



balita

No. 3677, January 5, 2017

GUEST OF HONOR AND SPEAKER



HON. AMANDO M. TETANGCO, JR.

Governor and Chairman
of the Monetary Board
Bangko Sentral ng Pilipinas

KABALITA

It's time to bring in the bucks as a new page in the history of the world begins. Let the cash registers ring the bells of luck to usher in the proverbial return of the Philippines' Money Man at Asia's First Rotary Club as he shows us why making money should be everybody's business this 2017 with his fearless forecast of things to come.

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

TEDDY OCAMPO
President

EBOT TAN
Immediate Past President

BABE ROMUALDEZ
Vice President

**BOBBY JOSEPH
ALBERT ALDAY
SUSING PINEDA
CHITO ZALDARRIAGA
ART LOPEZ
ISSAM ELDEBS**
Directors

NING LOPEZ
Secretary

CHITO TAGAYSAY
Treasurer

LANCE MASTERS
Sergeant-At-Arms

AMADING VALDEZ
Board Legal Adviser

CALOY REYES
Assistant Secretary

RAOUL VILLEGAS
Assistant Treasurer

DAVE REYNOLDS
Deputy Sergeant At Arms

What's Inside

Program	2-3
President's Corner	4
Guest of Honor & Speaker's Profile/ Preview of Forthcoming Guest Speakers	5
The Week that Was/RCM Foundation Annual Meeting	7-12
Music Committee	13-15
Special Children Christmas Party / Best Class Team Fellowship	16-18
Hospicio Norzagaray Project	19
80 th Birthday Fellowship	20
Christmas Gift Giving	21-26
Invitation	27
On the lighter side	28-30
Public Health Nutrition and Child Care	31
Advertisement	33-35

PROGRAM

RCM's 23rd for Rotary Year 2016-17

Thursday, January 5, 2017, 12N, Manila Polo Club McKinley Room

OIC/Moderator : **RCM Rtn. "Dennis" Montecillo**

**"A Joint Meeting of Rotary Club of Manila (RCM) and
Rotary Club of Forbes Park (RCFP)"**

Program Timetable

11:30 AM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	RCM Rtn. "Dennis" Montecillo
12:30 PM	Call to order	RCM Pres. "Teddy" Ocampo; RCFP Pres. Lito Buñag
	Republic of the Philippines National Anthem Invocation	RCManila WF Music Chorale RCM PE "Jimmie" Policarpio, Chairman, Program Committee RCM WF Music Chorale
	RCM Hymn RCFP Hymn	
	The Four (4) Way Test Credo All Rotarians led by PP "Peter" Kawsek, RCFP	
12:35 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at The Head Table Welcome Song	PP "Frankie" Adriano RCFP RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) Jan. 5...PD "Titong" Mendoza; Jan. 7...Rtn. "David" Lim; Jan. 8...PA "Jimmy" Laya; Jan. 9...PVP "Roy" Golez Maligayang Bati (RCFP Birthday Celebrants) Jan 8.....Dir. "Raj" Bhattee Jan 15...Rtn. "Resty" Tiangco Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Presentation of Flags representing the RCM Roster of Membership to STAR Rtn. "Bollie" Bolton South Africa; STAR Rtn. "Hans" Loozekoot Netherlands	Pres. "Teddy" Ocampo

12:47 PM	Induction of new members to RC Manila I. Brief introduction by Proposers II. Formal Induction Ceremony Mr. Romeo C. "Romy" Nones (Filipino) President, Macrotrade Resources, Inc. Classification: Scientific Instruments – Laboratory Equipment Proposer: PD "Alvin" Lacambacal Mr. Bernd Schneider (German) (Reinstatement) General Manager, Novotel Manila Araneta Center Classification: Hotels – International Hotel Proposer: Dir. "Susing" Pineda Welcome Baby Rotarian Song	Pres. "Teddy" Ocampo RCM WF Music Chorale
12:55 PM	Brief background : Entertaining song numbers	PD "Oca" Del Rosario Coro Obcento Choir
1:05 PM	President's Time	RCM Pres. "Teddy" Ocampo; RCCFP Pres. Lito Buñag
1:10 PM	Introduction of Guest of Honor and Speaker Address: Hon. Amando M. Tetangco, Jr. Governor and Chairman of the Monetary Board Bangko Sentral ng Pilipinas Public Forum	RCM DE/Dir. "Susing" Pineda
2:00 PM	Response, Presentation of Token of Appreciation to Honorable Amando M. Tetangco, Jr. and Meeting Adjournment	RCM Pres. "Teddy" Ocampo; RCCFP Pres. Lito Buñag

PRESIDENT'S CORNER



A Blessed and Blissful New Year to one and all, my fellow Manila Rotarians! Before we parted ways for the much needed Christmas break to be with our respective families and friends in celebration of the Yuletide season, we were serenaded with songs from Broadway musicals by the team from Repertory Philippines and the jolly Christmas Carols of our World Famous Chorale under the able stewardship of PP Babes Reyes which certainly brought the house down and added to the festive atmosphere which made us feel that Christmas was in the air.

As for updates within our club, our World Famous Chorale certainly made a singing career out of themselves with their house to house carolings at the humble abodes or offices of our fellow Manila Rotarians a few days before Christmas. Last December 15, 2016, our young blood held a mini Christmas fellowship at the Refinery in Greenhills, San Juan to firm up ways of how they can do projects for our club. Eleven days after, December 26, 2016, many of our fellow Manila Rotarians attended the Grand Birthday Bash of Manila Rotarian and Former House Speaker Jose "Joe" de Venecia. Two days later, December 28, 2016, our young blood in our club held a mini New Year fellowship at Reminisque Bistro in Quezon City.

Updates from around the district include my participation in the All Star Team Christmas Party last December 27, 2016 at the Marina Baytown East Clubhouse in Parañaque City where all of the areas had a Christmas Presentation as well as fun-filled games.

Today, we welcome our favorite year opener, Bangko Sentral ng Pilipinas Governor Amando Tetangco, Jr., as he presents his fearless forecast of the business climate for 2017. 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. Again, Happy New Year to one and all!

GUEST OF HONOR AND SPEAKER'S PROFILE



AMANDO M. TETANGCO, JR.

BSP Governor and Chairman of the Monetary Board
Bangko Sentral ng Pilipinas

Mr. Amando M. Tetangco, Jr. is the Governor of the Bangko Sentral ng Pilipinas (BSP), a position he has held since July 2005. As BSP Governor, he serves as Chairman of the Monetary Board, the BSP's principal monetary policy-making body.

A career central banker, Mr. Tetangco has been in the service of the BSP for over four decades. Prior to his first appointment as Governor, he was Deputy Governor in-charge of the Banking Services Sector, Economic Research and Treasury of the BSP. He also served as Alternate Executive Director of the International Monetary Fund in Washington, D.C. from 1992 to 1994.

Governor Tetangco is credited with strengthening the BSP's ability to promote growth and stability through its policies concerning monetary, banking and the payments system. Among others, the Philippines has achieved the ideal convergence of higher economic growth and low inflation – for instance, 2015 GDP expanded by 5.8% amid an inflation rate of 1.4%. The Philippine banking system is well-capitalized and supportive of an expanding economy while the payment and settlement system remains safe, efficient and a source of confidence in the growing financial system. At the same time, a strong external position from the current account surpluses and ample international reserves provide cushion from possible shocks to the economy.

During Governor Tetangco's term, the Philippines has made significant progress in promoting a more inclusive financial system. In particular, financial inclusion, financial education and consumer protection were institutionalized in the BSP agenda. Under his leadership, the BSP's financial education initiatives were deepened thru the establishment of the BSP's Economic and Financial Learning Program (EFLP), a comprehensive, nationwide campaign targeting key audiences. Economic and Financial Learning Centers were also established in the various regions of the country, to serve as primary access point for the public to gather economic and financial information. In 2015, the BSP also spearheaded the adoption of the National Strategy for Financial Inclusion, a collaborative effort among the BSP and 12 other government agencies that is envisioned to be the platform to unify the government's financial inclusion efforts.

As head of the BSP, Governor Tetangco is involved in various local and international organizations. He is the Chairman of the Anti-Money Laundering Council (AMLC), the Financial Stability Coordination Council, and the Philippine International Convention Center. He is also Vice-Chair of the Agriculture Credit Policy Council; member of the Capital Markets Development Council (CMDL) and the Export Development Council (EDC).

Overseas, he represents the country at the ASEAN Central Bank Forum; the Executive Meeting of East Asia and Pacific (EMEAP) Central Banks; the South East Asia Central Banks (SEACEN); the South East Asia, New Zealand and Australia (SEANZA); and the Center for Latin American Monetary Studies (CEMLA). At the International Monetary Fund, he is the

Governor for the Philippines while he is the Alternate Governor at both the World Bank (WB) and the Asian Development Bank (ADB). At the Bank for International Settlements (BIS), he is Chair of the Meeting of Small Open Economies. He has also held chairmanships of various international committees: the BIS Asian Consultative Council; the Financial Stability Board (FSB) Regional Consultative Group for Asia; and the Alliance for Financial Inclusion (AFI) Steering Committee.

Governor Tetangco obtained his economics degree from the Ateneo de Manila University, cum laude, and his Master's in Public Policy and Administration with concentration in Development Economics at the University of Wisconsin-Madison, USA as a Central Bank scholar. He attended various training programs at different institutions including the Harvard Business School and the New York Institute of Finance.

PREVIEW OF FORTHCOMING THURSDAY MEETING

**January 12, 2017, 12N, Manila Polo Club
McKinley Room**

BERNARDO M. VILLEGAS, PhD

Senior Vice President of the University
of Asia and the Pacific
Educational Consultant for Parents for
Education Foundation Inc. (PAREF)
Columnist, Manila Bulletin



THE WEEK THAT WAS



Pres. "Teddy" Ocampo calls the 23rd meeting "*Christmas Fellowship*" of the Rotary Club of Manila to order.



PE "Jimmie" Policarpio, Chairman, Program Committee as OIC/Moderator, directs the program of activities.



PD "Ner" Lonzaga delivers an ecumenical prayer.



Dir.-elect/Dir. "Issam" Eldebs leads fellow Rotarians in renewing its commitment to the Rotary Credo through the recitation of the four (4) way test.



STAR Rtn. "Rene" Policarpio introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Dir.-elect/Dir. "Issam" Eldebs and **PE "Jimmie" Policarpio** appeals to fellow RCM Members for voluntary donation to the RCM Secretariat Christmas Fund-Kitty which raised a substantial amount of Php 31,370.00 plus an additional Php 10,000 handed over to ES Anna Kun Toledo after the meeting. The RCM Secretariat headed by ES Anna Kun Toledo wishes to express its sincerest thanks and profound gratitude to Rotarian-donors last Christmas 2016 for the RCM Secretariat.



Pres. "Teddy" Ocampo for some brief acknowledgement and announcements during his President's Time.



Christmas Fellowship Performers: Ms. "Caisa" Borromeo and Mr. "Chesko" Rodriguez perform duet song numbers to the delight of the audience.



Our very own RCM World Famous Chorale led by Chairman PP Babes Reyes caps the yuletide season with a repertoire of Christmas songs which elicited for an actor number performance from



Pres. “Teddy” Ocampo presents the December-born Birthday Celebrants in attendance: **Rtn. “Momo” Mommaerts**, **PD “Alvin” Lacambacal**, **STAR Rtn. “Rene” Policarpio**, **PD “Phil” Ong**, **PD “Rod” Valencia**, **PP “Boy” Guevara**, for the traditional blowing of candles on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the Happy Birthday song.



PE **"Jimmie" Policarpio** conducts the drawing of raffle winners from the fish bowl with attendance registries, with **PSA Dr. "Gunter" Matschuck** winning 1 desk fan courtesy of **PVP "Manny" Dy**. While for the other 3 desk fans was decided to be donated to **Hospicio De San Jose Wards** through Project Chairman **PD "Phil" Ong**.

Another set of winners drawn from fish bowl with attendance registries, of red wines each courtesy of **Dir. "Bobby" Joseph**, were: **PDG "Alex" Cureg**, **Amb. PP "Toting" del Rosario**, **PP "Boy" Guevara**, **PD "Abe" Pascual**, **PD "Bebot" Pineda**, **PT "Jim"**

Chua, Rtn. "Yukio" Asahina, **Rtn. "Hermie" Esguerra**, **Rtn. "Jun-Jun" Capistrano**, **Rtn. "Momo" Mommaerts**.



STAR Rtn. "Rene" Policarpio for and in behalf of proposer **Rtn. "Rosel" Doval Santos**, delivers brief introductory remarks on inductee **Mr. Johannes Albertus Marinus "Hans" Loozekoot** (Dutch), President and CEO – East West Ageas Life Insurance Corp. Classification: Insurance-Life Insurance. **BLA/PD "Amading" Valdez** delivers

brief introductory remarks on inductee **Mr. Abdulgani M. Macatoman** (Filipino), Co-Chairman, Foreign Chamber Council of the Philippines. Classification: Power Production and Distribution – Solar.



Pres. "Teddy" Ocampo administers the oath of membership pledge to Messrs. Johannes Albertus Marinus "Hans" Loozekoot and Abdulgani M. Macatoman as newest members (STAR Rotarians) inducted to the RCM Membership Roll.

RC MANILA FOUNDATION ANNUAL MEETING



Present during the meeting were: IPP Ebot Tan, PD Issam Eldebs, PD Abe Pascual, PD Ner Lonzaga, PT Jim Chua, Treas. Chito Tagaysay, PD Bebot Pineda, SDG/PP Frank Evaristo, SDG Albert Alday, PD Beda Fajardo, PS George Salazar, PD Rob Sears and ES Anna Kun Toledo.

MUSIC COMMITTEE



WORLD FAMOUS MUSIC CAROLLING AT LA VISTA. RCM Music Chorale renders christmas carols at the residence of PT Lito Sibayan last Dec. 8, 2016. Present were: **Rtn. Thad Liamzon, Rtn. Nicky Villaseñor, PD Oscar del Rosario, Rtn. Jun Jun Capistrano, PT Lito Sibayan, Rtn. Jappy Pascual, Chairman/PP Babes Reyes, Rtn. Jackie Rodriguez, PD Abe Pascual, PD Nick Locsin, Star Rtn. Karl Leung, PD Beda Fajardo, Rtn. Jason Ong, Rtn. Nilo Aventura, (seated) PS George Salazar, PT Jim Chua and IPDG Obet Pagdanganan(not shown).**



RCM WORLD FAMOUS MUSIC CAROLLING FOR RTN. ANTUNEZ.

RCM Music Chorale renders christmas carols for Rtn. Mari Antunez at the T.I.M. Bldg. last Dec. 13, 2016. Present were: **PP Francis Juico, Rtn. Jason Ong, Rtn. Thad Liamzon, PD Oscar del Rosario, PD Nick Locsin, PD Beda Fajardo, PS George Salazar, PT Jim Chua and Musical Dir. Emil Cruz.**



WORLD FAMOUS MUSIC CAROLLING AT AYALAALABANG. RCM

Music Chorale renders christmas carols for the family of the late PS Justin Ortiz last Dec. 16, 2016. Present were: **Rtn. Jackie Rodriguez, PD Nick Locsin, PD Beda Fajardo, PT Jim Chua, PP Francis Juico, PD Oscar del Rosario, PS George Salazar, Chair/PP Babes Reyes and SAA Lance Masters.**



WORLD FAMOUS MUSIC CAROLLING FOR PD NER LONZAGA. RCM Music Chorale renders christmas carols for the family of PD Ner Lonzaga at the B.F. Homes, Paranaque last Dec. 16, 2016. Present were: Rtn. Jackie Rodriguez, PD Beda Fajardo, PD Oscar del Rosario, Rtn. Nilo Aventura, PP Francis Juico, SAA Lance Masters, PS George Salazar and Chair./PP Babes Reyes.

SPECIAL CHILDREN CHRISTMAS PARTY



Before the party- IPDG Obet Pagdanganan, Ann Femy Lonzaga, Rtn Colin Patterson, Chair Phillip Ong and PD Ner Lonzaga with the Hospicio de San Jose beneficiaries.



Individual gifts by Chair Phillip Ong and PP Benny Laguesma



Entertainment numbers by the special children



A posterity photo with Rain or Shine James Yap and Chris Tiu (basketball golden stars) with Sis Socorro Evidente (administrator of Hospicio de San Jose) with PE Jimmie Policarpio (second from right) and Star Rtn Rene Policarpio (extreme left), PD Ner and spouse Femy Lonzaga. Also in photo are IPDG Obet Pagdanganan and Chairman/ Rtn. Philip Ong.



Presentation of check of Php 500,000 from AT Hermie Esguerra by **Chair/Rtn. Phillip Ong** to **Sis Socorro** as partial payment for 2 buildings of Hospicio-Norzagaray for renovation. Also in photo are: **PE Jimmie Policarpio**, **Anne Femy Lonzaga**, **Rtn. Peter Gonzales**, **IPDG Obet Pagdanganan** and **Star Rtn. Rene Policarpio**.

BEST CLASS TEAM FELLOWSHIP



Association of Best Class Team Rotary International 3810 Award of Distinction given to **BCP Frank Evaristo** in appreciation of his exemplary pursuit of excellence of Rotary Service and Fellowship for the pride and honor given to Best Class Team on his appointment as the Philippine Ambassador to the Federal Republic of Germany. Given Dec. 9, 2016 at Hongkong Chef Seafood Restaurant in Pasay. Signed by **PDG Edmond Aguilar** and **BCP Chairman Ricky Bajan**.

HOSPICIO NORZAGARAY PROJECT



HOSPICIO NORZAGARAY PROJECT, December 15, 2016				
1 Committed RCM Project:		Php		2,000,000.00
2 Donations:				
Donation of AT Hermie Esguerra				500,000.00
Donation by Chairman Phillip Ong				500,000.00
3 Advanced by Chairman Phillip Ong		Php		500,000.00
Donations received for PD Phillip Ong-				
-1 PP Boy Guevara	20,000.00			
-2 PP Benny Laguesma	20,000.00			
-3 PD Ner Lonzaga	10,000.00			
-4 PP Frank Evaristo	3,000.00			
-5 Rtn Colin Patterson	50,000.00			
-6 Niegel Cosans	15,000.00			
-7 Rtn Jack Bautista	<u>5,000.00</u>	123,000.00		
Balance of advances by PD Phillip Ong	377,000.00			
5 Pledge of Rtn Ray Davis		500,000.00		
Total turned over to Sister Carrie				1,500,000.00
Balance of RCM Pledge to be donated		500,000.00		

80TH BIRTHDAY FELLOWSHIP



Rtn Joe De Venecia celebrated his 80th Birthday last Monday Dec 26, 2016 at the Sampaguita Garden. Present during the celebration :Standing L to R: PD Rod Valencia, Joanna Valencia (daughter), Rtn. Joe Assad, IPDG Obet Pagdanganan, PP Frank Evaristo, PD Oscar del Rosario, Sr., Dir Albert Alday. Seated from L to R: Ann Baby Ocampo, Pres Teddy Ocampo, Rtn Joe de Venecia, PDG Vince Carlos & PP Cesar Ubaldo. Also present were Board Legal Adviser Amading Valdez, Ann Nellie Valdez and Star Rtn Gani Macatoman

CHRISTMAS GIFT GIVING



Department of Education
Schools Division of Tarlac Province
 Macabulos Drive, San Roque, Tarlac City, 2300



Create a site!

Home K to 12 Issuances Downloadable Directories and School Map About Us DEPED LINK

Japanese businessman distributes school, sports supplies to 5800 pupils

By SEPS Joey Quizon

Some 5,800 pupils from selected public elementary schools of Bamban, Capas and Concepcion received packages of school and sports supplies from a Japanese businessman during turnover ceremonies at Alfonso Elementary School in Concepcion, Tarlac on December 16.

Mr. Kenji Mori, thru the coordination of former Education Secretary Jesli A. Lapus, chose the Philippines because he wanted Filipino children "to scream in joy."

"During the Japanese occupation in the Philippines, Filipinos are screaming in pain. Now, I want to see them scream in joy," expressed Mori who set the condition of not welcoming him with tarpaulins neither preparing food and awarding him with certificate of appreciation, just a simple turn-over program.

Mori distributed pencils/mechanical pencils and crayons to pupils of Alfonso Elementary School (718), Concepcion North Central ES (1,211), Capas Gabaldon ES (1599), Capas East Central ES (945) and Bamban Central ES (1,348).

Apart from the school supplies, Mori also turned over 600 basketball and volleyball balls and 5 Bluetooth Harman Kardon speakers to the five recipient schools.

OIC-Schools Division Superintendent Estrelita S. Cunanan, who attended the turnover ceremony, expressed her thanks to Mori for making the "public school children experience the joy of generous people like you."



pupils from five selected elementary schools from Bamban, Capas and Concepcion.



Following the Christmas gift giving in Calumpit, Bulacan. **Rtn Kenji Mori** together with **IPDG Obet Pagdanganan**, District Governor Nominee **Rudy** and spouse **Sharon Bediones**, Past Director **Oscar del Rosario, Sr.** & **Rtn Vee David** distributed school gift packages in 4 public schools and one private school Calumpit, Bulacan last December 13, 2016. The following were the beneficiaries:

Calumpit Central Elementary School
F. Mendoza Memorial Elementary School
Colegio de Calumpit
Canigan Elementary School
Juan T. Pagdanganan Memorial Elementary School







Distribution of simple assorted Christmas gifts from **Rtn. Kenji Mori** of our Sis. Club in Japan to 5 big populated schools, 4 public & 1 private schools in Calumpit, Bulacan assisted by some members of the Rotary Club of Manila, the first in Asia led by our IPDG **Obet Pagdanganan**, **DGN Rudy Bediones** w/ wife **Sharon**, **PD Oscar del Rosario** and some local officials.





School Christmas Packages for 4000 students were donated by Rtn Kenji Mori last Tuesday December 13, 2016, Rtn Mori was accompanied by Governor Nominee Rudy & spouse Sharon Bediones, & Rtn. Tong Payumo. The following schools in the Province of Bataan - Dinalupihan were the beneficiaries :

Colo Elementary School
 Luakan Elementary School
 San Ramon Elementary School
 Dinalupihan Elementary School
 University of Nueva Caceres

INVITATION

December 15, 2016

Mr. Teddy J.Ocampo
President of Rotary Club of Manila

Dear Mr. Teddy J.Ocampo

On behalf of Osaka East Rotary Club, I am very pleased to inform you that we will be celebrating our 60th anniversary in May 2017

We would like to take this opportunity to express our sincere appreciation to you and your members for long lasting friendship as a sister club.

The memorial ceremony is going to be held on Saturday, May 27th 2017 from 2:00PM to 8:00PM at the Imperial Hotel Osaka.

We would be delighted if you and your colleagues could join us (To our regret, we have only 15 seats available due to the limited space) It is our pleasure to meet you and members of Manila RC and spend time together, we would like to develop our strong friendship more and more.

We have reserved rooms for you at the Imperial Hotel Osaka from 25th to 27th May.

Could you please confirm your attendance by February 28th?
So we can send you the details instantly to assist your arrangement.

We hope to see you at the ceremony.
If you have any questions, please do not hesitate to let us know.

Sincerely Yours,

Teiichi Nishimura
President
Rotary Club of Osaka East

*Please contact PD Nick Locsin for travel and accomodation details.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

As we begin a new year, let us thank the Lord for all the blessings that we have received and hope that we will have a more peaceful, joyful and prosperous 2017. Now to the Lighter Side.....

Rising to the Occasion

A man boarded an aircraft at London's Heathrow Airport for New York, and taking his seat as he settled in, he noticed a very beautiful woman boarding the plane.

He realized she was heading straight toward his seat and bingo-she took the seat right beside him. "Hello", he blurted out, "Business trip or vacation?" She turned, smiled enchantingly and said, "Business. I'm going to the Annual Nymphomaniac Convention in the United States." He swallowed hard.

Here was the most gorgeous woman he had ever seen sitting next to him, and she was going to a meeting for nymphomaniacs! Struggling to maintain his composure, he calmly asked, "What's your business role at this convention?" "Lecturer," she responded. "I use my experience to debunk some of the popular myths about sexuality." "Really", he smiled, "what myths are those?"

"Well," she explained, "one popular myth is that African-American men are the most well-endowed, when, in fact, it's the Native American Indian who is most likely to possess that trait. Another popular myth is that French men are the best lovers, when actually it is the men of Greek descent. We have also found that the best potential lovers in all categories are the Irish."

Suddenly the woman became uncomfortable, and blushed. "I'm sorry, I do apologize." She said, "I really shouldn't be discussing this with you, I don't even know your name!"

"Tonto," the man said. "Tonto Papadopoulos, but my friends call me Paddy."

A Love Story.....of Sorts

A couple was Christmas shopping at the mall on Christmas Eve and the mall was packed.

As the wife walked through the mall she was surprised to look up and see her husband was nowhere around. She was quite upset because they had a lot to do. Because she was worried, she called him on her mobile phone to ask him where he was.

In a calm voice, the husband said, "Honey, you remember the jewelry store we went into about 5 years ago where you fell in love with that diamond necklace that we could not afford and I told you that I would get it for you one day?"

The wife choked up and started to cry and said, "Yes, I remember that jewelry store." He said, "Well, I'm in the bar right next to it."

Difference between pants and panties

Mike was going to be married to Karen so his father sat him down for a little chat.

He said, "Mike, let me tell you something. On my wedding night in our honeymoon suite, I took off my pants, handed them to your mother, and said, "Here, try these on."

She did and said, 'These are too big. I can't wear them.' I replied, 'Exactly...I wear the pants in this family and I always will. I don't want you to ever forget that.' 'Hmmm,' said Mike. He thought that might be a good thing to try.

On his honeymoon, Mike took off his pants and said to Karen, 'Here, try these on.. She tried them on and said, 'These are too large. They don't fit me.'

Mike said, 'Exactly. I wear the pants in this family and I always will. I don't want you to ever forget that.' Then Karen took off her panties and handed them to Mike. She said, 'Here, you try on mine.'

Mike did and said, 'I can't get into your panties,' Karen said, 'Exactly...And if you don't change your smart-ass attitude, you never will.'

* * * * *

A Jewish solution to an age old problem

No matter what this husband did in bed, his wife never achieved an orgasm. Since a Jewish wife is entitled to sexual pleasure, they decide to consult their Rabbi.

The Rabbi listens to their story, strokes his beard, and makes the following suggestion: 'Hire a strapping young man. While the two of you are making love, have the young man wave a towel over you.' That will help your wife fantasize and should bring on an orgasm.

They go home and follow the Rabbi's advice. They hire a handsome young man and he waves a towel over them as they make love. It does not help and the wife is still unsatisfied.

Perplexed, they go back to the Rabbi. Okay, he says to the husband, 'Try it reversed. Have the young man make love to your wife and you wave the towel over them. 'Once again, they follow the Rabbi's advice.

They go home and hire the same trapping young man. The young man gets into bed with the wife and the husband waves the towel. The young man get to work with great enthusiasm and soon she has an enormous, room shaking, ear-splitting screaming orgasm.

The husband smiles, looks at the young man and says to him triumphantly, 'See that, you schmuck? THAT'S how you wave a towel!'

* * * * *

One Evening

One evening a man was at home watching TV and eating peanuts. He'd toss them in the air, and then catch them in his mouth in the middle of catching one, his wife asked him a question-and as he turned to answer her, a peanut fell in his ear.

He tried and tried to dig out but succeeded in only pushing it in deeper. He called his wife for assistance, and after hours of trying they became worried and decided to go to the hospital.

As they were ready to go out the door, their daughter came home with her date. After being informed of the problem, their daughter's date said he could get the peanut out.

The young man told the father to sit down, then proceed to shove two fingers up the father's nose and told him to blow hard. When the father blew, the peanut flew out of his ear.

The mother and daughter jumped and yelled for joy. The young man insisted that it was nothing. Once he was gone, the mother turned to the father and said, 'That's so wonderful! Isn't he smart? What do you think he's going to be when he grows older?'

The father replied, 'From the smell of his fingers, our son-in-law.'

* * * * *

A Bit of Gas

"Sister Ann, aren't you putting on a little weight?" inquired Father Dan during his visit to the convent, suspiciously eyeing her bulging stomach.

"Why, no Father," answered the nun demurely, "It's just a little gas." A few months later Father Dan put the same question to the nun noticing her habit barely fit across her belly. "Oh, just a bit of gas," said sister Ann, blushing a bit.

On his next visit Father Dan was walking down the corridor when he passed Sister Ann wheeling a baby carriage. Looking in, the priest observed, "Cute little Fart!"

* * * * *

Immigration

A large earthquake with the strength of 8.1 on the Richter scale hit the Middle East.

Two million Muslims died and over a million were injured. Iraq, Iran and Syria were totally ruined and the governments asked for help to rebuild.

The rest of the world was in shock. Great Britain sent troops to help keep the peace. Saudi Arabia sent oil and monetary assistance. Latin American countries sent clothing. New Zealand and Australia sent sheep, cattle and food crops. The Asian countries sent labor to assist in rebuilding the infrastructure. Canada sent medical teams and supplies.

The new American President, Donald Trump, not to be outdone, sent two million replacement Muslims. God Bless President Trump!

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



2017 HEALTH CONCERNS

Elias D. Adamos, M.D.

"Write it in your heart that every day is the best day in the year." **Ralph Waldo Emerson (1803-1882), American essayist, lecturer, and poet**

HAPPY NEW YEAR! After the merrymaking, parties, wines, and foods during the holidays, I believe it's now time for some cleansing diet and exercise. This list will serve as a guide to your 365 healthful days ahead of you.

Common health concerns for the year

1. **Arthritis.** This is probably the number one condition present in people who are 65 years or older, although even younger men and women are sometimes not spared from this painful condition. Arthritis can lead to pain and lesser productivity and lower quality in life for some seniors. Don't be discouraged if you suffer from some joint pains. Stay active. Exercise. Get involved. Work it with your doctor for you to be able to get a personalized activity plan that can go along with your treatment.
2. **Heart Disease** affects men in mid adult life and women in their menopausal age. In the Philippines, hypertension that is caused by some acute and chronic heart condition can appear at an early age of 40. It is still listed as the top 10 causes of morbidity and death among adults in the Philippines. Avoid the risks factors, such as high blood pressure, high cholesterol, obesity diabetes, smoking, alcohol, stress, and other factors that can produce chronic heart disease that can lead to stroke.
3. **Cancer.** If it is caught early through screenings, such as mammograms, colonoscopies, biopsies, skin checks, and other cancer screening tests, cancer is treatable. Although you're not always able to prevent cancer, if you are diagnosed with the condition, you can still improve your quality of life. Don't be depressed. Work with your medical team for your treatment and healthy living recommendations.
4. Pneumonia and other respiratory diseases. **Pneumonia** and **tuberculosis** are still listed in the top 5 leading causes of death and morbidity in adults in the Philippines. **Chronic Obstructive Pulmonary Disease (COPD)** that is brought about the pneumonia and tuberculosis, not to mention **Chronic Asthma**, is the cause of death among patients with lung problems. Getting lung function tests and the proper use of oxygen will go a long way for you to enjoy the rest of the year.
5. Other health concerns: Alzheimer's and Dementia, Osteoporosis, Diabetes, the Flu, slips and falls and other accidents, Alcohol (or maybe its relatives: drugs and gambling), Smoking, Obesity, Depression, Oral and Dental health problems, Poverty and problems with retirement, and virus infections (chickenpox, shingles). **KEEP CALM, IT'S JUST 2017.**

ADVERTISEMENT



Panasonic
JAPAN



NO. 1 WIRING DEVICES



JAPAN BEST
VENTILATING
FANS

SINCE 1909
JAPAN



AIPHONE
JAPAN



TOP ENTRY PHONE SYSTEM

EATON
U.K. **COOPER**



FIRE ALARM SYSTEM

SECURE



HIGH RESOLUTION
CCTV CAMERA



RACK / TOWER ONLINE
UNINTERRUPTIBLE
POWER SUPPLY

**Bringing QUALITY products
you can TRUST.**

Cubao 912-8881 ♦ Manila 733-8161 ♦ Frisco 372-3594



Exquisite Wines

Excellent Pleasures

Lasting Experiences

WWW.PWM.COM.PH

2253 Aurora Blvd. Pasay City PH 1300

8322523 / 8537421

philwine@compass.com.ph



FOR MORE PRODUCTIVE MEETINGS

In business, the smallest details make the biggest impact on the bottomline.

Whether you are planning for the rest of the fiscal year, holding a meeting with partners from overseas or a training your team, you will be able to access first-class facilities and the best of Philippine hospitality within our halls.

Hold your next meeting and business conference at The Manila Hotel and seal the deal in five-star luxury. Discuss your requirements with our team by calling 5270011 local 1271 to 1274 or emailing banquet@manila-hotel.com.ph.

M

THE MANILA HOTEL