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No. 3639, March 17, 2016

GUEST OF HONOR AND SPEAKER

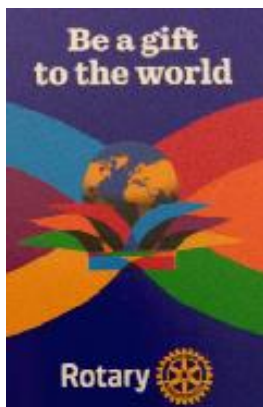


HON. FREDDIE N. WEBB

Former Senator, Republic of the Philippines
Former Representative, Lone District, Parañaque

KABALITA

Rebounding from years of hibernation as a familiar fixture in the Philippine legislature, let this marquee basketball player and sitcom mainstay execute his trademark fastbreak on what to expect in the political arena come the 2016 Elections in his rookie speaking season at Asia's First Rotary Club.



<u>What's Inside</u>	
Programme	2
President's Corner	3
Guest of Honor and Speaker's Profile	4
The Week that Was	5-7
Membership/Weekly Bday Celebratns	8
Membership/Special Board Meeting/WF Rehearsal	9-10
50th Charter Anniversary RC Makati	10-11
Presidents-elect Training Seminar	12-16
Taipei Earthquake Relief	17
Cogs in the Wheel	18
Club News Release	19
On the lighter side	20-21
Public Health Nutrition and Child Care	22
Advertisement	23-24

THE ROTARY CLUB OF MANILA

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RCM's 33rd for RY 2015-16

March 17, 2016, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator: Rtn. Ray Davis

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. Ray Davis OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem Invocation *A moment of silent prayer for the eternal repose of the soul of former RCM member, Rtn., Dr. Ceferino L. "Cef" Follosco, Sr. , who passed-away recently in the grace of our Lord; father of our PT Ceferino G. "Jun" Follosco, Jr. RCM Hymn The 4-Way Test Credo	Pres. Ebot Tan RCM WF Music Chorale AG/ Frank Evaristo RCM WF Music Chorale All Rotarians led by Star Rtn. Yukio Asahina
12:35 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Star Rtn. Ricky Ang RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrant) : Mar. 19.....Dir. Issam Eldebs, Rtn. Markku Helin; Mar. 20.....Rtn. Rey Vea; Mar. 22.....PD Conrad Benitez; Mar. 26.....Rtn. Uwe Hesse Happy Birthday Song	RCM WF Music Chorale
12:45 PM	President's Time	Pres. Ebot Tan
12:47 PM	Introduction of Guest of Honor & Speaker Address: Hon. Freddie N. Webb Former Senator; Former Representative Republic of the Philippines Public Forum Raffle of cash prizes Response and presentation of token of appreciation to Hon. Freddie N. Webb	Rtn. Jack Rodriguez Dir. Bobby Joseph Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, Former Tourism and Former DILG Secretary Rafael "Raffy" M. Alunan, III, who served during the latter part of President Corazon Aquino term and during the administration of Honorary Manila Rotarian, President Fidel V. Ramos, discussed with us his views on how our government should act to improve the economic and political situation in our country. He is known for his "hands on" style of management, whether serving in government or in the private sector (including serving as CEO of Maynilad Water Services, Inc.) He gamely engaged many of our members in a lively discussion during the open forum and described his advocacies and platform of government, as he is running for a seat in the Senate during the national elections in May.

On news within our Club, it is with deep sadness that I announce the passing of a dear friend and former Manila Rotarian, Dir. Ceferino "Cef" L. Follosco, on 14 March 2016, Former Secretary of the Department of Science and Technology during the administration of Honorary Manila Rotarian, President Fidel V. Ramos, and father of our PT Jun Follosco. Cef was a Manila Rotarian from 1974 to 2010. His remains lie in state in Chapel 6 of the Heritage Park in Bonifacio Global City in Taguig. Our Club's necrological services will be held on 16 March 2016 at 7:00pm. Cef will surely be missed. Let us all pray for the eternal repose of his soul.

On news within our Club, the DISCON 2016 Committee is now putting the final touches on the arrangements for the necessary accommodations, function room venues, exhibition booths, and the relevant souvenir program for DISCON 2016, as 1 April 2016 is fast approaching. Again, I urge all Manila Rotarians to register for, attend, and actively participate in DISCON 2016 in order to show our full support for PP/DG Obet Pagdanganan and our Club, which is the official host for the event. I thank all those who have already donated and/or obtained sponsorships for the event and urge those who have not yet done so, to please help out in this regard. Last Monday, 14 March 2016, I together with IPP/AG Frank Evaristo, PP Ed Reyes, and Rtn. Ave Cruz attended the 50th Charter Anniversary gala black tie dinner of the Rotary Club of Makati at the Grand Ballroom of the new Shangrila Hotel at The Fort in Bonifacio Global City in Taguig, which was highlighted by a Vienna Spring Concert. It was a grand affair and I look forward to our own celebration of our Club's centennial in a few years, which I am sure will be an even grander affair.

On news from around the District, last 10 March 2016, DG/PP Obet Pagdanganan and DGND/CoS/PP Rudy Bediones attended the DISCON 2016 Dance Practice at The Aristocrat Restaurant along Roxas Boulevard in Manila. Thereafter, last 11-13 March 2016, DG/PP Obet Pagdanganan, ICoS/SDG/PP Cesar Ubaldó, and IDCoS/ISDG/DE/IPS Albert Alday were on hand at the First Pacific Leadership Academy in Antipolo City to lend moral support to PE/VP Teddy Ocampo who underwent the Presidents-Elect Training Seminar 2 (PETS 2), which is meant to prepare him for his coming presidency during the All Star Rotary Year 2016-2017.

Today, we have as our Guest of Honor and Speaker, Mr. Freddie Webb, former Senator of the Republic of the Philippines, Former Representative of the then Lone District of Parañaque, and a former professional and amateur basketball star, who will share with us his insights and his views on the political situation in our country, including the developments in the campaign leading to the election of a new set of our political leaders in May. Please engage Freddie in a lively discussion during the open forum. Also, please continue to actively participate in and support all our Club's plans, programs, and activities during the remainder of this Rotary Year. Most importantly, please recommend at least one good recruit to beef up our Club's membership.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



Freddie Nelle Webb (born November 24, 1942 in Manila, Philippines) is a Filipino former senator, former congressman, former basketball player and coach. He is currently involved in television, movies and radio (as an actor, radio personality and sportscaster).

He completed his elementary education at San Beda College and his degree in Bachelor of Arts in English at Colegio de San Juan de Letran.

He is married to Elizabeth Pagaspas of Tanauan, Batangas with whom he has six children. He is the father of Hubert, Pinky, and Jason Webb.

Basketball career

Webb first played for the Letran Knights (1960-1964) and became a star for the team. After college, he played in the MICA with the YCO Painters (1965-1975) and in the PBA with the Tanduay Rhum Makers (1976-1978).

He was a member of the national basketball team that participated in the 1972 Summer Olympics. After retiring in 1978, Webb coached YCO-Tanduay (1981-1983) and Shell (1985) in the Philippine Basketball Association. He also coached the Letran Knights for one season in 1975 and finished the season as runner up to the Ateneo Blue Eagles.

Political life

Webb was elected in 1971 as city councilor in Pasay City, which he held up to 1978.

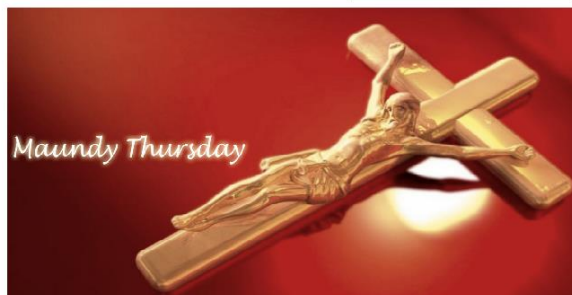
In 1987, Webb ran and won in the Philippine legislative elections as the representative of the lone district of Parañaque. From 1987 to 1988 he was awarded one of the Ten Outstanding Congressman of the Year Award. He sponsored the provisions creating the Sangguniang Kabataan in the Local Government Code of 1991.

In 1992, he was elected Senator for six-year term. As Senator, he held various chairmanships like Senate Committees/Committee on Health and Demography and the Committee on Games and Amusements. He also headed the Senate Ad Hoc Committee on AIDS and the Congressional Commission on Health. He authored, co-authored and steered into law, acts such as the National Health Insurance Act, (R.A.7875), The Hepatitis-B Immunization Act, (R.A. 7846), The Corneal Transplant Law, the Voluntary Blood Donation Act, (R.A.7719) and the Act Granting Benefits to Barangay Health Workers (R.A. 7883).

Acting and broadcasting career

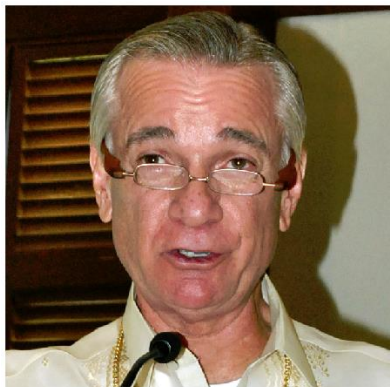
Webb began a career in movies and television beginning from his days as a basketball player up to the present. He is also a radio personality and sportscaster.

NO LUNCHEON MEETING NEXT WEEK MAUNDY THURSDAY, MARCH 24, 2016



Weekly Thursday Meeting resumes on
March 31, 2016

THE WEEK THAT WAS...



PVP Fausto Preysler as OIC-
Moderator directs the program
of activities.



STAR Rtn. Mike Ozaeta
delivers an ecumenical prayer.



STAR Rtn. Ricky Trinidad
introduces the guests, visiting
Rotarians and personalities
seated at the presidential table.



STAR Rtn. Jack Rodriguez does
the pleasure of introducing **Hon.
Rafael M. Alunan III**, Former
Secretary, Department of Interior
and Local Government; Former
Secretary, Department of Tourism,
as guest of honour & speaker.



Former DOT and DILG Secretary Rafael M. Alunan, III presented before Manila Rotarians, Visiting Rotarians and guests, his legislative advocacies as well as his take on the different issues concerning the country in his bid for a Senate seat in the 2016 Elections.



An interactive public forum followed suit post the speech of Hon. **Rafael M. Alunan III.**



Pres. Ebot Tan presents to **Hon. Rafael M. Alunan III** 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.



PD Abe Pascual as proposer delivers brief introductory remarks on inductee **Mr. Jerry Arucan Agnes (Filipino)**, Founder, Chairman & CEO, Crossover Technology, Inc. Classification : Manufacturing – Solar Plants.

MEMBERSHIP



Pres. Ebot Tan administers the oath of membership pledge to Inductee **Mr. Jerry Arucan Agnes** together with his proposer **PD Abe Pascual**.

RCM WEEKLY BIRTHDAY CELEBRANT



Pres. Ebot Tan presents the lone birthday celebrant **Rtn. Mon Montaño** for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.

Membership Committee



Membership Committee Meeting. Present during the meeting from L-R were: PT Lito Sibayan, PVP Lance Masters, PVP Fausto Preysler, ES Anna Kun Toledo and Star Rtn. Jujut Enriquez.

SPECIAL BOARD MEETING



Present during the meeting were: DG Obet Pagdanganan, Pres. Ebot Tan, Sec. George Salazar, Dir. Oscar del Rosario, PE Teddy Ocampo, DGN/COS Rudy Bediones, IPP/AG Frank Evaristo and ES Anna Kun Toledo.

WF MUSIC REHEARSAL AT CCP



Present were: Sec. George Salazar, Chair./PP Babes Reyes, Dir. Oscar del Rosario, PT Jim Chua, PD Beda Fajardo, PD Nick Locsin PVP Lance Masters, Rtn. Nilo Aventura, DGN/COS Rudy Bediones and PD Ralf Gonzales.



50th Charter Anniversary Celebration of Rotary Club of Makati, gala dinner and a Vienna Spring Concert, March 12, 2016 held at the Grand Ballroom, Shangri-La at the Fort, Manila BGC, Taguig City. Attended by RCM Pres. Ebot Tan and IPP/AG Frank Evaristo.



Senator Sonny Angara, Pres. Ebot Tan, IPP/AG Frank Evaristo and RC Makati Incoming President David Ackerman.





from Left: Press Secretary Sonny Coloma, IPP/AG Frank Evaristo and Manila Bulletin columnist Ms. Jullie Yap Daza.

PRESIDENTS- ELECT TRAINING SEMINAR 2



MANILA ROTARIANS AT PETS 2. ICoS/SDG/PP Cesar Ubaldo, PE/VP Teddy Ocampo, DG Obet Pagdanganan and IDCoS/ISDG/DE/IPS Albert Alday with Incoming District Trainer PDG Karen Tamayo during the first day (March 11, 2016) of the Presidents-Elect Training Seminar 2 at the First Pacific Leadership Academy in Antipolo City.



PE/VP Teddy Ocampo delivers the response in behalf of the graduates during the last day (March 13, 2016) of the Presidents-Elect Training Seminar 2 at the First Pacific Leadership Academy in Antipolo City.



PE/VP Teddy Ocampo in a duet with Rotary Club of Pasay Friedens PE Julia Christine Jatico during the PETS 2 "Let's Get Physical" Fellowship (March 12, 2016) at the First Pacific Leadership Academy in Antipolo City.



PE/VP Teddy Ocampo with his All Star Classmates, Rotary Club of Manila Centennial PE Jackson Cu, Rotary Club of Chinatown Manila PE William Uy and Rotary Club of Ermita Manila PE Liz Villaseñor during the final session of the PETS 2 (March 13, 2016) at the First Pacific Leadership Academy in Antipolo City.



Graduation photos of PE/VP Teddy Ocampo with DGE Ernesto Yuyek congratulating him as well as a picture of his diploma.



ROTARY INTERNATIONAL DISTRICT 3810

presents this

CERTIFICATE of COMPLETION

to

TEODORO J. OCAMPO

PRESIDENT ELECT

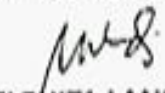
Rotary Club of Manila

For having participated and completed the two and a half day

PRESIDENT ELECT TRAINING SEMINAR (PETS2)

Given this 13th day of March 2016, at First Pacific Leadership Academy, Antipolo City


PDG KAREN TAMAYO
 District Trainer RY 2016-2017


PP ELENITA LANDICHO
 District Secretary RY 2016-2017

ERNESTO YUYEK
 District Governor RY 2016-2017


ROSEMARIE "MARI" YUDA
 PETS2-Chairperson



MANILA AREA CLASS PICTURE. ICoS/SDG/PP Cesar Ubaldo and IDCoS/ISDG/DE/IPS Albert Alday join PE/VP Teddy Ocampo and his All Star classmates from the Manila Area during the picture taking of the Manila Area All Star Presidents-Elect held on the occasion of the graduation ceremonies of the Presidents-Elect Training Seminar 2 (PETS 2) at the First Pacific Leadership Academy in Antipolo City.

TAIPEI EARTHQUAKE RELIEF



Dear Rotary Club of Manila

The Tzu Chi Foundation, Philippines would like to take this opportunity to express our sincerest gratitude for your generosity. Your contribution of

Fifty Thousand pesos

will go a long way to help the less fortunate and will greatly support Tzu Chi's Missions.

The support of people like you give inspiration to Tzu Chi members to continue to walk the Tzu Chi path.

Again, our heartfelt thanks...

Sincerely yours,

Tzu Chi Foundation, Philippines



COGS IN THE WHEEL



TUESDAY, MARCH 15, 2016



Biznews Asia - Award of Excellence was recently awarded by Former President Fidel V. Ramos to **Hon. Rodolfo G. Valencia (RGV)**, for his advocacy and enviable track record as legislator for 14 years and as Oriental Mindoro Governor for 9 years. He rationalized housing regulations, made housing affordable, modernized Mindoro and saved the watersheds of Mindoro Island for better master planning in the future.

As Congressman, he successfully passed many landmark legislations such as RA 9646 - The Real Estate provides housing to many homeless families.

RGV was a consistent Outstanding Congressman and Governor Awardee by former Presidents Joseph Estrada and Fidel V. Ramos. A Ten Outstanding Young Men (**TOYM**) awardee in the field of Human Settlements, RGV is now the Chairman of the RGV Group of Companies.



THURSDAY, MARCH 10, 2016



Ramos



Pagdanganan

Rotary district conference set

The annual district conference (Discon 2016) of Rotary International District 3810 will be staged from April 1 to 2 at the Manila Hotel, district governor Robert Pagdanganan announced.

Highlight of the event is keynote speaker former President Fidel Ramos, honorary member of Rotary Club of Manila.

DISCON 2016 will have as its distinguished guests of honor Rotary International President's Representative and R.I. director Saowalak Rattanaovich of Rotary Club of Bangrak. She is the representative of Rotary International president Ravi Ravindran and Prof. Alvin Campomanes.

District conference is the highlight event of a Rotary District that summarizes the achievements of the year for the service projects to the community.

This year's theme "Be a gift to the world," defined the direction of community service projects of the 101 Rotary Clubs of RID 3810. Rotary International District 3819 is the premier district in the Philippines and has the areas of Manila, Pasay, Cavite and Mindoro under its jurisdiction with over 2,900 Rotarians to date.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Embarrassing Medical Exams

1. A man comes into the ER and yells...

'My wife's going to have her baby in the cab.'

I grabbed my stuff, rushed out to the cab, lifted the lady's dress and began to take off her underwear.

Suddenly I noticed that there were several cabs- - -

Submitted by Dr. Mark MacDonald, San Francisco

2. At the beginning of my shift.

I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall.

'Big breaths,' . . . I instructed.

'Yes, they used to be,' . . . replied the patient.

Submitted by Dr. Richard Byrnes, Seattle, WA

3. One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of 'massive internal fart.'

Submitted by Dr. Susan Steinberg

4. During a patient's two week follow-up appointment with his cardiologist, he informed me, his doctor, that he was having trouble with one of his medications..

'Which one?' . . . I asked.. 'The patch. . .

The nurse told me to put on a new one every six hours and now I'm running out of places to put it!' I had him quickly undress and discovered what I hoped I wouldn't see. Yes, the man had over fifty patches on his body!

Now, instructions include removal of the old patch before applying a new one.

Submitted by Dr. Rebecca St. Clair, Norfolk, VA

5. While acquainting myself with a new elderly patient, I asked, 'How long have you been bedridden?'

After a look of complete confusion she answered. . .

'Why, not for about twenty years-when my husband was alive.'

Submitted by Dr. Steven Swanson-Corvallis, OR

6. I was performing rounds at the hospital one morning and while checking up on a man I asked. . .

'So how's your breakfast this morning?'

'It's very good except for the Kentucky Jelly. I can't seem to get used to the taste.'...Bob replied.

I then asked to see the jelly and Bod produced a foil packet labelled 'KY Jelly.'

Submitted by Dr. Leonard Kransdorf, Detroit, MI

7. A nurse was on duty in the Emergency Room when a young woman with purple hair styled into a punk rocker Mohawk, sporting a variety of tattoos, and wearing strange clothing, entered. . . It was quickly determined that the patient had acute appendicitis, so she was scheduled for immediate surgery.

When she was completely disrobed on the operating table, the staff noticed that her pubic hair had been dyed green and above it there was a tattoo that read. . . 'Keep off the grass.'

Once the surgery was completed, the surgeon wrote a short note on the patient's dressing, which said 'Sorry. . . had to mow the lawn.'

Submitted by RN no name, And finally!!!.

8. As a new, young MD doing his residency in OB.

I was quite embarrassed when performing female pelvic exams. . . To cover my embarrassment I had unconsciously formed a habit of whistling softly.

The middle-aged lady upon whom I was performing this exam suddenly burst out laughing and further embarrassing me. I looked up from my work and sheepishly said. . . 'I'm sorry. Was I tickling you?'

She replied with tears running down her cheeks from laughing so hard . . .

'No doctor but the song you were whistling was. . . 'I wish I was an Oscar Meyer Wiener.'

Dr...wouldn't submit his name. . .

** * * * **

Baby's First Doctor Visit

A woman and a baby were in the doctor's examining room, waiting for the doctor to come in for the baby's first exam.

The doctor arrived, and examined the baby, checked his weight, and being a little concerned, asked if the baby was breast-fed or bottle fed.

'Breast-fed,' she replied. . .

'Well, strip down to your waist,' the doctor ordered.

She did. He pinched her nipples, pressed, kneaded, and rubbed both breasts for a while in a very professional and detailed examination.

Motioning to her to get dressed, the doctor said, 'No wonder this baby is underweight. You don't have any milk...'

'I know,' she said, 'I'm his Grandma...But I'm glad I came. . .

** * * * **

PUBLIC HEALTH NUTRITION AND CHILD CARE



HOLY WEEK 2016

A simple man's guide for self-examination

Elias D. Adamos, M.D.

Today, I thought of sending you a poem. The poem may not be new to you. In fact, you might have encountered or read it a thousand times before. It is called "Desiderata." Doing some research, I found out that it is a Latin word for "desired things." It was written in 1927, by American writer, Max Ehrmann (1872-1945). In the author's lifetime, he did not have a chance to know that his poem would be widely known and that it would have such huge devotional and motivational impact to millions of people around the world. Desiderata was authorized for publication without a copyright notice in the 1940s, as ruled by the U.S. 7th Circuit Court of Appeals in 1976. The poem is therefore in the public domain. Let us all have a prayerful, meditative and meaningful Holy Week.

"Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be.

And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy."

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