

balita



No. 3648, May 26, 2016

GUEST OF HONOR AND SPEAKER



ERNESTO M. PERNIA, Ph.D.

Professor Emeritus
School of Economics
University of the Philippines



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KABALITA

Let the numbers game for the next administration begin as the *Iskolar ng Bayan* Economic Whiz shows Asia's First Rotary Club what "**Change Is Coming**" means in a bold forecast for the DU30 economic climate as he awaits his appointment as NEDA's next big boss.



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PROGRAM

RCM's 42nd for RY 2015-16

May 26, 2016, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator : RCM PP Francis Juico

**"A joint meeting between Rotary Club of Manila (RCM)
and Rotary Club of Forbes Park (RCFP)"**

PROGRAM TIMETABLE

11:30 PM Registration & Cocktails

12:25 PM Bell to be Rung:

Members and Guests are requested
to be seated

**RCM PP Francis Juico
OIC/Moderator**

12:30 PM Call to Order

**RCM Pres. Ebot Tan;
RCFP Pres. Tedjie Herbosa**

Singing of Republic of the Philippines
National Anthem
Invocation
RCM Hymn
RCFP Hymn
The 4-Way Test Credo

**RCM WF Music Chorale
RCM Rtn. Ricky Trinidad
RCM WF Music Chorale;
RCFP Music Chorale
All Rotarians led by
RCFP Dir. John Huang
RCFPPP Frankie Adriano**

12:35 PM Introduction of -

-Guests and Visiting Rotarians
-Personalities seated at the Head Table

Welcome Song

RCM WF Music Chorale

12:40 PM Maligayang Bati (RCM Birthday Celebrants) :

May 30.....Rtn. John Gobenghuy

Maligayang Bati (RCFP Birthday Celebrants) :

May 05.....Dir. Az Zaragoza

May 19.....PP Ruben Torres

May 20.....Dir. Art Pico

May 25.....Rtn. Mario Dimitri

Happy Birthday Song

RCM Wf Music Chorale

12:45 PM President's Time

**RCM Pres. Ebot Tan;
RCFP Pres. Tedjie Herbosa**

12:50 PM Introduction of Guest Speaker

**RCM Rtn. Tong Payumo
Chair, Program Cmte.**

Address: **Dr. Ernesto M. Pernia, PhD**

Professor Emeritus, UP School of Economics;

Transition government, newly-appointed Director-General,
NEDA

Public Forum

1:55 PM Raffle of cash prizes

RCM DE/Dir. Bobby Joseph

Response & Presentation of token of appreciation

to **Dr. Ernesto M. Pernia, PhD**

**RCM Pres. Ebot Tan;
RCFP Pres. Tedjie Herbosa**

2:00 PM Adjournment



PRESIDENT'S CORNER

Dear Fellow Manila Rotarians,

Last week, our own DSAA/PVP Dr. Lance Masters shared with us his very inspiring and fulfilling experience bringing a young underprivileged Filipino child named Joneil, who was suffering from an ailment involving a hole in his heart, to India for the necessary surgery. Lance asked help from our Honorary member, H.E. Lalduthlana Ralte – Extra Ordinary Plenipotentiary Ambassador of India to the Republic of the Philippines, who facilitated the issuance of the necessary visas for Lance, Joneil, and Joneil's mother, to travel to India for the delicate surgery. Joneil and his mother joined us at last week's meeting and, as evidenced by the wide smiles on the faces of Joneil and his mother and Joneil's animated reactions to our cheers and applause, the surgical procedure and the efforts of Lance proved to be very successful. Congratulations to DSAA/PVP Lance, who makes us proud that he is a fellow Manila Rotarian! DG Obet, who was also with us last week, mentioned that he would want to promote similar projects throughout District 3810 so that indigent or underprivileged children suffering from illnesses requiring delicate surgery could be similarly funded and assisted for the surgery to be performed in India. Also, it was suggested that a team of Indian doctors could be invited to come over to the Philippines to perform surgical procedures for indigent Filipino children who may need surgery right here in the Philippines. In this way, more needy children may be able to avail of the services of the Indian team of doctors.

On news within our Club, last Friday, 20 May 2016, ISDG/AG/IPP Frank Evaristo, PE/VP Teddy Ocampo, Dir. Oca del Rosario, ES Anna Toledo, and I flew to Bacolod and motored down to Barangay Daga in Cadiz City to formally turn over 30 housing units and a grocery building that were constructed with the help of Gawad Kalinga using funds sourced from donations from the Governor Kai Fund (Rotary Japan) and the donations from our other foreign sisters clubs, which were earmarked for shelter and livelihood projects to alleviate the lives of the victims of Typhoon Yolanda. Upon our arrival, we were warmly met and greeted by the beneficiaries, who could not hide their joy at receiving the housing units and the grocery building after having suffered the devastation of Typhoon Yolanda. Also on hand to welcome us and participate at the formal turnover ceremonies were Mayor Patrick G. Escalante Jr. of Cadiz City, Daga Barangay Chairwoman Helen dela Cruz, and officials and representatives of Gawad Kalinga.

On news from around the District, last Saturday, 13 May 2016, IDCoS/ISDG/DE/IPS Albert Alday accompanied DGE Ernesto Yuyek in attending the Presidents-Elect and Secretaries-Elect Training Seminar 2016 (PESETS 2016) "RACK to School" hosted by our very own Rotaract clubs, the Rotaract Club of Manila and the Rotaract Club of De La Salle University Manila, at the Yuchengco Building of the De La Salle University in Manila. It would be interesting for all of you to know that our club was acknowledged as a Superstar Sponsoring Club of the PESETS 2016, which drew very good attendance from incoming Rotaractor leaders. Incidentally, the incoming Rotaract head, IDRR Cassandra Camille "Candy" Martino, is from our Rotaract club, the Rotaract Club of Manila, where she was a First Class President during the RY 2013-2014. In the evening of that same day, DGND/CoS/PP Rudy Bediones, ICoS/SDG/PP Cesar Ubald, IDCoS/ISDG/DE/IPS Albert Alday, and ISDG/AG/IPP Frank Evaristo attended the 57th Charter Anniversary of one of our daughter clubs, the Rotary Club of Pasay, at the Manila Golf and Country Club in Makati City.

Today, Dr. Ernesto M. Pernia, Professor Emeritus of the School of Economics of the University of the Philippines, the incoming NEDA Secretary who will serve under the Duterte Administration, will discuss his plans and programs and his projections with respect to the Philippine economy during the Duterte Administration in a joint meeting with the Rotary Club of Forbes Park.

Please continue to actively participate in, and support, all of our Club's plans, programs, and activities during the remainder of this Rotary Year. Most importantly, we still have some time before the end of this Rotary Year to beef up our Club's membership. Please recommend, as soon as possible, at least one new recruit for the consideration of our Membership and Classification Committee.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



Biosketch

ERNESTO M. PERNIA, PhD

Dr. Ernesto M. Pernia is Professor Emeritus of Economics at the University of the Philippines (UP), and Fellow of the Institute for Development and Econometric Analysis (IDEA). Previously, he was Professor and Director for Public Affairs at the UP School of Economics.

Dr. Pernia has close to 18 years experience at the Asian Development Bank (ADB), starting as Economist, rising to Senior Economist, Principal Economist, and then Lead Economist. He developed and directed projects in various Asian countries on investment climate and productivity, economic growth and poverty reduction, education and health, human resource development, and regional economic cooperation. He led staff and a dozen consultants that produced the seven-volume study on the "East ASEAN Growth Area: Brunei Darussalam, Indonesia, Malaysia, Philippines" (1996) – which provided the roadmap for the implementation of the landmark regional cooperation undertaking. He also represented ADB at various international development conferences in North and Latin America, Europe and Africa, besides Asia.

He has chaired the board of trustees of the University of San Carlos (2011-2014), having been a trustee since 2005; and was a director on the board of the Philippine-American Academy of Science and Engineering (2008-2013). Currently, he is on the board of Holy Name University (Tagbilaran). As well, he sits on the board of the Philippine-Russian Business Assembly, and previously on the board of the First Philec Solar Corporation. Further, he serves on the boards of a number of NGOs, including the Philippine Center for Population and Development, Forum for Family Planning and Development, Friendly Care Foundation, *Bahay Tuluyan*, etc. variously involved in promoting quality education and health, science and technology, poverty reduction, improved governance, and population and development.

Dr. Pernia had been Professor of Economics and Chairman, Department of Economics at the UP School of Economics, and previously Director for Research. He was a Visiting Research Fellow at the East-West Center Resource Systems Institute in Honolulu, and was Regional Adviser on population and employment policy for Asia and the Pacific with the International Labour Organization. He has served as a consultant to various international organizations, including the World Bank and UN agencies.

He obtained his PhD degree from the University of California Berkeley on a Ford Foundation scholarship and a Smithsonian Institution dissertation grant. He was granted the *Balik Scientist* award by the Department of Science and Technology (DOST). He received the first award as Outstanding Young Scientist (economics and social sciences) from the National Academy of Science and Technology. He is a former President of the Philippine Economic Society and Co-Chair of the Federation of ASEAN Economic Associations (1988).

He has written a number of books, numerous articles in international professional journals, and chapters of books. Dr. Pernia was chosen in February 2015 by the Philippine-American Academy of Science and Engineering (PAASE) for the Science Award. In March 2011, he received Achievement Award for social sciences from the National Research Council of the Philippines, DOST. In 2009, he was accorded The Outstanding Boholano Around the World award (economics). He is ranked 7th among 250 scientists in the Philippines according to Google Scholar Citations public profiles.

He is an occasional contributor to the *Philippine Daily Inquirer* Op-Ed column, and formerly to the *BusinessWorld*, and *The Philippine Star* Science section. (31.III.16)

THE WEEK THAT WAS...



Rtn. Steve "Momo" Mommaerts as OIC/Moderator directs the program of activities.



STAR Rtn. Vee David delivers an ecumenical prayer.



STAR Rtn. Hiro Uchida leads fellow Rotarians in renewing its Rotary Credo by the recitation of the four (4) way test.



STAR Rtn. Mike Ozaeta introduces the guests, visiting Rotarians and personalities seated at the presidential table.



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



Rtn. Ray Davis does the pleasure of introducing a fellow member, DSAA/PVP Dr. Lance A. Masters, Chancellor and Executive Director, A-S Group of Companies, as guest speaker.



PVP Lance Masters, the current DSAA of the Rotary Club of Manila, inspired his fellow Manila Rotarians, Visiting Rotarians and guests by presenting the details on the help he has extended to a little boy suffering from Tetralogy of Fallot who was operated on in India through the charitable work of an Indian physician and how our club could institutionalize help on cases like this.



A pro-active public forum followed suit.



Pres. Ebot Tan presents to DSAA/PVP Lance Masters the club's token of appreciation for being the guest speaker.

WEEKLY BIRTHDAY CELEBRANT/S



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

SAVE A HEART PROJECT



Ms. Richeil S. Dasi-an delivering her appreciation and gratitude to the donors of her son Joneil during the rcm luncheon meeting.



Present during RCM Regular Board Meeting were: Pres. Ebot Tan, Dir. Oscar del Rosario, Sec. George Salazar, Dir. Susing Pineda, PT Jim Chua, Dir. Ning Lopez, IPP/AG Frank Evaristo, Treas. Chito Zaldarriaga, ES Anna Kun Toledo, PE/VP Teddy Ocampo and DSAA/PVP Lance Masters.

INAUGURAL 2016-2017 MEETING



Present during RCM Regular Board Meeting were: Pres. Ebot Tan, Dir. Oscar del Rosario, Sec. George Salazar, Dir. Susing Pineda, PT Jim Chua, Dir. Ning Lopez, IPP/AG Frank Evaristo, Treas. Chito Zaldarriaga, ES Anna Kun Toledo, PE/VP Teddy Ocampo and DSAA/PVP Lance Masters.



IPP/AG Frank Evaristo in a posterity photo with Star Rtn. Hiro Uchida, Rtn. Joe de Venecia and DGN/COS Rudy Bediones.

INTERNATIONAL RELATIONS



Dir Susing Pineda attended the meeting last Tuesday May 24, 2016 of our sister club, RC KOWLOON EAST, thru the kind invitation of PP Albert Poon & Pres Victor Lo, and it was a fruitful meeting at the Peninsula Hotel in HK. Pres Victor Lo and PE Willy Liu were pre-advised of RCM's invitation to the 97th Charter Anniversary Meeting to be held on Thursday June 9, 2016 at the Manila Polo Club .

JOURNALISM AWARDS COMMITTEE



The Journalism Awards Committee for RY 2015-16 held its organizational meeting on May 23, 2:00PM, at the Manila

PLEDGES TO JOURNALISM AWARDS 2016 PROJECT

The Journalism Awards Committee chaired by **Dir.-elect Art Lopez** and **Fund Solicitor/Donor PD Jimmie Policarpio** wish to sincerely thank with profound gratitude to the following valuable donors to this year's Journalism Awards Project, to wit:

1. Rtn. Hermie Esguerra.....	Php 100,000
2. Rtn. Mari Antuñez.....	Php 25,000
3. PP Benny Laguesma.....	Php 20,000
4. PD Ner Lonzaga.....	Php 20,000
5. PD Jimmie Policarpio.....	Php 20,000
6. AS Alvin Lacambacal.....	Php 5,000
7. PD Ed Lee.....	Php 5,000
8. PS Butch Marking.....	Php 5,000
9. PD Abe Pascual.....	Php 5,000
Sub-total.....	Php205,000

CLUB AWARDS COMMITTEE

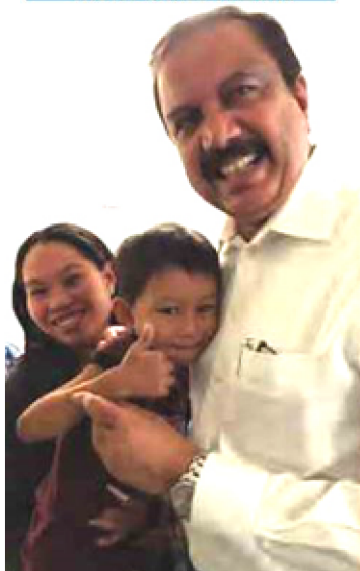


Club Awards Committee met last Thursday May 19, 2016 9am at the Sports Cafe of Manila Polo Club, to consider the nominee for year end awards of RY 2015-2016. Present during the meeting -counter clockwise: PT Jim Chua. Club Awards Committee CoChairman Chito Zalardriaga. Sec. Jorge SalaZar, IPP Frank Evaristo, Pres Ebot Tan and Dir Oscar del Rosario.

NEWS RELEASE



MONDAY, MAY 23, 2016



Five-year old Jonell Dasain is shown with DM Foundation chairman and philanthropist Dr. Azad Moopen after his surgery at Aster Medcity, Kochi, India. 'We are happy that DM Foundation has enabled Joneil to get the treatment to put him back on the path to a bright future. We look forward to helping more such children in the future through our efforts, Dr. Moopen said.

Indeed, the world is a smaller place when we reach out to care. Proving that the effort to save lives knows no boundaries, Dr. Moopen's Foundation (DM Foundation), the organization set up by Aster DM Healthcare chairman Dr. Azad Moopen, successfully performed a rare cardiac corrective surgery on five-year-old Joneil Dasain.

A team of Indian specialists led by Dr. Sajan Koshy, senior consultant at the Paediatric Cardiac Surgery, Center of Excellence in Cardiac Sciences, carried out the unique multi-country charity initiative at the world-class Aster Medcity, Kochi, India, under the aegis of DM Foundation's "Save the Little Hearts" initiative.

The initiative has been helping indigent Filipino children with congenital heart disease by providing free surgical treatment within

the Aster DM Healthcare network.

But it was the first time a child coming from the Philippines was flown to India for a much-needed heart surgery at Aster Medcity.

"Joneil presented with bluish coloration of fingertips and lips and problems in breathing, all resulting from a congenital heart defect known as Tetralogy of Fallot. This should ideally have been corrected in the first year after birth. The procedure was not free from risk due to his age. But we decided to take up the challenge. The child was evaluated by our expert team of specialists and a five-hour long surgery was successfully undertaken," commented Dr. Koshy.

In cases of Tetralogy of Fallot, abnormalities in the structure of the heart result in blood with insufficient oxygen circulating through the body, causing various symptoms like cyanosis (bluish discoloration) of nails, lips and skin, tiredness and breathlessness. If left untreated, the defect has a 50 per cent mortality rate in the first three years of life in addition to causing delay in growth and development.

Since the program was started, the DM Foundation has helped 26 Filipino children from disadvantaged families who cannot afford to have their children treated for congenital heart disease to undergo corrective cardiac surgery.

In addition, about 750 children have benefited from the "Save the Little Hearts" program across various geographies.

These children, primarily from India but also from Afghanistan and Africa, have received free or subsidized treatment from Aster DM Healthcare facilities channelized through the DM Foundation and its associates including MIMS Charitable Trust and other support associations.

Dr. Azad Moopen, founder chairman and managing director of Aster DM Healthcare and founder of DM Foundation, is a physician-turned-entrepreneur and philanthropist.

In his early career, he had witnessed many families struggling to afford specialized treatment for many complex and critical health conditions. He founded the DM Foundation to help such patients and it is under this foundation that the not-for-profit initiatives of Aster DM Healthcare and Dr Azad Moopen's family were carried out.

Commenting on the unique initiative, Dr. Moopen said, "There are many children who are not able to reach their full potential because of congenital heart disease. Coming from poor backgrounds, the parents also cannot afford to have their children treated. The philosophy of our foundation is to provide quality healthcare to the deserving and make a difference in their lives.

We are happy that DM Foundation has enabled Joneil to get the treatment to put him back on the path to a bright future. We look forward to helping more such children in the future through our efforts."

Aster DM Healthcare-Philippines country head Joyce Alumno emphasized, "Five children are diagnosed with CHD for every 1,000 live births. Reports show that every nine minutes, a child below 15 years old dies of heart disease. We are grateful that through the selfless heart of Dr. Moopen and the expertise of our doctors in India, children like Joneil are given a chance to enjoy a quality of life like any normal child."

"We want to do more. In fact, we have a line of possible beneficiaries needing urgent attention. However, we are unable to do so because of the long queue in the hospitals. With the success of Joneil's case, we can now say, we can make this happen," Alumno added.

Lance Masters, a Rotarian from the Rotary Club of Manila, supported the DM Foundation and accompanied the patient and his mother to India. Documenting Jolien's journey to health on his Facebook page, he said, "Jolien's free cardiac surgery has been made possible thanks to a truly remarkable philanthropist, Dr Azad Moopen, who has designated 20 per cent of his wealth to his charitable foundation dedicated to assisting poor people with catastrophic medical issues. In the Philippines, Dr. Moopen has committed to help 50 indigent children with congenital heart defects. I am honored to work with the Foundation in this noble mission."

Dr. Harish Pillai, cluster head for Kerala & CEO Aster Medcity, said: "The successful procedure is yet another testament of the exemplary skills of Aster Medcity's talented team of doctors at our advanced world-class quaternary healthcare facility. We are happy that the child is now recovering well and can look forward to leading a normal life."



SATURDAY, MAY 21, 2016



ROTARY DISTRICT ASSEMBLY: President-elect (All Star President) Manny Inserto (center) of Rotary Club of Bagumbayan, Manila participated and received his certificate of attendance from the organizer, district governor-elect Ernesto Yuyek (right) for his participation at the Rotary International District 3810 at District Assembly (DISTAS) held last May 7, at Philippine Trade and Training Center, Pasay City, assisted and hosted by president-elect (All Star President) Teddy Ocampo of Rotary Club of Manila. It was another successful endeavor by the Rotary International District 3810.

PHILIPPINE ROTARY NEWS



Inauguration of the Rotary Hall for Performing Art

Rotarians gathered at the new home of the Stepping Stone School in Sucat, Paranaque for the blessing of the Rotary Hall of Performing Arts and the launch of the Mulawin-Dula Program. The Rotary Hall of Performing Arts is funded by District 3800 grant entitled for "Cultural Arts Therapy Program for Children with Special Needs" granted to the Rotary Club of Valenzuela, with the participation of 36 Rotary Clubs from District 3800 and District 3830, including RC Makati, which contributed a P90,000 district grant to the project. The blessing of the hall, officiated by Rev. Msgr. Manuel G. Gabriel, was graced by RI District 3800 Governor Alfredo "Jun" T. Abellar, Jr. PRID Paing Hechanova, and Hon. Edwin L. Olivarez, mayor of Paranaque. Project Chair. AG Rosarie Villazor of RC San Juan Central explained that the project answers the need for an alternative intervention program that develops the skills and enhances the talents of children with special needs in the areas of music, visual arts, dance and drama. Mulawin-Dula, a coined term to encompass the art areas of Musika-Larawan-Indak-Dula (music, visual, arts, dance and drama), was launched with an audiovisual presentation. (from Kaunlaran, Official Bulletin of Makati, D3830)

PUBLIC HEALTH NUTRITION AND CHILD CARE



STIFF NECK

Elias D. Adamos, M.D.

One of the causes (and perhaps the most common one) of neck pain is stiff neck. Pain in stiff neck may be severe and it may spread on the shoulders and upper back. The neck movement may be limited to one side than the other. It is also called cervical pain (referring to the cervical vertebra or the neck area/bones/muscles).

What causes stiff neck?

Stiff neck or cervical pain may arise from neck strain or minor injury to the neck bones and muscles, resulting from common activities, among which are: Lifting, holding your head in a forward posture or odd position while watching TV, reading or working; sleeping with a too flat or too high pillow that does not support your head; sleeping on your stomach with your neck twisted or bent on one side; spending long periods of time on “thinker’s pose” or resting your forehead on your upright fist or arm; spending too much time before a computer; exercise with the use of upper body and arms; excessive twisting of the spine in dance exercises; injuries to the neck brought about by sports; boxing sports and exercise and contact sports; and long driving. Stress and anxiety produce tension on the neck and the back head muscles. A severe condition, such as meningitis or swelling of the brain tissues or covering, results to stiff neck.

What is the home treatment for stiff neck?

- Place a cold pack over the painful neck muscles for 10 to 15 minutes at a time, as often as once an hour. This will decrease the pain and spasm in the area. If pain radiates to one shoulder, put ice pack on the painful shoulder and the back of the neck.
- Avoid slouching or forward posture. Maintain a relaxed and neutral neck position.
- Walking relieves painful neck. Walking and stretching also prevents stiff neck. Swing arms when walking to help minimize and control the pain. When confronted with a heavy home or workload, try 5 to 10 minutes of walk during breaks. Preferably, three to four times a day.
- If stiff neck and neck pain occurs together with headache, the cause may be due to stress or anxiety. Learn to cope with stress. Leave your desk every so often and do some 30 seconds of stretching. Avoid or cut down caffeine intake. Get a massage. Learn to relax.

Medicine for stiff neck

Painkillers and muscle relaxants may help, most especially during the night when sleep is badly needed. Vitamins B1 B6 and B12 will enhance treatment.

When do you need to go to your doctor?

See your doctor if: Stiff neck occurs together with headache and fever; when there’s numbness or tingling in your hands; if you develop weakness in the arms and legs; if painkillers are unsuccessful; and in case of injury to the neck (whiplash).

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