

balita



No. 3630, January 7, 2016

GUEST OF HONOR AND SPEAKER



HON. AMANDO M. TETANGCO, JR.

Governor and Chairman of the Monetary Board
Bangko Sentral ng Pilipinas

KABALITA

Let the cash register ring in the new digits to usher in a new chapter in the history of the world with the country's foremost custodian of our hard earned savings taking center stage as he gives his bold and fearless forecast for 2016 while showing us why making money is everybody's business on his proverbial return to Asia's First Rotary Club.

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THE ROTARY CLUB OF MANILA

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RCM's 24th for RY 2015-16

January 7, 2016, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator: PP Archit Bartolome**"A Joint Meeting Between Rotary Club of Manila (RCM) and
Rotary Club of Forbes Park (RCFP)"****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	PP Archit Bartolome OIC/Moderator
12:30 PM	Call to Order	RCM Pres. Ebot Tan; RCFP IPP John G. Tiong
	Singing of Republic of the Philippines National Anthem Invocation RCM Hymn RCFP Hymn The 4-Way Test Credo	RCM WF Music Chorale PD Pepo Nuñez RCM WF Music Chorale RCFP Music Chorale All Rotarians led by RCFP
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Star Rtn. Dennis Montecillo RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Jan. 1....DSAA Jimmy Cabase; Jan. 5....PD Titong Mendoza; Jan. 8....PIA Jimmy Laya, Rtn. Leo Virata; Jan. 9....PVP Roy Golez; Jan. 12..STAR Rtn. Monch Cruz; Maligayang Bati (Weekly RCFP Birthday Celebrants) : Jan 08....Dir. Raj Bhattee Jan 15....Rtn. Resty Tiangco Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Induction of new Honorary Member to RCManila PDG Aurelio H. "Relly" Reyes, Jr., RY 1987-88 RCManila President, RY 1983-84	RCM Pres. Ebot Tan
12:55 PM	President's Corner	RCM Pres. Ebot Tan; RCFP IPP John G. Tiong

	Presentation of Blue Backer Lapel Pin to PP Boy Ampil; Presentation of Paul Harris Fellow: 1. DG Obet Pagdanganan 2. Spouse Anna Cureg 3. PS Ner Lonzaga 4. PD Jimmie Policarpio 5. Rtn. Thad Liamzon 6. STAR Rtn. Monch Cruz 7. STAR Rtn. Vee David	RCM Pres. Ebot Tan
1:00 PM	Special performance by Young Violin Virtuoso	Mr. Joaquin ‘Chino’ Maria Gutierrez
1:15 PM	Introduction of Guest of Honor & Speaker	Dir. Susing Pineda
	Address: Honorable Amando M. Tetangco, Jr. Governor and Chairman of the Monetary Board Bangko Sentral ng Pilipinas (BSP)	
	Public Forum	
	Raffle of cash prizes	Dir. Bobby Joseph
	Response and presentation of token of appreciation to Gov. Amando M. Tetangco, Jr.	RCM Pres. Ebot Tan; RCFP IPP John G. Tiong
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

A Very Happy, Blessed, and Bountiful New Year to one and all! The long Yuletide Season has given us the needed respite to be with family, friends, and loved ones, as we rekindle our ties with each one of them. After all, that's what Christmas is all about. Before we ended our Club's activities last year, we had US Intelligence and Naval Experts Christopher K. Johnson (Former CIA China Station Chief) and Retired US Navy Admiral Samuel Jones Locklear III, who were both actively involved in the launch of the US-Philippine Strategic Initiative Program of the Center for Strategic and International Studies, enlighten us with very important information relevant to our national security situation. Our last meeting day in 2015 also coincided with our District Governor's Visit. Our Club was highly commended by our very own DG Obet Pagdanganan and his District Team for our achievements during the first half of this Rotary Year 2015-2016, which DG Obet proudly acknowledged during his address before our Club at this last meeting day of 2015.

On news within our Club, last 16 December 2015, PD Phillip Ong led a group of Manila Rotarians, including ISDG/AG/IPP Frank Evaristo with Ms. Vicky Montilla, PE/VP Teddy Ocampo, Dir. Amading and spouse, Nellie Valdez, PD Ner Lonzaga, and AS Alvin Lacambacal, who attended the Christmas Party for the Hospicio de San Jose Special Children and Elderly Persons, which PP Boy Guevara contributed to. Two days later, on 18 December 2015, PD Ed Lee treated our Rotary Club of Manila Secretariat to a Christmas Lunch at his Yue Lai Restaurant along Mabini St. in Manila, which was attended by our very own DG/PP Obet Pagdanganan. Four days later, on 22 December 2015, the Solstice Bistro located at 8 Rockwell, which is a restaurant owned by Rtn. Joe Assad and Rtn. Jack Rodriguez, was formally opened, with several Manila Rotarians gracing the occasion. Six days later, on 28 December 2015, Former House Speaker and our very own Manila Rtn. Joe de Venecia celebrated his birthday, with a big group of Manila Rotarians led by no less than Honorary Manila Rotarians and Former Philippine Presidents Fidel "Eddie" V. Ramos and Joseph Ejercito Estrada (the incumbent Mayor of the City of Manila) attending the party. Other Manila Rotarians seen during this event were ISDG/AG/IPP Frank Evaristo, ICoS/SDG/PP Cesar Ubaldo, PE/VP Teddy Ocampo, IDCoS/ISDG/DE/IPS Albert Alday, Dir. Amading Valdez, Dir. Susing Pineda, Rtn. Joe Assad, PD Rod Valencia, PD Ner Lonzaga, Rtn. Nilo Aventura, and STAR Rtn. Vee David.

On news from around the District, the Yuletide Season was a busy one for Rotary. On 12 December 2015, the Rotary District 3810 Christmas Bazaar 2015 was opened at the SMX Function Halls 1-2 in Pasay City, where our very own DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and I were in attendance. Later that day, ICoS/SDG/PP Cesar Ubaldo, ISDG/AG/IPP Frank Evaristo, and PE/VP Teddy Ocampo attended the All Star Team Presidents' Christmas Fellowship at the Marina Bay East Clubhouse in Parañaque City. Two days later, on 14 December 2015, ISDG/AG/IPP Frank Evaristo and DGND/CoS/PP Rudy Bediones attended the District 3810 Past Presidents Council ("PPC") Christmas Party at the residence of PPC Chair ISDG/PP Ruben Siao of the Rotary Club of Manila Centennial at his residence in Manila. Three days later, on 17 December 2015, the Rotary Club of Manila Bonifacio Drive, led by WCP Gwendolyn Pang, who also happens to be the Secretary-General of the Philippine Red Cross, hosted the District 3810 Christmas Party at the Philippine Red Cross Center in Mandaluyong City, with our very own DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, ISDG/AG/IPP Frank Evaristo, Dir. Oca del Rosario, PDG Vince Carlos, PVP Lance Masters, PD Nick Locsin, PT Jim Chua, and me in attendance. Eleven days later, on 28 December 2015, together with our very own DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones, I attended the World Class Presidents' Yuletide Fellowship at the Center Stage Family KTV and Resto Bar at the Seaside, MOA, Pasay City. Finally, to start 2016 in the right direction, last 4 January 2015, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and I attended the District 3810 Area Meeting for the month of January at the Aristocrat Restaurant along Roxas Boulevard in Manila.

Today, as is traditional for the past several years, our Guest of Honor and Speaker for our first meeting day of the New Year will be none other than the Governor of the Bangko Sentral ng Pilipinas and Chairman of the Monetary Board, the Hon. Amando M. Tetangco, Jr., who will present his insights on how the Philippine economy will fare in the New Year, in a joint meeting with the Rotary Club of Forbes Park.

I urge all Manila Rotarians to actively participate and support all of our Club's activities and programs this New Year. In particular, I remind you all to help build up our membership base by helping recruit at least one new member each. Please submit the name(s) of your prospective recruit(s) to our Membership Committee or to our Secretariat as early as possible, as it takes some time to process membership applications.

Mabuhay ang Rotary Club of Manila. Isang Masagana at Manigong Bagong Taon sa lahat!

GUEST OF HONOR AND SPEAKER'S PROFILE



AMANDO M. TETANGCO, JR.

BSP Governor and Chairman of the Monetary Board
Bangko Sentral ng Pilipinas

Mr. Amando M. Tetangco, Jr. is the Governor of the Bangko Sentral ng Pilipinas (BSP). He was reappointed for a second six-year term commencing July 4, 2011. As BSP Governor, he serves as Chairman of the Monetary Board, the BSP's principal monetary policy-making body.

A career central banker, Governor Tetangco has been in the service of the BSP for four decades. Prior to his first appointment as Governor in July 2005, he was Deputy Governor in-charge of the Banking Services Sector, Economic Research and Treasury of the BSP. He also served as Alternate Executive Director of the International Monetary Fund in Washington, D.C. from 1992 to 1994.

As head of the BSP, Governor Tetangco is the Chairman of the Anti-Money Laundering Council (AMLC); Financial Stability Coordination Council; Financial Sector Forum; and Philippine International Convention Center.

At the International Monetary Fund, he is the Governor for the Philippines while he is the Alternate Governor at both the World Bank (WB) and the Asian Development Bank (ADB). At the Bank for International Settlements (BIS), he is Chair of the Asian Consultative Council for a term of two years, that started April 2014 and Chair of the Meeting of Small Open Economies. Up until June 2015, he was also the Co-chair of the Financial Stability Board Regional Consultative Group for Asia. In September 2014, he completed his two-year term as Chair of the Alliance for Financial Inclusion (AFI) Steering Committee, for which he received an Honorary Award for excellent stewardship.

Governor Tetangco is credited with strengthening the BSP's ability to promote growth and stability, which has led to the ideal convergence of low inflation and strong economic growth; and the promotion of a stable and more inclusive banking and financial system.

Also, during Governor Tetangco's term, financial inclusion, financial education and consumer protection were institutionalized as BSP agenda. He chairs the Inclusive Finance Steering Committee, providing strategic direction and guidance on various inclusion related initiatives in the areas of (1) policy and regulation, (2) financial education and consumer protection, (3) data and measurement, and (4) advocacy programs. He also chairs the interagency steering committee for the National Strategy for Financial Inclusion (NSFI). The NSFI was launched in July 2015. Under the Governor's leadership, related institutional reforms such as the creation of the National Retail Payment System and the development of a financial consumer protection framework are being put in place to ensure a more efficient and inclusive retail payment system and responsive and responsible financial institutions. In 2014, AFI recognized the BSP's concrete gains in achieving its financial inclusion commitments thru the Maya Declaration Award. In December 2015, the Economist Intelligence Unit cited the Philippines for the second straight year as the top country in Asia, and third in the world, with the most conducive environment for financial inclusion.

Governor Tetangco obtained his economics degree from the Ateneo de Manila University cum laude and his Master's in Public Policy and Administration with concentration in Development Economics at the University of Wisconsin-Madison, USA as a Central Bank scholar.

SPECIAL PERFORMER



Mr. Joaquin 'Chino' Maria Gutierrez

He was only 7 when he took his first violin lesson, and two years later placed second in the National Music Competition for Young Artists.

At 10, he bagged the First Prize and made his orchestral debut at the Cultural Center of the Philippines with Lalo's *Symphonie Espagnole*. His performance was such that Germany-based Filipino conductor Oscar Yatco blurted: "That boy is the Cecile Licad of the violin!"

Mr. Joaquin Maria Gutierrez was easily accepted at Munich's prestigious State Academy of Music and Theater, where pedagogue Jens Ellermann instantly classified him as "a major talent."

"Chino"—as the young violinist is known to friends—is now into his early 20s. He appeared in a special recital with pianist Corazon Kabayao last November 30 at the BDO Francisco Santiago Hall.

PREVIEW OF FORTHCOMING THURSDAY SPEAKER January 14, 2016, 12N, Manila Polo Club



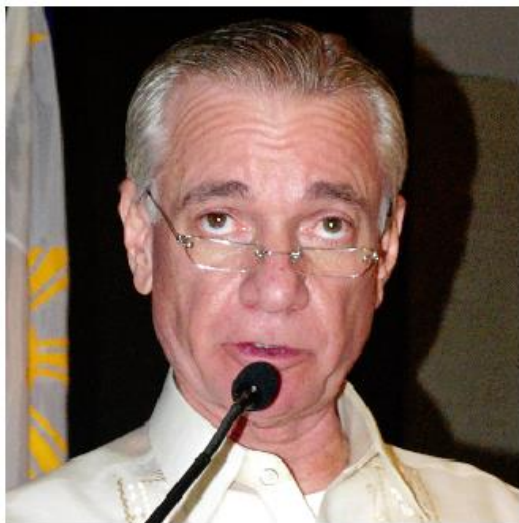
Hon. Rodrigo R. "Rody / Digong" Duterte
Mayor, Davao City;
Presidential Aspirant 2016 Elections

January 21, 2016, 12N, Manila Polo Club



Dr. Mahar Mangahas
President of Social Weather Stations (SWS)

THE WEEK THAT WAS...



PVP Fausto Preysler as OIC-Moderator directs the program of activities for RCM's last meeting 2015, held at the New World Makati Hotel Ballroom.



Rtn. Farid Schoucair delivers an ecumenical prayer.



Rtn. Nicky Villaseñor III introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Our very own **DG Roberto "Obet" M. Pagdanganan** gave his Governor's Message as part of his Official Visit to his own club, the Rotary Club of Manila, the First in Asia where he mentioned all the achievements so far of his own club during the term of WCP Ebot Tan.



Pres. Ebot Tan presents RCM's District Governor's Fund to RID-3810 Governor Obet Pagdanganan with District Treasurer Rose Lim.



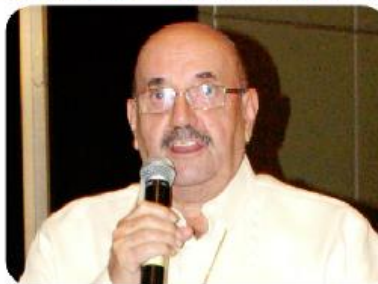
The RCM World-Famous Chorale led by Chairman PP Babes Reyes performing a special Christmas Song Medley to the delight of the appreciative audience.



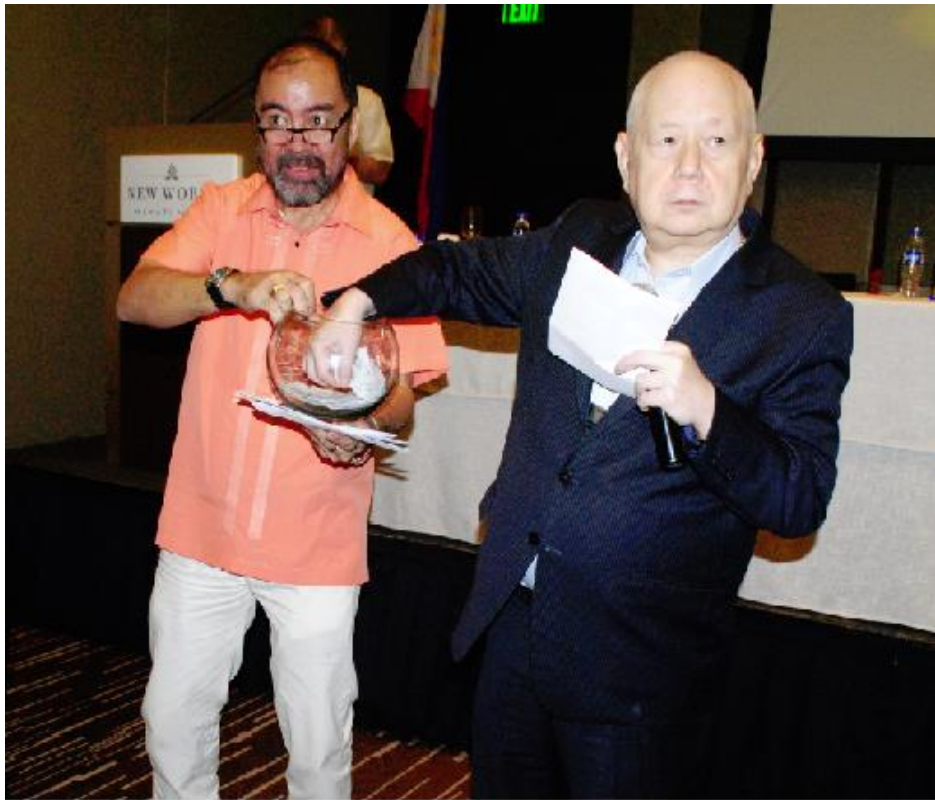
Rtn. Babe Romualdez, Co-Chairman, Program Committee does the pleasure of introducing **Mr. Christopher K. Johnson**, Former CIA China Station Chief; and **Admiral Samuel Jones Locklear III**, Former Pacific Command Commander respectively, as guest speakers.



US Intelligence and Naval Experts Christopher K. Johnson, Former CIA China Station Chief and Retired US Navy Admiral Samuel Jones Locklear, III, dissected every nook and cranny of intelligence work and military operations at sea in defense of freedom during the launch of the US-Philippine Strategic Initiative Program of the Center for Strategic and International Studies at Asia's First Rotary Club.



An interactive public forum followed suit post the speech of **Mr. Christopher K. Johnson** and **Admiral Samuel Jones Locklear III**.



Director Bobby Joseph draws the weekly raffle cash prizes with **PT Chito Tagaysay** winning 1st prize of Php 7,000; **PS Joey Yujuico** winning 2nd prize of Php 4,000 which he donated half of his winning of Php 2,000 to RCM's Service Project and **PP Cesar Ubaldo** winning 3rd prize of Php 2,750.



Pres. Ebot Tan presents to **Mr. Christopher K. Johnson** and **Admiral Samuel Jones Locklear III**, religious icons as the club's token of appreciation for being the guest speakers

RCM WEEKLY BIRTHDAY CELEBRANT/S



Pres. Ebot Tan presents the birthday celebrants Rtn. Momo Mommaerts, PP Boy Guevara, PD Rod Valencia, AG/IPP Frank Evaristo and PDG Alex Cureg for the traditional blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

SPECIAL BOARD / DISCON 2016 COMMITTEE MEETING



Present during the Special Board / DISCON 2016 Committee meeting were: Pres. Ebot Tan, IPP/AG Frank Evaristo, Dir. Sam Eldebs, Dir. Oscar del Rosario, AS Alvin Lacambacal, Treas. Chito Zaldarriaga, Dir. Amading Valdez, Dir. Bobby Joseph, PDG Alex Cureg, PE/VP Teddy Ocampo, Dir. Susing Pineda, ES Anna Kun Toledo, Sec. George Salazar, DE Albert Alday and Rtn. Emyl Eugenio.

DISTRICT GOVERNOR'S VISIT



District Governor Obet Pagdanganan presiding over the Governor's Visit to RCM, his home club, together with the board of directors led by **Pres. Ebot Tan**.



Pres. Ebot Tan presents to **District Governor Obet Pagdanganan** a compilation of the weekly Rotary BALITA as **Secretary George Salazar** looks on.



District Governor Obet Pagdanganan together with his fellow members of the board of RCM led by Pres. Ebot Tan. (Standing from L-R) IPP/AG Frank Evaristo, PE/VP Teddy Ocampo, Sec. George Salazar, Dir. Susing Pineda, Dir. Oscar del Rosario, AG/PP/DGE Rudy Bediones, Dir. Issam Eldebs, PVP Lance Masters and Dir. Amading Valdez. Seated from R-L: Rtn. Brian Lane, Dist. Auditor Marci Bautista, AG Joyce Ambray, Pres. Ebot Tan, DG Obet Pagdanganan, Assist. District Sec. Vilma Vinluan, Dist. Treas. Rose Lim, SDG Lily Aguilar and SDG Arlene Velez.

SPECIAL CHILDREN CHRISTMAS PARTY AT HOSPICIO



Chairman PD Phil Ong with IPP/AG Frank Evaristo and Spouse Vicky Montilla, PE/VP Teddy Ocampo and PD Ner Lonzaga brought "***Christmas Cheers***" to the special children of Hospicio De San Jose during the yuletide season.



Sisters Teresa Padilla, DC and Sis. Magdalena Erasmo acknowledge the presence of its annual benefactor, the Rotary Club of Manila Special Children Project chaired by **PD Phil Ong**.



Chairman PD Phil Ong delivers his Christmas Message to the Hospicio administrators and special children.



SPECIAL CHILDREN CHRISTMAS 2015

The Christmas Event organized by Special Children Committee Chairman PD Phillip Ong for the special children and elderly persons clientele of Hospicio de San Jose was held last Thursday December 16, 2015. Present to bring cheers to the special children and elderly persons clientele of Hospicio de San Jose were – IPP Frank Evaristo & Vicky Montilla, PE/VP Teddy Ocampo, Dir. Amading & Nellie Valdez, AS Alvin Lacambacal, and PD Ner Lonzaga, The Caregiver team of Hospicio de San Jose organized games that was participated by the Special Children and Caregiver team.

Sor. Magdalena Erasmo, D.C. and Sor. Teresa Padilla, D.C. received the following donations :

1. Chairman PD Phillip Ong...	Php	30,000.00
2. PT Jun Follocso		30,000.00
3. PD Ner Lonzaga.....		6,000.00
4. PP Boy Guevara.....		5,000.00
5. Dir. Oscar del Rosario, Sr....		2,500.00
6. AS Alvin Lacambacal.....		500.00
6. IPP Frank Evaristo.....		Assorted gifts
7. Ms. Vicky Montilla.....	(Php 3,000 donation for Angie's Painting)	
8. Dir. Amading & Nellie Valdez...		Assorted gifts

BULONG PULUNGAN CHRISTMAS EVENT AT SOFITEL



RCM Officers attending the **Bulong Pulungan's Year-End Forum and Christmas Party** at Sofitel. In photo (standing) **IPP/AG Frank Evaristo**, **PVP Lance Masters**, (seated) **DGND Rudy Bediones**, **PE/VP Teddy Ocampo** and **Pres. Ebot Tan**.



In a posterity photo with **IPP/AG Frank Evaristo**, **Honorary Rtn. Cesar Purisima**, **Secretary of Finance** and **Pres. Ebot Tan**.



Pres. Benigno S. Aquino III with IPP/Frank Evaristo, PE/VP Teddy Ocampo, Dir. Bobby Joseph, DGND Rudy Bediones, Pres. Ebot Tan, PVP Lance Masters.



Bulong Pulungan Media Forum held at Sofitel, December 11, 2015 with Pres. Benigno S. Aquino III.

D3810 PRESIDENTS-ELECT CHRISTMAS PARTY



Christmas Party of District 3810 Presidents -Elect hosted by DGE Ernesto Yuyek. Seen in photo are: **IPP/AG Frank Evaristo, PE/VP Teddy Ocampo, DG Obet Pagdanganan, DGE Ernesto Yuyek and PP Cesar Ubaldo(Incoming Chief of Staff)**



District 3810 "Superhero" Christmas Party

By PVP Lance Masters

Rotary District 3810 held its Annual Christmas Party at a superb venue, the all new Multi-purpose Hall of the Philippine Red Cross, courtesy of Chairman Dick Gordon and host WCP RC Bonifacio Drive, Gwen Pang, who serves as Director General of PRC.

The party included a sumptuous buffet and open bar, live bands and dancing, a magic show, face painting, food carts, games, raffles and door prizes, and so much more. The serious moments included the formal chartering of RC Bonifacio Drive and induction of its offers and new members, and an inspirational address by Senator Gordon. RCMer's participating included DG Obet Pagdanganan, DGND COS Rudy Bediones (and wife Sharon), AG/IPP Frank Evaristo, PDG Vince Carlos, Dir Oscar del Rosario, PT Jim Chua, PD Nick Locsin, and PP Archit Bartolome.



If you are not regularly participating in District parties and events, you're missing at least half the fun and opportunity for service that maybe were

part of what attracted you to Rotary in the first place. The next big District event is “Chinese New Year’s Celebration on the 30th.” Express your interest to join to Anna. You’ll be glad that you did.



RC Manila officers led by **Pres. Ebot Tan** with **PVP Lance Masters**, **IPP Frank Evaristo** and **Dir. Oscar del Rosario** as they pose in a photobooth of RC Manila Bonifacio Drive Charter Induction and District 3810 Christmas Party.



photo shows: **Arwin A. Serrano**, **Sharon Hughes Bediones**, **Pres. Eusebio V. Tan**, **PVP Lance Masters**, **Chairman Richard J. Gordon**, **IPP/AG Frank Evaristo**, **Mona Liza T Argana**, **PP Archit Bartolome** and **Dir. Oscar A. del Rosario** at Philippine Red Cross.



RC Manila Bonifacio Drive Charter Induction and District 3810 Christmas Party held at Philippine Red Cross, Dec. 17, 2015. Seen in photo are: **Pres. Ebot Tan, PT Jim Chua, IPP/AG Frank Evaristo, PDG Vince Carlos, PVP Lance Masters and Dir. Oscar del Rosario.**

DISTRICT 3810 CHRISTMAS BAZAR



District 3810 Christmas Bazar

By PVP Lance Masters

Rotary District 3810 held its first-ever Christmas Bazaar at the SMX Convention Center on December 12 and 13. More than 100 vendors, including our own RCM Muhammad Aslam's Trendsetter linens and yours truly, selling some of my vintage collectibles from around the world, were welcomed by District Officers, Rotarians and general visitors from throughout the region in last-minute Christmas shopping. Booth rentals went to support District charities and events. It was a fun event and we hope that you'll join us next year!



Here's DGND Rudy advising me on pricing of a Dickens' Village Castle that Celene Chua bought.

DISCON 2016



ROTARY INTERNATIONAL
District 3810 - Philippines
 Manila, Pasay, Cavite and Mindoro



DISTRICT CONFERENCE (DISCON) 2016
Manila Hotel, April 1-2, 2016

Dear Fellow Rotarians,

RE: DISTRICT CONFERENCE 2016 APRIL 1-2, 2016 AT MANILA HOTEL

After Rotary Year 2005-2006, Rotary Club of Manila was able to regain representation in the Rotary International leadership hierarchy by our ROBERTO "Obet" M. PAGDANGANAN, as District Governor for this Rotary Year 2015-2016. The Board invite everyone to support the culminating activity of Governor Obet when the Rotary District 3810 on Friday-Saturday, April 1-2, 2016, will be hosting the District Conference 2016 to be held at the Manila Hotel.

The purpose of the district conference is to advance the Object of Rotary through fellowship, inspirational addresses, and the discussion of Rotary-related matters. The event not only showcases successful district and club activities but also highlights Rotary programs.

During the event, you can network with our wide profile of guests and showcase your products, programs and / or services by advertising in the DISTRICT CONFERENCE 2016 SOUVENIR PROGRAM or by event SPONSORSHIP.

Enclosed are : DISCON 2016 Advertising Contract and Event Sponsorship Package for your consideration.

The Board thank you for your support on this special occasion for our Club as we prepare ourselves to organize the Rotary Centennial Celebration in the Philippines and in Asia come Rotary Year 2018-2019.

Yours in Rotary,

Pres. EUSEBIO V. TAN
 Over-all Chairman, Discon 2016



ROTARY INTERNATIONAL
District 3810 - Philippines
 Manila, Pasay, Cavite and Mindoro



DISTRICT CONFERENCE (DISCON) 2016
 Manila Hotel, April 1-2, 2016

Registration Form

Club President: _____ **Rotary Club :** _____

Members Attending :

	Surname	Rotary Name	Club Position
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Early Bird: December 2015-February 15, 2016 Php 3,500.00

Regular Rate: February 16, 2016 – March 16, 2016 Php 3,800.00

Mode of Payment: ☐ **Direct payment thru Rotary Club of Manila bank account Metrobank Anda Circle Branch DISCON Account No. _____**

☐ **Credit card payment (Please call RCM Secretariat for RPS form)**

NO ON SITE REGISTRATION: ELECTORS MUST BE REGISTERED TO BE ALLOWED TO PARTICIPATE: BULK PICK-UP OF DISCON KIT TO BE ANNOUNCED

Please list me as an ADVERTISER OF DISTRICT CONFERENCE 2016 SOUVENIR PROGRAM

Company name : _____
 Address : _____
 Telephone : _____

This is to authorize the **ROTARY CLUB OF MANILA** to print/include our advertisement, as per attached layout, to occupy the indicated space below, and agreed to pay the corresponding cost/amount indicated.

	Rates
[] Outside Back Cover	Php 50,000
[taken] Inside Back Cover (Rtn John Emyl Eugenio)	25,000
[taken] Inside Front Cover (Dir. Bobby Joseph)	30,000
[taken] Centerspread (PDG Alex Cureg)	25,000
[] Centerspread	25,000
[] Inside Full Page	10,000

AD MATERIALS (CAMERA READY – 8.5 X 11 INCHES)

- [] Will deliver to RCM Secretariat on or before February 15, 2016
 [] Will email to rcmanila@rcmanila.org
 [] Please contact my advertising agency, contact name / contact number/s:

Payment to Rotary Club of Manila is due on or before February 15, 2016

- [] Will deliver to Rotary Club of Manila Secretariat
 [] Will pay directly to Rotary Club of Manila Metrobank, Port Area, Manila
 (Please call the RCM Secretariat at 5271886/87 for the bank account number)

By: _____ Date: _____

Signature over Full name of Advertiser

For further details, please contact the RCM secretariat at 527-1886 to 1887.

INTERNATIONAL RELATIONS

From: "Victor Lo" <victoryklo@netvigator.com>

Date: 5 January 2016 at 10:28:48 PM GMT+8

To: <frankevaristo@yahoo.com>

Cc: "Rotary Club of Kowloon East" <rotaryclub@kowlooneast.org.hk>

Subject: New Year Greetings

Dear PP Frank,

Thank you so much for your seasonal greetings and your kind provision of the news clipping about your generous sponsorship of USD \$2,000- for our 46th Anniversary Ball.

May I also wish you, your better half and fellow Rotarians of RC Manila much success, joy and good health in 2016!

Victor Lo
President
RC Kowloon East



ON THE LIGHTER SIDE



PDG VINCE CARLOS

Quick Thinking

A man in Newcastle walked into the produce section of his local supermarket and asked to buy half a head of lettuce.

The boy working in that department told him that they only sold whole heads of lettuce.

The man was insistent that the boy ask the manager about the matter.

Walking into the back room, the boy said to the manager,

“Some old bastard outside wants to buy half a head of lettuce.”

As he finished his sentence, he turned around to find that the man had followed and was standing right behind him, so the boy quickly added, “and this gentleman kindly offered to buy the other half.”

The manager approved the deal and the man went on his way.

Later, the manager said to the boy.....

“I was impressed with the way you got yourself out of that situation earlier, we like people who can think on their feet here, where are you from son?”

“New Zealand, sir,” the boy replied.

“Why did you leave New Zealand?” the manager asked.

The boy said, “Sir, there’s nothing but prostitutes and rugby players there.”

“Is that right?” replied the manager, “My wife is from New Zealand!”

“Really?” replied the boy, “Who did she play for?”

* * * * *

One-Day Employment

After landing my new job as a Wal-Mart greeter, a good find for many retirees, I lasted less than a day.....

About two hours into my first day on the job a very loud, decidedly unattractive, woman walked into the store along with her two kids, yelling obscenities at them all the way through the entrance.

As I had been instructed, I said, pleasantly, "Good morning and welcome to Wal-Mart."

I then said, "Nice children you have there. Are they twins?"

The ugly woman stopped yelling long enough to say, "Don't be fucking stupid. Of course they aren't twins. The oldest one's 9, and the other one's 7. Why the hell would you think they're twins? Are you blind, or just stupid?"

I replied, "I'm neither blind nor stupid, Madam.. I just couldn't believe someone screwed you twice.

Have a good day and thank you for shopping at Wal-Mart."

My Supervisor said I probably wasn't cut out for this line of work.

* * * * *

Four Golfers

Four married guys go golfing. While playing the 4th hole, the following conversation takes place:

1st Guy: "You have no idea what I had to do to be able to come out golfing this weekend. I had to promise my wife that I would paint every room in the house next weekend."

2nd Guy: "That's nothing. I had to promise my wife I would build a new deck for the pool."

3rd Guy: "Man, you both have it easy! I had to promise my wife I would remodel the kitchen for her."

They continued to play the hole when they realized that the 4th guy hadn't said anything. So they asked him, "You haven't said anything about what you had to do to be able to come golfing this weekend. What's the deal?"

4th Guy: "I just set my alarm for 5:30 a.m. and when it went off, I shut off the alarm, gave the wife a nudge, and said, 'Golf course or intercourse?'

And she said, 'wear your sweater.'"

* * * * *

Bad Golfer

Adrian, a notoriously bad golfer, hits the ball of the 1st tee and watches as it slices to the right and disappears through an open window. Figuring that's the end of it, Adrian gets another ball out and plays on.

On the 8th hole, a police officer walks up to Adrian on the course and says, "Did you hit a golf ball through a window back there?" Adrian says, "Yes I did."

“Well,” says the police officer, “it knocked a lamp over scaring the dog, which raced out of the house onto the highway. A driver rammed into a brick wall to avoid the dog, sending three people to the hospital. And it’s all because you sliced the ball.”

“Oh my goodness,” says Adrian, “is there anything I can do?”

“Yes, there is,” the cop says.

“Try keeping your head down and close up your stance a bit.”

* * * * *

Same Sex Marriage

Michael and Gary got married in California ..

They couldn’t afford a real honeymoon so they drive back to Michael’s Mom and Dad’s house in Portland, Oregon for their first married night together.

In the morning, Johnny, Michael’s little brother, gets up and has his breakfast. As he is going out of the door to go to school, he asks his mom if Michael and Gary are up yet.

She replies, “No”. Johnny asks, “Do you know what I think?”

His mom replies, “I don’t want to hear what you think! Just go to school.”

Johnny comes home for lunch and asks his mom, “Are Michael and Gary up yet?”

She replies, “No.” Johnny says, “Do you know what I think?”

His mom replies, “Never mind what you think! Eat your lunch and go back to school.”

After school, Johnny comes home and asks again, “Are Michael and Gary up yet?”

His mom says, “No.” He asks, “Do you know what I think?”

His mom replies, “Ok, now tell me what you think.”

He says: “Last night Michael came to my room for the Vaseline and I think..... I gave him my airplane glue.”

* * * * *

Bronze Statue

A tourist walked into a Chinese curio shop in San Francisco.

While looking around at the exotic merchandise, he noticed a very lifelike, life-sized, bronze statue of a rat. It had no price tag, but was so incredibly striking the tourist decided he must have it.

He took it to the old shop owner and asked, "How much for the bronze rat "Ahhh, you have chosen wisely! It is \$12 for the rat and \$100 for the story," said the wise old Chinaman.

The tourist quickly pulled out twelve dollars. "I'll just take the rat, you can keep the story".

As he walked down the street carrying his bronze rat, the tourist noticed that a few real rats had crawled out of the alleys and sewers and had begun following him down the street. This was a bit disconcerting so he began walking faster.

A couple blocks later he looked behind him and saw to his horror the herd of rats behind him had grown to hundreds, and they began squealing. Sweating now, the tourist began to trot toward San Francisco Bay. Again, after a couple blocks, he looked around only to discover that the rats now numbered in the MILLIONS, and were squealing and coming toward him faster and faster.

Terrified, he ran to the edge of the Bay and threw the bronze rat as far as he could into the Bay. Amazingly, the millions of rats all jumped into the Bay after the bronze rat and were all drowned.

The man walked back to the curio shop in Chinatown. "Ahhh," said the owner, "You come back for story?" "No sir," said the man, "I came back to see if you have a bronze muslim."

* * * * *

Hillary Takes Muslim Name

Terrorist activity has caused the democrats to take measures in order to protect their candidate for the 2016 Presidency. For security reasons, they have suggested that Hillary have a Muslim name.

So from now on, please refer to her by her new Muslim name: **SELDOM BIN LAYED**

* * * * *

Mercedes Benz

Business Man in 1st Class, to a Sexy Gorgeous Air Hostess:

Business Man: What is your name?

Hostess: Angela Benz, Sir!

Business Man: Lovely name, any relation to Mercedes Benz?

Hostess: Yes Sir.

Business Man: How?

Hostess: Same price!

HONORARY MEMBERSHIP UPDATE

Amb. Bill Tweddell Bids Fond Adieu.

By PVP Lance Masters

With sincere apologies for not finding the time during the busy holiday season to bid a formal thank-you and goodbye, RCM honorary member Ambassador of Australia to the Philippines asked me to convey his fondest appreciation and goodbyes to all of our members as he departs the Philippines to return to his alma mater, James Cook University, as its new Chancellor.

On his election, Bill tweeted: "Deeply honoured at election as Chancellor of [@JCU](#) & at opportunity to give back to my alma mater & home community. WT <http://dfat.ly/1R2wXH2>

Here are excerpts from the formal announcement from JCU:

James Cook University's governing body, the University Council has elected Bill Tweddell as JCU's next Chancellor.



Mr Tweddell will replace the current Chancellor, Lt. Gen. John Grey AC (Retired), who has previously announced he will retire from the position at the completion of his current term on 25 March 2016.

The University Council met to consider two candidates for the position of Chancellor, and Bill was been elected (by a vote of 17 to 5) as Chancellor for a five-year term, beginning March 26th 2016. The Chancellor is the Chair of the University's governing body and presides over all its meetings. He will be the University's fifth Chancellor, and the first alumnus elected to the role.

Mr Tweddell has enjoyed a distinguished career in Australia's diplomatic service spanning four decades. He is currently Australia's Ambassador to the Philippines, having served in the position since 2012.

Other career highlights include serving as Ambassador to Vietnam, Deputy High Commissioner to the United Kingdom, Deputy High Commissioner to India, and High Commissioner to Sri Lanka and the Maldives.

Mr Tweddell grew up in Townsville and completed bachelor degrees in English and Economics at James Cook University. In 2010 he was recognised as an Outstanding Alumnus of JCU.

"I am honoured and humbled to be elected Chancellor, and I am acutely conscious of the big shoes I am to fill," Bill Tweddell said.

Outgoing Chancellor General John Grey said he is delighted by Mr. Tweddell's election. "Bill is an outstanding Australian who has maintained his contacts with James Cook University throughout his career, and particularly since 2010 when he was recognised as an Outstanding Alumnus."

Bill Tweddell said he will bring to the University his experience in promoting Australian initiatives in the region. "Mine has been an Asia-focused career by choice. This focus has enabled me to develop extensive, high-level knowledge and access to senior government representatives in the region." "These postings and my North Queensland upbringing bring depth to my commitment to JCU's tropical agenda in our region and beyond."

DISTRICT 3810 AREA MEETING



President Ebot Tan at the District 3810 Area Meeting on 4 January 2016 at the Aristocrat restaurant on Roxas Boulevard, Manila.

SEAMANSHIP TRAINING



Seamanship Training Commencement Exercise of Propeller Club Batch 14, presented Rotary Awards to the outstanding students who underwent seamanship training – Fitter Machinist scholars of Propeller Club was held last Wednesday December 9, 2015 at Dohle Hauss Manila. Photo above from L to R shows : IPP Frank Evaristo, Ms. Ella Baybay of IMEC, Pres. Ebot Tan, Scholar awardees – Aaron Orciga, Francis John Magolta and John Louie Vila, Seamanship Training Chairman SAA Dave Reynolds, Mr. Benny Garcia of IMEC.

MEDICAL EQUIPMENT TRAINING & REPAIR



Seen in photo are: **Rotarian PD Rob Sears** hosted a lunch meeting with **Biomed Tech Jhay Burla** and **ES Anna Kun Toledo**.

JDV BIRTHDAY CELEBRATION



80th Birthday of Rtn. Jose de Venecia, former speaker of the house celebrating birthday at Vera Perez Garden with Manila Rotarians. from L-R(Seated): **Femy Lonzaga**, **Nellie Valdez**, **PE/VP Teddy Ocampo**, **Rtn. Nilo Aventura**. From L-R(Standing)**Marites Pineda**, **Dir. Susing Pineda**, **Dir. Amading Valdez**, **PD Ner Lonzaga**, **IPP/AG Frank Evaristo**, **PD Albert Alday** and **PP Cesar Ubaldo**.



Also present during the birthday celebration of Rtn. Joe de Venecia are: Rtn. Joe Assad, Mayor Erap Estrada, spouse Gina de Venecia and former president/Rtn. Fidel V. Ramos.

40TH CONSULAR BALL



THIS WEEK ON PEOPLEASIA By Babe Romualdez
(The Philippine Star) Jan. 3, 2016

40th Consular Ball: Celebrating friendship, cooperation & understanding

The black tie 2015 Consular Ball of the Philippines held at the Rizal Ballroom of the Makati Shangri-La Manila saw the members of the diplomatic corps gathered together for one single cause: to foster understanding, friendship and cooperation among career-professional and honorary consuls of foreign countries in the Philippines.

But more than just a social organization of diplomats and consuls, the Consular Corps of the Philippines (CCP) — a member of the World Federation of Consuls — engages in noteworthy development projects that benefit numerous communities in the country. This common goal to make lives better for others is only one of the things that bind the members and their spouses. The CCP collaborates with the Department of Foreign Affairs on various projects such as the scholarship program spearheaded by the DFA Ladies Foundation. The group also assists foreigners in the country with the help of the Bureau of Immigration.

This year's affair, hosted by Johnny Litton, was spearheaded by incoming 2016 Consular Corps Dean and ball chairperson and Honorary Consul General of Monaco Fortune Ledesma with help from co-chairpersons Gambia Honorary Consul Agnes Huibonhoa, US Consul General Donna Blair, Tanzania Honorary Consul Betty Chua and outgoing Consular Corps Dean Tetsuro Amano, Minister and Deputy Chief of Mission of the Embassy of Japan.

Among the other projects supported by the Corps include the reforestation and planting of over 30,000 mangrove propagules in Occidental Mindoro in support of the climate change efforts of the province; fundraising activities for disaster preparedness, relief and rehabilitation for the survivors of typhoons and other natural calamities and disasters. It also provides assistance to abandoned and seriously ill children and elderly people in partnership with the Asia America Initiative. Photos by RAMON JOSEPH J. RUIZ



seated from L-R: **PVP Lance Masters, Ms. Tracy, Dir. Issam Eldebs.** Standing from L-R: **DGND COS Rudy Bediones, Ms. Sharon Hughes Bediones, Ms. Vicky Montilla and IPP/AG Frank Evaristo.**



Canadian Ambassador Neil Reeder and wife Irene with CATS Motors Inc.'s Felix Ang.



With Tetsuro Amano and Foreign Affairs Secretary Albert del Rosario.



DE Arthur Lopez and Costa Rica Consul General Fausto Preysler.



PVP Lance Masters and Johnny Litton.

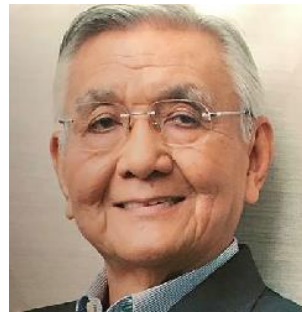
ROTARY CODE OF CONDUCT

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

EULOGY

>From: Roberto Pagdanganan
 <robertopagdanganan635@yahoo.com.ph>
 > Date: January 2, 2016 at 10:38:16 PM GMT+8
 > To: annakuntoledo@yahoo.com
 >EULOGY FOR AMBASSADOR CESAR B. BAUTISTA



> RMP

> EULOGY FOR AMBASSADOR CESAR B. BAUTISTA

> December 19, 2015, Santuario de San Antonio

> LADIES AND GENTLEMEN, Good morning.

> I had the good fortune of meeting Ambassador Cesar B. Bautista in Philippine Refining Company, (PRC), now known as Unilever Philippines, where I worked for 18 years starting as a management trainee in June, 1968. At that time, CBB or Cesar as we fondly called him, was Detergents Production Manager. Later, he was promoted to Managing Director of PRC's Foods Division, eventually becoming Chairman and CEO of PRC, only the second Filipino to hold that position.

> CBB was the role model whom we younger Filipinos in the company, looked up to. I consider myself very fortunate indeed, to have him as my direct Boss for most of the time that I was with PRC. I deeply admired and learned a lot from him. In fact, Cesar was one of the biggest influences in my life. For me, he was the Kuya or older brother, I did not have. He was the mentor I was so fortunate to have had.

> Cesar was one of the most successful and outstanding Filipino chemical engineers, and was recognized as such by the Philippine Institute of Chemical Engineers. He graduated from the University of the Philippines, was one of the Topnotchers when he took the Board exams, and completed his Masters in Chemical Engineering at Ohio State University.

> Cesar was hardworking and very thorough. When he gave you an assignment, you would better do it, and do it well. He had this habit of writing notes in small pieces of paper, as memory aid; there were no post-it pads yet at that time. When you thought that he had forgotten about what he asked you to do, he would invariably surprise you one day, by asking for feedback. He liked to delegate, clearly defining your responsibilities and authorities, and giving you enough leeways. He excelled in making his subordinates grow on their jobs, guiding and challenging them to show their capabilities to the hilt. I benefited immensely from his such quality.

> Cesar was cool, long before that word became fashionable. He would admonish and correct you when you erred but never insult nor embarrass you. Pero mahihiya ka nang magkamali pang muli. And he had his simple and quiet way of letting you know when you have done a good job. His self confidence, kind demeanor and humility, despite his incredible success, were a huge challenge to emulate.

> I remember when I told him about my unexpected appointment as OIC Governor of Bulacan in March, 1986, after the EDSA Revolution. He advised me to evaluate the situation carefully, as it was akin to taking a casual position in government, in lieu of a permanent one in the private sector, with clear possibilities for further growth. When I finally decided to resign, he wished me well. I could feel his concern for my uncertain future, but he understood why I could not let that rare opportunity to serve our people, pass.

>

> I was therefore so happy and proud when Cesar eventually decided to join the government himself. I knew that his excellent executive abilities and unquestionable integrity would be great assets for our country. As DTI Secretary in the Cabinet of President Fidel V. Ramos, he played a key role in the Philippines' Trade Liberalization program, membership in Asia-Pacific Economic Cooperation and the General Agreement on Tariff and Trade. Later, he became Ambassador to the Court of Saint James. I remember Pacita, telling me on one occasion how taxing and financially demanding it was, to be in that position. She was not complaining but perhaps she could not help but compare the salary of an Ambassador to that of a PRC Chairman and CEO!

>

> CBB continued to actively strive to improve our country's international competitiveness upon returning to the private sector, serving as Chairman of the National Competitiveness Council. His patriotism and faith in the Filipino people, never wavered.

>

> I derived much pleasure in seeing Cesar during our weekly meetings at the Rotary Club of Manila, where he was one of our highly esteemed colleagues. I would always approach him to say "Musta ka na Boss?", and he would smile back at me. Just as I would inquire about Pacita and their children from time to time, he would also ask about Susan and our daughter Eya. I'll always treasure those brief moments of being able to interact with him, the last time being just about a week before he suffered that fatal stroke.

>

> Now, my Boss and idol is gone, for he has joined our Creator. I believe that Cesar has now become our Ambassador in the Kingdom of our Almighty Father. I imagine him making a petition, first and foremost, for the good health of his gentle and loving wife Pacita, who I know he loved very dearly. This is so that their children and grandchildren may longer continue to enjoy Pacita's love and guidance. He would surely also pray for their children who they have raised so very well, indeed, and for their grandchildren too.

> Furthermore, I have no doubt that Ambassador Bautista will make representation with the good Lord for Him to bless our country and people so that his dreams for an equitably progressive Philippines will come to fruition.

>

> For all these and for all the kindness you have afforded me personally, may I say "Thank you very much Boss. MARAMING MARAMING SALAMAT." May eternal light shine upon you and may our great and loving God bless you and your family forever!

>

> Finally, and on behalf of the Rotary Club of Manila, may I present this simple plaque to the family, as a gesture of our gratitude for Ambassador Bautista's twenty-six years of service to the Club.

>

> Thank you very much.

CLUB PRESS RELEASE

MANILA BULLETIN

THE NATION'S LEADING NEWSPAPER * Friday, December 18, 2015



AWARD FOR TOURISM EDUCATION - The 'Bulong Pulungan' Forum at Sofitel awarded Robert Lim Joseph (3rd from left), president of the Network of Independent Travel & Allied Services Philippines, Inc. (NITAS), the Outstanding Exemplar Award for Tourism Education for helping uplift tourism education in the country and for his significant role in fostering productive collaboration between the private sector and the academe. President Benigno Aquino III (2nd from left), who was guest of honor during Bulong Pulungan's yearend forum and Christmas party, handed the award to Joseph assisted by Communications Secretary Herminio Coloma Jr.(left) and Bulong Pulungan host Deedee Siytangco.



ROBREDO SPEAKS BEFORE ROTARIANS: Congresswoman Maria Leonor Robredo, 3rd District, Camarines Sur spoke before Manila rotarians, visiting rotarians and guests recently at Rotary Club of Manila, first in Asia, weekly Thursday membership meeting at Manila Polo Club, on her advocacies as a legislator and the plight of constituents she so loyally serves. Photo shows (from left) District Governor Obel Pagdananganan, Rep. Robredo, assistant governor/immediate past president Frank Evaristo and president Ebot Tan.

ROTARY CLUB MANILA AWARDS JOSEPH



Rotary Club of Manila officials led by Ebot Tan (right), president, and Frank Evaristo (left), immediate past president, presented to their guest speaker Republic of Latvia Honorary consul general Robert Lim Joseph, and president of the Network of Independent Travel & Allied Services Philippines, Inc. (NITAS), a token of appreciation, after his speech last Thursday attended not only by members of the Rotary Club of Manila but also by foreign and local guests. Joseph spoke on a number of issues facing the tourism industry and gave his thoughts on burning issues of the day during the open forum, including the "tanin bala" controversy, which he said could have been handled better if the authorities concerned acted decisively on the matter and implemented measures at the airport to address it within few days after the news came out in the media.



CARPIO SPEAKS BEFORE ROTARIANS Hon. Antonio T. Carpio, senior associate justice of the Supreme Court of the Philippines, spoke before Manila and visiting rotarians, and guests recently at the Rotary Club of Manila—first in Asia—weekly (Thursday) membership meeting at the Manila Polo Club, on the implications of China's aggression to the West Philippine Sea, and its claim on the islands situated in the South China Sea. Photo shows (from left) rotarian Joe Assad, Assistant Governor I and Immediate past President Frank Evaristo, Carpio, rotarian and Chairman for Program Committee Tong Payumo and Secretary George Salazar.

CHRISTMAS LUNCH AT YUE LAI



PD Ed Lee played gracious host to the RCM Secretariat led by Exec. Sec. Anna Kun Toledo for their annual Christmas Lunch at Yue Lai Seafoods and Hot Pot Restaurant, in 1668 A. Mabini, Malate, Manila, with honored guest, no less than R.I. District 3810 Governor Obet Pagdanganan who gave the secretariat cash gifts in the spirit of the yuletide season. Seated in photo from L-R: Fund Coordinator Princess Noimie Javier, DG Obet Pagdanganan, ES Anna Kun Toledo, Bookkeeper May Patajo, Zharmaine, (Standing in photo) CC Amiel M. Hernandez, Miko, SC Ching Salazar, and Ric.

RCM SECRETARIAT CHRISTMAS TOKEN

Received from the following members listed below:

THANK YOU VERY MUCH!

DE ALBERT ALDAY
 PDG ALEX CUREG
 PVP MANNY DY
 IPP FRANK EVARISTO
 RTN. MON KO
 PP BENNY LAGUESMA
 MEMBERS OF THE BOARD
 PS JUSTIN ORTIZ
 PD BEBOT PINEDA
 PD ERIC SEVERINO
 RTN. JIMMY TANG
 RTN. THOTIE TORRES
 DIR. AMADING VALDEZ

Group cash gift
 Individual cash gift
 Individual cash gift
 Individual Grocery Basket
 Individual gift souvenir
 Individual grocery basket
 Accumulated cash gift of Php9,500.00
 Individual Calendar gift souvenir
 Individual Cash Gift
 Group Cash Gift
 Individual cash gift
 Individual gift souvenir
 Individual gift souvenir

PUBLIC HEALTH NUTRITION AND CHILD CARE



A SIMPLE GUIDE FOR YOUR 2016 NEW YEAR'S RESOLUTION

Elias D. Adamos, M.D.

"The most beautiful things in this world cannot be seen or touched... they are felt with the heart." **"The Little Prince"**
Antoine de Saint-Exupery (1900-1944), French writer, poet, aristocrat, journalist, and pioneering aviator)

Happy New Year! Each year we make promises to ourselves – New Year's Resolutions. I hope this article will serve as a how-to list to help you out in making your 2016 New Year's Resolution. I based my simple guide from the Catholic or heavenly virtues – a combination of virtues from ancient Greek philosophy as identified by Aristotle and Plato and the theological virtues of St. Paul of Tarsus.

First, here are the seven deadly sins: **Pride, Greed, Lust, Gluttony, Envy, Wrath** (rage, anger), and **Sloth** (laziness, idleness). To remember them, a commonly used mnemonic acronym is "SALIGIA" based on the first letters in Latin of the 7 deadly sins: *superbia, avaritia, luxuria, invidia, gula, ira, acedia*. **These are the things you have to avoid in 2016 and hopefully onwards.**

Your Simple Guide for your 2016 Promises (The 7 Heavenly virtues)

With the above-enumerated items to avoid, here are the time-tested virtues to counter them. Base your 2016 New Year's Resolution on the following list.

1. **Humility** (*humilitas*). This counters Pride. Be brave. Face and confront fear. Give credit to where credit is due. Refrain from glorifying your self. Be faithful to your promises. Don't get yourself intimidated with uncertainties of 2016.
2. **Charity** (*caritas*). For this year, be more generous. Be kind to others. Charity is love; and love that resides in the will rather than emotions is held to be the ultimate perfection of the human spirit. Love reflects and glorifies the nature of God.
3. Cleanliness through good health and hygiene. **Chastity** (*castitas*). Avoid intoxicants (alcohol, nicotine). Be honest to your self and to your family and friends. Aim for education and betterment. Avoid temptations, hostility, and corruption.
4. **Kindness** (*benevolentia*). Have positive outlooks and cheerful demeanor. Inspire kindness in others.
5. **Temperance** (*temperantia*). Practice self-control. Be satisfied. Be mindful of others. Temperance is justice and loyalty.
6. **Patience** (*patientia*). Learn to forgive. Resolve conflicts peacefully. Be merciful. Don't be pushy. Don't antagonize others.
7. **Diligence** (*industria*). Hold on to your dreams and persevere with persistence to reach them. Uphold your convictions. Be passionate but observe a careful nature or cautiousness in your line of work.

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