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No. 3628, December 3, 2015

GUEST OF HONOR AND SPEAKER

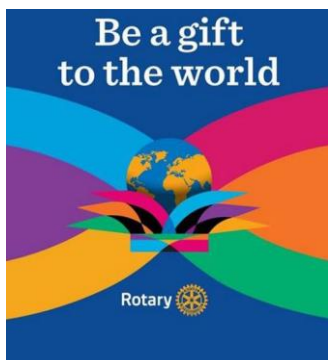


DIR. AMADO D. VALDEZ

Chairman Emeritus
Philippine Association of Law Schools
Of Counsel, Valdez Law Office

KABALITA

Let our very own Legal Juggernaut show us why being a natural born Filipino citizen is integral to becoming the next leader of our nation as his mettle is tested right at home, Asia's First Rotary Club.



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RCM's 22nd for RY 2015-16

December 3, 2015, Thursday, 12N, Manila Polo Club Cameron Forbes

OIC/Moderator : Rtn. Citos Manalaysay

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. Citos Manalaysay OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	Pres. Ebot Tan RCM WF Music Chorale PD Ner Lonzaga RCM WF Music Chorale All Rotarians
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 (Weekly RCM Birthday Celebrants) : Dec. 4.....Sec. George Salazar; Dec. 6.....Rtn. Arne Isberg; Dec. 8.....PD/AS Alvin Lacambacal, Rtn. Jujut Enriquez; Dec. 9.....Rtn. Manny Blanco Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Presentation of RI D3810 "Ang Galing"-Manila North Cemetery Child Literacy Project for RY 2015-16 and Disaster Relief Project of Chairman Rtn. Hermie Esguerra	PVP Lance Masters
12:55 PM	Presentation of plaque of appreciation to Rtn. Tetsuro "Terry" Amano, Consul-General/Minister Deputy Chief of Mission, Embassy of Japan Brief Response	Pres. Ebot Tan Rtn. Terry Amano
1:05 PM	President's Corner	Pres. Ebot Tan
1:10 PM	Introduction of Guest Speaker	Rtn. Celso Abastillas
1:15 PM	Address:	Director AMADO D. "Amading" VALDEZ Chairman Emeritus, Philippine Association of Law Schools (PALS) Of counsel, Valdez Law
	Public Forum Raffle of cash prizes Response and presentation of token of appreciation to Dir. AMADO D. "Amading" VALDEZ	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

The tourism industry in the Philippines is indeed very lucky and blessed to have our very own fellow Manila Rotarian, Director Bobby Joseph, as a guiding light and staunch advocate for the industry. His no nonsense assessment of the current problems, issues, and trends in the tourism industry, as well as his proposals on how to get the industry moving forward in the right direction, is very inspiring and thought provoking. He will surely make a very able and competent Secretary of Tourism, something for the next administration to consider.

Christmas Season is in the air. On news within our Club, as I mentioned last week, the Christmas party (which we were planning to hold for our Club on December 14) has been cancelled, since our World Famous Chorale will not have enough time to practice to sing carols for all of us. Instead, we shall convert our usual Thursday luncheon meeting scheduled on December 10 into a more festive Christmas meeting. In this connection, I urge all of you who will attend the December 10 luncheon meeting to bring along a gift worth at least Php500 to exchange with our fellow members. Also, I suggest that all who will attend the December 10 luncheon meeting consider donating an amount of at least Php500, which we shall collate and to give as our Christmas gift to the Sagip Kabataan Foundation.

On news from around the District, last 27 November 2015, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, PVP Lance Masters, and PD Ner Lonzaga attended The Rotary Foundation Gala Night hosted by The Rotary Club of Dasmariñas Cavite at the Grand Ballroom of the Century Park Hotel in Manila. Several days later, on 2 December 2015, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones attended the "On to Korea Launching" hosted by the Rotary Club of Pasay West at the H2O Hotel in Manila.

Today, another fellow Manila Rotarian, Director Amading Valdez, former Dean of the University of the East College of Law and Chairman Emeritus of the Philippine Association of Law Schools, will speak to us about the residency and citizenship requirements for one who wishes to run as President. I urge all of you to actively participate in the discussions with Director Amading at today's luncheon meeting. Moreover, I encourage all members to actively support all our Club's activities and programs during this Rotary Year.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



Dean Amado D. Valdez has been an advocate of the rule of law and has spoken in different forums in Southeast Asia. He is a professorial lecturer and bar reviewer on Private International Law. In 2001, he delivered a paper on Private International Law at the World Jurist Conference in Dublin Ireland. He sits as member of the Committee on Political Law and Committee on Civil Law to answer Bar examination questions at the U.P. Law Center.

He pursued a Master in Business Economics Degree at UAP & took special studies on International Business Law at Singapore National University.

He is the Chairman Emeritus of the Philippine Association of Law Schools and a former Chairman of the Board of the Pamantasan ng Lungsod ng Maynila after holding the position of Dean of UE College of Law for eleven years. He sat in the different boards of private corporations as well as different government corporations. He had been conferred Honorary Doctorate Degrees locally and abroad and received awards as outstanding alumnus of his alma mater from high school to law.

He served the government as Government Corporate Counsel in 2001 with the rank of Presiding Justice of the Court of Appeals and as Senior Undersecretary at the Office of the President, concurrently as Executive Director of the Presidential Commission on the Visiting Forces Agreement (VFACOM). He helped draft landmark legislations during the Cory administration as member of the Cabinet Assistance System. As a young lawyer, he was General Counsel of the U.S. Navy Seventh Fleet based in Subic Bay from 1970 to 1977.

He is often sought to make public commentary on many issues of national importance and hosts a teleradyo program in DZMM/Ch 26 every Saturday at 9:30am to 10:30 am.

PREVIEW OF FORTHCOMING THURSDAY GUEST SPEAKERS

December 10, 2015, 12N, Manila Polo Club

RI District 3810 Governor's Official Visit – DG Roberto M. Pagdanganan;

Admiral Samuel J. Locklear III and Mr. Chris Johnson

Former US Navy/Officials, Guest Speakers

PREVIEW OF FORTHCOMING THURSDAY SPEAKERS 2016

January 7, 2016, 12N, Manila Polo Club

Honorable Amando M. Tetangco, Jr.

Governor, Bangko Sentral ng Pilipinas

"A Joint Meeting of RCM and RC Forbes Park"

January 14, 2016, 12N, Manila Polo Club

Honorable Rodrigo Duterte

Mayor, Davao City

Presidential Aspirant 2016 Elections

THE WEEK THAT WAS....



PD/AS Alvin Lacambacal as OIC/Moderator directs the program of activities.



Rtn. Jun-Jun Capistrano delivers an ecumenical prayer.



STAR Rtn. Yukio Asahina leads in the recitation of the four (4) way test.



Professor / STAR Rtn. Vee David introduces the guests, visiting Rotarians and personalities seated at the presidential table.



AG/IPP **Frank Evaristo** does the pleasure of introducing fellow board member, **Director Robert Lim “Bobby” Joseph, Jr., Ph.D.**, Consul General, A.h., Chairman, Ralph’s Wines and Spirits, Philippine Wine Merchants/Food & Beverage, Travel Cooperative of the Philippines, Coltrans Cargo, as guest speaker.



Tourism industry pillar **Bobby Joseph**, Director of the Rotary Club of Manila and Chairman of Philippine Wine Merchants, gave a no-holds barred assessment of the current trends in the travel industry of the country.



An interactive public forum followed suit post the speech of **Director Robert Lim “Bobby” Joseph, Jr.**



Director Robert Lim “Bobby” Joseph, Jr., Ph.D. as raffle-master draws the winners of cash prizes: **IPS Albert Alday** – Php 2,500; **PD/AS Alvin Lacambacal** – Php 1,950 and **Rtn. Caloy Reyes** – Php 1,000.



Pres. Ebot Tan present to Director Robert Lim “Bobby” Joseph, Jr. the religious icons as a token of appreciation for being the guest speaker.

WEEKLY BIRTHDAY CELEBRANT/S



Pres. Ebot Tan present the week’s birthday celebrant **PE/VP Teddy Ocampo** for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the Happy Birthday Song.



Pres. Ebot Tan receives a token of appreciation from **Rotaract Club of Marianas Guam**, **Sister Rotaract Club of Rotaract Club of Manila**, with **Pres. Ralen Marie Jimenez**, **Pres.-elect Kristine Karen Reyes**, **Rotaractor Brian Borja** and other **Rotaractor-Members**. **Rotaract Club of Marianas Guam Members** are here on a 4-day goodwill visit to commemorate it's **15th Charter Anniversary**.

DISCON 2016 MEETING



Present during the meeting were (clockwise): **Pres. Ebot Tan, PE/VP** **Teddy Ocampo, DGND/COS** **Rudy Bediones, PDG Alex Cureg, PD** **Armie Aquino, AS** **Alvin Lacambacal, ES** **Anna Kun Toledo, AG/IPP** **Frank Evaristo, Treas,** **Chito Zaldarriaga** and **DG Obet Pagdanganan**.

THE ROTARY FOUNDATION GALA NIGHT



The Rotary Foundation Gala Night - Nov. 27, 2015, Friday at the Century Park Hotel, Manila hosted by Rotary Club of Dasmarinas, Cavite. **PDG Alex Cureg** and spouse **Anna** received the recognition gift for their contribution as **2nd level Major Donor**. **PVP Lance Masters** received the recognition gift in behalf of **Rtn. Hermie Esguerra** for his contribution as **2nd level Major Donor**.

THANKSGIVING DINNER AT THE CCP



Thanksgiving Dinner annually hosted by PP Babes Reyes was held at the CCP held last Thursday, October 26, 2015. Present were: **PE/VP Teddy Ocampo**, **Dir. Ning Lopez**, **Dir. Oscar del Rosario**, **DGND Rudy Bediones**, **Chair/PP Babes Reyes**, **PP Francis Juico**, **PP Benny Laguesma**, **PP Cesar Ubaldo**, **PVP Roy Golez**, **PVP Ben Diokno**, **PD Nick Locsin**, **PD Eric Severino**, **PT Jim Chua**, **Rtn. Rody Antonino**, **Rtn. Nilo Aventura**, **Rtn. Tong Payumo** and **Rtn. Caloy Reyes**.

RCM 2015 DISTRICT MINI GRANT AWARD



Announcing RCM 2015 District Mini-Grant Award: “Ang Galing” Literacy Program.

By PVP Lance Masters

Each year Rotary Districts around the world get back fifty percent of the donations that they gave TRF three years before. Up to half of these “District Designated Funds (DDF)” may be used to fund District mini-grants. These mini-grants are less restrictive than “Global Grants” and are used to address needs that are compatible with Rotary’s Six Areas of Focus but might not qualify for Global Grants. This year D-3810 allocated up to 22,500 pesos per club, to be augmented by club funds, to address local needs. As your TRF Chair for projects, I researched various possibilities and submitted two applications for the consideration of the club. RCM’s club project that received the support of the board and the district is a literacy program.

We are collaborating with The International Movement All Together in Dignity Fourth World (ATD FW), a non-governmental organization with no religious or political affiliation. ATD FW engages individuals and institutions to find solutions to eradicate extreme poverty. Working directly with people in poverty, ATD FW’s approach focuses on supporting families and individuals in disadvantaged communities. Based in France and with a presence in 34 countries around the world, ATD FW Philippines began in 1989 in Manila. ADT FW is a global and locally accredited charitable foundation and regular collaborator with the Philippines National Anti-Poverty Commission. Strong links are already established with four Manila impoverished communities: Manila North Cemetery, under a bridge at Quirino Avenue, and two neighborhoods in Pandacan located beside a water canal, Hilum and Lozada. The ATD FW team also visits resettlement areas in Bulacan and Laguna where families from Quirino Avenue are relocated.

Our outreach will support a weekly literacy program, “Ang Galing,” which is conducted at the Manila North Cemetery, where many families and individuals have taken up informal residence (aka “informal settlements” or as “informal settlers”) – they actually live in the cemetery!



The target population is “children at risk.” The term “Street Kids” is derisive and denies them and their family dignity. These children are not typically orphans; they are just victims of extreme poverty and we are offering a ray of hope to improve their future. The literacy program focuses on children 6 to 15 years of age who have serious difficulties in basic reading and writing (Tagalog). Some children go to school, usually irregularly. Some start school but quickly drop out because they are so far behind their peers. Others are not enrolled at all. “Ang Galing” seeks to reinforce the self-confidence of these children in the fundamentals of literacy. The program uses one-on-one tutorial sessions to encourage every improvement no matter how small, therefore, “Ang Galing.” The activities/sessions are conducted where the children live and play: outside, in the graveyard, with lessons prepared individually for each child, tailored to their



needs. Parents are kept informed and updated as partners in education, and the schools are linked when applicable. This is a very professional program funded entirely by donations and staffed by genuinely good-hearted volunteers.

Today we are happy to present ATD FW's Philippines Country Director Mr. Guy Malfait with our club's check for P27,000 to fund new curricular and program support materials for the Manila North Cemetery "Ang Galing" literacy program, including textbooks, consumable workbooks, writing instruments and a simple meal (to help attract and retain the students, who usually have no reliable source of nutrition). The program serves forty children three times a month for nine months. The materials have an approximate cost of USD \$600 or $\pm$ 27,000. (Materials $\pm$ 15 and meriendas $\pm$ 10 per child, per week). Additional books for early graders have also been generously provided by RCM's PT Hector O. "Chito" Tagaysay, President of Filway Marketing and Chairman of Ateneo's Scholarship Committee, through his Ahon Foundation (Acts of Hope for the Nation). RCM members may participate in the program as volunteer tutors, as well as to provide pro bono consultancy services for the organization in member's areas of expertise, such as education, accountancy, law, management, and fundraising. The club will plan a visit to the site early next year so that we may see the program in action. Please introduce yourself to Mr. Malfait to see if you or some of your friends and family might be interested in participating in this exciting and fulfilling outreach. You can also call him at 0947 423 7238. You will be glad that you did.



ROTARY CODE OF CONDUCT

As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve in Rotary
3. Conduct all of my personal, business, and professional affairs ethically, encouraging and fostering high ethical standards as an example to others.
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community.
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians
8. Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

PUBLIC HEALTH NUTRITION AND CHILD CARE



THE CLEAR AND POSSIBLE DANGER (Weight gain after the Holidays)

Elias D. Adamos, M.D.



Several years back I read an interview article on one of the James Bond actors. When asked about his diet strategy, he said that he obligates himself by shedding off 3 to 4 pounds. He then pampers himself at parties and does not seem to care at all about his being in shape, because even if he gains 5 pounds, he still maintains more or less his original weight. Clever! In analogy, I believe so that this strategy can be applied to the clear and possible danger of gaining weight after the Holidays. By tradition, the Christmas season is a time for corporate and club parties, family and school reunions, party among friends, the 'noche buena', and the New Year revelry. Sometimes it does not stop at that point. It still goes on and on from the Day of the Three Kings and up to the Chinese Spring Festival. Food glorious food! You can just imagine how fat, unhealthy, and overweight you will be if you don't control yourself. It's the season to be jolly, palalalalalalala, but always try to avoid "food temptation."

Here are some tips

1. General rule: Don't feel guilty after the party. Enjoy the party and the lights and glitter that goes with the occasion but always leave the bash and merrymaking feeling just well and satisfied and not with the feeling of being fully stuffed with calories that you might regret to have taken irresponsibly.
2. Don't wear loose-styled clothing at parties. Walk into the party with posh and style by wearing your exact-fitting dress or clothes. You will not notice that you've drank or taken a lot of food if you wear loose dress during a gathering.
3. When it's buffet, try to delay food by letting a sugarless candy melt inside your mouth. Try sugarless gum. Have some meaningful conversations with party-people and relatives before plunging into the buffet table.
4. Scan the buffet table first. Skip the dishes that you are able to eat or experience on ordinary days of the year. If you don't like a dish, skip it.
5. Don't come to the party with an empty stomach. People have the habit of skipping meals during the day to reserve some space inside their tummy for the get-together. It's a misnomer. Eat your normal meal for the day. In this way, you will eat sensibly at the party.
6. Water therapy first. The moment you arrive at the party and maybe before the meal or before going to the buffet table, try filling yourself with a glass of water. Wait for more or less about thirty minutes. This will give you time to have some conversations or 'chika-chika' with your friends at the event. This time also allows the water to sip inside your stomach. You will feel a little bit full and will never crave or dive for food like you're starving.
7. Dance the night away. Join the fun and games. A party can be a form of exercise. Dancing will make you sweat. Games equate to calorie expenditure.
8. Limit yourself on appetizers. While you reserve yourself for the main course, just get two items on your plate at a time when you go to the buffet table. You can always get back to try the rest of the dishes. Enjoy the Holidays!

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