicio de San Jose. The officers of RC Osaka East promised to send us more funds in the near future to finance more joint projects. By the way, Manila Rotarians are invited to attend the 60th charter anniversary of RC Osaka East next year. (RC Seoul Muak is celebrating its 20th charter anniversary this year.)



As the saying goes, a picture is worth a thousand words. I hope that the pictures contained in this President's Corner will capture the stimulating, inspiring, and enjoyable convention that we are currently attending.



Upon registration, a group photo with DG Obet Pagdanganan, PDG Mark Ortiz Of RC Roxas City.



DG Obet Pagdanganan leading the delegation of RID 3810 officers, and Rotarians. Also with DG Obet Pagdanganan is PDG Vince Carlos.



R.I. Past President Bichai Rattakul (left photo) RI Past President MAT Caparas and MAT Caparas, Jr. with PDG Vince and Tina Carlos.



RI Past President MAT Caparas with delegation of RCM led by DG Obet Pagdanganan, PDG Vince & Tina Carlos, DGN Rudy & Sharon Bediones, Dir Oscar del Rosario, Sr.. Also in the photo is PDG Mark Ortiz of Rotary Club of Roxas City.



From L to R : PD Jun Hallare, Pres Ebot Tan, PDG David J Harilela (RI Chair, Membership Benefit – Rotary Global Reward.); DGN Rudy Bediones & AS Alvin Lacambacal.



From L to R : AS Alvin Lacambacal, DGN Rudy Bediones, RI Director Guiller Tumangan and RCM Dir. Oscar del Rosario.

AT THE AIRPORT UPON ARRIVAL



CITY TOUR OF THE KEY SITES OF SEOUL, KOREA & CONVENTION SITE AT GOYANG, KINTEX, SOUTH KOREA

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CITY TOUR OF THE KEY SITES OF SEOUL, KOREA & CONVENTION SITE AT GOYANG, KINTEX, SOUTH KOREA



CITY TOUR OF THE KEY SITES OF SEOUL, KOREA & CONVENTION SITE AT GOYANG, KINTEX, SOUTH KOREA







House Of Friendship

우정의집

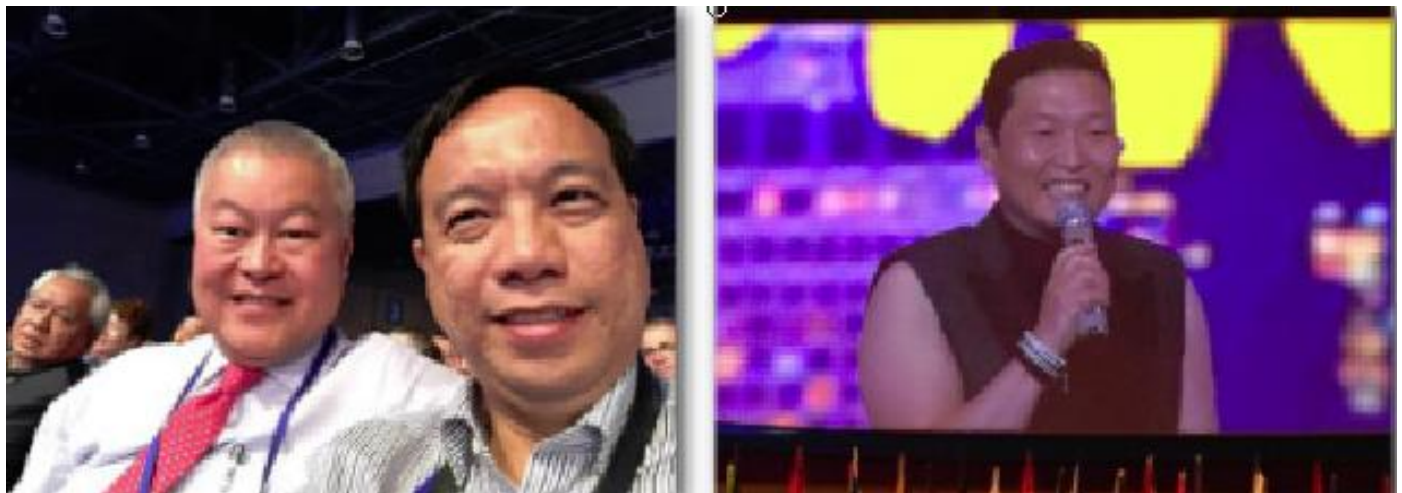








AT THE CLOSING CEREMONIES



(left photo) Pres. Ebot Tan with AS Alvin Lacambacal and Dir. Oscar del Rosario. (Right photo) That is the picture of Psy, the original singer of Gangnam Style, who just performed live here at the Closing Ceremonies.

Please make plans to attend the 2017 RI International Convention in Atlanta, Georgia, USA, in June 2017.

In the meantime, please continue to actively participate and support our Club's activities, plans, and programs 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



ROBERTO P. CABRERA, III

Unit 27-A, LPL Towers, 17 Eisenhower Street
Greenhills, San Juan City, Metro Manila 1502, Philippines
Email Address: rcabreraiii@gmail.com
rpciii.lto@gmail.com

WORK EXPERIENCE:

- 2016 – Present **DEPARTMENT OF TRANSPORTATION AND COMMUNICATIONS (DOTC), Land Transportation Office (LTO)**, East Avenue, Diliman, Quezon City, Metro Manila. **Assistant Secretary.**

- 2013 – 2016 **DEPARTMENT OF TRANSPORTATION AND COMMUNICATIONS (DOTC), Land Transportation Franchising and Regulatory Board**, East Avenue, Diliman, Quezon City, Metro Manila. **Executive Director.**

- 2007 – 2013 **The Law Firm of REYES CABRERA ROJAS & ASSOCIATES**, Unit 1502 Jollibee Plaza Building, F. Ortigas Jr. Road, Ortigas Center, Pasig City, Metro Manila. **Founding and Managing Partner.**

- 2007 - Present **TOBIE PHARMA (PHILS.) INCORPORATED**, DLI Building, Feria Road, Commonwealth Avenue, Diliman, Quezon City, Metro Manila. **Vice-President – Finance; Member, Board of Directors.**

- 2004 - Present **REJ DIAMOND PHARMACEUTICALS, INCORPORATED**, DLI Building, Feria Road, Commonwealth Avenue, Diliman, Quezon City, Metro Manila. **Vice-President Legal and Administration. Member, Executive Committee.**

- 2002 – Present **REJ HOLDINGS, INCORPORATED**, 5th Floor, DLI Building, Feria Road, Commonwealth Avenue, Diliman, Quezon City, Metro Manila. **Corporate Secretary, Stockholder and Member, Board of Directors.**

- 1992 - Present **DIAMOND LABORATORIES, INC.**, 8 FERIA Road, Commonwealth Avenue, Diliman, Quezon City, Metro Manila. **Vice-President for Administration and Legal Affairs, Corporate Secretary. Member, Board of Directors.**
- 1999 - 2007 **REYES CABRERA & ASSOCIATES**, Unit 1505, Jollibee Plaza Building, F. Ortigas Jr. Road, Ortigas Center, Pasig City, Metro Manila. **Senior and Managing Partner.**
- 1996 - 1998 **TANJUATCO, STA. MARIA, TANJUATCO LAW OFFICE**, 11th Floor, Taipan Place Building, F. Ortigas Jr. Road, Ortigas Center, Pasig City, Metro Manila. **Associate Lawyer.**

EDUCATION:

BOSTON UNIVERSITY, Boston, Massachusetts, USA. Masters of Laws and Letter (LL.M.) in International Banking and Financial Law. May 1999.

ARELLANO LAW FOUNDATION, School of Law, Pasay City, Metro Manila. 1995-1996.

ATENEO DE MANILA UNIVERSITY, School of Law, Makati City. 1991-1995.

SAN BEDA COLLEGE, Mendiola, Manila. Bachelor of Arts, Major in Economics, Minor in Mathematics. March 1990.

ATENEO DE MANILA UNIVERSITY, Loyola Heights, Quezon City. High School. March 1986.

ATENEO DE MANILA UNIVERSITY, Loyola Heights, Quezon City. Grade School. March 1982.

ORGANIZATIONS:

Member, Philippine Bar. Passed the Philippine Bar Examinations in May 1997.

Member, Boston University School of Law Alumni Association, Boston, Massachusetts, USA. Since 1999.

Member, Integrated Bar of the Philippines (IBP). Since 1997.

Member, Aquila Legis Fraternity. Since 1992.

PREVIEW OF NEXT THURSDAY MEETINGS

June 9, 12N, Manila Polo Club McKinley Room

**RCM 97th Charter Anniversary /
Filipino-Chinese Friendship Day**

With wines for everybody courtesy of
PVP Manny Dy



Invited : Hon. Alan Peter Cayetano
Senator, Republic of the Philippines
Guest of Honour & Keynote Speaker

June 16, 12N, Manila Polo Club **Main Lounge**

RCM Journalism Awards Presentation

Chairman Rtn. Babe Romualdez;
Co-Chairman Dir.-elect Art Lopez

June 23, 12N, **New World Hotel**

RCM Tourism Awards Presentation

Chairman Dir.-elect/Dir. Bobby Joseph

June 30, 12N, Manila Polo Club McKinley Room

Valedictory and Year-End Awards Presentation

THE WEEK THAT WAS...



RCM PP Francis Juico directs the program of activities for the joint meeting of RC Manila and RC Forbes Park.



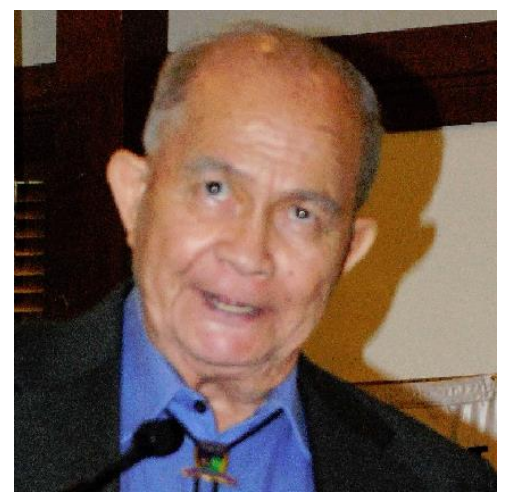
RCM Pres. Ebot Tan and RCFP Pres. Tedjie Herbosa call the joint meeting to order.



RCM STAR Rtn. Ricky Trinidad delivers an ecumenical prayer.



RCFP Dir. John Huang leads fellow Rotarians in renewing its credo by the recitation of the four (4) way test.



RCFP PP Frankie Adriano introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RCM Pres. Ebot Tan and RCFP Pres. Tedjie Herbosa during the President's Time.



RCM Rtn. Tong Payumo, Chairman, Program Committee, does the honour and pleasure of introducing **Dr. Ernesto M. Pernia, PhD**, Professor Emeritus, UP School of Economics; Transition government, newly-appointed Director-General, NEDA.



Incoming NEDA Secretary Dr. Ernesto M. Pernia presented to Manila Rotarians, Forbes Park Rotarians, Visiting Rotarians and guests, the economic agenda of Incoming President Rodrigo Duterte.

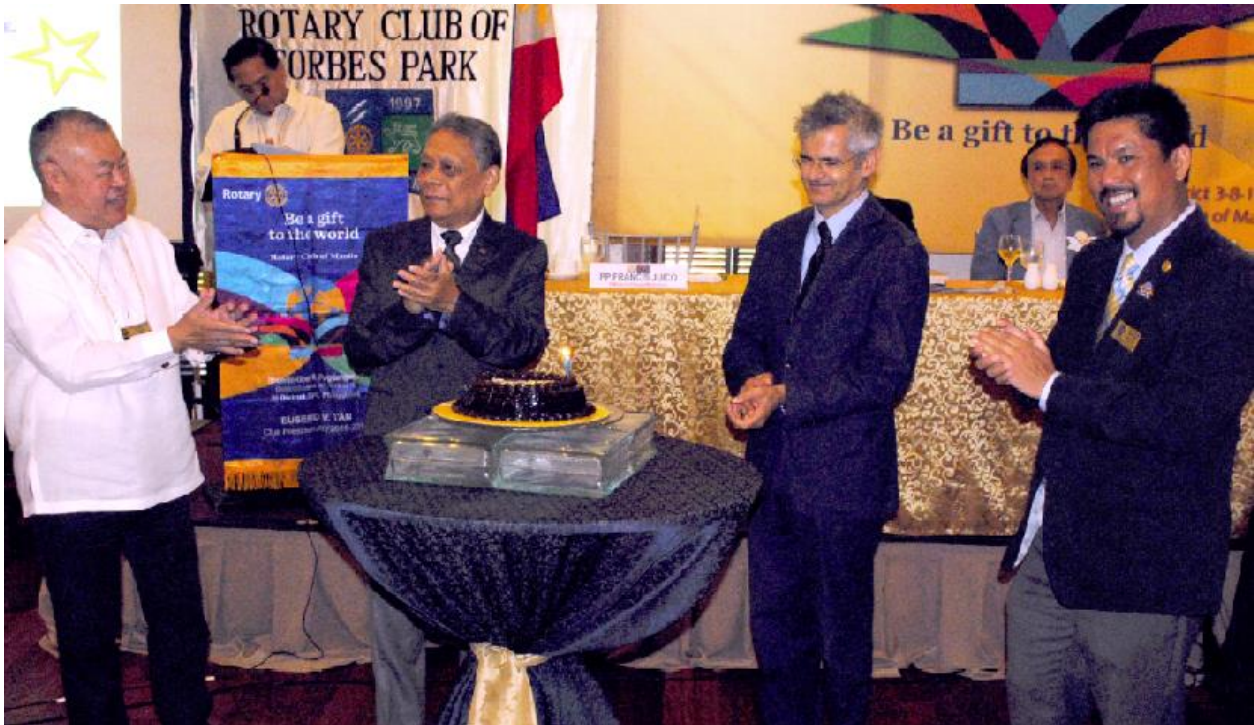


A pro-active public discussion forum followed suit.



RCM Pres. Ebot Tan and RCFP Pres. Tedjie Herbosa present to Dr. Ernesto M. Pernia, PhD, tokens of appreciation for being the guest of honour and speaker.

WEEKLY BIRTHDAY CELEBRANT/S



RCM Pres. Ebot Tan and RCFP Pres. Tedjie Herbosa present the birthday celebrants Dir. Art Pico and Rtn. Mario Dimitri 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 INFORMATION BRIEFING



Rotary Information Briefing for Sec Raffy Alunan at the Sports Cafe, Manila Polo Club.
Present were: AS Alvin Lacambacal, PDG Alex Cureg and Mr. Raffy Alunan.

REMEDIOS CIRCLE REHAB COMMITTEE MEETING



Present during the Remedios Circle Rehabilitation Committee meeting were: **Pres. Ebot Tan, DGN/COS Rudy Bediones, Sec. Jorge Salazar, PE/VP Teddy Ocampo, Dir. Oscar del Rosario, Rtn. Hermie Esguerra, ES Anna Kun Toledo, PP Boy Ampil and PDG Alex Cureg.**

PAST PRESIDENT COUNCIL AWARDS NIGHT

A fellowship to all Past President Council of Rotary District 3810. Chairman Ruben Siao held awards night last May 24, 2016 held at Hotel H2o Manila to all class batch . Best Class President Chairman Frank Evaristo has award for his outstanding leadership. RCM in attendance were: PDG Vince Carlos, DGN Rudy Bediones and spouse Sharon.



Past Presidents Council Awards Night. From L-R: PP Em Esteban, CP Ruben Siao, WCP Maricor Malitao, BCP Frank Evaristo, PP Johnson Tan, IPP Ricki Bajen and PP Jaime Tan.



Standing: PP Lito Pua, PP Willie Yu, DGND Rudy Bediones. (Seating) PDG Rosie Go, PDG Vince Carlos, PDG Joey Benedicto, PP Ruby Bairan, Sps. Sharon Bediones and CP Ruben Siao.

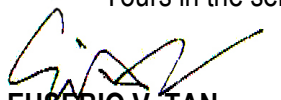
DISTRICT HANDOVER AND INDUCTION 2016

Dear Fellow Manila Rotarian:

The District 3810 2016 Handover and Induction Ceremonies (HANDOVER 2016) which will be held on July 1, 2016 at the Marriott Grand Ballroom, Marriott Hotel Manila in Pasay City is fast approaching. Considering that it is not every Rotary Year that we are privileged to have an outstanding outgoing District Governor from our storied club who will deliver his Valedictory Address during this event as he turns over the mantle of leadership to the incoming District Governor, we wish to make a brotherly appeal for all of us to register and attend the above event and give our fellow Manila Rotarian District Governor the moral support he rightfully deserves for a job well done during the RY 2015-2016. In the same light, as mother club to many of the Rotary clubs, not only in our district, but, the rest of Philippines, we are privileged to enjoy that lofty stature to which many Rotary clubs in our district look up to, such that we are committed to protect and should continue to project a certain image relative to this stature in so far as Philippine Rotary is concerned. Further, as our club approaches our centennial year which coincides with the 100 years of Rotary in the Philippines, our visibility in all district events finds importance. Hence, your resolve to register by way of paying the registration fee of P1,500 will go a long way in making this event a memorable one, not only in support of our very own District Governor Roberto "Obet" Pagdanganan, but, for our club as well, as we begin the road to the centennial of Rotary in the Philippines which coincides with our club's centennial celebration through campaigns from each one of us to the different clubs within our district during this event to be one with us on the coming occasion in the history of Service Above Self in our country.

We trust that our bonds in Asia's First Rotary Club will keep the flame of Service Above Self burning within us and accordingly, merit your overwhelming resolve to keep that Manila Rotarian spirit alive through registration for the above event as we endeavor to be the foremost repository of Rotary history in the archipelago and the rest of Asia.

Yours in the service of Rotary,


EUSEBIO V. TAN
 President
 Rotary Year 2015-2016


TEODORO J. OCAMPO
 President
 Rotary Year 2016-2017

COMMITMENTS TO ATTEND THE HANDOVER MEETING OF JULY 1, 2016

- | | |
|----------------------|-----------------------|
| 1. AMPIL, BOY | 10. LEE, ED |
| 2. BARTOLOME, ARCHIT | 11. MARKING, BUTCH |
| 3. BAUTISTA, JACK | 12. MASTERS, LANCE |
| 4. BENEDICTO, NOY | 13. OCAMPO, TEDDY |
| 5. ELDEBS, ISSAM | 14. OZAETA - GUEST |
| 6. EVARISTO, FRANK | 15. OZAETA, MIKE |
| 7. GUEVARA, BOY | 16. PINEDA, BEBOT |
| 8. GUEVARA, RICKY | 17. PINEDA, SUSING |
| 9. HALLARE, JUN | 18. VILLASENOR, NICKY |

AMERICAN MEMORIAL DAY



Incoming PR Governor's Representative of RID 3810 IPP/AG Frank Evaristo at the American Memorial Day with H.E. Amanda Gorely, Ambassador of Australia to the Philippines and Hon. Guillermo E. Devoto, Minister Counselor, Embassy of the Argentina Republic.

COGS IN THE WHEEL



BY: CHAIRMAN IPS, DE ALBERT ALDAY



Our club, the Rotary Club of Manila, the First in Asia, proudly announces and takes pride in the appointment of two of its members to the Cabinet of His Excellency Rodrigo R. Duterte, President of the Republic of the Philippines (2016-2022), namely, Rtn. Carlos "Sonny" G. Dominguez, III, as Secretary of the Department of the Finance, and PVP Benjamin "Ben" E. Diokno, as Secretary of the Department of Budget and Management. In the same light, our club lauds the election of Rtn. Carlos "Caloy" C. Buendia as President of the Philippine Dental Association.

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Carlos Dominguez (far right), a member of presumptive President Rodrigo Duterte's transition team, will now head the Department of Finance in the Duterte administration. Duterte's transition team includes Peter Laviña, Atty. Salvador Medialdea, Christopher Go, Leoncio Evasco (standing) and Carlos Dominguez

Photo by Nico Alconaba/ Inquirer Mindanao.

COGS IN THE WHEEL



Estrada-era Budget Sec. Diokno accepts Duterte offer to return to post
Published May 31, 2016 4:10pm

Economist Benjamin Diokno has accepted the offer of President-elect Rodrigo Duterte to return as secretary of the Department of Budget and Management (DBM).

Diokno confirmed the development to GMA News' Cedric Castillo, saying it was a "done deal."

An economics professor at University of the Philippines, Diokno previously served as budget secretary under the administration of Joseph

Estrada.

Diokno, along with other presumptive Cabinet appointees, was in Davao City on Tuesday afternoon to meet with Duterte.

Duterte's pick for education secretary, former national treasurer Leonor Briones, was also seen at the venue. Briones said that she is yet to make a decision on Duterte's offer.

Aside from leading watchdog Social Watch Philippines, Briones is also a professor emeritus at the National College of Public Administration and Governance (NCPAG) in UP.

PLEDGES TO JOURNALISM AWARDS 2016 PROJECT

The Journalism Awards Committee chaired by **Dir.-elect Art Lopez** and **Fund Solicitor/Donor PD Jimmie Policarpio** wish to sincerely thank with profound gratitude to the following valuable donors to this year's Journalism Awards Project, to wit:

I. Remitted Donations	O.R. NO.
1. Rtn. Hermie Esguerra...	Php 100,000 41227
2. Rtn. Mari Antuñez.....	Php 25,000 41230
3. PP Benny Laguesma...	Php 20,000 41231
4. PD Ed Lee.....	Php 5,000 41191
5. PD Ner Lonzaga.....	Php 20,000 41229
Sub-total Journalism Awards Fund	<u>Php170,000</u>
as of to date	

II. Pledges

6. PD Jimmie Policarpio	Php 20,000
7. AS Alvin Lacambacal	Php 5,000
8. PS Butch Marking.....	Php 5,000
9. PD Abe Pascual.....	<u>Php 5,000</u>
Sub-total for remittance	Php 35,000

NEWS RELEASE



US Memorial Day at the Manila American Cemetery in taguig city last May 29 2016 with Former Phil. President Fidel V. Ramos and our honorary member US Ambassador Philip Goldberg and Incoming DFA Secretary Perfecto Yasay and also IPP Frank Evaristo.



ROTARY CLUB OF MANILA OFFERS LIVELIHOOD PROJECT TO CADIZ CITY TYPHOON VICTIMS The Rotary Club of Manila turned over a grocery store worth P1.8 million as livelihood project for 30 Rotary family-beneficiaries and 59 family-beneficiaries who are typhoon victims at Barangay Daga in Cadiz City, Negros Occidental, within the Gawad Kalinga Village. This project is made possible through the generous donation of Governor Kai of Rotary Japan, rotary clubs of Bangkok, Osaka East and Kowloon East in Hong Kong, in cooperation with Gawad Kalinga and the city government of Cadiz. Present during the turnover ceremony are (standing, from right) Frank Evaristo, Rotary Club of Manila immediate past president; Eusebio Tan, Rotary Club of Manila president; Teodoro Ocampo, Rotary Club of Manila president-elect and vice president; Oscar del Rosario Sr., Rotary Club of Manila director; and Anna Kun-Toledo, Rotary Club of Manila secretariat.

ROTARY INTERNATIONAL CONVENTION



PDG VINCE CARLOS

During the RI Convention Business Session this afternoon, all 2017-19 RI Directors, 2017-18 Governors, and the 2017-18 RI President were elected and thus confirmed.

Summary of John Hewko's report:

1. Rotary's #1 priority is the eradication of polio. The 2016-17 fundraising goal is US\$35 million. The Bill & Melinda Gates Foundation will match US\$2 for every US\$1 raised, up to US\$70 million per year.
2. Rotary's public image is 15% visual, 85% telling our story. We tell our story using the narrative structure: "Join Leaders, Exchange Ideas, Take Action."
3. Some 500 articles have been written on Rotary in 20 countries by well-known media producers such as Forbes, AP, AFP, BBC, CNN, Reuters, New York Times, Washington Post, and Wall Street Journal.
4. Membership is Rotary's #1 internal priority. It's not just about attracting new members but also about enhancing the club experience for members. As at end-April, Rotary's membership stands at 1,239,401.
5. We must attract new members but also must engage existing members to retain them. Several ways we can do this:
 - 5.1 Flexibility. We can no longer offer a one-size-fits-all solution for club meetings, attendance, and membership.
 - 5.2 Rotary Club Central and rotary.org website. We must be creative and enrich the member experience.
6. Without The Rotary Foundation we won't be the great organization we are today. In the coming Centennial year we remember the millions of lives we've changed in the last 100 years and look forward to transforming lives in the next 100 years.
7. Among other accolades, The Rotary Foundation is recognized by Charity Navigator as a 4-star charity and ranked #5 in the CNBC Top Ten charities.
8. The 2016-17 Annual Fund goal is US\$130 million. The Endowment Fund assets now exceed US\$1 billion, ahead of its original 2017 target date. The Rotary Peace Center target is US\$150 million.
9. How are these funds used?
 - 9.1 In 2015-16, total number of Global Grants approved worldwide was 888. This is 7.5% more than a year ago.
 - 9.2 Investing in a new and improved Grant application system.
10. Power of partnerships. We're always looking for partners for impact, e.g. Bill & Melinda Gates Foundation, World Health Organization. Another partnership in the pipeline: with USAID.

John Hewko concluded by saying those who attend RI Conventions are "among the most engaged and involved Rotarians."

Next, Per Høyen, RI Treasurer, gave his report.

1. Despite the generally poor economic conditions, we're in good shape.

2. RI has two primary sources of revenue:

2.1 Rotary is the world's foremost member-based organization. While many other similar organizations have shrunk, we held steady and even increased our membership. From 1 July 2015 to end-April 2016, we have a net membership increase worldwide of 29,910. This is our largest source of revenue. The increase from US\$1 to US\$4 per Rotarian in RI dues after the 2016 Council on Legislation was the most progressive move ever for our organization.

2.2 The second source of revenue is investments. RI uses a 5- to 7-year horizon rather than simply going for short-term gains. We have to maintain a reserve fund for emergencies and for liquidity.

2.3 There's actually a third source of revenue: from events such as the Councils on Legislation, RI Conventions, and rental income from the RI Headquarters building in Evanston. Surpluses from profitable RI Conventions are put in a reserve for other convention losses.

3. Now for the expenses. In 2015-16, RI enjoyed savings from staffing and travel. Even the RI President's expenses are below budget. Total savings this year was in excess of US\$1 million.

4. Reducing costs is not new to Rotary. We must constantly look out for areas where costs can be reduced.

5. Rotary Global Rewards. This is Rotary's investment for the future. It's also a way for Rotary to give back to Rotarians.

6. The RI Finance Committee is studying a risk-based reserve for the organization.

7. We are happy to note that while membership has increased, costs have decreased.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

knot getting your money back.'

* * * * *

Ron Chester

Ron Chester, 89 years of age, was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

Ron replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late." The officer asked, "Really? Who's giving that lecture at this time of night?" Ron replied, "That would be my wife."

* * * * *

Pecking popcorn

A farmer decided he wanted to go to town and see a movie.

As he approached, the ticket agent asked, "Sir, what's that on your shoulder?" The old farmer said, "That's my pet rooster Chuck. Wherever I go, Chuck goes." "I'm sorry, sir," said the ticket agent. "We can't allow animals in the theatre."

The old farmer went around the corner and stuffed Chuck down his overalls. Then he returned to the booth, bought a ticket, and entered the theatre. He sat down next to two old widows named Mildred and Marge.

The movie started and the rooster began to squirm. The old farmer unbuttoned his fly so Chuck could stick his head out and watch the movie.

"Marge," whispered Mildred. "What?" said Marge.

"I think the guy next to me is a pervert." "What makes you think so?" asked Marge. "He undid his pants and he has his thing out," whispered Mildred. "Eh, don't worry about it," said Marge. "At our age we've seen 'em all." "I thought so too," said Mildred, "But this one's eatin' my popcorn!"

* * * * *

Monica is back in the news for the 2016 US Elections

Monica Lewinsky released the following statement on Hilary Clinton's run for President:

"I will not vote for Hilary Clinton. The last Clinton presidency left a bad taste in my mouth. As we get closer to the 2016 election year, citizens must remember that they cannot even trust Hilary Clinton to create American jobs. The last time she had a meaningful job, she outsourced it to me and I simply blew it". Monica...

* * * * *

The Gunslinger

An old prospector shuffled into the town of El Indio, Texas leading a tired old mule. The old man headed straight for the only saloon in town, to clear his parched throat.

He walked up to the saloon and tied his old mule to the hitch rail. As he stood there, brushing some of the dust from his face and clothes, a young gunslinger stepped out of the saloon with a gun in one hand and a bottle of whiskey in the other.

The young gunslinger looked at the old man and laughed, saying, "Hey old man, can you dance?" The old man looked up at the gunslinger and said, "No son, I don't dance... never really wanted to."

A crowd had gathered as the gunslinger grinned and said, "Well, you old fool, you're gonna dance now!" and started shooting at the old man's feet. The old prospector, not wanting to get a toe blown off, started hopping around like a flea on a hot skillet. Everybody standing around was laughing.

When his last bullet had been fired, the young gunslinger, still laughing, holstered his gun and turned around to go back into the saloon. The old man turned to his pack mule, pulled out a double-barreled 12 gauge shotgun and cocked both hammers. The loud clicks carried clearly through the desert air.

The crowd stopped laughing immediately. The young gunslinger heard the sounds too, and he turned around very slowly. The silence was deafening. The crowd watched as the young gunman stared at the old timer and the large gaping holes of those twin 12 gauge barrels.

The barrels of the shotgun never wavered in the old man's hands, as he quietly said; "Son, have you ever kissed a mule's ass?" The gunslinger swallowed hard and said, "No sir... but...but I've always wanted to." There are a few lessons for all of us here:

*Don't be arrogant.

*Don't waste ammunition.

*Whiskey makes you think you're smarter than you are.

*And finally, don't screw around with old folks; they didn't get old by being stupid.

I just love a story with a happy ending, don't you?

* * * * *

A suicide bomber reaps his reward

Abdulla tried to contact the soul of his cousin, Naved, who had exploded himself as a suicide bomber.

Abdulla wanted to know whether the 'Jihad' legend is true, especially about the 72 virgins they get.

So he asked, 'how is the social life bro?'

Naved said, 'amazing bro. I can pick any female. They won't object. Both males and females roam around naked. Nobody bothers. I do it round the clock. It's ultimate.'

Abdulla says, 'Holy shit! Is that how heaven is?'

Naved says, 'No bro. Not heaven. I am reborn as a street dog in Karachi.'

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



KIDNEY DIALYSIS

Elias D. Adamos, M.D.

Your kidneys have an important role in maintaining your health. They maintain internal balance of water and minerals (like sodium, potassium, chloride, phosphorous, sulfate, and magnesium). The kidneys filter and eliminate waste products from the breakdown of acid and minerals from foods, solids, and liquids that are taken in to the body. End products that are not needed go out through respiration, perspiration, or sweat and the excess body waste are eliminated or excreted by the kidneys.

Some people suffer from kidney disease and thus the filtering function of the kidneys is affected. When a person is diagnosed with about 85% to 90% of kidney function failure or in cases of permanent kidney failure, dialysis is needed or indicated. **Kidney dialysis is the process of removing waste and excess water from the body in a similar manner that the kidneys would do.** In some cases, dialysis may be temporary, while in some dialysis may be considered a part of their life. There are two types of kidney dialysis: hemodialysis and peritoneal dialysis.

Hemodialysis

This type of dialysis makes use of a blood filtering machine called *dialyzer* or dialysis machine. The doctor makes access (vascular access) through an artery and vein in your body (commonly through the groin or neck). The blood vessel that supplies oxygenated blood to the different parts of the body (artery) is grafted or joined together with a vein (the vessel that carries unoxygenated blood to the heart) with the use of a soft plastic tube. This grafting may be temporary or permanent. It depends on a case-by-case basis. Your blood flows little by little inside the machine and the machine removes wastes and extra fluid from the blood. It retains the proper balance of minerals, such as potassium and sodium. Once the blood is cleaned, it is returned back to the body. In some patients, dialysis is needed several times in a week, while some may need less. The frequency of hemodialysis depends on: How well your kidneys work; how much fluid is gained or retained since your last session; how much waste was gathered from your last session; and your weight (too much weight gain may indicate water retention).

Peritoneal dialysis

Peritoneal dialysis is usually indicated in children with renal failure. The method uses an access via the tummy (abdominal area), usually just beside your belly button. The surgeon makes a small surgical cut and a plastic tube called catheter is inserted through the incision. The catheter goes through the surrounding stomach area that is called *peritoneal cavity*. A cleaning solution called *dialysate* is made to pass through the catheter and is made to stay inside the cavity. The amount of time that the solution stays inside the cavity is called “dwell time” and it may range from 4 to 6 hours. When the dialysis solution is drained, the waste products go with it. The draining time, which is called “exchange” takes about 30 to 60 minutes. Exchange may be assisted with a machine. This is called Continuous Cycler-assisted Peritoneal Dialysis (CCPD). Continuous Ambulatory Peritoneal Dialysis (CAPD) is done without a machine.

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