



balita

No. 3659, August 11, 2016

GUEST OF HONOR AND SPEAKER



ALFREDO S. LIM

Past Sergeant-At-Arms, Rotary Club of Manila
Former Senator, Republic of the Philippines
Former Mayor, City of Manila

KABALITA

Let our very own "Dirty Harry" show Asia's First Rotary Club how an iron fist can clean a drug-laden environment.

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THE ROTARY CLUB OF MANILA

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Executive Officers 2016-2017

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RCM's 5th for Rotary Year 2016-17

Officer-in-charge & Program Moderator: **PP "Babes" Reyes**

Thursday, August 11, 2016, 12N, Manila Polo Club McKinley Room

Program Timetable

11:30 PM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	PP "Babes" Reyes
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 the Mother of Past Pres. Francis Juico, Mrs. Lily Ella Juico who passed-away recently in the grace of our Lord	Pres. "Teddy" Ocampo RCM WF Music Chorale PD "Rob" Sears
	RCManila Hymn The 4-Way Test Credo	All Rotarians led by Rtn. Tong Payumo
12:40 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table	STAR Rtn. "Mon" Alberto
	Welcome Song	RCM WF Music Chorale
12:45 PM	Happy Birthday (Birthday Celebrants): Aug. 11...Rtn. Farid Schoucair, Rtn. Tito Ortiz; Aug. 13...Rtn. Mike Guarin; Aug. 17...PDSAA Val Aboy Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Presentation of 1-Sapphire Paul Harris Fellow to Dir. "Issam" Eldebs	Pres. "Teddy" Ocampo
12:52 PM	President's Time	Pres. "Teddy" Ocampo
12:55 PM	Introduction of Guest Speaker	IPD "Amading" Valdez
	ADDRESS: Alfredo S. Lim Past Sergeant-At-Arms, Rotary Club of Manila Former Senator, Republic of the Philippines Former Mayor, City of Manila	
	Public Forum Raffle of Cash Prizes Presentation of token of appreciation to PSAA Alfredo S. Lim	Dir. "Bobby" Joseph Pres. "Teddy" Ocampo
2:00 PM	Response and Adjournment	

PRESIDENT'S CORNER



A jam-packed Thursday luncheon meeting last week with fellow Rotarians from the Rotary Club of Makati in attendance is the way to go in terms of inspiring many to anticipate a great meeting. This was so evident when our very own Past Vice President, Budget and Management Secretary Ben Diokno made his quintessential return to his home away from home when he literally brought the house down with his fearless forecast of things to come as far as budget and taxes are concerned under the Duterte Administration.

As for updates within our club, the time of the year to choose the next leader of our historic club has kicked off with twenty-three (23) capable and dedicated Manila Rotarians being nominated in last Thursday's nominations. Yes, you heard it right, in less than a month from now, a new leader who will pave the way for preparations for our centennial year will soon be chosen. Exercise your right of suffrage on judgment day as we continue to make waves as the First Rotary Club in Asia. Speaking of the hundred (100) years of our club, two days ago, August 9, 2016, Centennial Committee Chair PDG Vince Carlos called me to a meeting regarding plans for the Centennial at the Passion Restaurant in Newport City, Pasay City.

Updates from around the district include the attendance of IPDG/PP Obet Pagdanganan, DGN/PP Rudy Bediones and DCoS/SDG/Dir. Albert Alday at the 21st Charter Anniversary and 22nd Handover Ceremonies of the Rotary Club of Manila Bay at the 4th Floor of the J.V. Del Rosario Foundation Building, Asian Institute of Management Conference Center in Makati City last August 4, 2016 where my classmate, ASP Genevieve Gandia, was inducted as President for Rotary Year 2016-2017 by no less than Senate President Aquilino Martin "Koko" Pimentel, III, a Past President of their club. The next day, August 5, 2016, IPDG/PP Obet Pagdanganan, DGN/PP Rudy Bediones, DCoS/SDG/Dir. Albert Alday and I attended the 38th Induction and Handover Ceremonies of the Rotary Club of Downtown Manila at the New World Manila Bay Hotel in Manila where my classmate, ASP Adrian Chan, was sworn in as President for Rotary Year 2016-2017. Three days later, August 8, 2016, CoS/IPSDG/PP Cesar Ubaldo attended the Governor's Visit and Joint Inductions of the Rotary Club of San Jose, the Rotary Club of San Jose Tamaraw, the Rotary Club of San Jose Downtown and the Rotary Club of Samarica at the Sikatuna Hotel in Occidental Mindoro in where four of my classmates were inducted as Presidents of their respective clubs for Rotary Year 2016-2017. On that same day at the Golden Bay Seafood Restaurant in Pasay City, IPDG/PP Obet Pagdanganan, PDG/PP Vince Carlos, DGN/PP Rudy Bediones, SDG/IPAG/PP Frank Evaristo and IPP Ebot Tan attended the District 3810 Past Presidents Council Handover Ceremonies. On Saturday, August 13, 2016, our club will be co-hosting the Public Image Seminar hosted by the Rotary Club of Manila Midtown at The Heritage Hotel in Pasay City.

Today, we shall have our very own PSAA Fred Lim, Former Mayor of the City of Manila and Former Senator, who will talk on dealing with the drug problems of the country. I look forward to your cooperation as we endeavor to make our stars shine this Rotary Year 2016-2017 through meaningful projects and fellowships that will strengthen the bonds of Asia's First Rotary Club.

GUEST OF HONOR AND SPEAKER'S PROFILE



ALREDO SIOJO LIM
KATAPAT

PERSONAL DATA

Date of Birth	December 21, 1929
Place of Birth	Manila Children's Hospital
Current Position	Former Mayor, City of Manila Elected May 2007
Father	Alfredo Lim of Binondo, Manila
Mother	Rosario Siojo of San Miguel, Bulacan

PUBLIC SERVICE RECORD

1. Senator, Republic of the Philippines
July 1, 2004 to June 30, 2007
2. Secretary of the Department of Interior & Local Government
January 8, 2000 to January 19, 2001
3. Re-elected Mayor of Manila with the highest majority votes in the history of Manila politics (250,000 votes over his closest rival) May 8, 1995
4. Elected Mayor of Manila
May 11, 1992
5. Appointed Director of the National Bureau of Investigation
December 22, 1989
6. Retired Police Major General
December 21, 1989
7. Director, Western Police District
May 2, 1986 to December 21, 1989

8. Director, Northern Police District
January 2, 1985 to May 1, 1986
9. Superintendent, Philippine National Police Academy
March 1984 to January 1985

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SPECIAL COURSES

- A. Annual Active Duty Training as Reserve Officer/AFP on the following dates:

1975 - Provost Marshall's Office Camp Aguinaldo
Quezon City

1967 - RAD, Fort Bonifacio, Rizal

1965 - II MA, Camp Vicente Lim, Laguna

1962 - II MA, Camp Vicente Lim, Laguna

- B. Supervisor Management Course

1964 – MPD Academy (3rd Honor)

- C. Crowd Control and Physical Security Course

1964 – NBI, National Academy

- D. Special Security Officers Course

1964 – NICA

CIVIL / POLICE SERVICE ELIGIBILITIES

Member, Philippine Bar (1963 BAR EXAM) RA 1080
Patrolman (Entrance)
Police Sergeant (Promotional)
Supervisor 1st Grade
Police Lieutenant Colonel

AWARDS / COMMENDATIONS AND ACCOMPLISHMENT

THE OUTSTANDING FILIPINO FOR 1997, in the field of Public Service (December 9, 1997)

THE CHINO ROCES AWARD for having pursued an uncompromising career against criminality (September 30, 1997)

CONFERRED A DOCTORATE ON PUBLIC ADMINISTRATION, HONORIS CAUSA, pamantasan ng Lungod ng Maynila (April 17, 1996)

EDUCATION

- 1981 Master in National Security Administration
National Defense College of the Philippines
Graduated with Honors
- 1963 Bachelor of Laws
University of the East
- 1951 Bachelor of Business Administration
University of the East
- 1948 High School
Far Eastern University
- 1943 Elementary
P. Gomez Elementary School

POLICE SERVICE TRAININGS / SEMINARS ATTENDED**SEMINARS**

- | | |
|--------------------------|---|
| November 1991 | 60 th Interpol General Assembly Meeting
Montevideo, Uruguay |
| Feb. 21 to March 1, 1991 | 11 th Asian Regional Conference of Interpol
Canberra, Australia |
| October 1-13, 1986 | Interpol Conference
Belgrade, Yugoslavia |
| October 1984 | Ascana Pol
Malaysia |
| June 12-24, 1983 | Hostage Negotiation Seminar
FBI National University
Quantico, Virginia, USA |
| December 1-7, 1980 | Field Study on Political, Economic and
Military Problems of Japan
Sponsored by NDCP
Tokyo, Japan |
| | Study on the Treatment of Criminal
Offenders
Sponsored by the United Nations
Hongkong |

MEDAL OF MERIT, International Association of Lions Club (1996)

CONFERRED A DOCTORATE ON PUBLIC ADMINISTRATION, HONORIS CAUSA, Far Eastern University (March 24, 1995)

HONORED WITH THE ESTABLISHMENT OF THE MAYOR ALFREDO S. LIM DISTINGUISHED PROFESSIONAL CHAIR. In Public Administration of the De La Salle University (December 2, 1994)

AWARDED AS THE MAYOR OF THE FIRST PEACE CITY IN ASIA by the Rotary Club of Koorringal, Wagga Wagga, Australia c/o Rotary Club of Manila, last June 22, 1994 at Plaza Ferguson

GINTONG AMA AWARDEE
For Government and Public Service 1994
(June 9, 1994)

PLAQUE OF APPRECIATION WPDC 93rd Anniversary
Awarded by WPD
(January 9, 1994)

DR. JOSE P. RIZAL IMMORTAL AWARDEE, given by the Knights of Rizal
(December 30, 1994)

PRESIDENT OSMENA MOST OUTSTANDING PUBLIC SERVANT AWARDEE
(1992)

MOST OUTSTANDING LAW ENFORCER awarded by the Consumer Union of the Philippines, Manila
(November 21, 1990)

FIRST TOPP (Ten Outstanding Police of the Philippines) HALL OF FAME AWARD given by the Philippine Jaycees for being the First Policeman to receive seven TOPP AWARDS
(July 12, 1990)

DEPARTMENT COMMENDATION No. 263 issued by Brig. Gen. Cabrera for the resolution of the murder of Pat. Rainer Alatiel which led to the arrest of Pat. Rogelio Santiago and Pat. Raynaldo Sanatigo, both of WPD.

THE WEEK THAT WAS...



RCManila PVP “Fausto” Preysler
as OIC/Program Moderator directs
the program of activities.



RC Makati Dir. “Louie” Aseoche
delivers an ecumenical prayer.



RC Manila World-Famous Music Chorale for the singing of the Club's Hymn.



Rotary Club of Makati Chorale for the singing of their club hymn.



RCManila STAR Rtn. “Jun” Alvarez introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RCManila Pres. “Teddy” Ocampo and **RC Makati Pres. “David” Ackerman** alternatingly for some announcements during the President’s Time.



RCManila IPP/Dir. “Ebot” Tan, Chairman, COMELEC,
conducts the RCManila Nomination of the Board of Directors
for the incoming Rotary Year 2017-2018.

[illegible]



RCManila IPP/Dir. "Ebot" Tan, Chairman, COMELEC, conducts the RCManila Nomination of the Board of Directors for the incoming Rotary Year 2017-2018.





A pro-active open forum immediately followed right after the speech of **Benjamin E. Diokno, PhD**. In photo are: **PD Jimmie Policarpio**, **Rtn. Jack Branellec**, **Rtn. Jun-Jun of RC Makati**, **Rtn. Tony Lopez**, **Rtn. Jun Palafox of RC Makati**, **Rtn. Jess Santos**, **Rtn. Vee David**, **PD Beda Fajardo**, **Rtn. Tong Payumo**, **Rtn. Rody Antonino**, **Rtn. Henning Karcher** and **Rtn. Ricky Trinidad**.



RCManila Pres. “Teddy” Ocampo and RC Makati Pres. “David” Ackerman present to Benjamin E. Diokno, PhD the respective Clubs’ token of appreciation for being the guest speaker.



Pres. Teddy Ocampo presents to 1st time visiting Rotarian Nihal Melwani of RC Mieramar, a club banerette.

TRF PAUL HARRIS FELLOWS



RCManila Pres. "Teddy" Ocampo presents the club's Paul Harris Fellows for the traditional pinning of Paul Harris Pins and Presentation of Certificates, for: **PP Benny Laguesma**, 3-Sapphires or Four (4)-times Paul Harris Fellows; **IPP/Dir. Ebot Tan**, 1-Sapphire or Two (2)-times Paul Harris Fellows; **Rtn. Johnny Chotrani**, 1-Sapphire or Two (2)-times Paul Harris Fellows; **STAR Rtn. Richard Ang**, 1-Sapphire or Two (2)-times Paul Harris Fellows, the other one for **Mr. Cedric Sean Ang – New PHF** and **PVP Ben Diokno – New PHF..**

WEEKLY BIRTHDAY CELEBRANT/S



RCManila Pres. “Teddy” Ocampo and RC Makati Pres. “David” Ackerman, present the birthday celebrants: Rtn. Ray Davis and Rtn. Henning Karcher, for the blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale of the “Happy Birthday” song.

SAGIP KABATAAN FOUNDATION, INC.



Meeting of the Board of Trustees. Present during the meeting were: Pres. Teddy Ocampo, DGN/PP Rudy Bediones, PD Beda Fajardo, PD Ner Lonzaga, Sis. Mellie Espinili, D.C. Administrator of Asilo de San Vicente de Paul, ES Anna Kun Toledo, PT Jim Chua, DCOS/SDG/Dir. Albert Alday, Treas. Chito Tagaysay, PD Abe Pascual, IPP Ebot Tan, SDG/PP Frank Evaristo and PDG Sonny Ventura.

INTERCLUB ACTIVITIES



IPDG/PP Obet Pagdanganan, DGN/PP Rudy Bediones and DCoS/SDG/Dir. Albert Alday attended the 21st Charter Anniversary and 22nd Induction Ceremonies of the Rotary Club of Manila Bay last August 4, 2016 at the 4th Floor of the J.V. Del Rosario Foundation Building, AIM Conference Center in Makati City where **Senate President/RC Manila Bay PP Aquilino Martin "Koko" Pimentel, III** was the Inducting Officer



IPDG/PP Obet Pagdanganan, DGN/PP Rudy Bediones and DCoS/SDG/Dir. **Albert Alday** attended the 38th Induction and Handover Ceremonies at the New World Manila Bay Hotel in Manila last August 5, 2016. PDG Juanito "Sonny" Ventura, who is a member of the Sagip Kabataan Foundation, Inc., is the Charter President of this club.

PAST PRESIDENT'S COUNCIL MEETING



R.I. District 3810 Past President's Council Meeting held last August 8, 2016 at the Golden Bay Fresh Seafood Restaurant. RCMers' in attendance were **IPDG Obet Pagdanganan**, **IPP Ebot Tan**, **PDG Vince Carlos**, **DGE Rudy Bediones**, **SDG/PP Frank Evaristo**.

CENTENNIAL COMMITTEE MEETING



Chair. PDG Vince Carlos hosted the meeting of the Centennial Committee last Tuesday August 9, 2016 at the Passion Restaurant- Resorts World. Present clockwise--- **Chairman PDG Vince Carlos, DGN Rudy Bediones, Rtn Hermie Esguerra, ES Anna Kun Toledo, Pres Teddy Ocampo and PDG Chit Lijauco of Philippine Tatler.**

SPECIAL CHILDREN ADVISORY

Dear Fellow Rotarians,

Please attend the ribbon cutting of the Solar Energy Project for Special Children at Hospicio de San Jose on **WEDNESDAY AUGUST 17, 2016 10AM** at Hospicio de San Jose.

This is another successful project made possible thru the donation of our sister club - **ROTARY CLUB OF OSAKA EAST.**

Also to be formally presented is the renovation of the playroom of the special children, which was made possible in cooperation with RI District 3810 under the leadership of Gov Obet Pagdanganan. RCM Sagip Kabataan Foundation and institutional donors of Hospicio de San Jose.

Please send us confirmation of your attendance by return sms . Thank you..

Chair PD Phillip Ong
Special Children Project

Cc co chair Rtn Ray Davis, Rtn Peter Gonzales



NEWS RELEASE

BusinessMirror

B8 THURSDAY, AUGUST 4, 2016



LABOR SECRETARY BELLO BEFORE MANILA ROTARIANS Labor Secretary Silvestre H. Bello III was recently the guest speaker of the Rotary Club of Manila at the Manila Polo Club. He discussed on the functions of the government peace panel, and how they plan to attain lasting peace with the CCP-NPA-NDF rebellion and all other groups. In photo are (from left) Past Club President and Senior Deputy Governor Frank Evaristo, Bello, former Ombudsman and rotarian Ani Desierto, President Teddy Ocampo and Program Committee Cochairman Jackie Rodriguez.



B10 TUESDAY, AUGUST 9, 2016



BELLO BEFORE MANILA ROTARIANS: Labor Secretary Silvestre Bello III (2nd from left) was recently the guest speaker at the Rotary Club of Manila, the first in Asia, held at the Manila Polo Club. He spoke on the functions of the government peace panel and how they plan to attain lasting peace with the CCP-NPA-NDF and all other groups. Photo shows (from left) past club president and senior deputy governor Frank Evaristo, former ombudsman Rotarian Ani Desierto, president Teddy Ocampo and program committee co-chairman Star Rotarian Jackie Rodriguez.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Wonderful Word Definitions

Life Insurance

A contract that keeps you poor all your life so that you can die rich.

Nurse

A person who wakes you up to give you sleeping pills.

Marriage

It's an agreement in which a man loses his bachelor degree and a woman gains her masters.

Divorce

Future tense of Marriage.

Father

A banker provided by nature.

Criminal

A person no different from the restexcept that he/she got caught.

Boss

Someone who is early when you are late and late when you are early.

Politician

One who shakes your hand before elections and your confidence after.

Doctor

A person who holds your ills by pills, and kills you by bills.

Classic

Books, which people praise, but do not read.

Smile

A curve that can set a lot of things straight.

Office

A place where you can relax after your strenuous home life.

* * * * *

Yawn

The only time some married men ever get to open their mouth.

* * * * *

Etc.

A sign to make others believe that you know more than you actually do.

* * * * *

Committee

Individuals who can do nothing individually and sit to decide that nothing can be done together.

* * * * *

Experience

The name men give to their mistakes.

* * * * *

Atom Bomb

An invention to end all inventions.

* * * * *

Philosopher

A fool who torments himself during life to be wise.

* * * * *

Money has many different names

In temple or church, it's called donation.

In school, it's fee.

In marriage, it's called dowry.

In divorce, called alimony.

When you owe someone, it's debt.

When you pay the government, it's tax.

In court, it's fines.

Civil servant retirees, it's pension.

Employer to workers, it's salary.

Master to subordinates, it's wages.

To children, it's allowance.

When you borrow from bank, it's loan.

When you offer after a good service. it's tips.

To kidnappers, it'sransom.

Illegally received in the name of service, it's bribe.

The question is, "When a husband gives to his wife, what do we call it???"

ANSWER: Money given to your wife is called DUTY, and every man has to do his duty because wives are not DUTY FREE.

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



BRUISES

Elias D. Adamos, M.D.

When the blood vessels near your skin's surface breaks because of a blow, force, or bump it forms a bruise. Bruising happens when a small amount of blood is leaked into the tissues under your skin because of the impact. The bruise appears as a black-and-blue mark.

Who are prone to bruising?

Bruising is common with age. Young children, who are active in sports and play, bruise more often than older ones. Women bruise more often than men because of some hormonal play during periods of menstruation. Older men and women bruise easily because of several factors, among which are:

1. Aging capillaries. The tissues supporting these vessels become weak, as one gets older. They become more fragile and become prone to rupture.
2. As you age, your skin becomes thinner and you become more prone, not only to cold temperature, but also to bruises. The fatty layer of skin that pads and protects the small blood vessels underneath becomes thinner and makes the vessels easily injured.
3. Excessive exposure to the sun accelerates the aging process and thereby adds to the thinning of the skin that can make the latter easily bruised.

What can you do about it?

When you easily get bruised, you can accelerate the healing process with the following:

1. Elevate the injured area. This practice will limit or decrease the amount of blood that may be pulled by gravity resulting to pooling of blood towards the injured area.
2. Apply cold pack or ice over the bruised or injured area for repeated periods or times of about 20 minutes each.
3. Whenever possible, rest the bruised area.
4. Consider painkillers, such as paracetamol or acetaminophen for pain relief.

When do you need to see your doctor?

You need a visit to the doctor's office if:

1. You have large and painful bruises.
2. Bruises develop for no known reasons.
3. Together with your bruises, you experience bleeding from elsewhere in your body, like from your nose and on your gums.
4. You bruise easily and you notice blood in your urine and stools.
5. You have no previous history of bruising and now you suddenly notice and experience bruises.

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