



kabalita

No. 3671, November 3, 2016

GUEST OF HONOR & SPEAKER



HIS EXCELLENCY FRANZ JESSEN

Ambassador and Head of Delegation
of the European Union to the Republic of the Philippines

KABALITA

It's time to strengthen the time-honored bonds of Philippines-Europe relations as we make way for the EU's top brass 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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PROGRAM

RCM's 17th for Rotary Year 2016-17

Thursday, November 03, 2016, 12N, Manila Polo Club McKinley Room

OIC/Moderator : **Dir. "Issam" Eldebs**

Program Timetable

11:30 PM Registration and Cocktails

12:25 PM Bell to be Rung:

Members and Guests are
requested to be seated :

Dir. "Issam" Eldebs

12:30 PM Call to order

Pres. "Teddy" Ocampo

Playing of the European Union National Anthem

to be followed by the singing of Republic of the

Philippines National Anthem

RCM WF Music Chorale

Invocation

Rtn. "Henning" Karcher

RCManila Hymn

RCM WF Music Chorale

The Four (4) Way Test Credo

All Rotarians led by

Rtn. "Andy" De Rossi

Rtn. "Nando" Gaspar

12:35 PM Introduction of Guests and Visiting

Rotarians and Personalities seated

at the Head Table

Welcome Song

RCM WF Music Chorale

12:40 PM Happy Birthday (Birthday Celebrants:)

Nov. 04...PD "Beda" Fajardo;

Nov. 8....VP/VPE "Babe" Romualdez, Rtn. "Pepe" Rodriguez

Happy Birthday Song

RCM WF Music Chorale

12:45 PM Induction of **New Member** to RCM

I. Brief Introduction by Proposers

Mr. Francois Engelbrecht (South African)

Vice President Operations

Classification: Medical Equipment/

Supplies Medical Equipment

Proposer : STAR Rtn. "Bollie" Bolton

II. Formal Induction Ceremony

Welcome Baby Rotarian Song

Pres. "Teddy" Ocampo

RCM WF Music Chorale

12:50 pm President's Time

Pres. "Teddy" Ocampo

12:52 PM Introduction of Guest of Honor

and Speaker

Rtn. "Bren" Egan

ADDRESS: **His Excellency Franz Jessen**

Ambassador Extraordinary & Plenipotentiary

European Union to the Philippines

Public Forum

Response, Presentation of token of appreciation to

His Excellency Amb. Franz Jessen

Pres. "Teddy" Ocampo

2:00

PM

Adjournment

PRESIDENT'S CORNER



Last week, Senator Antonio Trillanes, IV, gave all of us an eye opener into the leanings of the administration and its implications on the future of our country including an eavesdrop into the Chinese occupancy of the West Philippine Seas and his role there.

As for updates within our club, after the grieving one after the other over members who have left for the Great Beyond, we now find joy in the appointments of two of our brethren in our club to Ambassadorial posts abroad, namely, VPE/VP Babe Romualdez as Special Envoy to the United States of America and SDG/IPAG/PP Frank Evaristo as Philippine Ambassador to the Federal Republic of Germany. These two appointments are definitely added feathers to our cap as we approach the centennial of our storied club.

Updates from around the district include the attendance of CoS/IPSDG/PP Cesar Ubaldo at the Governor's Visit of the Rotary Club of Pasay Friedens held last October 27, 2016 at the Philippine Navy Officers Club in Taguig City. A day later, October 28, 2016, I attended the Halloween Event for Special Children at the Hospicio de San Jose together with Committee Chairman of Special Children PD Philip Ong, Co-Chair Rtn. Ray Davis and RCM Exec Sec Anna Toledo. Dance numbers were performed by National University students from the College of Education, Arts and Sciences. Song numbers were rendered by Singer May Banawa. Still on the same day, CoS/IPSDG/PP Cesar Ubaldo attended the Governor's Visit of the Rotary Club of Kawit Kalayaan at the Asian Institute of Maritime Studies in Manila while DGN Rudy Bediones and I attended the Induction and Handover Ceremonies of the Rotaract Club of De La Salle University Manila at the Hotel Benilde in Manila. Right after that, DGN Rudy Bediones proceeded to the First Class Presidents Fellowship at Music Bank in Pasay City.

The following day of October 29, 2016, Rtn. Tong Payumo and I were interviewed by Ms. Cicile Alvarez and Belinda Olivares Cunanan on DZRH regarding drug problems in education and also talked about our to visit Fazenda da Esperanza rehab center in Masbate for drug addicts managed by Brazilian Sisters. Towards the evening, IPDG Obet Pagdanganan, DGN Rudy Bediones and DE/SAA Lance Masters attended the District 3810 Halloween at PPA in Manila where our Lance won Second Place for his costume. Two days later, October 31, 2016, DGN Rudy Bediones together with some former district officers surprised DGE Emmanuel "Loy" Cosico at his residence on the occasion of his birthday.

Today, as we return from the long weekend, we welcome the His Excellency Franz Jessen, Ambassador and Head of Delegation of the European Union to the Republic of the Philippines, as he enlightens us on Philippines-Europe relations. 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



His Excellency Franz Jessen
Ambassador Extraordinary and Plenipotentiary
Head of Delegation, European Union to the Philippines

Nationality	:	Danish
Date of birth	:	7 April 1955
Marital status	:	Married; one child

Education:

1983	Ph.D. (Economics), Virginia Tech, Virginia, USA Thesis: Marginal Tax Cost Shares and Gov't. Size
1982	M.A. (Economics), Virginia Tech, Virginia, USA
1981	M.A. Social Sciences, (Cand.rer.soc.), Odense Univ.

Work Experience:

Since September 2015:
Ambassador, Head of Delegation of the European Union to the Phils.

November 2011 – August 2015
Ambassador, Head of Delegation of the European Union to Vietnam

January 2011 – October 2011
Head of Division for China, Hong Kong, MACAO, Taiwan, Mongolia
European External Action Service, Brussels

September 2006 – December 2010
Head of Unit for China, Hong Kong, MACAO, Taiwan, Mongolia
DG External Relations, European Commission, Brussels

May 2002- August 2006
Deputy Head of Delegation
Delegation of European Commission, Beijing

May 1998 – April 2002
Head of Economic and Trade Section
Delegation of the European Commission, Beijing

Nov 1994 – April 1998
Counsellor
Delegation of the European Commission, Tokyo

May 1993 – October 1994
Executive Training Programme (Japanese language Training Programme),
Delegation of the European Commission, Tokyo

May 1989 - April 1993
Desk Officer DG 1 (ASEAN Desk)

Jan. 1986 - May 1989
Clearance of Accounts, FEOGA, DG VI

Sept. 1983 – Dec.1985
Assistant Professor, Economics Department, Odense University, Denmark

Sept. 1981 – Aug. 1983
Research Fellow, Economics Department, Odense University, Denmark

PREVIEW OF FORTHCOMING GUEST SPEAKER

November 10, 2016, 12N, Manila Polo Club



Dr. Baltazar Aguda

**Director,
Philippine Genome Center
Dept. of Science & Technology
and University of the Philippines**

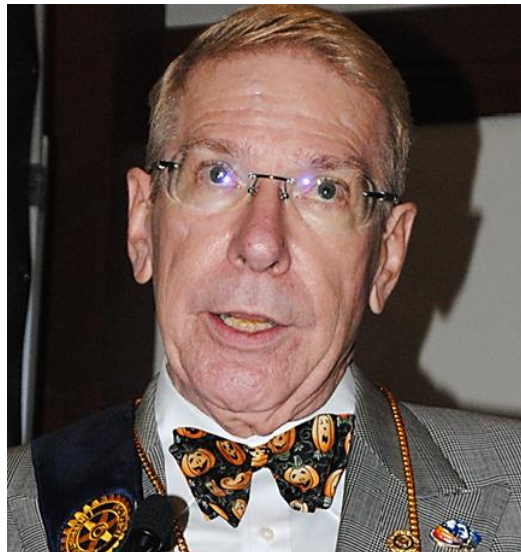
THE WEEK THAT WAS...



Pres. "Teddy" Ocampo calls the 16th meeting of the Rotary Club of Manila to order.



Rtn. "Joe" Assad, OIC/ Moderator, directs the program of activities.



SAA "Lance" Masters delivers an ecumenical prayer.



Hon. Antonio Trillanes, IV, Senator of the Republic of the Philippines, presented before Manila Rotarians, Visiting Rotarians and guests, his take on the so-called socialist leanings of the administration and the explanation on the backpedalling regarding the Chinese occupation of the West Philippine Seas.

SPEECH AT ROTARY CLUB OF MANILA

Greetings!

It is always an honor to be speaking before the distinguished members of Rotary Club of Manila. As before, I'd be delivering a short speech so we could devote more time to the Q & A portion of the program. Here it goes...

Some time ago, there was this leader of an island nation who, immediately after being swept into power set into motion a widespread purging campaign. He openly admitted before those questioning his methods that, he is not executing innocent people; he is executing criminals and they deserve to die. He then appointed known communists into his cabinet while repeatedly denying that he is a communist. Now, fearing anti-communist sentiments, he vigorously courted the armed forces. He then used his televised speeches to issue provocative statements that eventually led to the badmouthing of the United States. In expressing contempt for the US, he reached out to its communist rival. Eventually, he started issuing statements against foreign investors. At this point, everyone in this room is probably so sure that I'm talking about President Duterte. Yes? Sorry, but I am actually talking about Fidel Castro.

To continue, as a counterforce to a possible US-backed coup d'état, Castro created the People's Militia and the Committees for the Defense of the Revolution (CDR), a nationwide civilian organization which implemented grassroots ideological indoctrination; propaganda operations; and detection of counter-revolutionary activities. Finally, when he had consolidated his power, Castro declared that Cuba had converted into a socialist state.

Let me now direct to this short video of President Duterte in a Skype conversation with CPP founder Joma Sison shortly before the elections last May.

So, the question is, are we headed the same way as Cuba in 1960? Well, that's probably a good starting point for our Q & A. For now, what I can say is: "If he thinks like a communist; talks like a communist; and acts like a communist; then he must be a communist."

Thank You.

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A pro-active open forum by **PSAA Gunter Matschuck**, **Dir. Art Lopez**, **Rtn. Tong Payumo**, **Board Legal Adviser Amading Valdez**, **PD Abe Pascual**, **PD Beda Fajardo** immediately followed right after the speech of Senator **Antonio "Sonny" Trillanes IV**.



Pres. “Teddy” Ocampo’s response and presentation to Senator Antonio “Sonny” Trillanes IV a religious icon of Jesus Christ, as the club’s token of appreciation, for being the guest speaker.

MEMBERSHIP / CLASSIFICATION COMMITTEE



Pres. “Teddy” Ocampo as proposer gives a brief introductory remarks on inductee **Mr. Leandro Endaya “Jodi” Bantug (Filipino)**, Managing Director, Design International Selections, Inc. Classification: Furniture & Accessories – Furniture Distributing.



Pres. "Teddy" Ocampo officiates the oath of membership pledge to Mr. Leandro Endaya "Jodi" Bantug, during the formal induction ceremonies; and placing of official Rotary Badge Name and Rotary Pin on STAR Rtn "Jodi" Bantug.

RCM WEEKLY BIRTHDAY CELEBRANT/S



Rtn. Jess Santos as the lone birthday celebrant in attendance is greeted by the RCM World-Famous Chorale with a "Happy Birthday Song" led by Pres. "Teddy" Ocampo.

ERRATUM

In the BALITA issue of last week, October 27, 2016, relative to the **RCM GERMAN OKTOBERFEST** photo releases, on page 15, top photo, we inadvertently missed the name of **His Excellency GORDON KRICKE**, as **Ambassador-Designate of the Federal Republic of Germany to the Philippines**, special guest of Co-Host PSAA Dr. "Gunter" Matschuck. We are publishing the same photo in today's BALITA as a rejoinder. Our sincere apology for the inadvertent error.



RCMers' led by Pres. "Teddy" Ocampo with **His Excellency GORDON KRICKE**, (seated in middle), **Ambassador-Designate of the Federal Republic of Germany to the Philippines** special guest of Co-Host PSAA Dr. "Gunter" Matschuck, Rtn. Peter Gonzales (standing at far right), SDG/PP Frank Evaristo, DGN "Rudy" Bediones, Co-Host Rtn. "Henning" Karcher at the annual RCM German Oktoberfest held last Oct. 19, 2016, Wednesday, at the German Club.

SPECIAL CHILDREN HALLOWEEN PARTY



Before proceeding to the Special Children Halloween Party . Sis. Corrie Evidente DC (administrator of Hospicio de San Jose) is shown presenting the proposed partnership for the rehabilitation of the structures built over the 5 hectare property donated to Hospicio de San Jose Norzagaray by Sol de Dios for a proposed livelihood-skills training under Food for Life (FFL) Program for 50 street families and recreation center . After the project presentation, Sis Corrie led Pres Teddy Ocampo, Special Children Committee Chair PD Phillip Ong and Co chair Rtn Ray Davis to the Paul Harris Livelihood Center for a taste of the bread and pastries and presentation of the tshirt printing machines which is another successful matching grant project with the Rotary Clubs of Yong In (Korea) and Osaka East (Japan).



The RCM Special Children Committee chaired by PD “Phillip” Ong, Co-Chairman Rtn. “Ray” Davis and Rtn. “Peter” Gonzales hosted a “Halloween Party With Special Children / Youth and Elderly Persons at Hospicio De San Jose”, last Friday, October 28, 2016, 3:00PM. Photo shows RCMers’ led by Pres. “Teddy” Ocampo with National University Students and Faculty Members joining the annual fellowship.



Dance and song numbers were performed by National University students from the College of Education, Arts and Sciences.



RCManila's donation of slippers to the wards of the Hospicio De San Jose beneficiary donated by **Rtn. Jason Ong**.



In a posterity photo from L-R: ES Anna Kun Toledo, Chair. Philip Ong, Pres. Teddy Ocampo, Sis. Cristita Valdez, D.C., Rtn. Peter Gonzales and Co-Chair. Ray Davis at the Hospicio De San Jose.



The elders of Hospicio de San Jose during the program of the Halloween Party.



Chair. Philip Ong and Co-chair. Ray Davis in a posterity photo with the special children at the Hospicio de San Jose.



Opening Remarks by **Chair/Rtn. Philip Ong** and **Pres. Teddy Ocampo**.



Guest Singer May Banawa shows an Art Design by Ms. Angie, a beneficiary of a Special Children Project at the Hospicio de San Jose.

D3810 HALLOWEEN 2016



DE/SAA Lance Masters won Second Best Costume at the District 3810 Halloween at the PPA GAD Center in Manila last October 29, 2016.

RAC DLSU MANILA INDUCTION



Notable La Sallians **President Teddy Ocampo** and **DGN Rudy Bediones** at the Rotaract Club of De La Salle University Manila Induction and Handover Ceremonies held at the Hotel Benilde in Manila last October 28, 2016. They are joined in the picture by DRR Cassandra Camille Martino (Rotaract Club of Manila), ASP Abigael Sarmiento (RY 2016-2017 President of Rotaract Club of De La Salle University Manila) and DS/IPP Alain Wilbur Ganipan (RY 2015-2016 President of Rotaract Club of De La Salle University Manila)

DGE Loy's Surprise Birthday Celebration



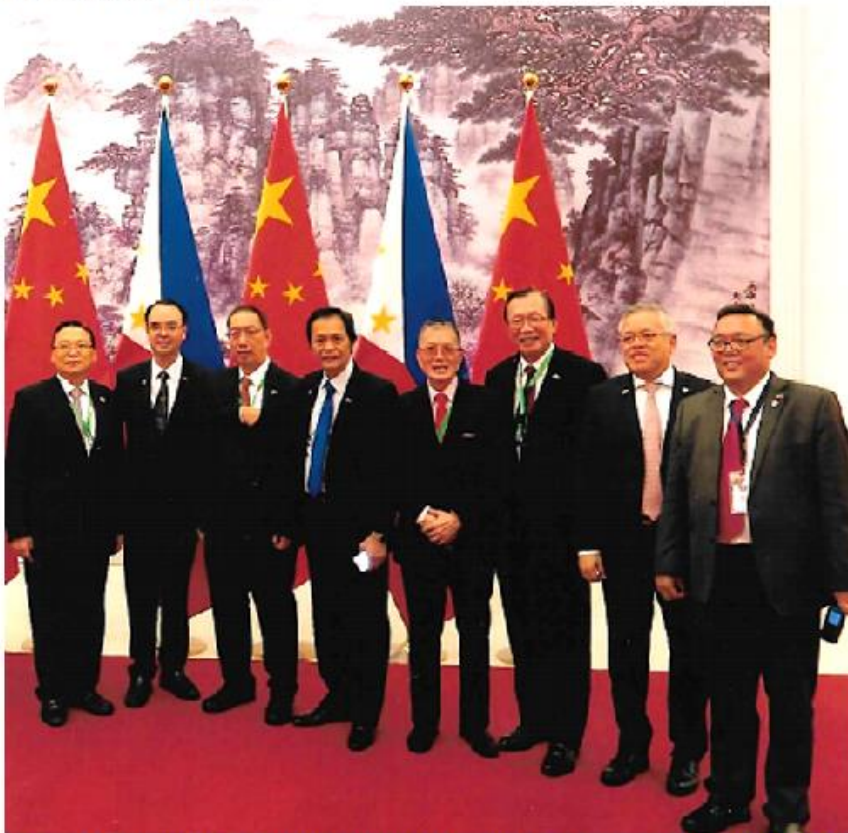
DGN Rudy Bediones together with past district officers and dignitaries surprised DGE Emmanuel "Loy" Cosico on his birthday at his residence in Executive Heights in Parañaque City last October 31, 2016.

FIRST CLASS PRESIDENTS FELLOWSHIP



DGN Rudy Bediones together with his classmates at the First Class Presidents Fellowship held at Music Bank along Macapagal Avenue in Pasay City last October 28, 2016.

COGS IN THE WHEEL



Rotary Club of Manila PVP Manny Dy and **RCM Board Legal Adviser Amading Valdez** accompany **President Rodrigo Duterte** during his recent state visit to the People's Republic of China. Photo shows: **PVP Manny Dy**, **RCM Board Legal Adviser Amading Valdez**, **Senator Allan Peter Cayetano**, **DTI Secretary Ramon Lopez**, **Congressman Harry Roque**, **Mr. George Barcelon**, **Mr. Francis Chua**, **Mr. Angel Yu** at the State Banquet hosted by China President Xi Jing Ping.

COGS IN THE WHEEL



DIR. ALBERT ALDAY
BALITA EXECUTIVE EDITOR

RC Manila Members Appointed to Ambassadorial Posts

The Rotary Club of Manila Board of Directors, Officers and Members wish to congratulate **VPE/VP Jose Manuel “Babe” G. Romualdez** and **SDG/IPAG/PP Franklin “Frank” A. Evaristo** for their recent appointments by **President Rodrigo R. Duterte**.

The former as Special Philippine Envoy to the United States of America and the latter as Philippine Ambassador to the Federal Republic of Germany.

VPE/VP “Babe” Romualdez and **SDG/IPAG/PP “Frank” Evaristo** truly deserve their diplomatic titles having exemplarily served and continue to serve the club in consonance with this year’s Rotary theme, **“Rotary Serving Humanity”**, with much vigor, dedication and commitment to be of service to the needy, the sick and the poor.

The **Rotary Club of Manila**, being the first in Asia, is truly honored and proud of having both bring another milestone of achievements, after our distinguished fellow members were appointed to the Duterte cabinet, namely, **PVP Benjamin “Ben” E. Diokno**, Secretary, Department of Budget and Management and **Rotarian Carlos “Sonny” G. Dominguez, III**, Secretary, Department of Finance aside from the appointment of **BLA/PD Amado “Amading” D. Valdez** as SSS Chair.

Kudos and More Power!

Congratulations to **Past President Frank Evaristo**, Senior Deputy Governor D3810, Past President of the Rotary Club of Manila, President Alay Lakad, past JCI Philippines National President (1980), for his recent appointment as Philippine Ambassador to the Federal Republic of Germany!



ROTARY FOUNDATION MONTH



NOVEMBER IS FOUNDATION MONTH – THE ROTARY FOUNDATION

By: SAA Lance Masters

The Rotary Foundation transforms your gifts into projects that change lives both close to home and around the world. As the charitable arm of Rotary International, we tap into a global network of Rotarians who invest their time, money, and expertise into our priorities, such as eradicating polio and promoting peace. Foundation grants empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with sustainable solutions that leave a lasting impact.)) Strong financial oversight, a stellar charity rating, and a unique funding model mean that we make the very most of your contribution. Give and become a part of Rotary's life-changing work!)) The collective leadership and expertise of our 1.2 million members helps us tackle some of the world's biggest challenges, locally and globally. We are united by common values and vision for the future as we sharpen our focus with targeted specific causes that will reach communities most in need.)) GUIDING PRINCIPLES)) For more than 100 years, our guiding principles have been the foundation upon which our values and tradition stand. The Four-Way Test, Object of Rotary, and the Avenues of Service express our commitment to service, fellowship, diversity, integrity, and leadership.)) AREAS OF FOCUS)) We direct our efforts in six areas to enhance our local and global impact. Our most successful and sustainable projects and activities tend to fall within the following areas:)) Promoting peace) Fighting disease) Providing clean water) Saving mothers and children) Supporting education) Growing local economies) HISTORY OF THE ROTARY FOUNDATION)) At the 1917 convention, outgoing RI President Arch C. Klumph proposed to set up an endowment "for the purpose of doing good in the world." In 1928, it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International.)) GROWTH OF THE FOUNDATION)) In 1929, the Foundation made its first gift of \$500 to the International Society for Crippled Children. The organization, created by Rotarian Edgar F. "Daddy" Allen, later grew into Easter Seals.)) When Rotary founder Paul Harris died in 1947, contributions began pouring in to Rotary International, and the Paul Harris Memorial Fund was created to build the Foundation.)) EVOLUTION OF FOUNDATION PROGRAMS)) 1947: The Foundation established its first program, Fellowships for Advance Study, later known as Ambassadorial Scholarships.)) 1965-66: Three programs were launched: Group Study Exchange, Awards for Technical Training, and Grants for Activities in Keeping with the Objective of The Rotary Foundation, which was later called Matching Grants.)) 1978: Rotary introduced the Health, Hunger and Humanity (3-H) Grants. The first 3-H Grant funded a project to immunize 6 million Philippine children against polio.)) 1985: The PolioPlus program was launched to eradicate polio worldwide.)) 1987-88: The first peace forums were held, leading to Rotary Peace Fellowships.)) 2013: New district, global, and packaged grants enable Rotarians around the world to respond to the world's greatest needs.)) Since the first donation of \$26.50 in 1917, the Foundation has received contributions totaling more than \$1 billion.

ROTARY LEADERSHIP INSTITUTE



RLI 2 completed by **Star Rtn Jun Servando**, held last Saturday October 29, 2016 at the Sofitel Hotel.

NEWS RELEASE



SUNDAY, OCTOBER 30, 2016

DEAN AMADO VALDEZ' FOREIGN POLICY PREDICTION

Do you know that twelve years ago, former University of the East, College of Law Dean and now Social Security System Chairman Amado D. Valdez suggested that our government nurture closer, friendly and cooperative relationship with the People's Republic of China?

Chairman Valdez made the suggestion in July 2004, after the U.S. State Department criticized former President Gloria Macapagal Arroyo's decision to withdraw the Filipino troops in Iraq and attacked her policy of building closer relationship with China.

If you recall on July 7, 2004, OFW Angelo De la Cruz, a 46 year-old truck driver in a Saudi company that works with the American military in Iraq, was kidnapped by the Islamic terrorist group, Khaled bin-Al-Walid Brigade, near the Iraqi city of Fallujah, while he was transporting fuel to U.S. military bases.

The terrorist group demanded the Philippine government to remove its troops from Iraq by July 20, one month ahead of their mandated exit on August 20, or de la Cruz would be executed,

A week after the abduction, President Arroyo decided to save the life of de la Cruz and ordered to bring our troops home and said she did not regret her decision.

The US protested her decision, saying giving in to terrorist demands should not be an option.

The government pulled all its soldiers out of Iraq and on July 20, the terrorists released de la Cruz.

Displeased with the President's decision to withdraw Philippine troops, the U.S. then assailed her thrust to establish closer economic and diplomatic relations with China.

Anent the President's decision to save de la Cruz and not appease the US, Chairman Valdez said in an essay entitled "Courage in Statemanship," contained in his book, "PENSEES, Dean Amado Valdez", a collection of his columns published in People's Tonight in 2004:

"There is no question that Filipino interest was promoted by the President's action. The life spared by her decision was symbolic of the present lives of present-day Filipino heroes. It brought relief and peace of mind to the millions of Filipino overseas and their families in the Philippines. I think that the action has generated a large dose of goodwill from Muslim community all over the world."

With regard to PGMA's rapprochement with China, Dean Valdez, a lecturer and bar reviewer in constitutional and international laws and former executive-director of the Presidential Commission on the Visiting Forces Agreement (VFACOM), said it's wrong for the US to find fault in her policy to develop closer, friendly and cooperative relationship with the PROC.

He stated:

“To ignore China is to ignore the biggest and most powerful nation in this part of the world, which could provide us business and trade opportunities. This early, China has already committed financial and technical support in the development of the railway system north of Manila.”

What I see in Dean Valdez’ aforequoted statement is his ability to predict our country’s beneficial, advantageous and profitable relationship with China.

His prudent advice not to ignore China, given two (2) presidencies ahead of the present administration, is precisely the thrust of President Rodrigo Roa Duterte, who looks upon China as a trusted and generous friend, who could provide us great business and trade opportunities, necessary to effect change and development in our country, which the United States denied us since our independence in 1946.

President Duterte’s decision to terminate our country’s military exercises with the United States under the VFA and “separate” from our long time ally and establish economic and military ties with the PROC, was criticized anew by the U.S. State Department, like how it criticized PGMA in July 2004.

But with the adoption of an independent foreign policy by President Duterte, geared at establishing closer economic and military ties with the wealthiest and most powerful nation in Asia, which may have been inspired by Dean Valdez, and which resulted to the successful state visit of our President to China, bringing \$24 billion of investments and credit facilities from said country, our people’s deliverance from poverty may happen during his presidency.

Dean Valdez is indeed a worthy addition to the President’s men, who can properly assists him not only in making SSS responsive to the people, but advice him as well, in charting a respectable foreign policy for our nation.

FRIDAY, October 28, 2016



Romualdez named special envoy to US



Newly appointed special envoy to the US Babe Romualdez chats with Foreign Affairs Secretary Perfecto Yasay Jr. at the Imperial Tower Hotel lounge in Tokyo yesterday.

TOKYO – As part of a “rebooting” of relationship with the US, the Duterte administration is appointing Babe Romualdez as special envoy to the country’s long-time defense ally.

The appointment of The STAR columnist came as the US is preparing to choose its new leader in November and as it continues to try to make sense of Duterte’s attacks and foreign policy shift toward China and Russia.

Foreign Secretary Perfecto Yasay Jr. informed Romualdez of his appointment yesterday at the Imperial Tower Hotel in Tokyo, on the sidelines of Duterte’s three-day official visit.

“We are trying on how we can work with the changes... especially with the upcoming elections in the US so we will see how we can (establish)... let’s call it as rebooting our relationship with the US,” said a member of the President’s official delegation here.

“We’d like to communicate the message of how we will have a rebooting of our relationship,” the official, who declined to be named, added. “Yes, of course we will continue our relationship with the US.”

As special envoy, Romualdez’s “special mission” is to put back on track Philippine-US relations.

Headlines (Article MRec), pagematch: 1, sectionmatch: 1

Romualdez confirmed the President’s offer, but declined to give details pending the President’s formal announcement. “I confirm it,” he said, adding he declined the post of ambassador.

“Sec. Yasay has briefed Mr. Romualdez on the things needed to address the relationship between the two countries,” the source pointed out. Romualdez’s chief role, the source said, is simply to keep the Philippines’ relationship with the US.

While on a visit to Manila early this week, State Department official Daniel Russel voiced his concern over the rising death toll in Duterte’s war on drugs.

The President has been raining expletives on critics of his vicious anti-drug campaign.

The President initially offered Romualdez the post of ambassador to Washington to replace Malacañang Protocol Officer and former ambassador Marciano Paynor.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Husband & Wife

A small argument between a couple turns violent.
 Husband says: Don't let the animal in me come out.
 Wife replies: Who's afraid of a mouse!!!
 * * * * *

If wife wants husband's attention, she just has to look sad & uncomfortable.
 If husband wants wife attention, he just has to look comfortable & happy.
 * * * * *

A Philosopher husband said: —
 Every wife is a 'Mistress' of her husband...
 "Miss" for first year & "Stress" for the rest of the life....
 * * * * *

Do you remember the tingling feeling when you took the decision to get married?
 That was common sense leaving your body.
 * * * * *

Son: Dad, I got selected for a role in a play for annual day!
 Dad: What role are you playing?
 Son: A husband!
 Dad: Stupid, ask for a role with dialogues!
 * * * * *

Man outside phone booth:
 "Excuse me you are holding phone since 29 minutes and you haven't spoken a word."
 Man inside: "I'm talking to my wife."
 * * * * *

A very intelligent girl was asked the meaning of marriage.
 She said: "Sacrificing the admiration of hundred guys, to face the criticism of one idiot."
 * * * * *

Position of a husband is just like a split aircon, no matter how loud he is outdoor, he is designed to remain silent indoor!
 * * * * *

Listening to your wife...is like reading terms & conditions of a website.
 You understand nothing but still click on "I AGREE."
 * * * * *

The sweetest message:—

Husband to wife: You should learn to embrace your mistakes...

She hugged him tightly....

* * * * *

Honeymoon Surprise

A guy out on the golf course takes a high speed ball right in the crotch.

Writhing in agony, he falls to the ground. As soon as he could manage, he took himself to the doctor.

He said, 'How bad is it doc? I'm going on my honeymoon next week and my fiancée is still a virgin—in every way.'

The doctor told him, 'I'll have to put your willie in a splint to let heal and keep it straight. It should be okay next week'.

He took four tongue depressors and formed a neat little 4 sided splint, and taped it all together; an impressive work of art.

The guy mentions none of this to his girl, marries her, and goes on their honeymoon.

That night in the hotel bedroom, she rips open her blouse to reveal her beautiful breasts. She said, 'You're the first; no one has EVER touched these'.

He immediately drops his pants and replies,.....'Look at this,.....still in the CRATE!'

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



MEMORIES SHIELD US FROM TOUGH TIMES, Part 3 (Overcoming negativity – fear, hatred, anger, etc.)

Elias D. Adamos, M.D

Studies have shown that **reminiscing is good for your health**. Remembering good old days have shown significant improvements in memory of pensioners and senior citizens who were subjects of a study that was carried out in the United Kingdom. The study concluded that six sessions of half-hour chats about the past, boosted recall by an average of 12 percent. Importantly, participants in the study, who were diagnosed with dementia and even those with late stages of the disease, also experienced 8 percent improvements with recall of past events.

Role of nostalgic songs

The group in the abovementioned study was also presented with two sets of lyrics to songs. They were divided into two groups. One group was presented with lyrics to a nostalgic song or 'nostalgic lyrics' composed around the adolescent and/or early adult life of the participants in the group; the other group was presented with the second set of lyrics, referred to as the 'control'. The 'control lyrics' did not come from a nostalgic song. The two groups were later on asked to answer questions about the experience. Those who read the nostalgic lyrics reported a more positive outlook compared to those who read the control lyrics. **Researchers also found out that people who listened to nostalgic songs reported higher levels of positivity or positive outlook in life.**

Nostalgia leads to optimism

Nostalgia can help individuals cope with psychological problems and adversity. Remembering days gone by can raise self-esteem and heighten optimism. Dr. Tim Wildschut of the University of Southampton in England declares, *"Memories of the past can help current feelings of self-worth and can contribute to a better outlook on the future."*

Positive memories may help improve depression

A research on experimental animals published in *Nature Journal* concluded that although animals with depression find it difficult to recall positive memories, stimulation of the brain for it to recall positive past memories could elevate their mood. How exactly positive stimulation can be implemented in humans is still complicated that some experts in the field even suggest invasive procedures like surgery. But for now it is well settled that thinking back to positive memories prior to depression may help in improving mood of patients with depression. Such recall of positive past memories can help in the treatment of depression.

(To be continued)

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