

balita



No. 3610, July 23, 2015

GUEST OF HONOR AND SPEAKER



HON. JUAN EDGARDO M. ANGARA

Senator
Republic of the Philippines



THE ROTARY CLUB OF MANILA
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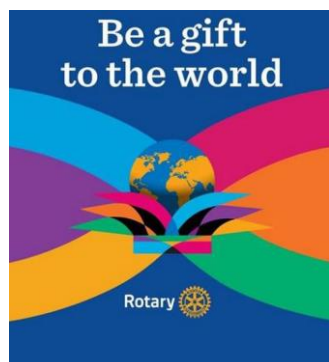
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KABALITA

Let the distinguished gentleman from Aurora show Asia's First Rotary Club how his *Iskolar ng Bayan* upbringing coupled with his Crimson postgraduate legal training can make a perfect ingredient for his continuing advocacy in education in the halls of the upper chamber of Congress thereby manifesting the much needed youthful statesmanship that has earned him a TOYM Award for government service and legislation.



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RCM's 4th for RY 2015-16

July 23, 2015, Thursday, 12N,

Manila Polo Club McKinley Room

OIC/Moderator : PVP Roy Golez**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	PVP Roy Golez OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	Pres. Ebot Tan RCM WF Music Chorale
	Invocation	Rtn. Philip Recto
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	Rtn. Peter Gonzales
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	PD Beda Fajardo RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : July 24...Rtn. Philip Recto; July 25...Rtn. Michael Yap; and July 26...PS Ivan Uy, Rtn. Brian Lane Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Ebot Tan
12:55 PM	Introduction of Guest of Honor and Speaker	Rtn. Tong Payumo
1:00 PM	Address: Honorable Juan Edgardo M. Angara Senator, Republic of the Philippines	
	Public Forum Response and presentation of token of appreciation to Honorable Juan Edgardo M. Angara	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, our club, the Rotary Club of Manila, the First in Asia, was treated to a very educational and enlightening exposition on the state of our economy by our very own Economist Par Excellence, UP Professor, Former Budget Secretary, and Pamantasan ng Lungsod ng Maynila Chairman of the Board of Regents, PVP Dr. Ben Diokno. His insights on the true state of our nation's affairs were really a big eye opener for all of us, as he shared his fearless opinions on what could have been done towards achieving a better life for all Filipinos. There was a very lively Question and Answer session which followed PVP Ben's speech.

On news on our Club's activities, AG/IPP Frank Evaristo and I embarked on a trip to Sapián, Capiz, last Friday, 17 July 2015, together with Anna Toledo of our Club's Secretariat, for the formal turnover of motorized boats donated by Governor Kai of Japan, through our Club, the Rotary Club of Manila. The fisherfolk who received the motorized boats were truly grateful for the gift, as it would certainly enable them to earn a decent living after Typhoon Yolanda caused so much destruction to their community.

On news from around the District, last July 16, 2015, DG/PP Obet Pagdanganan, CoS Rudy Bediones, and AG/IPP Frank Evaristo attended the 23rd Induction and Handover Ceremonies of the Rotary Club of Chinatown Manila at the Century Park Seafood Restaurant, where WCP Susana de Jesus was inducted as club president. Last 18 July 2015, DG/PP Obet Pagdanganan and CoS Rudy Bediones were on hand to attend the 38th Charter Anniversary and Induction of Officers and Members of the Rotary Club of Panday Pira at the Acacia Hotel in Alabang, Muntinlupa City, where WCP Galileo "Galie" Santana was inducted as club president. The day after, on 19 July 2015, our very own DG/PP Obet Pagdanganan celebrated his birthday in his hometown of Calumpit, Bulacan, which started with a mass at the Sto. Niño Quasi Parish Church, followed by a tree planting activity at the school named after DG/PP Obet's father, and brunch at DG/PP Obet's formerly home. Manila Rotarians in attendance, aside from the birthday celebrant, were CoS/PP Rudy Bediones and spouse Sharon, VP Teddy Ocampo, Dir. Oca del Rosario, Dir. Susing Pineda, PD Beda Fajardo, PD Nick Locsin, PS Gus Fajardo, and yours truly. District officers, WCP's, and members from the different clubs in the District likewise made the birthday celebration a truly memorable one. During the evening of that same day, the Peace Builder Presidents (PBP), to which DG/PP Obet Pagdanganan belongs and which is headed by Peace Builder Governor Ismael "Maeng" Mercado, hosted a dinner/fellowship for the birthday celebrant at the Hongkong Master Chef Seafood Restaurant. On 22 July 2015, the Induction and Handover Ceremonies of the Rotary Club of Manila Midtown were held at New World Hotel Manila, where WCP Teodulo "Teody" Hidalgo was inducted as club president.

Today, we shall have the Honorable Juan Edgardo "Sonny" M. Angara, Senator of the Republic of the Philippines, and son of our very own Rtn. Ed Angara, as our Special Guest and Speaker, who will talk on the various advocacies he is involved in. Let us all participate by attending our luncheon meeting and by making our presence felt during the open forum which will follow the talk. I encourage each and every Manila Rotarian to take an active part in all the activities of our Club this Rotary Year.

DISTRICT GOVERNOR'S CORNER



July 16 - Thursday: Attended the 23rd Induction and Handover Ceremonies of the Rotary Club of Chinatown Manila held at the Century Park Seafood Restaurant with World Class President (WCP) Susana de Jesus inducted as club president. The RC of Chinatown is reported to have the most number of Major Donors (Rotarians who have donated at least US\$10,000 to The Rotary Foundation). They have nine (9) Major Donors. They also have a Second Level Major Donor (at least US\$25,000) in PDG Rosie Go.

July 18 – Saturday: Attended the 38th Charter Anniversary and Induction of Officers and Members of the Rotary Club of Panday Pira with Galileo “Galie” Santana inducted as WCP at the Acacia Hotel in Alabang.

July 19 – Sunday: 69th birthday of DG Obet.

1. 7AM – Mass at Sto. Nino Quasi Parish in Calumpit, Bulacan
2. 8AM – Tree-planting at the Juan T. Pagdanganan, Jr. Memorial Elementary School
3. 10AM – Brunch/lunch

In attendance from RCM were: Pres. Ebot Tan, Dir. Oca del Rosario, VP Teddy Ocampo, Dir. Susing Pineda, PD Beda Fajardo, PD Nick Locsin, PS Gus Fajardo, COS/PP Rudy Bediones with Spouse Sharon. Also present were WCPs and members from the different clubs in the District.

In the evening the Peace Builder Presidents (PBP) headed by Peace Builder Governor Ismael “Maeng” Mercado hosted a dinner/fellowship for DG Obet Pagdanganan at the Hongkong Master Chef Seafood Restaurant.

July 21 – Tuesday

1. Governor’s visit of RC Pasay MIA at the Philippine Navy Golf Club.
2. District Management Committee Meeting at the Hongkong Master Chef and Seafood Restaurant.

July 22 – Induction and Handover Ceremonies of RC Manila Midtown at New World Hotel Manila. WCP Teodulo “Teody” Hidalgo.

July 23 Thursday

9AM – Children’s Road Safety Program Joint Project of RC Sampaloc Manila and RC San Marcelino at the MMDA Children’s Road Safety Park in Manila.

GUEST OF HONOR AND SPEAKER'S PROFILE



Sen. Sonny Angara took up his basic education at Xavier School, and finished his undergraduate degree in International Relations with honors from the London School of Economics. He finished his law degree at the UP College of Law, and earned his Master of Laws degree from the Harvard Law School.

He is a former member of the House of Representatives for the Province of Aurora from 2004 to 2013 before he was elected to the Senate in 2013. He is the chairman of the ways and means committee, where he is a leading voice in pushing for genuine tax reforms that would help workers and families save and promote social justice.

He is the sponsor of the recently enacted RA 10653 that would raise the take-home pay of Filipino workers by increasing the tax exemption cap for 13th month pay and other benefits. He is pushing for a more just and equitable system of income taxation.

He also currently chairs the committee on games, amusement and sports where he is actively pushing for greater support for Filipino athletes.

In addition, he is the acting chairman of the committee on labor, and vice chairman of the tourism, foreign affairs, and science and technology committees.

Aside from being a legislator, he has also been a lawyer, law professor, and column writer.

He is married with three children.

THE WEEK THAT WAS...



VP Teddy Ocampo, as OIC-Moderator directs the program of activities.



PDSAA Tony Lopa delivers an ecumenical prayer.



STAR Rtn. Byron Chua introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RI D-3810 Governor Obet Pagdanganan presents activities on District projects.



Pres. Ebot Tan reports on club activities during the President's Time.



PD Beda Fajardo does the honor and pleasure of introducing our very own Past Club Vice President / Dr. Benjamin E. "Ben" Diokno, PhD, Professor of Economics, University of the Philippines, as guest of honor & speaker.



Former Budget Secretary, UP Economics Professor and current Chairman of the Board of Regents of the Pamantasan ng Lungsod ng Maynila PVP Dr. **Benjamin "Ben" E. Diokno** spoke before his fellow Manila Rotarians, Visiting Rotarians and guests on the current state of the nation through economic facts and figures which would give Filipino a glimpse of what to expect in terms of the nation's progress.



An interactive public forum followed suit post the speech of Dr. Benjamin E. "Ben" Diokno.



Pres. Ebot Tan presents to **PVP / Dr. Benjamin E. "Ben" Diokno**, a religious icon of Jesus Christ and Mother and Child, as the clubs' token of appreciation for being the guest of honor and speaker.

WEEKLY BIRTHDAY CELEBRANT/S



Pres. Ebot Tan presents the birthday celebrants in attendance **DG Obet Pagdanganan & PVP Lance Masters** for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Choral** of the happy birthday song.

BOARD MEETING



Seen in photo are: (clockwise) Pres. Ebot Tan, Treas. Chito Zaldarriaga, AS Alvin Lacambacal, DSAA Jimmy Cabase, IPP Frank Evaristo, Rtn. Hermie Esguerra, AT Raoul Villegas, Dir. Amading Valdez, Dir. Susing Pineda, Dir. Oscar del Rosario, Dir. Ning Lopez and ES Anna Kun Toledo.

REMEDIOS CIRCLE REHABILITATION PROJECT MEETING



Present during the meeting were: Pres. Ebot Tan, Dir. Oscar del Rosario, VP Teddy Ocampo, PDG Alex Cureg, ES Anna Kun Toledo, Dir. Susing Pineda, PDSAA Tony Lopa, Rtn. Hermie Esguerra, Dir. Amading Valdez, PP Benny Laguesma, Treas. Chito Zaldarriaga, PP Boy Ampil and COS/PP Rudy Bediones.

ROAD SAFETY PROJECT MEETING



Present in photo are: IPP Rudy Bediones, Rtn. Tong Payumo, PD Beda Fajardo, SC Ching Salazar, Rtn. Sonny Arevalo, AS Alvin Lacambacal, PD Nick Locsin, Rtn. Caloy Reyes and Star Rtn. Emyl Eugenio.

YOLANDA REHABILITATION PROJECT

Rotary Club of Manila, Gov. Kai (Rotary Japan) Turns Over
School Library Building in Tabontabon, Leyte





AG/IPP Frank Evaristo and **Rtn. Tong Payumo**, Chairman, Tabontabon Central Library School Building Project, formally turned over the sponsorship of **Rotary Club of Manila in cooperation with Gov. Kai (Rotary Japan)** school library building for Tabontabon Central Primary School Students last July 14, 2015 in Barangay Tabontabon, District Tabontabon, Leyte. Photo shows **AG/IPP Frank Evaristo** (2nd from left) and **Rtn. Tong Payumo** (3rd from left) with **Honorable Mayor Brendo Gamez** (1st from left) of Tabontabon, District Tabontabon, Leyte. The total project cost is **Php 541,815.60**.



Before Rehabilitation of the library and After Rehabilitation sponsored by **RCM** in cooperation with **Gov. Kai (Rotary Japan)**.

Republic of the Philippines
Department of Education (DepEd)
Region VIII (Eastern Visayas)
DIVISION OF LEYTE
Tabontabon District
Tabontabon Central School
Tabontabon, Leyte

CERTIFICATE OF RECOGNITION AND APPRECIATION

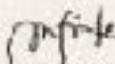
Is awarded to

EBOT TAN

Rotary Club of Manila President

in grateful recognition of his invaluable service as
donor of the *Repaired Functional Library Building* of
Tabontabon Central School Tabontabon, Leyte.

Given this 14th day of July 2015 at Tabontabon
Central School Tabontabon, Leyte.


MYRNA E. CAÑETE

Principal II
Tabontabon Central School

Sgd. AYLEEN D. JOSOL

District Supervisor
Tabontabon District

Certificate of Recognition and Appreciation presented to **Pres. Ebot Tan.**



Rotary Club of Manila in cooperation with Gov. Kai (Rotary Japan), AG/IPP Frank Evaristo (5th from left) and Rtn. Tong Payumo, (4th from left), Chairman, Tabontabon Central Library School Building Project, formally turned over the key of the school library building for the Tabontabon Central Primary School to **Ms. Myrna Canete** (3rd from left), Principal, in order to serve the needs of the elementary students with **Honorable Mayor Brendo Gamez** (2nd from left), **Vice Mayor Edgardo Cinco**, (6th from left) and **Punong Barangay Antonio Bibar**, President, Parents-Teachers Association (1st from left) witnessing the turn over rites. Photo also shows the elementary students visibly expressing their sincere thanks and profound gratitude by waving bandaritas to the school library's benefactors.



FORMAL TURNOVER OF WOODEN MOTORIZED BOATS TO SAPIAN, CAPIZ, by IPP Frank Evaristo

The journey to Sapián, Capiz, for the turnover of wooden motorized boats donated by Gov Kai thru Rotary Club of Manila last Friday July 17, 2015 was fulfilling. Pres. Ebot Tan and I met at the NAIA Terminal 4 at 3:00 in the morning to board Philippine Air Lines flight 2201 to leave Manila at 5:00 in the morning. We were assisted by our Executive Secretary Anna Kun Toledo. At the Roxas City Airport, we were met by Past District Governor Mark Anthony Ortiz, Pres. Mark Reinier Catahay and Municipality of Sapián- Capiz Municipal Administrator Kenneth Honrado. From the airport, we proceeded to the Office of the Mayor for the Courtesy Call on Hon. Arthur John Binas, who was so gracious to host an authentic native breakfast at his office.

From the City Hall of Sapián, Capiz, we and Mayor Binas, together with City Administrator Kenneth Honrado, Past District Governor Mark Ortiz, Pres. Mark Catahay, PP Bugs A. Baguio, and the Mayor's police escorts, proceeded to the Angkin Fish Wharf for the formal turnover of the 9 wooden motorized fishing boats to the fisherfolks who were awaiting our arrival.



Present to witness the formal turnover were Sapián's local government officials – Vice Mayor Nida Ochan, Councilor Nancy Lou Honrado, Councilor Gina Obordo, and Mr. Bobby Opina, municipality director of Sapián's Risk Reduction and Management Office.



The program started with an invocation by Rotary Club of Roxas City Past President Bugs Baguio, the singing of the Philippine National Anthem, the Capiz Hymn, and the Sapien Hymn, before Mayor Arthur Binas, Pres. Ebot Tan and IPP Frank Evaristo delivered their respective messages to the fisherfolk of Sapien, Capiz. Representing the fisherfolk of Sapien was Mr. Hilario Panuncio, who delivered a message of thanks to the Rotary Club of Manila, Rotary Club of Roxas City, and the Municipality of Sapien, Capiz, led by Mayor Arthur Binas.



Invocation by Past Pres. Bugs Baguio, RC Roxas City Mayor Art Binas and Vice Mayor Nida Ochan delivering their respective messages for the Rotary Club of Manila, Rotary Club of Roxas City and the fisherfolk.



Messages delivered by IPP Frank Evaristo and Pres. Ebot Tan.



Mr. Hilario Panuncio, delivering a message of thanks in behalf of the fisherfolk in attendance, who will benefit from the 9 motorized wooden boat project of Rotary Club of Manila thru the generosity of Gov Kai in cooperation with the Rotary Club of Roxas City.



Mayor Arthur John H. Biñas presented a token of Certificate of Gratitude to the Rotary Club of Manila.



After the presentation of the Certificate of Gratitude, the fisherfolk were presented the wooden motorized boats



Mayor Binas led the fisherfolk, local government officials, and the Rotarians of Rotary Club of Manila and Rotary Club of Roxas City with a gesture of thanksgiving to our Father in Heaven for the gift of livelihood to fisherfolk who were affected by Typhoon Yolanda.



A sumptuous lunch was prepared at the Villa Oroceo-Guanco. Local delicacies were prepared by Rotary Club of Roxas City for lunch, including the best seafood delicacies of the region, such as the Diwal - Angel Wing clams (the sweetest most succulent shellfish, very tasty though better than mussel), a specialty of Negros and

Capiz, these incredibly delicious clams, a pride of Capizeno, are still considered a seasonal delicacy, and not many folks know about them unless you have visited these parts, and been lucky enough to taste them... There is a Diwal Festival held in Capiz every 2nd week of Aug.). Mayor Binas gave one native bag of Diwal each for Pres. Ebot Tan, IPP Frank Evaristo and ES Anna. With Pres. Ebot Tan and IPP Frank Evaristo were Rotary Club of Roxa City – Past District Governor Mark Ortiz, Past President Mariz Gepilano, PP Ruben Yap, and Pres. Mark Catahay.



Hospitality at its best.... Lunch menu –lobster, shrimp, Diwal.

Before we departed for Manila, we had a tour of the town's dried fish trading center – the BANICA Dried Seafoods Market, and the Robinson's Mall to purchase pasulubong for our families.

While waiting for our boarding schedule bound for Manila, we had coffee at the City Mall.

By way of background, the Rotary Club of Manila, represented by then president Rudy Bediones, paid a courtesy call at the office of Mayor Arthur John H. Binas of the Municipality of Sapan, Province of Capiz, last April 28, 2014. PP Bediones was accompanied by IPP Frank Evaristo and PS Butch Marking. Also present during the courtesy call were Provincial Board Member of Capiz Karen Palomar and R.I. District 3850 PDG Mark Anthony Ortiz.

At the courtesy call, Mayor Binas explained that, being a coastal area, the Municipality of Sapan was terribly affected by the rains and wind brought about by Typhoon Yolanda. The residents of the area depended on fishing as their source of income. However, due to the typhoon, many of their boats were either lost to the sea or were destroyed beyond repair.

Mayor Binas requested the Rotary Club of Manila to assist the fishermen of the area by providing motorized wooden boats which would allow them to go back to their only source of livelihood.

During the meeting, RCM promised Mayor Binas that it would provide the boats requested for. The wooden motorized fishing boats would be lent for a small fee to the fishermen on a rotation basis. The fee would be used for the repair and maintenance of the fishing boats.

The construction of the boats suffered much delay caused largely by the unavailability of materials as well as skilled labor. This is understandable considering that most of the skilled carpenters in the area were already committed to construct similar boats for other clients.

The promise of the Rotary Club of Manila was fulfilled. It was a fulfilling journey, every step of the way... as we continue to open life opportunities to **Light Up Rotary** and fulfill our mission to **Be a Gift to the World**. We look forward to the turnover of a total of 50 houses in Batad – Iloilo and Pontevedra – Capiz.



This Certificate of Gratitude is awarded to

ROTARY CLUB OF MANILA

whose generous support proved invaluable to the Local Government Unit of Sapián, Capiz in response to fisherfolks affected by Typhoon Yolanda 2013.



Signed 
ATTY. ARTHUR JOHN H. BIÑAS
Municipal Mayor
Sapián, Capiz, Philippines

MEDICAL MISSION: MEDIPINAS 2015

A COLLABORATION BETWEEN UNIVERSIDAD CARDENAL HERRERA – ROTARY CLUB MANILA & RIZAL MEDICAL CENTER

7/20/2015

Written Report regarding the Medical Mission held by the cooperation of Universidad Cardenal Herrera (CEU) and Rotary Club Manila in Rizal Medical Center last June 22-28, 2015.

The Medical mission team is composed of the following:

Dr. Ramon Sousa Rodriguez, a General Surgeon and a Professor in University of Zaragoza, Spain, Dr. Vicente Alama, a Professor of Toxicology in CEU, Valencia Spain, Dr. Natalia Fischer Suarez, a gynecologist and volunteer doctor and breast cancer mission co-coordinator in the Philippines. Medical Students; Matias Gomez, Alvaro Ferragut, Laura Almandoz, and Diego Sousa

On June 22, 2015, they were introduced during the RMC flag ceremony held in our 5th floor auditorium. They were warmly welcomed and acknowledged by the medical director, executive committee and as well as the whole Rizal Medical Center staff.

The medical mission team had their breakfast and after which, pre-surgery coordination with preoperative consultation was done. Dr. Souza, Dr. Fischer and with the 2 medical students went into RMC Surgery OPD for their pre-operative evaluation. The remaining medical students were sent to Emergency Room for them to observe our setting.

On the June 23-25 they started their scheduled operations with the assistance of consultants and residents from the department of surgery. They operated on nine cases of breast malignancies throughout their stay. They also visited a community clinic named Birhen Dela Salud Clinic in Tandang Sora, Quezon City where Dr. Natalia Fischer frequently visits and help out.

On the June 26, 2015 after a scheduled operation, The medical team went to Manila Polo Club where they were welcomed and entertained by the amiable Rotary Members.

On June 27, 2015, Dr. Souza, Fischer and Alama held a seminar in Rizal medical Center Auditorium covering topics from Breast Surgery approach, extended Tamoxifen use to prevent Cancer recurrence and an introduction with regards to toxicology. The seminar was attended by consultants, residents, post graduate interns, junior interns and as well as the nursing service.

Accomplishments:

1. The Rizal Medical Center Surgery Department was exposed to alternative approaches in dealing with Breast malignancies.
2. Exchanges of surgical techniques as well as novel treatment for breast malignancies
3. Lectures were given by Dr. Ramon Rodriguez, Dr. Natalia Fischer and Dr. Vicente Alama which were attended by residents, post graduate interns, junior interns and nursing services.
4. Foster the camaraderie between Universidad Cardinal Herrera (CEU) and Rizal Medical Center.
5. The MEDIPINAS team was able to extend their help in a community clinic in Tandang Sora, Quezon City

Summary of Operational Expenses (see attached receipts):

Date	Particulars	Merchant/store name	Amount
6/22/15	Breakfast	Rufo's Famous Franchise Corporation	699.60
	Breakfast		116.00
	Lunch	Shakey's Pasig Kapitolyo	1330.00
6/23/15	Lunch	Vicky's Food and Catering Services	8,000.00
6/24/15	Lunch	Kenny Roger's Roasters Inc.	1925.00
6/25/15	Lunch	Hanako Express Japanese Restaurant, INC	1903.00
6/26/15	Lunch	Amber's Golden cup restaurant CORP	1240.00
6/27/15	Lunch	Kenny Roger's Roasters	1694.00
		Grand Total	Php 16,907

- **Receipts along with the hard copy of letter for Operational Expenses**

Additional Activities:

1. Visited The Manila Polo Club Last June 25, 2015
2. Went shopping in Greenhills
3. Explored culinary cuisines around Pasig
4. Visited Pagsanjan Falls

Prepared by:

Riccel B. Salazar MD
Chief Resident
Department of Internal Medicine
Rizal Medical Center



BIRTHDAY FELLOWSHIP



DG Obet Pagdanganan's Birthday Fellowship started with a thanksgiving mass at 7:00 AM in Santo Nino Calumpit Quasi Parish Church. Seen in photos were **DG Obet Pagdanganan**, **IPDG Edmond Aguilar**, **IPP/DCOS Rudy Bediones** and **Spouse Sharon Bediones**, **PD Beda Fajardo**, **PS Gus Fajardo** and World Class Presidents in RI District 3810.

TREE PLANTING / BIRTHDAY FELLOWSHIP



DG Obet Pagdanganan Tree Planting Activities dubbed as “**TREE OF LIFE**” as a community service environmental project.

BIRTHDAY FELLOWSHIP



DG Obet Pagdanganan birthday celebration last Sunday, July 19, 2015, in Santo Nino, Calumpit Bulacan, at his Mother's house. Seen in photo are RCMers' Pres. Ebot Tan, VP Teddy Ocampo, Dir. Susing Pineda, Dir. Oscar del Rosario, COS Rudy Bediones, Spouse Sharon Bediones, PS Gus Fajardo, Rtn. Hermie Esguerra and PD Nick Locsin.

RCM ELECTION COMMITTEE



RCM ELECTION FOR R.Y. 2016-2017

July 20, 2015

The Board during the 1st regular board meeting held last Thursday July 16, 2015, approved your appointment as members of the Committee on Election.

PP Francis Juico	PD Jimmie Policarpio
PP Cesar Ubaldo	Rtn Manny Blanco
SAA Dave Reynolds	Rtn Emyl Eugenio
IPT Chito Tagaysay	Rtn Klaus Mueller

Pursuant with the provisions of our Club's Code of Policies especially as it concerns the Conduct ergof Elections for Directors of our Club that shall hold office in Rotary Year 2016-17 and which elections is set for September 04, 2014 at the Manila Polo Club I am pleased to inform you that you have been selected to be one (1) of the six (6) Group Leaders to form the Board of Canvassers.

A **"Duties of the Election Committee and Board of Canvassers"** will be disseminated to the nominated members of the Committee on Election, so that each member will be aware of the powers and limitations of such designation.

Group Leader authorized to appoint two (2) Rotarians as members of his group. The Secretariat will be informed of the Team Leader's choices choices so that they can be properly informed and briefed on the conduct of our elections.

The Committee on Election is scheduled to meet -

ON..... Thursday, July 23, 2015

TIME.....2:00 PM

VENUE.....McKinley Room, Manila Polo Club

to review the guidelines on election to assure that we have a free and honest elections.

Sincerely,

A handwritten signature in black ink, appearing to read 'Frank Evaristo'.

IPP Frank Evaristo
Chair – Elections Committee

cc: Pres. Ebot Tan
Sec. George Salazar

MEMBERSHIP CONCERNS



Dir Susing Pineda hosted a meeting on Membership Development and Retention Program of the Board last Wednesday July 22, 2015 at the Sports Cafe of the Manila Polo Club from 1030am To 130Pm. Present during the meeting were -- House Chair Art Lopez, Pres Ebot Tan, Dir Amading Valdez, Dir Susing Pineda (host), Membership Co chairman PT Lito Sibayan, Sec Jorge Salazar, VP Teddy Ocampo and PDG Alex Cureg..

PRESS RELEASE



MONDAY, JULY 13, 2015



ITALY'S REPUBLIC DAY: Italy celebrated its Republic Day recently at the Sofitel Philippine Plaza to commemorate the date Italians voted for their country to end the monarchy and become a republic. Photo shows Italian Ambassador Massimo Roscigno with Consul General Robert Lim Joseph of the Republic of Latvia during the reception attended by government officials, the diplomatic corps, business leaders, and members of the Italian community.

SUNDAY, JULY 12, 2015

Babe's Eye View

By **BABE ROMUALDEZ**



Doing the right thing for 2016

If there is any legacy the administration of President Aquino must leave behind, it should definitely be to “do the right things” in the run-up to the May 2016 elections by making sure the country will have peaceful, credible and orderly elections. To begin with, Andy Bautista was a good choice as Commission on Elections chief because he clearly does not carry any baggage and has declared his “loyalty to the people” and not to any appointing power.

Despite pressure from certain interest groups to revert to a half-automated, half manual mongrel for the elections, Andy has kept his cool and went to the process of testing and seeing the impracticality of adopting a hybrid (as its proponents prefer it to be called) system for the upcoming polls. Let’s face it, a majority of Filipinos are convinced that the last two elections (especially in 2010 when we tried automation for the first time) have been credible and the results widely accepted since the results did not veer away from the surveys that showed then-Senator Noynoy Aquino leading his closest rivals by around 20 percentage points.

During our Manila Rotary Club forum where Andy Bautista was the guest speaker, he said shifting to the hybrid system at this stage would entail more costs since we would need 900,000 election inspectors to man the 100,000 polling precincts – which would mean additional allocations for the honorarium of P3,000 plus extra costs for transportation, service credits, fees for testing and verification. All in all, Andy said, the cost would reach up to P30 billion. Besides, there are only 630,000 public school teachers who could be utilized during the elections (and that should be on a voluntary basis), and Education Secretary Brother Armin Luistro is loathe to deploy more teachers than necessary because he doesn’t want to endanger them – something that we have seen happen in the past with manual elections. Whether it be Smartmatic, Globematic or whatever matic form or shape, the key is to stick to automation because it is the only one acceptable to many people who want the elections to be “credible” – the only word acceptable in any election.

(The Manila Rotary Club is now considered to be one of the few credible forums that would give potential presidentiables and senatoriables a chance as guest speakers to give a deeper perspective into their agenda and qualifications. The Manila Rotary is composed of top businessmen, top foreign diplomats, industry leaders and media practitioners.)

A good case in point that the President did right in preparation for the May 2016 elections is his appointment of Lt. Gen. Hernando Iriberry as the new Armed Forces Chief of Staff replacing General Gregorio Catapang who retired yesterday. As always, critics have something to say about the appointment but as the new “tech- and media-savvy” AFP chief rightly pointed out, his record should speak for itself – among them his stint as Commander of the 503rd Infantry Brigade of the 5th Infantry Division in 2013 that saw Abra – a province that has gained the unflattering moniker of “killing fields” – experiencing its most peaceful elections ever. As native Abrenians tell me, “peaceful” is not a word normally associated with Abra.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Sorry Guys, These Jokes Are On You!

Men often make jokes about women. Some of them are even funny. So I'm sure they won't mind a little fun at their expense!

Q: Why do men become smarter during sex?

A: because they are plugged into a genius

* * * * *

Q: Why don't women blink during sex?

A: they don't have enough time

* * * * *

Q: Why does it take 1 million sperm to fertilize one egg?

A: they don't stop to ask directions

* * * * *

Q: Why do men snore when they lie on their backs?

A: because their balls fall over their butt-hole and they vapour lock.

* * * * *

Q: Why were men given larger brains than dogs?

A: so they won't hump women's legs at cocktails parties

* * * * *

Q: Why did God make men before women?

A: you need a rough draft before you make a final copy

* * * * *

Q: How many men does it take to put a toilet seat down?

A: don't know. It never happened

* * * * *

Q: Why did God put men on earth?

A: because a vibrator can't mow the lawn.

* * * * *

One day my housework-challenged husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to me, 'What setting do I use on the washing machine?'

'It depends,' I replied. 'What does it say on your shirt?'

He yelled back, 'University of Oklahoma.'

And they say blondes are dumb...

* * * * *

A couple is lying in bed.

The man says, 'I am going to make you the happiest woman in the world.'

The woman replies, 'I'll miss you...'

* * * * *

'It's just too hot to wear clothes today,' Jack says as he stepped out of the shower, 'honey, what do you think the neighbors would think if I mowed the lawn like this?'

'Probably that I married you for your money,' she replied.

* * * * *

Q: What do you call an intelligent, good looking, sensitive man?

A: A rumor.

* * * * *

The Woman's Prayer

Dear Lord,

I pray for Wisdom to understand my man; Love to forgive him; And Patience for his moods. Because, Lord, if I pray for Strength, I'll beat him to death.

AMEN...

* * * * *

Q: Why do little boys whine?

A: They are practicing to be men.

* * * * *

Q: What does it mean when a man is in your bed gasping for breath and calling your name?

A: You did not hold the pillow down long enough

* * * * *

Q: How do you keep your husband from reading your e-mail?

A: Rename the mail folder 'Instruction Manual..'

* * * * *

A recent Cosmopolitan magazine survey of women says: **Size Matters**

Women's response to:

2 inches – I can't even hold it!

3 inches – Never been so unsatisfied!

4 inches – I've had bigger than it!

5 inches – Good, but I wish a bit bigger!

6 inches – Perfect!

7 inches – Love it!

8 inches – Wow! But can't have it all.

9 inches – Painful but manageable.

10 inches – Too much pressure on stomach.

This survey was Customer Feedback on different SIZES of 'Subway' sandwiches!

PUBLIC HEALTH NUTRITION AND CHILD CARE



AVOID STRESS TO KEEP BP DOWN

Elias D. Adamos, M.D.

This is an article lifted from Harvard Medical School Newsletter *HealthBeat*. The article was published on July 09, 2015 with the title: *7 ways to keep stress – and blood pressure – down*.

Is there a link between stress and high blood pressure?

Researchers are not really sure about it. The two: stress and blood pressure may not be linked. However, stressful situations can cause your blood pressure to spike up temporarily. Stressful situation can result to surge in hormones that can cause the heart to beat faster and make the blood vessels narrow. The question now lies on whether temporary spiking up of blood pressure can result to a chronic or long-term increase in blood pressure. This is what researchers are not sure about. Whether they may be linked or not, reducing and avoiding stress can result to general health and that of course includes your blood pressure level. In the treatment of high blood pressure, strategies in reducing, coping with, and avoiding stress is still included. Harvard Medical School advocates the following strategies:

1. Get enough sleep. Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
2. Learn relaxation techniques. Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful stress-busters.
3. Strengthen your social network. Connect with others by taking a class, joining an organization, or participating in a support group.
4. Hone your time-management skills. The more efficiently you can juggle work and family demands, the lower your stress level.
5. Try to resolve stressful situations if you can. Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.
6. Nurture yourself. Treat yourself to a massage. Truly savor an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a nap, or listen to your favorite music.
7. Ask for help. Don't be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, ask your doctor whether anti-anxiety medications could be helpful.

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