



Kabalita

No. 3706, August 3, 2017

GUEST OF HONOR AND SPEAKER



HON. LEOPOLDO N. BATAOIL, JR.

Representative
2nd District, Pangasinan

KABALITA

Let the well-decorated former Police General turned Legislator bring his winning strategies from the streets of fighting criminals to the floors of Congress as he lets Asia's First Rotary Club in on his advocacies.

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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2017-2018

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PROGRAM

RCM's 5th for Rotary Year 2017-2018
 August 3, 2017, Thursday, 12Noon,
 New World Makati Hotel Ballroom
 OIC/Moderator: RCM PD "Rob" Sears

"A joint meeting between Rotary Club of Manila (RCM) and
 Rotary Club of Forbes Park (RCFP)"

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	RCM PD Rob Sears
12:30 PM	Call to Order	RCM Pres. Jimmie Policarpio RCFP Pres. Edwin Salonga
	Singing of Republic of the Philippines National Anthem Invocation A moment of silent prayer for the eternal repose of the soul of Mrs. Zubaida Begum, Mother of PAT Muhammad Aslam, who passed-away recently in the grace of the Lord RCM Hymn RCFP Hymn The 4-Way Test Credo	RCM WF Music Chorale RCM Rtn. Henning Karcher RCM WF Music Chorale RCFP Music Chorale RCFP PP Bert Galano
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	RCFP PP Hiro Asandas RCM WF Music Chorale
12:40 PM	Happy Birthday (RCM & RCFP Birthday Celebrants) RCM Aug. 3.....Rtn. "Johnny" Chotrani; Aug. 4.....Rtn. "Henning" Karcher; Aug. 5.....Rtn. "Ray" Davis, Rtn. "Edwin" Seña, Rtn. "Henry" Villarica; Aug. 6.....Rtn. "Beniting" Legarda; Aug. 9.....PS "Jing" Crisol, Rtn. "Romy" Nones RCFP Aug 22.....Rtn. Rodolf Britanico Aug 24.....PP Ed Escaño Happy Birthday Song	RCM WF Music Chorale

12:45 PM	Formal Induction of new member to RCM	RCM Pres. Jimmie Policarpio Inducting Officer
	Brief introduction of Inductee by Proposer Mr. Pardeep Bhalla (American) President, B & BL Global Solutions Classification : Business Services – Business Process Outsourcing Proposer : Sec. “Alvin” Lacambacal, Rtn. “Jujut” Enriquez Welcome Baby Rotarian Song	RCM WF Music Chorale
12:50 PM	President’s Time	RCM Pres. Jimmie Policarpio RCFP Pres. Edwin Salonga
1:00 PM	Introduction of the Guest of Honor & Speaker	RCM Rtn. Joe de Venecia
	Address: Hon. Leopoldo N. Bataoil, Jr. Representative, 2 nd District, Pangasinan Congress of the Republic of the Philippines	
	Public Forum Response, Presentation of tokens of appreciation to Rep. Leopoldo N. Bataoil, Jr.	RCM Pres. Jimmie Policarpio RCFP Pres. Edwin Salonga
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



July 25, 2017 - DGE Rudy Bediones, PDG Vince Carlos and PDG Obet Pagdanganan attended the 22nd Handover and Induction Ceremonies of the Rotary Club of Manila Metro at the Aloha Hotel in Manila where my classmate, Great President Cleo Du, was inducted.

July 26, 2017 - DGE Rudy Bediones, IPDCoS/PP Cesar Ubaldo and I attended the 33rd Induction and Handover Ceremonies of the Rotary Club of Manila Midtown at the Sofitel Philippine Plaza Manila in Pasay City where my classmate, Great President Susan Chong, was inducted.

July 27, 2017 - DGE Rudy Bediones attended the 14th Induction and 13th Handover Ceremonies of the Rotary Club of Cavite Metro at the Sofitel Philippine Plaza Manila in Pasay City where my classmate, Great President Rowena de la Cruz, was inducted.

July 28, 2017 - DGE Rudy Bediones, PDG Obet Pagdanganan, PDG Vince Carlos, PAT Aslam Muhammad and I attended the 35th Charter Anniversary and Induction of Officers of the Rotary Club of Pasay Silangan at the Dusit Thani Hotel in Makati City where my classmate, Great President Bob Asnani, was inducted.

- IPSDG/PP Frank Evaristo and Dir. Lance Masters attended the Alay Lakad Dinner For A Cause at the La Fiesta Filipino, Mall of Asia in Pasay City. IPSDG/PP Frank Evaristo is the current President of the Alay Lakad Foundation Inc.

July 29, 2017 - IPSDG/IPDCoS/IPD Albert Alday (Rotary Club of Manila Rotaract Chair), PD Oscar del Rosario and I attended the 18th Induction and Handover Ceremonies of the Rotaract Club of Manila, one of our sponsored Rotaract clubs, at the Ilustrado Restaurant where we were acknowledged for our support to the club and where Great President Michael Edgar Recabar was inducted.

- PDG Vince Carlos attended the Joint Induction and Handover Ceremonies of the Philippine College of Rotary Governors at the Waterfront Hotel in Cebu City.

- Dir. Caloy Reyes attended the 68th Charter Anniversary and Handover Ceremonies of the Rotary Club of Malolos at the Club Royale Hotel and Resort located along McArthur Highway, Malolos, Bulacan where Great President Felipe Cruz was inducted.

July 31, 2017 - DGE Rudy Bediones and PDG Obet Pagdanganan attended the Rotary Club of Padre Burgos Manila Charter Presentation at the Sofitel Philippine Plaza Manila in Pasay City where my classmate, CP/Great President Naomi Licuanan, was inducted.

August 3, 2017 - Welcomes Rep. Leopoldo "Pol" Bataoil, Jr. of the 2nd district of Pangasinan to talk on his advocacies.

GUEST OF HONOR AND SPEAKER'S PROFILE



Introductory Spiel:

Ladies and Gentlemen, I have the honour to introduce to you, the man who has served God, country and people for 33 years of his life in the noble profession of arms, the military and police service, prior to his entering the field of politics.

He is a proud member of PMA Magilas Class of 1976 who was sent to the frontline against lawless elements in the most critical and dangerous parts of our country. He has contributed to the preservation of our Republic from the threats of the Muslim Secessionist Movement in Mindanao, particularly in Basilan, Maguindanao, Cotabato, Davao, Surigao and Lanao Provinces. At the height of the Communist Insurgency, he was assigned at Negros Occidental as PNP Provincial Director where he led his men to win the hearts and mind of the people that eventually made his command, the Nation's Best Police Provincial Office in 1996. Eventually, he served his own province of Pangasinan as PNP Provincial Director and later as Regional Director of Police Regional Office 1, where he again led his men who are known for being "citizen friendly and protectors of human rights," to garner the most coveted award, NOT ONCE, BUT TWICE, the Nation's Best Police Regional Office in 2006 and 2007.

He moved on to become the Regional Director of National Capital Regional Police Office (NCRPO) then later as the Director of Integrated Police Office for Northern Luzon covering Regions 1, 2, 3 and Cordillera. He retired in the office closest to his heart, as the Director of Police Community Relations in 2009, leaving behind a legacy that is remembered and carried out to this date, the "Pulis Ko, Teacher Ko," a project that made the people love their policeman in the countryside. He has brought the PNP closer to the community with his advocacy of making every policeman "seen, felt and experienced positively."

He continues to serve his own people in the Second District of Pangasinan, having been overwhelmingly elected as their Congressman in May 10, 2010 and re-elected last May 13, 2013. Again, for his 3rd time, he ran unopposed as Congressman of his district last May 2016.

Our guest speaker is a national awardee having been the recipient, among many other awards and recognitions, of the Civil Service Commission's Pag-Asa Award in 2007, the PMA Cavalier Award in 2010 anew the Signum Lasallianum Award by La Salle University of Bacolod City. He is a holder of a Master's Degree in Business Administration from St. Paul University of Tuguegarao and a Doctor of Philosophy on Peace and Security Administration from Bicol University in Legazpi City.

Ladies and gentlemen, our guest speaker is a God loving servant leader, willing to risk his life so that others may live, a loving husband to the former Miss Gina Liza Meim and a devoted father of their two lovely daughters, Carmela and Angela, our **LINGKOD NG BAYAN**, Congressman, Doctor, General Leopoldo N Bataoil.

Preview of next Thursday's Guest Speaker

August 10, 2017, 12N,
New World Makati Hotel Ballroom



Brother Armin Luistro
Former Secretary,
Department of Education

THE WEEK THAT WAS..



Pres. "Jimmie" Policarpio calls the Rotary Club of Manila's 4th meeting for the Rotary Year 2017-2018 to order.



PD **"John" Cenica** as OIC/
Moderator directs the program of
activities.



Rtn. **"Jack" Bautista** introduces
the guests, visiting Rotarians and
personalities seated at the
presidential table.



Rtn. **"Caloy" Buendia** delivers a
doxology.



Pres. **"Jimmie" Policarpio** during the "President's Time."

PSAA “Fred” Lim does the honour, pleasure and privilege of introducing **Atty. Dante A. Gierran, CPA**, Director, National Bureau of Investigation, as guest of honor and speaker.



NBI Director Atty. Dante Gierran gave Manila Rotarians, Visiting Rotarians and guests a sneak peek into the functions of his office and his take on the different high profile cases under his watch.



A proactive public forum followed suit after the speech of Director **Dante A. Gierran** with RCMers' volunteering such as Rtn. "Jackie" Rodriguez, Chairman, Program Committee who proposed/invited Director **Dante A. Gierran** to become a member of the Rotary Club of Manila which **Director Gierran** had accepted in principle.



Pres. “Jimmie” Policarpio presents to Director **Dante A. Gierran** a glass plaque as a token of appreciation for being the guest of honor and speaker.



Pres. “Jimmie” Policarpio delivers his response and meeting adjournment.



Chair. Hermie Esguerra, Club Awards Committee 2016-2017, presents to **Rtn. Joe de Venecia** the Honor of Distinction Award. **Also in photo were:** SSS Chairman/BLA **Amading Valdez**, NBI Dir. **Dante Gierran**, DGE **Rudy Bediones** and IPP **Teddy Ocampo**.

FELLOWSHIP



Director Dante A. Gierran gamely participated in the post-meeting sing-a-long fellowship belting out a medley of his favourite songs to the delight of the members and guests. **Also in photo were:** **PVP Roy Golez**, IPP **Teddy Ocampo** and **Rtn. Hermie Esguerra**.



In a posterity photo. From L-R: Rtn. Gani Macatoman, PP Frank Evaristo, BLA Amading Valdez, VP Babe Romualdez, NBI Director Dante A. Gierran, Rtn. Jackie Rodriguez and DGE Rudy Bediones.

MEMBERSHIP/ CLASSIFICATION COMMITTEE

PDG “Vince” Carlos, proposer, introduces inductee **Mr. Naoto Tago (Japanese)**, President and CEO, Marubeni Philippines Corporation. Classification : Machinery Equipment – International Trading.





Pres. “Jimmie” Policarpio administers the oath of membership pledge to **Mr. Naoto Tago** with **PDG “Vince” Carlos**, proposer, as the latest STAR Rotarian inducted to the Rotary Club of Manila.

BOARD MEETING



Present during the Board meeting were: **Pres. Jimmie Policarpio**, **Dir. Issam Eldebs**, **Dir. Susing Pineda**, **Dir. Caloy Reyes**, **Dir. Lance Masters**, **IPP Teddy Ocampo**, **AS Rene Policarpio**, **AT Ner Lonzaga**, **Treas. Nicky Villaseñor**, **Sec. Alvin Lacambacal** and **ES Anna Kun Toledo**.

RAC MANILA 18TH INDUCTION



Group Picture of the 18th Induction and Handover Ceremonies of the Rotaract Club of Manila at the Ilustrado Restaurant last July 29, 2017.

RAC MANILA 18TH INDUCTION AND HANDOVER



Great President Jimmie Policarpio, IPSDG/IPDCoS/IPD Albert Alday (Rotary Club of Manila Rotaract Chair) and PD Oscar del Rosario attended the 18th Induction and Handover Ceremonies of the Rotaract Club of Manila, one of our sponsored Rotaract clubs, at the Ilustrado Restaurant last July 29, 2017 where they were acknowledged for their support to the club and where Great President Michael Edgar Recabar was inducted.



Great President Jimmie Policarpio and **IPSDG/IPDCoS/IPD Albert Alday** (Rotary Club of Manila Rotaract Chair) witnessed the signing of a sisterhood agreement between the Rotary Club of Manila's two sponsored Rotaract clubs, the Rotaract Club of Manila led by **Great President Michael Edgar Recabar** and the **Rotaract Club of De La Salle University Manila** led by **Great President Rychel Anne Namol** during the 18th Induction and Handover Ceremonies of the Rotaract Club of Manila last July 29, 2017 at the Ilustrado Restaurant in Intramuros, Manila.



President Jimmie Policarpio, in his special message to Manila Rotaractors during the 18th Induction and Handover Ceremonies of the Rotaract Club of Manila at Ilustrado in Intramuros, Manila, encouraged them to have their own Centennial Projects and be an active partner of the Rotary Club of Manila during the club's Centennial Celebration in Rotary Year 2018-2019 which coincides with the centennial of the Rotary movement in the Philippines.



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Dir. Caloy Reyes attended the **68th Charter Anniversary and Handover Ceremonies** of the **Rotary Club of Malolos**, one of our daughter clubs founded in 1949, now under District 3770, last July 29, 2017 at the Club Royale Hotel and Resort located along McArthur Highway, Malolos, Bulacan where Great President Felipe Cruz was inducted.



PDG Vince Carlos attended the **Joint Induction and Handover Ceremonies** of the **Philippine College of Rotary Governors** at the Waterfront Hotel in Cebu City last July 29, 2017.

Alay Lakad Foundation Dinner For a Cause



IPSDG/PP Frank Evaristo and **Dir. Lance Masters** attended the **Alay Lakad Dinner For A Cause** last July 28, 2017 at the La Fiesta Filipino, Mall of Asia in Pasay City. **IPSDG/PP Frank Evaristo** is the current President of the Alay Lakad Foundation Inc

PAUL HARRIS FELLOW



Understanding the “Paul Harris Fellow” and “PHF Recognition Points.”

By Dir. Lance Masters

The Rotary Foundation is Rotary’s own charity and, therefore, every Rotarian’s own charity. It supports Rotary’s charitable works around the world, and the Philippines has received far more in grants than has been contributed from the Philippines. The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of US\$1,000 to The Rotary Foundation of Rotary International. It was established in 1957 to show appreciation for and encourage substantial contributions to what was then the Foundation’s only program, Rotary Foundation Fellowships for Advanced Study. Paul Harris Fellows are recognized with a certificate and pin. They are also eligible to purchase a Paul Harris Fellow medallion for \$15. From shop.rotary.org.

Rotarians have a tradition of supporting the Foundation by honoring others. To increase charitable giving to the Foundation and increase awareness of the PHF, in 1979 the RI President-elect challenged each Rotary club to make one non-Rotarian a Paul Harris Fellow. The Rotary Club of Pikesville, Maryland, USA, responded by making a donation in the name of Mother Teresa in 1980. Many other notable figures have been named as Paul Harris Fellows, including Pearl Bailey, U.S. President Jimmy Carter, Russian President Boris Yeltsin, U.S. astronaut James Lovell, and Jonas Salk.

This year’s RCM President Jimmie Policarpio has challenged the club to attain 100% Paul Harris Fellow status by having every member of the club become a Paul Harris Fellow this year or at least before our centennial on June 1, 2019. Currently, about 130 of our 230 members are Paul Harris Fellows, Multiple Paul Harris Fellows, or Major Donors. Usually a person becomes a Paul Harris Fellow by donating USD \$1,000 to the Rotary Foundation. However, persons may become Paul Harris fellows through dollars, “Recognition Points,” or a combination of the two. Over time, our club has offered members the opportunity to become fellows through a combination of dollars and points that has resulted in some confusion.

Rotary International awards recognition points to members that contribute to the Rotary Foundation through the Annual Fund or Polio Plus. One point is awarded for every \$1.00 contributed. Once you accumulate 1,000 points in your account, you are awarded a Paul Harris award by Rotary International (RI). The awards continue until you have attained a PH + 8 (\$9,000 total gift). After you receive your first Paul Harris award, RI also tracks your “Available Foundation Recognition Points”. You receive 1 available foundation recognition point for every \$1.00 you contribute to the Rotary Foundation. These points can be transferred to other individuals for Paul Harris Fellow recognition.

Example: you have donated a total of \$3,000, resulting your status as a PHF Plus two status, recognized by a PHF pin with two sapphires. Your contributions have resulted in 3,000 available points. You may name any person as a PHF by designating 1,000 or your points. You may also donate 100 or more points to another who would then add the remaining real dollars to add to

1,000. We have often made this “deal” available to our members: Donate \$500 and one of our members or friends will donate 500 points, resulting in your becoming a Paul Harris Fellow or multiple fellow, if already a PHF.

Points transferred made into individuals’ accounts, such as club and district transfers and/or matches or gifts made in their name (any gift that is not directly given by them), increase their (PHF) Recognition Amount but do not earn/accrue Foundation Recognition Points, which are only granted for CASH gifts, not PHF recognition points. Furthermore, to attain “Major Donor” status, a total of a minimum of \$10,000 CASH must be donated, and PHF recognition points do not count. If a person got what they thought was a “Discount” on a PHF, what they really got was a gift of points added to their dollars that made them eligible for the first nine levels of PHF only, never “Major Donor” status.

Rotarian who has achieved Paul Harris Fellow status with a donation of \$1,000 may choose to honor their spouse or child or another person as a PHF by transferring 1,000 FRPs, to name the honoree as a PHF. A Rotarian could assist a fellow Rotarian in their club or another club to become a PHF by transferring some of their FRPs to them. Our club is one of many that effectively use FRPs to help members begin their **annual** Foundation commitment. These clubs “match” a contribution by a new member with a specified number of FRPs. This use of FRPs has successfully instilled a passion for members to annually contribute to The Rotary Foundation. Rotary expects ALL Rotarians to contribute a minimum of \$100 EVERY YEAR. Clubs who attain this are recognized as 100% “EVERY ROTARIAN EVERY YEAR” (EREY) clubs.

FRPs cannot be used personally to increase one’s own Recognition Amount since the FRPs are already included/reflected in the individual’s total Recognition Amount. FRPs can only be used to credit someone else. Foundation Recognition Points (FRPs): Can only be transferred into individual accounts, Cannot be transferred to the club or district to be used by the Club President or District Governor, Only generate from cash contributions once an individual becomes a PHF. Individual donors are the only ones authorized to transfer Foundation recognition points from their individual account. Club presidents are the only ones authorized to transfer Foundation recognition points from the club’s account. District governors are the only ones authorized to transfer Foundation recognition points from the district account. Foundation recognition points may not be transferred from individuals to a club or district.

The Foundation recognition points of deceased Rotarians cannot be transferred, unless the deceased is a Major Donor, in which case, the spouse/partner maintains control of the Foundation recognition points during their lifetime. Businesses or organizations cannot become a Paul Harris Fellow; the awards are issued only to individuals. However, businesses and organizations can be recognized for contributions of US\$1,000 or more with a Certificate of Appreciation. A donor can recognize a deceased individual by requesting a Memorial Paul Harris Fellow. Through Member Access in MyRotary online, you can view your personal contribution history, recognition amount, and available Foundation recognition points. You can request a copy of your Donor History Report from the Foundation at contact.center@rotary.org.

PHF Recognition consists of a pin with stones corresponding to the recipient’s recognition amount level. US \$1,000 to 1,999, plain pin, US\$2,000 to 2,999.99 one sapphire; 3,000 to 3,999.99 two sapphires, 4,000 to 4,999.99 three sapphires, 5,000 to 5,999.99 four sapphires. 6,000 to 6,999.99 five sapphires, 7,000 to 7,999.99 one ruby, 8,000 to 8,999.99 two rubies, 9,000 to 9,999.99 three rubies, \$10,000 and up, all cash no points, “Major Donor” status.

Other Foundation Recognition includes:

Rotary Foundation Sustaining Member: When you give \$100 or more per year to the Annual Fund.

Benefactor: When you include the Endowment Fund as a beneficiary in your estate plans or when you donate \$1,000 or more to the fund outright. Benefactors receive a certificate and insignia to wear with a Rotary or Paul Harris Fellow pin.

Bequest Society member: **When you give \$10,000 or more via your estate plans. Bequest Society members are recognized with an engraved crystal recognition piece and a Bequest Society pin.**

Please consider becoming a Paul Harris fellow THIS YEAR, or making an additional donation to become a Paul Harris multiple fellow or even a Major Donor. If you cannot afford \$1,000, ask a friend if they can assist with a gift of points. At a minimum, please give at least \$100 every year to the Rotary Foundation.

Thank you,
Lance

ROTARY NEWS

The 2017–18 RI Board held its first meeting on 16 June 2017 in Atlanta, Georgia, USA.

RI Administration

The Board

welcomed the 2017–18 appointments of Dean Rohrs as RI vice president and Mikael Ahlberg as RI treasurer;
recognized the proposed Rotary Action Group for Family Safety: Breaking the Family Violence;
approved a 2017–18 Rotary Foundation budget for program award expenditures of US\$99,335,000 from unrestricted contributions
adopted the 2018–19 annual goals for Rotary International and The Rotary Foundation as follows:

Goals for Priority 1—SUPPORT AND STRENGTHEN CLUBS

1. Retain current members.
2. Increase current club membership.
3. Start new clubs.
4. Increase the number of female members, members under 40, and Rotaractors joining Rotary.

Goals for Priority 2—FOCUS AND INCREASE HUMANITARIAN SERVICE

5. Increase cash and district DDF contributions to End Polio Now.
6. Increase local and international, district and global grants funded with DDF.
7. Encourage Interact and Rotaract clubs to engage in service projects - including projects for the environment - with their local Rotary club and community.
8. Increase contributions to the Annual Fund and build the Endowment Fund to US\$2.025 billion by 2025.

Goals for Priority 3—ENHANCE PUBLIC IMAGE AND AWARENESS

9. Publicize the role of Rotary and Rotarians in polio eradication.
10. Build awareness of Rotary, and promote the People of Action campaign.
11. Increase awareness of Rotary club projects by using Showcase, Ideas and creating a club history.

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RI Administration

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NEWS RELEASE

Philippine Daily Inquirer / July 29, 2017



ON TARGET
RAMON TULFO

The newly appointed Philippine ambassador to the United States, Jose Manuel "Babe" Romualdez, would make an excellent envoy since he once worked with a lobby group in Washington, DC, that lobbied for Philippine government interests.

The dapper Babe was a reporter and newscaster at the defunct Kanlaon Broadcasting Service's Channel 9 from 1970 to 1982, after which he migrated to the United States.

He came back to the Philippines to work as a columnist for the Philippine Star.

Babe's uncle, Eduardo Z. Romualdez, was Philippine ambassador to Washington from 1971 to 1982.



FRIDAY / JULY 28, 2017

After months of serving as special envoy to the United States, The STAR columnist Jose Manuel “Babe” Romualdez has accepted his nomination by Malacañang as ambassador to Washington.



Romualdez nominated as ambassador to US

After months of serving as special envoy to the United States, The STAR columnist Jose Manuel “Babe” Romualdez has accepted his nomination by Malacañang as ambassador to Washington.

“I’m happy and honored to serve the country. I am humbled by President Duterte’s trust and confidence,” Romualdez said in a text message.

Romualdez will also have jurisdiction over Jamaica, Haiti, Trinidad and Tobago, Antigua and Barbuda, Bahamas, Barbados, Dominica, The Federation of Saint Kitts and Nevis, Saint Vincent and Grenadines and Saint Lucia.

“We are confident that with Mr. Romualdez at the helm of the Philippine embassy at Washington DC, he will further strengthen Philippine-US relations and promote stronger cooperation between the two countries,” presidential spokesman Ernesto Abella said yesterday.

US Ambassador Sung Kim also congratulated Romualdez. “Warm congratulations to my good friend Babe Romualdez on his nomination to be ambassador to the US,” Kim wrote in his Twitter account.

Romualdez was first appointed by Duterte in December last year but he asked to be given at least six months to assume the post as he had to recuperate from an eye operation.

The new US ambassador to Washington is president of the Manila Overseas Press Club and vice president of the Manila Rotary. He is also chairman of the Philippine offices of several US-based multinational companies including FCB Manila and Weber Shandwick Philippines.

PUBLIC HEALTH NUTRITION AND CHILD CARE



DEVELOPING A CHILD'S PROBLEM-SOLVING ABILITY (Attachment Theory)

Elias D. Adamos, M.D.

In pediatrics, attachment is the emotional connection that develops between a young child and a parent or other caregiver (Perri Klass, M.D., *WELL, The New York Times International Edition*, July 7, 2017, page 11). The scientific basis for this special bond between parent and child is called attachment theory.

What is attachment theory?

Attachment theory was developed in the mid-20th century by a British psychiatrist by the name of John Bowlby. Together with his student, Mary Ainsworth, they collaborated in carrying out experiments to create different parent-child relational situations for them to observe and predict children's behavior. A 1-year-old is briefly separated from the mother or caregiver and then reunited. The behavior of the child is then observed and recorded. They labeled this as "strange situation." They concluded that situations such as strange situation results to either "secure attachment" or "insecure attachment."

Secure and insecure attachment

In repeated studies conducted by Dr. Virginia M. Shiller of Yale University Study Center and author of "The Attachment Bond: Affectional Ties Across the Lifespan," she concluded that a child who generally perceives that the parent will generally be responsive to his needs may be upset when a stressor comes in, but calms down quickly, comforted by the parent. The child thereby demonstrates "secure attachment."

On the other hand, children who have not learned to expect comfort and reassurance when they are distressed will demonstrate what is considered "insecure attachment." These are the children who don't even look at mom and dad. They turn or crawl away. These are the children who have high heart rates and elevated levels of stress hormone. According to Dr. Shiller, "While one might say, 'Well, that's just an independent child,' we have other information that this child is stressed and saying, 'I'm going to somehow manage this on my own!'"

Lessons to be learned from attachment theory

Attachment in parenting and child development is not the same as "attachment parenting." The latter term refers to the literal proximity of a parent to a child. The latter means not allowing your child to even have minor stresses and separation. Attachment theory concludes that a child's mind is flexible and quite plastic. This means that a child can develop his own style of problem solving and coping with stressors. It also means that a child will find ways to develop his self-confidence and gains excellent adjustment by exploring the world around him. The parent or caregiver in attachment theory therefore just stays in the background as a "support person." The parent is somebody the child knows he can rely upon when stressor comes in, but the solution to a certain problem or task is made the child himself. The key words, I guess are: REASSURANCE and ENCOURAGEMENT.

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