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No. 3638, March 10, 2016

GUEST OF HONOR AND SPEAKER



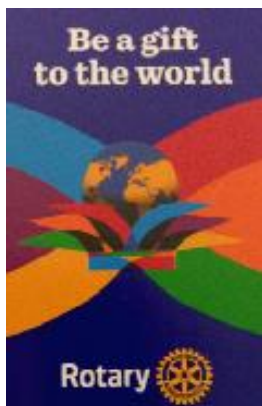
HON. RAFAEL M. ALUNAN, III

Former Secretary, Department of Interior and Local Government
Former Secretary, Department of Tourism
Republic of the Philippines



KABALITA

No one knows the country better than one who knows how each city or province is governed and what's in store for the foreign explorer out there as local governance and tourism make a merry mix up at Asia's First Rotary Club in his bid for a Senate seat in the coming polls.



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RCM's 32nd for RY 2015-16

March 10, 2016, Thursday, 12N, Manila Polo Club Turf Room

OIC/Moderator: PVP Fausto Preysler

P R O G R A M T I M E T A B L E

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	PVP Fausto Preysler OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem Invocation	Pres. Ebot Tan RCM WF Music Chorale STAR Rtn. Mike Ozaeta
	RCM Hymn The 4-Way Test Credo	RCM WF Music Chorale All Rotarians
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	STAR Rtn. Ricky Trinidad RCM WF Music Chorale
1:00 PM	Maligayang Bati (RCM Birthday Celebrant) : Mar. 13.....Rtn. Mon Montaña Happy Birthday Song	RCM WF Music Chorale
1:05 PM	Induction of new member to RCM: a) Brief Introduction of Inductee by his Proposer Mr. Jerry Arucan Agnes (Filipino) Founder, Chairman & CEO, Crossover Technology, Inc. Classification : Manufacturing - Solar Panels b) Formal Induction Ceremony Welcome Baby Rotarian Song	PD Abe Pascual Proposer Pres. Ebot Tan RCM WF Music Chorale
1:10 PM	President's Time	Pres. Ebot Tan
1:12 PM	Introduction of Guest of Honor & Speaker Address: Hon. Rafael M. Alunan III Former Secretary Department of Interior and Local Government and Department of Tourism Public Forum Raffle of cash prizes Response and presentation of token of appreciation to Hon. Rafael M. Alunan III	STAR Rtn. Jack Rodriguez RCM Dir. Bobby Joseph Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, Senator Antonio Trillanes IV shared with us his views as to the state of affairs in our political scene, as well as his personal assessment of the leading candidates who are running for the Presidency of our country in the coming elections in May. Senator Trillanes himself is running for the Vice Presidency, the second highest office in the land. He also gave us an insight into the current controversy involving the West Philippine Sea, and shared with us his “inside story” of what really happened during the Manila Peninsula incident, where he played a central role.

On news within our Club, your DISCON 2016 Committee continues to meet on a weekly basis to update the arrangements for the necessary accommodations, hotel function rooms, booths, and exhibits, as well as the relevant souvenir program, for DISCON 2016, as its date fast approaches. Yesterday, I, together with PP/DGND Rudy Bediones, VP/PE Teddy Ocampo, AS Alvin Lacambacal, and Anna Toledo, met with DS Dolly Uanang and AG Vilma Vinluan and the representative of the Manila Hotel for a food tasting exercise and fine tuned the arrangements for DISCON 2016. For those of you who have not yet registered for the DISCON Conference, please do so immediately. I urge all Manila Rotarians to register, attend, and actively support PP/DG Obet Pagdanganan and our Club (DISCON 2016's host club), at the most significant gathering of Rotarians within our District during the term of PP/DG Obet Pagdanganan as District Governor. We should show everyone that we are united in expressing our whole-hearted support in this endeavor.

On news from around the District, on 3 March 2016, I joined the other World Class Presidents (“WCP's”) at a practice session to prepare for the dance number to be presented by the WCP's at the Governor's Ball during DISCON 2016. On 5 March 2016, I joined the United Manila WCP's (i.e., those belonging to the Manila Area) in yet another practice session to prepare for another dance number to be presented by the Manila WCP's at DISCON 2016. On that same day, 5 March 2016, PVP Lance Masters, ISDG/IDCC/ AG/IPP Frank Evaristo, IDCoS/ISDG/DE/IPS Albert Alday, and ICoS/SDG/PP Cesar Ubaldo attended the District 3810 Assistant Governor and District Team Training Seminar, over which DG/PP Obet Pagdanganan presided at the Bayview Park Hotel in Manila. Two days later, on 7 March 2016, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and I attended the 9th District 3810 Area Meeting held at the Aristocrat Restaurant along Roxas Boulevard in Manila, where all WCP's were required to update the body on the progress of the plans and programs that they proposed and presented during the Mid-Year Review held in Baguio a few months ago. A day later, 8 March 2016, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones attended the DISCON 2016 Dance Practice of the District Officers at the Aristocrat Restaurant along Roxas Boulevard in Manila in preparation for their own dance number to be presented at the Governor's Ball during DISCON 2016.

Today, we welcome as our Guest of Honor and Speaker, Rafael M. Alunan, III, Former Secretary of Interior and Local Government and Former Secretary of Tourism, who will apprise us of his advocacies and his platform of government in his bid for a Senate seat in the coming May elections. I urge all Manila Rotarians to actively engage Raffy Alunan in a lively discussion. I also ask all Manila Rotarians to continue to actively support all of our Club's programs, projects, and activities during the rest of the Rotary Year. More importantly, I urge each and every one of you to please quickly recommend and propose at least one good recruit as a member of our Club in order to strengthen our Club.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



RAFAEL MORENO ALUNAN III

Rafael M. Alunan III, until recently when decided to run for a Senate seat in May 2016, sat on the Boards of Sun Life of Canada (Philippines), Inc., Sun Life Financial Plans, Inc., Sun Life Asset Management Co, Inc., and Grepalife Asset Management, Inc. He remains on the board of Pepsi Cola Products (Philippines), Inc, (PCPPI), the Philippine Council of Foreign Relations (FCFR), and currently serves as Chair, Harvard Kennedy School Alumni Association of the Philippines Board of Trustees, and the National Security Committee of PCFR. He also chairs the Audit, Remuneration and Selection Committees of PCPPI.

He is a an Eminent Fellow of the Development Academy of the Philippines; member of Former Senior Government Officials (FSGO); National Mission Council, De La Salle Philippines; a Fellow of the Institute of Corporate Directors (ICD) and Institute for Solidarity in Asia (ISA); a trustee of the Spirit of EDSA Foundation and Santeh Aquaculture Science and Technology Foundation; and a columnist for BusinessWorld (on leave). He is also a member of the International Institute for Strategic Studies (IISS) and the Philippine Constitution Association (PHILCONSA).

THE WEEK THAT WAS...



RCM Pres. Ebot Tan and RCFP Pres. Tedjie Herbosa alternately call the joint meeting of Rotary Club of Manila and Rotary Club of Forbes Park to order.



RCM Rtn. Manny Blanco as OIC-Moderator directs the program of activities.



RCM Rtn. Willie Peliño delivers an ecumenical prayer.



RCFP Dir. Tim Tolentino introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Dr. Belen Merck, Team Leader delivers brief presentation on the joint Medipinas Medical-Surgical Mission project 2016 between **CEU Universidad Cardenal Herrera, Spain, RCManila & Rizal Medical Center.**



RCM PD Raoul Villegas does the pleasure of introducing **Honorable Antonio F. "Sonny" Trillanes IV**, Senator, Republic of the Philippines, as guest of honour & speaker.



Hon. Antonio F. Trillanes, IV, Senator of the Republic of the Philippines, presented before Manila Rotarians, Forbes Park Rotarians, Visiting Rotarians and guests, his legislative advocacies as well as his take on the different issues concerning the country in his bid for the second highest office in the land.



An interactive public forum followed suit post the speech of Senator **Antonio F. “Sonny” Trillanes IV**.



AG/IPP Frank Evaristo conducts the fund-raising raffle of cash prizes drawn and personally presented by Senator **Antonio F. “Sonny” Trillanes IV** to the winners: 1st prize of P1,400 **Rtn. Art Lopez**; 2nd prize of P1,200 **AS Alvin Lacambacal** and 3rd prize of P1,025 **Mr. Raymond Albert**.



RCM Pres. Ebot Tan presents to Senator **Antonio F. "Sonny" Trillanes IV** 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. RCFP Pres. **Tedjie Herbosa** followed suit presenting the club's token of appreciation to Senator **Antonio F. "Sonny" Trillanes IV**.

MEMBERSHIP



Inductees' proposers' **PVP Fausto Preysler** introduces **Mr. Miguel L. Ozaeta (Filipino)**, Executive Director, Nomura Securities Phils. Inc., Classification: Securities – Securities Brokerage; **PP Dong Saludo, Jr.** introduces **Mr. Richard Tan Ang (Filipino)**, Chairman – Cambridge Center for International Studies-EV Phils. Inc., and **DE Art Lopez** introduces **Mr. Jose Rene D. Banzon (Filipino)**, President – AB Capital Indonesia, President & CEO – Capstone Technologies Inc. and **Mr. Enrico M. Trinidad (Filipino)**, President, MOCYRI Holdings Corporation, prior to the formal induction ceremonies.



RCM Pres. Ebot Tan administers the oath of membership pledge to Inductees' Mr. Miguel L. Ozaeta, Mr. Richard Tan Ang, Mr. Jose Rene D. Banzon and Mr. Enrico M. Trinidad together with their respective proposers: PVP Fausto Preysler, PP Dong Saludo, Jr. and DE Art Lopez.

INTERNATIONAL SERVICE



RCM Pres. Ebot Tan and International Service Dir. Oscar del Rosario present Paul Harris Fellows to PD Jimmie Policarpio for and in behalf of Ms. Christine Joei Policarpio, a Paul Harris Fellow Pin and Mr. Christian Julian Policarpio, a Certificate of Appreciation and Paul Harris Fellow Pin; and Rtn. Carmelo "Teyng" Arcilla a Certificate of Appreciation and Paul Harris Pin.



In a posterity photo with Guest of Honor and Speaker Sen. Antonio “Sonny” Trillanes IV from L-R: RCFP Dir. Tim Tolentino, AT Raoul Villegas, RCFP President Tedjie Herbosa, Sen. Sonny Trillanes IV, RCM President Ebot Tan, IPP/AG Frank Evaristo and Star Rtn. Mike Ozaeta.

REMEDIOS CIRCLE REHAB PROJECT / DISCON 2016 MEETING



Present during the meeting were: Pres. Ebot Tan, DGN/COS Rudy Bediones, PENP Teddy Ocampo, Sec. George Salazar, Rtn. Art Lopez, Dir. Amading Valdez, Dir. Susing Pineda, ES Anna Kun Toledo, Dir. Oscar del Rosario, IPP/AG Frank Evaristo, PDG Alex Cureg, PP Boy Ampil and PDSAA Tony Lopa.

STAR ROTARIANS



The newly inducted members of Rotary Club of Manila in a posterity photo: **Star Rotarians Ricky Trinidad, Rene Banzon, Mike Ozaeta and Richard Ang.**

DISTRICT ACTIVITIES

ASSISTANT GOVERNOR AND DISTRICT TEAM TRAINING SEMINAR



from L-R: IDS Ellen Landicho, PDG Ed Tumangan, DGE Ernest Yuyek, DG Obet Pagdanganan, RC Cavite Metro WCP Lyn Hao Uy (host club), PDG Karen Tamayo & PDG Edmond Aguilar.



Rotary District 3810-DTTS. District Team Training one day Seminar on new topics and learning Strategies held last March 5, 2016 at Bay View Park Hotel Manila, headed by Incoming District Governor-Ernesto Yuyek, District Gov. Obet Pagdanganan and PDG Karen Tamayo. District Training hosted by Rotary Club of Cavite Metro. RCM Who attended were from I- r: Incoming Club Staff, PP Cesar Ubaldo, DE Albert Alday, DGE Ernest Yuyek, PDG Karen Tamayo, PVP Lance Masters and IPP/ AG Frank Evaristo.



MANILA ROTARIANS AT DISTRICT TEAM TRAINING SEMINAR

by

IDCoS/ISDG/DE Albert S. Alday

Four Manila Rotarians, namely, Incoming Speakers' Bureau - Manila Area Chair PVP Lance Masters, GML Editorial Consultant and District 3810 Representative to the Philippine Rotary Magazine ISDG/AG/PP Frank Evaristo, Incoming Deputy Chief of Staff, GML Editor-in-Chief and District Publications ISDG/DE Albert Alday and Incoming Chief of Staff SDG/PP Cesar Ubaldo, participated in the Assistant Governor and District Team Training Seminar hosted by the Rotary Club of Cavite Metro at the Bayview Park Hotel in Manila last March 5, 2016 which was called to order by our very own DG Obet Pagdanganan. IDCoS/ISDG/DE Albert Alday introduced DGE Ernesto Yuyek during the seminar. The Assistant Governor and District Team Training Seminar helps prepare incoming senior deputy governors, assistant governors, district coordinating committee chairs and all other district officers to support Rotary clubs within the district as they pursue the Object of Rotary for the coming Rotary year. The trainers were led by Incoming District Trainer PDG Karen Tamayo who carefully chose the trainers for this year's training seminar. Likewise, during the said event, a photo booth was set up where incoming district officers were given the opportunity to have their pictures taken amid a "Rotary Serving Humanity" backdrop which would be published in the District Directory.

9TH AREA MEETING



District Governor Obet Pagdanganan delivers his speech during the 9th Area Meeting at Aristocrat Restaurant last March 7, 2016.



RCM Pres. Ebot Tan updating his classmates on DISCON 2016 during the 9th Area Meeting at Aristocrat Restaurant last March 7, 2016.



District 3810 Officers and members in a posterity photo with District Governor Obet Pagdanganan.

BEST CLASS PRESIDENT BOARD MEETING



BCP Officers for the Rotary year 2014-2015 lead by PDG Edmond Aguilar held at MetroClub, Makati, March 7, 2016, discussed plans & project of Past Best Class Presidents for Incoming May. From Left: **BCP Andrew Co, Naomi Liguangan, PDG Edmond Aguilar, IPP/Chairman BCP Frank Evaristo, BCP Treasurer Fely Chua Dy. (Standing) BCP Ayett Garcia, Ricky Bajen, Cathy Piczon and Yusoph Mando.**

40TH DAY OF RTN. PERING BENEDICTO



*We, the family of
Ceferino L. Benedicto
are deeply touched by the
overwhelming outpour of
kindness, sympathy
and remembrances we received.*

Our sincerest appreciation

In Loving Memory of

Ceferino L. Benedicto
Consul General a.h.

August 26, 1935 - January 24, 2016



40th day prayer for RCM Consul Ceferino Benedicto, with Mass last March 3, 2016 held at Santuario de San Jose, Forbes Park followed by a lunch at Shangrila Hotel, Makati at Shang Palace Restaurant. From left: PDG Tony Rufino, France Consul Christian Hue, Consul Fortune Ledesma, PDG Vince Carlos, IPP/AG Frank Evaristo, Rtn. Noy Benedicto, Consul Michael Ang and Bernardo Benedicto III.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Eye Check-Up

A Russian went for an eye check-up.

The doctor showed the letters on the board: CZWXNQSTAZKY

Doctor: Can you read this?

Russian: Read??? I even know the guy..., he's my cousin.

Cockpit Announcement

Shortly after a British Airways flight had reached its cruising altitude, the captain announced, "Ladies and Gentlemen, this is your captain. Welcome to Flight 293, non-stop from London Heathrow to New York. The weather ahead is good, so we should have an uneventful flight.

So, sit back, relax, and . . . OH . . . MY GOD!"

Silence followed.....

Some moments later, the captain came back on the intercom. "Ladies and Gentlemen, I'm sorry if I scared you. While I was talking to you, a flight attendant accidentally spilled coffee in my lap. You should see the front of my trousers!

From the back of the plane, an Irish passenger yelled "For the luvva Jaysus, you should see the back of mine!?"

Rye bread every day

Two old Jewish guys, one 80 and the other 87, are sitting on a park bench one morning.

Sam, the 87-year-old had just finished his morning jog and wasn't even short of breath.

Myron, the 80 year old was amazed at his friend's stamina and asked him what he did to have so much energy.

Sam says, "Well, I eat rye bread every day. It keeps your energy level high and you have great stamina with the ladies."

So, on the way home Myron stops at the bakery. As he's looking around, the sales lady asks if he needs any help. He says, "Do you have any rye bread?" She says, "Yes, there's a whole shelf of it. Would you like some?" He says, "I want five loaves."

She says, "My goodness, five loaves! By the time you get to the 3rd loaf, it'll be hard."

The old guy says, 'I can't believe everybody knows about this but me!!'

Female Urologist

An old guy goes to his doctor for his physical and gets sent to the Urologist as a precaution. When he gets there, he discovers the Urologist is a very pretty female doctor.

The female doctor says "I'm going to check your prostate today, but this new procedure is a little different from what you are probably used to. I want you to lie on your right side, bend your knees, then while I check your prostate take a deep breath and say '99'.

The old guy obeys and says "99".

The doctor says, "Great", now turn over on your left side and again, while I repeat the check, take a deep breath and say "99".

Again, the old guy says '99'.

The doctor says, "Very good. Now then, I want you to lie on your back with your knees raised slightly. I'm going to check your prostate with this hand, and with the other hand I'm going to hold on to your penis to keep it out of the way.

Now take a deep breath and say '99'.

The old guy begins, One....Two...Three...

* * * * *

The Birds and the Bees

A mother and her young son were flying to Southwest Airlines from Kansas City to Chicago. The little boy (who had been looking out the window) turned to his mother and asked, "If big dogs have baby dogs and big cats have baby cats, why don't big planes have baby planes?"

The mother (who couldn't think of an answer) told her son to ask the flight attendant.

So the boy went down the aisle and asked the flight attendant, "If big dogs have baby dogs and big cats have baby cats, why don't big planes have baby planes?"

The busy flight attendant smiled and said, "Did your mother tell you to ask me?"

The boy said, "Yes, she did."

"Well, then, you go and tell your mother that there are no baby planes because Southwest always pulls out on time. Have your mother explain that to you."

PUBLIC HEALTH NUTRITION AND CHILD CARE



ADULT IMMUNIZATION SCHEDULE, Part 3

Elias D. Adamos, M.D.

"The greatest wealth is health." Publius Virgilius Maro or Virgil (October 15, 70 BC – September 21, 19 BC), ancient Roman poet

Zoster "Herpes zoster or anti-shingles" vaccine

Adults who are 60 years of age regardless of whether they had a previous history of herpes zoster or none, should get vaccinated against shingles. Specific precautions should be observed to those who have acute illness with or without fever. Don't get the shot if you are allergic to it.

Meningococcal vaccine

Meningococemia is a disease caused by bacteria *Neisseria meningitides*. It results to the swelling of brain tissues (meningitis) and may spread to other organs of the body through the blood stream. Military recruits, institutionalized individuals, and those in unsanitary and over-crowded quarters are susceptible in getting the disease. People who intend to travel or live in countries that have epidemic or are hyper-endemic with meningococemia should get inoculated against the disease.

The vaccines against meningococemia are of two types: conjugate vaccine and polysaccharide vaccine. Only one vaccine type is needed. The vaccine is given through subcutaneous injection, 0.5 ml for 1 or more doses, depending on the body's reaction to develop antibodies against meningococemia. Specific precautions are necessary to those who have had recent viral infection. Postpone, if you were recently sick. If you have allergy to the vaccine, don't get it.

The 2016 Dengue vaccine

On December 21, 2015, the Philippines became the first Asian country to approve Sanofi Pasteur's dengue vaccine. The vaccine's registered name is *Dengvaxia*.

This means that this year, immunization against the deadly Dengue Hemorrhagic Fever is now made available for public consumption after 20 years of laboratory research, tests, and studies. The vaccine is given through three injections at intervals of six months. The aforesaid French pharmaceutical company that issued the vaccine claims that the vaccine efficacy rates vary from 50% to 78% depending on the causal viral strains.

Other vaccines

Animal handlers and veterinary practitioners should get anti-rabies vaccine. Hepatitis C vaccine is also available for health workers and occupational workers who are potentially in danger of getting Hepatitis C. See your family doctor if you have other concerns about preventive immunizations.



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