

balita



No. 3602, May 28, 2015

GUEST OF HONOR AND SPEAKER

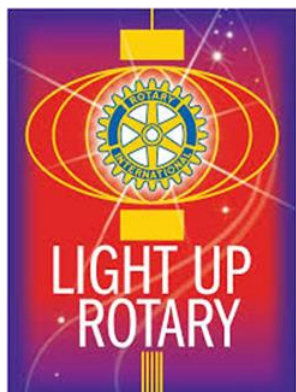


HON. ROMAN T. ROMULO

Representative, Lone District, Pasig City
Philippine House of Representatives

KABALITA

Even in the midst of the sweltering summer heat and with a surname that rings a bell at the Philippines' oldest Rotary club, it's time to let the Pasig flow as Asia's First Rotary Club makes way for the city's *Iskolar ng Bayan* legislator.



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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

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BOBBY JOSEPH
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ADDIE TOPACIO
Assistant Secretary

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ELOY ADAMOS**
Assistant Treasurer

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

PROGRAM

RCM's 40th for RY 2014-15

May 28, 2015, Thursday, 12N, Manila Polo Club

OIC/Moderator : STAR Rtn. Caloy Reyes

PROGRAM TIMETABLE

11:30 PM Registration & Cocktails

12:25 PM Bell to be Rung:
Members and Guests
are requested to be seated

STAR Rtn. Caloy Reyes

OIC/Moderator

Pres. Frank Evaristo

12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem Invocation
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RCM WF Music Chorale

Rtn. Cris Acosta

RCM WF Music Chorale

All Rotarians

Rtn. Thad Liamzon

12:40 PM Introduction of -
-Guests and Visiting Rotarians
-Personalities seated at the Head Table
Welcome Song

RCM WF Music Chorale

12:45 PM Maligayang Bati (Birthday Celebrants)
May 21...Rtn. Monchoy Garcia;
May 23...Rtn. Rick Zalamea, Rtn. Tonio Santos;
May 24...Rtn. Raul Boncan;
May 30...Rtn. John Gobenghuy;
June 1....Rtn. Arnold Isidro;
June 3....Rtn. Ike Soberpeña;
June 4....PRIVP Paco Delgado, Rtn. Paquito Tankiang;
June 5....Rtn. Jun Santos;
June 6....Rtn. Sonny Arevalo;
June 7....PD John Cenica, Rtn Jeric Jucaban;
June 9....Rtn. Thotie Torres
Happy Birthday Song

RCM WF Music Chorale

-Raffle of 20 bottles of Red Wine
through the courtesy of **PVP Manny Dy**

12:50 PM President's Time Pres. Frank Evaristo
"Mabuhay Toast – Filipino Chinese Friendship Day"
 Through the courtesy of **PVP Manny Dy**

12:55 PM	Introduction of Guest of Honor and Speaker	PVP Manny Dy
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Address: **Honorable Roman T. Romulo**
Representative, Lone District of Pasig City
Philippine House of Representatives

Public Forum

Response and presentation of token of appreciation to **Honorable Roman T. Romulo** **Pres. Frank Evaristo**

2:00 PM Adjournment

PRESIDENT'S CORNER



Rotary Club of Manila at its finest! Certainly, what better way to end an exciting Rotary Year than to bag the recognitions which add feathers to our ever growing cap! Last May 23, 2015 during the annual Rotary District Awards hosted by the Rotary Club of Paco Manila and held at the posh Fiesta Pavilion of the historic Manila Hotel, our club, the Rotary Club of Manila, the First in Asia, bagged a windfall of awards, reasserting our dominance of District 3810., namely, Outstanding Rotary Club, Outstanding Club President, Best Club Bulletin, Best Club Meetings and Best in Education and Literacy Project. For the Best in Club Bulletin, I wish to take this opportunity to congratulate the entire BALITA Editorial Board led by Club Secretary Albert Alday who is also the Executive Editor and Chairman of the BALITA Committee, PDG Vince Carlos who is also the Associate Editor, PSAA Eloy Adamos and PVP Lance Masters who are both Contributing Editors and the entire Rotary Club of Manila Secretariat which includes Executive Secretary Anna

Kun Toledo, Senior Coordinator Ching Salazar, Committee Coordinator/BALITA Lay-out Coordinator Amiel Hernandez, Funds Coordinator May Patajo, Bookkeeper Lan eufemio and Staff Assistant Tina Rivera. For the Best Club Meetings, I wish to congratulate Program Committee Chair DE/PD Issam Eldebs and Co-Chair Rtn. Babe Romualdez for their brilliant handling of choosing speakers for our weekly luncheon meetings, especially, last Thursday's luncheon hosted by The Standard-Defining the News which was one for the books this Rotary year 2014-2015 with "A Public Forum on the Territorial Issues of West Philippine Seas" where panel speakers University of the Philippines Law Professor Atty. H. Harry L. Roque, Jr. and MAGDALO Party List Rep. Francisco Ashley L. Acedillo addressed the pro's and con's of the burning issue which was followed by an engaging public forum. For the Best in Education and Literacy Project, I wish to thank the entire club as well the Gov Kai of Rotary Japan Fund for our community service project which provided eighty (80) houses in the Visayan Region worth TWELVE MILLION PESOS (Php 12,000,000.00) and SEVEN MILLION PESOS (Php 7,000,000.00) worth of livelihood programs including an additional two (2) motorized bancas in Aklan. The 2015 District Awards was a well-attended event with around 600 Rotarians in attendance representing the Areas of Manila, Pasay and the Provinces of Cavite and Occidental Mindoro and was headed by no less than DG Edmond Aguilar. Among the attendees from our club include yours truly as head of the Rotary Club of Manila delegation with my Ann Vicky Montilla, DGE/PP Obet Pagdanganan, ICOS/AG/IPP Rudy Bediones, PE/VP Ebot Tan, VP Teddy Ocampo, Dir. Oca del Rosario, Dir. Amading Valdez, Club Secretary Albert Alday, IPSDG/PP Cesar Ubaldo, PVP Lance Masters and DSAA Jimmy Cabase who was likewise one of the Sergeant-at-Arms of the District for this event. The climax of the evening was the presentation by the Rotary Club of Chinatown Best Class President Andrew Co and I of a check donation worth Php 100,000 to the Nepal Emergency Relief Operations for the victims of the recent earthquake, of which, FIFTY THOUSAND PESOS (Php 50,000.00) was donated by our club and FIVE THOUSAND PESOS (Php 5,000.00) as my own personal donation for a total of FIFTY-FIVE THOUSAND PESOS (Php 55,000.00). On this note, I can surmise that the Rotary Year 2014-2015 was truly a meaningful and productive year embodying "Rotary Service – He Who Profits Most Serves Best." Let's hold our heads up and be damn proud Manila Rotarians for giving our precious time, talent and treasure as we continue to inspire others to be of "Service Above Self".

On news within our club, next Thursday, June 4, 2015, our club will be celebrating our 96th Charter Anniversary in a luncheon meeting to be held at the New World Makati Hotel where no less than His Excellency Philip Goldberg, Ambassador Extraordinary and Plenipotentiary of the United States of America to the Republic of the Philippines as Guest of Honor and Keynote Speaker. The program under the chairmanship of VP Teddy Ocampo shall have many important features such as the symbolic lighting of anniversary candles by our Past Presidents in their capacity as pillars of Rotary, entertainment song numbers and raffle of prizes which include two (2) Philippine Airlines round trip tickets for the Manila-Hong Kong-Manila route so mark this red letter day in your respective calendars. Tomorrow, May 29, 2015, we shall have our Valedictory Fellowship for Rotary Year 2014-2015 under the leadership of IPSDG/PP Cesar Ubaldo as Chairman of the Fellowship Committee and Rtn. Hermie Esguerra as Co-Chairman at the home of the World Famous Chorale right at the Central Colleges of the Philippines of PP Babes Reyes, Chairman of the World Famous Chorale. It will be held specifically at the Central Colleges of the Philippines Studio Theatre along 52 Aurora Boulevard in Quezon City, near UERMMM and SM Centerpoint. This fellowship is FREE OF CHARGE and will surely be a night of fun, friendship, fellowship and camaraderie complete with great entertainment singers where singing and dancing will be non-stop, not to mention the sumptuous buffet and bottomless drinks waiting for one and all.

Feel free to bring your favorite wine to this event as this is our own little way of conveying my sincere thanks and profound gratitude to my fellow Manila Rotarians who have fully supported me through their active involvement in the various club service groups this Rotary year which culminated in our club being adjudged Outstanding Club and yours truly as Outstanding President in the recent District Awards Night. Your presence and active participation in this fellowship will be highly appreciated.

On other news, I attended the United States Memorial Day Ceremonies at the invitation of his Excellency Philip Goldberg, Ambassador Extraordinary and Plenipotentiary of the United States of America to the Republic of the Philippines, who is also our Honorary Member, at the Manila American Cemetery. Joining me at this event were PD Alvin and Ann Cathy Lacambacal.

In support of our District Governor Elect Obet Pagdanganan and PE Ebot Tan, (10) of the members of the incoming Board have registered and paid for their registration fee for the upcoming District Training Assembly (DISTAS) 2915, to be held on Saturday, May 30, 2015 at the Philippine International Convention Center (PICC) from 7:30 AM – 6:00 PM.

Today, we shall have Honorable Roman T. Romulo, Representative of the Lone District of Pasig City and son of our Past President Bert Romulo as our Guest of Honor and Speaker. Let's give him a warm welcome and show our undivided attention in today's luncheon meeting as we give the remaining days of this Rotary year, the final kick it deserves.

GUEST OF HONOR AND SPEAKER'S PROFILE



HON. ROMAN TECSON ROMULO

Representative, Lone District, Pasig City

3rd Term

Chairman, Committee on Higher and Technical Education

Rm. 312 South Wing Annex, House of Representatives, Batasan Complex, Constitution Hills, 1126 Quezon City

Telefax: (02)442-4399 / (632) 931-5001;

local 7932; District Office: No. 10 Sta. Rosa St. Barangay Kapitolyo, Pasig City, Telefax: (02) 621- 3310; E-mail: rep.rtr_ofc@yahoo.com

PERSONAL DATA

Date of Birth: **28 February 1967**

Place of Birth: **Quezon City**

Civil Status **Married**

Citizenship: **Filipino**

Religion: **Catholic**

Profession: **Lawyer**

Name of Spouse: **Shalani Soledad – Romulo**

Name of Father: **Alberto G. Romulo**

Address: **#25 Malipajo Street Valle Verde 3, Pasig City**

Name of Mother: **Mrs. Rosie Lovely T. Romulo**

Address: **#25 Malipajo Street Valle Verde 3, Pasig City**

EDUCATIONAL BACKGROUND

	<i>School</i>	<i>Inclusive Dates</i>	<i>Course</i>
<i>Elementary</i>	Ateneo de Manila University	1975-1981	Elementary
<i>Secondary</i>	PAREF Southridge School	1981-1985	Secondary
<i>College</i>	University of the Philippines Diliman, Quezon City	1985-1990	B.S. Economics
<i>Post Graduate</i>	University of the Philippines Diliman, Quezon City	1990-1994	Bachelor of Laws
<i>Honoris Causa</i>	Lyceum Northwestern University Dagupan City, Pangasinan	2015	Dr. of Public Admin.

WORK EXPERIENCE

<i>Inclusive Date</i>	<i>Position</i>	<i>Department/Agency</i>
2005-Present	Partner	Tolosa Romulo Agabin & Flores Law Offices
1999-2007	Senior Associate	Sycip Salazar Hernandez & Gatmaitan Law Offices
1996-1999	Associate	Sycip Salazar Hernandez & Gatmaitan Law Offices
1994-1996	Associate	Quisumbing Torres & Evangelista Law Offices

RECORD OF IN-SERVICE TRAININGS, STUDY AND SCHOLARSHIP GRANTS

<i>Training Courses</i>	<i>Period of Training</i>	<i>Conducted by</i>
Legal Aspects of Electronic Commerce	September-2000	Inter'l. Dev't. Law Inst. -Rome, Italy
Mandatory Continuing Legal Education		

MEMBERSHIP IN CIVIC ORGANIZATIONS:

<i>Inclusive Date</i>	<i>Organizations</i>	<i>Position</i>
Present	Boy Scouts of the Phils. – Rizal Council	Council Chairman
Present	Knights of Rizal – Pasig Chapter	Member
Present	Knights of Columbus – Sta. Clara De Montefalco	Member
Present	Rotary Club of Pasig	Member
Present	Integrated Bar of the Philippines	Member
	Parish Renewal Experience	Member

PREVIEW OF NEXT WEEK'S ACTIVITY

June 4, 2015, 12N, New World Makati Hotel
Pasay Road, Makati City

(NOTE: NOT AT MANILA POLO CLUB)

RCM 96TH CHARTER ANNIVERSARY CELEBRATION



His Excellency Philip S. Goldberg

Ambassador Extraordinary & Plenipotentiary

of the United States of America to the Republic of the Philippines

Guest of Honor & Keynote Speaker

THE WEEK THAT WAS



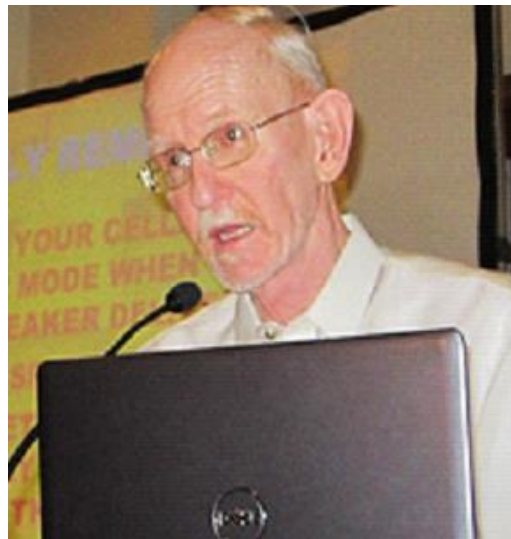
Rtn. Tony Lopez as OIC-Moderator directs the Forum on territorial issues West Philippine Seas lunch fellowship graciously hosted by The Standard.



Rtn. Pepe Rodriguez delivers an ecumenical prayer.



STAR Rtn. Caloy Reyes introduces the guests, visiting Rotarians and personalities seated at the presidential table.



PP Mike Edenburn, RC Calbayog City, donates to Rotary Club of Manila through Pres. Frank Evaristo, a Mosquito Killing System (MKS) Machine.



IPSDG/PP Cesar Ubaldo, Chairman, Fellowship Committee announces the Valedictory Fellowship on May 29, Friday at the Central Colleges of the Philippines.



Rtn. Tony Lopez conducts the Forum initially providing brief introductory remarks on the 2 panel speakers: **Atty. H. Harry L. Roque, Jr.**, Chairperson, Center for International Law (Centerlaw); Associate Professor, UP College of Law; Director, UP Center Institute of International Legal Studies; and **Hon. Francisco Ashley L. Acedillo**, Party List, Magdalo.



Both panel speakers addressed the pro's and the con's in "A Public Forum on the Territorial Issues of West Philippine Seas" before Manila Rotarians, Visiting Rotarians and guests at a very engaging luncheon meeting hosted by The Standard-Defining The News.



An interactive public forum followed suit post the presentation of the 2 panel speakers.



Pres. Frank Evaristo presents to **Atty. H. Harry L. Roque, Jr.** and **Hon. Francisco Ashley L. Acedillo** Almanac books courtesy of **Treas. Chito Tagaysay**, and religious icons of Jeus Christ and Mother and Child, as the club's token of appreciation for being the guest of honor and speaker.

BOARD MEETING



RCM Board of Directos/Officers Monthly Meeting. Seen in photo are **Pres. Frank Evaristo**, **ICOS/AG/IPP Rudy Bediones**, **PE/VP Ebot Tan**, **VP Teddy Ocampo**, **Dir. Amading Valdez**, **Dir. Ning Lopez**, **Dir. Oscar del Rosario**, **Treas. Chito Tagaysay**, **Sec. Albert Alday**, **AS Addie Topacio**

REMEDIOS CIRCLE RE-DEVELOPMENT PROJECT MEETING



RCM Remedios Circle Re-development project coordination meeting. Among RCMers' seen in photo are **Pres. Frank Evaristo**, **VP/PE Ebot Tan**, **Dir. Amading Valdez**, **PP Boy Ampil**, **PDG Alex Cureg**, **Chairman**, **PAS Chito Zaldarriaga**, **Rtn. Hermie Esguerra**, **Co-Chairman**.

DGE OBET PAGDANGANAN GOLF TOURNAMENT



Golf Fellowship for-a-cause to benefit the projects of **DGE Obet Pagdanganan** for RY 2015-16 held at Aoki Eagle Ridge Golf Course, Trece Martirez held last Friday, May 22. Photo shows **DGE Obet Pagdanganan**, **PDG Alex Cureg**, **PS Butch Marking** (standing). Seated are **DSAA Jimmie Cabase**, **PD Knud Hedeager**, **PD Ed Lee**, **Dr. Rtn. Steve DeKrey**.





DGE Ōbet Pagdanganan is presenting the winners their prizes.

DISTRICT AWARDS 2015



By PVP Lance Masters

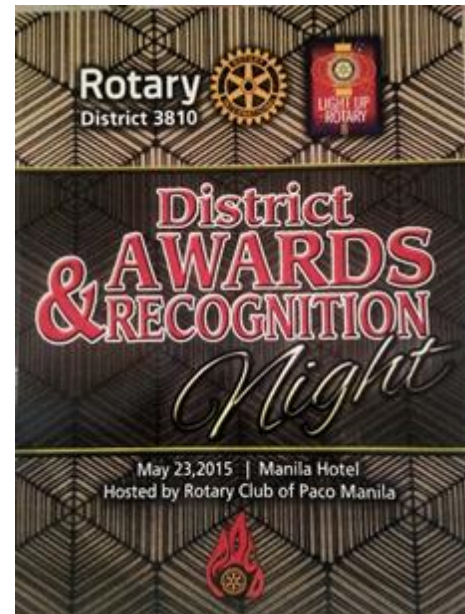
Dressed the extravagant style costumes of "The Great Gatsby," more than 600 Rotarians representing now 99 clubs from our arrived in grand style for Rotary District 3810's annual Awards and Recognition Night. The venue of was the beautifully renovated Fiesta Pavilion of the Philippine's classically elegant Manila Hotel, now featuring a state of the art and very dramatic lighting system, among many other improvements. Guests registered then greeted friends from throughout the district, enjoying a variety of premium pours and salty snacks. As we entered the grand ballroom, we were all literally blown away by the phenomenal sounds of the country's top and most deservedly famous AMP big band, featuring fourteen premier musicians playing their own

fantastic arrangements of the classic big band sounds spanning the swing music era from the 1920's through the 1990's. Led by Mel Villena, ABS-CBN television host of reality show "Twist and Shout," here is a web link to a video filmed live at our event. The band is playing "I Just Found Out About Love," in the style of Count Basie and Dianne Schuur. Trust me on this, if you weren't there to hear it live, it's worth typing this in exactly as follows:

https://video-hkg3-1.xx.fbcdn.net/hvideo-xtf1/v/t42.17902/11105328_10206754259398873_1587157188_n.mp4?efg=eyJxZSI6InZpZGVvX3ByZWZlcnJlZi90YWdzXzIMUwMTlxLDlwMTUwMTAxliwicmxyljo1MDksInJsYSI6Nzg5fQ%3D%3D&rl=509&vabr=283&oh=98459021289c77f27a76b78985aa57c2&oe=5565D5D8 .

Prior to dinner, District Governor Edmond Aguilar called the conclave to order, and we all rose for the entry of colors, National Anthem, and Doxology. Welcoming remarks were offered by Event Chairperson PP Lucie Medina followed by the Governor's address. Dinner was served (forgive me for omitting details; banquet food, even at a premier hotel, is seldom worth writing about). The awarding ceremony ensued and actually took more than four hours, from about seven o'clock to after eleven p.m.

In total, more than seventy major awards were presented to the winners in several categories and often also by each of the four geographic areas in the district. Awards were presented for seven categories of club administration, for four categories of vocational service, for seven categories of community service, for seven categories of youth service, for two categories of international service, for five categories of membership, for four categories in the Rotary Foundation, one award in public imaging, for outstanding rookie club and president, and outstanding established club and president. There were special awards for District Conference attendance, for membership gains, for Business conference participation, for Rotary Magazine subscriptions, and for sponsoring district events.



Your club was represented by DGE Obet Pagdanganan, ICOS PP Rudy Bediones, Pres Frank Evaristo (and Rotary Ann Vicky Montilla), PP Cesar Ubaldo, PE Ebot Tan, VP Teddy Ocampo, Dir Amading Valdez, Dir Oscar del Rosario, Sec. Albert Alday, SAA Jimmy Cabase, and yours truly, PVP Lance Masters. District leaders including RID Guiller Tumangan, District Governor Edmond Aguilar and PDG Paco Atayde joined us for this memory photo.

Your club was honored to receive a total of eighteen awards, including six commendations for being major sponsors or co-sponsors of District wide events. The top area awards the club received were for "Best Club in Meetings," "Best Club Bulletin," "Best Water Sanitation Project," and "Best Economic and Community Development Program." The club also received district-wide awards for Outstanding Attendance at DISCON, recognition of Rice Donations, and for ten continuous years of club subscription to the Philippine Rotary Magazine. The culmination of the evening was the moment when our own "Best Class" President Frank Evaristo was honored as area "Most Outstanding Club President" and RCM was recognized as the "Most Outstanding Club."

Rotary is all about "Putting Service Above Self." It's not about awards and recognition; we would certainly do everything we have done, without any ambition for recognition or reward. Never-the-less, it felt really good to receive the recognition of our peers and leaders. The awards are on display today and will become part of our permanent collection housed in our club's conference room. If you haven't visited the club's office, you are encouraged to go see the hundreds of awards received over the years, and view the pictures of past presidents who include some of the most famous men in Philippine history. You will feel ever more proud to be a member this distinguished club. Congratulations to President Frank and to all those whose hard work did good in the name of Rotary and again brought honor to our club. Mabuhay!



Rotary Club of Manila adjudged as **"OUTSTANDING ROTARY CLUB"** with **Pres. Frank Evaristo** receiving the award during the annual District 3810 Awards Ceremony.



DG Edmond Aguilar presents the district's award to **DGE Obet Pagdanganan** as the incoming **District Governor** for the Rotary Year 2015-16.

RCMers' led by Pres. Frank Evaristo, ICOS/AG/IPP Rudy Bediones, VP/PE Ebot Tan, Dir. Oscar del Rosario, DSAA Jimmie Cabase, IPSDG/PP Cesar Ubaldo, PVP Lance Masters receive the various Rotary Club of Manila Awards from RI District 3810 District Governor Edmond Aguilar, namely: Outstanding Rotary Club, Outstanding Club President, Best Club Bulletin, Best Club Meetings, Best in Education and Literacy Project.



NEPAL EARTHQUAKE FUND



Pres. Frank Evaristo and fellow **Best Class Presidents** during the symbolic presentation of check donation for Nepal earthquake victims in the amount of **Php 100,000.00** to **District Governor Edmond Aguilar**. **RCM** donated **Php 50,000** and another **P5,000** from the personal donation of **Pres. Frank Evaristo**.



Pres. Frank Evaristo during the symbolic presentation of check donation for Nepal earthquake victims in the amount of **Php 100,000.00** to **District Governor Edmond Aguilar**. **RCM** donated **Php 50,000** and another **P5,000** from the personal donation of **Pres. Frank Evaristo**.

DISTRICT AWARDS 2015



Annual District Awards Ceremony held last Saturday, May 22, at Manila Hotel Fiesta Pavilion. Photo shows Pres. Frank Evaristo with Spouse Vicky Montilla, ICOS/AG/IPP Rudy Bediones, DGE Obet Pagdanganan, VP/PE Ebot Tan, Dir. Amading Valdez, IPSDG/PP Cesar Ubaldo & PVP Lance Masters.



Dir. Oscar del Rosario, Sec. Albert Alday joining the table of RCMers led by Pres. Frank Evaristo and Spouse Ms. Vicky Montilla.

US MEMORIAL DAY CEREMONY



United States Memorial Day Ceremony last May 24, 2015, 8:00AM, at the Manila American Cemetery, Taguig City, Metro Manila. Photo shows **Pres. Frank Evaristo**, **PD Alvin Lacambacal**, **Spouse Cath Lacambacal** with **Major General Romeo T. Tanalgo**, **Major General H. Stacy Clardy III** posing for posteroty pictures.

WF REHEARSAL AT CCP



WF Rehearsals at CCP, May 22 (Friday) Present were: (Top photo) Chair/PP Babes Reyes, Co Chair. Gus Fajardo, PD Beda Fajardo, PD Nick Locsin, PT Jim Chua and PDSAA Tony Lopa. On May 26, Tuesday present were: Chair/PP Babes Reyes, Co-Chair. Gus Fajardo, IPP Rudy Bediones, VP Teddy Ocampo, PD Nick Locsin, PT Jim Chua, PP Cesar Ubaldo, PSAA Eloy Adamos, PP Francis Juico, Rtn. Thad Liamzon, PP Benny Laguesma and Dir. Ning Lopez.



96TH CHARTER ANNIVERSARY OF ROTARY CLUB OF MANILA



Rotary Club of Kowloon East head delegation President Elect Victor Lo and spouse Norita Lo together with Rtn Willy Liu and Mrs Liu and 2 friends are attending the 96th Charter Anniversary of Rotary Club of Manila to be held on Thursday June 4, 2015 12:30 PM- 2:00 PM at the New World Hotel.

RC Kowloon East delegation will be arriving on Wednesday June 3, 2015 via Cathay Pacific (CX 901) arriving 11:15 in the morning and returning to Hong Kong on Friday June 5, 2015 departing Manila at 20:00

Let us welcome our sister club - Rotary Club of Kowloon East led by PE Victor and Norita Lo.

DIR SUSING PINEDA
Chairman
International Relations Committee

PD ED LEE
Co Chairman

CLUB FELLOWSHIP

A FELLOWSHIP INVITATION

For : All RCM Rotarians

Dear Fellow Rotarians:

We wish to remind all members for the **Valedictory Fellowship – A Night of Fun, Friendship Camaraderie, Entertainment Galore, Singing & Dancing, Good Food & Bountiful Drinks.....**

When: May 29, 2015 this coming Friday, 6PM

At: Central Colleges of the Philippines Studio Theatre, 52 Aurora Blvd. Quezon City (near UERM and SM Centerpoint)

Attire: Smart Casual

Features :

1. Dinner buffet with lechon;
2. Ballroom dancing headed by PP Boy Ampil with DIs';
3. With guest singer Ms. Kate Castillo C/O Chairman PP Cesar Ubaldo;
4. Surprise song numbers...
5. Singing and merry-making....

Please bring your favourite bottle of wine which will be highly appreciated.

We only require your presence. Thank you.

Yours in Rotary,

“Cesar”

IPSDG/PP Cesar C. Ubaldo

Chairman, Fellowship Committee

“Hermie”

Rtn. Hermie S. Esguerra

Co-Chair., Fellowship Cmte.

R.S.V.P.

To : **IPSDG/PP Cesar C. Ubaldo**

Chairman, Fellowship Committee

Rtn. Hermie S. Esguerra

Co-Chair., Fellowship Cmte.

[] Yes, count my attendance for the RCM Valedictory Fellowship , this coming Friday, May 29, 6:00 PM, at the Central Central Colleges of the Philippines studio theatre; 52 Aurora Boulevard, Quezon City City Near U.E.R.M. and S.M. Centerpoint, Attire: smart casual

[] Regrets

Signature over full-name of Rotarian-Member

Date accomplished

BASIC EDUCATION & LITERACY

BASIC EDUCATION & LITERACY : In support of the solicitation for support of Brigada Eskwela of Pio del Pilar Elementary School, Pres. Frank Evaristo and Treas. Chito Tagaysay in cooperation with Filway, Marketing Incorporated, turned over books for the library of Pio del Pilar Elementary School, located in Pureza Street, Sta. Mesa, Manila thru its Principal – Mr. Leo C. Cabaruan. Pio del Pilar Elementary School has an population estimated population of 2800 elementary students.



PAY'S RIVAL
EDITOR
ROBERT T. DEJONGH
ASSISTANT EDITOR

MONDAY MAR 16 2015

Standard

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PAI's owned

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PSE Composite Index

FRIDAY, MAY 22, 2015

NEWS

Editorial Assistant: Jennifer L. Bickel

Standard

A2



Standard foruma, hindi ko't, Javar Rodriguez, Larry Lopez, Mervyn Lito, Narda president Figue, Enrillo, and Rep. Francisco Amelio to grace a forum on the 'Way: Philippine Sea sponsored by The Standard at the Manila Polo Club in Makati City, Philippines.

The Standard

FRI MAY 22 2015

NEWS

editorial@thestandard.com.au

MONDAY MAY 25, 2015

A man in a white shirt is standing and speaking into a microphone. He is gesturing with his right hand. In the background, several other people are seated at tables, listening to the presentation. The setting appears to be a formal conference or meeting room.

Rotary's Babe Romualdez, standing left, with fellow Rotarians Domingo Chua, Dong Saludo, Jr. and Justin Ortiz.

(Photos by EyAcasio)

Diplomacy in the West Philippine Sea was the topic of second "The Standard Talks" forum held Thursday, May 21, at the Turf Room of the Manila Polo Club.

The forum was organized in cooperation with the Rotary Club of Manila.

The Standard columnist and veteran journalist Tony Lopez moderated the discussions, with panelists lawyer and columnist Harry Roque and Magdalo party-list Rep. Francisco Ashley Acedillo.

Roque and Acedillo first gave presentations on their contrasting positions, with the former saying arbitration is the best way to deal with China even as he suggested exploring alliances with Vietnam and India.

Acedillo, for his part, said we should always prepare "as if no other country will come to our defense."

The Standard Talks is a monthly forum organized by The Standard to help readers analyze current issues, make informed choices and form intelligent positions. Panelists are experts, if not the leading figures, on the discussion topics.



Rotary Club of Manila Director and Dean Amado Valdez asks a question.



Rotarians Ramon Montaño and Babe Romualdez with The Standard president Arnold Liang.

The first forum, held April 15, was about the Bangsamoro Basic Law.

The Standard Talks is live streamed over The Standard's Web site so that readers all over the world may listen in on the discussions, join the conversations and express their opinion.



Rotarians Art Lopez, Vince Carlos and Pepe Rodriguez.



Rotary Club Manila President Frank Evaristo.



The Standard editor in chief Jojo Robles (L) greets columnists Harry Roque (C) and Tony Lopez (R) who acted as panelist and moderator, respectively.



Roque, Evaristo and Magdalo Partylist Rep. Francisco Ashley Acedillo



The Standard Chairman Phillip Romualdez, right, and Montañó

PUBLIC HEALTH NUTRITION AND CHILD CARE



LONG LIFE, Part 3 (It's more than just healthy foods and exercise)

Elias D. Adamos, M.D.

This is the third of a series of articles on Malcolm Caldwell's book "Outliers" The Story of Success. As we continue, I start to picture Dr. Wolf, who was taken aback by his co-doctor's declaration that he, as a medical practitioner, rarely saw Rosetans, under the age of 65 with heart disease. I continue to quote:

"Wolf was taken aback. This was in the 1950s, years before the advent of cholesterol-lowering drugs and aggressive measures to prevent heart disease. Heart attacks were an epidemic in the United States. They were the leading cause of death in men under the age of sixty-five. It was impossible to be a doctor, common sense said, and not see heart disease."

Dr. Stewart Wolf might have been fascinated with what his fellow physician related to him about the Rosetans in Roseto, Pennsylvania. Dr. Wolf made his own study by reviewing medical records in retrospect. He also did interviews of local residents in Roseto and even hired medical students, including a sociologist friend, to make a thorough study about the Rosetans in that part of the United States. Although it took him quite a while to study volumes of medical records and a no-joke period of time to slice up on the lives of common Rosetans, he never stopped up to the time when he was convinced about his findings. He repeated procedures in his research work in order to validate his findings.

He found out that what his colleague told him about was true. In the era when heart attacks were prevalent in the U.S., heart disease was very rare among Rosetans in Roseto, Pennsylvania. What was baffling and mysterious was the fact that the lifestyles of ordinary Rosetan adults in Roseto, Penn were far from the textbook ideals, requirements, or advice for the avoidance of heart disease, as suggested by heart doctors during the time. Rosetans in Penn seldom engaged in exercise, or maybe not at all. They ate a lot and did not mind their diet. They enjoy drinking with fellow Rosetans and most of the time they engaged in drinking wine on a daily basis. They are not weight conscious or said in another way, they did not watch their weight. They never visited doctors for health maintenance check-ups. The Rosetans in Pennsylvania were the closest definition or description of Omar Khayyam's "Drink and be merry for tomorrow we die." They were hedonistic and to them it was eat, drink, and be merry; and yet, death from heart disease and heart attack became a very remote possibility. They were still healthy despite everything they do. Were they just lucky? Did they have good genes? Dr. Stephen Wolf discovered something that was beyond what the then current editions of textbooks in medicine have discussed and advocated. It was something else and not just pure luck and good genes.

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