



balita

No. 3660, August 18, 2016

GUEST OF HONOR AND SPEAKER



JOHN T. CENICA, M.D., FPAAS, MBA
 Past Director, Rotary Club of Manila
JANCEN Cosmetic Surgery
 Skin & Varicose Vein Treatment



KABALITA

No one knows better what being in the pink of health means than our very own healer who brings out the fountain of youth in each and every one of us. Indeed, beauty and wellness make a perfect match on Rotary Ann's Day 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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RCM's 6th for Rotary Year 2016-17

Officer-in-charge & Program Moderator: **PP "Cesar" Ubaldo**

Thursday, August 18, 2016, 12N, Manila Polo Club McKinley Room

Program Timetable

11:30 PM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	PP "Cesar" Ubaldo
12:30 PM	Call to order Singing of Republic of the Philippines National Anthem Invocation RCManila Hymn The 4-Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale Rtn. "Jun" Aventura RCM WF Music Chorale All Rotarians
12:40 PM	Introduction of Guests & Visiting Rotarians & Personalities seated at the Head Table Welcome Song	STAR Rtn. "Mon" Alberto RCM WF Music Chorale
12:45 PM	Happy Birthday (Birthday Celebrants:) Aug. 22...Rtn. Deo Villacorta, Rtn. Richard Ang; Aug. 29...Rtn. Albert Siy, Rtn. Alex Arnado; Aug. 30...PDSAA Tony Montinola Happy Birthday Song	
12:50 PM	Announcement	RCM WF Music Chorale PD "Jimmie" Policarpio, Jr. Chairman, Program Cmte.
12:55 PM	Special Song Number courtesy of Dr. John Cenica	Ms. Andrea del Rosaio Vice Mayor, Calatagan, Batangas
1:00 PM	President's Time	Pres. "Teddy" Ocampo
1:05 PM	Introduction of Guest Speaker	Sec. "Ning" Lopez
	ADDRESS: John T. Cenica, M.D., F.P.A.A.S. MBA Cosmetic Surgeon Director, Jancen Cosmetic Surgery Skin & Varicose Vein Treatment Past Director, Rotary Club of Manilla	
	Public Forum Raffle of Cash Prizes	Dir. "Bobby" Joseph
	Presentation of token of appreciation to John T. Cenica, M.D., F.P.A.A.S.	Pres. "Teddy" Ocampo
2:00 PM	Response and Adjournment	

PRESIDENT'S CORNER



Last week, our very own PSAA Fred Lim, the former Mayor of the City of Manila and a former Senator, too, at that, gave us a glimpse into how drug operations are conducted and how he dealt with them while he was at the helm of the capital city of the Philippines that got members of our club into a frenzy of an open forum as this problem has been plaguing our country for the longest time.

As for updates within our club, many of us sent our deepest condolences to PP Francis Juico on the demise of his mother, the late Lily Ella-Juico, at the Santuario de San Antonio in Forbes Park, Makati City. This gathering during the wake would seem to pass for a meeting of the club as there were more than twenty of us who paid our last respects to his mother. Likewise, I continue to appeal to each and every one of you to help our Senior Fund Coordinator Mayvelyn Patajo who underwent an operation and was hospitalized for a tumor taken out near her face and neck area which needs radiotherapy.

For those who wish to send their monetary contributions, please get in touch with our secretariat. Also, I wish to appeal to each and every one of you to give a discerning eye on the choice of the next leader of our club as our elections draw near. The elections will be held on September 1, 2016 and we need to achieve a quorum for the results to be valid so please participate. Last August 11, 2016, many Manila Rotarians trooped to the New World Makati Hotel to celebrate the birthday of our well-loved Manila Rtn. Farid Schoucair which was a production number par excellence as he was the star of his show. Yesterday, August 17, 2016, upon the invitation of PD Phillip Ong, Chair of the Special Children Project, I attended the ribbon-cutting of the Solar Energy Project for Special Children at the Hospicio de San Jose in Manila which was made possible through the donation of our sister club, the Rotary Club of Osaka East. During this same occasion, the renovation of the playroom for special children was likewise formally presented and this was made possible in cooperation with the Rotary International District 3810 during the term of IPDG/PP Obet Pagdanganan, the RCM Sagip Kabataan Foundation and institutional donors of the Hospicio de San Jose. Before I forget, I wish to remind the club of coming events in the district, the Rotary Leadership Institute jointly hosted by the Rotary Club of Manila Supreme 198 and the Rotary Club of Manila 101 on August 20, 2016 at the Sofitel Philippine Plaza Manila where the fee is P2,000.00 and the District 3810 Sergeant-At-Arms Training Seminar on August 27, 2016 at the Philippine Trade Training Center in Pasay City hosted by the Rotary Club of Pasay Harrison which will be from 8am to 1pm where the fee is P800.00 per participant inclusive of breakfast, lunch and kit.

Updates from around the district include the attendance of CoS/IPSDG/PP Cesar Ubaldo, DCoS/SDG/Dir. Albert Alday, SDG/IPAG/PP Frank Evaristo and SAA Lance Masters at the District 3810 Public Image Seminar and Workshop hosted by the Rotary Club of Manila Midtown under ASP Maria Julia Miranda where our club was one of the co-host clubs at The Heritage Hotel Manila in Pasay City last August 13, 2016. During that event, our very own SDG/IPAG/PP Frank Evaristo was a speaker on the use of media (newspaper) where he spoke on "Making the Headlines: The Paper Chase" while both DCoS/SDG/Dir. Albert Alday and SAA Lance Masters were part of the District 3810 Training Team. On that same day, CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the Governor's Visit of the Rotary Club of Pasay West under ASP Glenda Arceno at the Selah Garden Hotel in Pasay City. Three days later, August 16, 2016, CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the Governor's Visit of the Rotary Club of Rosario Magdiwang and the Rotary Club of General Trias North where they were later joined by IPDG/PP Obet Pagdanganan and DGN/IPCoS/PP Rudy Bediones at the Joint Inductions of the Rotary Club of Rosario Magdiwang (13th Induction and Handover Ceremonies) and the Rotary Club of General Trias North (Charter Presentation and Induction Ceremony) at the Seven Pairs Bar and Restaurant in Noveleta, Cavite. The following day, August 17, 2016, DCoS/SDG/Dir. Albert Alday attended the Governor's Visit of the Rotary Club of Pasay MIA under ASP Dionisio Campos, Jr. at the Philippine Navy Golf Club in Taguig City.

Today, we give way to our Rotary Ann's on this special day as we shall have our very own PD John Cenica to talk on Health and Wellness. 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 SPEAKER'S PROFILE



PD JOHN T. CENICA, M.D., F.P.A.A.S. MBA
Cosmetic Surgeon

Specialty: COSMETIC AESTHETIC SURGERY – PHLEBOLOGY. Education: 2014 – Master's in Business Administration University of Perpetual Help System. 1986 – Doctor of Medicine, Far Eastern University, Philippines. 1981 – Bachelor of Science in Medical Technology Far Eastern University, Philippines.

Professional Licenses: Philippine Medical Board, 1987 - Philippine Medical Technology Board, 1981. Professional Training: 2014 - Master Course in Phlebology in Aesthetic Medicine, American Academy of Aesthetic Medicine, Singapore. 2014 – Stem Cell Training, Dr. Nicanor Reyes Medical Foundation, Far Eastern University, Philippines. 1995 – Phlebology & Sclerotherapy Training under the world famous Dr. Pauline Raymond-Martimbeau of Dallas & Houston Texas. 1990 – Training in Cosmetic Surgery at Jujin Hospital, Tokyo, Japan. 1988 – General Surgery Training at Andres Bonifacio Memorial Hospital. Trece Martires City, Cavite, Philippines.

Awards: • Seal of Excellence as President of the Philippine Academy of Aesthetic Surgery. C.Y. 2010-2012 • Service Award as Active Faculty Member of The Philippine Academy of Aesthetic Surgery. C.Y. 2004 • “Who's Who in the Philippines” Award 2001 • Gintong Ama awardee, National Father's Day, 2000 • Presidential Citation as Outstanding Mentor for Continuous Training Program of The Philippine Academy of Aesthetic Surgery. 1998 – 2000 • Distinguished Media Award in the Field of Medicine, 1989 • Outstanding Young Achiever in the Field of Medicine, Centennial Celebration of Kawit Junior Jaycees, Kawit, Cavite; June 1998 • Outstanding Physician of the Community, Santa Isabel, Kawit, Cavite, Silahis Organization, 1992 • 13th Gawad America Awardee, Celebrity Center, Hollywood CA, 2014.

Post-graduate trainings locally and internationally were taken on his fields of expertise. PD John Cenica also presented numerous professionals and journal lectures as resource speakers.

SPECIAL GUEST ARTIST ENTERTAINER



Vice Mayor Andrea del Rosario
Calatagan, Batangas

Ms. Andrea Anne del Rosario (born November 27) is a [Filipina actress, model](#), and politician. She was a former member of the girl group [Viva Hot Babes](#) and the Batch 3 of [Star Magic](#).

In 2006, she made her first television appearance as a series regular for the remake of the Primetime soap “Gulong Ng Palad” as Mimi Sandoval. Her role was very much praised as the arch type antagonist.

In 2016, del Rosario entered politics as a candidate for vice mayor of [Calatagan, Batangas](#), in the 2016 local elections on May 9, 2016. She later won, and proclaimed as the newly-elected vice mayor, after the election.

Aside from politics and showbiz, del Rosario ventured into food business as a co-owner of the Longganisa Sorpresa, a restaurant, which features dishes from longganisa.

PREVIEW OF FORTHCOMING GUEST SPEAKERS

August 25, 2016, 12N, Manila Polo Club



General Ronald "Bato" M. Dela Rosa

Police Chief Superintendent,
Philippine National Police

September 1, 12N, Manila Polo Club



Senator Leila de Lima

Republic of the Philippines

***RCM Election of the Board of Directors,
Rotary Year 2017-18***

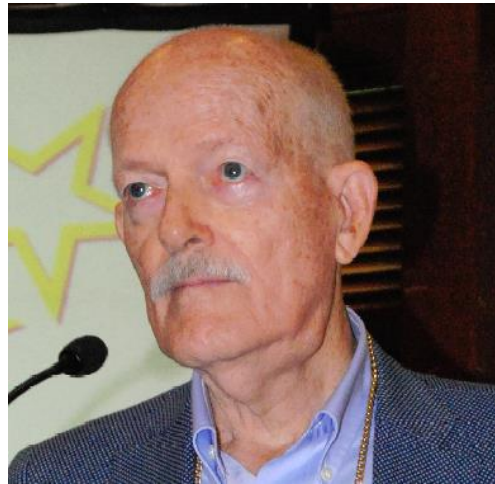
THE WEEK THAT WAS....



Pres. "Teddy" Ocampo calls the RCM's 5th Thursday luncheon meeting to order.



PP "Babes" Reyes as OIC/Program Moderator directs the program of activities.



PD "Rob" Sears delivers an ecumenical prayer.



STAR Rtn. Ricky Trinidad introduces the guests, visiting Rotarians and personalities seated at the presidential table



Pres. "Teddy" Ocampo for some club project updates during the president's time.



IPD "Amading" Valdez does the honour & pleasure of introducing fellow member, PSAA Alfredo S. "Fred" Lim, Past Sergeant-At-Arms, Rotary Club of Manila, Former Senator, Republic of the Philippines; Former Mayor, City of Manila, as guest speaker.



Former Manila Mayor Fred Lim, Past Sergeant-at-Arms of the Rotary Club of Manila, presented before Manila Rotarians, Visiting Rotarians and guests, the rudiments on the war on drugs being undertaken by the Duterte administration and how it compares to his way of dealing with the drug menace when he was mayor.



A pro-active open forum immediately followed right after the speech of PSAA Alfredo S. "Fred" Lim. In photo are: **Rtn. Joe de Venecia**, **PD Jess Santos**, **Rtn. Tong Payumo** and **SAA Lance Masters**.



Dir. Bobby Joseph draws the winners of cash prizes for the club's fund-raising weekly raffle, with **PP Archit Bartolome** winning Php 2,000; and **STAR Rtn. Bollie Bolton** winning Php 1,600 which he decided to instead donate back to the Club.



Pres. "Teddy" Ocampo presents to **PSAA Alfredo S. Lim** some religious icons (Jesus Christ and Mother and Child) as the Clubs' token of appreciation for being the guest speaker.

TRF PAUL HARRIS FELLOWS



Dir. Issam Eldebs receives the one sapphire Paul Harris pin from Pres. Teddy Ocampo.

WEEKLY BIRTHDAY CELEBRANT/S



Dir. Issam Eldebs receives the one sapphire Paul Harris pin from Pres. Teddy Ocampo.

BIRTHDAY FELLOWSHIP



60th Birthday Celebrant of Farid Schoucair last August 11, 2016 at New World Hotel in Makati. Seen in photo are: **Rtn. Joe Assad, Pres. Teddy Ocampo, IPP Ebot Tan & spouse Sophie, DGN Rudy Bediones, Dir. Issam Eldebs, Rtn. Farid Schoucair, IPDG Obet Pagdanganan, SDG/PP Frank Evaristo, PD Alvin Lacambacal & spouse Cathryna, PD Nick Locsin, Board Legal Adviser Amading & Nellie Valdez, PP Boy & Monette Guevara.**

NOMINATION FOR BOD RY 2017-2018

NOMINATION FOR BOD RY 2017-2018			
Update as of August 16, 2016			
	NOMINEE		
1	Sibayan, Lito		
2	Reyes, Caloy		
3	Romualdez, Babe		
4	Joseph, Bobby		
5	Alday, Albert		
6	Pineda, Susing		
7	Zaldarriaga, Chito		
8	Lopez, Art		
9	Eldebs, Issam		
10	Lopez, Ning		
11	Tagaysay, Chito		
12	Masters, Lance		
13	Reynolds, Dave		
14	Lonzaga, Ner		
15	Pineda, Bebot		
16	De Venecia, Joe		
17	Policarpio, Jimmie		
18	Preysler, Fausto		
19	Del Rosario, Oscar		
20	Rodriguez, Jack		

Dear Fellow Manila Rotarians,

Please be informed of the following when we prepare to elect the members of our Club's Board of Directors for Rotary Year 2017-2018 on Thursday, 01 September 2016:

A. QUORUM REQUIREMENT: ONE THIRD OF THE MEMBERSHIP

B. QUALIFICATION TO VOTE and TO BE VOTED UPON

1. Candidates / Nominees:

ii. MEMBERSHIP DUES (at least one semester's full membership dues , or Php 12,500.00), and

iii. ALL OTHER CLUB ACTIVITY FINANCIAL OBLIGATIONS, FULLY PAID BY 30 AUGUST 2016.

2. Electorate: MEMBERSHIP DUES (at least one semester's full membership dues, or Php 12,500.00) FULLY PAID BY 30 AUGUST 2016.

C. HOW TO PARTICIPATE IN THE ELECTION ON THURSDAY, 1 SEPT 2016:

STEP 1: REGISTER YOUR ATTENDANCE WITH THE CLUB SECRETARIAT.

STEP 2: MEMBERS WHOSE NAMES ARE IN THE QUALIFIED VOTERS LIST WILL BE ISSUED AN **ELECTION STUB**.

STEP 3: EACH QUALIFIED MEMBER SHALL GIVE HIS **ELECTION STUB** TO THE CLUB COMELEC REPRESENTATIVE IN EXCHANGE FOR A BALLOT.

CLUB ELECTION COMMITTEE:

Eusebio V. Tan
Chairman

Vicente J. Carlos
Co Chairman

DISTRICT PUBLIC IMAGE SEMINAR



SDG/IPAG/PP Frank Evaristo delivers his talk on the use of newspaper media, entitled "Making the Headlines: The Paper Chase" at the District 3810 Public Image Seminar "100 Years of Doing Good in the World" held at The Heritage Hotel in Pasay City.

The Rotary Club of Manila was a co-host at the District 3810 Public Image Seminar "100 Years of Doing Good in the World" held at The Heritage Hotel in Pasay City.



DCoS/SDG/Dir. Albert Alday and **SAA Lance Masters** were part of the District 3810 Training Team at the District 3810 Public Image Seminar "100 Years of Doing Good in the World" held at The Heritage Hotel in Pasay City. They also served as representatives of the club in the said seminar together with **SDG/IPAG/PP Frank Evaristo** and **CoS/IPSDG/PP Cesar Ubaldo**.

D3810 PUBLIC IMAGE SEMINAR



THE GML TEAM AT THE PUBLIC IMAGE SEMINAR: DCoS/SDG/Dir. Albert Alday (RC Manila - Editor-In-Chief of the Governor's Monthly Letter) and his GML Team, SDG/IPAG/PP Frank Evaristo (RC Manila - Editorial Consultant), IPSDG Arlene Velez (RC Manila Midtown - Managing Editor), IPP Teodulo Hidalgo (RC Manila Midtown - Layout Editor), IDRC Mark Eugene Tan (RC University District Manila - Circulation Manager), PN Jesus Randy Rivera (RC Manila Sta. Ana - Online Director/Advertising Manager) and PP Reddenson Rodriguez (RC Manila Premier - Photo Director)

MAKING THE HEADLINES: THE PAPER CHASE

By

SDG FRANK A. EVARISTO

While technology seems to have rendered the newspaper as an obsolete way of getting noticed, nothing still beats the prestige of landing a story or a photo on the broadsheets. Let's face it. Technology has a price and with the shoestring budget a Filipino makes for a living, not to mention the snail pace of internet access at skyrocketing prices, the good old newspaper is still worth your while. It's accessible. It's convenient. It's tangible – the bigger the ad, the higher the value. Why higher value? Because you pay to get noticed. It's senior-citizen friendly. It makes several heads work in unison towards perfecting a good story line as several heads are always better than one. And as the old saying goes, "it's hot off the press". Now, let's pump in some juice in Rotary and get that good deed story going. It's so I-S-S-I.

They say no one damn cares about doing good in the world. Indeed, often, getting the nod of print journalists means alarming news or sensational news. Why? Because they are interesting! They add color to an otherwise peaceful world as we would all like to believe. The keyword here is INTERESTING. How do you make it interesting? That's where the meat of this topic lies. Without INTEREST, you will not get the nod of the story writer. How do you make it interesting? Think out of the box. For example, when thinking of a service project, think of a catchy title to your service project. If it's a dental mission, perhaps a title like NGITING MAYNINGNING or a medical mission like SARAP NG PAKIRAMDAM will attract attention. Directing your project to a specific group in dire need like the boats, my club, the Rotary Club of Manila, in cooperation with the Governor Kai Fund of Japan, donated to the victims of Typhoon Yolanda, the strongest typhoon ever recorded in man's history, definitely, is a news of interest. Another, is to invite a known personality, like perhaps the congressman, the mayor or a celebrity hugging the limelight, to grace your service project with their presence like when Rep. Lucy Torres-Gomez graced the turnover of boats for the Yolanda victims in the project of the Rotary Club of Manila. This holds true likewise when it comes to weekly luncheon meetings of your club. Inviting known personalities subject of burning issues of the day to talk on such issue will definitely find your meeting in the papers. An example would be inviting Police Director General Bato de la Rosa and PDEA Chief Isidro Lapeña to your luncheon meeting because the war against drugs is in the headlines. Another concrete example would be like when our club, the Rotary Club of Manila, the First in Asia, invited our very own PVP Ben Diokno, the Secretary of the Department of Budget and Management to speak before our club where we also invited the Rotary Club of Makati to be present in a joint meeting.

However, interest without continuing existence will not leave a lasting mark on your target audience or market. The keyword here is SUSTAINABLE. As the old saying goes, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." Hence, in your projects make sure that you do not only distribute dole-out's but use the money to set up a livelihood. For example, when our club donated boats to a town in Capiz, we made sure that the cooperative set up would buy the catch and would sell it on retail to make sure that the use of the boats for fishing would be significant. A large scale example of sustainable projects include our club's Tourism Awards and Journalism Awards where a steady source of funding keeps them in place and at the same time have kept our club in the news.

The projects and weekly club meetings may be interesting and sustainable but when you write almost every detail of these, it becomes a boring grind and an eyesore to read. The keyword here is SHORT. Brevity, however, is relative. It should be measured on the basis of importance of the subject of the news. By short, I mean, everything is direct to the point and not beating around the bush. Remember, the shortest distance between two points is a straight line. Get the news straight.

Many say the last place is the place of honor. Thus, this is the whole point of what we do in Rotary. Like any gorgeous lady or any good-looking gentleman, just like in an impeachment complaint, it must be sufficient in form and substance. Meaning, the keyword here is IMPACT. The word is defined as the forceful striking of one thing against another. In simple terms, it means your service project or your club meeting should strike a key note to your target market or audience. For example, if your service project caters to a certain community which has already been the object of the same project by many different organizations, chances are, what you will be doing will just be "one of the many projects" routinely conducted which will not leave a lasting mark. Hence, not a news of interest to land in the papers. On the other hand, if your project is novel, even if it targets a community where many projects are being done, it will get noticed. In terms of your weekly club meetings, if you invite a personality whose topic does not hug the headlines, chances are, not a single print journalist will take interest in it. Actions speak louder than words so when it comes to photos, action photos are the way to go to get on the map. Leave the posing to posers who never ring a bell.

Yes, one can always make the headlines but if it's all head, meaning only the doing of good deeds, but no lines, meaning no news on it, the buck stops there. And here is where my paper chase stops.

Thank you and a pleasant day to all.

RC PASAY WEST GOVERNOR'S VISIT



CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the Governor's Visit of the Rotary Club of Pasay West at the Selah Garden Hotel in Pasay City last August 13, 2016.

NECROLOGICAL SERVICE



Necrological Service of RCMers to mother of Past Pres. Francis Juico, Mrs. Lily Ella Juico who passed-away recently. From L-R: (seated) PP Cesar Ubaldo, PD Ner Lonzaga, Pres. Teddy Ocampo, IPDG Obet Pagdanganan, PT Jim Chua, DGN Rudy Bediones, DCOS/Dir. Albert Alday, Rtn. Caloy Reyes, PDG Vince Carlos. (standing) PD Nick Locsin, Rtn. Joe Assad, Dir. Chito Zalzarriaga, PD Oscar del Rosario, SDG/PP Frank Evaristo, Treas. Chito Tagaysay, PP Francis Juico, ES Anna Kun Toledo, FC Princess Javier, Mr. Brian Mendaje, SAA Lance Masters, PD Alvin Lacambacal and Rtn. Nicky Villaseñor.

JOINT INDUCTION



IPDG/PP Obet Pagdanganan, DGN/IPCoS/PP Rudy Bediones, CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the Joint Induction of the Rotary Club of Rosario Magdiwang (13th Induction & Handover Ceremonies) and the Rotary Club of General Trias North (Charter Presentation & Induction Ceremony) at the Seven Pairs Bar and Restaurant in Noveleta, Cavite last August 16, 2016

ALAY LAKAD 2016

August 12, 2016

Circular to all **RCM Members**:

Subject: ALAY LAKAD 2016

Dear Fellow **Rotarians**:

The **Alay Lakad Foundation, Inc.**, our partner in service to the youth sector of society, will be marking its **44th Anniversary** this **2016**. Since its inception in 1972, Alay Lakad has continuously gained the unstinted support of the Filipino public as demonstrated by thousands of walkers who participate in the nationwide activity every first Sunday of September. This year's Alay Lakad will be held on **September 4, 2016, Sunday, 8:00AM**, at the **Quirino Grandstand, Luneta, Rizal Park, Manila**. The objective of the walk is to raise funds for the out-of-school and marginalized youth. This year's theme is **"Alay Lakad — May Pag-asa Ang Kabataan."**

The Filipino-Chinese Chamber of Commerce and Industry, Inc. headed by Mr. Angel Ngu is the Chairman of this year's National Coordinating Committee and the Junior Chamber International Philippines led by National President Steve Allen C. Tycangco is the Vice Chairman.

Kindly fill-up early the **REPLY FORM** and send to us via email : rcmanila@rcmanila.org or fax : 527-1885 on or before August 25, 2016 to enable us to prepare and distribute in advance the t-shirts for the participants on September 4, 2016, Sunday.

n the Service of Rotary,

DCoS/SDG/Dir. Albert S. Alday
Chairman, Alay Lakad Committee
RY 2016-2017

Rtn. Bernardo T. Benedicto, III
Co-Chair., Alay Lakad Committee
RY 2016-2017

SDG/IPAG/PP Frank A. Evaristo
President, Alay Lakad Foundation, Inc.

Noted by:

Teodoro J. Ocampo
President, RY 2016-2017

The Alay Lakad is dedicated to assist the government in enabling and empowering the youth especially the out-of-school youth (OSY) to become productive and responsible citizens by raising funds through **"walking"**. This fundraising event was conceptualized by the late DSWD Secretary Dr. Estefania Aldaba Lim to enable the OSY's to go to school through scholarship programs, educational assistance and skills and livelihood trainings to improve their way of life.

To sustain this effort, we need the support of other organizations and individuals who share our commitment and dedication to help the Filipino youth. Through these years, Rotary International has been one of the avid supporters of this walk-for-a-cause to benefit the marginalized youth, especially the out-of-school youth.

With the yearly funds that Alay Lakad generates from the walkers, it has already provided more than 70,000 educational grants, assistance and livelihood opportunities to the out-of-school youth to improve their quality of life. Hence, to ensure its sustainability, we need the support of other organizations and individuals who share our commitment and dedication to help the Filipino youth.

Our club, the **Rotary Club of Manila, the First in Asia** with the invaluable support of our youth organizations – the **Rotaract Club of Manila** and the **Rotaract Club of De La Salle University Manila**, will, again, take active parts in this worthwhile endeavor.

As an added incentive to those who will participate in the walk-for-a-cause, t-shirts will be provided free courtesy of your Alay Lakad Committee and complimentary breakfast will be hosted by fellow **Rotarian Enrique “Rickie” Y. Yap, Jr.** at the Manila Hotel, after the program.

Your support and active participation towards this worthwhile endeavor will be highly appreciated.

REPLY FORM

Attention : DCOS/SDG/Dir. Albert S. Alday
Chairman, Alay Lakad Committee

Subject : ALAY LAKAD 2016, September 4, Sunday
Assembly Time **5:30 AM SHARP**, Planetarium – National Museum
Padre Burgos Avenue, Luneta, Manila

[] YES, I am joining T-Shirt Size [] 3XL [] 2XL Quantity _____
[] With Family Members &/or Guests [] Extra Large _____
_____ [] Large _____
_____ [] Medium _____
_____ [] Small _____

NAME OF MEMBER IN PRINT & SIGNATURE

DATE

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Student who obtained 0% on an exam!!!

No wrong answers—he should have aced it!!!

Q1.. In which battle did Napoleon die?

*his last battle

Q2.. Where was the Declaration of Independence signed?

*at the bottom of the page

Q3.. River Ravi flows in which state?

*liquid

Q4.. What is the main reason for divorce?

*marriage

Q5.. What is the main reason for failure?

*exams

Q6.. What can you never eat for breakfast?

*Lunch & dinner

Q7.. What looks like half an apple?

*The other half

Q8.. If you throw a red stone into the blue sea what will it become?

*Wet

Q9.. How can a man go eight days without sleeping?

*No problem, he sleeps at night.

Q10. How can you lift an elephant with one hand?

*You will never find an elephant that has one hand.

Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have?

*Very large hands

Q12. If it took eight men ten hours to build a wall, how long would it take four men to build it?

*No time at all, the wall is already built.

Q13. How can you drop a raw egg onto a concrete floor without cracking it?

*Any way you want, concrete floors are very hard to crack.

* * * * *

Your invention is more flawed than mine

The inventor of the Harley-Davidson motorcycle, Arthur Davidson, died and went to heaven.

At the pearly gates, St. Peter told Arthur, "Since you've been such a good man and your motorcycles have changed the world, your reward is, you can hang out with anyone you want in Heaven."

Arthur thought about this for a minute and then said, "I want to hang out with God." St. Peter took Arthur to the Throne Room and introduced him to God.

God recognized Arthur and commented, "Okay, so you were the one who invented the Harley Davidson motorcycle?"

Arthur said, "Yep, that's me."

God said, "Well, what's the big deal in inventing something that's pretty unstable, makes noise and pollution and can't run without a road?"

Arthur was apparently embarrassed, but finally he said, "Excuse me, but aren't you the inventor of woman?"

God said, "Yes."

"Well," said Arthur, "professional to professional, you have some major design flaws in your invention too:

1. There's too much inconsistency in the front-end protrusions;
2. It chatters constantly at high speeds;
3. Most of the rear ends are too soft, and wobble too much;
4. The intake is placed way too close to the exhaust;
5. And the maintenance costs are enormous!"

"Hmmmm, you have some good points there," replied God, "hold on."

God went to His Celestial supercomputer, typed in some key words and waited for the results. The computer printed out a slip of paper and God read it.

"Well, it may be true that my invention is flawed," God said to Arthur, "but according to these statistics, more men are riding my invention than yours."

* * * * *

Earthquake

A big earthquake with the strength of 8.1 on the Richter scale hits the Middle East. Two million Muslims died and over a million are injured. Iraq, Iran and Syria are totally ruined and the governments don't know where to start with providing help to rebuild. The rest of the world is in shock.

Britain is sending troops to help keep the peace.

Saudi Arabia is sending oil & monetary assistance.

Latin American countries are sending clothing.

New Zealand and Australia are sending sheep, cattle and food crops.

The Asian countries are sending labor to assist in rebuilding the infrastructure. Canada is sending medical teams and supplies.

President Donald Trump, not to be outdone, is sending two million replacement muslims already in US and Europe.

God Bless President Trump

PUBLIC HEALTH NUTRITION AND CHILD CARE



TOUCH THERAPY “REIKI”

Elias D. Adamos, M.D.

Reiki (RAY-kee) is a massage or touch therapy. It was developed by Japanese Buddhist *Mikao Usui* as an alternative medicine or alternative form of therapy. Reiki is made up of two Japanese words: *rei*, which means universal spirit, and *ki* (or *qi*), which means life force energy.

How does Reiki work?

It was first introduced in Japan in 1922 and since then many countries and cultures have adapted it as a form of healing. Thus, there are many forms of Reiki. The two most common are: Japanese (traditional) reiki and Western reiki. Like all reiki practitioners across the world, practitioners in the Philippines use a technique called *palm-healing* or *hands-on healing*. The terms, although high-sounding, are not different or maybe at least related to what we traditionally know as “*Hilot*.” The “healing energy” or “universal energy” is allegedly transferred through the palm of a practitioner and healing is attained when the energy is transferred to the patient via the hands of the practitioner through touch or touching. The process that is considered a non-invasive healing system works with the “Higher Self” of the receiver to promote health and wellbeing.

The process

The session is typically between 30 and 90 minutes. The fully clothed recipient is seated or lying down. The practitioner’s hands are placed either on or a few inches above the recipient’s body. There are between 12 and 20 different reiki hand positions. Each position is held until the practitioner feels that the flow of energy has slowed or stopped, usually between two to five minutes. Recipients sometimes describe a deep sense of relaxation after a session, accompanied by a feeling of wellbeing. Some recipients report a sensation of warmth, tingling, and sleepiness. Many feel refreshed after a session (Mayo Clinic Health Letter).

To what conditions is Reiki most effective?

Reiki is found to be most effective in **stress reduction** and **relaxation**. It is also claimed to promote the following: Promotes and aids better sleep; reduces blood pressure; helps in the healing and treatment of acute injuries, body pains, headaches, and arthritis; it is claimed to treat eczema and allergy (including asthma); it treats addiction (including drugs and alcohol); it helps in the draining and cleaning of body toxins; it improves vitality, and delays the aging process; and it helps the immune system.

My take on Reiki

Reiki is just a complementary and alternative medical treatment. Clinical research has not shown Reiki to be effective as a medical treatment for any medical condition. The American Cancer Society, Cancer Research, U.K., and the National Center for Complementary and Integrative Health state that **Reiki should not be a replacement for conventional treatment.**

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