



balita

No. 3673, November 17, 2016

GUEST SPEAKER



VPE/VP JOSE MANUEL "BABE" G. ROMUALDEZ

Special Envoy to the United States of America
Chief Executive Officer
Stargate Media Production

KABALITA

Let the hottest Babe warm up an erstwhile cold spell between the United States of America and the Republic of the Philippines as he gives his two cents before his hometown crowd, Asia's First Rotary Club.

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THE ROTARY CLUB OF MANILA

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PROGRAM

RCM's 19th for Rotary Year 2016-17

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

OIC/Moderator : **President-elect "Jimmie Policarpio"**

Chairman, Program Committee

Program Timetable

11:30 PM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated :	PE "Jimmie Policarpio"
12:30 PM	Call to order	Pres. "Teddy" Ocampo
	Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	STAR Rtn. "Jodi" Bantug
	RCManila Hymn The Four (4) Way Test Credo	RCM WF Music Chorale All Rotarians led by Rtn. "Ric" Ramos
12:35 PM	Introduction of Guests and Visiting Rotarians and Personalities seated at the Head Table Welcome Song	Dir. "Art" Lopez RCM WF Music Chorale
12:40 PM	Happy Birthday (RCM Celebrants) Nov. 19...PDG "Vince" Carlos; Nov. 20...Rtn. "Mon" Ko; Nov. 21...PD "Knud" Hedeager, Rtn. "Jun-Jun" Capistrano Happy Birthday Song	RCM WF Music Chorale
12:45 PM	President's Time	Pres. "Teddy" Ocampo
12:47 PM	Introduction of Guest of Speaker	Rtn. "Pepe" Rodriguez
	ADDRESS: VPE/VP Jose Manuel D. "Babe" Romualdez Philippines Special Envoy Designate to the USA	
	Public Forum Response, Presentation of token of appreciation to VPE/VP "Babe" Romualdez	Pres. "Teddy" Ocampo
2:00	PM Adjournment	

PRESIDENT'S CORNER



Last week, Dr. Baltazar Aguda, the Executive Director of the Philippine Genome Center of the University of the Philippines, gave all of us a glimpse into Genomics and all its intricacies.

As for updates within our club, last November 12, 2016, SDG Frank Evaristo and I turned over the last batch of the shelter projects which consisted of 26 housing units in Barangay Pamacpacan, Jaen , Nueva Ecija. This was made possible through the Governor Kai Fund of Rotary Japan and together with Gawad Kalinga.

Updates from around the district include the participation of DCoS/Dir. Albert Alday and DE/SAA Lance Masters as part of the District 3810 Training Team at the Special Presidents-Elect Training Seminar hosted by the Rotary Club of Manila Maharlika at the Heritage Hotel in Pasay City last November 11-12, 2016. Two days later, November 14, 2016, IPDG Obet Pagdanganan, PDG Vince Carlos, DGN Rudy Bediones, CoS Cesar Ubaldo, DCoS /Dir. Albert Alday, SDG Frank Evaristo and I attended the Charter Presentation and Induction Ceremonies of the Rotary Club of Manila Robinson at Sofitel Philippine Plaza Manila in Pasay City where my classmate ASCP Arlene Divinagracia was inducted as President for RY 2016-2017. CoS Cesar Ubaldo is that club's District Governor's Special Representative, now known as Club Adviser. A day later, November 15, 2016, IPDG Obet Pagdanganan, DGN Rudy Bediones and CoS Cesar Ubaldo attended the 7th Induction and Handover Ceremonies of the Rotary Club of Mabini Manila at the Pan Pacific Hotel in Manila where my classmate, ASP Tomohiro Ishii was inducted as President for RY 2016-2017 and where CoS Cesar Ubaldo was part of its Governor's Visit earlier then later, on that same day, IPDG Obet Pagdanganan, PDG Vince Carlos, DGN Rudy Bediones, CoS Cesar Ubaldo, SDG Frank Evaristo, IPP Ebot Tan, PD Oca del Rosario and I attended the 30th Anniversary of District 381 "You Are The Key" at the Golden Bay Seafood Restaurant in Pasay City.

Today, we welcome our very own VPE/VP Babe Romualdez, Special Envoy of the Republic of the Philippines to the United States of America, as he clarifies US-Philippine Relations. 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



JOSE MANUEL ROMUALDEZ y DEL GALLEGO
 Philippines Special Envoy Designate to the USA
 Vice President, Rotary Club of Manila, RY 2016-17;
 Vice President Elect, RY 2017-18

I. PERSONAL INFORMATION

NAME	:	Jose Manuel del Gallego Romualdez
DATE OF BIRTH	:	08 November 1947
PLACE OF BIRTH	:	Manila

II. EDUCATION

Ateneo de Manila University	Grade School	1954-1962
Ateneo de Manila University	High School	1962-1965
Forest Hills High School	New York, USA	1965-1966
Dela Salle College	College	1966-1970
Diploma : B.S.B.A.		

III. PROFESSIONAL EXPERIENCE

1970-1979	News Reporter/Newscaster (NEWSWATCH RPN-9)
April 1989	Coordinated Media group for the official visit of Vice-President Salvador H. Laurel in Washington DC, New York, Los Angeles, San Francisco
May 1997	Member, Business Delegation of President Ramos to Los Angeles, San Diego & Mexico
November 1997	Member, Business Delegation of President Ramos to APEC Conference in Vancouver, Seattle, San Francisco & New York
July 1999	Coordinated official working visit of the former President Joseph Ejercito Estrada to San Francisco, New York and Washington DC

September 2011	Member, Philippines, Inc. delegation with President Noynoy Aquino's official visit to China and Japan
October 2012	Member, Philippines, Inc. delegation with President Noynoy Aquino's official visit to New Zealand
Current, 2001	President, Manila Overseas Press Club (MOPC) Columnist, The Philippine Star (<i>Babe's Eye View</i> and <i>Spy Bits</i>) Chief Executive Officer, Stargate Media Corporation Publisher, People Asia Magazine (Philippine Star affiliate) Executive Vice-President, Philippines, Inc. Chairman, FCB Group

IV. CLUB AFFILIATIONS/MEMBERSHIPS

1. Manila Overseas Press Club
2. Olympic Club, San Francisco
3. Makati Business Club
4. Manila Polo Club
5. Manila Golf
6. American Chamber of Commerce
7. Philippines, Incorporated
8. Canadian Chamber of Commerce
9. The Tower Club
10. Rotary Club of Manila
11. The City Club

(Page 1 of 2 pages)

Over the years, Mr. Romualdez has served as resource person/speaker for various fora and is usually invited by broadcast networks as panelist/discussant on current issues of national interest. In May 2006, Mr. Romualdez was a speaker and delivered a speech titled "Dying to tell the story" at the International Press Institute (IPI) World Congress and 55th General Assembly in Edinburgh, Scotland where he discussed the media killings in the Philippines. He was a reactor/panelist during Guam Chief Justice Robert Torres Jr.'s lecture on "Media and the Courts" organized by the Supreme Court and the Philippine Judicial Academy in 2011. Mr. Romualdez was also a speaker during the very First Professional Summit organized by the Philippine Association of Professional Regulatory Board Members (PAPRB) on the topic "Professional Media in the Digital Age."

Mr. Romualdez writes three columns for The Philippine Star, namely Spy Bits which appears at the Business Section every Tuesday and Thursday; Babe's Eye View every Sunday within the Opinion/Editorial pages; and This Week on PeopleAsia at the Allure section of the paper every Sunday. All three columns have a wide following of readers composed of Filipinos and foreigners both in the Philippines and abroad (via the paper's online version).

PREVIEW OF FORTHCOMING GUEST SPEAKERS

November 24, 2016, 12N, Manila Polo Club McKinley Room

**His Excellency
JOHN GOMES, Maj. Gen. PSC (Retired)**
Ambassador Extraordinary and Plenipotentiary
of the People's Republic of Bangladesh to
the Republic of the Philippines



December 1, 2016, 12N, Manila Polo Club McKinley Room

Hon. AMADO D. "Amading" VALDEZ
Chairman, Social Security System
RCManila Board Legal Adviser and Past
Director



December 8, 2016, 12N, Manila Polo Club McKinley Room



Rotary Club of Manila Christmas Fellowship (Last Thursday Meeting of 2016) Featured Performers: Mr. Jose Mari Chan, Ms. Dulce Amor, Ms. Caisa Borromeo, RCM World-Famous Chorale....

January 5, 2017, 12N, Manila Polo Club McKinley Room

Hon. AMANDO M. TETANGCO, JR.
Governor, Bangko Sentral Ng Pilipinas



THE WEEK THAT WAS...



Pres. "Teddy" Ocampo calls the 19th meeting of the Rotary Club of Manila to order.



STAR Rotarian "Tom" Drilon as OIC/Moderator, directs the program of activities.



Rtn. "Nilo" Aventura delivers an ecumenical prayer.



STAR Rtn. "Ricky" Trinidad leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) way test.



Rtn. "Vee" David introduces the guests, visiting Rotarians and personalities seated at the presidential table,.



Pres. "Jeff" Schindler of Rotary Club of Guam, RCM's Daughter Club, delivers message.



Rtn. "Rosel" Doval Santos introduces **Baltazar Aguda, PhD**, Director, Philippine Genome Center, University of the Philippines, as guest speaker.

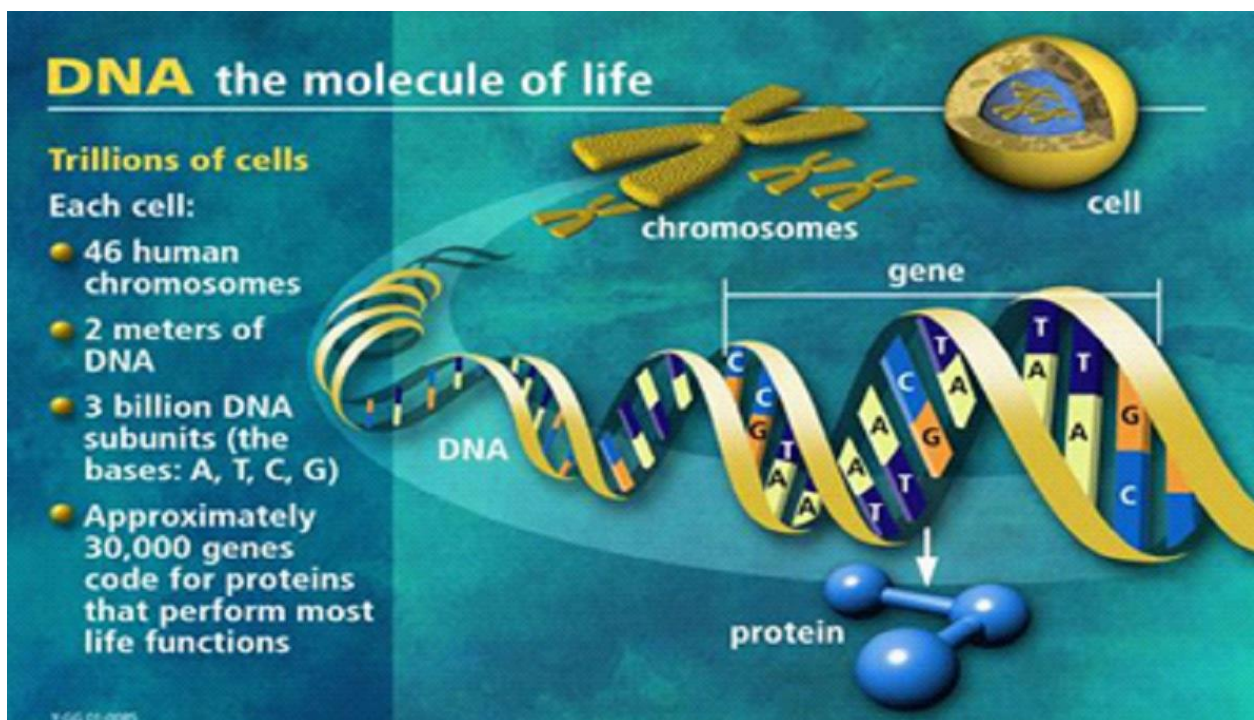


Dr. Baltazar Aguda, Executive Director of the Philippine Genome Center, presented before Manila Rotarians, Visiting Rotarians and guests, his take on Genomics and all there is to it.

GENOMICS IS ABOUT TO EXPLODE !

Baltazar D. Aguda, PhD
 Executive Director
 Philippine Genome Center
www.philippinegenomecenter.org

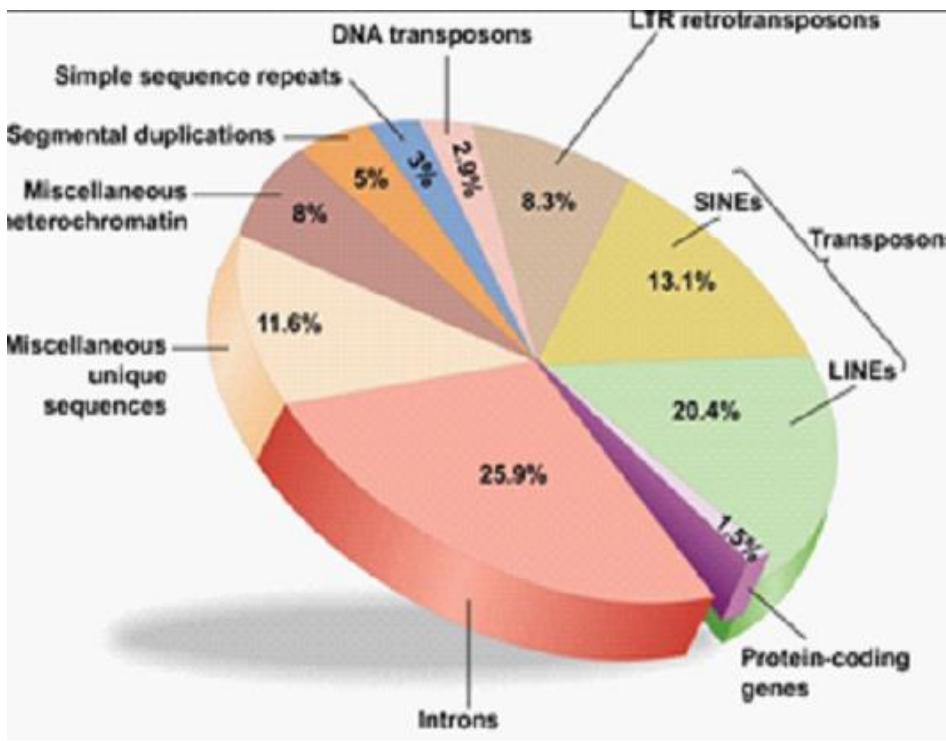
In 1953, the human race opened the book of life with the publication of the structure of DNA by James Watson and Francis Crick. DNA stands for *deoxyribonucleic acid*, a molecule that beautifully codes for the blueprint of how a life is made and sustained. A book of life contains just the 4 letters, A, T, C and G, but in many very long sequences indeed!



A first major achievement in reading the information in DNA was made in 1961 when the *genetic code* was cracked. This fairly universal code is the key to translating triplets of DNA to amino acids, the building blocks of proteins.

When we say *genome* we mean the complete set of all DNA in a cell's nucleus. A human genome is contained in a cell with 23 pairs of chromosomes. We count only one of each pair when we say the human genome has about 3 billion letters. *Genes*, the ones we commonly refer to as protein-coding, are usually just small subsets of a genome.

A draft of the human genome (more precisely, genome of a specific individual) was published in 2001, followed by a complete draft in 2003. The cost of this human genome sequencing project: ca. US\$2.7 billion.



Far from being human-centered, genome sequencing has been carried out on all forms of life. The figure below shows the explosion of mega-sequencing projects.

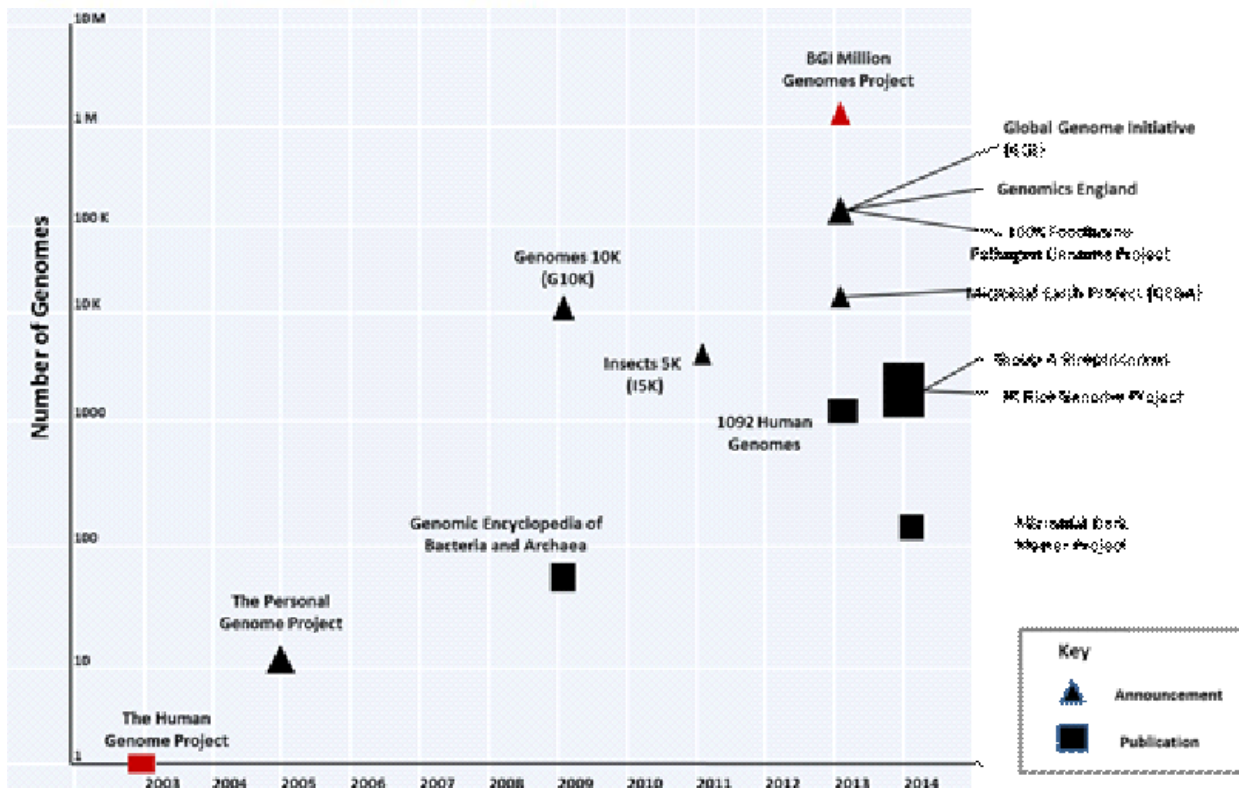


Figure from the book *Biocode* by Dawn Field & Neil Davies (Oxford U.P., 2015)

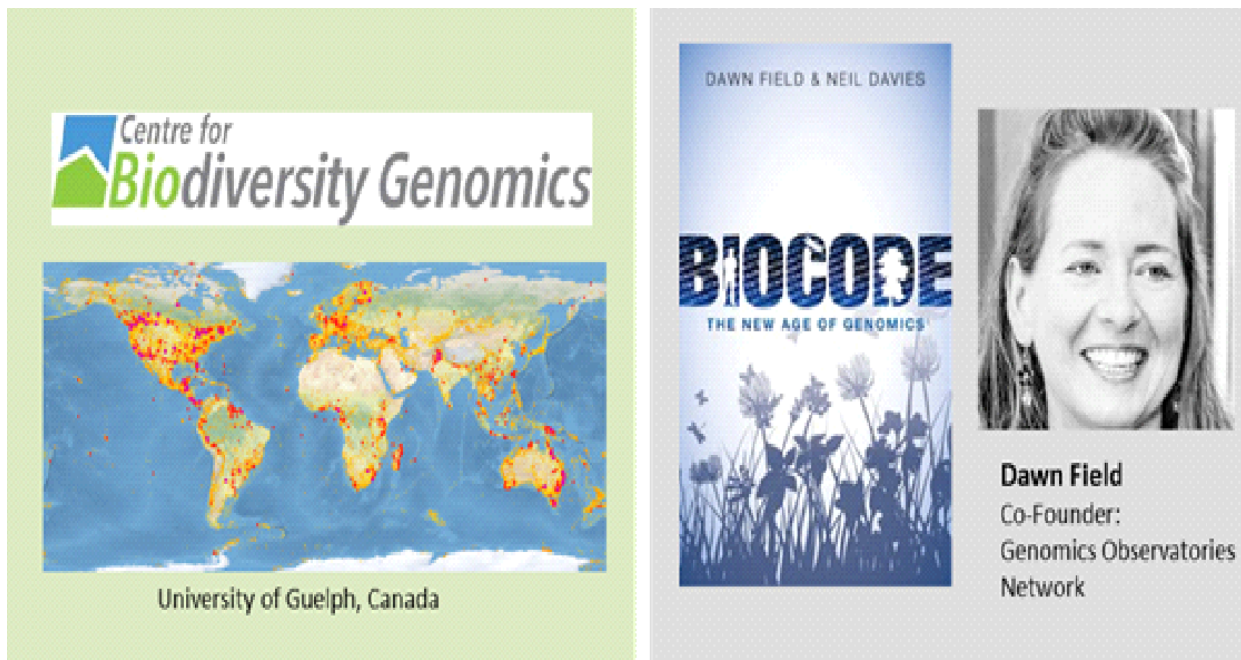
Figure from the book *Biocode* by Dawn Field & Neil Davies (Oxford U.P., 2015)

One human genome sequenced in 2001, then in 2013 the announcement of China's BGI (Beijing Genomics Institute) to sequence a million human genomes. Published in 2016 are the genomes of 2,500 people (<https://news.embl.de/science/1510-1000genomes>). The Personal Genome Project (PGP) announced in 2005 aims to sequence and publicize the complete genomes and medical records of 100K volunteers, to be used as reference database for personalized medicine.

3K rice genomes were published in 2014; and there are now plans to sequence the 127K rice accessions and wild relatives kept at the international rice genebank at IRRI (International Rice Research Institute in Laguna, Philippines). The US Smithsonian's Global Genome Initiative (<https://ggi.si.edu/>) aims to gather, understand, and preserve (in ice) organisms from all branches of the tree of life; more than 500K genomic samples are now preserved and available for researchers.

Biodiversity Genomics is at its infancy, and as its executive director, I am trying to position the Philippine Genome Center (PGC) to be a world leader in this exploding field. The Philippines is hotspot of biodiversity. There is much that we can learn about life itself from the study of this biodiversity in our midst, much benefit that we can derive from these basic studies, and, importantly, much that we can learn to safeguard the integrity of the beautiful but fragile ecosystems. We should stop and think hard about the fact that 99% of the ~4 billion species of organisms that have ever lived on earth are now extinct...

The PGC is now interacting and planning on collaborations with members of the following international groups: Dawn Field & her Genomics Observatories Network, as well as the Centre for Biodiversity Genomics in Canada. Dawn Field and Neil Davies are the authors of *Biocode: The New Age of Genomics* (2015). We must strive to be good and responsible members of the global scientific community.



The obvious question left unasked in this talk is: what are we going to do with all these genome sequences? Tons. The number of genomics companies is exploding. Companies such as *23andMe* are offering direct-to-customer services to sequence certain genes or regions in one's DNA and provide analysis and predictions for susceptibility to various diseases, responsiveness to drugs, and even one's ancestry. The US company *Guardiome* offers sequencing your whole genome and a "personal genome vault and analyzer", for US\$3,100. The company *uBiome* is a leading microbial genomics company that offers the "world's first sequence-based clinical microbiome test". *Evogene*, a plant genomics company based in Israel, offers a technology to "enhance seed traits underlying productivity." Of course, there are many bioinformatics companies that offer computational solutions and services for the analysis of genomes. The following URL lists 419 genomics companies: <http://www.labcritics.com/genomics-companies/>.

The R & D programs currently maintained by the PGC are described in detail in its website: www.philippinegenomecenter.org.

Some specific aims of the *PGC Health Program* are to develop kits for early diagnosis and treatment of communicable and non-communicable diseases; expand strategic biogenomic surveillance and forecasting system in the Philippines; identify drug resistant strains and new strains during epidemics and outbreaks; and advance pharmacogenomics. “Lab-in-a-Mug” Kits for Dengue, TB, Leptospirosis, Flu, Salmonellosis, etc. are now being developed by the PGC’s first spin-off company, MANILA HEALTH TEK INC., created by PGC Researcher Raul Destura.

The *PGC Agriculture, Livestock & Fisheries Program* is geared towards the genetic improvement of plant varieties and animal breeds using molecular marker-assisted selection and breeding. Ultimately, the program aims to produce improved varieties of crops indigenous to the Philippines such as abaca, saba banana, pili, and coconut.

The *PGC Program Biodiversity Program* has the following on-going projects: venomous marine snails as potential source of drugs for pain, epilepsy and other neurological disorders; microorganism associated with marine snails and sponges are explored as a source of neuro-active, anti-microbial and anti-cancer drugs; use of genomics to study and conserve endemic Philippine flora and fauna, to propagate natural varieties as well as to generate new high quality varieties.

Finally, the *PGC Program in Forensics & Ethnicity* is focused on studying genetic variations within and across human, animal and plant populations for applications to forensic and ethnicity studies. The aim is to contribute genetic information to the studies of other disciplines such as archaeology, linguistics, anthropology and history, in order to obtain a greater appreciation of the distinct cultures and shared histories in the Philippines in our quest to find the common genetic denominator amongst all groups.

I am inviting members of the private sector to join the PGC in advancing genomics in the Philippines, for the benefit of Filipinos and the world.



A pro-active open forum immediately followed right after the speech of Baltazar Aguda, PhD. Among the participants were: Rtn. Ricky Trinidad, Sec. Ning Lopez, PP Cesar Ubaldo, Rtn. Jess Santos, IPDG Obet Pagdanganan and Rtn. Nilo Aventura.



Pres. “**Teddy**” **Ocampo**’s response and presentation to **Baltazar Aguda, PhD** a religious icon of Jesus Christ, as the club’s token of appreciation, for being the guest speaker.

MEMBERSHIP / CLASSIFICATION COMMITTEE



PT “**Lito**” **Sibayan** as proposer gives a brief introductory remarks on inductee, **Mr. Ricardo Manuel “Rocco” M. Sarmiento (Filipino)**, President and Chief Executive Officer, Vitarich Corporation. Classification: Agriculture - Agribusiness, prior to the formal induction ceremony.



Pres. "Teddy" Ocampo administers the oath of membership pledge to Mr. Ricardo Manuel "Rocco" M. Sarmiento, with PT "Lito" Sibayan as proposer during the formal induction ceremony; and subsequent placing of official Rotary Badge Name and Rotary Pin on STAR Rtn "Rocco" Sarmiento.

COUNCIL OF PAST PRESIDENTS MEETING



Meeting of Council of Past Presidents on Centennial Celebration. Present during the meeting were: SDG Frank Evaristo, PP Boy Guevara, IPDG Obet Pagdanganan(RCM Chairman, Centennial celebration), Pres. Teddy Ocampo, DGN Rudy Bediones, PP Cesar Ubaldo, PP Ed Reyes, PP Boy Ampil, PP Toting del Rosario, PDG Vince Carlos, IPP Ebot Tan, Pres-elect Jimmie Policarpio and ES Anna Kun Toledo.

WF MUSIC REHEARSAL

RCM WF Music Chorale practice last Friday, Nov. 11, 2016 at the residence of PS George Salazar. Present during the rehearsal are: PD Ralf Gonzales, PD Beda Fajardo, PS George Salazar, Rtn. Nicky Villasenor, PT Jim Chua, Rtn. Jason Ong and PD Oscar del Rosario,

INTERNATIONAL RELATIONS



Rotary Club of Manila PVP Manny Dy met NBA basketball legend YAO MING. Photo shows PVP Manny Dy with China Tallest Basketball Player Yao Ming, DTI Secretary Ramon Lopez, Neda Secretary Ernesto Pernia, Chairman Martin Dinio and other delegates at the State Banquet hosted by China President Xi Jing Ping for President Rodrigo Duterte during his recent state visit to the People's Republic of China.

INTERNATIONAL RELATIONS



Pres. "Teddy" Ocampo shakes hands with Pres. "Jeff" Schindler of Rotary Club of Guam, RCM's Daughter Club, as special guest of the club, the latter delivering message during the luncheon meeting held last November 10, 2016, at the Manila Polo Club.



A posterity photo with Pres. "Jeff" Schindler of Rotary Club of Guam and Members, with Pres. "Teddy" Ocampo, SAA "Lance" Masters, SDG/PP "Frank" Evaristo and PD "Ed" Lee who graciously hosted dinner for RC Guam delegation at his La Grotta Cucina Italiana in Makati City.



International Relations Chair PD Ed Lee and Ms Daffodil Costelo hosted dinner fellowship at La Grotta in honor of visiting daughter club- Rotary Club of Guam composed of : Pres Jeff Schindler, VP Marie Guerrero, Community Service Dir Mae Hsieh, Club Service Dir Duce Romias, Media Dir Kaz Endo, PP Dave Silva, PP Phil Flores, PP Frank and Lilian Guerrero, Rtns Peter Wilkinson, Beverly Brady.



International Relations Chair PD Ed Lee and Ms Daffodil Costelo hosted dinner fellowship at La Grotta in honor of visiting daughter club- Rotary Club of Guam composed of : Pres Jeff Schindler, VP Marie Guerrero, Community Service Dir Mae Hsieh, Club Service Dir Duce Romias, Media Dir Kaz Endo, PP Dave Silva, PP Phil Flores, PP Frank and Lilian Guerrero, Rtns Peter Wilkinson, Beverly Brady.

COMMUNITY DEVELOPMENT & SHELTER

TURN OVER OF JAEN HOUSES

The last batch of shelter project made thru Rotary Club of Manila by Governor Kai (Rotary Japan), Rotary Club of Bangkok, Rotary Club of Osaka East, Rotary Club of Kowloon East, for victims of Typhoon Yolanda with the turnover of 26 housing units sponsored by Rotary and 2 units sponsored by Concorde in Bgy. Pamacpacan, Jaen, Nueva Ecija last Saturday, November 12, 2016. There are two artesian wells provided for the total 44 families living in Most Sacred of Heart of Jesus Community – Jaen, Nueva Ecija. Also present during the turnover were Luisito E Luna (Project Director), Most Sacred Heart of Jesus Community President Juanito dela Cruz and Marcos Pangilinan (Vice President). The selection of beneficiaries is jointly undertaken by the Department of Social Welfare and Development (DSWD), the Parish and the Kapitbahayan. DSWD monitors the participation of beneficiaries' volunteer time in the construction of their unit, provides Day Care for the children of the community, sustains the Pangtawid Pangpamilya Program and cash to build houses in Bgy Pamacpacan. A sumptuous meal for the guests followed after the formal presentation of the donation

THE TURNOVER PROGRAM:



Singing of the Philippine National Anthem by the Kapitbahayan led by Mrs Vilma de Leon which was followed by invocation by Luisito de Luna (the project director).



Opening / Welcome Remarks by Engr. Feliciano Bolisay, Gawad Kalinga Head for Nueva Ecija. Message delivered by Hon. Sylvia Austria, Municipal Mayor followed by land donor, Mrs Arceli Cua



Message by **President Teddy Ocampo** and **PP Frank Evaristo**.



Response in behalf of the beneficiaries was delivered by Armando Villeza followed by message by DSWD Social Worker Officer Paperlyn U. Pablo.



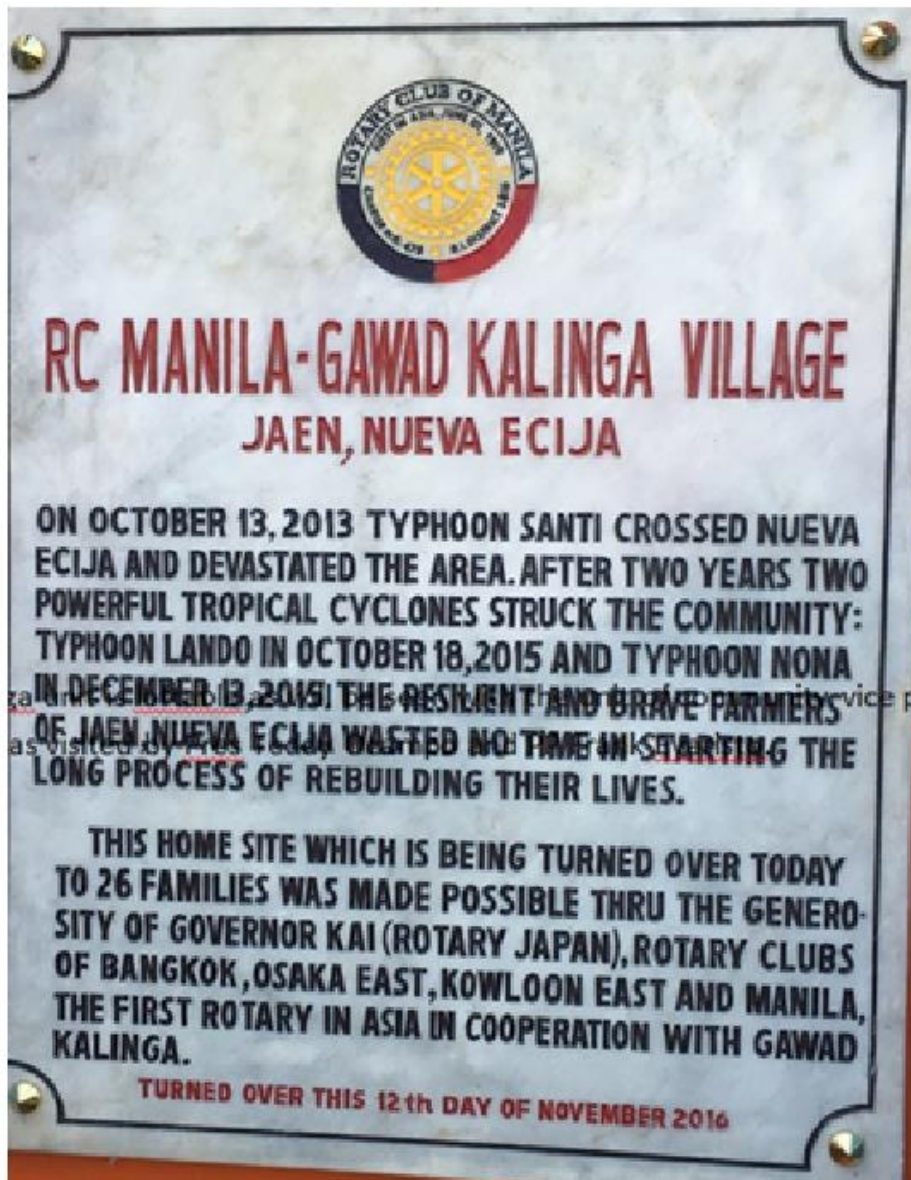
A dance number was presented by the new beneficiaries of the shelter project



The Unveiling of the Marker by **Pres Teddy Ocampo**, **PP Frank Evaristo**, **Mayor Sylvia Austria** and **Mrs Arceli Cua** (the land donor).



Most Sacred Heart Community of Gawad Kalinga, witnessed the unveiling of the marker.



The awarding of the houses with the symbolic presentation of the key by Pres Teddy Ocampo, PP Frank Evaristo, Gawad Kalinga and Mrs Arceli Chua as witnessed by Mayor Sylvia Austria to the beneficiaries.



Each Gawad Kalinga unit is lovable as will be seen with the unit of community vice president Mr Marcos Pangilinan, that was visited by Pres Teddy Ocampo and PP Frank Evaristo.



The signing of the memorandum of agreement between Gawad Kalinga by Mr. Jon Ramos, the Donor – Mrs Arceli Cua with Municipal Mayor Sylvia Austria and Rotary Club of Manila as witnesses to the signing of the memorandum of agreement. Standing from L to R are Mr. Bebot Bolisay (Provincial Head Gawad Kalinga Nueva Ecija), Luisito E de Luna (Project Director), Mr. Dante Buan (Jaen Municipal in charge of Social Services), Ms Paperlyn Pabli (DSWD Social Worker officer) and RCM Past President Frank Evaristo.

INTERCLUB ACTIVITIES



IPDG Obet Pagdanganan, PDG Vince Carlos, DGN Rudy Bediones, CoS/ IPSDG/PP Cesar Ubaldo, SDG/DCoS/Dir. Albert Alday, SDG/IPAG/PP Frank Evaristo and President Teddy Ocampo attended the Charter Presentation and Induction Ceremonies of the Rotary Club of Manila Robinson at Sofitel Philippine Plaza Manila in Pasay City last November 14, 2016. CoS/IPSDG/PP Cesar Ubaldo is the District Governor's Special Representative of this club, now called Adviser

D3810 SPECIAL PRESIDENTS ELECT TRAINING SEMINAR



SDG/DCoS/Dir. Albert Alday and DE/SAA Lance Masters served as trainers at the **District 3810 Special Presidents-Elect Training Seminar** last November 11 & 12, 2016 at The Heritage Hotel Manila in Pasay City.



Rotary District 3810 GML Team as trainers at the District 3810 Special Presidents-Elect Training Seminar last Nov 11-12, 2016...GML Editor-In-Chief SDG/Dir. Albert Singson Alday with Managing Editor IPSDG Arlene Velez (Rotary Club of Manila Midtown) and Circulation Manager IPDRC Mark Eugene Tan (Rotary Club of University District Manila)



IPDG Obet Pagdanganan, DGN Rudy Bediones and CoS/IPSDG/PP Cesar Ubaldo (not in picture) attended the 7th Induction and Handover Ceremonies of the Rotary Club of Mabini Manila at the Pan Pacific Hotel in Manila last November 15, 2016.



IPDG Obet Pagdanganan, PDG Vince Carlos, DGN Rudy Bediones, CoS Cesar Ubaldo (not in picture), SDG/PP Frank Evaristo, President Teddy Ocampo, IPP Ebot Tan and PD Oca del Rosario attended the 30th Anniversary of District 381 "You Are The Key" at the Golden Bay Seafood Restaurant in Pasay City last November 16, 2016.

TRF DINNER



Congratulations All-Star President Kristine Karen Reyes (Rotaract Club of Manila) for being Rotary International District 3810's First-Ever Rotaractor Multiple Paul Harris Fellow! Thank you for your generosity!

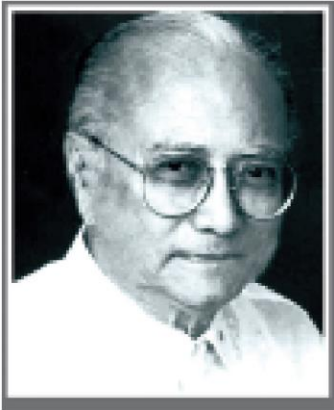
COGS IN THE WHEEL



Our warmest congratulations to Brod Jose Brittanio Sicat Pujalte, Jr. MD 1985, SE 1989-1990, recently appointed Regent of the Philippine College of Surgeons! All for PHI!

REMEMBERING DON PACO

Touching the Life of a Baby Rotarian: The Don Paco Delgado Experience



by SDG Albert S. Alday
District Publications
Deputy Chief of Staff to the District Governor
Rotary Club of Manila

The day was October 24, 2016. Doing my usual chores of checking our Rotary Club of Manila Viber group, I was shocked at the announcement I saw. The man I looked up to in Rotary has gone to the Great Beyond. The last frontier of the district's golden era is gone. Francisco Delgado, known to many of our colleagues at the Rotary Club of Manila as "Don Paco", a centenarian of wit and excellence, is now an eternal gem lingering in the heavens of Service Above Self in the company of Paul Harris.

Being in the oldest Rotary club in Asia, I have learned to accept death in pell mell fashion. With many of our fine gentlemen, captains of industry to say the least and who belong to the creme de la creme of Manila's who's who, in their nostalgic moments, death has become an event in waiting. But, then again, while I accept this bitter reality of guessing who is next in line, I would rather dwell on the bits of wisdom I have imbibed from the Rotary of past I soon discovered.

The year was 2005. Still reeling from the untimely passing of my father whose dream was to be a Rotarian and whose fondness for the lowliest of people was his greatest asset, my anointment into the Rotary world would soon find the light of dawn. Constant chance meetings with a family friend who happened to be my mom's protege in the field of Obstetrics and Gynecology, Cesar Ubaldo, then the incumbent President of the Rotary Club of Manila for Rotary Year 2005-2006 and now, Chief of Staff to the District Governor, drew repeated proddings from him to submit my curriculum vitae which would soon find its way in the stringent screening process, Asia's oldest club is known for. After a gruelling but necessary ordeal, I was soon ripe for Rotary information where I was greeted with the biggest smile I have ever seen from a Rotarian dignitary in the person of the late PDG Romy del Rosario and the late PP Tito Gupit. The ABC's of Rotary was a gush of water smoothly flowing down as I quickly assimilated as much information as I could. Then came induction day. It was a like stepping into a daunting room of CEO's ready to devour your every step at the Shangri-La Makati at noon of the 6th of October, 2005. Clad in my best suit, I felt like a lost kid in a sea of hustlers. At the tender age of 32 where the average of my club then ran into the high 80's, Rotary seemed a lost cause. Then, the magic of wisdom took its natural course.

A few weeks into the Rotary movement, I happened to sit down at the only available chair left in one of the tables at the Rotary Club of Manila meeting where I was next to a seemingly reserved fellow, who, sporting a friendly grin while wearing his trademark spectacles with his caregiver next to him, took away all my fears of Rotary. After exchanging the usual pleasantries characteristic of Rotary camaraderie, nostalgia filled the air. He began to utter the stories of Rotary everyone wanted to hear. From the pride of being a Rotarian in ways of Service Above Self which he gladly concretized to feed my then feeble mind to being prompt in meetings and the importance of attendance as well as the need to make up and a simple way of looking at the value of karma in giving to The Rotary Foundation. Mild mannered in his ways sans the intimidating demeanor of top brass CEO's, I began to embrace the enigma that is Rotary. Little did I know that I was getting first hand information from one of the gems of Rotary International, having been a President of our club (RY 1957-1958), District Governor of then District 305, a Rotary International President's Representative and a Rotary International Vice President.

Don Paco, wherever you are, thank you for the wisdom, thank you for the friendship despite our wide age range and most of all, thank you for bringing out the Rotarian in me. You may be gone for now but your humble ways will forever stay in the heart of a young man whose fears of Rotary turned into a life of Service Above Self. Know that whatever lofty positions I have attained in my club and presently, in the district remains your lasting legacy to a fellow Manila Rotarian whose life you have touched as he now threads the road to Rotary Serving Humanity. Rest well in the wheels of Rotary as the Great Judge rewards you for a life of giving and a life you dedicated for others.

NEWS RELEASE (RE-PRINT)



TUESDAY, November 1, 2016

METRO WATER CRISIS LOOMS

STORY BY GIL C. CABACUNGAN

**Households and commercial users face severe water shortage
by 2020**



Angat Dam's water supply is gradually dwindling. CONTRIBUTED PHOTO

Maynilad Water Services, Inc. notes that the government has not started developing another water supply source for the metropolis to supplement the Umiray-Angat-Ipo or Angat reservoir system.

Metro Manila is doubly vulnerable to a water crisis because of climate change and the possible movement anytime of the West Valley Fault on which Angat Dam in Bulacan province sits, according to Maynilad president and CEO Ramoncito Fernandez.

Asian Development Bank says that a serious breakdown of Metro Manila's only water source would result in losses to the economy and health risks, with the poor suffering the most.

Notwithstanding the threats, the System, the regulator, has yet to start construction of Kaliwa Dam in General Nakar, Quezon province.

The project was supposed to start. However, the timetable for Kaliwa Dam's completion has been moved to 2022.

Maynilad doubts whether the timetable will be met given the opposition from the indigenous people in the Sierra Madre.

Kaliwa Dam is expected to supply 600 million liters a day (MLD) or over a quarter of Angat's water supply.

Kaliwa Dam, along with Laiban Dam and Laiban Hydro-Electric Power Plant projects, is expected to yield 1,800 MLD.

The two dams could yield more than the 2,000 MLD currently produced by Angat if they hurdle legal, resettlement and environmental issues.

As early as 2013, then President Benigno Aquino III had warned of

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Legal Jokes

Are you a lawyer? Yes.

How much do you charge? A hundred dollars for four questions

Isn't that awfully expensive?

Yes. What is your fourth question?

What did the lawyer name his daughter?

Sue

A priest and a lawyer died and went to heaven on the same day. St Peter showed them both to their rooms. The lawyer's room was extremely large and lavish, but the priest's room was a little ten-by-ten cell with one window and a cot. The priest said, "St. Peter, I have spent my entire life serving God. Why do I get a crummy room and the lawyer gets the best room?"

St. Peter replied, "Well, we get thousands of priests up here but this is the first lawyer we've ever had."

The judge said to the dentist, "pull my tooth the whole tooth and nothing but the tooth."

A lawyer was playing golf when he got hit by a ball. When the player came overlooking for the ball the lawyer said, "I'm a lawyer and this will cost you \$5,000!"

"I'm sorry, said the golfer, But I did say 'fore'. 'I'll take it," said the lawyer.

Thief: Your honor, I need some time to prove my innocence.

Judge: All right. I will give you one year time in prison.

A lawyer's wife dies. At the cemetery the mourners are appalled to see that the tombstone reads, "Here lies Phyllis, wife of Murray, L.L.D., Wills, Divorce, Malpractice."

Suddenly Murray bursts into tears. His brother says, "You should cry, pulling a stunt like this." Through his tears Murray croaks. "You don't understand! They left out the phone number!"

What's the difference been a good lawyer and a bad lawyer? A bad lawyer will let a case drag on for several months. A good lawyer will make it last even longer.

A lawyer is standing in a long line at the box office. Suddenly he feels a pair of hands kneading his shoulders, back and neck. The lawyer turns around. "What da hell do you think you're doing? " "I'm a chiropractor, and I'm just keeping in practice while I'm waiting in line."

"Well, I'm a lawyer...but you don't see me screwing the guy in front of me, do you?"

Listen Carefully

Osama Bin Laden sought admission to heaven and was greeted by George Washington, who slapped him and yelled "How dare you try to destroy the nation I helped conceive?"

Patrick Henry then approached and punched Osama in the nose. James Madison entered and kicked him in the shin. An angry Thomas Jefferson whacked Osama over the head with a cane. The trashing continued as John Randolph, James Monroe, and 66 other early Americans came in and unleashed their anger on the terrorist leader.

Suddenly, as Osama lay writhing in unbearable pain, an angel appeared. "This not what you promised me," said Osama. "Come on, Osama," the angel replied. "I told you there would be 72 Virginians waiting for you in heaven."

PUBLIC HEALTH NUTRITION AND CHILD CARE



WE ARE LIVING IN DANGEROUS TIMES, Part 5 (Understanding and Overcoming Anxiety)

Elias D. Adamos, M.D.

*“Man is not worried by real problems so much as by his imagined anxieties about real problems.” **Epictetus (c. AD 55 – 135), Greek-speaking Stoic philosopher***

Some people experience anxiety when they watch or listen to the news. Some feel uneasy and apprehensive when they watch horror or violent films. Experiencing anxiety, occasionally, is normal. Normally, anxiety just comes and goes naturally. It's part of daily life and day-to-day living. Anxiety becomes abnormal when a person experiences it in an intense, persistent, and excessive manner. It becomes a clinical condition when you worry and become fearful about everyday situations.

What is anxiety?

Anxiety is an emotion. It is characterized by an unpleasant state of confusion and chaos. It is accompanied by a nervous behavior and is, more often than not, accompanied by somatic or physical or bodily symptoms.

Forms and types of anxiety

There are various types of anxiety. The most common is a generalized form of anxiety. It can also be a phobia (uncontrollable fear) or a social anxiety (examples are: stage fright, test anxiety, interview anxiety, mathematical anxiety, and stranger anxiety). When anxiety disorders involve repeated episodes of sudden intense feelings of fear and terror, it can be considered as a clinical disorder called panic attack.

Biological and Predisposing factors that can lead to the development of anxiety

Hyperactivity of the parts of the brain that control emotion – the amygdala and the hippocampus – is a factor to the development of anxiety. People who suffer from anxiety disorder show high activity, in aforesaid parts of the brain, in response to emotional stimuli. Genetic predisposition brought about by a positive history of anxiety disorder in the family, increases a person's risk for anxiety disorder.

When do disorders pertaining to anxiety start to develop?

It can start during childhood and teen years. Clinical anxiety disorder can continue into adult life.

Why is there a need to understand and overcome anxiety?

Anxiety and panic interfere with daily activities. They are difficult to control. Simple problems that require simple solutions become “*big deal*” to a person with anxiety disorder. In other words, anxiety becomes so big that it is not proportional to the real life problem or situation. It is an overreaction to a situation. Problems about anxiety can last a long time. Thus, understanding and overcoming anxiety leads to a healthy and normal wellbeing. *(To be continued)*

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