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No. 3612, August 6, 2015

GUEST OF HONOR AND SPEAKER



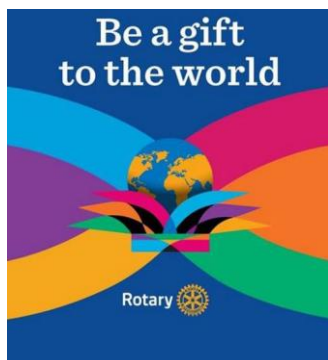
HON. RENATO U. SOLIDUM, JR., Ph.D.

Director

Philippine Institute for Volcanology and Seismology

KABALITA

Let the Biggest Temblor to rock Asia's First Rotary Club show us what to expect as the Philippine cautiously anticipates the so-called coming of the Big One in its desire to instill disaster preparedness in the consciousness of its people.



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THE ROTARY CLUB OF MANILA

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RCM's 6th for RY 2015-16

August 6, 2015, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator : Dir.-in-Charge Amading Valdez

Community Service C

PROGRAM TIMETABLE

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Dir. Amading Valdez OIC/Moderator
12:30 PM	Call to Order	Pres. Ebot Tan
	Singing of Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	RCM WF Music Chorale PDG Alex Cureg RCM WF Music Chorale Dir. Oca del Rosario
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Rtn. Ricky Guevara RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Aug. 6...Rtn. Beniting Legarda; Aug. 9...PS Jing Crisol; Aug.10..Rtn. Enzo Squillantini; Aug.11..Rtn. Tito Ortiz, Rtn. Farid Schoucair; Aug.12..PDG Relly Reyes, PDSAA Ike Stranathan Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Ebot Tan
12:55 PM	Nomination of the RCM Board of Directors for the Incoming Rotary Year 2016-17	IPP/AG Frank Evaristo Chairman, COMELEC
1:05 PM	Disaster Preparedness Project Presentation/ Introducer of Guest of Honor and Speaker Relief and Disaster Cmte.	Rtn. Hermie Esguerra Chairman, Emergency
1:00 PM	Address: Dr. Renato U. Solidum, Jr. Director, Philippine Institute of Volcanology & Seismology (Phivolcs)	
	Public Forum Response and presentation of token of appreciation to Dr. Renato U. Solidum, Jr.	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, our Guest Speaker, Customs Commissioner Alberto “Bert” D. Lina, briefed us on the latest developments at the Bureau of Customs. The highlight of the luncheon meeting was definitely the animated open forum that followed Commissioner Bert Lina’s speech. Many questions were raised, and various suggestions were offered, to Commissioner Lina. Commissioner Lina clearly showed that he was a very capable Custom Commissioner and that he was street smart and very knowledgeable about the operations of the Bureau of Customs, reflecting his many years in the logistics business.

On news within our Club, nominations will be received today for the members of the Board of Directors of our Club who are to serve during Rotary Year 2016-2017. I encourage all Manila Rotarians to nominate those who they believe will be capable of further improving our Club’s condition and status during the next Rotary Year.

On news from around the District, last 31 July 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, and PD Ner Lonzaga attended the Induction and Handover Ceremonies of the Rotary Club of Intramuros at the La Castellana in Intramuros, Manila, where WCP Cosette Chua was inducted as Club President. PD Ner accompanied his wife, Femy, who is a member of the Rotary Club of Intramuros. The following day, 1 August 2015, both DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Dasmariñas Cavite at the Hotel Monticello in Tagaytay City, where WCP Divina Lory Ann Mendoza was inducted as Club President. Two days later, on 3 August 2015, DG/PP Obet Pagdanganan, CoS Rudy Bediones, AG/IPP Frank Evaristo, PDG Vince Carlos, and ICoS/PSDG/PP Cesar Ubaldo attended the 4th Induction Ceremonies and Grand Fellowship of the District 3810 Past Presidents Council (“PPC”) at the Golden Bay Seafood Restaurant in Pasay City, where PPC Outgoing President Ruby Bairan handed the mantle of authority to PPC Incoming President Ruben Siao and where AG/IPP Frank Evaristo’s Best Class Team won the Biggest Batch of Attendees prize at the affair. AG/IPP Frank Evaristo is the current Chairman of the Best Class Presidents, while ICoS/PSDG/PP Cesar Ubaldo is the current Chairman of the Presidents 101. The following day, 4 August 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, AG/IPP Frank Evaristo, and I attended the 2nd Area Meeting of District 3810 at the Bayview Park Hotel in Manila, where I submitted our Club’s Monthly Report for July 2015. On Thursday, 13 August 2015, at 5:00pm, a Dinner Fellowship organized by Districts 3810, 3830, 3850, 3860 and 3870 for RIPE John Germ and Lady Judy will be held at the Manila Polo Club. Over 20 Manila Rotarians have already signed up to attend the affair. I encourage those of you who have the time to also attend the Dinner Fellowship.

Today, we shall have Dr. Renato U. Solidum, Jr., Director of the Philippine Institute for Volcanology and Seismology, as our Guest Speaker. He will enlighten us on the anticipated coming of the “Big One”, the fault lines in our archipelago, with special emphasis on the West Valley Fault Line, and the different activities the Institute is involved in to prepare for earthquakes, volcanic eruptions, and other calamities. Let us all attend our luncheon meeting and actively participate during the open forum which will follow his talk.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



Dr. Renato U. Solidum, Jr.

Director

Philippine Institute for Volcanology & Seismology (Phivolcs).

Dr. Renato U. Solidum, Jr., rusolidum@phivolcs.dost.gov.ph Philippine Institute of Volcanology and Seismology (PHIVOLCS) PHIVOLCS Bldng, CP Garcia Avenue., University of the Philippines Diliman, Quezon City 1101, Philippines.

Education: 2002 Doctor of Philosophy in Earth Sciences, Scripps Institution of Oceanography, University of California, San Diego 1992. Master of Science in Geological Sciences, University of Illinois at Chicago 1984 Bachelor of Science in Geology, University of the Philippines, Diliman.

Awards: 2013 Distinguished Achievement Award The Honors Society of Phi Kappa Phi, University of the Philippines 2011 Presidential Gawad CES (Presidential Award CES) Career Executive Service Board, Philippines 2010 Excellence Award for Government Service Philippine Federation of Professional Associations 2010 Presidential Lingkod Bayan Award (Presidential Public Service Award) Civil Service Commission, Philippines 2010 Outstanding Professional of the Year (2010) in the field of Geology Philippine Regulation Commission.

Work Experiences: 2003 – Director, Philippine Institute of Volcanology and Seismology Renato U. Solidum, Jr. · · · 1999-2002 Chief Science Research Specialist, Geology and Geophysics R&D Division, Philippine Institute of Volcanology and Seismology 1984-1998 Science Research Specialist to Supervising Science Research Specialist Geology and Geophysics R&D Division, Philippine Institute of Volcanology and Seismology.

Other Professional Experiences: 2007, 2009, Subject Matter Expert, Safe Cities and Earthquake Disaster Risk Reduction 2012 for the World Bank Institute On Line Course on Disaster Risk Reduction 2005 Instructor, Polytechnic University of the Philippines 1994 Shipboard Scientist, Westward 03, Scripps Institution of Oceanography 1988 Shipboard Scientist, Leg 124, Ocean Drilling Program.

Recent Publications: Galgana, G.A., Newman, A.V., Hamburger, M.W. and Solidum, R.U. 2014. Geodetic observations and modeling of time-varying deformation at Taal Volcano, Philippines. *Journal of Volcanology and Geothermal Research* 271: 11-23. You, S.-H., Gung, Y., Lin C.-H, Konstantinou, K.I. , Chang, T.-M., Chang, E.T.Y., Solidum, R. 2013. A preliminary seismic study of Taal Volcano, Luzon Island Philippines. *Journal of Asian Earth Sciences* 65: 100-106. Besana-Ostman, G.M., Ando, M., Daligdig, J.A., Abigania, M.I.T., Talisic, J.E., Evangelista, N., Listanco, E. and Solidum, R.U. 2011. The 1990 Bohol Earthquake: Tsunami observations and effects at Bohol Island, Philippines. *Journal of Tsunami Society International* 30:78-93. Solidum, R.U. and Alegre, L.D. 2010. Hazard Mapping and Assessment for Effective Community-based Disaster Risk Management (READY) Project. *Asian Journal of Environment and Disaster Management*. 3(1): 79-92. Renato U. Solidum, Jr. · Sassa, K., Nagai, O., Solidum, R., Yamazaki, Y. and Ohta, H. 2010. An integrated model simulating the initiation and motion of earthquake and rain induced rapid landslides and its application to the 2006 Leyte landslide. *Landslides* 7(3): 219- 236. Castillo, P.R., Rigby, S.J. and Solidum, R.U. 2007. Origin of high-field strength element enrichment in volcanic arcs: Geochemical evidence from the Sulu Arc, southern Philippines. *Lithos* 97:271-288. Solidum, R.U., Castillo, P.R. and Hawkins, J.W. 2003. Geochemistry of lavas from Negros Arc, west central Philippines: Insights into the contribution from the subducting slab. *Geochemistry, Geophysics and Geosystems*. Castillo, P.R., Solidum, R.U. and Punongbayan, R.S. 2002. Origin of HFSE enrichment in the Sulu Arc, southern Philippines revisited. *Geology* 30: 707-710. Castillo, P.R., Janney, P.E. and Solidum, R.U. 1999. Petrology and geochemistry of Camiguin Island, southern Philippines: insights to the source of adakites and other lavas in a complex arc setting. *Contributions to Mineralogy and Petrology* 134: 33-51.

Academic and Social Activities: Member, Geological Society of the Philippines (Past President, 2004) Member, International Association of Volcanology and Chemistry of the Earth's Interior (Member of Executive Committee, 2003-2007) Member, National Research Council of the Philippines Board of Trustee, Earthquakes and Megacities , Inc. (2005 – present) Board of Trustee, Philippine Society of Youth Science Clubs (2007 – present).

THE WEEK THAT WAS...



Rtn. Jack Bautista, as OIC-Moderator directs the program of activities.



IPS Albert Alday delivers an ecumenical prayer.



Rtn. Johnny Chotrani leads in the recitation of the four (4) Way Test.



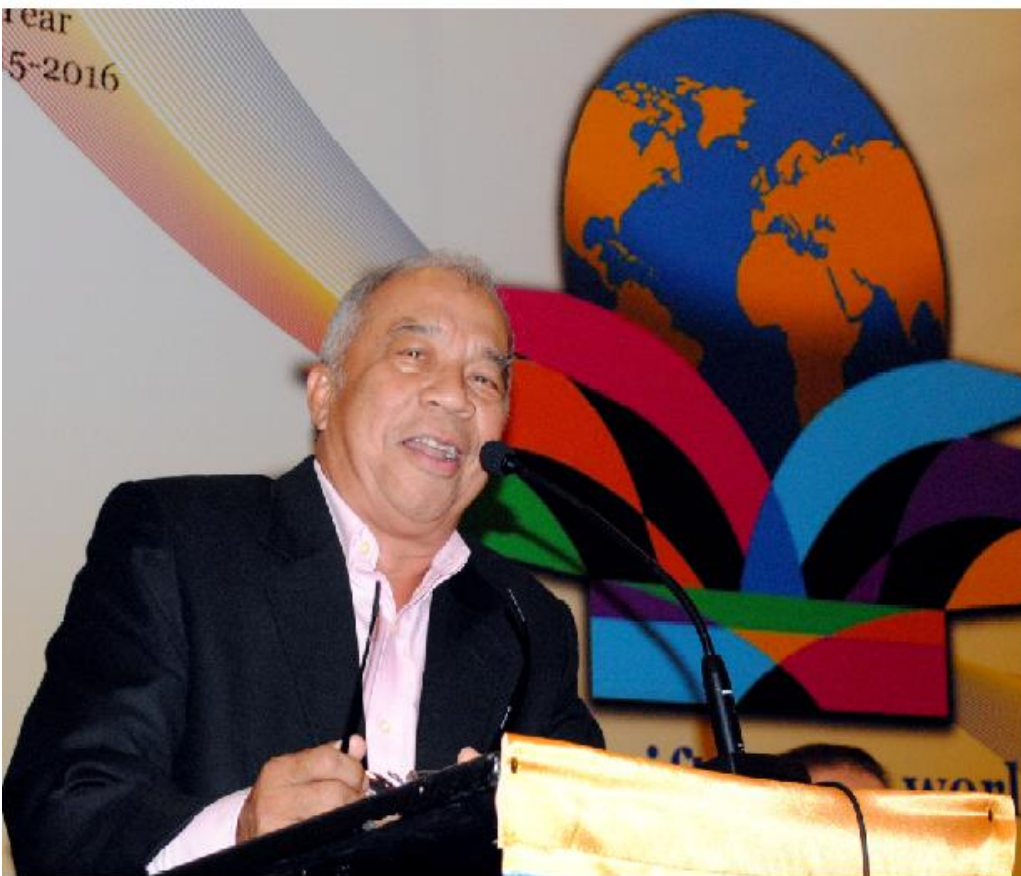
PVP Lance Masters introduces the guests, visiting Rotarians and personalities seated at the presidential table.



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



PP Boy Ampil, former Commissioner, Bureau of Customs does the honor and pleasure of introducing **Honorable Alberto D. "Bert" Lina**, Commissioner, Bureau of Customs, as guest of honor & speaker.



Hon. Alberto "Bert" D. Lina, CPA, Commissioner of the Bureau of Customs, spoke before Manila Rotarians, Visiting Rotarians and guests on modernization and reforms being implemented in the bureau to curb smuggling and other forms of illegal trade.



An interactive public forum followed suit post the speech of Commissioner Alberto D. "Bert" Lina.



Pres. Ebot Tan Senator presents to Commissioner **Alberto D. "Bert" Lina** 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 CELEBRANTS



Pres. Ebot Tan presents the birthday celebrants in attendance: Rtn. **Johnny Chotrani** and Rtn. **Ray Davis** for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.

BOARD MEETING



Shown in photo are: Pres. Ebot Tan, Dir. Bobby Joseph, VP Teddy Ocampo, IPP Frank Evaristo, Dir. Oscar del Rosario, Sec. George Salazar, Dir. Amading Valdez and ES Anna Kun Toledo.



Present during the meeting were: Pres. Ebot Tan, Rtn. Hermie Esguerra, AS Alvin Lacambacal, Sec. George Salazar and ES Anna Kun Toledo.

Saturday, August 1, 2015

ROTARY TURNS OVER 30 HOUSING UNITS TO CADIZ CITY SUPER - TYPHOON YOLANDA VICTIMS- Rotary Club of Manila, in cooperation with Governor Kai Fund from Japan and Gawad Kalinga, recently turned over some 30 housing units worth P12,000,000.00 for a total of 80 housing units, initially benefitting the families (parents and their children, relatives) of the victims of Super Typhoon Yolanda, in Barangay Daga, Cadiz City, Negros Occidental, and other beneficiaries in the Visayan Region, and another P7,000,000.00 for livelihood projects where the housing units are located for a grand total of P19,000,000 seed money. This is the Club's Flagship and Major Community Service Project for the Rotary Year 2014-2015. Photo shows President Frank Evaristo and Treasurer Chito Tagaysay with the beneficiaries for the formal turn-over ceremony of the initial 30 housing units to Super-Typhoon Yolanda victims Barangay, Cadiz City, Negros Occidental.



PAST PRESIDENTS COUNCIL 4TH INDUCTION CEREMONIES



RI District 3810 Governor Obet Pagdanganan welcomes and delivers message for the R.I. D-3810 Past President's Council 4th Induction Ceremonies & Grand Fellowship held last August 3, 2015, Monday, 6:30PM, at the Golden Bay Seafood Restaurant.



RI District 3810 Best Class President for Rotary Year 2015-16 garnering the Past Presidents Council Champion – Best Batch Attendance during the 4th Induction Ceremonies and Grand Fellowship of Past Presidents Council, **PP Ruben Siao** presenting the Best Batch Attendance Award Trophy to BCPs' headed by **IPP/Chairman BCP Frank Evaristo** with **VP/Chairman IPP Gigi Convento** and **PP Ruby Bairan**, for Best Class Attendance with 31 other BCPs' witnessing the momentous occasion.



District Chief of Staff / RCM Past President Rudy Bediones hoists the Best Batch Attendance Award Trophy presented to **IPP/Chairman BCP Frank Evaristo**. Among other RCMers' also present but not seen in photo were **PDG Vince Carlos** and **PP Cesar Ubaldo**.



IPP/Chairman BCP Frank Evaristo, BCP Maricor Malitao, RC Manila Maharlika with **IPDG Edmond Aguilar**, receiving the award.

DISTRICT 3810 2ND AREA MEETING



Pres. Ebot Tan turns over the RCM Monthly Report for July 2015 to DG Obet Pagdanganan, DS Dolly Uanang, COS Rudy Bediones, and AG Joyce Ambrey at the 2nd District 3810 Area Meeting held on 4 August 2015 at the Bayview Park Hotel.



SDG Ricky Valdes joins the group for the presentation of the district monthly report.

IN THE MAILBOX

Dear Mr Eusebio V. Tan,

I am writing to you as Rector of the University CEU Cardenal Herrera to thank you personally and the Rotary Club of Manila for all the support given to some of our students and staff who travelled to your country a month ago to carry out a medical mission in cooperation with the Rizal Medical Center. Both Dr Rodilla, our lecturer in the mission, and the students who participated in it, have told me how valuable your contribution was to this Medical project in the Philippines. Additionally, I was told that members of the Rotary Club of Manila also made an important financial contribution to this mission, for which we are most grateful.

I would also like to show our gratitude to some of the Rotarians who were involved in the organization of the Mission (Mr Jun Santos and Dr Ning López) and others who additionally took care of the members of this project on a day to day basis during their stay in Manila (Mr Dante Arévalo, Mr Alvin Lacambacal and Dr Abraham Pascual). Finally, a word of thanks to Dr Relito Saquilayan, Director of the Rizal Medical Center and to Mr Frank Evaristo (Past president of the Rotary Club) for their help and participation in this project.

I would like to think that other successful projects of humanitarian collaboration between staff and students of our University and the Rotary Club of Manila will take place again in the near future,

Yours faithfully,



CEU

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Cardenal Herrera

Rosa Maria Visiedo Claverol

Rectora - Rectorado UCH-CEU

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August 3, 2015

Dear Fellow Rotarians,

Dinner Fellowship with R.I President John Germ and Lady Judy

In support of DG Obet Pagdanganan, we are pleased to update that the following requested to be registered in the forthcoming Dinner Fellowship with R.I. President elect John Germ and Lady Judy to be held on Thursday August 13,2015 5pm at the Manila Polo Club-

	Name	Position	Payment
1	Adamos, Elias	Past Asst. Treasurer	Direct payment
2	Alday, Albert S.	Immediate Past Secretary	
3	Chua, James G.	Past Treasurer	
4	Co, Ferdinand	Past Deputy Sgt. At Arms	
5	Del Rosario, Oscar Sr.	Director	
6	Evaristo, Frank	Immediate Past President	
7	Fajardo, Augusto Z.	Past Secretary	
8	Fajardo, Beda	Past Director	
9	Joseph, Robert L.	Director	
10	Joseph, Robert L.	Director	
11	Joseph, Robert L.	Director	
12	Locsin, Arsenio Z.	Past Director	
13	Lonzaga, Reinerio C.	Past Director	
14	Lopez,Mariano B.	Director	
15	Masters, Lance	Past Vice President	
16	Ocampo, Teodoro J.	Vice President	
17	Pineda, Jesus M.	Director	
18	Reyes, Crispino B.	Past President	
19	Tan, Eusebio V.	President	
20	Ubaldo, Cesar	Past President	
21	Valdez, Amado D.	Director	
22	Yu, Geoffrey	Member	

PAYMENT DETAILS :

Registration Fee of Php 1,600 may be deposited into the following :

Account Name..... Ernesto Yuyek

Bank Name..... PNB Summit One Branch

Bank Account #.....3240049008

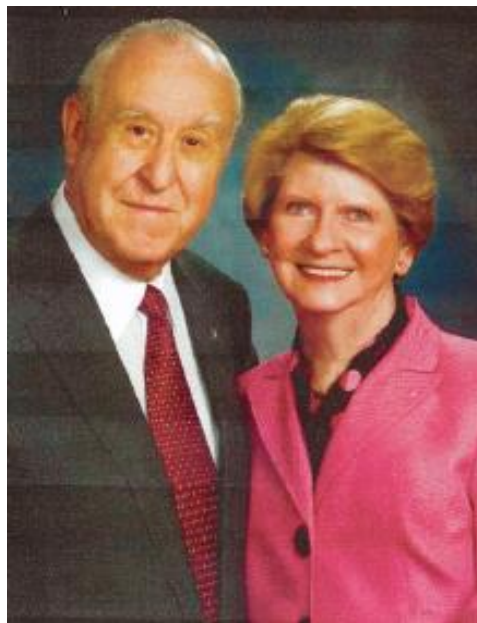
Please send scanned copy of deposit slip with your name written at the lower part of the deposit slip for identification to rcmanila@rcmanila.org and to allow us to acknowledged your payment.

Thank you,

PP RUDY BEDIONES

Chairman – Interclub Fora Committee

ROTARY INTERNATIONAL NEWS



SAVE THE DATE

Thursday, August 13, 2015 / 5:00 pm
Manila Polo Club, McKinley St.,
Makati City, Philippines

**Meet RIPE John Germ with Lady Judy
Dinner Fellowship with
Districts 3810, 3830,
3850, 3860 and 3870**

Assessment : Php 1,600 per person
Attire : Men - Coat and tie
Ladies - Business attire with coat

**Special numbers by
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Ernesto Yuyek, Savings acct# 3240049008
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fax # 531-1358 or email to
ernestodyuyek_DG2016_17@yahoo.com**

Rotary



COGS IN THE WHEEL



NEW BEGINNINGS

By Büm D. Tenorio, Jr.

Sunday, August 2, 2015

Cory's magic lives on

Six years after her death, Cory Aquino is still very much alive in the consciousness of the Filipino people. She is remembered with fondness, love and gratitude. For how can a nation not be grateful to her when she helped restore democracy in the land?

At the special Bulong Pulungan forum at the Sofitel Philippine Plaza last Wednesday, The "Woman in Yellow" was honored yet again with the Philippine Postal Corp.'s launch of the second series of Cory Aquino floral paintings scented stamps. PHLPost Postmaster General Josie dela Cruz said it was the "11th stamp that's connected to Mrs. Aquino. She is the only one ever in the history of the PHLPost that a stamp has been printed in memory of."

"As President Cory metamorphosed from a housewife to a statesperson, to a patriot, to mother of her country, so did her paintings," said PHLPost chair Cesar Sarino. He added, "In her paintings, she began with flowers in a pot, then flowers in the garden, flowers in the wilderness, then she added a rosary in her flower paintings, and later, simple Filipino faces. The PHLPost is mighty proud to immortalize her. Through these national stamps, we hope she will always be remembered. This is our humble expression of respect and affection."



The late former President Corazon Aquino.
Photo by Manny Marcelo

Presidential sisters Ballsy Cruz and Pinky Abellada, who were present at the launch, lent their favorite Cory artworks of different flowers for the issuance of these special scented stamps. Philip Sison, upon the recommendation of Ballsy, was commissioned to take photos of the paintings. The photographs he took became the basis of PHLPost in producing the stamps.

About 400,000 copies in four designs of the special scented stamps were printed using unwatermarked paper and floral scented ink.

PHLPost increased the number of scented stamps printed this year due to the very warm reception to the first series of 200,000 stamps issued last year. The designs of last year's stamps were based on the Cory paintings lent by her friends STAR president and CEO Miguel Belmonte, businessman Manny Pangilinan, PEZA director general Lilia de Lima and Metrobank chair George Ty



(Seated, from left) Lilia de Lima, Pinky Abellada, Rtn. Cesar Sarino, Ballsy Cruz and Josie dela Cruz; (standing, from left) IPP Frank Evaristo, Pete Dacuycuy, Beth Tagle, Charo Yu, Joy Fong, PHLPPost postage and metering division chief Cary Leonardo, Bob Zozobrado, Mandy Navasero, Jullie Yap Daza, Rina Jimenez David and Mila Alora.

RCM SECRETARIAT NEW UNIFORM



Rtn. Jimmy Tang generously sponsored the new office uniforms of the Secretariat led by ES Anna Kun Toledo, for the new Rotary Year 2015-2016. In photo from L-R: SC Ching Salazar, ES Anna Kun Toledo, FC May Patajo, SA Tina Rivera and Bookkeeper Lan Eufemio. Not shown in photo is CC Amiel Hernandez.

PUBLIC HEALTH NUTRITION AND CHILD CARE



KEEP YOUR JOINTS MOVING

Elias D. Adamos, M.D.

Joints are the junctions that link bones together. Test your joints on how far you can move them in various directions. Without exercise and conditioning, your joints range of motion may become limited. The amount of tension in the muscles surrounding the joint, due to lack of exercise, may become less elastic and thus the inner working of the joints are affected. Without exercise, the muscle can shorten, making it harder to keep moving. Bad posture complicates the situation. Habitual bad posture results to muscle spasms that may affect the joints. Without exercise, the tendons, that are flexible cords of strong tissue that connect muscles to bones become less flexible. The ligaments that are tough fibrous bands of tissue that bind bone to bone may become weak and result to injury, like anterior cruciate ligament injury (ACL) in the knee joint. Less movement of joints result to other problems, including weight gain, poor balance, and difficulty in walking.

Extend rate of joint motion through stretching

Stretching exercises can help extend your range of motion. When you stretch, you're also working out muscles and tendons. You become more flexible. The less your joints, the less likely they'll maintain their full range of motion. Even if you have arthritis, stretching can be the best exercise to alleviate arthritis pain.

Stretching strategies

1. Warm up thoroughly. Take extra time to warm up before you stretch. A warm shower can be an excellent warm up to loosen stiff joints before you stretch.
2. Stretch during your least painful time of the day. Mornings may not be the best for you. Some feel the pain during walking hours. If you're taking anti-arthritis pills, the best time to stretch is when the pills are already at their peak of efficacy or already have taken effect. When the pain has gone away, it's time to stretch.
3. You may sit while stretching. Use some useful things around you. Use a pillow or a rolled-up towel to adjust your range of motion. Improve the range on each and every following day as long as you feel comfortable and there's no pain. You'll soon realize big improvements in your range of motion.
4. Expect some pain and discomfort. If pain lasts longer than two hours, or is more severe than your usual pain, ease up on your routine. You may step up your stretching by trying to hold the stretch for a longer period of time once stretching becomes easier.

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