



balita

No. 3680, January 26, 2017

GUEST OF HONOR AND SPEAKER



HON. ISSAM ELDEBS

Consul General Ad Hominem
Syrian Arab Republic to the Republic
of the Philippines
Director, Rotary Club of Manila, RY 2016-2017

KABALITA

Let the jolly mood of Syria's Mr. Congeniality spread the wings of peace in his home country as he walks the red carpet at his home away from home, Asia's First Rotary Club.

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PROGRAM

RCM's 26th for Rotary Year 2016-17

Thursday, January 26, 2017, 12N, Manila Polo Club McKinley Room

OIC/Moderator : **Rtn. "Roy" Zosa**

"Official Visit of DG "Ernest" Yuyek; Chinese New Year Celebration"

Program Timetable

11:30 AM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated:	Rtn. "Roy" Zosa OIC/Moderator
12:30 PM	Call to order Republic of the Philippines	Pres. "Teddy" Ocampo
	National Anthem	RCM WF Music Chorale
	Invocation	Star Rtn. Gani Macatoman
	RCM Hymn	RCM WF Music Chorale
	The Four (4) Way Test Credo	All Rotarians led by STAR Rtn. Wolfgang Harle
12:35 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table	STAR Rtn. Jodi Bantug, Jr.
	Welcome Song Distribution of red wine & tikoy to everyone courtesy of PVP "Manny" Dy	RCM WF Music Chorale
12:40 PM	Maligayang Bati (Birthday Celebrants) Jan. 27...PP "Babes" Reyes, Rtn. "Danny" Go; Jan. 29...PP "Toting" del Rosario, Rtn. "Colin" Patterson, Rtn. "Paquito" Dizon; Jan. 31...PD "Oca" del Rosario Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Presentation of New Paul Harris Fellow to STAR Rtn. "Ricky" Trinidad	Pres. "Teddy" Ocampo

12:47 PM	Message Presentation of RCM Check Donation to DG “Ernest” Yuyek for the District Governor’s Fund	Gov. “Ernest” Yuyek R.I. District 3810 Pres. “Teddy” Ocampo
12:55 PM	President’s Time “Mabuhay Toast” in celebration of “Chinese New Year”	Pres. “Teddy” Ocampo; PVP Manny Dy
1:00 PM	Introduction of Guest Speaker Address: Hon. Issam Eldebs Consul General of the Syrian Arab Republic; RCM Director, RYs 2010-12; 2015-17 Public Forum	Rtn. “Joe” Assad
2:00 PM	Response, Presentation of Token of Appreciation to Dir.-Elect/Dir. Issam Eldebs and Meeting Adjournment	Pres. “Teddy” Ocampo

PRESIDENT'S CORNER



Last week, our very own Board Legal Adviser PD Amading Valdez, the Chairman of the Board of the Social Security System (SSS), enlightened us on the burning issue of the proposed Php 2,000 monthly increase in pension. This has been a hotly contested issue where there seems to be many sides to the same coin. We are very fortunate that he was able to shed light on this matter of paramount concern.

As for update within our club, we are still in the process of gathering Manila Rotarians to attend the 60th Anniversary of our sister club, the Rotary Club of Osaka East this coming May 27, 2017. For more details, please coordinate with our Secretariat.

Updates from around the district include my successful delivery of my Midyear Report at the Midyear Review of District 3810 held at the Royce Hotel and Casino, Clark, Pampanga last January 21-22, 2017 where our very own District 3810 Executive Committee members, CoS/IPSDG/PP Cesar Ubaldo and SDG/DCoS/Dir. Albert Alday served as members of the panel. Two days later, January 24, 2017, many members of the Rotary Club of Manila which included PDG Vince Carlos, IPDG Obet Pagdanganan, DGN Rudy Bediones, CoS/IPSDG/PP Cesar Ubaldo, SDG/DCoS/Dir. Albert Alday, SDG/IPAG/PP Frank Evaristo, Dir. Susing Pineda, Dir. Issam Eldebs, DE/SAA Lance Masters, PD Nick Locsin, PT Jim Chua, Rtn. Nilo Aventura, Rtn. Jun Aventura, Rtn. Gani Macatoman and I attended the District 3810 Chinese New Year hosted by the Rotary Club of Manila Metro led by ASP James Tan at the Golden Bay Seafood Restaurant in Pasay City. The following day, January 25, 2017, CoS/IPSDG/PP Cesar Ubaldo and I attended the Induction and Handover Ceremonies of the Rotary Club of Malate Prime at Camp Crame in Quezon City where my classmate, Police Chief Superintendent Pablo Francisco Balagtas was inducted as President for Rotary Year 2016-2017.

Today, we welcome our District Governor Ernesto "Ernest" Yuyek and his All Star Executive Committee for his Governor's Visit at our club as well as our very own Director, Hon. Issam Eldebs, Consul General Ad Hominem of the Syrian Arab Republic to the Republic of the Philippines, as he tackles the burning issues surrounding Syria and how they affect world affairs. 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



Hon. Issam Eldebs

**Consul General of the Syrian Arab Republic to the
Republic of the Philippines
RCM Director, Rotary Years 2010-12; 2015-17**

Hon. Issam Eldebs is the first to represent the Syrian Arab Republic in the Philippines, the Honorary Consul of the Syrian Arab Republic to the Philippines will speak on the main reason for the war in Syria.

Syria established diplomatic relation with the Philippines in the year of 1946. Before the war, the Honorable Consul worked through the years to put all his efforts to establish ties and trade exchange and open business opportunities and job placement for Filipinos in Syria the Consul worked closely with the Department of the Foreign Affairs to strengthen and enhance the Philippines-Syria partnership through bilateral consultations, the negotiation a labor agreement, witnessed the signing of more than 14 agreements and memorandum of understandings between both countries. Honorable Issam Eldebs will also enlighten us on Philippines-Syria relation.

In recognition of his sterling and deep concern for the welfare and development of the Filipino Muslim Youth as well as the continued excellent relationship between the Republic of the Philippines and the Syrian Arab Republic particularly the significant role of Syria as an OIC-Member vis-a-vis the global effort to have lasting peace with development in Muslim Mindanao, he was honored with a title of DATU A MANGOMPIA (Prince of Hope & Development) also Ambassador for Goodwill.

Hon. Issam Eldebs, happily married to a Filipina, Luz-Jean Valenzuela Eldebs, they have 4 kids 34, 33, 32 and 21 years. Issam is 64yrs old . Left Damascus to the United Kingdom at the age of 16 right after he finished mid school to study the English Language in Hove-Brighton - Sussex. Continued his studies for the O and A level as a working student a. He is a member of the team who invented First Electronic Ignition Spark lighter at RONSON'S Lighters Manufacturer in Leatherhead – Surrey England on 1975. A graduate of Electronic Engineering major in Avionics in 1975. BSBA –1983. Active member of the Consular Corp of the Philippine and Management Association of the Philippines (M.A.P).

THE WEEK THAT WAS



Hon. Amado D. “Amading” Valdez, Chairman, Social Security Commission, RCM Board Legal Adviser/Past Director, as guest speaker is warmly welcomed by fellow **RCMers** upon his arrival at the Manila Polo Club. From left-right: DE/Dir. “Issam” Eldebs, guest, STAR Rtn. “Gani” Macatoman, Chairman Valdez, Pres.-elect Jimmie Policarpio, Chairman, Program Committee, Rtn. “John” Cenica and Rtn. “Celso” Abastillas.



Pres. “Teddy” Ocampo calls the Rotary Club of Manila’s 26th meeting to order.



STAR Rotarian “Raffy” Alunan as OIC/Moderator directs the program of activities.



Rtn. “Celso” Abastillas delivers an ecumenical prayer.



Rtn. Yukio Asahina leads fellow Rotarians in renewing its commitment to the Rotary Credo through the recitation of the four (4) way test.



STAR Rtn. “Romy” Nones introduces the guests, visiting Rotarians and personalities seated at the presidential table.



STAR Rtn. "Gani" Macatoman does the honour and pleasure of introducing **Hon. Amado D. "Amading" Valdez**, Chairman, Social Security Commission, RCM Board Legal Adviser/Past Director, as guest speaker.



SSS Chair Amado "Amading" Valdez, Board Legal Adviser of the Rotary Club of Manila, spoke before his fellow Manila Rotarians, Visiting Rotarians and guests on the issue of the P2,000 per month hike in pension.

UNDERSTANDING SSS AND THE SOCIAL SECURITY PROGRAM

DEAN AMADO D. VALDEZ

CHAIRMAN, SOCIAL SECURITY COMMISSION

I. SOCIAL SECURITY AS A SOCIAL INSURANCE PROGRAM

The Social Security System, was established in September 1957 primarily to provide a social safety net to workers of the private sector and their beneficiaries against sickness, maternity, death, disability, old age, and other uncertainties that result in loss of income or financial burden. It accomplishes this through two major programs: the Social Security program, and the Employees' Compensation program. It re-distributes income through cross-subsidies where the young pay for the old; the able for the disabled; the healthy for the sick; and the higher income for the lower income group. Moreover, the SSS serves as a catalyst for national growth and development through its loan programs that finances small-and-medium scale enterprises, housing, construction of schools and hospitals, as well as investments in government and private securities that help fund developmental projects and stimulate business activities.

As a social insurance program, the SSS has the following features:

- (1) It is compulsory for the workers in the private sector as well as self-employed individuals;
- (2) Employers and employees share in the payment of contributions that are pooled together into a fund to cover benefit payments;
- (3) A member's right to benefits is assured by the number of contributions he has paid; and
- (4) Surplus funds – or funds not immediately needed to pay benefits and cover operating expenses – are put on reserve and are invested to make them grow to fund future obligations;

The social insurance program of SSS is a defined-benefit scheme, which simply means that there is a formula that determines the SSS benefit amount on the basis of pay and number of contributing years. To fund this defined-benefit scheme, the SSS uses the scaled premium method: an earnings-related contribution rate is set such that over a period of, say 20 years, the fund is able to cumulate reserves, with investment earnings of the reserves becoming an additional source of funding. Investment earnings affect the capacity of the Fund to enhance or increase benefits or time when a contribution rate increase is needed. Thus, when members start collecting on their benefits, and as benefit payments catch up with contribution collections and investment earnings, the contribution rate would have to be adjusted upward to allow the fund to cumulate reserves once more. Over the long haul, increases in the contribution rate are part and parcel of the actuarial design of the social security program.

II. SSS FUND MANAGEMENT

Similar to any business enterprise, the SSS needs to ensure that its revenues always exceed its expenditures. But with the SSS, fund management has a long-term viability component, as it must always ensure fund build-up to cover future benefit obligations. On the SSS revenue side are the members' contributions and its investment income. On the expenditure side are its benefit payments and operating expenses. Ideally, member contributions must always be sufficient to cover member benefits as well as operating expenses. Anything collected in excess are pooled into a reserve fund that is then invested and made to grow to finance future benefit payments.

However, there have been instances in the past when benefit payments totally exceeded contribution collections, such as in the early 2000s. It was in those times when investment earnings helped save SSS. Without investment income to cover operational expenses and shortfalls in collections, the SSS fund would have long been depleted.

Fortunately, thanks to timely reforms, the SSS was able to increase significantly contribution collections in the past recent years. As a result, starting 2012, contribution collections were at levels that could fully fund both benefit payments and operating expenses, without having to dip into investment income. In fact, from January to October 2016, the contribution surplus was at P3.69 billion. This means that investment income was used solely to grow the Investment Reserve Fund.

III. MEMBERSHIP COVERAGE AND CONTRIBUTIONS

SSS coverage is mandatory to all private sector workers, including the self-employed, whose monthly earnings are at least P1,000, and who are not over 60 years old upon initial coverage. Membership is on a voluntary basis, on the other hand, for workers separated from employment, for non-working spouses, and for overseas Filipino workers.

Technically, employers or companies are not considered members, since they do not directly receive benefits. However, they are important to SSS, as employers have a share in the payment of their workers' contributions and act as conduits in the remittance of contributions and loan amortizations to SSS and the payment of SSS benefits to their workers. As of October 2016, there are 932,293 registered employers with SSS.

Registered members, meanwhile, number over 34.65 million as of October 2016, and this is composed of over 25.07 million employees, 4.57 million self-employed workers, 3.79 million voluntary members, and 1.22 million OFW members. Monthly contributions are based on the compensation of members and payable under the two (2) programs. For Social Security, the contribution rate is ELEVEN PERCENT (11%) of the monthly salary credit (MSC) not exceeding P16,000, and paid by both employer (7.37%) and employee (3.63%), effective January 1, 2014. For Employees Compensation (EC), which is paid only by the employer, it is TEN PESOS (P10) for employees with an MSC of P14,500 and below, and THIRTY PESOS (P30) for employees with an MSC of P15,000 and up, effective January 1, 2007.

The MSC means the compensation base for contributions and benefits related to the total earnings for the month. The maximum covered earnings or compensation, or the maximum MSC, is P16,000 since January 1, 2014.

For an employed-member, the MSC is based on the total actual remuneration from employment, including the mandated cost of living allowance, as well as the cash value of any remuneration paid in any medium other than cash, except that part of remuneration received during the month in excess of the maximum MSC as provided under Section 18 of RA 1161 as amended by RA 8282 (Social Security Act of 1997). This means that if an employee earns well above P16,000 a month, his SSS contribution is still based only on the P16,000 maximum MSC.

For self-employed and certain voluntary members, the monthly earnings declared at the time of registration shall be the basis of the MSC. However, the declared earnings should not be lower than P1,000 per month, except for OFW-members whose minimum MSC is pegged at P5,000, effective January 1, 2004.

From January to October 2016, the SSS was able to collect over P119 billion in contributions, 87 percent or P103 billion of which came from employed workers.

IV. BENEFITS

In exchange for their contributions, SSS members get a package of benefits that are categorized according to two types of contingencies: short-term and long-term. Benefits for short-term or immediate contingencies include Sickness benefits, Maternity benefits for female members, and Funeral benefits. Long-term benefits, meanwhile, include Retirement and Disability for members, and Death Survivorship for members' primary beneficiaries.

It is important to note that the SSS does not receive any subsidy from the government. Despite this, SSS has never failed to pay for pensions or benefits, which in the period January to October 2016, totaled over P107 billion under the Social Security Program and P928 million under the EC Program, given to over 2.88 million SSS and EC members and beneficiaries.

V. OPERATING EXPENSES

Running an institution with 277 local branch offices and 21 foreign offices, manned by over 8,500 regular and contractual employees naturally entails huge operating expenses (OpEx). However, the SSS does not have a free hand when it comes to OpEx, as it is bound by limits set by the SSS Charter, which is not more than TWELVE PERCENT (12%) of total yearly contributions plus THREE PERCENT (3%) of other revenues.

In the early 2000s, SSS found itself close to breaching the Charter limit on OpEx, thus, it had to institute severe austerity measures without sacrificing service delivery capability. As a result, SSS managed to keep the growth of OpEx at prudent levels. Since then, SSS has been keeping a watchful eye on its OpEx and has successfully kept operational spending levels way below the limit. For the period January to October 2016, the Charter limit for OpEx was about P15 billion, but the percentage of OpEx to Charter limit was just 48 percent.

VI. ASSETS AND INVESTMENTS

As of October 2016, the assets of SSS are worth over P487 billion, about P470 billion of which are invested in various instruments. The largest slice of the SSS investment pie, or 39 percent, is in Government Securities. This is followed by Equities, which has 23 percent share, Member Loans at 18 percent, Corporate Notes at eight percent, Bank Deposits at seven percent, and Real estate at four percent.

From January to October 2016, SSS realized investment and other income of over P26 billion, for an average return on investment (ROI) rate of seven percent.

VII. PENSIONS

As of October 2016, the SSS has 2.078 million pensioners, 1.2 million of which are retirement pensioners, over 803,000 are death survivorship pensioners, and over 66,000 are disability pensioners. The basic monthly pension averages P3,276, with P1,000 being the minimum monthly pension, and P17,945 the highest pension amount.

VIII. CURRENT CHALLENGES

By now, as most of you know, the clamor for an increase in the SSS pensions has already been appeased with the granting by President Rodrigo Duterte of an across-the-board increase in the amount of P1,000, effective January 2016 and another P1,000 by 2022 or earlier. We are grateful to President Duterte that he paid heed to his economic managers' advice that there must be reforms in the income-generation side of SSS as well. Thus, SSS has been given the go-signal to increase the maximum monthly salary ceiling (MSC) to P20,000 from the current P16,000, as well as to increase the contribution rate to 17 percent from the current 11 percent on a staggered basis, beginning with a 1.5 percent contribution rate increase effective May 2017.

It is important to point out, however, that the P1,000 increase in SSS pensions effective January 2017 will be fully financed by current contributions and investment income. The additional contribution hike by May 2017, meanwhile, will be used to enlarge the Investment Reserve Fund, to generate higher yields for investments, and to further strengthen the viability of the pension fund for future obligations.

Thus, the SSS is under pressure to look for other and more lucrative investment opportunities to increase income and grow the social security fund, as well as to keep operating costs at a bare minimum.

To do this, we plan to diversify assets by directly investing in up to 25 percent ownership in a wide range of industries, including infrastructure projects like toll roads, real estate and even lotto operations. We have also cut down operating expenses in our 2017 budget by one billion pesos as we seek measures to improve our services, boost contribution and collection performance, and limit promotions to only exceptional performance and hiring to filling up only very critical posts.

We want a win-win solution for all stakeholders. We will give the pension increase but we have to make sure that future benefits will not be compromised.



Chairman Amado D. “Amading” Valdez addresses questions raised from the floor during the open forum. At his right is **Pres. “Teddy” Ocampo** and **First Lady “Nellie” Valdez**. An interactive open forum followed right after the speech of **Chairman Amado D. “Amading” Valdez**. Among who participated were: **PP Archit Bartolome**, **Rtn. Jess Santos**, **PD Oscar del Rosario**, **PDSAA Johnny Chotrani**, **PE Jimmie Policarpio**, **PD Joey Yujuico**, **Dir. Issam Eldebs**, **Star Rtn. Karl Leung**.



Pres. “Teddy” Ocampo presents to Chairman Amado D. “Amading” Valdez a religious icon as the club’s token of appreciation for being the guest of honour and speaker. Seen in photo are First Lady “Nellie” Valdez and STAR Rtn. “Gani” Macatoman.



A posterity photo with Chairman Amado D. “Amading” Valdez with PD “Ner” Lonzaga, PD “Jess” Santos, Rtn. “Johnny” Chotrani STAR Rtn. “Gani” Macatoman and a guest.

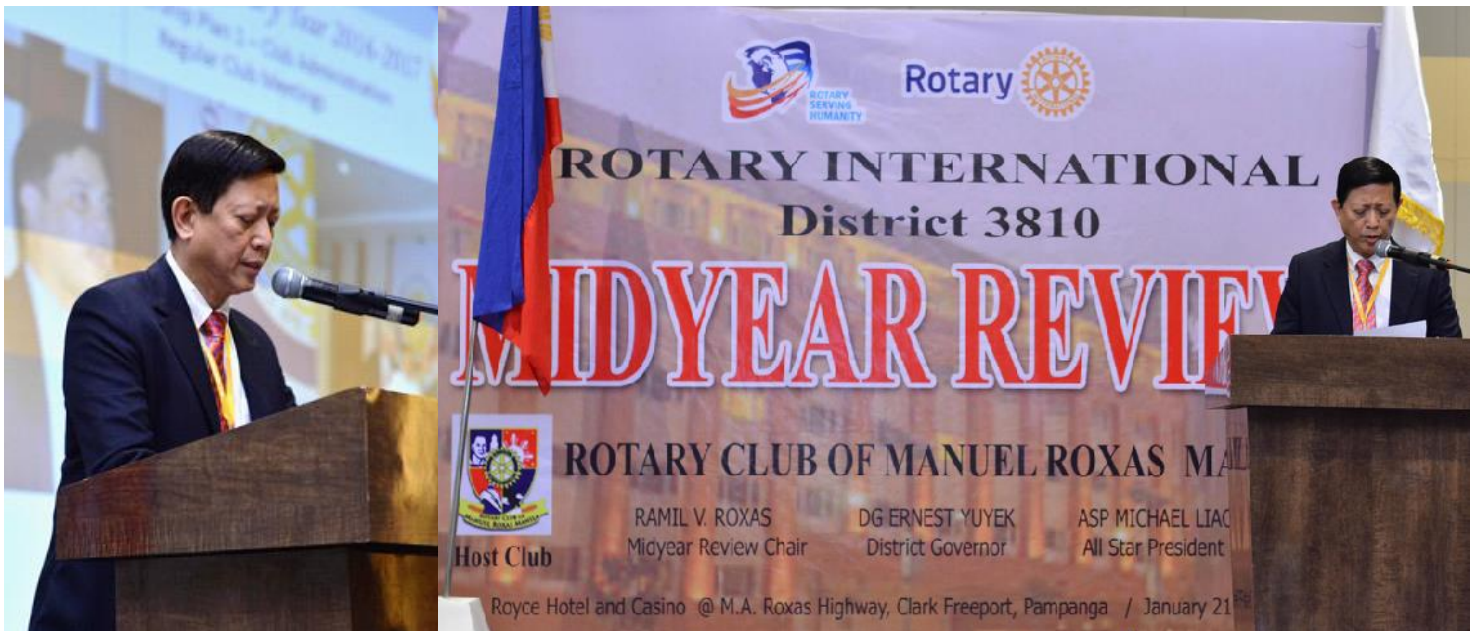


Post meeting posterity photo with Pres. "Teddy" Ocampo, IPDG "Obet" Pagdanganan, Rtn. "Emyl" Eugenio and his brother Mr. Eugene Eugenio.

INTERCLUB RELATIONS



Pres. "Teddy" Ocampo and PD "Nick" Locsin with first-time visiting Rotarian Shinjiro Chujo, Rotary Club of Bizen, presenting a gift to the former as token of appreciation.



President Teddy Ocampo delivering his Midyear Report at the Midyear Review at Royce Hotel and Casino, Clark, Pampanga last January 21-22, 2017 which was hosted by the Rotary Club of Manuel A. Roxas Boulevard Manila.



CoS/IPSDG/PP Cesar Ubaldo and SDG/DCoS/Dir. Albert Alday with the rest of the All Star District Officers led by District Governor Ernesto Yuyek and Lady Ana Terles-Yuyek at the Midyear Review, Royce Hotel and Casino, Clark, Pampanga last January 21-22, 2017.



Pres. Teddy Ocampo, CoS/IPSDG/PP Cesar Ubaldo and SDG/DCoS/Dir. Albert Alday with the rest of the All Star District Officers led by District Governor Ernesto Yuyek and Lady Ana Terles-Yuyek at the Midyear Review, Royce Hotel and Casino, Clark, Pampanga last January 21-22, 2017.

INTERNATIONAL RELATIONS

January 23, 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) PDG Vince Carlos; (8) Spouse Tina Carlos; (9) PD Nick Locsin; (10) Spouse Lucille Locsin; (11) Rtn Mike Ozaeta. Pls send your confirmation to joint he delegation of Rotary Club of Manila.

Thank you.

Happy New Year.

PD Nick Locsin
International Relations C co-Chair

PD Edgar Lee
International Relations Chairman

DIR Sam Eldebs
Director in Charge of International Relations

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RSVP
60TH CHARTER ANNIVERSARYRC OSAKA EAST May 27,2017

[] Attending alone [] Attending with spouse

By: _____ Date: _____
Member's Signature over Printed Name

DISTRICT 3810 CHINESE NEW YEAR CELEBRATION



District 3810 Governor Ernest Yuyek being flanked by Dir. Issam Eldebs, Star Rtn. Gani Macatoman, SDG Frank Evaristo, Pres. Teddy Ocampo, PD Nick Locsin, COS Cesar Ubaldo, SDG Albert Alday, SDG Nito Siasat, PT Jim Chua and Rtn. Nilo Aventura.



RC Manila Members led by Pres. Teddy Ocampo with Dir. Albert Alday, SDG/PP Frank Evaristo, PP Cesar Ubaldo, PD Nick Locsin, Rtn. Nilo Aventura and son Rtn. Jun Aventura, Dir. Issam Eldebs, Star Rtn. Gani Macatoman, PDG Vince Carlos, IPDG Obet Pagdanganan, DGN Rudy Bediones (not shown), SAA Lance Masters, PT Jim Chua and Dir. Susing Pineda at the District 3810 Chinese New Year Celebration hosted by RC Manila Metro with RC Manila as one of the Major Co-Host held last Tuesday, January 24, 2017, 6PM, at the Golden Bay Seafoods Restaurant.



IPDG Obet Pagdanganan and DGN Rudy Bediones along with fellow Rotarians from District 3810 enjoying each other's company.



A posterity photo of All-Star Presidents with District Governor Ernest and Spouse Ana Yuyek.

NEWS RELEASE



Finance Secretary Dominguez with fellow Rotarians

Department of Finance Secretary Carlos "Sonny" G. Dominguez III, member, Rotary Club of Manila, the First Rotary club in Asia, discussed the advocacies of the Department of Finance for a better and more financially stable Philippines before his fellow Manila Rotarians, visiting Rotarians and guests. Photo shows Secretary Dominguez, Club Pres. Teddy Ocampo, former club vice president, Manny Dy and RI District 3810 Deputy Governor and DGR-PR Frank Evaristo.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Adult Humor

1. Don't Look At Naked Lady

Boy 1: Why do you run from a naked lady?

Boy 2: Because my mum said that if I look at a naked lady, I'll turn into stone. A part of me is getting hard already!

* * * * *

2. Names Of Wives

A Malay man had 4 wives, and he called his...

4th wife.....baby doll!

3rd wife.....china doll!

2nd wife.....barbie doll!

1st wife.....panadol!

* * * * *

3. How India Got Its Name

This is how India got its name.....The king was having sex with his mistress while thinking a name of his country and his mistress ask him "In Dear?".....

* * * * *

4. Research Finding

Research shows men are fatter than women because every-night men get fresh milk & 2 big papayas while women only get 1 banana, 2 peanuts & 1 tea-spoon of starch!

* * * * *

5. Arab Man

An Arab man was interviewed at a US checkpoint.

'Your name pls?'

"Abdul Aziz"

"Sex?"

"Six times a week!!"

"No, no, I mean male or female!"

"Doesn't matter male or female, sometimes even with camel!"

* * * * *

6. Service

"Sex is like a restaurant. Sometimes you get full satisfactory service and sometimes you have to be satisfied with self-service."

* * * * *

7. Happy Man

What makes a happy man?

Daughter on the cover of cosmo..

Son on the cover of sports illustrated..

Mistress on the cover of playboy and...

Wife on the cover of "missing persons"

* * * * *

8. Swimsuit

Why was the 2-piece swimsuit invented?

To separate the HAIRY section from the DAIRY section.

* * * * *

9. Good Ambition

Teacher: What do you want to become?

Little Johnny: Doctor!!

Teacher: Why?

Little Johnny: Coz it's the only profession where u can tell a woman to take off her clothes and ask her husband to pay for it.

* * * * *

10. Dentist

Woman complaining to dentist: "It's so painful, I'll rather have a baby than have a tooth removed."

Dentist: "Make up your mind soon. I'll adjust the chair accordingly."

* * * * *

11. Virgin

Old lady, 95, a virgin, about to die, wanted her tombstone to read:

BORN A VIRGIN, LIVED A VIRGIN, DIED A VIRGIN.

The engraver shortened it to: RETURNED UNOPENED

* * * * *

12. Old Man And Young Girl

75 year old man got married to a 15 year girl.

On their first night both were crying-WHY???

Coz she didn't know anything and he had forgotten everything.

* * * * *

Do You Have A Vagina?

A woman is at home when she hears someone knock at the door. She goes to the door and opens the door to see a man standing there. 'He asks the lady, 'Do you have a vagina?' She slams the door in disgust.

The next morning she hears a knock at the door and it is the same man and he asks the same question of the woman, 'Do you have a vagina?' She slams the door again.

Later that night when her husband gets home she tells him what has happened for the last two days. The husband tells the wife in a loving and concerned voice 'Honey, I am taking tomorrow off to be home just in case this guy shows up again.'

The next morning they hear a knock and both run for the door.

The husband says to the wife in a whispered voice, 'Honey, I'm going to hide behind the door and listen and if it is the same guy I want you to answer yes to the question because I want to see where the bastard is going with it.'

She nods yes to her husband and opens the door. Sure enough the same fellow is standing there and asks the same question; 'Do you have vagina?'

'Yes, actually I have,' she says.

The man replies...'Good! Would you mind telling your husband to leave my wife's alone and start using yours?'

PUBLIC HEALTH NUTRITION AND CHILD CARE



NUTRITIONAL PRESCRIPTION FOR ANEMIA

Elias D. Adamos, M.D.

The recent increase in gasoline and fuel products is expected to create a domino effect on other commodities. In a few days, it is expected that the price of meat, fish, and vegetables and fruits in the market will just the same change and augment. When basic needs, such as food becomes unreachable to some, dietary and health needs of the body are affected. Anemia, brought about by deficient diet, is not a remote possibility to some Filipinos.

What is Anemia?

Anemia affects millions of Filipinos, mostly children. Adults, both male and female, are not spared from the condition. One suffers from anemia when there is a reduction in either the number of red blood cells or the amount of hemoglobin in the blood.

What happens if you have anemia?

The red blood cells or hemoglobin in the blood carry oxygen to the muscles and to the different organs and parts of the body, including the brain. When the amount of oxygen available for the cells of the body is deficient, their normal function and important processes are affected. Muscular activity is affected. Cellular building, recovery, and repair become less efficient and are slowed down.

What are the usual signs and symptoms that point to anemia?

A person with anemia will obviously feel weak and less productive. When the oxygen to the brain is less or is decreased due to the condition, you will feel dizzy and your mental faculties become less sharp.

Aside from deficiency from food, what are the other causes of anemia?

Other causes of anemia are as follows: Blood loss (profuse bleeding, such as in wounds and menstruation, pregnancy), decreased production of hemoglobin and increased in the destruction of hemoglobin that may be brought about by some exotic conditions that are inborn.

Natural treatment for Anemia

Include the following in your diet: **Fruits** and **vegetables** that are rich in iron (bananas, broccoli, okra, peas, raisins, prunes, asparagus, purple grapes, apples, squash, 'ampalaya', 'malunggay', and variety of green leafy vegetables), **egg yolks**, **whole grains** and **cereals** (oat meal, oat meal cookies), **rice bran**, and **wheat bread**. **Chicken meat** and **chicken liver** also contain high amounts of iron that can increase hemoglobin in the blood. You can even use **liver spread** for your wheat bread. **A glass of milk per day** contains enough iron for the body.

What foods and drinks should you avoid if you have anemia?

Avoid beer, alcohol, caffeine, sugary foods, candy bars, and soda (soft drinks) because they interfere with iron absorption.

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