



balita

No. 3699, June 15, 2017

GUEST OF HONOR AND SPEAKER



HIS EXCELLENCY LUIS ANTONIO CALVO CASTAÑO

Ambassador Extraordinary and Plenipotentiary
of the Kingdom of Spain to the Republic of the Philippines

KABALITA

Viva España takes Manila by storm as Asia's First Rotary Club feels the warmth of more than three centuries old ties with the country that has made a tremendous impact on our way of life.

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

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PROGRAM

RCM's 44th for Rotary Year 2016-17

Thursday, June 15, 2017, 12N, New World Makati Hotel Ballroom

OIC/Moderator: **PVP "Fausto" Preysler**

Program Timetable

11:30 AM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated:	PVP "Fausto" Preysler OIC/Moderator
12:30 PM	Call to order Singing of the Republic of the Philippines National Anthem; Playing of the National Anthem of Kingdom of Spain Invocation RC Manila Hymn The Four (4) Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale PVP "Mike" Guerrero RCM WF Music Chorale All Rotarians led by Rtn. "Jo" Assad
12:35 PM	Introduction of Guests & Visiting Rotarians; and Personalities Seated at the Presidential Table Welcome Song	STAR Rtn. "Tom" Drilon RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) June 15...Rtn. "Jo" Assad; June 17...AT "Raoul" Villegas, Rtn. "David" Wong; June 20...PP "Boy" Ampil Happy Birthday Song Personalized Pillows as Gifts courtesy of PAT Muhammad Aslam	 RCM WF Music Chorale
12:45 PM	Announcement on Journalism Awards Nominees for Rotary Year 2016-2017 Chairman Journalism Awards Committee	PE "Jimmie" Policarpio,

12:50 PM	Induction of an Honorary Member to RCManila His Excellency Effie “Ben” Matityau Ambassador Extraordinary & Plenipotentiary of Israel to the Philippines	Pres. “Teddy” Ocampo Inducting Officer
12:55 PM	President's Time	Pres. “Teddy” Ocampo
1:00 PM	Introduction of Guest of Honor and Speaker	PIA “Jimmy” Laya
1:05 PM	Address: His Excellency Luis Antonio Calvo Castaño Ambassador Extraordinary and Plenipotentiary of Kingdom of Spain to the Republic of the Philippines Embassy of the Kingdom of Spain to the Republic of the Philippines	
	Public Forum	
	Club Fund Raising Raffle of Cash Prizes	Dir./DE “Bobby” Joseph
2:00PM	Response, Presentation of Token of Appreciation to Amb. Luis Antonio Calvo Castaño and Meeting Adjournment	Pres. “Teddy” Ocampo

PRESIDENT'S CORNER



Last Thursday weekly luncheon meeting, we recognized the personalities who have, in one way or another, contributed to the rise of Tourism in the Philippines through the 2017 RCM TOURISM AWARDS, which was graced by no less than our very dynamic Tourism Secretary Wanda Tulfo-Teo. The event, chaired by the tourism institution himself, our very own Dir. Bobby Joseph, saw the airing of the video, "EXPERIENCE THE PHILIPPINES". It was a luncheon of glitz and glamour as many key personalities in the tourism industry graced this once a year occasion. Our hats off to Dir. Bobby for a job well done.

As for updates within our club, last Thursday, June 8, 2017, the World Famous Music Chorale held its practice for our next Inaugural at the Infinity Tower Suites of Rtn. Jack Rodriguez along de la Costa in Salcedo Village, Makati City. Two days later, June 10, 2017, the Incoming Board of Directors led by PE Jimmie Policarpio held a Strategic Planning at his residence in Pacific Village, Muntinlupa City.

As to updates within the district, the Rotary International Convention in Atlanta, Georgia, USA was held last June 10-14, 2017. Further, I wish to reiterate that The District Awards 2017 was moved from June 3, 2017 to June 30, 2017. This will still be held at the Midas Hotel and Casino in Pasay City.

Registration is at 5:00 pm and our club has reserved one table for this. The attire is black tie or tuxedo for men and gown for ladies.

Today, we welcome His Excellency Luis Antonio Calvo Castaño, Ambassador Extraordinary and Plenipotentiary of the Kingdom of Spain to the Republic of the Philippines as he enlightens us on long years of Spanish-Philippine bilateral relations. I look forward to your cooperation as we endeavor to make our stars shine in the remaining days of 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

Curriculum vitae of

H.E. Luis Antonio CALVO Castaño

Born in Madrid (Spain) on September 15th 1956.
Major in Law. Diploma of International Studies of
the Diplomatic School.

Diplomatic Career

1982 - 1985 Second Secretary, Embassy of Spain in
La Paz, Bolivia
1985 –1988 Second Secretary, Embassy of Spain in Moscow
1988 – 1991 Cultural Attaché, Embassy of Spain in Santiago
de Chile
1991 – 1994 Deputy Director, International Disarmament Affairs,
Spanish Ministry of Foreign Affairs
1994 – 1997 Deputy Head of Mission, Embassy of
Spain in Algiers
1997 – 2001 Counsellor, Deputy Director, North Africa, Spanish
Ministry of Foreign Affairs
2001 – 2006 Ambassador of Spain to the Rep. of Mozambique
2002 – 2006 Ambassador of Spain to the Kingdom of Swazilandia
Jan – April 2006 Advisor, Cabinet of the Undersecretary,
Spanish Ministry of Foreign Affairs
2006 - 2010 Consul General, Consulate General of
Spain in Mendoza, Argentina
2010 – 2012 Deputy Director, Sub-Saharan Africa,
Spanish Ministry of Foreign Affairs
2012 - 2014 Director of the Office of North America,
Spanish Ministry of Foreign Affairs
From 2014 Ambassador of Spain to the Philippines

Decorations

- Commander (6-12-1996) and Official of the Order of Civil Merit
(6-12-1991)
- Commander of the Order of Merit (Chile)
- Great Cordon of the Order of Uissam Alauita (Morocco)
- Cross of Aeronautical Merit

PREVIEW OF FORTHCOMING THURSDAY MEETINGS

June 22, 2017, 12N, New World Makati Hotel



Journalism Awards Luncheon Presentation

Chairman PE "Jimmie" Policarpio

Co-Chair. Dir. Art Lopez

June 29, 2017, 12N, New World Makati Hotel



Valedictory and Year-End Awards Luncheon Presentation

RCM Board of Directors

and

Executive Officers, RY 2016-17

THE WEEK THAT WAS...



Pres. "Teddy" Ocampo calls the Rotary Club of Manila's 13th Tourism Awards Presentation to order.



Dir. "Art" Lopez as OIC/Moderator directs the program of activities.



PP "Francis" Juico delivers an ecumenical invocation.



Rtn. "Thad" Liamzon leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) Way Test.



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

THE WEEK THAT WAS



Rtn. “Thad” Liamzon performs a song number as entertainment part of the program



Pres. “Teddy” Ocampo and PVP “Manny” Dy lead the “Mabuhay Toast” in commemoration of **16th Year of Filipino-Chinese Friendship Celebration** with wines courtesy of DE/Dir. “Bobby” Joseph.

DE/Dir. “Bobby” Joseph, Chairman, Tourism Awards Committee, delivers his message for the program highlight – the **RCManila’s 13th Tourism Awards Presentation**.



PDG “Vince” Carlos as awards presenter of the **RCManila’s 13th Tourism Awardees** led by **Hon. Wanda Corazon Tulfo-Teo**, Secretary, Department of Tourism, with **Pres. “Teddy” Ocampo** and **Chairman DE/Dir. “Bobby” Joseph** presenting their respective trophies



Mr. Jaime Bautista, President & COO, Pal Holdings Inc., *Category: Airline*, represented by **Mr. Salvador Britannico, Jr.**, Vice President of Flight Services; **Mr. Brian Cu**, Grab Country Head Philippines, *Category: Transportation*; **Mr. Lawrence Ho**, Chairman, ED & CEO, City of Dreams-Manila, *Category: Integrated Resort*; **Mr. Jin Woo Jung**, President, RAKSO Travel & Tours, *Category: Foreign Tour Operator*; **Ms. Joanne Rae M. Ramirez**, Section Editor & Columnist, Philippine STAR, Editor in Chief, People Asia, *Category: Media*; **Rtn. Farid Schoucair**, General Manager, New World Makati Hotel, *Category: Hotel*, **Gov. Roberto M. Pagdanganan**, District Governor RY 2015-2016, Former Secretary, Department of Tourism, *Category: Tourism Personality Award*;



Dr. Mina Gabor, Founder & President, International School of Sustainable Tourism, Former Secretary, Department of Tourism, *Category: Sustainable Tourism*; **Hon. Rosario Virginia C. Gaetos**, Assistant Secretary, Trade & Investment Promotion Group, *Category: Tourism & Trade Events*; **H.E. Zhao Jianhua**, Ambassador Extraordinary and Plenipotentiary of China to the Philippines, represented by Madame He Xiangji, Charge D' Affairs; **H.E. Kazuhide Ishikawa**, Ambassador Extraordinary and Plenipotentiary of Japan to the Philippines, Honorary Member, Rotary Club of Manila, represented by Hon. Makoto Iyori, Minister of Economic Affairs; **H.E. Sung Y. Kim**, Ambassador Extraordinary and Plenipotentiary of United States of America to the Philippines, Honorary Member, Rotary Club of Manila, represented by Consul General Russel Brown; **Hon. Jose D. Aspiras – Posthumous Award**, Former Congressman & Minister of Tourism, Father of Balikbayan & Reunion for Peace Programs, represented by Mrs. Amparo Aspiras and Family Members, Ms. Aida Aspiras and Ms. Cristina Aspiras; **Hon. Luis “Chavit” Singson**, Councilor, Narvacan-Vigan; Former Governor, Ilocos Sur, represented by Ms. Stephanie Singson.



DE/Dir. **"Bobby" Joseph**, Chairman, Tourism Awards Committee, delivers brief introductory remarks on **Hon. Wanda Corazon Tulfo-Teo**, Secretary, Department of Tourism, as guest of honor, speaker and awardee.



Secretary Wanda Corazon Tulfo-Teo delivers her message.



Seated from L to R: Ms Reggie Aspiras ((For family of Posthumous Awardee Minister Jose D Aspiras), Madame He Xianqi (Embassy of China, category: Chinese Traffic); Ms Joanne Rae Ramirez (PhilStar, Category: Media), Dept of Tourism Sec Wanda Tulfo-Teo, Dr. Mina Gabor (Category: Sustainable Tourism), Asst Sec Virginia Gaetos (Trade & Investment Promotion Group, Category: Tourism & Trade Events), Ms Theresa Busmente (Grab Philippines, Category: Transport), Ms Kimberly Singsob (for Former Gov Chavit Singson), 1st standing L to R: Awardee Farid Schoucair (New World Makati Hotel, Category: Hotel); RCM Director Art Lopez, Awardee Gov Roberto M Pagdanganan (Category: Tourism Personality), Awardee USA Consul Gen Russel Brown (Category: American Traffic), RCM Pres Teodoro Ocampo, Tourism Chair Robert Joseph, Jr., Awardee Mr Geof Andes (City of Dreams Manila, Category: Integrated Resort), Mr Jin Woo Jung (Rakso Travel & Tours, Category: Foreign Tour operator); Awardee Mr Salvador Britannico, Jr. (PAL, category: Airlines); Past District Gov Vicente Carlos (former Tourism Secretary); 3rd row standing L to R: RCM Manila Past President Francis Juico, Past Vice President Manny Dy, Rtn Thad Liamzon and Rtn Sha Tamano.



Visible at the presidential table are **Secretary Wanda Corazon Tulfo-Teo, Pres. “Teddy” Ocampo, DE/Dir. “Bobby” Joseph, Chairman, Tourism Awards Committee, PVP “Manny” Dy, PDG “Vince” Carlos.**



DE/Dir. “Bobby” Joseph, Chairman, Tourism Awards Committee, PE “Jimmie” Policarpio and Rtn. “Bollie” Bolton pose for a posterity photo with the Tourism Awardees 2017.



Secretary Wanda Corazon Tulfo-Teo, with fellow awardee Gov. Roberto M. Pagdanganan together with SDG/PP “Frank” Evaristo, PDG “Vince” Carlos and guest.



Another posterity photo, from R-L: **Columnist Bum Tenorio, DE/Dir. “Susing” Pineda, VPE/VP “Babe” Romualdez, Dir. “Art” Lopez, Star Rtn. Wolf Harle, Mr. Walid Arafe, Rtn. “Jo” Assad and Mr. Pete Dacuycuy.**

MUSIC COMMITTEE



RCM WF Music Rehearsal held at Infinity Tower Suites last Thursday, June 8, 2017. Present during the practice were: **PD Nick Locsin, PD Oscar del Rosario, IT Nicky Villaseñor, PT Jim Chua, PP Benny Laguesma, SAA/DE Lance Masters, DGN Rudy Bediones, Rtn. Nilo Aventura and Musical coach Domino Marcos.**

PLANNING MEETING

RCM Board of Directors/Officers RY 2017-2018 Planning Session Luncheon & Merienda Meeting, June 10, 2017, Saturday, at PE "Jimmie" Policarpio's Residence in Alabang, Muntinlupa



PE "Jimmie" Policarpio as presiding officer of the RCM Board of Directors/Officers RY 2017-2018 Planning Session Luncheon & Merienda Meeting, stresses a point during the exchange of ideas.



From left-right, clockwise: IS Alvin Lacambacal, DGN "Rudy" Bediones, SAA/DE "Lance" Masters, Dir./DE "Issam" Eldebs, PE "Jimmie" Policarpio, AS/DE "Caloy" Reyes and ES Anna Kun Toledo.



DE/Dir. "Issam" Eldebs shares his views and opinions, as IS Alvin Lacambacal, DGN "Rudy" Bediones, SAA/DE "Lance" Masters, and ES "Anna" Kun Toledo take notes.



RCM Secretariat in attendance led by ES “Anna” Kun Toledo, SC “Ching” Salazar, SA “Princess” Naomi Javier & FC “Mae” Patajo beside PE “Jimmie” Policarpio.



A posterity photo with the RCM Board of Directors/Officers RY 2017-2018 led by PE “Jimmie” Policarpio. From left-right: DGN “Rudy” Bediones, IAT “Ner” Lozaga, VPE/Dir. “Chito” Zaldarriaga, SA “Princess” Naomi Javier, SAA/DE “Lance” Masters, ES “Anna” Kun Toledo, Dir./DE “Issam” Eldebs, DE/Dir. “Susing” Pineda, PE “Jimmie” Policarpio, IS Alvin Lacambacal, FC “Mae” Patajo, AS/DE “Caloy” Reyes. At the back are SC “Ching” Salazar, IT “Nicky” Villaseñor.

NEWS RELEASE



B6 TUESDAY, JUNE 13, 2017



Pagdanganan

Rotary Club of Manila's 100 years celebration organized

The Rotary Club of Manila, the first Rotary Club in the Philippines and in Asia, will celebrate its 100th year of service to the community on June 1, 2019 as announced by chairman of the centennial celebration committee, PDG Obet Pagdanganan.

The other members of the committee are: co-chair district governor nominee Rudy Bediones, immediate past president Ebot Tan, club asst. treasurer Hermie Esguerra, PP Boy Guevara, chair of ways and means subcommittee, president-elect Jimmie Policarpio and past president Frank Evaristo will handle the publicity relating to the events of the centennial celebration.

The Rotary Club of Manila was formed in 1919 through the initiative of its charter president Leon Lambert after he inquired from the Rotary organization in Chicago about the possibility of organizing Rotary in the Philippines.

In response to Lambert's proposal, Rotary sent Roger Pinneo of the Seattle Rotary Club to the Philippines to help set up a club in Manila.

Another meeting later resulted in the formation of a Manila Rotary Club. The 38 charter members were men heavily involved in the socio, political and economic life of the country. They included 35 Americans, 2 Filipinos, and 1 Chinese. The founding officers were: president Leon Lambert, vice president: Alfonso Sy Cip, secretary: Edwin Emil Elser, treasurer: Alfa Walter Beam, Directors: Fred N. Berry, Gregorio Nieva, James Geary.

The Rotary Club of Manila subsequently informed Rotary International in Chicago that the Manila Club had been formally organized. In June 1919, the Rotary Club of Manila received its Charter documents from Rotary International recognizing the Club with Charter No. 478.

A few of the past presidents who served the Philippine government were: Rotary International director Carlos Romulo (former Secretary General of the United Nations), past district governor George Malcolm (chief justice of the Supreme Court of the Philippines), Artemio Panganiban (former Chief Justice of the Supreme Court of the Philippines), Francisco del Rosario, Alberto Romulo (incumbent head of Development Bank of the Philippines), PDG Vince Carlos, PDG Romulo del Rosario, Bienvenido Laguesma, and past district governor Roberto Pagdanganan.

**EVARISTO**

Alay-Lakad elects new officers

Frank Evaristo, civic leader, past national president of Philippine Jaycees, past president of Rotary Club of Manila, the First in Asia and senior deputy governor for Philippine Rotary Magazine of District 3810 for RY 2016-2017, has been reelected president of the Alay Lakad Foundation Inc. during its 19th annual general assembly held recently at the PNP Museum, Camp Crame, Quezon City.

Also elected officers from the members of the board of trustees are John Siy, vice president; Yolanda Hernandez, representing GSP national president Susan Locsin as treasurer; Delfin Go, assistant treasurer and Belinda Zalameda, corporate secretary.

Also elected as trustees for the next two years to the Alay-Lakad Board are YMCA of Manila president Antonio Keh, GSP national president Susan Locsin, PLPI national president Lawin Isagani Gervacio, Puerto Princesa City NCR Rogerick See.

They will join AFP Chief of Staff and incoming DILG Secretary Gen. Eduardo Ano, FFCCCII president Domingo Yap, DepEd Secretary Leonor Briones, PIA Director General Harold Clavite, PNP Chief Director General Ronald de la Rosa, Rotary District 3810 governor Ernesto Yuyek, LCI Dist. 301-A1 Anson Ong, LCI Dist. 301-A2 governor Susan Rosanna Santillana, PMJF, LCI Dist. 301-A3 governor Eliza Valdez, JCI National President Hegem Furigay, Kiwanis Governor Alejandro Mojica, YWCA president Leonida Ortiz, BSP national president Wendel Avisado, NYC chairperson Cariza Segueria, PARCNET president Reuben Magsino and Dr. Teruko Haga.

President Rodrigo Duterte is the honorary chairman of the Alay-Lakad Foundation Inc.

For this year, it is the turn of the Lions Club International to lead the Alay-Lakad on Sept. 3, as chair of the national coordinating committee for Walk 2017 and the Rotary International District 3810 governor as vice chair.

Alay-Lakad Foundation is a non-government, non-profit organization, a consortium of government agencies, civic organizations and individuals committed to the promotion and protection of the rights and welfare of the Filipino youth; particularly, the out-of-school youth. It was established in 1972 and in 1986, President Corazon Aquino Signed Proclamation No. 289 which mandated the Alay Lakad to be held on the first Sunday of September of each year.

Thereafter, in 1998, it was transformed into a private foundation. Hence, the foundation's signature fund raising project, "Alay Lakad Para Sa Kabataan Day" is a walk-for-a-cause for the out-of-school youth which has, time and again, generated the needed funds for a worthy endeavor.



Philippine STAR section editor and PeopleAsia editor-in-chief Joanne Rae Ramirez was honored Thursday at the Rotary Club of Manila's Tourism Awards 2017 (media category) at the New World Hotel in Makati City.

RCM director-elect and Tourism Awards chairman Robert Lim Joseph Jr. said Ramirez was honored for her "extraordinary contributions in the promotion and advancement of the tourism industry in the Philippines."

"The heart of Philippine tourism is its people. And by training the light on its people, perhaps I have underscored how great the country really is – from the smiles that you not only see but feel, to the sincerity that you don't only feel but see," said Ramirez, editor of the Allure and Newsmaker sections of **The STAR**. She also writes her twice-a-week column titled "People."

Joseph added, "When Joanne Ramirez writes about local and international travel destinations, her prose is a comprehensive study of both enticing travelogues and insightful reflections. Her inspiring and uplifting writings are filled with breeze, wit and wisdom."

Ramirez was one of 15 awardees that the 13th Tourism Awards honored this year. Other awardees included Tourism Secretary Wanda Teo, who was also the guest speaker at the event; US Ambassador Sung Kim, Chinese Ambassador Zhao Jianhua and Japanese Ambassador Kazuhide Ishikawa (for tourism arrivals hosting in the Philippines category).

Also honored were Philippine Airlines president and CEO Jaime Bautista (airline category); Grab Philippines country head STAR editor.

Brian Cu (transportation category); Melco Resorts and Entertainment chairman and CEO Lawrence Ho (integrated resort category); RAKSO Travel & Tours president Jin Woo Jung (foreign tour operator category); and New World Hotel Makati GM Farid Schoucair (hotel category).

Other awardees included former tourism secretary Roberto Pagdanganan (tourism personality award); former tourism secretary and International School of Sustainable Tourism founder and president Mina Gabor (sustainable tourism category); Trade & Investment Promotion Group assistant secretary Rosario Virginia Gaetos (tourism and trade events category); and Narvacan, Ilocos Sur councilor Chavit Singson.

Former congressman and minister of tourism Jose Aspiras was also given a posthumous award.

"With RCM Tourism Awards, we recognize these personalities who have certainly made their respective marks in making the Philippines the place to be in the world," said RCM president Teodoro Ocampo.

The RCM is Asia's first Rotary Club

-Bum Tenorio, Jr.



‘Experience the Philippines’

Tourism Secretary **Wanda Teo** unveiled at the 13th Tourism Awards of the Rotary Club of Manila the Department of Tourism’s newest TV ad, whose ending leaves you with a smile and a nod that yes, the Philippines need not only be seen — it has to be experienced.

Created by McCann Erickson, the ad features a Japanese national enjoying the tourist spots of the Philippines and interacting with its people.

Why must the Philippines be experienced? The last scene explains the entire commercial.

Teo, who was guest speaker and an awardee herself, was described by awards committee chairman **Bobby Joseph** as a secretary who interacts regularly with all sectors of the industry, and one who makes sure she, or her assistant, answers virtually all text messages sent to her. Joseph said this showed how Teo values inputs from colleagues and major players in the industry.

Teo said that even as the DOT takes pride in the successful hosting of the Miss Universe beauty pageant, it is also proud that it has added 160,000 airline seats in less than a year, and has added new routes for local airlines. It has signed tourism agreements with China, Cambodia, Thailand, Turkey and Russia, she added. “We are also developing new ecotourism sites and conserving heritage sites,” she said.

With peace comes a robust economy. Or does a robust economy bring about peace? All the more reason then to promote tourism in these islands.

(You may e-mail me at joanneraeramirez@yahoo.com.)

PUBLIC HEALTH NUTRITION AND CHILD CARE



HEALTHY SEX IN LOVE AND MARRIAGE

Elias D. Adamos, M.D.

Healthy sex is both therapeutic and preventive. Many authorities in this subject matter even claim that healthy sex promotes long life. But in many occasions, sexual issues have resulted to broken relationships.

What are some sexual issues that can affect love, marriage, and relationship?

Harvard Medical News claims that tension and emotional distance can undermine a couple's sex life. Harvard adds and justifies that: *“Conflicts having nothing to do with sex, like finances and child-raising issues, can be at the root of a sexual problem.”* A single sexual issue can strain a relationship. It often results to total breakdown in communication and separation.

Sex and its biologic explanation

The brain is the body's most important sex organ. The brain appropriates hormone levels and sexual arousal. However, sexual arousal alone, does not guarantee good and healthy sex. A person has to get rid of tension and anxiety to involve his or her self not only to functional sex, but also to a healthy and meaningful sexual experience.

8 ways to promote healthy sex in love and marriage (from July 2015 issue of Prevention Magazine)

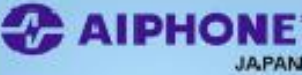
1. Feel good about your body. Engage in fitness plan even if it only takes 10 minutes of your time. Physical fitness positively affects lubrication and orgasm.
2. Don't be afraid to ask about what you want. “Good sex is all about finding your perfect recipe,” according to, certified sex therapist, Aline Zoldbrod, PhD, of *smartsex.com*. Learn to respond to your partner's sex needs.
3. Focus on quality and not on number. Don't count the number of times you engage in sex with your partner in let us say a week's time. Focus on how well you enjoyed each other, even though you only make love just once in a week.
4. Sex should be scheduled. Although there are times when sex becomes a spontaneous bout of lust, it is almost always not required in married couples. Get the perfect timing. Time for the two of you, maybe, is the time when the kids are in school or out of the house. Plan about the timing and about what you want to have for that special schedule. Watch and de-stress after sex, like watching together a funny movie or just a conversation. After sex, you can talk about what “magical thing” had just happened between the two of you.
5. Give it all the way because you like it. You have a healthy sex life if it answers these questions: Do you feel closer to your partner afterwards? Are you in a better mood? Are you happy together?
6. Don't think of sex as a chore. If you feel obligated to submit the sexual whims and caprices of your partner, it is unhealthy.
7. Go out of the box. Forget about sexual routines. Do something new.
8. Talk dirty. Send flirty text messages. Sex therapist call this “simmering.” The little things you do will keep you physically and romantically bonded.

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