



balita

No. 3668, October 13, 2016

GUEST OF HONOR AND SPEAKER



HIS EXCELLENCY EPHRAIM BEN MATITYAU

Ambassador Extraordinary & Plenipotentiary
of Israel to the Philippines

KABALITA

Let the man from the Land of Milk and Honey bring the wonders of the Promised Land to the doorsteps of Asia's First Rotary Club.

What's Inside

Programme	2
President's Corner	3-4
Guest of Honor and Speaker's Profile	5
Pre-Meeting Eucharistic Mass for RCMers	6
The Week that Was	7-12
Interclub Activities	13-14
Cogs in the Wheel	15
On the higher side	16-17
Public Health Nutrition and Child Care	18
Advertisement	19-21

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PROGRAM

RCM's 14th for Rotary Year 2016-17

Thursday, October 13, 2016, 12N, Manila Polo Club McKinley Room

OIC/Moderator : **PVP "Fausto" Preysler, Jr.**

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, Jr.
12:30 PM	Call to order Playing of the Israel National Anthem; Singing of Republic of the Philippines National Anthem Invocation RCManila Hymn The Four (4) Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale PVP "Mike" Guerrero RCM WF Music Chorale Rtn. "Guille" Devoto
12:35 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table Welcome Song	Rtn. "Rene" Policarpio RCM WF Music Chorale
12:40 PM	Happy Birthday (Birthday Celebrants:) Oct. 15...Rtn. "Henry" Sy; Oct. 18...Rtn. "Andy" Lising; Oct. 20...STAR Rtn. "Tom" Drilon Happy Birthday Song	 RCM WF Music Chorale
12:45 PM	Presentation of 1-Sapphire Paul Harris Fellow to IPD Oscar del Rosario	Pres. "Teddy" Ocampo
12:47 pm	President's Time	Pres. "Teddy" Ocampo
12:50 PM	Introduction of Guest of Honor & Speaker	PDG "Vince" Carlos
	ADDRESS: His Excellency Ephraim Ben Matityau Ambassador Extraordinary & Plenipotentiary of Israel to the Philippines	
	Public Forum Response, Presentation of token of appreciation to Ambassador Ephraim Ben Matityau	Pres. "Teddy" Ocampo
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Last week, Secretary Perfecto Yasay, Jr. of the Department of Foreign Affairs gave Manila Rotarians, visiting Rotarians and guests who were present, his two cents on the perceived “shaky” relations of our nation with foreign countries.

As for updates within our club, I would like to ask you to continue storming the heavens for our fellow Manila Rotarian Sonny Arevalo who is still in a coma at the Medical City. It is our fervent wish that he be saved and his life be extended so he could still enjoy many happy moments with us. This coming October 19, 2016, I wish to invite each and everyone of you to attend our annual Oktoberfest Fellowship to be hosted by our German and other European Manila Rotarians at the German Club in Makati City. As with recent years, this has proven to be the most attended gathering of almost any Rotary year as Manila Rotarians click their mugs full of beer with each other over a sumptuous feast of German delicacies composed of different types of sausages, pork knuckles and the like in what promises to be a rowdy affair to foster camaraderie among Rotarians of Asia’s First Rotary Club.

Updates from around the district include the attendance of IPDG Obet Pagdanganan, DGN Rudy Bediones, CoS/IPSDG/PP Cesar Ubaldo and I attended the JEPROCS (Joint Efforts of Pasay Rotary Clubs) Induction and Handover Ceremonies last October 10, 2016 at the Le Pavillon in Metro Park, Pasay City. The next day, October 11, 2016, CoS/IPSDG/ PP Cesar Ubaldo attended the Governor’s Visit while he joined IPDG Obet Pagdanganan, DGN Rudy Bediones and I at the Induction and Handover Ceremonies of the Rotary Club of Manila South at the Astoria Hotel, Ortigas Center, Pasig City where my classmate, ASP Cecilia Larita was inducted as President for Rotary Year 2016-2017. The following day, October 6, 2016, CoS/IPSDG/PP Cesar Ubaldo attended the Governor’s Visit while he was joined by IPDG Obet Pagdanganan and DGN Rudy Bediones at the Induction of the Rotary Club of Cavite Aguinaldo at the Integrated Bar of the Philippines in Imus, Cavite where my classmate, ASP Edwin Aborque was inducted as President for Rotary Year 2016-2017.

Today, we welcome His Excellency Ephraim Ben Matityau, Ambassador Extraordinary & Plenipotentiary of Israel to the Philippines, as he speaks on the wonders of his country, the Land of Milk and Honey, also known as the Promised Land, and all the sceneries there. 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



H.E. Ephraim Ben Matityau

Ambassador Extraordinary and Plenipotentiary of Israel to the Philippines

Ambassador Effie (Ephraim) Ben Matityau is a veteran of Israel's Foreign Service and a graduate of its Diplomatic School from 1981.

In his early years with MoFA, he served as a member of the Peace and Normalization team with Egypt. In 1983, he assumed his first position abroad as the Deputy Consul General in Toronto, Canada, in charge of Press, Culture and Information. Following Toronto, he served in a variety of positions overseas among them Deputy Ambassador in Nicosia-Cyprus (1985-1988) where he received the 1986 merit award of the Ministry, Director of Israel's Academic Affairs Office to the USA based in New York (1991-1996), Consul General of Israel to East Australia based in Sydney (1999-2002), Acting Ambassador in Copenhagen (2004), and Ambassador of Israel to Vietnam and Laos (2005-2009), Acting Ambassador to Ethiopia (Summer 2013) and from the 1st of August 2014 as Ambassador to the Philippines.

While at home in Jerusalem, he held different positions, among them, Head of the Canadian Affairs and North American missions for Public Diplomacy, Spokesman and a Deputy Director of the Press Division, Head of the Overseas Development Projects and Public Private Partnership Bureau for MASHAV-Israel's Agency for International Development Cooperation.

Ambassador Ben Matityau holds a BA degree in Political Science and International relations and a Master's in Business Administration. He served as an infantry officer in the IDF, on active duty during the October War of 1973 and Lebanon of 1982.

He has 3 wonderful kids, 2 Daughters – Marian and Nophar and a Son – Omer.

His Spouse is Ambassador @ Lizia Z. Lu, former Ambassador of Panama to Vietnam.

PRE-MEETING EUCHARISTIC MASS FOR RCMERS

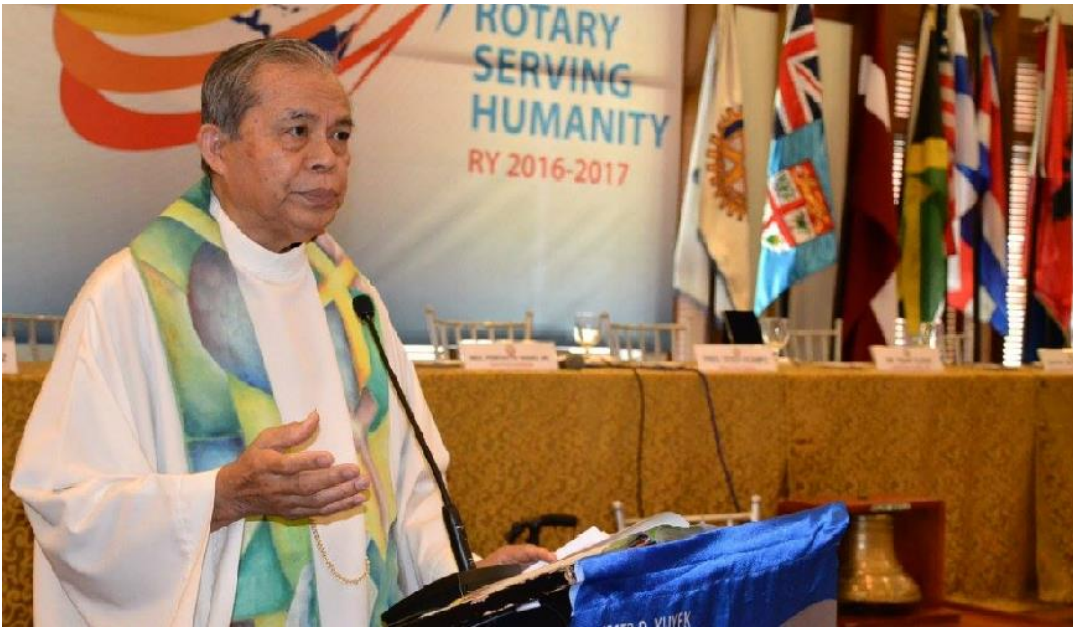
PE “Jimmie” Policarpio sponsored a “Eucharistic Mass” for the speedy recovery of Rotarian “Sonny” Arevalo, Rotarian “Nicky” Villaseñor and for the dearly-departed Rotarians before the Club luncheon meeting at the Mckinley Room, Manila Polo Club.



Pres. “Teddy” Ocampo leads fellow members during the “Eucharistic Mass”, shown with STAR Rtn. “Dong-Dong” Benedicto and Rtn. “Manny” Blanco.



PD “Nick” Locsin serving as mass moderator.



. Officiating priest of the “Eucharistic Mass”.



RCMers take a moment to pose for a posterity shot. Seated from left: **STAR Rtn. “Vee” David, Treas. “Chito” Tagaysay, SDG/PP “Frank” Evaristo.** Standing from left: **ES Anna Kun Toledo, PD “Nick” Locsin, Dir. “Art” Lopez and DGN “Rudy” Bediones.**



In a posterity photo with RAC La Salle and RCM Members. from L-R: Treas. Chito Tagaysay, Mr. Anselmo Yan, PD Nick Locsin, Ms. Daniella Hugo, Mr. Jessy Cruz, and DGN “Rudy” Bediones.



Secretary Perfecto Yasay, Jr. (3rd from right) is warmly-welcomed by RCMers' upon his arrival at the venue. Leading the welcomers are Pres. “Teddy” Ocampo, Dir. “Issam” Eldebs, DGN “Rudy” Bediones, SGD/PP “Frank” Evaristo and STAR Rtn. “Jack” Rodriguez.

THE WEEK THAT WAS...



Pres. "Teddy" Ocampo calls the meeting to order.



Board Legal Adviser "**Amading**" **Valdez** as OIC/Program Moderator directs the program of activities.



Dir. "**Susing**" **Pineda** delivers an ecumenical prayer.



Dir. "**Issam**" **Eldebs** leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) way test.

STAR Rtn. “Jack” Rodriguez, Co-Chairman, Program Committee does the honour and pleasure of introducing **Honorable Perfecto R. Yasay, Jr.**, Foreign Affairs Secretary, Republic of the Philippines, as guest of honour and speaker.



Secretary Perfecto R. Yasay, Jr. of the Department of Foreign Affairs presented to Manila Rotarians, Visiting Rotarians and guests, his take on the EDCA issue, the South China Sea Ruling and other issues concerning the relations of our country with other countries in the light of the President's pronouncements.



Pres. “Teddy” Ocampo’s response and presentation to Secretary Perfecto R. Yasay, Jr., a religious icon of Jesus Christ, as the club’s token of appreciation, for being the guest of honour and speaker. With them are Dir. “Susing” Pineda, STAR Rtn. “Jack” Rodriguez, and newly-inducted member, STAR Rtn. “Guille” Devoto.



A posterity photo with Secretary Perfecto R. Yasay, Jr., with Consular group.

MEMBERSHIP / CLASSIFICATIONS COMMITTEE

PDG “Vince” Carlos as proposer gives a brief introductory remarks on inductee **Mr. GUILLERMO EDUARDO DEVOTO “Guille”** (Argentinian), Deputy Chief of Mission, Embassy of Argentina. Classification: Diplomatic Service-Argentina, prior to the formal induction ceremony.



Pres. “Teddy” Ocampo formally officiates the oath of membership pledge to **Mr. GUILLERMO EDUARDO DEVOTO “Guille”**, as the newest member to the club membership roll.



Mr. GUILLERMO EDUARDO DEVOTO “Guille” presents to Pres. “Teddy” Ocampo the Argentinean Flag to be integrated to the flags representing the club membership. Also in photo are PDG Vince Carlos and Dir. Susing Pineda.



Pres. “Teddy” Ocampo presents the lone birthday celebrant of the week in attendance : Rtn. “Doming” Chua, for the blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale with the “Happy Birthday Song”.

INTERCLUB ACTIVITIES

RC SAMPALOC 11TH INDUCTION AND HANDOVER CEREMONIES



IPDG Obet Pagdanganan, DGN Rudy Bediones and COS Cesar Ubaldo attended the 11th Induction and Handover Ceremonies of the Rotary Club of Sampaloc last October 5, 2016 at the Sequoia Hotel in Quezon City.

JEPROCS INDUCTION CEREMONY

IPDG Obet Pagdanganan, DGN Rudy Bediones, CoS Cesar Ubaldo and President Teddy Ocampo attended the **JEPROCS** (Joint Efforts of Pasay Rotary Clubs) Induction last October 10, 2016 at the Le Pavillon in Pasay City.

COGS IN THE WHEEL



FROM THE STANDS
By Domini M. Torrevillas ()
October 6, 2016



Amado Valdez's thoughts

For several years, *Peoples Tonight* carried the column of Dean Amado Valdez.

Some of the column pieces have been compiled into a small volume titled *PENSEES*, the French word for thoughts. It's an apt title, readers will agree, for commentaries that are timely, entertaining, informative, in simple, storytelling narratives. These are divided into character and values, nation-building, law, politics, foreign relations and arts.

In all the published pieces, Dean Valdez talks of lessons learned from everyday experiences and observations of political and social developments.

For starters, he recalls that when he was a grade school pupil nicknamed Mading, he took to heart lessons in honesty and striving for perfection from his teacher in carpentry. Whenever he sees jeepney or bus drivers ignoring traffic lights, overtaking unnecessarily, resulting in monstrous traffic that could have been avoided, he thinks that all could have been avoided had these drivers studied under his carpentry teacher.

In another piece, he wonders what would have happened if Jose Rizal and Andres Bonifacio had come face to face. Andres knew about Rizal's novels and letters, his ideas of justice, freedom and independence, all of which made him Andres' hero and living legend. Andres was also educated, although his education came from the best teacher – experience. (I may call that “university of hard knocks.”)

He muses: “If only Andres and Rizal had sat down and talked lengthily (on the night of 03 July, the Philippine revolution could have commenced four years earlier. The fate of the Philippines could have changed for the better.

“Why? We could have won our independence before 1898, before Americans coveted the Philippines. There would not have been a mock battle of Manila Bay between Americans and Spanish naval forces. There would have not been a Treaty of Paris, and the Philippines would not have been sold for P20 million to the United States.

“Though they failed to work together in life, they left behind their respective legacies which we could use in tandem to finish what they have started: “Rizal's universal wisdom and Bonifacio's swift action.”

In “When Judges and Rulers Are Not Needed,” Dean Valdez writes that there are “many reasons why you waive the exercise of certain rights. It could be your own survival, or the survival of the community . . . it is understandable to allow yourself to be frisked and your things inspected when entering a building or air lanes, vessels or buses. “It would be because you want peace of mind.”

“The rational of punishments in laws is to discourage us from being inconsiderate to others. Or to complement the golden rule of not doing unto others what you do not want others to do unto you. “Man-made laws will only be effective if they are coupled with adherence to the golden rule.

“Many cases could have been avoided had there been more tolerance, which is one face of charity, towards inconsiderate, arrogant, cheating or selfish persons. Our irritation towards the acts of these evil ones would only be momentary. Losing our temper may result in a lifetime of misery in jail.” Though written on Oct. 28, 2004, the author's piece on the American political exercise is applicable today, what with the US presidential elections

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Jewish Sunbathing

A widowed Jewish lady, still in good shape, was sunbathing on a totally deserted beach at Ft. Meyers. She looked up and noticed that a man her age, also in good shape, had walked up, placed his blanket on the sand near hers and began reading a book. Smiling, she attempted to strike up a conversation with him.

"How are you today?"

"Fine, thank you," he responded, and turned back to his book.

"I love the beach. Do you come here often?" she asked.

"First time since my wife passed away 2 years ago," he replied and turned back to his book.

"I'm sorry to hear that. My husband passed away three years ago and it is very lonely," she countered. "Do you live around here?" she asked.

"Yes, I live over in Cape Coral," he answered, and again he resumed reading.

Trying to find a topic of common interest, she persisted, "Do you like pussy cats?"

With that, the man dropped his book, came over to her blanket, tore off her swimsuit and gave her the most passionate lovemaking of her life.

When the cloud of sand began to settle, she gasped and asked the man, "How did you know that was what I wanted?"

The man replied, "How did you know my name was Katz?"

Yiddish One-Liners

A car hit an elderly Jewish man.

The paramedic says, "Are you comfortable?"

The man says, "I make a good living."

I just got back from a pleasure trip.

I took my mother-in-law to the airport.

I've been in love with the same woman for 49 years.

If my wife finds out, she'll kill me!

Someone stole all my credit cards, but I won't be reporting it.

The thief spends less than my wife did.

We always hold hands. If I let go, she shops.

My wife and I went to a hotel where we got a waterbed.

My wife calls it the Dead Sea.

My wife and I revisited the hotel where we spent our wedding night.
This time I was the one who stayed in the bathroom and cried.

* * * * *

My wife was at the beauty shop for two hours.
That was only for the estimate.
She got a mud-pack and looked great for two days.
Then the mud fell off.

* * * * *

The Doctor gave a man six months to live.
The man couldn't pay his bill, so the doctor gave him another six months.

* * * * *

The Doctor called Mrs. Cohen saying,
"Mrs. Cohen, your check came back."
Mrs. Cohen replied, "So did my arthritis!"

* * * * *

Doctor: "You'll live to be 60!"
Patient: "I AM 60!"
Doctor: "See! What did I tell you?"

* * * * *

A doctor held a stethoscope up to a man's chest.
The man asks, "Doc, how do I stand?"
The doctor says, "That's what puzzles me!"

* * * * *

Patient: "I have a ringing in my ears."
Doctor: "Don't answer!"

* * * * *

A drunk was in front of a judge.
The judge says, "You've been brought here for drinking."
The drunk says, "Okay, let's get started."

* * * * *

A man called his mother in Florida. "Mom, how are you?"
"Not too good," said the mother.
"I've been very weak."
The son said, "Why are you so weak?"
She said, "Because I haven't eaten in 38 days."
The son said, "That's terrible."
Why haven't you eaten in 38 days?"
The mother answered, "Because, I didn't want my mouth to be full in case you should call."

* * * * *

A Jewish man said that when he was growing up, they always had two choices for dinner - Take it or leave it.

* * * * *

A Jewish boy comes home from school and tells his father he has a part in the play. He asks, "What part is it?" The boy says, "I play the part of the Jewish husband." The father scowls and says, "Go back and tell the teacher you want a speaking part."

PUBLIC HEALTH NUTRITION AND CHILD CARE



SOME THINGS YOU SHOULD KNOW ABOUT MULTIVITAMINS (Part 4) “Ascorbic Acid and Vitamin D”

Elias D. Adamos, M.D.

Ascorbic Acid

Ascorbic Acid is also called vitamin C. Vitamin C is vital for the body's natural healing process. It is also necessary for the information of blood vessels, cartilage, muscle, and collagen in bones. Vitamin C is anti-cancer. It has antioxidant properties. The body does not produce vitamin C. So it is necessary to eat foods that are rich in vitamin C.

Foods that are rich in Vitamin C

Foods that are rich in vitamin C include citrus, fruits, tomatoes, berries, peppers, broccoli, and spinach. **Considered essential for adults is the recommended dietary allowance of 75 to 90 milligrams of vitamin C.**

Medical and health benefits of vitamin C

Some purported medical benefits of vitamin C point to the treatment and control of asthma, diabetes, and cancer. Recent studies also sway to the prevention of cataract, which is a condition that can lead or progress to blindness. Research also suggests that vitamin C, in combination with other vitamins and minerals may prevent age-related macular degeneration of the eyes.

Vitamin C decreases the risk of atherosclerosis, or the narrowing of arteries due to fatty or cholesterol deposits (plaques). Atherosclerosis can lead to heart disease, other heart conditions, and heart attack. Fatty deposits in blood vessels are common culprits in stroke patients.

Although the role of Vitamin C in the prevention and treatment of common cold is still controversial, preliminary evidence have shown beneficial effects.

Vitamin D

The body manufactures vitamin D when you expose yourself to direct sunlight. A chemical, called calciferol is converted into an active form of vitamin D. Vitamin D is necessary in building and maintaining healthy bones. Calcium, which is the primary component of bone, can only be absorbed in the presence of vitamin D. Some research found vitamin D to be effective in the treatment of plaque-type psoriasis.

Foods that are rich in vitamin D

Fortified milk, fortified cereals, salmon, mackerel, and sardines are good sources of vitamin D. The following are recommended dietary allowance for vitamin DD: **200 international units (IU) for people ages 19 to 49 years old, 400 IU for people who are 50 to 70 years (400 to 800 IU is recommended by Osteoporosis Foundation), and 600 IU for those older than 70 years (800 to 1,000 IU is recommended by Osteoporosis Foundation)**

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