

balita



No. 3595, March 26, 2015

GUEST OF HONOR AND SPEAKER

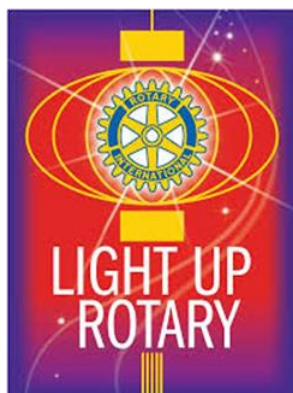


HIS EXCELLENCY ALI ASGHAR MOHAMMADI

Ambassador Extraordinary & Plenipotentiary of the Republic of Iran
to the Republic of the Philippines

KABALITA

Let our very own Chemical Engineer Scholar lay down what it takes to
make him the perfect "Gift to the World" for a World Class District 3810.



<u>What's Inside</u>	
Programme	2
President's Corner	3-4
Guest of Honor and Speaker's Profile/	5
Preview of Next week	6
The Week that Was	6-9
Board Meeting	9
Journalism/Organizational Meeting	10
DISCON 2015	11-24
2015 RI Convention to Sao Paulo, Brazil	25-26
Public Health Nutrition and Child Care	27
Advertisement	28-29
Attendance Report	30
Palawan Fellowship / Notes	31

THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2014-2015

FRANK EVARISTO
President

RUDY BEDIONES
Immediate Past President

**TEDDY OCAMPO/
EBOT TAN**
Vice President

**SUSING PINEDA
BOBBY JOSEPH
AMADING VALDEZ
NING LOPEZ
OSCAR DEL ROSARIO**
Directors

ALBERT ALDAY
Secretary

CHITO TAGAYSAY
Treasurer

DAVE REYNOLDS
Sergeant-At-Arms

ADDIE TOPACIO
Assistant Secretary

**ROB SEARS
ELOY ADAMOS**
Assistant Treasurer

**JIMMY CABASE
COEN EVERTS**
Deputy Sergeant-At-Arms

RCM's 33rd for RY 2014-15

March 26, 2015, Thursday, 12N, Manila Polo Club

OIC/Moderator : Rtn. Jing Lapus

P R O G R A M T I M E T A B L E

11:30 PM Registration & Cocktails

12:25 PM Bell to be Rung:
 Members and Guests
 are requested to be seated **Rtn. Jing Lapus**
 OIC/Moderator

12:30 PM Call to Order **Pres. Frank Evaristo**
 Singing of Republic of the
 Philippines National Anthem **RCM WF Music Chorale**
 to be followed by the playing of
 Islamic Republic of Iran national anthem
 Invocation **Rtn. Ray Davis**
 RCM Hymn **RCM WF Music Chorale**
 The 4-Way Test Credo **All Rotarians**

12:40 PM Introduction of - **Rtn. Joe Assad**
 -Guests and Visiting Rotarians
 -Personalities seated at the Head Table
 Welcome Song **RCM WF Music Chorale**

12:45 PM Maligayang Bati (Birthday Celebrants)
 March 26...Rtn. Uwe Hesse;
 March 31...PVP Ben Diokno;
 April 1.....Rtn. Dick Lee;
 April 4.....Rtn. Ricky Guevara;
 April 7.....Sec. Albert Alday;
 April 9.....Rtn. Noy Benedicto, Rtn. Willie Peliño;
 Happy Birthday Song **RCM WF Music Chorale**

12:50 PM President's Time **Pres. Frank Evaristo**

12:55 PM Introduction of Guest of
 Honor and Speaker **PDG Alex Cureg**

Address: **His Excellency Ali Asghar Mohammadi**
 Ambassador Extraordinary and Plenipotentiary
 of the Islamic Republic of Iran to the
 Republic of the Philippines

Public Forum
Response and presentation of token of **Pres. Frank Evaristo**
appreciation to **His Excellency Ali Asghar Mohammadi**

2:00 PM Adjournment

PRESIDENT'S CORNER



The DISCON was definitely a huge success in terms of attendance, program of activities which included quality guests of honor and keynote speakers and grand fellowships in style. The weekend was definitely one for the books and kudos to our DG Edmond Aguilar as Honorary Chairman, Best Class President Andrew Co of the host Rotary Club of Chinatown Manila as Host Club Chairman and PP Santos "Sonny" Sy of the host Rotary Club of Chinatown Manila as Over-all Chairman as well as the other members of the 2015 DISCON Committee and to the almost 850 Rotarian delegates from Manila, Pasay, Cavite and Occidental Mindoro who trooped to the Sofitel Philippine Plaza Manila from March 20-21, 2015. During this event, our club is proud to have within our ranks, the incoming District Governor, DGE Roberto "Obet" Pagdanganan as well as the Rotary Service Loyalty Pin Awardees from our club who were not able to receive their loyalty pins during the BIZCON 2014, namely: GOLD LOYALTY PIN WITH DIAMOND - PDG Frankie Roman, 52 years, GOLD LOYALTY PIN – PDG Relly

Reyes, 39 years; PP Boy Guevara, 39 years; PT Jim Chua, 39 years; PD Bebot Pineda, 35 years; Rtn. Jing Lopus, 33 years; PDSAA Tony Lopa, 32 years, Treasurer Chito Tagaysay, 31 years and PSAA Fred Lim, 28 years, SILVER LOYALTY PIN - IPSDG/PP Cesar Ubaldo, 23 years; Dir. Susing Pineda, 22 years; Rtn. Butch Tamayo, 19 years; PD Lito Sibayan, 18 years; PD Armie Aquino, 16 years and Rtn. Warren So, 15 years, BRONZE LOYALTY PIN – PP Benny Laguesma, 13 years; PD Alvin Lacambacal, 13 years; PD Ner Lonzaga, 12 years; VP Teddy Ocampo, 10 years; Dir. Amading Valdez, 10 years; Rtn. Hermie Esguerra, 8 years and PE/VP Ebot Tan, 8 years. Among the highlights of the affair was an inspirational speech delivered by our very own DGE/PP Obet Pagdanganan who was given the honor and pleasure of being introduced by his incoming Chief of Staff AG/IPP Rudy Bediones as well as the presentation of the World Class Presidents led by our very own PE/VP Ebot Tan.

To recapitulate, the two-day DISCON began with a wreath laying at the Rizal Monument as well as the Paul Harris Monument in Luneta with all the Best Class Presidents, including yours truly, in attendance last March 20, 2015 at 7:00 am. The opening ceremony Plenary Session 1 at 3:00 pm had no less than RIPR Hoe Beng Fong of the Rotary Club of Singapore East, District 3310 as Guest of Honor and Keynote Speaker and of course, our very own DG Edmond Aguilar. During the opening ceremonies, DG Edmond Aguilar delivered a State of the District Address where your President was singled out and recognized for outstanding performance in public image service as well as a Presidential Citation of Completion presented by no less than RIPR Hoe Beng Fong and Incoming DS/CP Madolyn Uanang of the Rotary Club of Pasay Centro which were well-received and applauded by the delegates in attendance. During the evening of that same day, there was a Talent Night Competition among the different territorial areas within the district. Luckily, the Manila Area bagged the top prize of Php 35,000 where your president took the role of a wizard in a Harry Potter presentation, the Cavite Area placed second while the Pasay Area placed third. A lot of sacrifice, patience, unity and perseverance went into the rehearsals which took weeks and gladly, all these paid off. The highlight of the second day of the DISCON was the "Governor's Ball with a Mardi Gras" carnival atmosphere. It was a delightful event as we performed a Rio de Janeiro special dance number donning our respective themed costume with DG Edmond Aguilar, DGE/PP Obet Pagdanganan, ICOS/AG/IPP Rudy Bediones leading the pack to the delight of the audience full of fellow Rotarians and guests. As correctly foreseen, this year's DISCON was an overwhelming success and we can feel the challenge ahead of us in the coming Rotary Year 2015-2016 where our very own DGE/PP Obet Pagdanganan will lead the district and for our very own club, to play host in the 2016 DISCON.

On other news within our club, the organizational meeting of the incoming Board of Directors and Officers for Rotary Year 2015-2016 led by PE/VP Ebot Tan was recently held at the ACCRALAW Office located in the ACCRALAW Tower, Bonifacio Global City where our World Class President is a Senior Partner. PE/VP Ebot Tan is in the thick of preparations, organizing his team to steer the club to higher levels of achievement this coming Rotary year.

Today, we shall have His Excellency Ali Asghar Mohammadi, Ambassador Extraordinary and Plenipotentiary of the Republic of Iran to the Republic of the Philippines as Guest of Honor and Speaker. Let us all give him a warm welcome as he dwells on bilateral relations between the Republic of Iran and the Republic of the Philippines among other current international issues hugging the limelight.

GUEST OF HONOR AND SPEAKER'S PROFILE



Curriculum Vitae
Of
H.E. ALI ASGHAR MOHAMMADI

Born in Tehran, Islamic Republic of Iran, 1964

Married with two children

ACADEMIC BACKGROUND:

B.A. International Relations

FOREIGN LANGUAGE SPOKEN:

English and slight knowledge of Arabic

PROFESSIONAL BACKGROUND:

Present	Ambassador Extraordinary and Plenipotentiary Embassy of the Islamic Republic of Iran, Manila
2009-2011	Director, Third Department – East Asia and Oceania Ministry of Foreign Affairs, Tehran-Iran
2006-2009	Deputy of First Department – East Asia and Oceania Ministry of Foreign Affairs, Tehran-Iran
2003-2006	Political Counsellor Embassy of the Islamic Republic of Iran Tokyo, Japan
1996-1999	Head of Commercial Section Embassy of the Islamic Republic of Iran Kuala Lumpur, Malaysia
1993-1996	Deputy of Second Dep't – South & East Asia Ministry of Foreign Affairs, Tehran-Iran
1990-1993	Expert, Second Department – South and East Asia Ministry of Foreign Affairs, Tehran-Iran

PREVIEW OF NEXT WEEK SCHEDULE

NO TWO (2) SUBSEQUENT THURSDAY LUNCHEON MEETINGS

April 2 – Maundy Thursday in observance of Lenten Season; and

April 9 – Araw ng Kagitingan (National Heroes Day as a regular non-working holiday)

By : Program Committe Chairman PD Issam Eldebs; Co-Chairman Rtn. Babe Romualdez

THE WEEK THAT WAS....



PDG Vince Carlos as OIC-Moderator directs the program of activities.



PDG Frankie Roman delivers an ecumenical prayer.



AG/ICOS/IPP Rudy Bediones leads fellow Rotarians in the recitation of the Four (4) Way Test.



PDG Alex Cureg introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. Frank Evaristo administers the honorary oath of membership pledge to **His Excellency Philip Goldberg**, Ambassador Extraordinary & Plenipotentiary of United States of America to the Philippines, as an honorary member of the Rotary Club of Manila.



His Excellency Philip Goldberg delivers brief appreciation remarks.



Pres. Frank Evaristo and PVP Manny Dy, generous donor of red wines, lead in the Mabuhay Toast in honor of **PP/DGE Obet Pagdanganan** for a successful and fruitful governance as incoming District Governor in R.Y. 2015-16.



PE/VP Ebot Tan does the pleasure of introducing **DGE/PP Roberto M. "Obet" Pagdanganan, R.I.** **District 3810 Governor Elect** for **Rotary Year 2015-16**, as guest of honor & speaker.



DGE/PP Roberto "Obet" M. Pagdanganan spoke before his fellow Manila Rotarians, Visiting Rotarians who were mostly World Class Presidents and Incoming District Officers as well as guests on the history of the Rotary Club of Manila and how it helped shape District 3810, including his vision and mission for the district during his term as District Governor.



An interactive public forum followed suit post the speech of **DGE/PP Roberto M. “Obet” Pagdanganan**.



Pres. Frank Evaristo presents to **DGE/PP Roberto M. “Obet” Pagdanganan**, as the religious icons and Almanac book courtesy of **Treas. Chito Tagaysay**, as the club’s token of appreciation for being the guest of honor and speaker. With them are **Amb. Philip Goldberg & PVP Manny DY**.

JOURNALISM MEETING



Journalism Awards Coordination meeting. : From left-right: IPP Rudy Bediones, Pres. Frank Evaristo, Rtn. Art Lopez, Rtn. Pepe Rodriguez, Chairman Rtn. Babe Romualdez, PD Jimmie Policarpio, PVP Fausto Presyler, Dir. Susing Pineda and SC Ching Salazar.

ORGANIZATIONAL MEETING



RCM Incoming Board of Directors, RY 2015-16 organizational and planning meeting led by PE/VP Ebot Tan held last March 25, at ACCRALAW office. Shown in photo are **VP Teddy Ocampo, PE/VP Ebot Tan, Dir. Susing Pineda, Pres. Frank Evaristo, Dir. Amading Valdes, Dir. Ning Lopez, incoming AT Raoul Villegas, Incoming Club Sec. George Salazar, Incoming Treas. Chito Zaldarriaga and Incoming AS Alvin Lacambacal.**



DISCON 2015

600

or more of the most active members and leaders from all of the clubs throughout RI District 3810 gathered at the Sofitel Philippine Plaza Hotel last Friday and Saturday, March 20 and 21, to celebrate 110 years of Rotary service. Even before the program officially began Friday after lunch, many of the

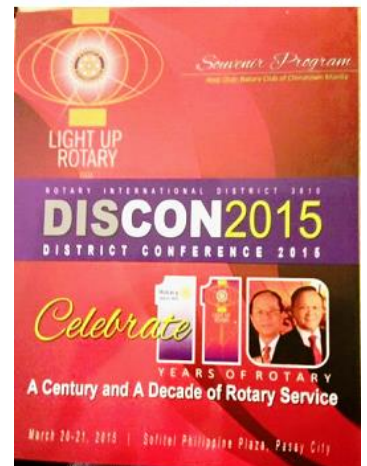
International, Regional & District leaders and club presidents had already gathered at the Rizal and Paul Harris Monuments for laying of wreaths. Such an important gathering also attracted television and the press for interviews, and a district photography contest gallery (new feature) and trade fair were opened.

The opening plenary session began with a thunderous procession of “Best Class” Presidents, Executive Committee Members and Dignitaries. “Thunderous” because we had all been encouraged to bring New Year’s style noise makers to welcome our respective clubs during the entrance and roll-call. Your club did its best, but we were blown away by clubs where all their attendees had very loud commercial duty police whistles and bullhorns! And that was just the beginning of the racket, as host club RC Chinatown Manila contributed a boisterous Lion and Dragon performance by the Ling Nam athletic Association. As we were called to order by DG Edmond Aguilar, colors were presented by the Philippine Marines and the national anthems of Japan, Taiwan, Singapore and the Philippines were offered by the Emilio Aguinaldo College Choir.

Gov. “Mond” gave his State of the District address, detailing the numerous accomplishments in his term to date. Rotary International President’s Representative Hoe Beng Fong, from RC Singapore East (RID 3310), offered a highly congratulatory yet inspirational plenary speech. Next, RID 2820 (Japan) Governor Shoichi Fuji delivered an address. One of the highlights of the day was introduction of the “Rotary Flame,” by PP N.K Gopalinath of the

Rotary Club of Madras in Chennai to help complete the global campaign to eradicate polio worldwide. RC Madras is the oldest club in India (86 yrs) and they promised to send representatives to our 100th anniversary if we will do the same. As we all know, Rotary’s PolioPlus initiative started right here in the Philippines, at a time when there were more than 350,000 cases per year. There was a total of about 400 cases reported last year in the three countries where polio remains endemic: Afghanistan, Pakistan, and Nigeria. But when we started this campaign in 1988, India had been perhaps the biggest hurdle of all, with the most cases of polio of any country. Now declared polio free for three years,

grateful Rotarians there decided to create a symbol to help go the last mile in eradicating polio by 2018. Fire is a benevolent symbol in India, and the Rotary Flame was passed on to our district on its winding global journey through thirteen countries, that will culminate in Brazil this June at the RI Global Conference. Please honor this initiative and make an additional contribution to



The Rotary Foundation so that we can complete this biggest project in the history of our illustrious organization (contributions also count towards Paul Harris Fellow recognition).

The assembly adjourned to the Sunset Pavilion – Garden area for Cocktails and fellowship, with a fine fireworks display. Lechon baboy (pig), Lechon baka (beef) and Lechon manok (chicken) were generously donated by individual members of host RC Chinatown Manila. Our own PP Benny Leguesma was Co-Emcee with DCC Liza Elorde for the Mardi Gras Talent night.



Flame shown here with
RIP Gary Huang

Teams from the four areas in the district competed with well-rehearsed, professionally choreographed dramatic dance sequences. Our Manila area cohort was led by the Grand Wizard himself, RCM President Frank Evaristo, who took the first place award.

Saturday morning had simultaneous meetings of Early Act, Interact, Rotaract and RYLA in the main ballroom, featuring a special presentation by our Tuloy sa Don Bosco street children, while our DISCON Business Meeting was conducted in another room. PDG Concordio Baguio (RID 3870) gave an inspirational speech on Living up to Rotary's Principles and Ideals. For many of us in RCM, the highlight of the Saturday morning plenary session was awards and recognition. President Frank received a presidential citation for our club having met its goals during our mid-year review. Several additional members who had not already been recognized last October received loyalty awards, including GOLD LOYALTY PIN WITH DIAMOND - PDG Frankie Roman, 52 years, GOLD LOYALTY PIN – PDG Relly Reyes, 39 years; PP Boy Guevara, 39 years; PT Jim Chua, 39 years; PD Bebot Pineda, 35 years; Rtn. Jing Lopus, 33 years; PDSAA Tony Lopa, 32 years, Treasurer Chito Tagaysay, 31 years and PSAA Fred Lim, 28 years, SILVER LOYALTY PIN - IPSDG/PP Cesar Ubaldo, 23 years; Dir. Susing Pineda, 22 years; Rtn. Butch Tamayo, 19 years; PD Lito Sibayan, 18 years; PD Armie Aquino, 16 years and Rtn. Warren So, 15 years, BRONZE LOYALTY PIN – PP Benny Laguesma, 13 years; PD Alvin Lacambacal, 13 years; PD Ner Lonzaga, 12 years; VP Teddy Ocampo, 10 years; Dir. Amading Valdez, 10 years; Rtn. Hermie Esguerra, 8 years and PE/VP Ebot Tan, 8 years. Of course, we were ecstatic for the only gold pin with diamond for fifty or more years of service in Rotary in the district to be awarded to our very own PP/PDG Frankie Roman!

A special cultural heritage award was bestowed on our club's dear friend, Rtn Kenji Mori, who through our club has donated almost priceless and exceptionally rare Rizaliana to the National Library of the Philippines, and who is now undertaking to equip every district and every province in the country with a state of the art fully equipped e-library.

During lunch, which was served without recess, we witnessed the signing of an historic sisterhood between our own RID 3810 and RID 3450 Hong Kong, represented by DG Belinda Yeung. This district sisterhood was conceived and engineered by immediate past RIPR David Harilela, who was present again this year, flowing his inspirational message last year. Later in the evening, I asked him if his district enjoyed the same singing and dancing as do we, and he said, "Well, maybe the singing, but definitely not the dancing." He was really impressed with how our fellowships bonded our groups.

Awards were presented to clubs for membership gains, TRF recognition, Discon registration (Host RC Chinatown Manila had registered almost every single one of their membership!), and photography contest winners.



ICOS/AG/IPP Rudy had the honor to introduce the District Governor Elect, our own Roberto Pagdanganan. Obet gave an excellent and exemplary speech, thoroughly professional in both content and delivery. Just like in his speech before our club last week, he was rehearsed and comfortable, confident and positive, giving more content in fifteen minutes than you would think possible.

Obet was a tough act to follow, but if anybody was up to it, it was famous platform speaker Francis Kong, the 2014 Outstanding Filipino Awardee for Business and Entrepreneurship. Francis makes his living inspiring excellence, delivering more than 320 speeches every year throughout the country. Indeed, he did an outstanding job doing just that with us, and we were very fortunate to have him with us.

A closing plenary address was delivered by RIPR Hoe Beng Fong, as well as by DG Mond Aguilar. Following a time to refresh and change, we returned to the ballroom for the Governor's Ball with Millionaire's Raffle Draw. Attired in Mardi Gras gowns for the ladies and Rio attire for the men, we were amazed with the sights of our area presidential teams, joined by the district leadership team, in yet another round of competitive dance! Alas, I am not a "Sambaista," so I simply had to envy the colorful ruffles which adorned all of the male performers. In short, it seems that everyone in attendance had a good time.

There is another critical aspect: next year, it is our club that bears the huge responsibility of hosting this same event. Consider these facts: there were seventeen committees, each with three to six members and most committees had one or members from host club, RC Chinatown Manila. Of all the committees operating this year, RC Manila had only one representative, ICOS Rudy. Of course, next year, he's going to be busier than ever assisting Obet. Gentlemen, we have our work cut out for ourselves. If we do not stand up to the challenge, it is not just a bad reflection on Obet and incoming President Ebob, it will be a seriously negative reflection on our club and our potential to put forward our finest people for district service in the future. It's not too early to tell Obet, Rudy and Ebob that you are ready and willing to help as needed. Please be thinking already about what you might be able to commit to with passion and dedication to help you club. This is an important milestone on our path to celebrating our centennial, let's do our very best to fulfill the promise to be not only the first, but truly the premier Rotary Club in all of Asia.



DISCON 2015 WREATH LAYING



Wreath laying at the Rizal and Paul Harris Monuments at 7:00 AM, March 20, 2015, start of the Rotary District 3810 Conference – with the theme “**A Century and a Decade of Rotary Service.**” From left **BCP Lina Lim**, **RC Hiyas ng Bacoor, Cavite**, **BCP Frank Evaristo**, **RCManila**, **SDG Lily Aguilar**, **Congressman** and **BCP Naida Angping**, **RC Quiapo Plaza Manila** and **SDG Edwin Chiu**.



Wreath laying at the Rizal and Paul Harris Monuments at 7:00 AM, March 20, 2015, start of the Rotary District 3810 Conference – with the theme **“A Century and a Decade of Rotary Service.”** From left **BCP Lina Lim, RC Hiyas ng Bacoor, Cavite, BCP Frank Evaristo, RCManila, SDG Lily Aguilar, Congressman and BCP Naida Angping, RC Quiapo Plaza Manila and SDG Edwin Chiu.**



Wreath laying at the Paul Harris Monument. From left: **BCP Miah Belgica, RC Ermita Manila, BCP Frank Evaristo, RCManila, BCP Lina Lim, RC Hiyas ng Bacoor, RIPR spouse Phyllis Fong, BCP Ian Tong, RC Bagumbayan Manila, and Dist. Gov. Edmond Aguilar.**



BCP Frank Evaristo lead fellow RCMers' at the DISCON 2015 plenary session 1 – opening ceremony at the grand ballroom of Sofitel Philippine Plaza Manila last March 20, Friday, shown with PE/VP Ebot Tan, Dir. Ning Lopez, PVP Lance Masters and PD Alvin Lacambacal.

DISCON 2015 OPENING CEREMONY



BCP Frank Evaristo with PDG Oskie de Venecia, PDG Connie Beltran and other district officers



The **Philippine Marines** led in the entry of colors for the DISCON 2015 opening ceremony in consonance with the conference theme of ***"A Century and a Decade of Rotary Service."***



RCMer's BCP Frank Evaristo during the entrance of Best Class Presidents.



RCMer's PDG Vince Carlos, PDG Alex Cureg & Spouse Anna, PP/DGE Obet Pagdanganan acknowledge the appreciative applause from the delegates during the opening ceremony.



RI D-3810 Governor Edmond Aguilar delivers his state of the district 3810.



Rotary International President's Representative (RIPR) Hoe Beng Fong, RC Singapore, East, D-3310, with RI D-3810 Governor Edmond Aguilar, BCP Frank Evaristo, lighting up the Rotary flame.



The prominent backdrop for the RI D-3810 Talents Night 2015 with Mardi Gras motif.



RCMer's PP Benny Laguesma and DCC Liza Elordi as co-master of ceremony for the RI D-3810 Talents Night 2015 held at the grand ballroom of Sofitel Philippine Plaza Manila last March 20, 2015.



Manila area Best Class Presidents (BCPs) bagged the first prize talent competition for their performance of Harry Potter's Play with the Wizard performed by BCP Frank Evaristo. A Php 35,000 cash prize and trophy was awarded the Manila Area Team.



RI D-3810 Governor Edmond Aguilar presents to BCP Frank Evaristo for and in behalf of the BCPs' Manila area, the trophy and cash prize for bagging 1st prize in the Talents Night 2015 competition. With them are Rotary International President's Representative (RIPR) Hoe Beng Fong, RC Singapore, East, D-3310 and SDG Lily Aguilar.



IPP/ICOS/AG Rudy Bediones does the honor and pleasure of introducing PP/DGE Obet Pagdanganan as incoming RI D-3810 Governor for the succeeding Rotary Year 2015 – 16. PP/DGE Obet Pagdanganan presents mission and vision for his governance as incoming RI D-3810 Governor for the succeeding Rotary Year 2015 – 16.



RI D-3810 Governor Edmond Aguilar presents to Rtn. Kenji Mori, RC Japan, the Cultural Heritage award, with Rotary International President's Representative (RIPR) Hoe Beng Fong, RC Singapore, East, D-3310.

DISCON 2015 LOYALTY AWARDS



RCMer's BCP Frank Evaristo receives the Presidential Citation Award – A Plaque of Completion in the District 3810 project, from left Dist. Gov. Edmond Aguilar and Rotary International President's Representative (RIPR) Hoe Beng Fong, RC Singapore, East, D-3310.



Dist. Gov. Edmond Aguilar and Rotary International President's Representative (RIPR) Hoe Beng Fong, RC Singapore, East, D-3310, present to RCMers' the Rotary Service Loyalty Awards to :**GOLD LOYALTY PIN WITH DIAMOND** - PDG Frankie Roman, 52 years. **GOLD LOYALTY PIN** - PDG Relly Reyes, 39 years; PP Boy Guevara, 39 years; PD Bebot Pineda, 35 years; Rtn Jing Lapus, 33 years; PDSAA Tony Lopa, 32 years; Treas. Chito Tagaysay, 31 years; PSAA Fred Lim, 28 years. **SILVER LOYALTY PIN** - PP Cesar Ubaldo, 23 years; Dir. Susing Pineda, 22 years; Rtn Butch Tamayo, 19 years; PD Armie Aquino, 16 years; Rtn Warren So, 15 years; PT Lito Sibayan, 18 years; Rtn Warren So, 15 years. **BRONZE LOYALTY PIN** - PP Benny Laguesma, 13 years; PD Alvin Lacambacal, 13 years; PD Ner Lonzaga, 12 years; VP Teddy Ocampo, 10 years; Dir. Amadng Valdez, 9 years; Rtn Hermie Esguerra, 8 years; PE/VP Ebot Tan, 8 years.



Dist. Gov. Edmond Aguilar and Rotary International President's Representative (RIPR) Hoe Beng Fong, RC Singapore, East, D-3310, present to RCMer's PT Jim Chua the gold loyalty pin award, with fellow RCMers.'



Best Class Presidents (BCPs') led by RCMer's BCP Frank Evaristo receives their respective Presidential Trophies from Dist. Gov. Edmond Aguilar.



RCMers' Rotary Service Loyalty Awardees as shown in photo, from left-right: Dir. Amading Valdez, Bronze Loyalty Pin - 9 years, PE/VP Ebot Tan, Bronze Loyalty Pin - 8 years, PD Ner Lonzaga, Bronze Loyalty Pin - 12 years, PP Benny Laguesma, Bronze Loyalty Pin - 13 years, Dist. Gov. Edmond Aguilar and Rotary International President's Representative (RIPR) Hoe Beng Fong, RC Singapore, East, D-3310, awards co-presenter, VP Teddy Ocampo, Bronze Loyalty Pin - 10 years and PP/DGE Obet Pagdangnan.



RCMers' Rotary Service Loyalty Awardees as shown in photo, from left-right: PDSAA Tony Lopa, Gold Loyalty Pin - 32 years, PD Bebot Pineda, Gold Loyalty Pin - 35 years, Treas. Chito Tagaysay, Gold Loyalty Pin - 31 years, PP/DGE Obet Pagdangnan, PSAA Fred Lim, Gold Loyalty Pin - 28 years, PP Boy Guevara, Gold Loyalty Pin - 39 years, Rtn Jing Lapus, Gold Loyalty Pin - 33 years, and BCP Frank Evaristo.



Special presentation of Presidents-elect led by PP/DGE Obet Pagdangnan, and Dist. Gov. Edmond Aguilar with PE/VP Ebot Tan.

GOVERNOR'S BALL



Governor's Ball Mardi Gras motif at the grand ballroom of Sofitel Philippine Plaza Manila. From left-right: IPP/ICOS/AG Rudy Bediones with spouse Sharon Bediones, Ms. Vicky Montilla with BCP Frank Evaristo, PVP Lance Masters concealed in a mask and PE/VP Ebot Tan donning a hat.



Governor's Ball dance presentation shows Dist. Gov. Edmond Aguilar, PP/DGE Obet Pagdanganan, IPP/ICOS/AG Rudy Bediones and BCP Frank Evaristo in their respective latin outfits.

2015 RI CONVENTION SAO PAULO, BRAZIL



The annual Rotary International Convention offers you the perfect opportunity to connect with leaders from around the world and celebrate your shared passion for taking action in communities at home and abroad.

You'll hear from some of the world's leading experts on topics such as water, polio, and social media. Through workshops and breakout sessions, you'll develop leadership skills and share your recreational, professional, and humanitarian interests. As you browse the project booths in the House of Friendship, you'll discover new ideas for service, and perhaps a new partner for creating change.

São Paulo is an ideal destination for an unforgettable vacation. Whether you're interested in gourmet food, music, shopping, or soccer, you'll find all this and more in Brazil's largest city. After the convention, make time to explore the rest of Brazil, including the cities of Rio de Janeiro, Ouro Preto, and Brasília.

Online registration is the easiest option and is open until the last day of the convention. It enables you to manage your registration and receive confirmation of changes immediately.

IMPORTANT DEADLINES:

- **2 February 2015:** Official housing deadline
- **31 March 2015:** Preregistration discount ends
- **30 April 2015:** Registration/ticket cancellation deadline
- **9 June 2015:** Online registration ends; deadline for cancellations due to visa denial

REGISTRATION FEES

We encourage Rotarians, Rotaractors, and club and district leaders or employees to register for the convention online. Amounts below are given in U.S. dollars. Payment in other currencies is now accepted when you register online.

Payment in other currencies is now accepted when you register online.

Rotaractors enjoy special convention rate! Now through 15 April, the registration fee for Rotaract members is reduced to \$70 from \$100. After 15 April, the rate increases to \$130. Register now to take advantage of this special rate.

	BEFORE 31 MARCH mail, fax, online	1-15 APRIL online	AFTER 15 APRIL online, on-site
CONVENTION REGISTRATION			
Rotarian			
Rotary club or district employee			
Guest age 19 or older	\$375	\$425	\$425
Spouse of deceased Rotarian			
Foundation alumnus (prior to 2007-08)			
Rotaractor	\$70	\$70	\$130
Foundation alumnus (2007-08 or later)*			
One guest of Rotaractor or Foundation alumnus (2007-08 or later)*	\$100	\$130	\$130
Youth Exchange student			
Interactor	\$10	\$10	\$10
Guest age 5-18			

COGS IN THE WHEEL



PUBLIC HEALTH NUTRITION AND CHILD CARE



On Spirit and On Health

Elias D. Adamos, M.D.

"Be happy for this moment. This moment is your life." **Omar Khayyam (1048-1131), Persian mathematician, astronomer, philosopher, and poet.**

I am not religious, but I consider myself spiritual. To me, spirituality is finding hope, meaning, comfort, and peace in your life. Spirituality goes hand-in-hand with religion because many people find spirituality through religion. There are many others who find spirituality through music, art, nature, and in the values and principles in life. To me, as a Roman Catholic, I philosophize on the *connection in everything*. I believe that the spirit, the body, the mind, and the world around us are connected with one and the other; or would it be more accurate to say: Connected with one another. The health and/or the balance of any of these elements seem to affect the health and wellbeing of the others.

Spirituality and Health

Many researches on spirituality and health conclude that things such as positive beliefs, comfort and strength, and good and time-tested values gained from religion, prayer, and meditation contribute to healing and a sense of wellness and wellbeing. Millions of people, including scientists, theologians, physicians, and paramedical professionals believe that improving your spiritual health may or may not cure illness. But although they claim that spirituality may not be the cure, it is for sure a moving force to help you cope with illness, stress, and even death. Spirituality thus results not only to body wellness and health but also to spiritual wellbeing and health.

How can you improve your spiritual health?

These ideas may or may not work for you. We are unique individuals. You might want to try something different. I suggest that you try to work on spiritual ideas that are comfortable for you. Here are some suggestions:

1. Identify the things in your life that give you a sense of inner peace, comfort, strength, love, and connection.
2. Set aside time on each and every day to do things that help you spiritually. These may include doing and being good to others (acts of kindness), community service or volunteer work, praying, meditating, yoga, singing, music, books, poetry, art, drawing, crafts, nature walks, sports, quiet time with yourself, mass, and religious services.

Spirituality and medical treatment

If you're undergoing treatment, it is important for your doctor to know how spirituality might affect your feelings and present medical situation. If you have spiritual stress, tell your doctor about it.

Be an angel for somebody today. Happy Easter.

ADVERTISEMENT



Exquisite Wines

Excellent Pleasures

Lasting Experiences

WWW.PWM.COM.PH

2253 Aurora Blvd. Pasay City PH 1300

8322523 / 8537421

philwine@compass.com.ph



FOR MORE PRODUCTIVE MEETINGS

In business, the smallest details make the biggest impact on the bottomline.

Whether you are planning for the rest of the fiscal year, holding a meeting with partners from overseas or a training your team, you will be able to access first-class facilities and the best of Philippine hospitality within our halls.

Hold your next meeting and business conference at The Manila Hotel and seal the deal in five-star luxury. Discuss your requirements with our team by calling 5270011 local 1271 to 1274 or emailing banquet@manila-hotel.com.ph.

M

THE MANILA HOTEL