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No. 3621, October 8, 2015

GUEST OF HONOR AND SPEAKER



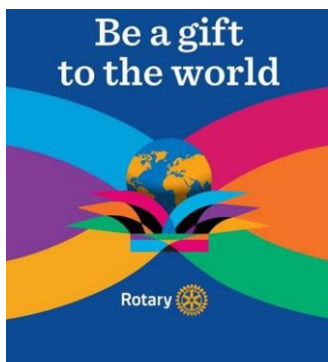
HON. SEVILLO D. DAVID, JR., Ph.D.

Executive Director, Republic of the Philippines -
National Water Resources Board



KABALITA

With the advent of the harsh El Niño and the impending water shortage, it is but timely that we hear what the Water Czar has to say on how to manage our scarce water resources as he makes waves at Asia's First Rotary Club.



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RCM's 15th for RY 2015-16

October 8, 2015, Thursday, 12N,
Manila Polo Club McKinley Room

OIC/Moderator : Rtn. Roy Zosa

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. Roy Zosa OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	Pres. Ebot Tan RCM WF Music Chorale
	Invocation A moment of silent prayer for the eternal repose of the soul of Ann Angelita Ganzon “Lita” Legarda , spouse of Rotarian Benito J. “Beniting” Legarda	Rtn. Dr. Caloy Buendia
	-RCM Hymn	RCM WF Music Chorale
	-The 4-Way Test Credo	PVP Roy Golez
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Star Rtn. Jovee Ong RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Oct. 8.... PDSAA Ferdie Co, Rtn. Jimmy Tang, Rtn. Noel Tanglao; Oct. 9.... Rtn. Doming Chua; Oct. 10... PP Banit Caasi; Oct. 12... Rtn. Rickie Yap Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Presentation of Paul Harris Fellow Major Donor	DG Obet Pagdanganan; Pres. Ebot Tan;

PDG Alex and Spouse Anna Cureg,
Crystal and Diamond Pin Paul Harris

PAS Addie Topacio,
Chairman, Paul Harris
Fellows Committee

12:55 PM

Brief introduction of Inductees to the RCM
Membership by **Proposers**;
to be followed by formal induction ceremony

Pres. Ebot Tan
Inducting Officer

1) Mr. Carmelo “Teying” L. Arcilla (Filipino)

Executive Director, Civil Aeronautics Board

Proposed by: **Rtn Babe Romualdez**

Classification: Air Transportation - Regulation

2) Mr. Yukio Asahina (Japanese)

President, SMBC Metro Investment Corporation and

Chief Representative, Manila Representative Office

Proposed by: **Pres. Ebot Tan**

Classification: Banking - Bank Branch Office - Japan

3) Mr. Ramon “Monch” J.A. Cruz (Filipino)

President and CEO, BSMG Worldwide

Proposed by: **Rtn Babe Romualdez**

Classification: Public Relations – Consultancy

4) Mr. Joaquin “Jack” C. Rodriguez (Filipino)

Chairman, Lumad Agro Industrial Ventures Corporation

Proposed by : **Rtn Joe Assad**

Co Proposers: **PD Ed Lee, PD Knud Hedeager,**

PD Jimmie Policarpio, PT Jun Follosco,

PS Butch Marking, Rtn David Wong

Classification: Power Production and Distribution –
Renewable Energy

Welcome Baby Rotarian Song

RCM WF Music Chorale

1:05 PM

President's Time

Pres. Ebot Tan

1:10 PM

Introduction of Guest of
Honor & Speaker

PVP Fausto Preysler

1:15 PM

Address : **Dr. Seville D. David, Ph.D.**
Executive Director, Republic of the Philippines -
National Water Resources Board

Public Forum

Response and presentation of token of appreciation to
Dr. Seville D. David, Ph.D.

Pres. Ebot Tan

2:00 PM

Adjournment

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Senior Associate Justice of the Supreme Court of the Philippines, the Hon. Antonio T. Carpio, gave a very interesting lecture to us during our regular general membership luncheon meeting last week on the historical background of the islands and reefs within our territorial jurisdiction in the West Philippine Sea and on the construction activities being conducted by the People's Republic of China thereat. All Manila Rotarians and guests present at the meeting listened closely and learned much about the facts and issues involved in the controversy. A lively discussion followed. Justice Carpio showed us that he is indeed an expert on the matter.

On news within our Club, last 1 October 2015, our Club held a very successful First Fellowship Party for Rotary Year 2015-2016 at the Salvatore Roof Top, Low Rise, Pacific Star Building, located along Sen. Gil J. Puyat Avenue in Makati City, which was co-hosted by PD Pepo Nuñez and Rtn. Hermie Esguerra. Forty-two (42) Manila Rotarians attended the affair, plus two (2) ambassadors who are honorary members of our Club, one (1) fellow World Class President from the Rotary Club of Pasay Silangan, and three (3) guests. Many took turns rendering their favorite songs, as well as dancing the night away to the music of the live band on hand. Congratulations to ICoS/SDG/PP Cesar Ubaldo, Chairman of the Fellowship Committee, and his Co-Chair, Rtn. Celso Abastillas, as well as co-hosts PD Pepo Nuñez and Rtn. Hermie Esguerra, for arranging a great fellowship party for all of us to enjoy and to remember. On another matter, I am proud to announce that our Club has endorsed the candidacy of CoS/PP Rudy Bediones for District Governor Nominee this year. Should he win, he will be the District Governor of our Rotary District during our centennial and the centennial of Rotary in the Philippines, which falls in RY 2018-2019.

On news from around the District, last 3 October 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones graced the Rotary Leadership Institute ("RLI") seminars hosted by the Rotary Club of Quiapo Plaza Miranda headed by WCP Benson Hari-Ong at the Discovery Suites in Ortigas Center, Pasig City. I joined several WCP's in a dinner fellowship right after the RLI seminars to celebrate the graduation of several WCP's at the just concluded RLI seminars. Two days later, on 5 October 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, and AG/IPP Frank Evaristo attended the 12th Induction and Handover Ceremonies of the Rotary Club of Ramon Magsaysay at the Aloha Hotel in Manila, where WCP Leo Vedan was inducted as Club President. The following day, on 6 October 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, AG/IPP Frank Evaristo, and I attended the RI District 3810 Area Meeting for the month of October at the Aloha Hotel in Manila.

Today, we shall have the Dr. Seville D. David, Jr., Executive Director of the National Water Resources Board, as our Guest of Honor and Speaker. He will enlighten us on the true state of our water resources and of how we can expect to deal with the El Niño phenomenon that we will all experience this year.

Please actively participate in our program today and continue to support all our Club's activities and projects.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



The Executive Director

Dr. Seville D. David Jr., Ph. D.

Dr. Seville D. David Jr., is the 11th and current Executive Director of the National Water Resources Board (NWRB), by virtue of the appointment vested to him by President Benigno S. Aquino, III in January 24, 2014.

Dr. David graduated his Bachelor of Science in Geology at the University of the Philippines, Diliman in 1986 and garnered first place in the Professional Licensure Examination for Geologists in the same year. During his stint with MGB, Dr. David has earned his Masteral and Doctoral Degrees in Earth Science at the University of Nice-Sophia Antipolis in France in 1990 and 1994 respectively, followed by a Research Fellowship stint in Geosciences Azur in Sophia Antipolis, Valbonne, France in 1997.

Upon entering the government service with the Mines and Geosciences Bureau (MGB) in 1986, he has worked his way up from a Geologist to Supervising Science Research Specialist and as officer-in-charge of the Lands Geological Survey Division.

Considered as Chief Geologist of MGB, Dr. David supervised major programs on mineral resources exploration, groundwater resources assessment and geohazards assessment. He was instrumental in the implementation of the National Geohazards Assessment and Mapping Program, considered as a priority program of the Government to address disaster risk reduction and strategy for climate change adaptation.

Dr. David was seconded by the Philippine Government as Regional Expert of the Coordinating Committee for Geosciences Programmes in East and Southeast Asia (CCOP), an intergovernmental organization based in Bangkok, Thailand in 2000 – 2004. He also has some stint as professorial lecturer in Geology at the National Institute of Geological Sciences at University of the Philippines in Diliman in 1994 to 1996 and is presently a member of the Technical Panel for Geology of the Commission on Higher Education.

He is happily married to Marietta Jarabe David.

PREVIEW OF SUCCEEDING THURSDAY'S GUEST OF HONOR AND SPEAKERS

October 15, 2015, 12N, McKinley Room, Manila Polo Club



Honorable Carlos Jericho Petilla
Secretary of the Department of Energy
Confirmed

October 22, 2015, 12N, McKinley Room, Manila Polo Club



Mr. Arthur P. Tugade
President and Chief Executive Officer,
Clark Development Corp.
Confirmed

October 29, 2015, 12N, McKinley Room, Manila Polo Club



RCM PSAA Alfredo S. Lim
Former Mayor of the City of Manila
Confirmed

THE WEEK THAT WAS...



Dir. Amading Valdez as OIC/ Moderator directs the program of activities.



Rtn. Citos Manalaysay delivers an ecumenical prayer.



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



PP Archit Bartolome does the honor and pleasure of introducing **Honorable Antonio T. Carpio**, Senior Associate Justice, Supreme Court of the Philippines as guest of honour and speaker.



Hon. Antonio T. Carpio, Senior Associate Justice, Supreme Court of the Philippines, spoke before Manila Rotarians, Visiting Rotarians and guests on the implications of China's aggression on the West Philippine Sea and its claim on the islands situated in the South China Sea.



An interactive public forum followed suit post the speech of **Honorable Antonio T. Carpio**.



Pres. Ebot Tan presents to **Honorable Antonio T. Carpio** a religious icon of Jesus Christ and Mother and Child as the club's token of appreciation for being the guest of honour and speaker.

WEEKLY BIRTHDAY CELEBRANTS



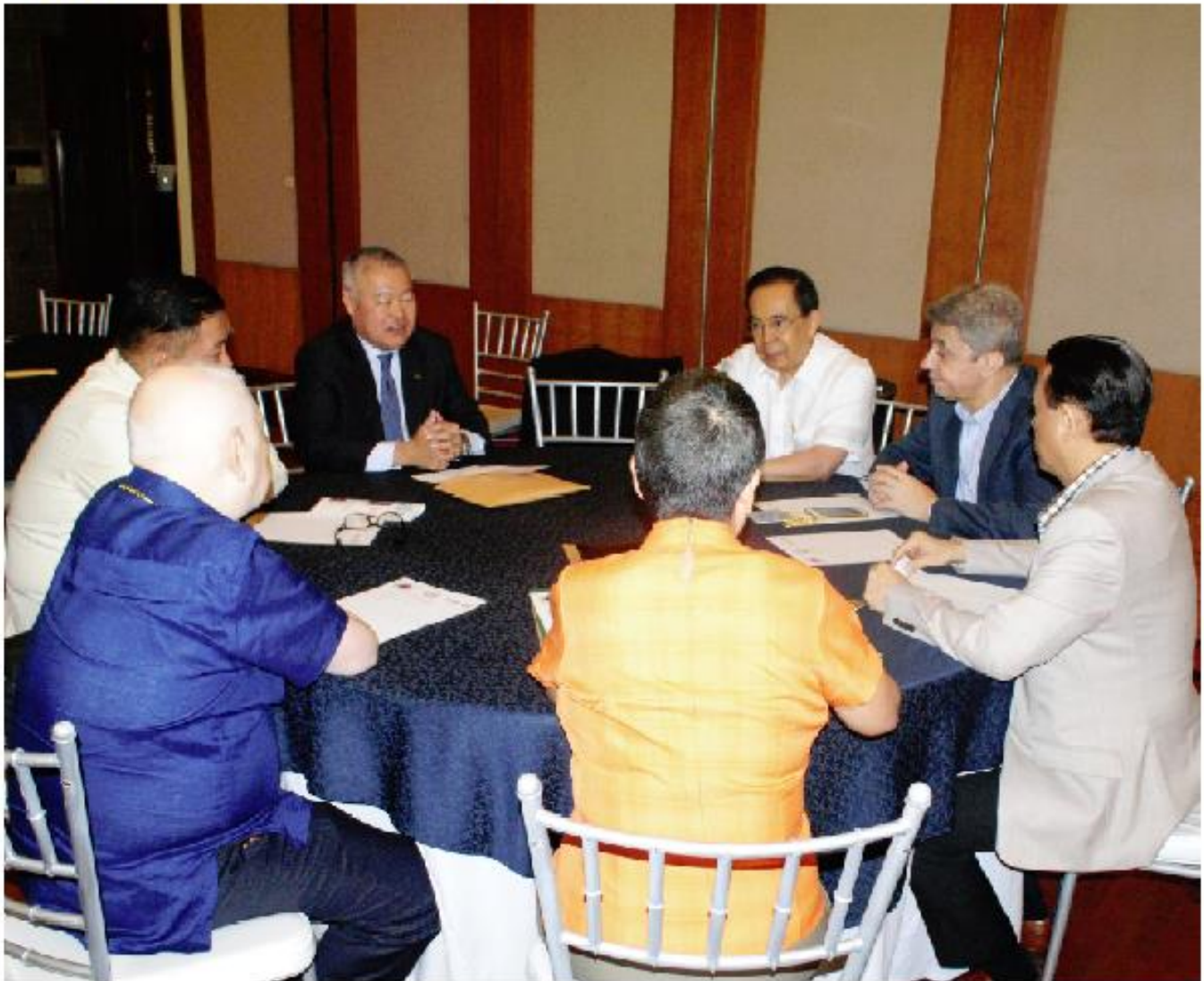
Pres. Ebot Tan presents the week's birthday celebrants: **PP Francis Juico**, **PS Butch Marking & Rtn. Bodo Goerlich** for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.

GOLF COMMITTEE MEETING



Golf activity fund-raising campaign planning & coordination meeting held last October 1, Thursday, 2PM, at the Manila Polo Club. Present during the meeting were: **Dir. Susing Pineda, Rtn. Hermie Esguerra, Rtn. David Wong, PD Knud Hedeager, PS Butch Marking, PD Ed Lee** with guest **Mr. Ed Bolanos, and SC Ching Salazar.**

ORGANIZATIONAL MEETING



Incoming RCM Board of Directors / Officers Organizational Meeting held last October 1, Thursday, 2PM, at the Manila Polo Club. **Present during the meeting were: Pres. Ebot Tan, Rtn./DE Art Lopez, Dir./DE Issam Eldebs, PE/VP Teddy Ocampo, Dir./DE Bobby Joseph, PS/DE Albert Alday and ES Anna Kun Toledo.**

RCM 1ST FELLOWSHIP

RCM 1st Fellowship for RY 2015-16 held last October 1, at Salvatore Roof Top, Low Rise Pacific Star Building, Senator Gil J. Puyat Avenue corner Makati Avenue, Makati City.



Co-hosts **PD Pepo Nuñez & Rtn. Hermie Esguerra** addressing the huge crowd of attendees on what to expect for the RCM 1st Fellowship – pure fun, entertainment, singing, dancing, with foods galore and limitless drinks...



IPP/AG Frank Evaristo, PP/DCOS Rudy Bediones together with RCM Honorary Members: **HE Amb. John Gomes, Bangladesh** and **HE Amb. Thomas Ossowski, Germany**.



Among RCMers seen in photo are **PP Boy Ampil**, **PP Boy Guevara**, **PP Babes Reyes**, **Dir. Amading Valdez**, **PVP Roy Golez** enjoying the fellowship.



PP Babes Reyes, Chairman, World-Famous Music Chorale belts out favorite Spanish classic songs to the delight of the audience. At right is a lady-singer of the live **Hermie's Band**.



Pres. Ebot Tan with classmate **World Class Pres. Lowelle Sibunga**, **RC Pasay Silangan**, **PP/DCOS Rudy Bediones** enjoying the fellowship, along with other fellow **RCMers'**.



RCMers' enjoying each other's company: **Pres. Ebot Tan**, with guest **WCP Lowelle Sibunga**, **RC Pasay Silangan**, **IPP/AG Frank Evaristo**, **VP/PE Teddy Ocampo**, **Dir. Oscar del Rosario**, **PP/DCOS Rudy Bediones**, **PP Babes Reyes...**



Pres. Ebot Tan and DG Obet Pagdanganan take their turns in singing their favorite songs which elicited great applause from the members and guests.



DG Obet Pagdanganan, Dir. Oscar del Rosario, PP Babes Reyes, PP/DCOS Rudy Bediones, Rtn. Steve Mommaerts, Rtn. Hermie Esguerra, Fellowship Co-Host visibly enjoying the fun, friendship, camaraderie for RCM's 1st Fellowship for the Rotary Year 2015-16.

RCM 1st Fellowship for RY 2015-16

October 1, 2015, Thursday, 6:00PM

Salvatore Roof Top, Low Rise Pacific Star Building,

Senator Gil J. Puyat Avenue corner Makati Avenue

Makati City

PRESENT:

1. PP/DG Obet Pagdanganan
2. Pres. Ebot Tan
3. IPP Frank Evaristo
4. Vice Pres. Teddy Ocampo
5. Dir. Susing Pineda
6. Dir. Issam Eldebs
7. Dir. Amading Valdez
8. Dir. Oscar del Rosario
9. Sec. George Salazar
10. SAA Dave Reynolds
11. AT Raoul Villegas
12. Co-Chairman Rtn. Celso Abastillas
13. Rtn. Cris Acosta
14. IPS Albert Alday
15. PP Boy Ampil
16. PT Muhammad Aslam
17. Rtn. Dr. Nilo Aventura
18. PP Archit Bartolome
19. COS/PP Rudy Bediones
20. PT Jim Chua
21. Rtn. Ray Davis
22. Rtn. Steve DeKrey
- 23. Rtn. Hermie Esguerra – Co-Host**
24. PT Jun Follosco
25. PVP Roy Golez
26. PP Boy Guevara
27. PP Francis Juico
28. Rtn. Brian Lane & Mr. Mike Grogan, guest
29. PD Ed Lee & Daffodil Costelo, guest
30. PDSAA Tony Lopa
31. Rtn. Citos Manalaysay
32. PSAA Gunter Matschuck
33. Rtn. Steve Mommaerts & Ms. Rose Beeton, guest
- 34. PD Pepo Nuñez, Co-Host**
35. STAR Rtn. Jovee Ong
36. PD Bebot Pineda
37. PD Jimmie Policarpio
38. PP Babes Reyes
39. STAR Rtn. Caloy Reyes
40. Chairman PP Cesar Ubaldo
41. PD Rod Valencia
42. Rtn. Roy Zosa

RCM Honorary Members PRESENT:

1. HE Amb. John Gomes,
Bangladesh
2. HE Amb. Thomas Ossowski,
Germany

RC Pasay Silangan

WCP Lowelle Sibunga

TAIPEI ROTARY 67TH CHARTER & CHARITY GALA DINNER



PD Ed Lee, Ms. Daffodil Costelo, Rtn. David Wong with Rtn. Jack Tsai, Sister Club/Club Relations Chair. of Rotary Club of Taipei, welcoming the RCM delegation.



PD Ed Lee, Ms. Daffodil Costelo, Rtn. David Wong with Tomas Lutovsky the President of RCT (Rotary Club of Taipei) and Rtn. Jack Tsai, Sister Club/Club Relations Chair. of Rotary Club of Taipei.

Rtn. David Wong receiving a souvenir on behalf of Rotary Club of Manila from President Tomas Lutovski of Rotary Club of Taipei.



DISTRICT 3810 AREA MEETING



RI D-3810 Governor Obet Pagdanganan addresses the participants to the District Area Meeting held last October 6, 2015 at Aloha Hotel.



Pres. Ebot Tan together with other WCP's at the District 3810 Area Meeting on Tuesday, 6 October 2015.



District Officers, Members, and Rotarians visibly happy during the proceedings taking a few moment to accommodate in photo opportunity.



Pres. Ebot Tan with fellow Rotarians during the District Area Meeting.



Pres. Ebot Tan with fellow World Class Presidents during the Team Building.

D3810 PAST PRESIDENTS' TEAM BUILDING



The Rotary District 3810 Past Presidents' Team Building held last October 3, 2015 in Camp Benjamin, Alfonso, Cavite with PDG Chairman Ruben Siao, IPP/AG Frank Evaristo, SDG Ruby Bairan. Seated are PP Jimmy Ang, PP Tai dela Cruz.

D3810 PAST PRESIDENTS' TEAM BUILDING



IPP/AG Frank Evaristo, Best Class Presidents (BCPs) President/Chairman and BCP Co-Chairman Gigi Convento, RC Rosario, Cavite.



Among other Past Presidents in the Team Building Session, seated – left, PP Lito Pua, PP Emilio Uy, PP Gil Cano, PP Edmond Lagasan.



Chairman Past President Council, **PP Ruben Siao** with **IPP/AG Frank Evaristo**, **Best Class Presidents (BCPs) President/Chairman**.

GOVERNOR'S VISIT



RCM PP / Rotary District 3810 Governor Obet Pagdanganan during the *"Governor's Visit"* at the **Rotary Club of Manila South** headed by **World Class President Jannette Valdez** last September 24, 2015 at Casino Español. Among District Officers present were **SDG Beth Legado**, **SDG Lily Aguilar**, **SDG Ricky Valdez**, **IPR Ray Reyes**, **PP Efren** and **PP Lita Goño**, **PP Cecilia Larita**, and **PP Teechi Tutica**.

INTERCLUB ACTIVITIES



Rotary District 3810 Governor Obet Pagdanganan inducts the officers of **RC Ramon Magsaysay** on its **12th Induction and Handover Ceremonies** headed by **WCP Leo Vedan** and **IPP Sol Tugano** last October 5, 2015, at the Aloha Hotel.



RCMPP / District 3810 Governor's Chief of Staff Rudy Bediones and **Spouse Sharon Bediones** in a table with District Officers and **RC Ramom Magsaysay** members.



At the RC Ramon Magsaysay 12th Induction and Handover Ceremonies, seated left: **PP Liza Khun, PDG Josie Ang, IPP/AG Frank Evaristo, Best Class Presidents (BCPs) President/Chairman.** Standing is **BCP Andrew Co.**

October 6, 2015

Dear Fellow Rotarians,

RE : INTERNATIONAL RELATIONS ACTIVITIES

The International Relations Committee invites you to participate in the 46th Anniversary Fund Raising Ball, Rotary Club of Kowloon East, is celebrating their 46th Anniversary Fund Raising Ball .. Program of activities are as follows:

Thursday, November 19...Welcome Dinner in honor of visiting sister clubs 6:30 PM at the Neptune Chiu Chow Restaurant
(address: 1/F, Energy Plaza, 92 Granville Road, Tsim Shau Tsui East, Kowloon

Friday, November 20..... 46th Anniversary Ball at the Grand Ballroom,
6:30 PM Kowloon Shangri-La Hotel

As of October 6, 2015, the following have signified

- (1) Immediate Past President Frank Evaristo & Ms Vicky Montilla
- (2) Dir Ning & Josephine Lopez
- (3) Dir. Susing & Marites Pineda
- (4) PD Ed Lee (Chairman, International Relations Committee) & Ms Daffodil Costelo
- (5) PP Dong Saludo, Jr.
- (6) Rtn Pering Bendicto
- (7) Rtn Nonoy Benedicto
- (8) Rtn David Wong
- (9) PD Ner, Femy and son Mark Lonzaga

PUBLIC HEALTH NUTRITION AND CHILD CARE



SELFIE, FACEBOOK, AND SOCIAL MEDIA ADDICTION

Elias D. Adamos, M.D.

It seems that today's youth and even the 'no longer spring chicken' can't stop taking pictures for social media photo. They're always feel frustrated at their photo's outcome and they pose for another, and another, and another. What has been entertained as a vanity issue has now turned into a full-blown form of compulsive or addictive behavior.

Selfie, Facebook, and Social Media

The word "selfie" was elected "Word of the Year 2013" by the Oxford English Dictionary. It is defined as "a photograph that one has taken of oneself." Typically this is done with a smartphone, webcam, iPhone, with the use of camera gadget (tripod), and is uploaded in the website.

Facebook is a social networking service that was launched on February 04, 2004. It became an instant hit to its users because while they can interact through the network or internet, they can post pictures and other media items.

Social media on the other hand is composed of online communities. People in the social media call themselves "netizens." They interact, exchange ideas, and communicate through websites and networking sites in electronic communications. The online community is thus a virtual (near but not real) community.

General characteristics of addictive behaviors

The person becomes obsessed (constantly thinks of) the object, activity, or substance. He will engage in the addictive behavior or activity even though it is causing him harm. He is compulsively engaged in the activity and he finds it difficult to stop. There is tolerance that while he engages in the addictive substance or activity, he craves to increase its use. He experiences withdrawal symptoms when he stops it.

Depression is common in addictive behaviors. Addiction is also related to denial of the problem. People with addictive behaviors often have low self-esteem.

Signs of Selfie Addiction

Selfie addiction is related to obsessive-compulsive and narcissistic behaviors. Selfie addicts exhibit self-centeredness and grandiosity. It is related to lack of self-confidence and because of this, it could generate brain and psychological problems in the future. The addict is in constant search for a perfect selfie picture. His photos are posted in the social network and others' reactions to his photos affect him deeply.

Warning signs for Facebook and Social Media Addiction

You spend a lot of time thinking about Facebook or social media. You feel an urge to use Facebook or social media more and more. You use Facebook or social media to forget about personal problems. You are troubled when prohibited to use Facebook or social media. Facebook or social media has negatively affected your work/studies. You tried cutting down on the use of social media or Facebook but failed.

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