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No. 3661, August 25, 2016

RCM FELLOWSHIP



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

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RCM's 7th for Rotary Year 2016-17Officer-in-charge & Program Moderator: **PVP Fausto Preysler**

Thursday, August 25, 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	PVP "Fausto" Preysler
12:30 PM	Call to order	Pres. "Teddy" Ocampo
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	STAR Rtn. "Bollie" Bolton
	RCManila Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians
12:40 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table	STAR Rtn. "Lutz" Kunack
	Welcome Song	RCM WF Music Chorale
12:45 PM	President's Time	Pres. "Teddy" Ocampo
12:50 PM	Introduction of the Repertory Philippines	
	Raffle of Cash Prizes	
	Presentation of token of appreciation to the Repertory Philippines	Pres. "Teddy" Ocampo
2:00 PM	Response and Adjournment	

PRESIDENT'S CORNER



Last week, our very own PD John Cenica, cosmetic surgeon par excellence, gave a very informative talk on Health and Wellness with former Viva Hotbabes and now, Calatagan Vice Mayor Andrea del Rosario adding that needed spice to perk up our Thursday luncheon meeting through her song numbers which brought the house down.

As for updates within our club, I wish to remind each and everyone of you of the coming elections for the next leaders of our club. 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. On a different note, I wish to exhort each and everyone of you to participate in the ALAY LAKAD 2016 with the theme, ALAY LAKAD –MAY PAGASA ANG KABATAAN on September 4, 2016. This committee is chaired by DCoS/SDG/Dir. Albert Alday and co-chaired by Rtn. Dong Benedicto. Those who will be participating should signify their intention to do so as soon as possible with our Secretariat together with your t-shirt size

as shirts will be provided free of charge courtesy of the ALAY LAKAD Committee. Meeting time is 5:30 am and meeting place is at the Planetarium in Manila. Breakfast at the Manila Hotel awaits participants to this activity which is one of the activities mandated by the district.

Updates from around the district include the attendance of CoS/IPSDG/PP Cesar Ubaldo, and DCoS/SDG/Dir. Albert Alday at the Governor's Visit and the 25th Induction and 24th Handover Ceremonies of the Rotary Club of Paco Manila last August 19, 2016 at the Century Seafood Restaurant in Manila where my classmate, ASP Emedy Panti was inducted as President for Rotary Year 2016-2017. The following day, August 20, 2016, IPDG/PP Obet Pagdanganan attended the 24th Handover and Induction Ceremonies of the Rotary Club of Bacoar at the Casa Ladrillo in Imus, Cavite where ASP Ariel Asinas was inducted as President for Rotary Year 2016-2017. Two days later, August 22, 2016, IPDG/PP Obet Pagdanganan, DGN/IPCoS/PP Rudy Bediones, SDG/IPAG/PP Frank Evaristo, IPP Ebot Tan and Rtn. Paquito Tankiang attended

the 14th Induction and Handover Ceremonies of the Rotary Club of Makati Poblacion at the Forbes Park Pavillion in Makati City where Rtn. Paquito's daughter, ASP Evangeline Manotok was inducted as President for Rotary Year 2016-2017. The day after, August 23, 2016, IPDG/PP Obet Pagdanganan, PDG/PP Vince Carlos, DGN/IPCoS/PP Rudy Bediones, CoS/IPSDG/PP Cesar Ubaldo, DCoS/SDG/Dir. Albert Alday and I attended the 20th Induction and Handover Ceremonies of the Rotary Club of Silang at the Ceremonial Hall of the Marriott Grand Ballroom in Newport City, Pasay where ASP Elvira Gan Fernandez was inducted as President for Rotary Year 2016-2017 while PNP Chief P/Dir.Gen. Ronald "Bato" de la Rosa, who was the Guest of Honor, was inducted as Honorary Member of the Rotary Club of Silang. This event also coincided with the induction of officers of the Solid Cavite which is led by its Chair, ASP Elvira Gan Fernandez. This coming Saturday, August 27, 2016, our club is the co-host of the District 3810 Sergeant-At-Arms Seminar at the Philippine Trade Training Center in Pasay City where the Rotary Club of Pasay Harrison is the host club. It will run from 8:00am to 1:00pm.

Today, we deviate a bit from Philippine politics as we delve on the Syria Crisis where our very own Director, the Hon. Issam Eldebs, the Consul General Ad Hominem of the Syrian Arab Republic to the Republic of the Philippines, will grace our luncheon meeting and talk on this issue. 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.

PREVIEW OF FORTHCOMING GUEST SPEAKER

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...



PVP "Lance" Masters as OIC/Program Moderator directs the program of activities.



STAR Rtn. "Vee" David delivers an ecumenical prayer.



DCOS/SDG/Dir. **"Albert" Alday** introduces the guests, visiting Rotarians and personalities seated at the presidential table.



PD **"Jimmie" Policarpio, Jr.**, Chairman, Program Committee announces the forthcoming August 25 program, with **General Ronald "Bato" M. Dela Rosa**, Police Chief Superintendent, Director-General, Philippine National Police, as guest speaker.



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



Vice Mayor Andrea Anne Del Rosario, Calatagan, Batangas; former Actress and Model, performs a special song entertainment number with Rotarian “Hermie” Esguerra gamely joining the fun, fellowship and friendship.



Sec. “Ning” Lopez does the honour & pleasure of introducing fellow member, PD 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 Manila, as guest speaker.



Renowned Cosmetic Surgeon Dr. John Cenica, Past Director of the Rotary Club of Manila, presented before his fellow Manila Rotarians, Visiting Rotarians and guests, the rudiments of health and wellness as a key to living a beautiful life.



A demonstration of application of **Intensive Pulse Light (IPL)** Laser on a volunteer-patient to remove unwanted facial hair performed by a cosmetic surgeon from Jansen Cosmetic Surgery Skin & Varicose Vein Treatment courtesy of PD “John” Cenica. Aside from the free demonstration, gift certificates for raffle and giveaway health products were distributed to all Rotarians and Guests courtesy of PD “John” Cenica..



A pro-active open forum by PSAA Gunter Matschuck, PD Jimmie Policarpio, Rtn. Vee David, PD Oscar del Rosario immediately followed right after the speech of PD John T. Cenica.



Dir. Bobby Joseph draws the winner of RCM's fund-raising weekly raffle, with STAR Rtn. "Jun" Alvarez winning the cash prize; and **Treas. "Chito" Zaldarriaga** and **PD "Ner" Lonzaga** winning Jancen Gift Certificates courtesy of **PD "John" Cenica**.



Pres. "Teddy" Ocampo presents to **PD John T. Cenica** some religious icons (Jesus Christ and Mother and Child) as the Club's token of appreciation for being the guest speaker.

RC MAKATI POBLACION HANDOVER



Our RCM **Rotarian Paquito Tankiang** (top photo, at far right), was a proud father to his daughter **MA. EVANGELINE "Mariegel" MANOTOK**, who was inducted President of Rotary Club of Makati Poblacion during its Induction and Handover Ceremonies held last August 22, 2016, at Forbes Park Pavillion, Makati. RCMers' who attended were (lower photo, from left:) **IPDG "Obet" Pagdanganan**, **DGN "Rudy" Bediones**, **IPP "Ebot" Tan**, and **SDG/PP "Frank" Evaristo**."



President MA. EVANGELINE "Mariegel" MANOTOK, Rotary Club of Makati Poblacion, 4th from left together with **DGN "Rudy" Bediones**, **IPP "Ebot" Tan**, **SDG/PP "Frank" Evaristo**, **Ms. Sylvia Alejandro** & **Rotarian Paquito Tankiang**.



IPDG/PP Obet Pagdanganan, DGN/IPCoS/PP Rudy Bediones, IPP Ebot Tan, SDG/IPAG/PP Frank Evaristo and Rtn. Paquito Tankiang attended the 14th Induction and Handover Ceremonies of the Rotary Club of Makati Poblacion at the Forbes Park Pavillion last August 22, 2016 where Rtn. Paquito Tankiang's daughter, Evangeline Tankiang-Manotok, was inducted as President for RY 2016-2017

RC SILANG INDUCTION



IPDG/PP Obet Pagdanganan, PDG/PP Vince Carlos, DGN/IPCoS/PP Rudy Bediones, CoS/IPSDG/PP Cesar Ubaldo, DCoS/SDG/Dir. Albert Alday and All Star President Teddy Ocampo attended the 20th Induction and Handover Ceremonies of the Rotary Club of Silang last August 23, 2016 at the Ceremonial Hall of the Marriott Grand Ballroom in Newport City, Pasay where PNP Chief P/Dir.Gen. Ronald "Bato" de la Rosa was the Guest of Honor. This also coincided with the induction of officers of the Solid Cavite.

RC PACO INDUCTION



CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the 25th Induction and 24th Handover Ceremonies of the Rotary Club of Paco Manila last August 19, 2016 at the Century Seafood Restaurant in Manila.

THE ROTARY LEADERSHIP INSTITUTE



The RLI certificate of STAR Rtn Jun Servando

SPECIAL CHILDREN SOLAR ENERGY PROJECT



SOLAR ENERGY FOR SPECIAL CHILDREN HOME & IMPROVEMENT OF ACCOMMODATION

The skills development project for special children at Hospicio de San Jose started as a matching grant project, having served the 56 children born with developmental disorder since RY 2001-2002. The skills development project was a matching grant undertaking with the Rotary Club of Osaka East and the University of the Philippines College of Allied Medical Profession. The role of the UP-College of Allied Medical Profession was to provide the optimal use of the facility of Hospicio de San Jose for the rehabilitation of children with developmental disorder with occupational /physical therapy and speech skills training to develop the mental and physical faculties with skills to prepare them for assimilation into the society.

All through the 15 years, the special children undergo physical / speech / occupational therapy with the help of professional physical / speech / occupational therapist, to help improve the capabilities of children born with the neurodevelopmental disorder. The environment / home life condition provided by Hospicio de San Jose to the special children play an important role in the development of each special child. Recently the dormitories were improved to make the accommodation suitable to the biological need of the special child from donation of generous benefactors.



Services we have offered include direct and indirect intervention in enhancing independence and the ability to provide for personal needs such as eating, moving and communicating. The Rotary Club of Manila has also been active in Socialization Events that help the children learn group activities such as dancing and group physical exercises. We annually have Rotary events such as Summer Picnic, Halloween Party and Christmas Gift Giving.

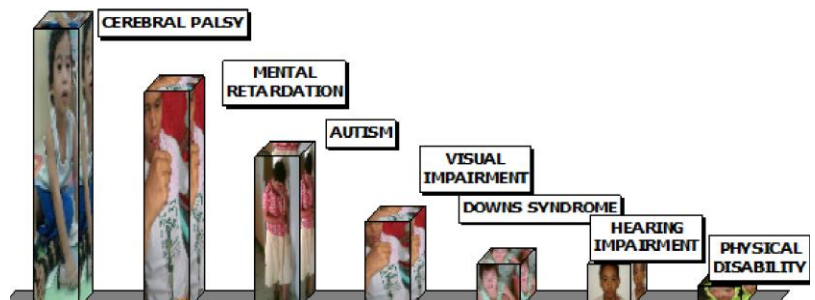
However, due to climate change, the institution (Hospicio de San Jose), faces a challenge of maintaining the ideal home life and rehabilitation rooms comfortable to ensure that these special children are not exposed to heat factors causing stress on the special child. To address this need,

upon the request of donor – Rotary Club of Osaka East and through a board resolution, the underutilized donation for Concentrated Language Encounter fund was diverted for use for Special Children Project, to install solar energy panel for the dormitories of special children to provide the best physical condition conducive to development for the special children and at the same time, reduce administrative cost on the use of the traditional energy source.

The total cost of the solar panel is Pesos 560,000 or USD 12,000.00. This covers the roof area of the dormitory of the special children. The system will generate 525kWH of electricity in a month. This will greatly help in the operation of a facility for these special children.

Ribbon cutting of the Solar Energy Panel and the renovated playroom of the special children was held last Wednesday August 17, 2016.

The renovated playroom is a project undertaken by RID 3810 Word Class Team led by Immediate Past District Governor Obet Pagdanganan, Rotary Club of Manila – Sagip Kabataan Foundation and generous benefactors of Hospicio de San Jose.



The FORMAL TURNOVER of the Solar Energy Panel and Renovated Playroom of Special Children



L to R: Constantine Ong, DGN Rudy Bediones, Chairman PD Phillip Ong, Co Chair Ray Davis, SAA Lance Masters with client of Hospicio De San Jose



World Class Presidents with WCP Ebot Tan.



Aside from RCM members, spouse Anna Cureg and Sharon Hughes Bediones, community of Daughters of Charity at Hospicio de San Jose and World Class Presidents were present during the formal turnover.



A posterity photo with the administrator's, daughters of charity and special children of Hospicio de San Jose. From L-R: SAA Lance Masters, Rtn. Ray Davis, IPP Ebot Tan, Sharon Hughes Bediones, Chair/PD Phil Ong and DGN Rudy Bediones.



IPP Ebot Tan and Pres Teddy Ocampo called the meeting to order.



Singing of the Philippine National Anthem was led by the community beneficiaries of Hospicio de San Jose.



Chairman PD Phillip Ong presents a brief overview of Special Children Project.



Immediate Past District Gov Obet Pagdanganan delivered a brief message.



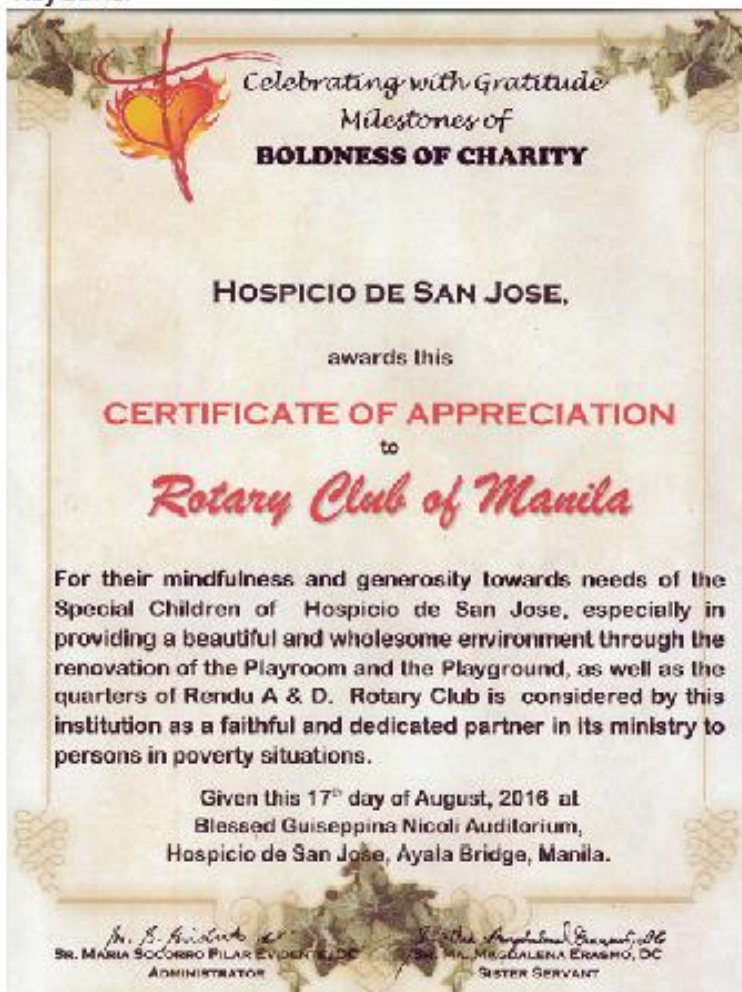
Sis. Socorro "Corrie" Evidente, DC . Administrator of Hospicio de San Jose delivering the message of thanks in behalf of Hospicio de San Jose community.



Sis Magdalena Erasmo, DC (Servant Head of Hospicio de San Jose) presents the Certificate of Appreciation to Immediate Past District Governor Obet Pagdanganan. Present to witness the presentation are members of RCM as shown in photo (L to R) PD Alvin Lacambacal, PD Oscar del Rosario, Sr., Chairman PD Phillip Ong, IPP Ebot Tan, Sr. Corrie Evidente, Sr Magdalena Erasmo, IPDG Obet Pagdanganan, Pres. Teddy Ocampo, Co Chair Ray Davis, SAA Lance Masters, PDG Alex Cureg, PD Nick Locsin and DGN Rudy Bediones.

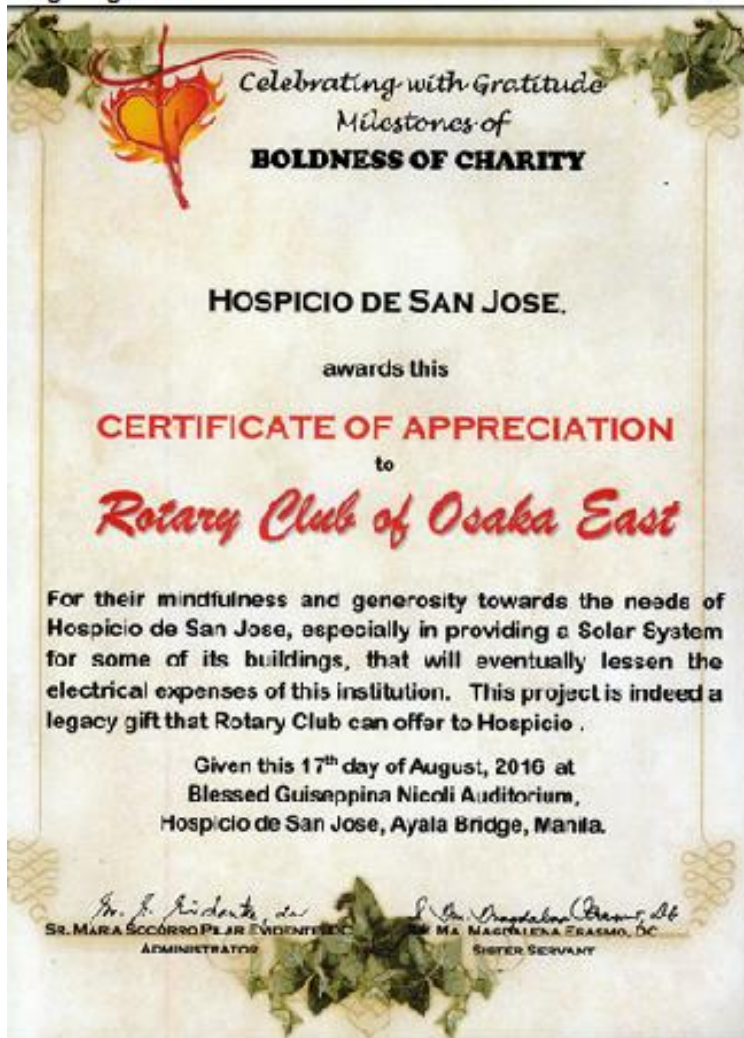


Pres. Teddy Ocampo receiving the Certificate of Appreciation for Rotary Club of Manila from Sr. Magdalena Erasmo, DC (servant Head of Hospicio de San Jose). Present to witness the presentation were IPDG Obet Pagdanganan & Special Children Committee CoChair Ray Davis.





Sr. Magdalena Erasmo presents the Certificate of Appreciation for Rotary Club of Osaka East thru IPP Ebot Tan and PD Alvin Lacambacal. Present to witness the presentation were IPDG Obet Pagdanganan and Sr. Corrie Evidente.





IPDG Obet Pagdanganan, Sr. Magdalena Erasmo, Sr. Corri Evidente with the World Class Presidents after the presentation of the certificate of appreciations.

THE RIBBON CUTTING OF THE SOLAR ENERGY PANEL :



Rev. Fr. Rowen Carlos CM officiates the blessing of the Solar Panel power room.



Pres Teddy Ocampo, DGN Rudy Bediones, Co Chairman Ray Davis, Spouse Sharon Bediones with the World Class Presidents at the Solar Energy control room.

RIBBON CUTTING OF RENOVATED PLAYROOM:



Ribbon cutting of renovated playground led by Sr. Magdalena Erasmo, DC (Servant Head of Hospicio de San Jose), IPDG Obet Pagdanganan, Special Children Committee Chair PD Phillip Ong. Also present to witness the ribbon cutting were PDG Alex Cureg, DGN Rudy Bediones, IPP Ebot Tan and Sis Corrie Evidente.



The renovated heavily cushioned playroom of the special children. Design was prepared by the College of the Holy Spirit



Sandwich and drinks for RCM members and World Class Presidents enjoyed the sandwiches, drinks sponsored by Chairman Phillip Ong and banana cake prepared by Paul Harris Center at Hospicio de San Jose.

SAVE A HEART SAVE A LIFE



Two more “Save the Little Hearts” babies are on the way to India

By SAA/PVP Lance Masters

Thanks to the generous support of many fellow RC Manila Rotarians, two more babies of indigent families are on their way to Aster MedCity in Cochi, India for life-saving open-heart surgery. Very early Monday morning (3:00am!), the



families of baby boy Elijah Alpire and baby girl Abby Rae Vito headed to the Bacolod airport for the first flight out to Manila. On landing, they claimed their baggage and I met them in a van with driver, contributed by Rtn. Ray Davis. We took them to the Picasso Luxury Serviced Residences, to drop off luggage, with rooms provided compliments of owner Rtn. Manny Blanco and HII GM, RC Makati Salcedo Rtn. John David Y. Cruz. Then we whisked them off to BLS International Services for India Medical Visas, courtesy of BLS owner, RC Makati EDSA ASP Jagmohan “Robin” Tamber and our own Rtn. Ambassador of India to the Philippines, H.E. Ld Ralte. After submitting the applications, we proceeded to Aster DM Philippines, to meet country head Joyce



Sacao-Alumno and “Save the Little Hearts” Foundation coordinator Janice Orda. Joyce treated us to lunch. Then we took them back to Picasso for a short rest. Late in the afternoon, we returned to BLS to pick up the visas. Then we headed directly to “The Wine Museum Hotel and Restaurant” where the ever-generous Dir Bobby Joseph provided a sumptuous feast, starting with delicious appetizer “Gambas Al Ajilo,” then Bobby’s Famous Fried Chicken, Crispy Toro, Paella Colonial, and more. Yum! The families and I were joined at dinner by Joyce Sacao-Alumno, Rtn. Tong Payumo, Rtn. Johnny Chotrani, and donor Pareek Shawshank. It was ten pm when we

dropped them off for their rest. In the morning, our patients and families enjoyed breakfast at Restaurant Pablo, courtesy of Rtn. Bobby Lim, Picasso’s Food and Beverage Partner. We picked them up and took them to NAIA for the flights to Cochi, via Kuala Lumpur. They arrived after midnight and surgery is scheduled today and tomorrow.

As before, all the expenses on the ground at the world-class quaternary care hospital are provided free to the families by the Dr. Moopen Foundation.



Manila Rotarians provided all the travel expenses. Budget airline tickets were purchased courtesy of



donations from Rtn. Andy Derossi, PD Oscar “Oca” Del Rosario, Rtn. Felicitio “Tong” Payumo, and PD “Abe” Pascual. Through Johnny Chotrani, we have also received a donation from non-Rotarian Pareek Shawshank. Commitments for future children have come from Rtn. Jun Hallare and Rtn. Spkr. “Joe” de Venezia. Beyond those gifts, we have a need to raise funds for twelve more

children at P50,000 each, or P600,000 in all. If you can consider a gift to save these deserving yet very poor children, please make checks in any amount payable to “RC Manila Foundation, Inc.”

Thank you, SAA Lance,

Co-chair RC Manila Save-a-life Committee and
Co-chair RC Manila Foundation Committee.

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.

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.

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.**

In 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

REPLY FORM**Attention : DCOS/SDG/Dir. Albert S. Alday**

Chairman, Alay Lakad Committee

Subject : ALAY LAKAD 2016, September 4, SundayAssembly 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**NOMINATION FOR BOD RY 2017-2018****Update as of August 24, 2016****NOMINEE**

1. Reyes, Caloy
2. Romualdez, Babe
3. Joseph, Bobby
4. Alday, Albert
5. Pineda, Susing
6. Zaldarriaga, Susing
7. Lopez, Art
8. Eldebs, Issam
9. Lopez, Art
10. Tagaysay, Chito
11. Masters, Lance
12. Reynolds, Dave
13. Lonzaga, Ner
14. Pineda, Bebot
15. De Venecia, Joe
16. Policarpio, Jimmie
17. Preysler, Fausto
18. Del Rosario, Oscar
19. Rodriguez, Jack

NEWS RELEASE



SUNDAY, AUGUST 21, 2016

ALAY LAKAD MARKS 44TH YEAR ON SEPT. 4

Alay Lakad Foundation, the pioneer “walk” for a cause for the out-of-school youth organization of the country, marks its 44th year anniversary in September this year.

“Walking” was conceptualized in 1972 to raise funds for the benefit of thousands of young girls and boys who were marginalized and out-of-school youth to be able to send them to school and provide trainings and opportunities to improve their way of life and become self-sufficient.

Alay Lakad became a Foundation in 1975, has 32 government and non-government member-agencies and individuals. Chapters have also been organized in different parts of the country. The Chairperson of Alay Lakad Foundation, Inc. is President Rodrigo Roa Duterte.

This year, we are celebrating Alay Lakad’s 44th Year Anniversary with the theme “**Alay Lakad-May Pag-Asa Ang Kabataan**”, with Federation of Filipino Chinese Chamber of Commerce and Industry, Inc. as Chair of Alay Lakad 2016 with Jeffrey Ng on the lead and Junior Chamber International Philippines headed by National President Steve Tytangco as Co-Chairman. This year’s Rotary Governor of District 3810 is Ernest Yuyek, AFP Chief of Staff General Ricardo Visaya, PNP Chief DGen. Ronald “Bato” dela Rosa, Lions Club International, Kiwanis International, JCIP, Boy Scouts of the Philippines, Girl Scouts of the Philippines, YMCA, YWCA, DILG, DepEd, PIA, PLPI, PARCNET, REACT, NYC, John Siy, Delfin Go, Bel Zalameda, Dra. Teruko Haga and Puerto Princesa City Chapter Rev. Leonida Salva.

Alay Lakad Foundation President Frank Evaristo is inviting everyone to join the walk on **Sunday, September 4, 2016, 8:00AM, at the Quirino Grandstand, Rizal Park** to raise funds for the benefit of the out-of-school youth to finance their scholarship, educational assistance and livelihood trainings for them to become productive and self-reliant.

For more information on Alay Lakad, you may call tel. no. 522-6134 and cellphone no. 0909-7504733.

ON THE LIGHTER SIDE



Brief quips

Every Wife is a "Mistress" for her Husband. "Miss" for an hour & "Stress" for the remaining 23 hours!

There are 2 times when a Man doesn't understand a Woman. Before Marriage and After Marriage.

My Husband and I Divorced Over Religious Differences. He thought he was God, and I didn't.

PDG VINCE CARLOS Husband throwing darts at his wife's photo, and not even a single one hitting the target...From another room wife called the husband:

"Honey, what are you doing?" Husband: "Missing you"....

Thought For The Day...Women are like phones: They like to be held, talked to and touched often. But push the wrong button and you're disconnected.

Difference Between Complete & Finish...People say there is no difference between COMPLETE & FINISH. But there is...When you marry the right one, you are COMPLETE...And when you marry the wrong one, you are FINISHED...And when the right one catches you with the wrong one, you are...COMPLETELY FINISHED!

Romantic...SMS She sends the following message:
My love if you're sleeping, send me your dreams
If you're smiling, send me your smile
If you're crying, send me your tears
I love you...He replied: I'm in the toilet. What do I send?

There are 3 kinds of men in the world: Some remain single & make wonders happen, Some have girlfriends & see wonders happen,
The rest get married & wonder what happened!?

The A B C...After being married for thirty years a wife asked her husband to describe her. He looked at her slowly...then said, "You're A, B, C, D, E, F, G, H....I, J, K."
She asks....What does that mean?" He said, "Adorable, Beautiful, Cute, Delightful, Elegant, Fancy, Gorgeous, Honey. She smiled happily and said..."Oh, that's so lovely...What about I, J, K?"
He said, "I'm Just Kidding!" His eye is still swollen...but it will get better.

At the Legal Hearing

In a divorce court a woman requested the judge: "Your honor, I want to divorce my husband." "But why?" asked the judge. She replied, "Because he is not faithful to me." The judge asked, "How do you know?"
She replied, "My lord, not a single child resembles him."

At a cocktail Party

One woman said to another, "Aren't you wearing your wedding ring on the wrong finger?"

The other replied, "Yes, I am, I married the wrong man."

PUBLIC HEALTH NUTRITION AND CHILD CARE



PILATES

Elias D. Adamos, M.D.

Pilates is a physical fitness system developed by German physical trainer, Joseph Hubertus Pilates (December 9, 1883 – October 9, 1967). Pilates called his method “contrology” but the catchy and more accepted term that carries his name became widely used in western countries, such as Canada, United States, and the United Kingdom.

What is it and what does it do to the body?

Pilates is not just an exercise fad. It is a low-impact fitness technique designed specifically to strengthen the core muscles of the body by developing pelvic stability and abdominal control. Pilates also improves joint mobility and flexibility. It also improves muscle strength. Pilates system improves the stability and strength of back muscles that can lead to good posture.

How is Pilates done?

Some Pilates exercises are done with special machines. One in particular is called the “Reformer,” that is cabled with pulleys, springs, and sliding boards. Using his own body weight as resistance, the exerciser uses the Reformer in a series of progressive range-of-motion exercises that worked the muscles of the abdomen, back, upper legs, and buttocks. Many modern Pilates programs are floor-work classes or floor exercises that can strengthen the back and abdominal muscles. The aim of Pilates exercises are not on the quantity or repetition of movements but on the quality of execution. In other words, Pilates is geared towards extremely precise repetitions. The exercises can also be adapted to a person’s own flexibility and strength abilities.

What is Pilates best for?

Research shows that regular Pilates exercises are good for weight loss when included in a weight-loss program. Many preliminary studies claim that Pilates may also help reduce low back pain. The exercises also lengthen muscles and increase their flexibility. Investigation on the subject has proven that the system, when practiced regularly, is also a strengthening exercise.

Word of advice

Getting proper instruction from a qualified Pilates teacher can be a bit costly but doing so increases your chances of getting your expected and desired effect that you want to achieve from the Pilates system.



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