



kabalita

No. 3656, July 21, 2016

GUEST OF HONOR AND SPEAKER



Hon. SILVESTRE H. BELLO, III
Secretary
Department of Labor and Employment
Republic of the Philippines



KABALITA

How long will the Filipino labor towards the prosperity in life we all seek? Let our new Labor Czar answer the challenge as he brings good tidings of change in the administration's quest to put the final nail on the coffin of contractualization. Let the good times roll again as he endeavors to put a smile on the face of every Filipino employee when he makes waves at Asia's First Rotary Club.

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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2016-2017

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EBOT TAN
Immediate Past President

BABE ROMUALDEZ
Vice President

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ALBERT ALDAY
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CALOY REYES
Assistant Secretary

RAOUL VILLEGAS
Assistant Treasurer

PROGRAM

RCM's 2nd for Rotary Year 2016-17

Officer-in-charge/Program Moderator, Chairman,

Program Committee: **RCM PD Jimmie Policarpio, Jr.**

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

“A Joint Meeting Between Rotary Club of Manila and Rotary Club of Forbes Park”

11:30 PM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	RCM PD Jimmie Policarpio, Jr. OIC/Program Moderator
12:30 PM	Call to order	RCM Pres. “Teddy” Ocampo RCFP Pres. “Lito” Buñag
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	RCM STAR Rtn. Karl Leung
	RCM Hymn	RCM WF Music Chorale
	RCFP Hymn	RCFP Music Chorale
	The 4-Way Test Credo	All Rotarians led by RCFP PP Peter Kawsek
12:40 PM	Happy Birthday RCM & RCFP Rotarians	
	RCM: July 14...DGE Rudy Bediones; July 15...PIA Ric Roqueza and PSAA Muhammad Aslam; July 17...Rtn. Jack Branellec; July 19...IPDG Obet Pagdanganan; July 20...SAA Lance Masters; July 23...STAR Rtn. Teying Arcilla; July 24...Rtn. Philip Recto; July 25...Rtn. Michael Yap; July 26...PS Ivan Uy, Rtn. Brian Lane; Aug. 1...STAR Rtn. Michael Sicat; Aug. 3...Rtn. Johnny Chotrani	
	RCFP: Jul 01.... PP Rudy Robles Jul 15... Rtn. Benny Abante Jul 29... PP Peter Kawsek Jul 31.... PP Palmy Layug Jul 31... Dir. Stanley Perez	
	Happy Birthday Song	RCM WF Music Chorale

12:45 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table	RCFP Sec. Tim Tolentino
	Welcome Song	RCM WF Music Chorale
12:50 PM	President's Time	RCM Pres. "Teddy" Ocampo RCFP Pres. "Lito" Buñag
12:55 PM	Introduction of Guest of Honor & Inducting Officer	RCM PP Benny Laguesma Former DOLE Secretary
	ADDRESS: Hon. Silvestre H. Bello III Secretary, Department of Labor & Employment	
	Public Forum Presentation of token of appreciation to Secretary Silvestre H. Bello III	RCM Pres. "Teddy" Ocampo; RCFP Pres. "Lito" Buñag
2:00 PM	Response and Adjournment	RCM Pres. "Teddy" Ocampo; RCFP Pres. "Lito" Buñag

PRESIDENT'S CORNER



If there was one indication of how strong our club is and the image we have projected amongst all the Rotary clubs in the country, last week's inaugural was certainly a statement with many of Rotary's top honcho's both in the district and elsewhere trooping to the New World Makati Hotel for Asia's First Rotary Club's very important occasion where no less than the country's financial district's top brass in the person of Mayor Abby Binay was the inducing officer and speaker.

As for updates within our club, IPDG/PP Obet Pagdanganan marked his natal day with a Thanksgiving Dinner with Rotarian friends last July 19, 2016 at the La Vista Clubhouse in Quezon City where many of our fellow Manila Rotarians took part.

Updates from around the district include the attendance of CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday at the 3rd induction Ceremonies of the Rotary Club of Metro Escolta at the Function Room, Rosewood Pointe, Taguig City last July 15, 2016 where my classmate, ASP Jan Erwin Macam, was inducted as President for Rotary Year 2016-2017. Four days later, July 19, 2016, CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the Handover and Induction Ceremonies of the Rotary Club of Manila Centennial at the Luneta Hotel in Manila where my classmate, ASP Jackson Cu, was sworn in as President for Rotary Year 2016-2017. Likewise, I wish to announce that District 3810 will hold a Membership Seminar on July 23, 2016, Saturday, 8:00 am at the Philippine International Convention Center (PICC). This is hosted by the Rotary Club of Pasay Centro where our very own IPDG/PP Obet Pagdanganan, the District Membership Development Committee Chair will be speaking while DCoS/SDG/Dir. Albert Alday will be one of the Trainers. Those who wish to attend should get in touch with our secretariat.

Today, we shall have Hon. Silvestre H. Bello, III, Secretary, Department of Labor and Employment, as he lays down the mantra of the Duterte administration on the labor front, especially, on putting an end to ENDO or End of Contract otherwise known as contractualization. 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



SILVESTRE H. BELLO III

*Lawyer, Human Rights Advocate,
Peace Worker & Public Servant*

***Secretary of Department of Labor and Employment
(2016 to Present)***

I. GOVERNMENT POSTS HELD

- * Representative 1BAP Partylist 2013 to 2016 (16th Congress)
- * Secretary to the Cabinet (July 2008-Feb 2010)
- * Cabinet Officer for Regional Development (CORD) for Region II
- * Cabinet Oversight Officer for IP & NCIP Matters
- * Presidential Adviser for New Government Centers (July 2007- July 2008)
- * General Manager & Chief Executive Officer, Philippine Reclamation Authority (January 2006 – December 2006)
- * President & Chief Executive Office, PNOC Development & Management Corporation (November 2004-December 2006)
- * Chairman, GRP Negotiating Panel for Talks with the CPP/NPA/NDF (January 2001- August 2004)
- * Secretary, Department of Justice (from July 1990 to February 1992 under the Aquino Administration and from January 1998 to June 1998 under the Ramos Administration)
- * Solicitor General (September 1996 – June 1998)
- * Undersecretary, Department of Justice (March 1986-July 1990)

II. CORPORATE MEMBERSHIPS

- * Board of Directors, Camp John Hay Dev't. Corp. (2008 to date)
- * Board of Directors, San Miguel Corporation (July to July 2009)
- * Board of Directors CAP Realty, Inc. (June 01, 2010 to date)
- * Board of Directors, College Assurance Plan (Sept. 2006 to date)
- * Board of Directors, Comprehensive Annuity Plan & Pension Corp. (September 08, 2006 to date)
- * Board of Dir. Red Eagle Lending Investors Corp. (Sept. 19, 2009)
- * Board of Dir. CAP Life Insurance Corp. (Feb. 12, 2007 to date)
- * Board of Dir. CAP Gen. Insurance Corp. (Apr. 24, 2007 to date)
- * Board of Advisors, Philippine Airlines (1993-1998)
- * Board of Directors, Puerto Azul (1993-1998)
- * Board of Directors, Baguio Country Club (1993-1998)

- * Board of Directors, Philippine Plaza Hotel (1993-1998)
- * Board of Directors, Urbank Bank (1988-1990)
- * Board of Directors, Ambassador Hotel (1988-1990)

III. LAW OFFICES PARTNERSHIPS/AFFILIATIONS

- n Yulo & Bello Law Offices
- n Yulo, Torres & Bello Law Offices
- n Yulo, Quisumbing, Torres, Ali & Bello Law Offices
- n Yulo, Torres, Tarriela & Bello Law Offices
- n Tanjuatco, Oreta & Factoran Law Firm
- n Pinlac, Feliciano, Partoza, Mojica & Bello Law Offices
- n C. Alcantara & Sons Law Offices (Legal Counsel)

IV. MEMBERSHIPS TO CIVIL & PROFESSIONAL ORGANIZATIONS

- n Integrated Bar of the Philippines
- n Free Legal Assistance Group (FLAG)
- n International Initiatives Dialogue (IID)
- n Alpha Phi Omega (APO) Service Fraternity
- n Aquila Legis Fraternity, College of Law, Ateneo de Manila University

V. ACADEMIC BACKGROUND

- | | | |
|---|---|--|
| Bachelor of Laws (LLB) | : | College of Law
Ateneo de Manila University
Manila
1966-1970 |
| Bachelor's of Arts Degree
in Political Science | : | Manuel L. Quezon University
Manila
1966-1961 |

VI. PERSONAL DATA

- | | | |
|----------------------------------|---|-----------------------------------|
| Date & Place of Birth | : | 23 June 1944
Gattaran, Cagayan |
| Civil Status | : | Married |
| Religion | : | Roman Catholic |
| Languages | : | Filipino, English |
| Local Dialects | : | Ibanag, Ilocano, Cebuano |

I hereby certify that the above information is true and correct.

SILVESTRE H. BELLO III

PREVIEW OF NEXT THURSDAY SPEAKER

PVP Jose Roilo “Roy” S. Golez

Former National Security Adviser; Chairman, Movement and Alliance To Resist
China's Aggression (MARCHA Kontra Tsina);
Former Representative, 2nd District, Parañaque City

Topic: “China Issue”



THE WEEK THAT WAS...



RCM 97th Inaugural and Handover Ceremonies. RCMers and Guests
during the pre-meeting cocktails at the New World Hotel Makati.



Incoming Pres. Teddy Ocampo in a posterity
photo with PP Tommy Cua of RC Caloocan.



Rtn. Farid Schoucair welcoming **Makati Mayor Mar-Len Abigail S. Binay** at the New World Hotel Makati.



DE Albert Alday, Incoming Pres. Teddy Ocampo, DGN Rudy Bediones, IPDG Obet Pagdanganan, IPP Frank Evaristo & PDG Vince Carlos gives a warm welcome to **Makati Mayor Mar-Len Abigail S. Binay** at the New World Hotel Makati.



Incoming Pres. Teddy Ocampo & Program Chairman/PD Jimmie Policarpio in a light conversation with Makati Mayor Mar-Len Abigail S. Binay.



Pres. Ebot Tan calls the meeting to order for RCM's 98th Inaugural and Handover Ceremonies of the RCM Board of Directors and Officers for the Rotary Year 2016-17.



Rtn Jackie Rodriguez Co-Chairman, Program Committee, as OIC/Program Moderator directs the program of activities.



Asst. Sec. Caloy Reyes introduces the guests, visiting Rotarians and personalities seated at the presidential table.



IPD Oscar del Rosario, Sr. introduces the RCM Board of Directors and Officers for the Rotary Year 2016-17, headed by **President Teodoro J. "Teddy" Ocampo** with **IPP/Dir. Eusebio V. "Ebot" Tan**, **Director Albert S. Alday**, **Director Jesus M. "Susing" Pineda, Jr.**, **Director Felix Francisco S. "Chito" Zaldarriaga**, **Director Arthur M. "Art" Lopez**, **Director Issam Eldebs** **Executive Officers: Sec. Mariano B. "Ning" Lopez**, **Treas. Hector O. "Chito" Tagaysay**, **Sergeant-at-Arms Lance A. Masters**, **Assistant Secretary Hermenegildo Carlos L. "Caloy" Reyes**. Other Directors and Officers not in attendance were **Vice President Jose Manuel D. "Babe" Romualdez**, **Director Robert Lim "Bobby" Joseph, Jr.** and **Assistant Treas. Raoul A. Villegas**.



Hon. Mar-Len Abigail S. Binay, Mayor, City of Makati, as inducting officer, administers the oath of office to the RCM Board of Directors and Officers for the Rotary Year 2016-17. Standing from L-R: Pres. Teddy Ocampo, IPP Ebot Tan, Dir. Albert Alday, Dir. Chito Zaldarriaga, Dir. Susung Pineda, Dir. Art Lopez, Dir. Issam Eldebs, Treas. Chito Tagaysay, SAA Lance Masters and AS Caloy Reyes.



Spouse Baby Ocampo, Fellow RCMembers, Rotarians & Guests queue-up to congratulate the newly-installed RCM Board of Directors and Officers for the Rotary Year 2016-17.



IPP/Dir. Ebot Tan presents to **Pres. Teddy Ocampo** the Presidential Gavel of Authority and Presidential Pin.



Pres. Teddy Ocampo presents to **IPP/Dir. Ebot Tan** a plaque of recognition & immediate past president's pin.



PD Jimmie Policarpio, Chairman, Program Committee, does the honour & pleasure of introducing **Hon. Mar-Len Abigail S. "Abby" Binay**, Mayor, City of Makati, as guest of honour, speaker and inducting officer.



Hon. Mar-len Abigail "Abby" S. Binay-Campos, Mayor of the City of Makati, gave Manila Rotarians, Visiting Rotarians and guests, a glimpse of the situation of the City of Makati when she took over and her plans to bring the city to greater heights.



Pres. Teddy Ocampo presents to **Mayor Mar-Len Abigail S. "Abby" Binay**, the club's token of appreciation Jesus Christ and Mother and Child religious icons, as guest of honor, speaker and inducting officer.



DG Ernest D. Yuyek delivers inspirational message.



Ms. Kate Castiilo performs entertainment song numbers.



Dir. Albert Alday, RID 3810 SDG-Publication / Deputy Chief of Staff, introduces Pres. Teodoro J. "Teddy" Ocampo , RY 2016-17.



Pres. Teodoro J. "Teddy" Ocampo delivers inaugural speech.



PVP Manny Dy leads fellow Rotarians and Guests for the “Mabuhay Toast.”



RCM World Famous Chorale performs a medley of songs to serenade Pres. **Teddy Ocampo** and spouse **Baby Arrastia-Ocampo**.



Mr. Richard Villanueva, Pilipinas Got Talent Finalist Season 1 ABS-CBN, performs entertainment song numbers.



Ms. Haydee Manosca, Grand winner of Stars on 45, ABS-CBN, performs entertainment song numbers.



Rtn Jackie Rodriguez conducts the raffle of some Camel desk fans.



Pres. Teddy Ocampo adjourns the meeting.



In a posterity photo from L-R: **Dir. Susing Pineda**, **Pres. Teddy Ocampo** and **PD Jess Santos**.



A posterity photo of All Star Presidents led by Pres. Teddy Ocampo with Past District Governors. Seated from L-R: PDG Rosie Go, PDG Karen Tamayo, Pres. Teddy Ocampo, DG Ernest Yuyek, PDG Lynne Abanilla. Standing from L-R: DGE Loy Cosico, PDG Edmond Aguilar, PDG Sonny Ventura and PDG Ernie Choa.

RCM BOARD MEETING



Present during the special board meeting were: Pres. Teddy Ocampo, IPP Ebot Tan, Dir. Albert Alday, Dir. Art Lopez, Dir. Susing Pineda, SAA Lance Masters, Dir. Issam Eldebs, Dir. Amading Valdez, Treas. Chito Tagaysay, AS Caloy Reyes and ES Anna Kun Toledo.

AUDIT PLANNING MEETING



Audit Planning Meeting covering RY 2015-2016 with SGV at the 10th flr of STI Holdings Center (SGV Bldg) was held last Monday July 18, 2016 1030am . Present during the meeting were (clockwise) PP Frank Evaristo (RCManila Foundation Chairman), IPP Ebot Tan (IPP RCM and RCManila Foundation President), Past Treas /Dir Chito Zaldarriaga. Treas Chito Tagaysay, SGV Partner Mr Ng, Liezl Cruz (Director, Assurance) , Marius Cesar Palacios (Sr. Associate Assurance) and bookkeeper of RCM Pierre Mesina and Mikko Apatan.

BIRTHDAY FELLOWSHIP



Birthday celebrant **IPDG Obet Pagdanganan**, standing 4th from left, graciously hosted a birthday fellowship recently for fellow **RCMers'** at the clubhouse of La Vista, Quezon City. Among the greeters were seated from left: **Dir. Susing Pineda**, **IPD Amading Valdez** and **Rtn. Hermie Esguerra**. Standing from left: **Rtn. Jun-Jun Capistrano**, **DGE Rudy Bediones**, **IPP Ebot Tan**, **IPDG Obet Pagdanganan**, **Rtn. Nicky Villaseñor**, **IPS George Salazar**, **PD Nick Locsin**, **PT Lito Sibayan** and **Dir. Issam Eldebs**.



IPP Ebot Tan with classmates enjoying each other's company in the spirit of fun, friendship and fellowship.

RC MANILA CENTENNIAL INDUCTION



DCoS/SDG/Dir. Albert Alday and All Star Pres Teddy Ocampo at the 12th Handover and 13th Induction Ceremonies of the Rotary Club of Manila Centennial, Luneta Hotel, Manila last July 19, 2016.

NEWS RELEASE

The Philippine Star 17 Jul 2016 By BABE ROMUALDEZ
Photos by RAMON JOSEPH J. RUIZ

Allure

The oldest and most prominent Rotary club in the whole of Asia — the Rotary Club of Manila — gave recognition to men and women whose work in print and broadcast media epitomizes excellence during the recent 2016 RCM Journalism Awards held at the New World Makati Hotel. Also honored were publications and broadcast networks/organizations for demonstrating objectivity and responsibility in their news coverage.

As chairman of the Journalism Awards Committee, we went through a stringent selection process, with nominations submitted months ahead for the committee to deliberate on. The nominations were then presented to the General Assembly for voting, after which the shortlist that emerged was whittled down to come up with finalists for the various award categories. The Journalism Awards Committee members then proceeded to select the winners.

The roster of awardees for 2016 is composed of individuals who have distinguished themselves in the course of their journalistic work, showcasing that press freedom goes hand-in-hand with responsible journalism.

We're proud to say that the RCM Journalism Awards is now one of the most prestigious awards in the field of journalism, with media practitioners looking forward to the time when they, too, would become recipients of this prominent accolade. More than the honor it gives to the recipient, the awards serve as a testament to the dedication and passion that media practitioners pour into their work. By giving the awards, RCM hopes to encourage media men and women to always strive for excellence in their pursuit of the news, so to speak.

Among the awardees is no less than The Philippine STAR editor-in-chief Amy Pamintuan, who won as Journalist of the Year. Ellen Tordesillas of Malaya emerged as the Female Opinion Writer of the Year while Alex Magno, also of The

Philippine STAR, is the Male Opinion Writer of the Year. A special award went to veteran columnist and Manila Overseas Press Club chairman emeritus Emil Jurado, while the Glossy Lifestyle Magazine of the Year award was given to People Asia magazine represented by managing editor Paolo dela Cruz and advertising manager Joy Avila.

Congratulations to the RCM Journalism Awards winners!

2016 RCM Journalism Awards



The Glossy Lifestyle Magazine of the Year award is given to PeopleAsia magazine represented by advertising manager Joy Avila and managing editor Jose Paolo dela Cruz (fifth and sixth from left) by (from left) RCM's Jimmie Policarpio, Albert Alday, Obet Pagdanganan, Frank Evaristo, the author, RCM president Ebd Tan and Ricky Trinidad.



Awarding the RCM Journalist of the Year to The Philippine STAR editor-in-chief Amy Pamintuan (third from left), are (from left) Obet Pagdanganan, Frank Evaristo and the author.



Tourism Secretary Wanda Teo and Consul General Robert Lim Joseph

Joseph appointed tourism consultant

Tourism Secretary Wanda Teo has announced the appointment of Consul General Robert Lim Joseph, president of the Network of Independent Travel and Allied Services Philippines Inc. (NITAS), as Tourism consultant.

Teo made the announcement after her speech at the Rotary Club of Manila's Tourism Awards at the New World Makati Hotel in Makati City.

Rotarians, travel and tourism industry stakeholders and other guests present during the gathering applauded the appointment of Joseph, who is chair of the Rotary Club of Manila tourism committee which spearheads the yearly Tourism Awards.

Joseph is an active tourism advocate and considered a pillar of the travel and tourism industry with 48 years experience, first as an airline executive and later as founder and owner of travel-related businesses.

He is an industry mover and has founded a number of national travel organizations for micro and medium sized travel agents and cooperatives, including NITAS, Travel Cooperative of the Philippines, Tourism Educators and Movers Philippines (TEAM Philippines), and League of Tourism Students of the Philippines.

He heads the SKAL International Makati, a worldwide association of travel and tourism professionals promoting global tourism and friendship. The group bestows the prestigious Tourism Personality Awards, which yearly honors tourism and travel professionals, non-industry individuals and agencies and institutions that have made significant contributions to the growth of the travel and tourism industry.

Joseph has also founded the 777 News Forum held every Friday at the Wine Museum Hotel and Resto in Pasay City and the 888 News Forum held every Tuesday in Cebu.

He has written a number of books on leadership and professional development and is a fair skies advocate.



SATURDAY, JULY 16, 2016

Makati City Mayor Abigail “Abby” Binay appealed to the business sector to help her administration rebuild Makati City and restore good governance.

In her speech during the induction and turnover ceremonies of the Rotary Club of Manila held at the New World Hotel, Mayor Binay, daughter of former Vice President Jejomar C. Binay, stressed the need for a strong partnership between the local government and private sector to “rectify the damage caused by the previous administration.”

“We need to rebuild our city. We need to rebuild good governance in Makati. We need to undo one year’s worth of inefficiency, neglect, and misuse of government resources,” the local chief executive said.

Binay said they should bring back “discipline, peace and order and progress to the city.”

She claimed that public service was the first to suffer for what she perceived was a “breakdown in controls that pervaded the city government for a year.”

The Philippine STAR

PEOPLE&EVENTS

TUESDAY, JULY 19, 2016

The Rotary Club of Manila, the first in Asia, will have the induction of its board of directors and officers for Rotary year 2016-2017 led by president Teddy Ocampo (president of National University), the 97th president of Rotary Club of Manila.

The induction was held at noon of July 14 at the New World Hotel, Makati City.

Inducted with president Teddy Ocampo were the member of the incoming board - Ebot Tan, immediate past president; Babe Romualdez, vice president; directors - Bobby Joseph, Albert Alday, Susing Pineda, Chito Zaldarriaga, Art Lopez, Isaam Eldebs; secretary, Ning Lopez; treasurer, Chito Tagaysay; sergeant at arms, Lance Masters; assistant secretary, Caloy Reyes, and assistant treasurer, Raoul Villegas.

The board and the management will rally on the year’s Rotary International theme of Rotary Serving Humanity.



Ocampo

ON THE LIGHTER SIDE



PDG VINCE CARLOS

GETTING OLDER

A distraught senior citizen phoned her doctor's office.
"Is it true," she wanted to know, "that the medication
you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because
this prescription is marked
'NO REFILLS'.."

* * * * *

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the
operation. As he was about to get the anesthesia, he asked to speak to his son.

"Yes, Dad , what is it?"

"Don't be nervous, son; do your best, and just remember, if it doesn't go well,
if something happens to me, your mother is going to come and live with you and your wife...."

* * * * *

Aging:

Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true. I love to hear
them say "you don't look that old."

* * * * *

The older we get, the fewer things seem worth waiting in line for.
(Mostly because we forgot why we were waiting in line in the first place!!)

* * * * *

Some people try to turn back their odometers.

Not me!

I want people to know why

I look this way.

I've traveled a long way and some of the roads weren't paved.

* * * * *

When you are dissatisfied and would like to go back to youth,
think of Algebra.

* * * * *

One of the many things no one tells you about aging is that it is such a nice change from being young.

* * * * *

Ah, being young is beautiful, but being old is comfortable.

* * * * *

First you forget names, then you forget faces.

Then you forget to pull up your zipper...

it's worse when you forget to pull it down.

* * * * *

Two guys, one old, one young, are pushing their carts around Wal-Mart when they collide.

The old guy says to the young guy, "Sorry about that. I'm looking for my wife, and I guess I wasn't paying attention to where I was going."

The young guy says, "That's Ok, it's a coincidence.

I'm looking for my wife, too...I can't find her and I'm getting a little desperate."

The old guy says, "Well, maybe I can help you find her...what does she look like?"

The young guy says, "Well, she is 27 yrs. old, tall, with red hair, blue eyes, is buxom. wearing no bra, long legs, and is wearing short shorts.

What does your wife look like?'

To which the old guy says, "Doesn't matter, — let's look for yours."

* * * * *

One of the greatest things about getting old is that the quality of music can be controlled by hearing aid volume.

* * * * *

"Lord, keep our arm around my shoulder and your hand over my mouth!"

Now, if you feel this doesn't apply to you...stick around awhile...it will!

PUBLIC HEALTH NUTRITION AND CHILD CARE



COMPLEMENTARY AND ALTERNATIVE TREATMENT FOR HIGH BLOOD PRESSURE

Elias D. Adamos, M.D.

You can have high blood pressure for years and you may not experience any symptom at all. But silence isn't always golden in such situation. Once your blood pressure goes up and becomes uncontrolled, it can affect other organs of the body, including the heart, kidneys, and the brain. If you recently found out that you have high blood pressure and you're not keen at taking medicines, you can try these complementary and alternative treatments to control your blood pressure. The Washington School of Medicine also suggests non-pharmacologic treatment for two weeks on new cases of high blood pressure. They advocate low fat and low salt diet, weight control, and exercise for at least 15 minutes a day (preferably brisk walking).

Integrative therapies that appear to have value for high blood pressure

Omega-3 fatty acids. This is found in fish oil and in some plant and nut oils. There is little research on the effect of Omega-3 fatty acids on blood pressure. However there's evidence that it is beneficial in reducing heart disease risk and mortality. Therefore, consuming Omega-3 fatty acids or taking fish oil supplement makes sense.

Calcium and magnesium. These supplements may modestly reduce blood pressure.

Dark chocolate. Cocoa polyphenols in dark chocolate can lower systolic blood pressure to about 5 mm Hg and diastolic to about 3 mm Hg.

Blond psyllium. Preliminary research concludes that the high fiber content of blond psyllium may modestly lower blood pressure.

Wheat bran. Like psyllium, the fibers in wheat bran can lower blood pressure.

Paced respiration. This refers to slow and deep breathing exercises. Deep inhalation and exhalation improves blood circulation and may lower blood pressure.

Yoga. Yoga does not only control blood pressure. It is also good for diabetics and those with high cholesterol levels. It is safe. If you suffer from back and spine problems, glaucoma, and atherosclerosis of the neck, just be careful.

Qi gong. If combined with conventional therapies, this is very helpful. There are many different forms. Be careful about some hoax. Check if the practitioner is a Qi gong master.

Accupuncture. Insertion of acupuncture needles to various treatment points improves blood flow and energy flow. There's mixed evidence on its effectiveness. Find an experienced practitioner.

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