



kabalita

No. 3655, July 14, 2016

RCM HANDOVER AND INDUCTION CEREMONIES 2016



BABE ROMUALDEZ
Vice President



TEDDY OCAMPO
President



EBOD TAN
Immediate Past President



BOBBY JOSEPH
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ALBERT ALDAY
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Director



NING LOPEZ
Secretary



CHITO TAGAYSAY
Treasurer



LANCE MASTERS
Sergeant-At-Arms



CALOY REYES
Assistant Secretary



RAOUL VILLEGAS
Assistant Treasurer

THE ROTARY CLUB OF MANILA

**BOARD OF DIRECTORS and
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KABALITA

Today marks the changing of the guards at Asia's First Rotary Club as the young and vibrant lady leader of the country's financial district makes her maiden appearance and administers the oath of office to the men of the Rotary Club of Manila who were chosen to lead the club this All Star Rotary Year.

PROGRAM

97th Inaugural and Handover Ceremonies Program

Officer-in-charge & Program Moderator: **Rtn JOAQUIN RODRIGUEZ**

Thursday, July 14, 2016, 12N, New World Hotel Makati Ballroom

11:30 PM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	
12:30 PM	Call to order Singing of Republic of the Philippines National Anthem	Pres. Eusebio V. Tan RCM WF Music Chorale
	Invocation	STAR Rtn Rene Banzon
	A moment of silent prayer for the eternal repose of the soul of Ann Natividad Licud “Nati” Aventura , who passed-away recently in the grace of our Lord, spouse of Dr. Rtn. Nilo Aventura ; mother of Rtn. Jun Aventura	
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table	Asst. Sec. Hermenegildo Carlos L. Reyes
	Welcome Song	RCM WF Music Chorale
	Entertainment Numbers Sponsored by RID 3810 Chief of Staff/ PP Cesar C. Ubaldo	Ms. Kate Castiilo
12:50 PM	INDUCTION & TURNOVER CEREMONIES Introduction of the RCM Board of Directors and Officers for the Rotary Year 2016-2017	IPD Oscar A. del Rosario, Sr.
	Induction of the incoming Board of Directors/Officers for the Rotary Year 2015-16	Hon. Mar-len Abigail S. Binay Mayor, City of Makati
	HANDOVER of the Pres'l. Gavel of Authority and Presidential Pin to Pres. Teodoro J. Ocampo Presentation of plaque of recognition & immediate past president's pin to IPP Eusebio V. Tan	Pres. Eusebio V. Tan Pres. Teodoro J Ocampo

	Message by District Governor	DG Ernest D. Yuyek
1:10 PM	Introduction of Pres. Teodoro J Ocampo , RY 2016-17	Dir. Albert S. Alday RID 3810 SDG- Publication / Deputy Chief of Staff
	Inaugural Address:	Pres. Teodoro J Ocampo
	Mabuhay Toast led by	PVP Manny Dy
	Serenade by	RCM WF Music Chorale
	Entertainment sponsored PD John Cenica (Pilipinas Got Talent Finalist Season 1 ABS-CBN) Haydee Manosca Grand (Grand winner Of Stars on 45, ABS-CBN)	Richard Villanueva
1:35 PM	Introduction of the Guest of Honor & Inducting Officer	PD Jimmie Policarpio
	ADDRESS: Hon. Mar-Len Abigail S. Binay Mayor, City of Makati	
	ANNOUNCEMENT of Raffle Winners Presentation of token of appreciation to Mayor Mar-Len Abigail S. Binay	Pres. Teodoro J. Ocampo
2:00PM	Response and Adjournment	Pres. Teodoro J. Ocampo



**ROTARY
SERVING
HUMANITY**

PRESIDENT'S CORNER



Happy New Rotary Year to all of you! As the new President of Asia's First Rotary Club, I trust that we will make this All Star Rotary Year one for the books. The theme for this Rotary Year is "Rotary Serving Humanity". Thus, it is a reminder for all of us of what Rotary is really all about, Service Above Self, to the entire population regardless of nationality or creed. First of all, let me congratulate World Class President Ebot Tan for a very successful World Class year and all his achievements culminating in the recognition of key Manila Rotarians who stood out in the year that was during last week's Valedictory Meeting.

As for updates within our club, we convey our deepest condolences to Rtn. Nilo Aventura and Rtn. Jun Aventura for the demise of Rtn. Nilo's ann, Natividad "Naty" Licud-Aventura, Past President of the Inner Wheel Club of Manila. Here remains lie in state at the Aeternum /Chapel of the Heritage Park. Our club sponsored a mass for her last July 12, 2016 where our World Famous Music Committee rendered songs as Rtn. Nilo is an active member of the World Famous Music Committee. Cremation will be held on July 16, 2016, Saturday, at the Heritage Park.

Updates from around the district include my attendance at the Handover and Induction Ceremonies of the Rotary Club of Makati last July 8, 2016 at the Peninsula Manila led by ASP David Ackerman after which I rushed to the Luneta Hotel in Manila to join CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday where we attended the 20th Charter Anniversary and 21st Induction Ceremonies of the Rotary Club of Imus East led by ASP Josephine Pareja. Five days later, July 13, 2016, CoS/IPSDG/PP Cesar Ubaldo, DCoS/SDG/Dir. Albert Alday and I attended the Handover and Induction Ceremonies of the Rotary Club of Manila Midtown led by ASP Ma. Julia Miranda at the New World Manila Bay in Manila.

Today, we begin a new chapter in the history of the Rotary Club of Manila as I hold my Handover and Induction Ceremonies with Guest of Honor and Speaker, the Hon. Mar-Ien Abigail S. Binay-Campos, administering the oath of office to my good self as well as the Board of Directors and Officers of our club. I look forward to your cooperation as we endeavor to make our stars shine this Rotary year 2016-2017 through meaningful projects and fellowships that will strengthen the bonds of Asia's First Rotary Club.

GUEST OF HONOR AND SPEAKER'S PROFILE



Inducting Officer's Profile RCM Inaugural & Handover Ceremonies, July 14, 2016

Atty. Mar-Len Abigail S. Binay City Mayor of Makati

Mar-Len Abigail S. Binay is the second child of Vice-President Jejomar Binay and Doctor Elenita Sombillo Binay. She took her Elementary and High School in St. Scholastica's College, Manila where her father was a faculty member.

An undergraduate of U.P. Los Banos BS Human Ecology Major in Human Settlements Planning, she took a Juris Doctorate degree in the Ateneo School of Law in 2001. After passing the Bar exams in 2001, Mayor Abby immediately applied her legal knowledge to defend the underprivileged, and became an active member of the Movement of Attorneys for Brotherhood, Integrity and Nationalism (MABINI) along with Atty. Rene Saguisag and Atty. Ed Araullo in doing pro bono work. She committed her first few years of practicing law in giving free legal assistance to indigents and even to some of the Oakwood mutineers in 2003.

This continuous desire to uplift the plight of the underprivileged inspired her to venture into the political arena during the 2007 congressional elections for the 2nd District of Makati City. She has since won overwhelmingly in the 2010 and 2013 polls and to her credit, has remained in the forefront of livelihood, job generation and medical assistance programs. Mayor Abby's political success is borne out of her own distinct brand of public service. She is known to be passionate about health care, particularly for senior citizens, mothers and special children who are deprived of accessible and affordable medical treatment. She is also a staunch advocate of good governance through programs that are transparent, efficient and innovative in approach and implementation.

As a legislator, she pushed for the law providing incentives for the manufacture, assembly, conversion and importation of electric, hybrid and other alternative fuel vehicles. She also co-authored the act increasing the ceiling for the total exclusion from gross income of 13th month pay and other benefits. Employees lauded her participation in the discussion and passage of the law excluding overtime pay from the computation of taxable income.

Aside from these, Mayor Abby rallied for pro-environment efforts within Makati through her waste management programs. She strongly believes in educating and in empowering the communities in order to help protect and preserve the environment.

Mayor Mar-Len Abigail Binay truly represents a new era in Makati's leadership. She is progressive, pro-active and proudly, a visionary who believes that her Makati is and should always be, the Philippines' premiere city.

PREVIEW OF FORTHCOMING RCM THURSDAY MEETING

July 21, 2016, 12N, Manila Polo Club McKinley Room

PD Jimmie Policarpio, Jr.

Chairman, Program Committee

Rotary Year 2016-17



Hon. Silvestre Bello III

Secretary, Department of Labor & Employment (DOLE)

THE WEEK THAT WAS...



Pres. Ebot Tan calls the meeting to order for the “Valedictory and Year-End Awards Presentation - Rotary Year 2015-16”.



Treas./DE Chito Zaldarriaga, Chairman, Club Awards Committee, as OIC/Program Moderator, directs the program of activities.



Star Rtn. Pepe Rodriguez delivers an ecumenical prayer.



STAR Rtn. Mike Ozaeta introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. Ebot Tan for the President's Time; delivering his Valedictory Address.



Entertainment song numbers performed by **RCM World-Famous Chorale and Surprise Singer Rtn. Geof Yu**, to the delight of the audience.

“VALEDICTORY & YEAR-END AWARDS PRESENTATION- ROTARY YEAR 2015-16” with Pres. Ebot Tan, DG Obet Pagdanganan, Dir.-in-Charge Susing Pineda, during the awarding of respective glass trophies to outstanding RCM Rotarians, with Treas./DE Chito Zaldarriaga, Chairman, Club Awards Committee, presenting the awardees.

CLUB AWARDS



Rotarian Of The Year – District Governor Nominee Rodolfo P. “Rudy” Bediones



**Outstanding Rotarian In Club Service – IPS/DE Albert S. Alday.
Outstanding Rotarian In Community Service – Rtn. Dante R. “Sonny” Arevalo. Outstanding Rotarian In Vocational Service – SAA David J. “Dave” Reynolds. Outstanding Rotarian In International Service – PD Edgar L. “Ed” Lee (In absentia)**



STAR Rotarian Of The Year – Rtn. Joaquin C. “Jack” Rodriguez.. Leon Lambert Lifetime Achievement Award - PDG Francisco S. “Frankie” Roman, with children Roxanne, Rochelle and Nitto Roman accepting the glass recognition trophy. Special Award was presented to DG Roberto M. “Obet” Pagdanganan.

II. POSTHUMOUS AWARDS



Posthumous Award was presented to Rtn Ceferino L. “Pering” Benedicto, Member 1995-2016; Paul Harris Fellow 1996, with sons, Rtns. Noy and Dong Benedicto accepting the glass recognition trophy. PS Augusto Z. “Gus” Fajardo, Member 1985 – 2015; Paul Harris Fellow 2001, with Spouse Tess Fajardo and daughter Mrs. Maria Teresa Fajardo Guevara, accepting the glass recognition trophy.



Posthumous Award was presented to **Rtn Cesar Bautista**, Member 1986-2000; 2003-2015; Paul Harris Fellow 1992, with son **Emmanuel Bautista** accepting the glass recognition trophy. **PS Justo M. "Justin" Ortiz, Sr.** – Member 1989-2016; Paul Harris Fellow 1991, 1996, with Spouse **Tona Ortiz** and daughter **Cristina Ortiz-Garcia** accepting the glass recognition trophy.

III. BEST ATTENDANCE AWARDS



Best in Attendance Award was presented to **DGN Rodolfo P. "Rudy" Bediones**, 5 YEARS. **PDG Vicente J. "Vince" Carlos**, 41 YEARS (In absentia), **PT James G. "Jim" Chua**, 40 YEARS. **IPP Frank Evaristo**, 5 YEARS



Best in Attendance Award was presented to Dir Oscar A. "Oca" del Rosario, Sr. , 1 YEAR. Chairman Albert S. Alday , 1 YEAR. DG Obet Pagdanganan, 4 YEARS.

IV. PRESIDENTIAL AWARDS



Presidential Citation Award was presented to Frank A. Evaristo (Immediate Past President) . Teodoro J. "Teddy" Ocampo (Vice President / President Elect) . Jesus M. "Susing" Pineda, Jr. (Director) Issam Eldebs (Director) Amado D. "Amading" Valdez (Director)



Presidential Citation Award was presented to **Robert L. “Bobby” Joseph, Jr. (Director) (In absentia)..Mariano M. “Ning” Lopez (Director) ..Oscar A. “Oca” del Rosario, Sr. (Director) . Jorge Q. “George” Salazar (Secretary)..Felix Francisco S. “Chito” Zaldarriaga (Treasurer)..David J. “Dave” Reynolds (Sgt at Arms)**



Presidential Citation Award was presented to **Alvin D. Lacambacal (Assistant Secretary).Raoul A. Villegas (Asst. Treasurer) Lance A. Masters (Deputy Sergeant at Arms).**



Presidential Citation Award was presented to Crispino P. “Babes” Reyes (President- 1992-1993; Chairman – WF Music Committee)..Domingo S. “Boy” Guevara, Jr. (President 1996-1997; Chairman – Sunshine Committee) ..Elias D. “Eloy” Adamos (Past Assistant Secretary)..Arthur M. “Art” Lopez (Chairman, House Committee; Director Elect). Jose Manuel D. “Babe” Romualdez (Chairman, Journalism Awards Committee; Vice President Elect) (In absentia). Jose “Jimmie” Policarpio, Jr. (Director, 2010-2012)..Rtn Farid Schoucair. Hector O. “Chito” Tagaysay (Incoming Treasurer). Manuel C.”Manny”Dy (Vice President 1997-1998). Gunter Matschuck (Sergeant at Arms RY 2003-2004; Chairman, RCM Oktoberfest Fellowship) (In absentia), Phillip L. “Phil” Ong (Director – 2001-2002;Chairman, Special Children Committee), with son Mr. Constantine Ong accepting the glass recognition trophy.



Rtn. Felicito C. “Tong” Payumo (Chairman, Program Committee)..Fausto R. Preysler, Jr. (Vice President – 2009-2010; Chairman, Membership Committee) (In absentia)..Rtn Brendan W.L. “Bren” Egan (Chairman,Classification Committee) (In absentia)..Alexander P. “Alex” Cureg (District Governor 2008-2009; Chairman, PDG RMR Rotary Information Committee) (In absentia)..Patricio F. “Bebot” Pineda, Jr. (Director – 2011-2012; Co chairman – PDG RMR Rotary Information Committee)..Rtn Jacinto S. “Jack” Bautista (Chairman, Sight Conservation Committee) (In absentia)..PD Abraham F. “Abe” Pascual..Rtn. Jose Primo M. “Jun” Santos, Jr. (In absentia)..Gawad Kalinga, with Exec. Dir. Louis Oquinena accepting the glass recognition trophy. Dir Ning Lopez as Director of Community Service A and also receiving in behalf of Rizal Medical Center.



Pres. Ebot Tan for the closing remarks and meeting adjournment.
THE ROTARY FOUNDATION PAUL HARRIS FELLOWS



Pres. Ebot Tan, DG Obet Pagdanganan, Dir. Oscar del Rosario present a Paul Harris Fellow Pin to **Rotarian Colin David Patterson** as a new Paul Harris Fellow.

RC IMUS 20TH CHARTER ANNIVERSARY



CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the 20th Charter Anniversary and 21st Induction Ceremonies of the Rotary Club of Imus East last July 8, 2016 at the Luneta Hotel in Manila.



All Star Pres. Teddy Ocampo with his All Star classmates at the 20th Charter Anniversary and 21st Induction Ceremonies of the Rotary Club of Imus East last July 8, 2016 at the Luneta Hotel in Manila.

WF MUSIC PRACTICE FOR HANDOVER



WF Music Chorale Rehearsal at PD Nick Locsin residence in Dasamarinas Village, Makati Forbes, July 8, 2016. Present during the practice were: **PP Babes Reyes, DGN Rudy Bediones, Sec. George Salazar, PT Jim Chua, PD Beda Fajardo, PVP Lance Masters, RTN. Vee David, PDSAA Tony Lopa, PDG Obet Pagdanganan, Host PD Nick Locsin, DIR. Sam Eldebs, RTN. Nilo Aventura and Musical Director Jonathan Co.**

GIMENEZ-CHOTRANI NUPTIALS



Gimenez-Chotrani Nuptials held at the The Blue Leaf Filipinas, July 10, 2016. Present during the wedding were: (seated) Dir. Oscar del Rosario, Star Rtn. Vee David, PVP Lance Masters, Dir. Amading Valdez, (standing) AS Alvin Lacambacal, PD Beda Fajardo, PD Phil Ong, Dir. Issam Eldebs, PE/VP Teddy Ocampo, Rtn. Johnny Chotrani, DG Obet Pagdanganan, DGN Rudy Bediones and Rtn. Joe Assad.

NEWS RELEASE

**THE PHILIPPINE
STAR**

SUNDAY, JULY 10, 2016 •



RCM TOURISM AWARDS: The 12th annual Rotary Club of Manila Tourism Awards, recognizing tourism stakeholders who have contributed to the growth of tourism development in the country, was held recently at the New World Hotel Makati. Shown in photo is Tourism Secretary Wanda Tulfo-Teo (center) in a light moment with former tourism secretaries Vince Carlos and Mina Gabor, RCM incumbent governor Obet Pagdanganan (right) and RCM president Ebot Tan (left).

NECROLOGICAL SERVICE



At the wake of Ann Natividad Licud "Nati" Aventura, Heritage Park Aeternum Chapel, Fort Bonifacio, Taguig City., Spouse of Rtn. Nilo Aventura and mother of Rtn. Jun Aventura. RCMers seen in photo are: Rtn. Nilo Aventura, IPP/AG Frank Evaristo, PVP Roy Golez, Rtn. Jun Hallare, PP Dong Saludo, PP Boy Ampil, PDG Vince Carlos and Spouse Tina.



VP/PE Teddy Ocampo and Dr. Rtn. Jun Aventura, son of the late **Ann Natividad Licud “Nati” Aventura** during the mass offering, officiated by **Father Benjie Pentajar**, held on July 12, 2016, Tuesday, 8PM, at Heritage Park Aeternum Chapel, Fort Bonifacio, Taguig City. The bereaved family members led by spouse **Dr. Rtn. Nilo Aventura, Children, Relatives, & Office Mates** were on-hand to receive **RCM Rotarians** and other guests in their hour of bereavement.



The **Rotary Club of Manila World-Famous Chorale** and other members, under the guidance of **PP Babes Reyes, Chairman, Music Committee, as conductor**, performs during the mass hosted by the club for the late **Ann Natividad Licud “Nati” Aventura** Among the members of the **RCM World-Famous Chorale** and members performing were: **Pres. Ebot Tan, VP/PE Teddy Ocampo, Dir./DE Susing Pineda, Dir. Amading Valdez, DGE Rudy Bediones, PP Francis Juico, SDG/PP Cesar Ubaldo, PVP/ISAA Lance Masters, PD Beda Fajardo, PD Nick Locsin, PD Pepo Nuñez, Jr., PD Abe Pascual, PD Joey Yujuico, PDSAA Tony Lopa, Rtn. Noy Benedicto, STAR Rtn. Vee David, Rtn. Tong Payumo, Rtn. Warren So, Rtn. Rick Zalamea.**



Former First Lady / Cong. Imelda Marcos visited the wake of Ann Natividad "Nati" Aventura . Also in photo are friends and family of Dr. Nilo Aventura at the Heritage Park, AeternumChapel.



During the mass at the Aeternum Chapel, Heritage Park. Seen in photo are Rtn. Nilo Aventura, PP Cesar Ubaldo, PE/VP Teddy Ocampo, PD Beda Fajardo, Pres. Ebot Tan



At the wake of Ann Nati Aventura in Heritage Park. From L-R: PP Francis Juico, DGN Rudy Bediones and Spouse Sharon, Star Rtn. Vee David, Pres. Ebot Tan & a co-lawyer, PD Nick Locsin, PE/VP Teddy Ocampo and PD Abe Pascual.

RAC MANILA INDUCTION



DCoS/SDG/Dir. Albert Alday, Chairman of the Rotaract Committee, and PD Oca del Rosario together with DGN Rudy Bediones (not in picture) attended READiscover: 16th Induction and Handover Ceremonies of the Rotaract Club of Manila at the Discovery Primea in Makati City last July 2, 2016 where our Treasurer Chito Tagaysay donated a set of children's books as part of the advocacy for the year of the Rotaract Club of Manila. During this Handover, All Star President Kristine Karen Reyes took over the mantle of leadership from World Class President Ralen Jimenez. All Star DRR Cassandra Camille Martino, who, incidentally, is, also, a Past President of the Rotaract Club of Manila, was on hand to witness this event.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Age Discrimination at Car Dealership

A retired older couple return to a Mercedes dealership where the salesman has just sold the car they were interested in to a beautiful, leggy, busty blonde in a mini skirt and a halter.

"I thought you said you would hold that car till we raised the \$155,000 asking price," said the older man. "Yet I just heard you closed the deal for \$130,000 to the lovely young lady there. You insisted there was no way you could discount this model."

"Well, what can I tell you? She had the ready cash and, just look at her, how could I resist?" replied the grinning salesman.

Just then the young woman approached the senior couple and gave the car keys to the old man.....

"There you go," she said. "I told you I could get that salesman to lower the price..... See you later, dad."

Effective Suicide Counselling

A desperate looking woman stood poised on the edge of a high cliff about to jump off.

A filthy tramp wandering by, stopped and said, "Look, since you'll be dead in a few minutes, and it won't matter to you, how about a little sex before you go?"

She screamed, "NO!!!! Bug off, you filthy old bastard!"

He shrugged and turned away saying, "Okay, I'll just go and wait at bottom."

She didn't jump.

For the love of golf

Just before he was put under, the surgeon dropped in to see him. "I have some good news and some bad news," says the surgeon.

"The bad news is that I have to remove your right arm!"

"Oh God, no!" cries the man. "My golfing is over! Please Doc what's the good news?"

"The good news is I have another one to replace it with; but it's a woman's arm. I'll need your permission before I go ahead with the transplant."

"Go for it doc" says the man. "As long as I can play golf again."

The operation went well and a year later the man was out on the golf course, when he bumped into the surgeon. "Hi, how's the new arm?" asks the surgeon.

"Just great," says the businessman. "I'm playing the best golf of my life. My new arm has a much finer touch and my putting has really improved."

"Not only that," continued the golfer, "my handwriting has improved; I've learned how to sew my own clothes and I've even taken up painting landscapes in water colours (... the Brexit influence)."

"Unbelievable!" said the surgeon. "I'm so glad to hear the transplant was such a great success. Are you having any side effects?"

"Well, just one problem" said the golfer. "Every time I get an erection, I also get a headache."

* * * * *

Kamasutra Lessons

1. Kamasutra says : If you suck one nipple, the women herself offers the other one. And that was the origin of "buy one get one free!"
2. Did you ever notice: everything on a woman's upper body starts with a "B" Blouse, Bra, Bikini, Boobs & lower body with a "P" Peticoat, panties, pussy... That's origin of "BP!"
3. Before sex, you help each other get naked. After sex, you dress only yourself.
Moral: In life no one helps you once you're fucked.
4. Success is like pregnancy. Everybody congratulates you but nobody knows how many times you got fucked to achieve it.
5. What is the difference between frustration and satisfaction? What the Fuck! and What a Fuck!
6. 3 people having sex is a threesome, 2 is a twosome. So next time someone calls you 'HANDSOME', don't take it as a compliment!
7. Life is like a dick, sometimes it becomes hard for no reason.
8. Practical thought: A husband is supposed to make his wife's panties wet, not her eyes. A wife is supposed to make her husband's dick hard, not his life..!

LAST old BUT BEST ONE...

When a lady is pregnant, all her friends touch her stomach and say "Congrats!" But none of them come and touch the man's Penis and say "Well done!" Moral: Hard work is never appreciated: Only result matters...

PUBLIC HEALTH NUTRITION AND CHILD CARE



LET'S CLEAN UP MANILA BAY

Elias D. Adamos, M.D.

Rappler.com reports that according to US-based group Ocean Conservancy, the amount of garbage collected from Philippine seas has been doubling every year since 2010. The most polluted Philippine body of water is Manila Bay, the place of inspiration to many songs and poems and situated in the west of Manila that for centuries has remained famous for its romantic sunset.

In February 2016, the Bay's *coliform level* (indicator of water pollution) was reported to be 'still in the millions.' The level wherein the Bay would be clean enough for swimming is 1,000 MPN (most probable number per 1000 milliliters) which sadly seems to be 'a far far away dream' but nonetheless still attainable through concerted efforts by all of us who care about our Manila Bay.

What comprises Manila Bay pollutants?

Plastic bags account to about 61.9% of the materials polluting Manila Bay according to EcoWaste Coalition, Greenpeace, and Mother Earth Foundation.

What are other pollutants? Other pollutants include single-use plastics (wrappers), cigarette butts, clothes, rags, sponges, rubber garbage (like discarded rubber slippers), and biodegradables (including food, feces or fecal materials, human refuse and urine).

What are the destructive effects of plastic water pollutants in the Bay? It can wreak havoc in our marine ecosystems. They can choke and kill fishes, turtles, and other marine animals. They can damage the coral reefs.

What is its impact to health and disease? Edible fish and marine animal that end up on the dinner plate are avenues whereby plastics can find their way and can harm humans.

What has the government done so far? Aside from the City of Manila and nearby cities' mobilization of clean up forces in the shores of Manila Bay, on December 18, 2008, the Supreme Court, in a Writ of Continuing Mandamus, has tasked at least 6 governmental agencies to spearhead the Manila Bay clean up.

What can you do about this pollution problem?

Simple things like, bringing your own recyclable bag (bayong or canvas) in the market and in shopping can be a simple and little help but with a big influence to others. It also shows good example to the children. Let us be part of the solution. Here are some things that we can do: **Buy** products with little or no plastic packaging; **Reduce** plastic by "bringing your own" metal bottle water bottle or mug in school; **Refuse** the use of single-use plastic in groceries and stores; **Dispose** your waste properly; **Keep** drains clean; **Spread** the word about the destructive effects of water pollution; **Get involved** in the cleaning up of rivers and 'esteros' (before wastes finally reach the ocean); **Participate** in the clean up; and **Report** litter incidents

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