

WHERE TO MAKE-UP

Monday	RC Metro Sta Mesa RC Tomas Morato RC Ayala Heights RC Roxas	7pm Rotary Center 7pm Sulo Hotel 7:30pm Rotary Center 8pm Rotary Center
Wednesday	RC Cubao EDSA RC New Manila RC Mega EDSA RC Tandang Sora RC Bagong Silangan	7pm Rotary Center 7:30pm Rotary Center 7:30 pm Rotary Center 7:30pm Rotary Center 8pm Rotary Center
Thursday	RC Capitol Hills RC Commonwealth RC Kagitingang Cubao RC Pag-asa RC Paraiso	7pm Serye (QC Circle) 7pm Heat EDSA Shangri-la 7:30pm Camp Aguinaldo 8pm Jollibee East Ave/V Luna 8pm Rotary Center
Friday	RC Cubao East RC Cosmopolitan Cubao RC Metro Diliman RC Kamuning West RC QC Circle RC SFDM Central	7pm Tang Kang Resto, Roces Ave 8pm Rotary Center 8pm Rotary Center 8pm Rotary Center 7pm DAR FAPSO 8pm Rotary Center
Saturday	English Enhancement & Personality Development Program 1-3pm at P. Bernardo High School, P. Tuason Blvd. QC	

Certificate of Attendance

This certifies that Rotarian _____
attended the regular weekly meeting of Rotary Club of New Manila
Heights held at Barangay Horseshoe Multi-Purpose Hall, Sunset Drive,
Quezon City on December 14, 2010.

Bernadette Redublo
Club Secretary

Rotary Club of New Manila Heights
CLUB ASSEMBLY & CHRISTMAS PARTY
7:30 pm, December 14, 2010 (Tuesday)
Barangay Horseshoe Multi-Purpose Hall, Sunset Drive, Quezon City

P R O G R A M

First Part: Club Assembly

Call to Order Pres. Ma. Elisa "Baby" Allado

Invocation Rtn Isidra "Inday" Nery

National Anthem Rtn. Roberto "Bobby" Ang

Introduction of Visiting Rotarians & Guests /Announcements
Sec. Bernadette "Badette" Redublo

The 4-Way test Dir. Josefina "Josie" Ang

Rotary Information PDG Mario "Mar" Nery

President's Time Pres. Ma. Elisa "Baby" Allado

Elections PP Roman "Boy" Escueta

Announcement of Winners

Adjournment Pres. Ma. Elisa "Baby" Allado

Second Part: Regular Meeting and Fellowship

Community Singing Dir. Glenn "Glen" Macatiag

Games/Raffle/Exchange Gifts Rtns. Rhose Montreal & Edward Aquino
Videoke and Dancing

RCNMH Hymn PP Rodolfo "Rod" Lejano

Night Chair: IPP Daniel "Boone" Ongchoco

Dinner Host: Rtn. Cris Yenke

Drinks: Rtns. Rhose Montreal & Edward Aquino

President's Corner

Ma. Elisa "Baby" Allado

YEAREND RETREAT

In the past few years, I have made it a habit to go on a spiritual retreat by yearend. It is really more of taking time to "smell the flowers" so to speak. The past year has been particularly hectic as commitments became really demanding in terms of time, physical and mental activities and getting along with all kinds of people.

Hospice & palliative care every Sunday in Muntinlupa, Las Piñas & Parañaque cities have extended to the cities of Makati & Quezon. Aside from attending to the medical needs of patients (age ranging from 4 to 100 years old), I have also started training lay volunteers to assist in running a home care program for indigents. Counseling individual patients & families is a big part of this work.

At the Philippine Red Cross QC Chapter, we planned for the biennial assembly on December 17 to elect 12 new members of the Board (am Program committee chair) and re-launched our quarterly newsletter (am Managing editor & layout artist). As Assistant Board Secretary, I helped prepare minutes of monthly meetings. Other committee assignments include: Blood Services, Community Health and Nursing, and Social Services.

With Kabisig ng Kalahi, the PEP feeding program at P. Tuason elementary school (PTES) is ongoing and another community-based supplementary feeding program is in the pipeline for implementation in January. President Vicky Wieneke, an honorary member of our Club, has kept her promise to share some modules with us.

Rotary work has been the most demanding- weekly meetings & newsletters, ongoing projects on health & hunger, literacy & livelihood, new generations, fund-raising, environment, TRF, not to mention District-wide activities that also needed attention. This month, we cooperated with other Rotary clubs in their Christmas gift-giving activities: RC Bagong Silangan (75 gift bags) at National Children's Hospital, RC Roosevelt (54 gift bags) at the Child Haus facility in the QI compound. Our own gift-giving at PTES for 600 beneficiaries will be the last activity this calendar year.

Many thanks to all who helped lighten the load a bit. Special mention to "newbies" Irma, Rhose, Edward & Alice who are actively involved in our projects, PPs Boyet, Elsa, Boy, Ponchit, Ed, Jodie, Rod, Dennis, Raffy who quietly provide support, IPP Boone and PDG Mar who have been pillars of strength, Tita Inday Nery, PE Alex, VP/Treas Alex, Sec Badette, Directors Josie, Amba, Pancoy & Glenn who regularly assist in administrative and other matters. To all other RCNMHers, too many too mention, thanks for inspiring us no end.

Community Song

GIVE LOVE ON CHRISTMAS DAY

By Jackson Five

People making lists, buying special gifts
Taking time to be kind to one and all
(Whoo-hooo-hooo)
It's the time of year when good friends are dear
And you wish you could give more
than just presents from a store
Why don't you give love on Christmas day
(on Christmas day)
Oh, even the man who has everything
Would be so happy if you would bring him love
On Christmas day (On Christmas day)
No greater gift is there than love

People you don't know smile and nod hello
Everywhere there's an air of Christmas joy
(Whoo-hooo-hooo)
It's that once a year when the world's sincere
And you'd like to find a way
To show the things that words can't say
Why don't you give love on Christmas day
(on Christmas day)
Oh, the man on the street and the couple upstairs
All need to know there's someone who cares
Give love on Christmas day (On Christmas day)
No greater gift is there than love

What the world needs is love
Yes the world needs your love
Why don't you give love on Christmas day
(on Christmas day)
Oh, every little child on Santa's knee
Has room for your love underneath his tree
Give love on Christmas day (On Christmas day)
No greater gift is there than love

Rotarians share ideas on member retention

Don't miss out on New Orleans

Register by 15 December to get the best rates and accommodations for the 2011 RI Convention in New Orleans, Louisiana, USA, 21-25 May.

Let the Host Organization Committee dazzle you with the sights, sounds, and tastes of the Crescent City.

Diana Wood Howard, president of the Rotary Club of Spring Valley (Columbia), South Carolina, USA, says membership has never been better since the club decided to move its meetings to a brand-new grand hall at a local church.

"We've inducted 20 new members in less than 18 months," Howard notes. "Don't be afraid to think outside the box for a new meeting venue" when it comes to membership development, she advises.

Howard says it's also important to get new members involved early. "Our 'newbies,' as we refer to them, organized a PolioPlus fundraiser this past July."

Elizabeth Penny, president of the Rotary Club of South Ukiah, California, says her club encourages members to bring their children to meetings. As a breakfast club, it meets early enough to allow members to get their children to school.

"We're a pretty informal club, and we wanted to be welcoming to younger parents," she says. "It has worked really well for us. The children have their own table and call themselves 'Rotary kids.' They even have their own project: collecting used towels and blankets from hotels and donating them to the humane society."

The Rotary clubs of Sebastopol and Sebastopol Sunrise, California, focus on fellowship. Every spring, Rotarians volunteer to host an evening meal at their homes for three members of their own club whom they're less familiar with.

"We match participants based on their *not* having significant relationships with each other," says David G. Mark-Raymond, of the Sebastopol Sunrise club. "The idea is to develop new relationships and be more inclusive."



All the best to our Birthday Celebrants!

December 1 – Jun San Juan

December 4 – Irma Pizarro

December 5 – Cris Yenko

CALENDAR OF ACTIVITIES

DECEMBER – FAMILY MONTH

- December 1 -Advent Recollection at Rotary Center
December 4 – May Bukas Pa
Gift-giving at National Children's Hospital
December 7 – TRF Speaker
PDG Bimbo Salazar
December 11 – District Christmas Party
Past Presidents' Fellowship Night
**December 14 - Diagnostics for Reading Comprehension at P. Bernardo Elementary School
-6pm RCNMH Christmas Party and Elections (Barangay Horseshoe MPH)**
**December 15 -Annual gift-giving
10am P. Tuason Elementary School**
**December 20 - RCNMH Board Meeting
7pm Manga Road**

IMPORTANT ANNOUNCEMENT !!!

All Directors/Committee Chairs are hereby requested to submit their written midyear committee reports (activities from July to December) and compare them with the Plans and Programs submitted during the Governor's visit. These are needed for discussion during the last Board meeting for the year on December 20.

Crossroads

PDG Mario R. Nery

Christmas in Rotary

Is there such a thing? Perhaps, but try this. All over the Christian world the season of Christmas is normally called the season of Advent, meaning a season to prepare ourselves for the birth of our Lord, so that we can welcome him properly. Preparing yourself means to review the past to find out what we ought to have done but did not, to ensure that we restore the balance in our lives, and to resolve to do better in the coming months. It also means to review what we have accomplished and to ensure that we make the right steps to strengthen those successes even more.

What have we accomplished so far this rotary year? Are we happy with them? Could we have done more, considering that we are an outstanding club with outstanding members? For whatever it is worth, some PDGs I had dinner with last night seem to think that our club is now capable of doing great things, judging from what we have accomplished in the past. In Rotary, the continuing battle cry is that "the best is yet to come". Let us make that happen this year, and every year thereafter.

**Thank you to the donors to our annual gift-giving at
P Tuason Elementary School on Dec. 15, 2010:**

IT Interaction Philippines c/o PP Jun San Juan
ACS Manufacturing Corporation
and Wrigley Philippines c/o PE Alex Buot
PP Ben del Rosario
PP Rod Lejano
IPP Boone Ongchoco

12. Choose rye (not wheat) bread for breakfast toast. Swedish researchers found that rye eaters were more full 8 hours after breakfast than wheat-bread eaters, thanks to rye's high fiber content and minimal effect on blood sugar. As a result you'll want to snack less and eat less for lunch

13. Eat a handful of fruit and vegetables a day. In one study, people who ate 4 or 5 servings scored higher on cognitive tests than those who consumed less than 1 serving.

14. Sip green tea. It might help you build a strong skeleton, say researchers in China, & help protect you from broken bones when you're older. One study found that it helps fight bad breath, too.

15. Work out before lunch or dinner. Doing so will make the meals you eat right afterward more filling, according to British researchers—meaning you'll eat fewer calories throughout the day.

16. Hung over? Choose asparagus. When South Korean researchers exposed a group of human liver cells to asparagus extract, it suppressed free radicals and more than doubled the activity of 2 enzymes that metabolize alcohol. That means you'll feel like yourself again twice as quickly.

17. Sleep 8 hours a night. Too much or too little shut-eye can add extra pounds, say Wake Forest University researchers.

18 Discover miso soup. Brown wakame seaweed (used in miso soup) can help lower your blood pressure, especially if your levels are already high, say researchers at the University of North Carolina.

19. Drink 2 glasses of milk daily. People who drink the most milk have about a 16 % lower risk of heart disease than people who drink the least. (I recommend nonfat or 1 % milk.)

20. Take a zinc supplement. Just 15 mg of zinc a day (the amount found in a Centrum Ultra multivitamin) will motivate your immune cells to produce more of a protein that fights off bacterial infections.

21. Go ahead, eat your favorite foods. Good eating doesn't need to be about deprivation—it's about making smart choices. Why eat a 1,000-calorie cheeseburger if a 500-calorie burger will satisfy you just the same? The bottom line: Eat foods that you enjoy, just not too much of them.

22. Choose foods with the fewest ingredients. There are now more than 3,000 ingredients on the FDA's list of safe food additives—and any of these preservatives, artificial sweeteners, colorings & flavor enhancers could end up on your plate. Do you really know what these chemicals will do to your waistline or health? Of course not. Here's a rule of thumb: If a 7-year-old can't pronounce it, you don't want to eat it.

23. Snack on popcorn. In a 2009 study, people who ate 1 cup of microwave popcorn 30 minutes before lunch consumed 105 fewer calories at the meal. Just choose the kind without butter.

24. Or snack on walnuts. Eating a handful of walnuts each day may boost your HDL (good) cholesterol fastest, while lowering your LDL (bad) cholesterol.

25. Scramble your breakfast. People who ate eggs in the morning instead of a bagel consumed 264 fewer calories the rest of the day, according to a Saint Louis University study. That's because protein is more filling than carbs.



25 Best Nutrition Secrets

By David Zinczenko

If you want to make big changes to your health, forget about following somebody else's diet. Just make a bunch of little changes to the diet you're already following. Believe me, it's the best way to get results. Below, I've listed the 25 best new nutritional tweaks you can make that will improve the way you look and feel—fast and forever!



1. Drink a second cup of coffee. It might lower your risk of adult-onset diabetes, according to a study in the *American Journal of Clinical Nutrition*.

2. Keep serving dishes off the table. Researchers have found that when people are served individual plates, as opposed to empty plates with a platter of food in the middle of the table, they eat up to 35 percent less!

3. Think before you drink. The average person drinks more than 400 calories a day--double what he or she used to--and alone gets around 10 teaspoons of added sugar every single day from soft drinks. Swap out sweetened teas and sodas for no-cal drinks and you could lose up to 40 pounds in a single year!

4. Practice total recall. British scientists found that people who thought about their last meal before snacking ate 30 % fewer calories than those who didn't stop to think. The theory: Remembering what you had for lunch might remind you of how satiating the food was, which then makes you less likely to binge on your afternoon snack.

5. Eat protein at every meal. Dieters who eat the most protein tend to lose more weight while feeling less deprived than those who eat the least protein. It appears that protein is the best nutrient for jumpstarting your metabolism, squashing your appetite, and helping you eat less at subsequent meals.

6. Choose whole-grain bread. Eating whole grains (versus refined-grain or white bread) has been linked to lower risks of cancer and heart disease.

7. Think fish. Consuming two 4- to 6-ounce servings of oily fish a week will sharpen your mind. Among the best: salmon, tuna, herring, mackerel, and trout. They're high in docosahexaenoic acid (DHA), which may reduce your risk of Alzheimer's. Study participants who had high blood levels of DHA also performed better on nonverbal reasoning tests & showed better mental flexibility, working memory, & vocabulary than those with lower levels.



8. Sign up for weight-loss e-mails. Daily e-mails (or tweets) that contain weight-loss advice remind you of your goals and help you drop pounds, researchers from Canada found.

9. Cut portions by a quarter. Pennsylvania State University researchers discovered that by simply reducing meal portions 25 %, people ate 10% fewer calories—without feeling any hungrier. Serving yourself? Think about what looks like a reasonable portion, then take at least one-quarter less than that.

10. Turn off the TV. Scientists at the University of Massachusetts found that people who watch TV during a meal consume, on average, 288 more calories than those who don't eat with the tube on.

11. Put your fork down when you chew. Or take a sip of water between each bite—eating slowly can boost levels of two hormones that make you feel fuller, Greek researchers found.

Prayer



Thank You, Lord, for the gift of hope that You blessed us with through Your coming to us as man. Please guide us as we elect our new set of Officers tonight. Bless whoever will be chosen so that they may graciously accept the responsibility of bringing the Club to even greater heights of service.

This season of Advent, we rejoice because You have blessed us with the awesome gift of life in You. Help us to treasure this great pearl of a prize. Make us desire and resolve always to protect what You have blessed us with.

May we also bless others through our example of love, so that others may be enriched because You live in us. Make us always life-giving just as You, who came to us in the humble circumstances of a stable. We pray all these in Your Great Name. Amen.

QUOTE OF THE DAY

"The measure of a truly great man is the courtesy with which he treats lesser men."

~Anonymous

THOUGHT OF THE DAY

"Nothing is so contagious as an example. We never do great good or great evil without bringing about more of the same on the part of others."

~Francois Rochefoucauld

From Motivation in a Minute

EEPD CHRISTMAS PARTY

By PP Boyet Alfonso (with pictures by daughter Nikki Alfonso)

The English Enhancement and Personality Development (EEPD) Program held its Christmas Party at the P. Bernardo High School last Saturday, celebrating the season with exciting games, a filling buffet, inspired caroling from the P. Bernardo High School Interact Club Choir and Christmas giveaways.



Games included Find Out Who, Tongue Twisters, Christmas Song Medley, Pass the Bow, Wheelbarrow Race, Newspaper Dance and Yuletide Gratitude, as the PBHS students showed the development of their verbal English skills.



In *Find Out Who*, students were given a list of accomplishments, desires or talents such as 'cooks well', 'is good in math' and asked other students and moderators if they fit the descriptions. The first three students who successfully filled in the list received prizes.



Tongue Twisters entailed student volunteers to quickly repeat tricky lines, such as 'Santa sings shining star songs,' at least three times.



Like every session the EEPD held, the Christmas Party program ended with an expression of gratitude. In the final activity *Yuletide Gratitude*, students were given a pebble each. Pebbles represented Christmas wishes and gratitude for anyone in the group. Both students and moderators stated who they were grateful to, mentioning the reason for their gratitude and giving the pebbles to the person they picked.

The program takes a Christmas break and resumes on Jan. 8, 2011.



Pass the Bow was a difficult and heart-pounding relay game wherein two competing groups had to pass three Christmas bows down the line while they held the right wrist of the person beside them with their left hand.

