



balita

No. 3679, January 19, 2017

GUEST OF HONOR AND SPEAKER



HON. AMADO D. VALDEZ

Chairman
Social Security System
Board Legal Adviser and Past Director,
Rotary Club of Manila



KABALITA

With our very own *Balik ng Bayan* at the helm, private sector employees and pensioners of this nation are now assured of a brighter future, as he makes a first appearance in this capacity at his home, Asia's First Rotary Club.

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THE ROTARY CLUB OF MANILA

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PROGRAM

RCM's 25th for Rotary Year 2016-17

Thursday, January 19, 2017, 12N, Manila Polo Club McKinley Room

OIC/Moderator : **STAR Rotarian "Raffy" Alunan**

Program Timetable

11:30 AM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are Requested to be seated:	STAR Rtn. "Raffy" Alunan OIC/Moderator
12:30 PM	Call to order	Pres. "Teddy" Ocampo
	Republic of the Philippines National Anthem Invocation RCM Hymn The Four (4) Way Test Credo	RCM WF Music Chorale Star Rtn. "Dong-Dong" Benedicto RCM WF Music Chorale All Rtns. led by Rtn. Yukio Asahina
12:35 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table Welcome Song	STAR Rtn. "Romy" Nones RCM WF Music Chorale
12:40 PM	Maligayang Bati (Birthday Celebrants) Jan. 20...Rtn. "Butch" Tamayo, STAR Rtn. Rocco Sarmiento; Jan. 23...Rtn. "Butch" Campos Happy Birthday Song	RCM WF Music Chorale
12:45 PM	President's Time House Concerns	Pres. "Teddy" Ocampo Dir. "Art" Lopez
12:50 PM	Introduction of Guest Speaker	STAR Rtn. "Gani" Macatoman
	Address: Hon. Amado D. "Amading" Valdez Chairman, Social Security Commission; RCM Board Legal Adviser/Past Director	
	Public Forum	
2:00 PM	Response, Presentation of Token of Appreciation to Chairman Amado D. "Amading" Valdez and Meeting Adjournment	Pres. "Teddy" Ocampo

PRESIDENT'S CORNER



Last week, we had a fruitful start for 2017 with our perennial year opener, Hon. Amando Tetangco, Jr. , Bangko Sentral ng Pilipinas Governor and Chairman of the Monetary Board, ringing in the good tidings for what to expect in our money bags this year. It was a jam-packed luncheon meeting indicating a good start for 2017 with a full house crowd of Rotarians from both our club and that of the Rotary Club of Forbes Park as well as the businessmen in attendance.

As for update within our club, I was given the rare opportunity to speak before the Rotary District 3810 Radio Program last January 10, 2017 regarding our club, its history and all there is to it which I perceive is a good start for our road to our centennial celebration in 2019. The radio program is anchored by SDG Mariano Enrique "Nito" Siasat.

Update from around the district include the attendance of CoS/IPSDG/PP Cesar Ubaldo and SDG/DCoS/Dir. Albert Alday at the January Area Meeting of the district which was held at the Aristocrat Restaurant along Roxas Boulevard in Manila last January 10, 2017.

Today, we welcome economic juggernaut, Dr. Bernardo Villegas, Professor at the University of Asia and the Pacific, Director of the Center for Research and Communications and Visiting Professor at the IESE Business School as he presents his fearless forecast of the Duterte Administration economic 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.

GUEST OF HONOR AND SPEAKER'S PROFILE



AMADO DOMINGO VALDEZ
Chairman, Social Security Commission

Noted lawyer Amado D. Valdez, the former Dean of the University of the East (UE) College of Law and a known constitutionalist, has been recently appointed Chairman of the Social Security Commission (SSC), the governing board of the Social Security System (SSS). He formally took his oath of office as the pension fund's Head under the administration of President Rodrigo R. Duterte in October 2016.

As SSC Chairman, Valdez is responsible, along with his fellow members of the SSC, for the governance of the SSS in terms of providing policy directions, monitoring and overseeing management actions, as well as in performing quasi-judicial functions through decisions rendered in cases involving disputes on social security coverage, benefits, contributions, and penalties.

Valdez's stint in national government started during the term of then President Corazon Aquino where he served as director of the Bureau of Agrarian Legal Assistance and member of the Cabinet Assistance System. He was cited for his "Barefoot Lawyers Program" that unclogged the dockets of the Department of Agrarian Reform. In 2001, he functioned as Government Corporate Counsel with the rank of presiding justice of the Court of Appeals. He was also a Senior Undersecretary at the Office of the President and concurrent Executive Director of the Presidential Commission on the Visiting Forces Agreement.

Prior to this, Valdez also worked as general attorney at the Law Center of the US Naval Base in Subic Bay and associate of Martin, Davis & Lewis law firm in Los Angeles, California.

Aside from his business and corporate law practice, Valdez was also passionately involved in legal aid work. As the national legal aid director of the Integrated Bar of the Philippines (IBP) in 1999, he successfully implemented its nationwide legal aid program.

During his incumbency, a number of remarkable projects were initiated such as decongestion of jails, training of paralegals, programs for the protection of abused women and children, seminars on the barangay justice system, and the commencement of the IBP drug watch, to name a few.

Moreover, as then Philippines' executive director for Constitutional Issues of Centrist Asia Pacific Democrats International, Valdez has represented the country in several overseas fora on election, constitutional, and international laws, as well as national development issues.

His past business, professional, and civic involvement includes holding various top positions such as President and Chairman Emeritus of the Pamantasan ng Lungsod ng Maynila and Ospital ng Maynila, President of the International Association of Constitutional Law-Philippine Branch and the Philippine Association of Law Schools, Member of the Board of Trustees of the Philippine Judicial Academy and Universidad de Manila or City College of Manila, Director of the Rotary Club of Manila, Philex Mining Corporation, and John Hay Management Corporation, among others.

Valdez obtained his Bachelor of Laws Degree from UE after graduating with a Bachelor of Arts Degree from Manuel L. Quezon University. He attended special studies in International Business Law in the National University of Singapore and has completed academic requirements in Master in Business Economics at the University of Asia and the Pacific and participated in workshops on Top Development Managers in Philippine Government at the Asian Institute of Management. In addition, he was conferred the Doctor of Humanities and Doctor of Philosophy Degrees by the Laguna State Polytechnic University and Hawaii-based Akamai University, respectively.

For several years, one of the country's leading tabloids, People's Tonight, carried the column of Valdez, which was chosen as a Finalist for Best Opinion Column in the 2014 Catholic Mass Media Awards. Some of his column pieces have been recently compiled into a small volume titled "Pensees."

Born in San Manuel, Pangasinan on May 5, 1946, Valdez is married to Nelita Rodrigo-Natividad, blessed with three sons: a lawyer, an architect, and a doctor, and is now a grandfather of four.

PREVIEW OF FORTHCOMING GUEST SPEAKER

January 26, 2017, 12N,

Manila Polo Club McKinley Room



Hon. Sherwin Gatchalian

Senator, Republic of the Philippines

R.I. District 3810 Governor "Ernest" Yuyek

Official Visit to RCManila

**"Chinese New Year Celebration" Courtesy of
PVP "Manny" Dy**

THE WEEK THAT WAS



Pres. "Teddy" Ocampo calls the Rotary Club of Manila's 25th meeting to order.



PP "Archit" Bartolome as OIC/Moderator directs the program of activities.



Rtn. "Joel" Valdes delivers an ecumenical prayer.



PD "Raoul" Villegas leads fellow Rotarians in renewing its commitment to the Rotary Credo through the recitation of the four (4) way test.



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



Rtn. "Jack" Rodriguez, Co-Chairman, Program Committee, does the honour and pleasure of introducing **Bernardo M. Villegas, PhD**, Visiting Professor of IESE Business School in Barcelona, Spain; Professor at the University of Asia and the Pacific (UA&P) and Research Director of the Center for Research and Communication, Manila, as guest speaker.



Dr. Bernardo Villegas, Professor at the University of Asia and the Pacific, Visiting Professor at the IESE Business School in Barcelona, Spain and Research Director of the Center for Research and Communications spoke before Manila Rotarians, Visiting Rotarians and guests on what to expect from the Philippine economy this 2017.



An interactive open forum followed right after the speech of **Dr. Bernardo M. Villegas**.



Among those who participated in the open forum were: **Rtn. Tong Payumo**, **Rtn. Roy Zosa**, **Board Legal Adviser Amading Valdez**, **Rtn. Jess Santos**, **Rtn. Art Lopez**, **PD Beda Fajardo**, **Rtn. Roy Golez**, **Rtn. Hermie Esguerra**, **Dir. Susing Pineda**, **Star Rtn. Gani Macatoman**, **Director Chito Zaldarriaga** and **H.E. Jerome Weya**, **Ambassador of Ivory Coast**.



Pres. "Teddy" Ocampo presents to Dr. Bernardo M. Villegas a religious icon as the club's token of appreciation.



A posterity photo with RCM Guest Speaker Dr. Bernardo M. Villegas being flanked by Star Rtn. Karl Leung, Pres. Teddy Ocampo, Rtn. Henning Karcher, DGN Rudy Bediones, Dir. Art Lopez, Rtn. Celso Abastillas, Rtn. Vee David and PVP Roy Golez.

MEMBERSHIP



His Excellency Camilo Eduardo Sanhueza Bezanilla delivers brief appreciation remarks

Pres. "Teddy" Ocampo administers the oath of membership pledge to **H.E. Camilo Eduardo Sanhueza Bezanilla** (Chilean). Charge d' Affairs, Embassy of Chile as Honorary Member of the Rotary Club of Manila.



H.E. Camilo Eduardo Sanhueza Bezanilla formally presents to Pres. "Teddy" Ocampo the Chilean Flag to be included in the Rotary Club of Manila roster of membership flags.

SAGIP KABATAAN FOUNDATION MEETING



Annual / Organizational / Board of Trustees' Meeting of Sagip Kabataan Foundation was held last Thursday January 12, 2017 at the McKinley Room of Manila Polo Club to elect the trustees and officers for FY 2017 and consider the direction of SKFI. Photo shows members and trustees present: **PD Abe Pascual, PP Archit Bartolome, PD Nick Locsin, IPP Ebot Tan, PD Beda Fajardo, PP Frank Evaristo, Dir Albert Alday, Treas Chito Tagaysay, PS Jorge Salazar and PT Jim Chua.**

ROTARY LEADERSHIP INSTITUTE



PE Jimmie Policarpio attended RLI 1 last Saturday Jan 14, 2017 held at the Heritage Hotel. Star Rtn Jun Alvarez completed the RLI Course 3.

COURTESY CALL ON FVR



Courtesy Call on former **President Fidel V. Ramos** last January 16, 2017 by **Rtn. Kenji Mori** of Japan who was accompanied by **IPDG Obet Pagdanganan**, **DGN Rudy Bediones**, **PP Archit Bartolome** and **Rtn. Tong Payumo**. Also present was **Mr. Jones**, son in law of former Philippines former President Fidel V. Ramos.

GLOBAL GRANT



Finally, a real potential for a TRF Global Grant, the first in too many years!

By SAA/DE Lance Masters

Summary: A remote elementary school outside San Jose, Mindoro with almost 500 students and a high school with almost 1,000. Problem: water and sanitation. They have a good well, but only a single hosepipe, 150 meters from the closest building, from which students can fill buckets and bottles. There is no distribution. There are only 6 CR's for elementary school and similar for high school, all of which just drain to nearby ditches; there is no septic disposal. All students have to carry at least 3L each day for minimal hand wash and toilet flush. The school site is huge (4.7 hectares) and used for whole-island scouting jamborees and multiple school district events such as various competitions. There are no showers, and obviously grossly inadequate cr's, so everybody simply squats in adjacent fields. Scouts have to bring tankers. Solution: purchase and install roof top tanks, pipes to building, build cr's for elementary classrooms etc, gang lavies for high school, gang and outside showers for sporting/scouting events. Install septic system with leach lines. Technical details and cost estimates are now being prepared pro bono, courtesy of PDG Alex Cureg by his lead project Engineer. This has the potential to be our first Global Grant in a very long time.

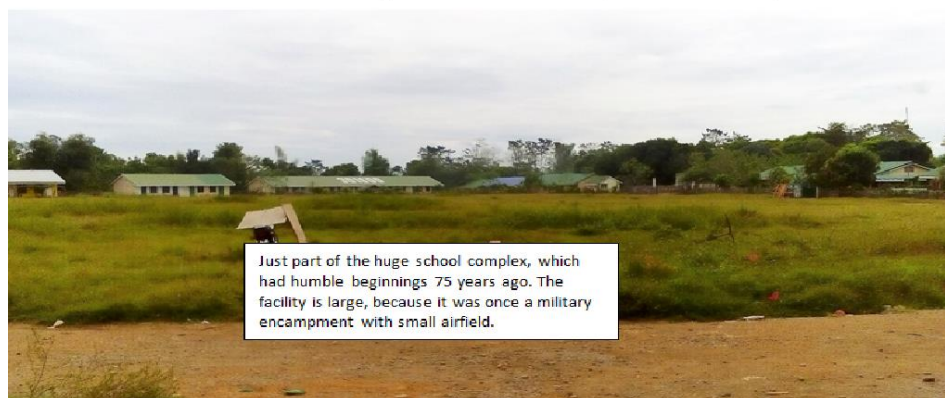


Pictured are PDG Alex's Project Engineer James Maramag, RC Tamaraw PP "Dolly" Mallar, yours truly, Tamaraw's ASP Sonia Sy, local water official, and Tamaraw PP's Ray and Vickie.

Background: I was invited to visit two sites by a Past President of RC San Jose Tamaraw, which had been endorsed by PDG Obet Pagdanganan, who had seen the sites while on Governor's visits to Mindoro clubs, as well as COS Cesar Ubaldo. I introduced the concept to our club's BOD last month, who approved investigation and potential application of our club's District Designated Grant plus a few hundred dollars more, if it panned out. Gov. Ernest Yuyek also expressed preliminary interest and possible additional District Funds. The first site visited was a huge water tower erected in 1928 for one of the first and largest sugar mills in the country. Long since shuttered and sugar facilities demolished, the 18-meter tall tower, constructed of French Iron, still stands, long unused.

The initial idea was to restore the tower and build a pipeline to the District Hospital, which sometimes experiences shortages during summer months. The problems that we encountered were three-fold. First, the tower is so badly rusted and deteriorated that it would require total replacement, except for a part of the tank. Second, it turned out that the district hospital was more than five kilometers away, which would require a massive piping project. Finally, the hospital has its own well only 300 meters away and on-site storage tanks. The DOH just needs to replace some deteriorated well casing to solve the only occasional problem.

The second site visited was the massive grounds of the school, surrounded by rice fields as far as the eye could see. The elementary and [Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.] senior high schools have growing populations. They are separated only by a fence and a little distance. We were there on a Saturday, so there were no classes in



Just part of the huge school complex, which had humble beginnings 75 years ago. The facility is large, because it was once a military encampment with small airfield.

session, but the band was practicing and we had an opportunity to talk with the teacher and learn about the everyday difficulties of the students and the staff. It turned out that the principal was also on site, professionally dressed and hard at work in her office. She was delighted with our surprise visit and with the potential of a project that would so dramatically improve the welfare of the entire community.

There is a new three-story high classroom building under construction for the high school, to accommodate K-12, but, much to our surprise, it is being built without any CR's! It is, however, an ideal location for installation of water tanks to provide gravity feed distribution of fresh water to the various buildings. Nearby, there are a couple of World War II era buildings, one of which (pictured here) could be rehabilitated and adapted to have separate gang showers for boys and girls. These facilities are sorely needed, especially by the high school, for the multi-district competitions, and by the scouting organizations that have their Jamborees on site.



It is our intention to gather additional details and preliminary estimates of the costs of each significant aspect of the project. Additional consultations will be held with the school and DOE official, the Barangay officials, the Boy Scout regional leaders, and other authorities as appropriate. We will then draft a TRF Global Grant Proposal for various levels of reviews and approvals and to seek the literal buy-in of foreign clubs. Global Grants must have a minimum budget of USD\$30,000. This project could easily be three times that amount. Obviously, it is going to take a lot more time and effort to bring it to possible fruition, but it is clearly worthwhile. It would be a major accomplishment for our club finally to lead a major Global Grant after so many years without any. I promise my best efforts to bring this credit to our club.



COGS IN THE WHEEL



Congratulations **Dr. John Cenica** on being elected as the President of Philippine Society of Liposuction Surgery!

INTERNATIONAL RELATIONS

January 6, 2017

Happy New Year to all RCM Members!

Please be advised that we have received an invitation from our sister club, the Rotary Club of Osaka East (RCOE) for us to participate in the celebration of their Club's 60th anniversary. The anniversary will be celebrated on May 27, 2017. No other details or plans have yet been discussed but there is a possibility that there may be other occasions to meet and bond with RC Osaka East's members a day or two before May 27, 2017. Please see invitation below.

May we request all who are interested to participate in this event to confirm your intentions by sending an email to Ms. Anna Toledo. To avoid any miscommunications please expect a reply from Ms. Anna Toledo to confirm that you will be attending.

Please note that RCOE advises us that only fifteen (15) seats are allotted for RCM in the formal celebrations. That being said, spouses are definitely welcome to join the group. If more than fifteen members attend, wives can still avail of the shopping, cuisine and sights in and around Osaka. All these are outstanding as Osaka is one of Japan's largest and most popular cities. Our hosts have shown their warm hospitality many times over.

The following members have already signified their intentions to attend this event : (1) Pres Teddy Ocampo, (2) Spouse Baby Ocampo; (3) Dir Susing Pineda; (4) Spouse Marites Pineda; (5) Dir Art Lopez; (6) Spouse Letty Lopez; (7) PD Nick Locsin; (8) Spouse Lucille Locsin; (9) Rtn Mike Ozaeta. Pls send your confirmation to joint he delegation of Rotary Club of Manila.

Thank you. Happy New Year.

PD Nick Locsin
Inter'l. Relations C co-Chair
Chairman

PD Edgar Lee
International Relations

DIR Sam Eldebs
Director in Charge of
International Relations

RSVP

60TH CHARTER ANNIVERSARY RC OSAKA EAST
May 27,2017

[] Attending alone

[] Attending with spouse

By: _____
Member's Signature over Printed Name

Date: _____

INTERNATIONAL RELATIONS



Osaka East Rotary Club

IMPERIALHOTEL, OSAKA
1-8-30, TEMMABASHI,
KITA-KU, OSAKA, 530-0042, JAPAN
Tel. +81-6-6357-5151
Fax. +81-6-6357-5252

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,

A handwritten signature in blue ink, reading "T. Nishimura".
Teiichi Nishimura

President
Rotary Club of Osaka East

NEWS RELEASE

INQUIRER.NET

WEDNESDAY, JANUARY 11, 2017

P1,000 hike in SSS pension approved

By: Marlon Ramos and Leila B. Salaverria
@Team_Inquirer



Finally, the 2.2 million retired members of the Social Security System (SSS) will start receiving additional P1,000 in their monthly pension starting this January at the earliest.

President Duterte on Tuesday approved the across-the-board increase in the monthly pension of SSS retirees in what Malacañang described as a realization of his “social contract with the Filipino people.”

The pension raise, however, was made on the condition that the SSS would raise by 1.5 percentage points the monthly premiums of active members. This would increase their monthly contributions to 12.5 percent of their monthly salary credit. The higher monthly premiums will start in May.

The President also ordered the increase in maximum monthly salary credit from P16,000 to P20,000 on which the monthly premium is based.

Second P1,000 increase

At a press briefing, SSS Chair Amado Valdez said a pension increase of another P1,000 could come in 2022 or earlier, in 2019.

The pension hike signaled the defeat of the proposal of Mr. Duterte’s economic managers to grant the increase only after the approval of the tax reform law that would make it easier to increase members’ contribution to the fund.

Last month, the finance, budget and socioeconomic planning secretaries warned that without an increase in members’ and employers’ contributions, the P2,000 increase would cut the actuarial life of the pension fund by 14 to 17 years.

They said the SSS would have to shell out an additional P32 billion annually to cover the initial P1,000 increase and P62 billion for the entire P2,000 increase in monthly payments.

The President’s spokesperson, Ernesto Abella, said Mr. Duterte approved the pension increase “while exercising fiscal responsibility to ensure the economic sustainability” of the private pension fund.

“As the President has emphasized, he is the President of an entire nation and not just a particular social class,” Abella read from a prepared statement.

Long-term savings

“The proper perspective is to view SSS as a long-term savings and not as an expense. Actively paying SSS members, after all, enjoy benefits, specifically six benefits and loan privileges,” he added. Abella said the SSS leadership would implement legal measures to improve its collection efficiency and ensure the financial viability of the pension fund.

“The President is not amenable to using taxpayer money to fund the pension increase since the SSS is a private pension fund. Its total assets are P487 billion as of October 2016 and its fund life is until 2042,” he said.

“Even with the P1,000 increase, the fund life will continue until 2040 by May 2017 when the contribution rate and increase in monthly salary credit are implemented,” he said.

Agriculture Secretary Manny Piñol said there was a “long and intense” discussion in Malacañang on Monday night on the proposed pension increase.

Lines were drawn between economic managers who questioned the pension increase and secretaries identified with progressive groups, he said.

Among those who pushed for the pension increase at the meeting were Social Welfare Secretary Judy Taguiwalo, Agrarian Reform Secretary Rafael Mariano and National Anti-Poverty Commission Secretary Liza Maza.

In a paper presented at the Cabinet meeting, the three secretaries described as “unfounded” the insistence of finance officials that the state-run SSS would go bankrupt if Mr. Duterte raised the pension of SSS members.

They blamed past SSS officials for poor fund management and reminded the President of his campaign promise to give SSS pensioners an additional P2,000 a month.

Delinquent employers

“In the end, President Duterte decided to fulfill his commitment of additional pension for the retirees but only after reforms to ensure the viability of the SSS have been implemented,” Piñol said in a post on Facebook.

On the delinquent employers, he quoted the President as ordering the filing of charges against them and their arrest.

Mr. Duterte, he said, learned from a briefing with SSS Chair Valdez that only 40 percent of the 33 million SSS members were paying their premiums.

As for the supposedly excessive allowances and honorariums of SSS officials, Piñol said measures would be undertaken to streamline and ensure the viability of the agency.

The SSS president, Emmanuel Dooc, on Tuesday said the pension fund for workers in the private sector would step up efforts to collect contributions from employers and improve investment of its funds.

Dooc said the SSS would also seek more powers from Congress to be able to condone penalties to widen the contribution base and ask for an executive order from Mr. Duterte to require an SSS certification from companies that would do business with the government.

In the coming days, cases will be filed against erring employers who do not submit contributions, while those who ignore summonses will be cited in contempt, according to Valdez.

To improve SSS investments, Valdez said the agency was planning to fund the construction of toll roads. —**WITH A REPORT FROM DONA Z. PAZZIBUGAN**

NEWS RELEASE

BusinessMirror **B4** Tuesday, January 17, 2017



BANGKO SENTRAL GOVERNOR TETANGCO SPEAKS BEFORE MANILA ROTARIANS Bangko Sentral ng Philipinas Governor Amando Tetangco was the guest speaker at the joint meeting of Rotary Club of Manila and Rotary Club of Forbes Park at Manila Polo Club. Tetangco spoke on his predictions for the Philippine economic landscape this year, while summarizing the country's 2016 economy. In photo are (from left) Social Secretary Chairman Amador Valdez, Tetangco, Manila Rotary President Teddy Ocampo and Manila Rotary Past President Frank Evaristo.

FRIDAY, JANUARY 13, 2017



BSP GOVERNOR TETANGCO BEFORE MANILA ROTARIANS: Bangko Sentral ng Pilipinas Governor Amando Tetangco was the guest speaker at the joint meeting of Rotary Club of Manila, First in Asia, and Rotary Club of Forbes Park recently at Manila Polo Club. Tetangco spoke on his predictions for the Philippine economic landscape this 2017 while summarizing the country's 2016 economy. From left are Social Security chairman Amading Valdez, Tetangco, Manila Rotary president Teddy Ocampo and Manila Rotary past president Frank Evaristo.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

* * * * *

Wise Lawyers

Two well-dressed lawyers went to an expensive restaurant. Ordered 2 drinks and then got sandwiches from their briefcases and began to eat them.

Waitress: "Sorry, sir! But you can't eat your OWN food here. It's against the rules." The lawyers quietly looked at each other and EXCHANGED their sandwiches & continued their meals. (You can trust lawyers to find loopholes in any rules)..

Domestic Engineer

I called an old school friend and asked what he has was doing. He replied that he is working on "Aquathermal treatment of ceramics, aluminium and steel under a constrained environment."

I was impressed...On further enquiring. I learnt that he was washing dishes with hot water...under his wife's supervision!!!

* * * * *

Fast Thinking

A young college girl at a bus stop spotted a handsome man and without hesitation went to him and said, "you look cute.. I like you."....

Man out of shock simply placed his hand on her shoulder and said, "My dear, this love and infatuation are all nothing. You are too young to be behaving like this. Please go home and study hard so that you can have a good career and successful life."....He then placed a piece of paper on her hand and said, "I have written some words of wisdom for you. Read them before you go to sleep." And then he walked away.

The girl went back to her hostel in shame and before she slept she opened up the paper and read thus: "Are you blind?? My wife was standing right behind me. Anyway, this is my number. Call me anytime....By the way, I like you too!" Men are always Men!!!!

* * * *

With Age Comes Wisdom

This guy is 72 years old and loves to fish. He was sitting in his boat the other day when he heard a voice say. "Pick me up." He looked around and couldn't see any one. He thought he was dreaming when he heard the voice say again, "Pick me up." He looked in the water and there, floating on the top, was a frog.

The man said, "Are you talking to me?" The frog said, "Yes, I'm talking to you. Pick me up then, kiss me and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous because I will be your bride!" The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front breast pocket.

Then the frog said, "What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride." He opened his pocket, looked at the frog and said, "No, at my age I'd rather have a talking frog."

A Dressing And Walking Problem

Ralph awoke one day to realize that his member had inexplicably been growing larger and staying up longer with each passing day. He was delighted, as was his wife.

But after several weeks, his friend had grown to nearly 20 inches and Ralph became quite concerned. He was having problems dressing and even walking.

So, he and his wife went to see a prominent urologist. After an initial examination, the doctor explained that Ralph's condition could be fixed through corrective surgery.

"How long will Ralph be on crutches?" the wife asked anxiously. "Crutches? Why would he need crutches?" responded the surprised doctor. "Well," said the wife, "you are planning on lengthening Ralph's legs, aren't you?"

* * * * *

Wise Ol Cowboy

Cowboy: Give me 3 packets of condoms, please.

Cashier: Do you need a paper bag with that, sir?

Cowboy: Nah....She aint that ugly!

* * * * *

Smart Wife

An old man and woman were married for many years, even though they hated each other. Whenever there was a confrontation, yelling could be heard deep into the night. The old man would shout, 'When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!' Neighbours feared him. They believed he practiced magic because of the many strange occurrences that took place in their neighbourhood. The old man liked the fact that he was feared.

To everyone's relief, he died of a heart attack when he was 98. His wife had a closed casket at the wake. After the burial, she went straight to the local bar and began to party as if there was no tomorrow. Her neighbours, concerned for her safety, asked, 'Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?'

The wife put down her drink and said, 'Let him dig. I had him buried upside down...and you know men won't ask for directions!'

* * * * *

2 Irish Nuns in America

Two Irish nuns have just arrived in USA by boat. One says to the other, "I hear that the people in this country actually eat dogs." "Odd," her companion replies, "but if we shall live in America we might as well do as the Americans do."

As they sit, they hear a push cart vendor yelling, "Hot Dogs, get your dogs here."

They both walk towards the hot dog cart and one says, "Two dogs, please!"

The vendor is very pleased to oblige and wraps both hot dogs in foil and hands them over.

Excited, the nuns hurry to a bench and begin to unwrap their 'dogs.'

The Mother Superior is first to open hers. She begins to blush, and then after staring at it for a moment, leans to the other nun and in a soft brogue whispers, "What part did you get?"

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PUBLIC HEALTH NUTRITION AND CHILD CARE



CHRONIC FATIGUE SYNDROME

Elias D. Adamos, M.D.

When you always feel unexplainably tired that you can't even complete or finish your daily task or work, you might be suffering from a complicated condition called Chronic Fatigue Syndrome.

What is Chronic Fatigue Syndrome?

It is also called **CFS**. It is characterized by extreme fatigue that does not improve with bed rest and may worsen with physical or mental activity. The condition may develop after a bout of flu or virus infection or viral syndrome (example: common cold, shingles, chickenpox, hepatitis, etc.), although it can happen even if you have not been sick. CFS is hard to diagnose, but the symptoms related to the condition are treatable or manageable.

How does one get CFS?

While related to a previous systemic condition, as said, the Flu, for example, fatigue pointing to CFS may just come suddenly. In some cases, fatigue occurs gradually. Because fatigue is a vague sign or symptom, you might just take it for granted. Fatigue can persist for weeks and months and still, you might take it lightly. Experts describe CFS as a Flu-like condition. People who are previously healthy may experience a variety of symptoms (feeling weak, body aches and pains, etc.).

Diagnosing the condition may not be clear at all. It is something mysterious! Your doctor might request for tests and examinations and when everything turned out to be within normal, CFS is labeled on you. It is a diagnosis by exclusion. Women are diagnosed with CFS two to four times as often as are men.

What happens if you have CFS?

People with CFS have trouble getting out of bed and they need help with basic activities, such as dressing, eating, and bathing. Some people with CFS are unable to do basic chores of living, while some have to cut down on social and recreational activities because they just don't feel well doing them. Some patients with CFS are able to maintain a job and carry out job responsibilities but they are unusually tired and have a 'wasted' feeling after their tasks for the day are done.

Treatment

Lifestyle changes: Avoid being overworked. Slow down. **Gradual but steady exercise:** Start a graduated exercise program wherein physical activity gradually increases. **See a professional:** You might be suffering from depression. Visit your doctor. **Treatment of existing pain:** Acetaminophen and non-steroidal pain relievers might help. **Treatment of related medical conditions,** such as allergy, high blood pressure, or diabetes might help in the treatment of CFS.

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