

Kabalita



No. 3653, June 30, 2016

RCM JOURNALISM AWARDS PRESENTATION 2016



KABALITA

It's the time of the Rotary Year when people who make the news become the news themselves as they get rewarded for a job well done. Press freedom is at its finest at Asia's First Rotary Club.



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

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PROGRAM

RCM's 47th for Rotary Year 2015-16

June 30, 2016, Thursday, 6:30PM, New World Makati Hotel Ballroom

OIC/Moderator: DE Art Lopez

"Journalism Awards Presentation"

PROGRAM TIMETABLE

5:30 PM	Registration & Cocktails	
6:25 PM	Bell to be Rung: Members and Guests are requested to be seated	DE Art Lopez OIC/Moderator
6:30 PM	Call to Order	Pres. Ebot Tan
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	Rtn. Pepe Rodriguez
	RCM Hymn The 4-Way Test Credo	RCM WF Music Chorale All Rotarians led by STAR Rtn. Ricky Trinidad
6:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities in Head Table Welcome Song	PD Jimmie Policarpio RCM WF Music Chorale
6:40 PM	Induction of new members to 1. Introduction of Inductees by their Proposers	
	a) Mr. Servando B. "Jun" Alvarez, Jr. (Fil.) EVP/Chief Financial Officer, Amalgamated Investment Bancorporation Classification: Banking-Investment Banking	PAS Addie Topacio Proposer
	b) Mr. Wolfgang Kurt Harle (German) Managing Director, Harle Philippines, Inc. Classification: Building Materials/Products-Hardware Supplies	DE Art Lopez Proposer
	c) Mr. Karl A. Leung (Filipino) Proposers: Managing Director, Emerging Asia Capital Partners (EACP) Classification: Finance and Investments-International Finance	PD Rob Sears
	d) Mr. Michael Allan E. Sicat (Filipino) Proposer: President and CEO, M.E. Sicat Construction, Inc. Classification: Construction-Infrastructure	DG Obet Pagdanganan
	2. Formal Induction Ceremony	Pres. Ebot Tan

Welcome Baby Rotarian Song

RCM WF Music Chorale

6:50 PM

President's Time

Pres. Ebot Tan

6:53 PM

Journalism Awards Presentation, RY 2015-16

I. Opening remarks

VPE Babe Romualdez
Chairman, Journalism
Awards Committee

DE Art Lopez
OIC/Moderator
Journalism Awards
Presenter

II. Special Awards

1. **Atty. Emiliano P. "Emil" Jurado**, Columnist, "To The Point" – The Standard
2. **Mr. Rodolfo T. "Rod" Reyes** (Posthumous), Former Press Sec., from 1992-1993 and 1998 to 2000, Founding Publisher/Editor-In-Chief, Manila Standard
3. **Mr. Neal H. Cruz** (Posthumous), Editor/Columnist, Philippine Daily Inquirer, Manila Chronicle, Daily Globe, Daily Tribune, Daily Express, Evening News, &
4. **Journalist-Victims of Maguindanao-Ampatuan Massacre** (Posthumous)

I. Print, Television and Radio Categories

1. Newspaper of the Year - **Manila Bulletin**
2. Business Newspaper of the Year - **Business World**
3. Business Magazine of the Year - **BizNews Asia**
4. Regional Newspaper of the Year - **Mindanao Times**
5. Regional Broadcaster of the Year – **Mr. Ronald "Ronnie" Lledo**, TV11, Zamboanga/GBPI
6. Television Station of the Year - **CNN Philippines**
7. Television Male Broadcaster of the Year – **Mr. Augusto "Gus" Abelgas**, ABS CBN Corporation
8. Radio and Television Female Broadcaster of the Year – **Ms. Nimfa R. Ravelo**, Superadyodzbb, 594 Khz, GMA Network Inc.
9. Radio Station of the Year–**DZMM (630AM)**, ABS-CBN DZMM Radyo Patrol 630

10. Radio Male Broadcaster of the Year – **Mr. Gerry Baja** – DZMM (630AM),
ABS-CBN DZMM Radyo Patrol 630
11. Radio Female Broadcaster of the Year – **Ms. Jasmine Romero** - DZMM
(630AM), ABS-CBN DZMM Radyo Patrol 630
12. Investigative Reporter of the Year – **Mr. Daxim L. Lucas**, Columnist,
Philippine Daily Inquirer
13. Male Opinion Writer of the Year - **Mr. Alexander “Alex” Magno**, Editorial
Columnist, The Philippine STAR
14. Female Opinion Writer of the Year–**Ms. Ellen Tordesillas**, Columnist, Malaya
15. Glossy Lifestyle Magazine of the Year - **People Asia Magazine**
16. Journalist of the Year – **Ms. Ana Marie Pamintuan**, Editor-In-Chief, The Philippine Star

II. Presentation of Journalism Award Trophies

DG Obet Pagdanganan,
Pres. Ebot Tan, DIC
Frank Evaristo, VPE
Babe Romualdez, Chairman,
DE Art Lopez, Co-Chairman,
PD Jimmie Policarpio,
Journalism Awards Committee

Raffle of cash prizes
Closing remarks and adjournment

DE/Dir. Bobby Joseph
Pres. Ebot Tan

8:00 PM Adjournment

Post-meeting photo opportunity with Journalism Awardees

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

At our usual Thursday luncheon meeting last week, we presented our annual Rotary Club of Manila Tourism Awards, where those who contributed most to the development of Philippine Tourism during the year in review were recognized. We had, as our Guest of Honor and Speaker, incoming Tourism Secretary Wanda Tulfo-Teo, who left a Cabinet meeting being held that day early in order to be able to join us and who shared with us her ideas on how the tourism industry could be better developed and improved, especially under her watch as Tourism Secretary.

On news within our Club, please be reminded that the 2016 Handover and Induction Ceremonies of Rotary International District 3810 will be held this Friday, 1 July 2016, at the Grand Ballroom of the Marriott Hotel Manila in Pasay City. Mass will be celebrated at 3:00pm and the handover ceremonies proper will commence at 5:30pm. Please register and attend the event. The registration fee is Php1,500.00,

Next week, on Thursday, 7 July 2016, we shall have the incoming Secretary of the Department of Finance, our very own Rotary Club of Manila member, Carlos ("Sonny") Dominguez, as our Speaker over lunch at the Manila Polo Club. It will also be the occasion when I will give an accounting of our Club's activities, programs, and achievements over the current Rotary Year and hand out our Club's Annual Awards to deserving Club members. Please mark the date and attend the event.

On the following Thursday, 14 July 2016, we shall have the formal induction of PE Teddy Ocampo as our Club's President for Rotary Year 2016-2017 at lunch time at the Ballroom of the New World Makati Hotel. Preparations for the event are in full swing.

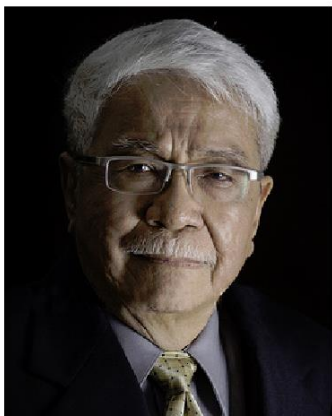
On news from around the District, last 23 June 2016, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and DCC/AS Alvin Lacambacal attended the '80's inspired Club Appreciation and Awards Night hosted by the Rotary Club of Bagumbayan-Manila at the Marc 2000 Tower, Manila. A day after, on 24 June 2016, PE/VP Teddy Ocampo attended the 84th Induction Ceremonies of the Rotary Club of Cebu, one of our daughter clubs. Two days later, on 25 June 2016, ICoS/SDG/PP Cesar Ubaldo and IDCoS/ISDG/DE/IPS Albert Alday attended the High School Circa All Star Presidents-Elect and All Star District Team Fellowship hosted by the Rotary Club of Pasay Metro Sunrise at the Aristocrat Restaurant, Manila. On the same date, DGND/CoS/PP Rudy Bediones attended the 33rd Charter Anniversary of the Rotary Club of Manila San Miguel at the Elan Swire Hotel and Suites in Greenhills, San Juan.

Today, we shall recognize the stalwarts of media, as we hand out this year's Rotary Club of Manila Journalism Awards.

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!

JOURNALISM AWARDEES 2016



Journalism Award RY 2015-16

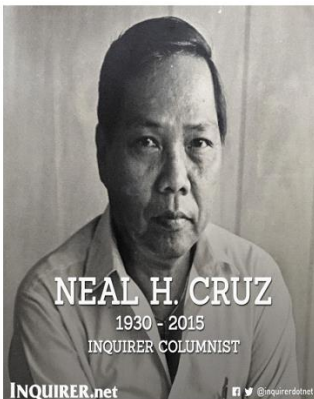
**Atty. EMILIANO “Emil”
P. JURADO**

**Columnist, “To The Point”
The Standard, Defining The News
Father of Journalists
Special Awardee of the Year**



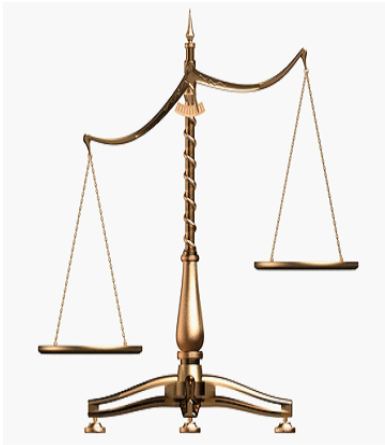
**Mr. RODOLFO “Rod”
T. REYES**

**Former Press Secretary:
President Fidel V. Ramos from 1992 to 1993,
President Joseph E. Estrada from 1998 to 2000;
Founding Publisher/Editor-in-Chief, Manila Standard;
Former Member, Rotary Club of Manila
Posthumous Special Awardee of the Year**



Mr. Neal H. Cruz

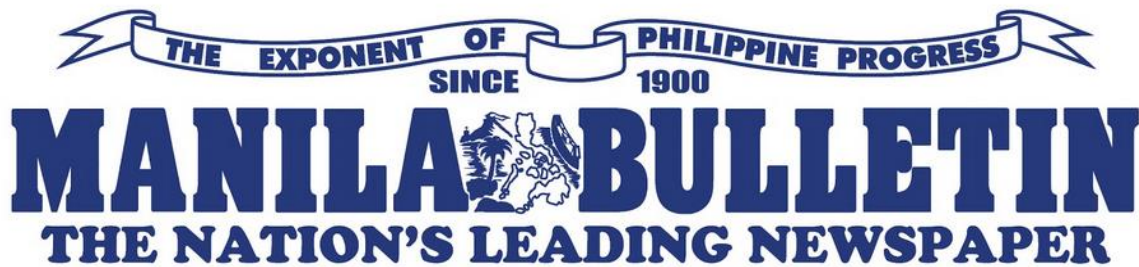
**Editor / Columnist, Philippine Daily Inquirer,
Manila Chronicle, Daily Globe, Daily Tribune,
Daily Express, Evening News
as the
Posthumous Special Awardee of the Year**



32 Journalist-Victims

Maguindanao - Ampatuan Massacre

**Posthumous Special Awardees
of the Year**



Newspaper of the Year

BusinessWorld
INCREASE YOUR BUSINESS INTELLIGENCE™

**Business Newspaper
of the Year**



**Business Magazine
of the Year**



Regional Newspaper of the Year

**Mr. Ronald “Ronnie”
Lledo**



Regional Broadcaster, TV 11, Zamboanga
Golden Broadcast Professionals, Inc. (GBPI)
Regional Broadcaster of the Year



Television Station of the Year



**Mr. Augusto
“Gus” Abelgas**

Host, Scene of the Crime Operatives (S.O.C.O.)
ABS-CBN Broadcasting Corporation
Television Male Broadcaster of the Year



Ms. NIMFA R. RAVELO

Senior Radio Correspondent/Anchor@superadyodzbb594KHZ
GMA Network, Inc.
as the
Radio and Television Female Broadcaster of the Year



ABS-CBN DZMM Radyo Patrol 630
Radio Station of the Year



DZMM (630 [AM](#))
ABS-CBN DZMM Radyo Patrol 630
Radio Male Broadcaster of the Year



Ms. JASMINE ROMERO

DZMM (630 [AM](#))
ABS-CBN DZMM Radyo Patrol 630
Radio Female Broadcaster of the Year

Mr. Daxim L. Lucas

Columnist, Philippine Daily Inquirer
Investigative Reporter of the Year



Mr. Alexander R. "Alex" Magno

Editorial Columnist, The Philippine STAR
Male Opinion Writer of the Year



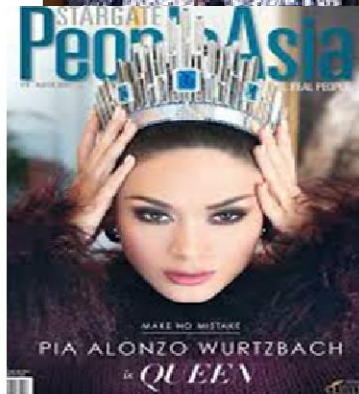
ELLEN TORDESILLAS

Columnist, Malaya
Female Opinion Writer of the Year



People Asia Magazine

Glossy Lifestyle Magazine of the Year



Ms. ANA MARIE PAMINTUAN

Editor-in-Chief, The Philippine STAR
Journalist of the Year



Preview of forthcoming RCM Thursday Meeting

July 7, 2016, 12N, New World Makati Hotel



Rtn. CARLOS G. "Sonny" DOMINGUEZ

Incoming Secretary, Department of Finance

RCM Valedictory and Year-End Awards Presentation

President Ebot Tan, Rotary Year 2015-16

Chairman Rtn. Felicito C. Payumo

Co-Chairman VPE Jose Manuel D. Romualdez

+++++

THE WEEK THAT WAS...



DE Art Lopez, as OIC/Program Moderator directs the **12th Rotary Tourism Awards Presentation**.



IPP Frank Evaristo delivers an ecumenical prayer.



Rtn Thad Liamzon introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Entertainment song numbers were performed by **Ms. Baby M** followed by **Mr. Arman Ferrer**.



Pres. Ebot Tan during the President's Time.



Hon. Wanda Corazon Tulfo Teo, Incoming Secretary, Department of Tourism, delivers her message for the **Rotary Club of Manila 12th Tourism Awards Presentation**.



DE Art Lopez, awards presenter of the **12th Tourism Awardees** who have exemplified themselves in their respective fields of endeavour that contributed in the promotion of Philippine Tourism.

Awarding of Tourism Trophies by **Hon. Wanda Corazon Tulfo Teo, DG Obet Pagdanganan, Pres. Ebot Tan, IPP/Dir.-in-Charge Frank Evaristo, Chairman DE/Dir. Bobby Joseph** to the respective **Tourism Awardees 2016**, which was followed by brief appreciation/acceptance message by the awardees.



Mr. Takahiro Usui, Group CEO, (Representing awardee **Mr. Kazuo Okada**, Chairman, Tiger Resort Leisure & Entertainment Inc. Category: Hotel and Casino.



Dr. Henry O. Chusuey (Awardee), Chairman, HENANN Group of Resorts, Category: Resort Development



Mr. Efren P. Belarmino, General Manager, Plantation Bay Resort and Spa. Category: 5 star Hotel Resort (Representing awardee **Mr. Emmanuel C. Gonzalez**, [Founder/CEO, Plantation Bay Resort & Spa]),



Mr. Miguel G. Belmonte (Awardee), President & CEO, Philippine STAR, Category: Personality of the Year for Print Media.



Mr. Benito C. Bengzon (Awardee)
 , Undersecretary, Department of
 Tourism. Category: Government



Ms Maria "Dada" Estonactoc – Hotel Manager (Representing awardee
Ms Zahlee Zaldivia, Country Head of the Philippines), Red Plane
 Hotels Ltd., Category: Budget Hotel.



Mr. Valeriano S. Avila
(Awardee), Philippine STAR /
The FREEMAN, Category:
Media on Advocacies.



Ms. Maria Paz Alberto
(Awardee), President &
General Manager, Ark
Travel Express Inc.,
Category: Travel and Tours



Mr. Kane Errol Choa Head, ABS-CBN Integrated Corporate Communications (Representing awardee **Mr. Carlos Katigbak**, Pres./ CEO, ABS-CBN Corporation). Category: Television Personality of the Year.



RCM Pres. **Ebot Tan** presents the birthday celebrants **Star Rtn. Nando Gaspar & Rtn. Peter Gonzales**, for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.



DE/Dir. **Bobby Joseph** conducts the raffle of fund-raising cash prizes drawn by **Hon. Wanda Corazon Tulfo**, Incoming Tourism Secretary. The winners were **DGE Rudy Bediones** for Php 3,000 and **Rtn. Farid Schoucair** for P1,250.



Dir. **Bobby Joseph** and DE **Art Lopez** present a bouquet of flowers to **Hon. Wanda Corazon Tulfo Teo**, Incoming Secretary, Department of Tourism, as **Rtn. Farid Schoucair** looks on.



In a posterity photo. from L-R: **Dir. Bobby Joseph**, **Hon. Wanda Corazon Tulfo Teo**, Incoming Secretary, Department of Tourism, Spouse **Ida Joseph** and **DG Obet Pagdanganan**.



In a posterity photo from L-R: **Pres. Ebot Tan**, **PDG Vince Carlos**, a former DOT Sec., **Hon. Wanda Corazon Tulfo Teo**, Incoming Secretary and former **Secretary of Tourism Mina Gabor** and former **DOT Sec./ DG Obet Pagdanganan**.



The Rotary Club of Manila recognized tourism champions at the 12th Tourism Awards presentation at the New World Hotel with incoming secretary Wanda Corazon Teo (standing, 5th from left) as guest of honor. (Standing from left) **IPP/AG Frank Evaristo, Rtn. Art Lopez, DG Obet Pagdanganan, Dir. Bobby Joseph, Chair, Tourism Committee, Hon. Wanda Corazon Teo, Pres. Ebot Tan, Rtn. Farid Schoucair and Rtn. Thad Liamzon.** Conferred awards in various categories were (seated, from left) **CEO Miguel Belmonte of The Philippine Star, Maria Paz Alberto of Ark Travel Express, Inc., Ma. Dada Estonactoc for Sahlee Zaldivia of Red Planet Hotel Ltd., STAR AND Freeman Cebu columnist Valeriano Avila, Henry Chusuey of Hennan Group of Resorts, Tourism Undersecretary Benito Bengzon, Takahiro Usui for Kazuo Okada of Tiger Resort Leisure & Entertainment Inc., Efren Belarmino representing Emmanuel Gonzales of Plantation Bay Resort & Spa, and Kane Enrol Choa representing ABS-CBN Corp.'s Carlo Katigbak.**

PLEDGES TO JOURNALISM AWARDS 2016 PROJECT

The Journalism Awards Committee chaired by **Vice Pres.-Elect Babe Romualdez**, co-chaired by **Dir.-elect Art Lopez** and **Fund Manager/Donor PD Jimmie Policarpio** wish to sincerely thank with profound gratitude to the following valuable donors who have remitted their donations as well as pledges made for remittance, to this year's Journalism Awards Project, RY 2015-16, to wit:

I. Remitted donations:

1. Rtn. Hermie Esguerra.....	Php 100,000
2. Rtn. Mari Antuñez.....	Php 25,000
3. PP Benny Laguesma.....	Php 20,000
4. PD Ner Lonzaga.....	Php 20,000
5. PD Ed Lee.....	Php 5,000
Sub-total Journalism Awards Fund....	<u>Php170,000</u>
as of to date	VVVVVVVV

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

DISTRICT TEAM FELLOWSHIP



HIGH SCHOOL CIRCA ALL STAR PRESIDENTS-ELECT AND ALL STAR DISTRICT TEAM FELLOWSHIP. ICoS/SDG/PP Cesar Ubaldo and IDCoS/ISDG/DE/IPS Albert Alday with DGE Ernesto Yuyek and Lady Anna together with the rest of the All Star District Team at the High School Circa All Star Presidents-Elect and All Star District Team Fellowship hosted by ISDG Mary Mei Victorino, Operations-Pasay Area and the Rotary Club of Pasay Metro Sunrise.

NEWS RELEASE



SHOOTING STRAIGHT By Bobit S. Avila (The Philippine Star) | Updated June 28, 2016 -

*Allow me to thank the members of the Rotary Club of Manila led by outgoing president Ebot Tan for bestowing upon this writer an award on Tourism Advocacies during the 12th Tourism Awards 2016 held at the New World Hotel last Thursday noon. Honors were also bestowed to the president of the **Philippine STAR** Miguel Belmonte as Personality of the Year Print Media category. This is the second award that the Rotary Club of Manila gave this writer. Two years ago, they honored me with the Opinion of the Year Award for Journalism, an honor that I will always treasure in my heart.*

Through the years, I have developed good friends who are officers and members of the Rotary Club of Manila. Notable among them is Mr. Robert Lim "Bobby" Joseph, Dean Amado Valdez, PDG Frank Evaristo, DG Obet Pagdaganan, PP Rudy Bediones, former Tourism Secretary Vince Carlos and my Max Soliven connection whom I consider my brothers, Sir Arthur Lopez who was moderator of the event and People Asia's Babes Romualdez.

Last Thursday's 12th Tourism Awards had incoming Department of Tourism (DOT) Secretary Wanda Tulfo Teo as the special guest speaker and she announced to the Rotarians that she had asked Rotarian Bobby Joseph to be tourism consultant pro-bono. Her appearance before the Rotary event was also graced by previous DOT Secretaries and DOT officials led by DG Vince Carlos, Mina Gabor, DG Obet Pagdaganan and retired DOT Region 7 Director Dawnee Roa. Their presence in that Rotary event made it more meaningful.

The following Friday, I was back in Cebu City for the 84th induction ceremonies of the Rotary Club of Cebu (Mother) held at the Artic Hall of the Waterfront Hotel. We witnessed the turnover ceremonies from outgoing president Bernard Vonn Sia to president Billy Chavez. Our special guest speaker was Senator Juan Edgardo "Sonny" Angara who quite timely gave a stirring valedictory of the 16th Congress. Incoming president Teddy Ocampo of the Rotary Club of Manila also graced our former induction ceremonies after all; the Rotary Club of Manila is our Mother Club at 98-years old, while the Cebu Rotary Club is 84-years old.

JUNE 24, 2016 FRIDAY


The Rotary Club of Manila recognized tourism champions at the 12th Tourism Awards presentation at the New World Hotel with incoming secretary Wanda Corazon Teo (standing, 5th from left) as guest of honor. (Standing from left) IPP/AG Frank Evaristo, Rtn. Art Lopez, DG Obet Pagdanganan, Dir. Bobby Joseph, Chair, Tourism Committee, Hon. Wanda Corazon Teo, Pres. Ebot Tan, Rtn. Farid Schoucalr and Rtn. Thad Liamzon. Conferred awards in various categories were (seated, from left) CEO Miguel Belmonte of The Philippine Star, Maria Paz Alberto of Ark Travel Express, Inc., Ma. Dada Estonactoc for Sahlee Zaldivia of Red Planet Hotel Ltd., STAR AND Freeman Cebu columnist Valeriano Avila, Henry Chusuey of Hennan Group of Resorts, Tourism Undersecretary Benito Bengzon, Takahiro Usul for Kazuo Okada of Tiger Resort Leisure & Entertainment Inc., Efren Belarmino representing Emmanuel Gonzales of Plantation Bay Resort & Spa, and Kane Errol Choa representing ABS-CBN Corp.'s Carlo Katigbak. — Joey Vidua

RC CEBU 84th INDUCTION

PE/VP Teddy Ocampo attended the 84th Induction Ceremony of the Rotary Club of Cebu, one of our daughter clubs, last June 24, 2016 in Cebu City.



WF MUSIC REHEARSAL



WF Music Rehearsal at CCP, June 24, 2016(Friday). Present during the practice were: PP/Chair. Babes Reyes, Rtn. Nilo Aventura, PVP Lance Masters, Sec. George Salazar, Rtn. Thad Liamzon, Rtn. Caloy Reyes, PT Jim Chua, PD Ralf Gonzales, Rtn. Jason Ong, Rtn. Tong Payumo and Musical Director Jonathan Coo.



WF Music Rehearsal at Bel Air 2, June 29, 2016. Present were: PP Archit Bartolome, DGN Rudy Bediones, Dir. Oscar del Rosario, Sec. George Salazar, PT Jim Chua, Rtn. Jason Ong, Rtn. Nilo Aventura and Musical Director Jonathan Coo.

INTERCLUB

We were present when your Club was toasted.

Bob Berry Tony Orr
 Don Carr
 Seth Whif
 Mike Hills
 Len Winder
 Langhansen
 Lukey
 K. R. Mue
 L. M.



Be a gift to the world

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Rotary



On Tuesday JUNE 7th 2016
 President Tess Sayas and
 members of the Rotary Club
 of Blacktown City,
 District 9675, proudly offered
 its international toast to your
 Rotary Club

of MANILA

Rotary Club of Blacktown City

- Was chartered on 16th November 1961
- Has 42 members, 9 of whom are female
- Is a multi-cultural Club with 10 nationalities; American, Australian, Cypriot, Dutch, English, Filipino, Indian, Lebanese, Malaysian, Nigerian and Scottish
- Places a strong emphasis on Youth as our young people are the leaders of tomorrow
- Members have an average of 19 & 1/2 years of Rotary service

Blacktown City

- Is located 35 kilometres west of Sydney, the capital of New South Wales, Australia
- The Blacktown Local Government Area (LGA) is the largest by population in NSW
- Has a population of just over 325,000 people
- One in 71 Australians live in the LGA
- 4.4% of the population of New South Wales live in the Blacktown LGA
- 37.6% of people in our LGA were born overseas

'Be a gift to the world'

*Tonight our members toasted, your country, your club,
 Hands on hearts, our salute tested true.
 Blacktown City's in Australia, 'neath the Southern Cross,
 west of Sydney half way to Mountains known as Blue.*

*Service is what we do to Be a gift to the world,
 So let's unite to share as one, this Rotary dream.
 Throughout this year there'll be much Service to unfurl,
 as we seek to put in practice this year's theme.*

*Our President's a lady, one of many in our Club,
 Inspiring balance to the way we seek to serve.
 And as history will record in this our digital age of ours,
 joint gender does not tether its reserve.*

Melvin Gray
 July 2015

Rotary Club of Blacktown City
 PO Box 12, Blacktown NSW 2148, Australia

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Indian doctor

An Indian doctor can't find a job in a hospital in US so he opens a clinic and puts a sign outside 'GET TREATMENT FOR \$20—IF NOT CURED GET BACK \$100'

An American lawyer thinks this is a great opportunity to earn \$100 and goes to the clinic...

Lawyer: "I have lost my sense of taste"

Indian: "Nurse, bring medicine from box no. 22 and put 3 drops on patient's mouth"

Lawyer: "Ugh...this is kerosene"

Indian: "Congrats, your sense of taste is restored. Give me \$20"

The annoyed lawyer goes back after a few days to recover his money...

Lawyer: "I have lost my memory. I cannot remember anything"

Indian: "Nurse, bring medicine from box no. 22 and put 3 drops in his mouth"

Lawyer (annoyed): "This is kerosene. You gave this to me last time for restoring my taste"

Indian: "Congrats. You got your memory back. Give me \$20"

The fuming lawyer pays him, and then comes back a week later determined to get back \$100.

Lawyer: "My eyesight has become very weak I can't see at all"

Indian: Well, I don't have any medicine for that, so take this \$100"

Lawyer (staring at the note): "But this is \$20, not \$100"

Indian: "Congrats, your eyesight is restored. Give me \$20"

You can't beat Indians!

* * * * *

A parrot without feet

A fellow is browsing in a pet store, and sees a parrot sitting on a little perch. It doesn't have any feet or legs.

The guy says aloud, 'Jeesh, I wonder what happened to this parrot?'

The parrot says, 'I was born this way. I'm a defective parrot.'

'Holy cow,' the guy replies. 'You actually understood and answered me!'

'I got every word,' says the parrot. 'I happen to be a highly intelligent, and thoroughly educated bird'

'Oh yeah?' the guy asks. 'Then answer this, how do you hang onto your perch, without any feet?'

'Well,' the parrot says, 'this is very embarrassing, but since you asked, I wrap my weenie around this wooden bar, like a little hook. You can't see it, because of my feathers.'

'Wow,' says the guy. You really can understand, and can speak English, can't you?'

'Actually, I speak both Spanish and English, and I can converse with reasonable competence on almost any topic, politics, religion, sports, physics, philosophy.

I'm especially good at ornithology. You really ought to buy me, I'd be a great companion.'

The guy looks at the \$200.00 price tag. 'Sorry, but I just can't afford that.'

'Psssssst,' says the parrot, 'I'm defective, so the truth is, nobody wants me, cause I don't have any feet. You can probably get me for \$20, just make the guy an offer!'

The guy offers \$20, and walks out with the parrot.

Weeks go by.
The parrot is sensational!

He has a great sense of humor, he's interesting, he's a great pal, he understands everything, he sympathizes, and he's insightful.

The guy is delighted.
One day the guy comes home from work, and the parrot goes, 'Pssssssssst'
and motions him over with one wing.
'I don't know if I should tell you this or not, but it's about your wife, and the UPS man.'
'What are you talking about?' asks the guy.

'When the UPS man delivered a package today, your wife greeted him at the door, in a sheer black nightie.'
'WHAT???' the guy asks incredulously.
'THEN what happened?'
'Well, then the UPS man came into the house, and lifted up her nightie, and began petting her all over' reported the parrot.
'NO!' he exclaims, 'and she let him?' 'Yes.'
'Then he continued taking off the nightie, got down on his knees, and began to kiss her all over.'
Then the frantic guy demands, 'THEN WHAT HAPPENED.?'
'I DUNNO. I got a hard-on, and fell off my perch!'

* * * * *

Southern gentleman

A real southern gentleman went to Las Vegas. Sitting in a cocktail lounge, he beckoned the waitress and said quietly,
"Miss, y'all sure are a luvly, luvly lady. Can ah persuade y'all to give me a piece of ass?"

"Wow, that's the most direct proposition I've ever had!" gasped the girl.
Then she looked around the room, smiled and said, "Sure, why not? You're an attractive guy too, and it's pretty slow here right now, so why don't we just slip away up to your room?"

When they returned about an hour later, the man sat down at the same table
and the waitress smiled at him and asked, "Will there be anything else?"

"Why yes," replied the southern gentleman. "Ah sure 'preciate what y'all just did for me. It was real sweet and right neighbourly of y'all.

But where ah come from in Alabama, we like our bourbon real cold, so ah still need a piece of ass for mah drink."

* * * * *

Tech Support

A young woman wrote to tech support, and their reply is a stroke of genius. She wrote a letter to the tech support as a joke and only remembered about it when she unexpectedly received their responding email.

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as: Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: NBA 5.0, NFL 3.0 and Golf Clubs 4.1.

Conversation 8.0 no longer runs, and House cleaning 2.6 simply crashes the system. Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail. What can I do?

Signed,
Desperate
(see below)

Dear Desperate,

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an operating system. Please enter command: I thought you loved me.html and try to download Tears 6.2 and do not forget to install the Guilt 3.0 update. If that application works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5.

However, remember, overuse of the above application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0 or Beer 6.1.

Whatever you do, DO NOT, under any circumstances, install Mother-In-Law 1.0 (it runs a virus in the background that will eventually seize control of all your system resources.) In addition, please, do not attempt to re-install the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend: Cooking 3.0 and Hot Lingerie 7.7.

Good Luck!

Tech support

PUBLIC HEALTH NUTRITION AND CHILD CARE



NUTS CAN REDUCE PROSTATE CANCER DEATH RISK

Elias D. Adamos, M.D.

MEN who are diagnosed with prostate cancer could lower their risk of death by 34 percent by eating five 1 oz or 28 g a week of any type of nut.

In previous studies on the prostate protective properties of nuts, researchers hinted that a healthy lifestyle and diet that includes frequent snacking on nuts could prevent prostate cancer. In 2014, a United Kingdom study found that walnuts in particular seemed to significantly lower the development of tumor of the prostate.

However, in a recent study conducted at the Harvard Medical School in Boston that was published in the British Journal of Cancer, experts found out that 6,000 out of the 47,000 subjects, over 25 years of age, who were given weekly nut servings, over a period of time, had developed prostate cancer. In the same study, they concluded that those who were diagnose to have prostate cancer and were given the weekly *nut regimen* of five or more times of nut servings per week had 34 percent lower rate of overall mortality compared to those who consumed less than once per month.

The Harvard researchers thus conclude that eating nuts regularly seemed to have or no benefit in terms of preventing prostate malignant growth or cancer. But those with diagnosed prostate cancer benefited from eating nuts at least five times a week. They also declared that the nut regimen's effect on prostate cancer seem to apply to whatever type of nut.

Anti-cancer properties in nuts

Nuts are rich in Vitamin E that some research suggests can combat cancer. Nuts also contain *phytochemicals* that are known to have potent anti-cancer properties. In many studies, nuts are found to be heart-protective and diabetes-protective.

What is a single serving of nuts?

As stated previously, five or more 1 oz or 28 g of nuts per week could slash prostate cancer death risk. One serving (equivalent to 1 oz or 25 g) is any one of the following:

45 pistachios;
28 peanuts;
24 almonds;
16 cashews; or
14 walnut halves.



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