



balita

No. 3662, September 1, 2016

GUEST OF HONOR AND SPEAKER



HON. LEILA M. DE LIMA

Senator

Republic of the Philippines



KABALITA

Let the most popular Red Lioness Legislator of the Upper Chamber of Congress in the light of the burning issues surrounding the drug menace and the extrajudicial killings show cause at Asia's First Rotary Club why championing the cause of Human Rights weighs heavier in the eyes of the Filipino people after earning the ire of the country's Chief Executive.

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THE ROTARY CLUB OF MANILA

BOARD OF DIRECTORS and

Executive Officers 2016-2017

TEDDY OCAMPO

President

EBOT TAN

Immediate Past President

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AMADING VALDEZ

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Assistant Treasurer

DAVE REYNOLDS

Deputy Sergeant At Arms

RCM's 8th for Rotary Year 2016-17

Officer-in-charge & Program Moderator : **IPD "Amading" Valdez**

Thursday, September 1, 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	IPD "Amading" Valdez
12:30 PM	Call to order Singing of Republic of the Philippines National Anthem Invocation RCManila Hymn The 4-Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale Rtn. "Rody" Antonino All Rotarians
12:35 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table Welcome Song	STAR Rtn. "Ricky" Trinidad RCM WF Music Chorale
12:40 PM	Happy Birthday (Birthday Celebrants:) Sept. 1...PD "Mike" Arambulo, Jr.; Sept. 5...PD "Ralf" Gonzales, Rtn. "Roy" Zosa, Rtn. "Rex" Alingog; Sept. 6...Rtn. "Jay-Jay" Jang Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Announcement of required quorum on attendance of Members for the RCM Election of the Board of Directors, RY 2017-18 Election proper	Sec. "Ning" Lopez IPP "Ebot" Tan, Chairman Club Election Committee; PDG "Vince" Carlos Co-Chairman Pres. "Teddy" Ocampo
12:50 PM	President's Time	Rtn. "Joe" Assad
1:00 PM	Introduction of Guest of Honor and Speaker ADDRESS: Senator Leila M. De Lima Republic of the Philippines Public Forum Raffle of Cash Prizes Presentation of token of appreciation to	Dir. "Bobby" Joseph Pres. "Teddy" Ocampo
2:00 PM	Response and Adjournment	

PRESIDENT'S CORNER



Last week, due to the inavailability of PNP Chief Bato de la Rosa, we decided to have a fellowship with Repertory Philippines singers turning the otherwise serious luncheon meeting into a relaxing atmosphere akin to a high end lounge.

As for updates within our club, I wish to remind each and everyone of you to exercise your right of suffrage in electing the next leaders of our club today. On a different note, I wish to exhort each and everyone of you to participate in the ALAY LAKAD 2016 with the theme, ALAY LAKAD –MAY PAGASA ANG KABATAAN on September 4, 2016. This committee is chaired by DCoS/SDG/Dir. Albert Alday and co-chaired by Rtn. Dong Benedicto. Those who will be participating should signify their intention to do so as soon as possible with our Secretariat together with your t-shirt size as shirts will be provided free of charge courtesy of the ALAY LAKAD Committee. Meeting time has changed to an earlier time, 5:00 am as the parade starts at 5:30 am and meeting place is at the Planetarium in Manila. Breakfast at the Manila Hotel awaits participants to this activity which is one of the activities mandated by the district.

Updates from around the district include the attendance of DCoS/SDG/Dir. Albert Alday and SAA Lance Masters at the District 3810 Sergeant-at-Arms Training Seminar hosted by the Rotary Club of Pasay Harrison under ASP Bernard Mabalot last August 27, 2016 at the Philippine Trade Training Center in Pasay City where our club was one of the co-hosts. DCoS/SDG/Dir. Albert Alday and SAA Lance Masters were trainers of the district during that event while DCoS/SDG/Dir. Albert Alday introduced the participants and dignitaries that day. Three days later, August 30, 2016, IPDG/PP Obet Pagdanganan, DGN/IPCoS/PP Rudy Bediones and CoS/IPSDG/PP Cesar Ubaldo attended the Handover and Induction Ceremonies of the Rotary Club of Chinatown Circle at the Shangrila Finest Chinese Cuisine Restaurant in Quezon City where ASP Nerissa Gerial was inducted as President for Rotary Year 2016-2017. The next day, August 31, 2016, IPDG/PP Obet Pagdanganan, DGN/IPCoS/PP Rudy Bediones and CoS/IPSDG/PP Cesar Ubaldo attended the Joint Induction and Handover Ceremonies of the Rotary Club of Bacoar City Sunrise and the Rotary Club of Paliparan at the Saniya Resort and Hotel in Dasmariñas, Cavite where ASP Gerry Casuga of the Rotary Club of Bacoar City Sunrise and ASP Sue Ann Marcaida of the Rotary Club of Paliparan were inducted as Presidents for Rotary Year 2016-2017.

Today, aside from being ELECTION DAY, we tackle the burning issues of the day as the Hon. Leila M. de Lima, Senator of the Republic of the Philippines, graces our luncheon meeting and talks on the issues against her on the drug menace as well as her investigation into the extrajudicial killings. 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



HON. LEILA MAGISTRADO DE LIMA
Senator of the Philippines

Senator Leila M. De Lima is one of the staunchest voices in the Philippine human rights and justice fronts.

Having the privilege of working with the country's top politicians and legal luminaries, Senator De Lima is bringing her 29 years of experience, legal expertise and integrity in the difficult challenge of crafting laws in her first term in the 17th Congress.

Appointed as Chairperson of the Commission on Human Rights (2008 – 2010), De Lima has energized the country's premier human rights body in addressing cases of human rights violations as she led a team of young lawyers and human rights activists in investigating extrajudicial killings, enforced disappearances, and all forms of human rights violations throughout the country.

As Secretary of the Department of Justice (2010 – 2015), De Lima carried out the President's directives in resolving renowned cases, including the prosecution of several prominent figures linked in the misuse of development funds, the murder of media practitioners in Mindanao, and the dangerous raids of the prison cells for maximum security inmates, subsequently exposing and ending their luxurious lifestyle.

It was also under her watch as head of the Inter-Agency Council Against Trafficking that the Philippines was removed from the US Human Trafficking Watchlist, paving the way for its long-hoped-for upgrade to Tier 1 status.

De Lima has gained honors from the public and private sectors, bestowing her numerous awards and citations, including the prestigious MetroBank Foundation Professorial Chair for Public Service and Governance in 2010 and the Excellent Public Servant Award, Defender of People's Rights, and "Agent of Change" Award in 2010, among many others.

Prior to her appointment to government posts, she has spent much of her career in private practice. She also worked as a law clerk and secretary for the House of Representatives Electoral Tribunal (1993 – 1995), legal staff for Supreme Court Associate Justice Isagani A. Cruz (1986 – 1989), partner for various prestigious law firms (1989 – 2008), and law professor in Election Law, Business Organizations, Persons and Family Relations, Transportation Law, Statutory Construction (1986 – 1994; 2006 – 2007).

Like her father, Senator De Lima also made strides as one of the most prominent election lawyers in the country, handling high-profile cases of electoral fraud for national and local candidates.

Elected as 12th senator in 2016, De Lima now sets her eyes on shepherding meaningful policy and structural reforms into laws intended to improve the country's criminal justice system, promote human rights, strengthen the rule of law, fighting graft and corruption, and introducing changes in the Constitution and election laws.

Born in Iriga City, Camarines Sur on the 27th of August 1959, De Lima was educated in Catholic institutions where she always graduated top of her class. In 1985, she placed 8th in the Bar Examination, bringing pride to her alma mater, San Beda College, where she earned her law degree and was later on conferred with the Most Outstanding Alumna awards in 2010 and 2011.

The eldest daughter of the late Election Commissioner Vicente B. De Lima and Norma E. Magistrado has two sons, Israel and Vincent Joshua, and two loving grandchildren, Brandon and Hannah. ###

THE WEEK THAT WAS..



PD "Jimmie" Policarpio, Jr., Chairman, Program Committee updates fellow members and guests on the program of speakers.



Rtn. "Joe" Assad as OIC/Program Moderator directs the program of activities for the "**FELLOWSHIP**" Meeting, organized and sponsored by Program Committee Chairman PD "Jimmie" Policarpio, Jr..



STAR Rtn. "Bollie" Bolton delivers an ecumenical prayer..



STAR Rtn. "Karl" Leung leads fellow Rotarians in the recitation of Four (4) Way Test to renew its commitment to the Rotary Credo.



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



Pres. "Teddy" Ocampo for some club project updates during the president's time.



Ms. Caisa Borromeo and **Mr. Chesko Rodriguez** perform duet song numbers to the delight of the audience. The former being a winning actress in mainstream; both artists involved in theatre and performing arts, who have worked in Repertory Philippines, Resorts World Manila and in some 9 Theatrical works, Atlantis, Stages, among others.

MUSIC COMMITTEE MEETING



WF MUSIC COMMITTEE MEETING. Present during the meeting were: Chair./PP Babes Reyes, PD Nick Locsin, SAA Lance Masters, PP Cesar Ubaldo, IPS George Salazar, DGN Rudy Bediones and Rtn. Nilo Aventura.

D3810 SERGEANT AT ARMS TRAINING SEMINAR

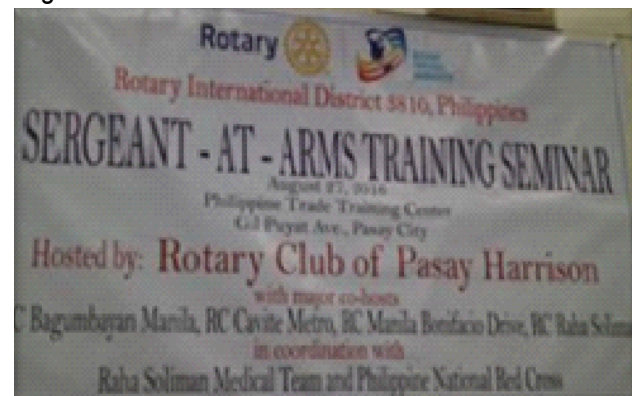


District 3810 Sergeant at Arms Training Seminar
By SAA/PVP Lance Masters

Last Saturday, August 27th, more than 100 Rotarians from throughout District 3810 assembled at the Philippine Trade training Center in Pasay City for our first-ever District-wide Sergeant at Arms Training Center. District Trainer PDG Karen Tamayo had worked with District SAA Chief Edgar "Popoy" Eusebio, and Region 10 Coordinator PDG Ernesto "Ernie" Choa, to develop our surprisingly detailed and comprehensive training curriculum.

DG Ernesto "Ernest" Yuyek called us to order and following traditional invocation and National Anthem, host club RC Pasay Harrison ASP Bernard Mabilot welcomed us. Our own SDG Albert Alday, Assistant Chief of Staff, had the honor of introducing all of the district leaders, trainers and participants.

In our first instructional session, PDG Ernie explained the duties and roles of Sergeants at Arms in Rotary. Many of the All Star and even Past Presidents participating did not know just how extensive the responsibilities are. They are not only to maintain order, but to prepare for the meeting, including all details of room set up, seating arrangements, greeting all members, visiting Rotarians and guests as they arrive, assuring that honored guests are escorted to their seats; lead, introduce and present new members for induction. SAAs are





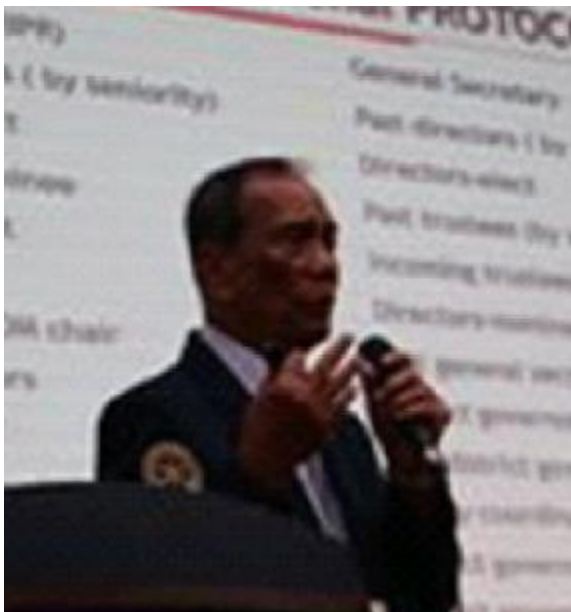
supposed to organize and manage a fining session, and many other details that, in our club, we assign to others. Rest assured that I would seek the permission of the club BOD to resume our former custom of a regular fining session, which shall be in good taste and include opportunities for members to volunteer to “brag” about accomplishments of family members and so forth for nominal but real “fines.” For example, if your granddaughter just graduated from medical school, you may have an opportunity to share that news with our assembly for a nominal sum, perhaps ± 100 or more, as you wish, which shall be collected on the spot and designated by the BOD for a club service project.



Immediate Past District Chief SAA Chair Philip Yee gave us a session on “Guidelines and Experiences.” My goodness, he gave so much evidence of the validity of Murphy’s Law that anything that can go wrong, will go wrong! Following morning meriendas, PDG Francisco “Paco” Atayde, the district’s first Chief SAA, gave a detailed training on protocol, that is, the SAA’s role of assuring courtesy, consideration, diplomatic etiquette, ceremonials, matters of procedures, and placing of seating. He taught us RI’s Order of Precedence for introductions at the District and Club levels, and recommended norms during Rotary functions, including district official functions. He reviewed flag, National Anthem and Invocation practices and protocols. It was amazingly detailed! We all took many notes from his comprehensive PPT slides.

WCP Russell Yee (RC Raha Suliman) and PRC representative Raymond Bantigue gave the longest presentation of the day on the subject of First Aid Procedures, with demonstrations and very graphically explicit videos of common emergencies, including choking, heart attack and childbirth. We learned about the expectations and limitations for non-medically qualified first responders, which includes knowing exactly what to do and who to see or contact in any foreseeable emergency. We were all dressed in club shirts to be comfortable in participating in demonstrations.

We were scheduled to have a problem-solving “hands-on” workshop. Both Albert and I are regular members of the district training team, so we were prepared to be facilitators of these breakout sessions. Unfortunately, due to a late start and some sessions running over allotted time, the district trainer instead assigned homework (!), which has to be satisfactorily completed and turned in before program completion certificates are awarded.



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1YG Yoshiro (RC Bagumbayan) is the demo for Heimlich maneuver for relief from choking



It was a true learning event for all of us, trainees and trainers alike. I am sure that all of our clubs will see some changes because of this training, and that more detailed trainings in various areas of club operations will be forthcoming.

DCoS/SDG/Dir. Albert Alday and **SAA Lance Masters** attended the **District 3810 Sergeant-At-Arms Training Seminar** at the Philippine Trade Training Center in Pasay City last August 27, 2016 where they were also trainers. DCoS/SDG/Dir. Albert Alday introduced the Rotary dignitaries present as well as the participants of the seminar. Our club was one of the co-host clubs of the event

SKAL's 26Th International Tourism Personality Awards



Last August 24, the **SKAL International Tourism Personality Awards** on its **26th Year** was held at the New World Makati Hotel with **RCM Director / SKAL International President “Bobby” Joseph**. Among **RCManila Rotarians** who attended were led by **President “Teddy” Ocampo**, with **Immediate Past President “Ebot” Tan**, **Vice President “Babe” Romualdez**, **Director “Susing” Pineda**, **Director “Art” Lopez**, **Director “Issam” Eldebs**, **Past District Governor “Vince” Carlos**, **Past President “Frank” Evaristo**, **Immediate Past Director “Oscar” Del Rosario**, **Immediate Past Assistant Secretary “Alvin” Lacambacal** and **Spouse “Cath” Lacambacal**, **DGE “Rudy” Bediones**, **Rotarian “Joe” Assad**, **Rotarian “Caloy” Reyes**, and **Rotarian “Yukio” Asahina**.

RC CHINATOWN HANDOVER AND INDUCTION



IPDG/PP Obet Pagdanganan, DGN/PP Rudy Bediones and CoS/ IPSDG/PP Cesar Ubaldo attended the Induction and Handover Ceremonies of the Rotary Club of Chinatown Circle last August 30, 2016 at the Shangrila Finest Chinese Cuisining Restaurant in Quezon City

COGS IN THE WHEEL

Staying true to a family legacy

Ricky Guevara gives back to his hometown with trailblazing ETrike project

Anyone who lives in Mandaluyong would be familiar with the family name Guevara.

The Domingo M. Guevara Street cuts across Mandaluyong to stand as a fitting testament and honor the legacy of the innovator, industrialist, visionary and the patriarch of the Guevara clan, Domingo M. Guevara, Sr.

Domingo Guevara started from humble beginnings as a radio repairman in the 1930s.

Through hard work and his entrepreneurial flair, he became the first local distributor of USA-made RCA appliances, eventually founding Radiowealth, Inc. to serve as its manufacturing and distribution arm.

Guevara made radios, and later on television sets and other appliances locally, and provided retail financing so that ordinary Filipinos could afford them.

This was very much like what Henry Ford did with the Model T cars in the USA. And this started a Guevara tradition: make your products affordable and easily accessible to the greater number of the population.



RICKY Guevara keeps the family's legacy going by making electric trikes affordable and acceptable to tricycle drivers.

A few years after, DMG became the local manufacturer of Volkswagen which included the iconic VW Beetle and the locally-designed Sakbayan and Trakbayan, the all Pinoy-made utility vehicles, bringing much pride to the Philippines. A few years after, DMG became the local manufacturer of Volkswagen which included the iconic VW Beetle and the locally-designed Sakbayan and Trakbayan, the all Pinoy-made utility vehicles, bringing much pride to the Philippines.

Eventually, the DMG Group (Guevent) was formed to handle the family's various interests in many industries and businesses.

But through all of these successes, the Guevaras never left their home base and headquarters in the heart of Mandaluyong city where it all started.



More than 120 EVWealth ETrikebayans now ply the streets of Mandaluyong, the biggest ever single deployment of ETrikes in a community.

driver, starting of course in their hometown Mandaluyong.

"Taking a page from my father's book, I treaded the road less travelled—or in the case of ETrike, the road a few brave souls have treaded but even fewer have succeeded, if at all.

"Electric tricycles have been having sporadic introductions in various parts of the country since 2009, but none of them lasted long. They always had problems starting with the units themselves, the batteries, the technology, the operators or even just the local government," Ricky Guevara said.

Enter the EVWealth ETrikeBayan

"Learning from my Dad, we had to make our ETrike affordable and easily accessible to the tricycle drivers. I even wanted something better: I want them to own the ETrikes, and not just be paying daily boundary," said Ricky.

"Thus, EVWealth came into the scene with a complete mass transport solution package. The package starts with a high quality electric tricycle specifically designed for Philippine road conditions, a battery charging and swapping station for their lithium ion battery packs to address the range anxiety problem, a reliable after-sales service, and ends with the most critical aspect, which is retail financing," he added.

He explains that another critical success factor is their close relationship with the local government which passed an ordinance banning the renewal of two-stroke tricycle registration.

"Fortunately for us, they can only be replaced with electric tricycles. This was a move that killed two birds with one stone.

"First, it implemented the Clean Air Act which makes two-stroke motorcycles illegal; and second, it introduced electric tricycles in the city for a greener commute," Ricky said.

The result is a phenomenal success in Mandaluyong

Ricky is proud of the fact that EVWealth now has more than 120 EVWealth ETrikebayans plying the streets of Mandaluyong, the biggest ever single deployment of ETrikes in a community.

"Our program had the drivers doubling or even tripling their income because of the roomier ETrikebayan which can seat six passengers, as opposed to the traditional one which barely seats four passengers.

"And commuters prefer our ETrikebayans, which are more comfortable to ride in, and with no noise and no smoke to boot!" Ricky said.

Today, the legacy of the old man Guevara is being upheld by his youngest son Ricardo Guevara or Ricky as he is fondly called by friends.

He recently came back from the USA where he also put up a successful alloy wheel company.

But this time, it was for good as he set up EVWealth, an electric tricycle company.

Ricky reveals that true to the Guevara legacy, he established EVWealth as a visionary company seeking not only to modernize Philippine public transport but also to uplift the lives of the lowly tricycle

But he will not stop with Mandaluyong since after a planned deployment of 1,000 ETrikebayans in Mandaluyong, EVWealth is looking at the nearby cities of Pasig, Manila, and Makati as the targets for next deployments.

“And eventually spread it all over the country. Our ETrike Program is more than just a business for us. It is actually a livelihood advocacy for the lowly tricycle driver.

“What drives us is the will to uplift the lives of the tricycle driver by giving him a more comfortable, healthy and profitable source of income, and the riding public, commuting in comfort.

“And that is why I feel that the program is succeeding and will continue to do so,” said Ricky.

(The author is the CEO of Filipino pioneer Jeep body and parts maker MD Juan Enterprises, of pioneer electric vehicle manufacturer PhUV Inc., and is the president of the Electric Vehicle Association of the Philippines. To join EVAP, call 9307003 and look for Lani Labrador.)



ETRIKES roll off EWealth ETrike Bayan's shop floor.



Dr. Ceferino L. Follosco

DLSU names classroom to Dr. Ceferino L. Follosco. Ceferino L. Follosco was a Renaissance man who received recognition for his works and accomplishments in multiple disciplines – as an administrator, industrialist, and a academician. Dr. Follosco served as one of the Board Advisers of the DLSU College of Engineering and Board of Directors of the DLSU-Angelo King Institute of Economic and Business Research. On August 9 at the Henry Sy Sr. Hall Roof

Deck, members of the C.L. Follosco Group signed the Deed of Donation and accepted the naming of the Dr. Ceferino L. Follosco Room of the Velasco Hall.

ELECTION ADVISORY

Dear Fellow Manila Rotarians,

Please be informed of the following when we prepare to elect the members of our Club's Board of Directors for Rotary Year 2017-2018 on Thursday, 01 September 2016:

A. QUORUM REQUIREMENT: ONE THIRD OF THE MEMBERSHIP

B. QUALIFICATION TO VOTE and TO BE VOTED UPON

1. Candidates / Nominees:

- ii. MEMBERSHIP DUES (at least one semester's full membership dues , or Php 12,500.00), and
- iii. ALL OTHER CLUB ACTIVITY FINANCIAL OBLIGATIONS, FULLY PAID BY 30 AUGUST 2016.

2. Electorate: MEMBERSHIP DUES (at least one semester's full membership dues, or Php 12,500.00) FULLY PAID BY 30 AUGUST 2016.

C. HOW TO PARTICIPATE IN THE ELECTION ON THURSDAY, 1 SEPT 2016:

STEP 1: REGISTER YOUR ATTENDANCE WITH THE CLUB SECRETARIAT.

STEP 2: MEMBERS WHOSE NAMES ARE IN THE QUALIFIED VOTERS LIST WILL BE ISSUED AN **ELECTION STUB**.

STEP 3: EACH QUALIFIED MEMBER SHALL GIVE HIS **ELECTION STUB** TO THE CLUB COMELEC REPRESENTATIVE IN EXCHANGE FOR A BALLOT.

CLUB ELECTION COMMITTEE:

Eusebio V. Tan
Chairman

Vicente J. Carlos
Co Chairman

CANDIDATE'S PROFILE



Reyes, Hermenegildo Carlos "Caloy" L.

RCM member 2014

Paul Harris Fellow 2014

Assistant Secretary, RY 2016-2017

Rotary Leadership Institute Graduate RY 2014-2015



Romualdez, Jose Manuel D "Babe"

RCM member 2005

Vice President, RY 2016-2017

Chairman, Journalism Awards RY 2014-2016



Joseph, Robert L. "Bobby"

RCM member 1999

Leon Lambert Lifetime Achievement Award 2014-15

Major Gift Donor 2013; Paul Harris Fellow 2012/11/
07/05/04/02/00

Director 2013-14; 2014-2016

Chairman, Tourism Awards 2005-present



Alday, Albert S.

RCM member 2005; Paul Harris Fellow 2015

Asst. Club Secretary RY 2010-2011; Club

Secretary RY 2011-2012 & RY 2014-2015;

Director, RY 2012-2013, RY 2013-2014; 2016

-2017; Rotary Leadership Institute Graduate

RY 2013-2014; Sr. Deputy Governor for District

Publications & Deputy Chief of Staff 2016-2017;

Governor's Monthly Letter (GML) Editor-in-Chief

RY 2016-2017; Rotary Balita Associate Editor RY

2010-17; Co Chair, Rotary Club of Manila Centen-
nial Committee RY 2012-present)

Pineda, Jesus M. Jr. “Susing”

RCM member 1993

Paul Harris Fellow 1996

Director 2009-2011; 2013-217

Director-in-Charge for Membership 2014-2016



Zaldarriaga, Felix Francisco “Chito” S.

RCM member 2001

Paul Harris Fellow 2013

Assistant Secretary, RY 2003-2004

Treasurer, RY 2015-2016

Director, RY 2017-2018



Lopez, Arthur M. “Art”

RCM member 2012; 2004-2008

RC Downtown Manila 1985; RC Melbourne 1990

House Committee Chairman, RY 2014-present

Director, RY 2017-2018



Eldebs, Issam

RCM member 2008

Paul Harris Fellow 2012, 2016

Rotarian of the Year 2014-2015

Director, RY 2010-12; 2015-2017

Program Committee Chairman, RY 2014-2015





Lopez, Mariano B “Ning”

RCM member 2011

Paul Harris Fellow 2013

Assistant Secretary, RY 2012-2013

Secretary, RY 2013-2014; 2016-2017

Director, RY 2014-2015

Medipinas Mission Chairman, RY 2014-2016

Medico Surgical Mission Committee Chair, RY 2016-2017



Masters, Lance

RCM member 2009; RC Clarion Pennsylvania, Member 2006-2009,

President RY 2007-2008; RC Riverside CA 1977-86; RC Riverside

Sunrise 1986-93; RC El Cerrito CA 1992-98; RC Greenville PA 1999-

2006; Paul Harris Fellow 2013, 2014; RCM Vice President, RY 2010-

2011; SAA, RY 2016-2017; RID 3810 RY 2015-2016 :TRF Compliance

Review Board; District Training Team; Rotary Leadership Institute

Graduate RY 203-2014; RID 3810 RY 2016-2017: Sergeant at Arms

Training 2016-2017



Policarpio, Jose Jr. “Jimmie”

RCM member 1998

Paul Harris Fellow 2000, 07, 10, 13, 16

Rotarian of the Year 2006-2007

Director, RY 2010-12; Secretary, RY 2006-2009

Program Committee Chairman, RY 2012-2014;

2016-2017

Del Rosario, Oscar A. Sr. "Oca"

RCM member 2012

Paul Harris Fellow 2013; 2016

Deputy Sergeant at Arms 2013-2014

Director, RY 2014-2016

Inaugural Meeting RY 2016-2017, Chairman

Rotary Leadership Institute Training

Graduate RY 2014-2015



Lacambacal, Alvin D

RCM member 2009;

RC Pasay Silangan Member 2003-2007,
President 2006-2007

RCM Director, RY 2010-2012; Asst.

Secretary, RY 2015-2016; Discon 2016

Secretary General; PDG RMR Rotary

Information Committee Co Chairman



Rodriguez, Joaquin "Jackie"

RCM member 2016

Program Committee Co Chairman, RY 2016-
2017



NEWS RELEASE**PHILIPPINE DAILY INQUIRER**

PHILIPPINE DAILY INQUIRER

SATURDAY, AUGUST 20, 2016

News**PEACEMAKERS**

Former Speaker Jose de Venecia, newly elected chair of the International Association of Parliamentarians for Peace (IAPP), meets with Nepal's new Maoist Premier Pushpa Kamal Dahal "Prachanda" (middle) and former Marxist Premier Madhav Nepal (right) who declared their full support for President Duterte's efforts to achieve final peace agreements with communist and Muslim groups. De Venecia, five-time Speaker, was unanimously chosen chair of IAPP by some 300 Asian parliamentarians from Nepal, China, India, Japan, South Korea, Indonesia, Philippines, Malaysia, Bangladesh, Sri Lanka, Thailand, Burma (Myanmar), Timor Leste, Fiji, Marshall Islands, Bhutan, Afghanistan, Pakistan, and Central Asia at the closing session of the IAPP in Kathmandu, Nepal, on July 30.

CONTRIBUTED PHOTO



SKAL INTERNATIONAL TOURISM PERSONALITY AWARDS: STAR president and CEO Miguel Belmonte (3rd from right) is honored with the Hall of Fame award (Newspaper of the Year category) at the 26th SKAL International Asia Pacific Award at the New World Makati. With him are SKAL officers and awarders (from left) SKAL International Makati president Robert Lim Josepa, SKAL International Asia president Robert Schri, SKAL International Makati honorary member Earl Whelan, Plantation Bay Resort and Spa owner Emmanuel Gonzales (Hall of Fame for Resort Hotel category), STAR columnist Vasilas Avila (represented by son Jesus Avila, Media Advocacy category), Bulong Pulungan Tourist Lodges Sydangco (Media Group category), SKAL International Makati secretary general Desales Ledonio, representing Mega-world Corp.'s chairman and president Andnew Tan (represented by Travelers International Hotel Group Inc.'s Kingston Chan, Leader in Integrated Tourism Enterprise category), STAR columnist Eduardo Jarque Jr. (Newspaper Lifestyle, Travel and Tourism category), Philippine Airlines president and COO Jolina Bautista (Skal league of this year), Bonifacio Landmarks and Realty Development Corp. president Hans Hauri (Tourism Association category), Turkin and co country manager Erman Kataran (Foreign Airline category), New World Makati Hotel resident manager Randal Ushant and Nagasaki Prefecture's Culture Tourism and International Affairs director Genaro Hasekazu Matsukawa. Story on Page 4.

Monday, August 29, 2016

BUSINESS BEAT

Rotarians for peace



By MELITO SALAZAR JR.

AS the broadsheets are focusing on peace initiatives in two fronts – with China over the sea issue and with the National Democratic Front on the need for peace and progress through ending insurgency, I am reminded how these efforts may be supplemented by the work of service organizations like the Rotary International.

Rotary International through its foundation, The Rotary Foundation has adopted as one of its six areas of focus – peace and conflict prevention/resolution. Rotary's quest for peace is not new. In the formation of the United Nations, many of the country delegations were headed by Rotarians or had advisers who were Rotarians. In the San Francisco conference leading to the UN's establishment, it was a Filipino and Rotarian, General Carlos P. Romulo who, in a stirring speech, set the tone for unity and action. At the height of ethnic riots in India, a group of Rotarians made up of Muslims and Hindus patrolled the streets to keep the peace. In the prevailing conflict in the Middle East, Rotarians from Europe would bring together new-generation Palestinians

and Israelis to a summer camp where they learned to understand each other's cultures and longings leading to friendship and hopefully, long-term peace.

Rotarians know that the road to peace is not easy and the challenges immense. The process is also complex and may need special skills. For these reasons, The Rotary Foundation launched its Peace Fellows program.

Each year, Rotary selects up to 100 individuals from around the world to receive fully funded academic fellowships at one of six peace centers – Duke University and University of North Carolina at Chapel Hill (where I took up their Population Management Program) in the United States; International Christian University, Japan; University of Bradford, England; University of Queensland, Australia; and Uppsala University, Sweden. These fellowships cover tuition and fees, room and board, round-trip transportation, and all internship and field-study expenses.

Two programs are offered – master's degree fellowships in fields related to peace and conflict prevention and resolution and a professional development certificate. The master's programs last 15 to 24 months and require a practical internship of two to three months during the academic break.

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ON THE LIGHTER SIDE



PDG VINCE CARLOS

Sex life is like coca cola

Two old friends meet after many years and talk about their past lives.

One asks the other:

“So, how’s your sex life?”

“Same as Coca-Cola ...”

“Oh great! Full of bubbles, then? “

“Nothing like that!

Before it was ‘CLASSIC’, then it became ‘LIGHT’ and now it is ‘ZERO’! “

* * * *

A glass of wine

To my friends who enjoy a glass of wine and those who don’t and are always seen with a bottle of water in their hand, Ben Franklin said: “In wine there is wisdom, in beer there is freedom, in water there is bacteria.” In a number of carefully controlled trials, scientists have demonstrated that if we drink 1 litre of water each day, at the end of the year we would have absorbed more than 1 kilo of Escherichia coli, (E. Coli)-bacteria found in feces. In other words, we are consuming 1 kilo of poop annually. However, we do NOT run that risk when drinking wine and beer (or rum, whiskey or other liquor) because alcohol has to go through a purification process of boiling filtering and fermenting.

Remember: Water=Poop, Wine=Health. Therefore, it’s better to drink wine and talk stupid, than to drink water and be full of shit.

VERIFICATION: BOTH THE HOUSE AND SENATE DRINK A LOT OF WATER WHILE IN SESSION. THIS EXPLAINS THE RESULTS THEREIN...

There is no need to thank me for this valuable information:

I’m doing it as a public service.

* * * * *

The night of April 1st

Defense Attorney: Will you please state your age?

Little old lady: I am 71 years old.

Defense Attorney: Will you tell us, in your own words, what happened the night of April 1st?

Little old lady: There I was, sitting there in my swing on my front porch on a warm spring evening. When a young man comes creeping up on the porch and sat down beside me.

Defense Attorney: Did you know him?

Little old lady: No, but he sure was friendly.

Defense Attorney: What happened after he sat down?

Little old lady: He started to rub my thigh.

Defense Attorney: Did you stop him?

Little old lady: No, I didn't stop him.

Defense Attorney: Why not?

Little old lady: It felt good. Nobody had done that since my Albert died some 30 years ago.

Defense Attorney: What happened next?

Little old lady: He began to rub my breasts.

Defense Attorney: Did you stop him then?

Little old lady: No, I did not stop him.

Defense Attorney: Why not?

Little old lady: His rubbing made me feel all alive and excited. I haven't felt that good in years!

Defense Attorney: What happened next?

Little old lady: Well, by then, I was feeling so 'spicy' that I just laid down and told him "Take me, young man. Take me now!"

Defense Attorney: Did he take you?

Little old lady: Hell, no! He just yelled, 'April fool!' and ran off. And that's when I shot him.....the little bastard.

* * * * *

Trouble Communicating

A male patient is lying in bed in the hospital, wearing an oxygen mask over his mouth and nose. A young student nurse appears and gives him a partial sponge bath. "Nurse," he mumbles from behind the mask, "are my testicles black?"

Embarrassed, the young nurse replies, "I don't know, sir. I'm only here to wash your upper body and feet." He struggles to ask again, "Nurse, please check for me. Are my testicles black?"

Concerned that he might elevate his blood pressure and heart rate from worrying about his testicles, she overcomes her embarrassment and pulls back the covers. She raises his gown, holds his manhood in one hand and his testicles gently in the other.

She looks very closely and says, "There's nothing wrong with them, sir. They look fine." The man slowly pulls off his oxygen mask, smiles at her, and says very slowly, "Thank you very much. That was wonderful. Now listen very, very closely:

"ARE-MY-TEST-RESULTS-BACK?"

* * * * *

A positive attitude

Late Monday morning, the grizzled fighter pilot finally regained consciousness.

He found himself in agonizing pain in the base hospital's ICU, with tubes up every fundamental orifice, wires monitoring every function and a gorgeous nurse hovering over him.

He remembered he'd been in a, no shit, serious flying accident on Saturday. The nurse gave the fighter pilot a serious, deep look straight into the eyes, and he heard her slowly say: "You may not feel anything from the waist down."

Somehow he managed to mumble in reply: "Can I feel you tits, then?" And that, my friends, is a POSITIVE ATTITUDE!

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



PROBIOTICS

Elias Adamos, M.D.

Probiotic comes from the Greek work pro, meaning “promoting,” and biotic, meaning “life.” Probiotics came about in the early 20th century when Elie Metchnikoff, who is regarded as the “father of probiotics,” had observed that rural dwellers in Bulgaria lived to very old ages despite extreme poverty and harsh climate. He theorized that manipulating the friendly bacteria inside a man’s body could enhance and delay senility.

What are probiotics?

Probiotics are live microorganisms that may be able to prevent and treat some illnesses. Promoting a healthy digestive tract and a healthy immune system are their most widely studied benefits. These microorganisms are healthy, good, and friendly bacteria inside the body. Probiotics can be supplied through foods, beverages and dietary supplements.

In October 2013, groups of scientists and physicians from different fields of medical specializations, at the International Scientific Association for Probiotics and Prebiotics, defined probiotics as “live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.”

How does probiotics work?

Researchers are still trying to figure out how exactly can probiotics help maintain the body’s health and wellness. Here are some theories:

1. When you lose a “good bacteria” in your body, as a result of antibiotic therapy for example, probiotics can help replace them.
2. They can help maintain a balance between your “good” and “bad” bacteria to help your body working, as it should.

What are the types of probiotics?

The most common two groups of probiotics are: Lactobacillus are found in yogurt and other fermented foods. One commercially available drink is “Yakult”. Different strains of Lactobacillus help in the digestion. People who can’t digest lactose (sugar in milk) would benefit from this type of probiotic. Bifidocacterium is found in some dairy products. It may help ease symptoms of irritable bowel syndrome and some other conditions.

What does research say about probiotics?

Studies have found that probiotics are effective for: **Cold and flu, diarrhea, eczema, yeast infections, and for the general health and wellbeing.**

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