



balita

No. 3685, March 2, 2017

THE ROTARY CLUB OF MANILA
BOARD OF DIRECTORS and
Executive Officers 2016-2017



RCM GENERAL MEMBERSHIP ASSEMBLY

What's Inside

Program	2-3
President's Corner	4
Preview of Next Guest Speakers	5
The Week that Was	6-12
Speech of FVR	8-10
Interclub Relations	13
Post Meeting	14
District Activities	15-17
New Generation	17
PAG-ASA	18
RCM Centennial by IPDG Obet Pagdanganan	19-21
On the lighter side	22-23
Public Health Nutrition and Child Care	24
Advertisement	25-27

TEDDY OCAMPO
President

EBOT TAN
Immediate Past President

BABE ROMUALDEZ
Vice President

BOBBY JOSEPH
ALBERT ALDAY
SUSING PINEDA
CHITO ZALDARRIAGA
ART LOPEZ
ISSAM ELDEBS
Directors

NING LOPEZ
Secretary

CHITO TAGAYSAY
Treasurer

LANCE MASTERS
Sergeant-At-Arms

AMADING VALDEZ
Board Legal Adviser

CALOY REYES
Assistant Secretary

HERMIE ESGUERRA
RAOUL VILLEGAS
Assistant Treasurer

DAVE REYNOLDS
Deputy Sergeant At Arms

PROGRAM

RCM's 31st for Rotary Year 2016-17

Thursday, March 2, 2017, 12N, Manila Polo Club McKinley Room

OIC/Moderator: **VP/VPE "Babe" Romualdez**

Program Timetable

11:30AM	Registration and Cocktails	
12:25PM	Bell to be Rung: Members and Guests are requested to be seated:	VP/VPE Babe Romualdez OIC/Moderator
12:30PM	Call to order	Pres. "Teddy" Ocampo
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	Dir. "Chito" Zaldarriaga
	RC Manila Hymn	RCM WF Music Chorale
	The Four (4) Way Test Credo	Star Rtn Zdenek Jankovsky lead All Rotarians
12:35PM	Maligayang Bati (RCM Birthday Celebrants) Mar. 2....PVP "Fausto" Preysler; Mar. 6....Rtn. "Mari" Antuñez; Mar. 7....Rtn. "Tong" Payumo, AT "Hermie" Esguerra, and STAR Rtn. "Jun" Alvarez Mar. 8....Rtn. "Bren" Egan Happy Birthday Song	RCM WF Music Chorale
12:40 PM	Induction of New Members to RCM	
	Mr. Reymond Karl "Ray" Rysbergen (Australian) Vice President, Business Development Asia Mainstream Renewable Energy Classification: Power Production and Distribution- Renewable Energy Development and Transfer Proposer: Rtn. "Jack" Rodriguez	

Mr. Shalimar Hofer “Sha” Tamano (Filipino)

Director, Department of Tourism

Classification: Tourism-Tourism Service

Proposer: **PE “Jimmie” Policarpio, Rtn. “Jun-Jun” Capistrano**

	Welcome Baby Rotarian Song	RCM WF Music Chorale
12:50 PM	General Club Assembly Meeting	
	1. Weekly Meeting Concerns	VP “Babe” Romualdez
	Guest speakers, Attendance	
	House Concerns	Dir “Art” Lopez
	2. RCM Centennial Anniversary Celebration	IPDG Obet Pagdanganan
		Chairman
	3. Other Matters	
	Open Forum	
	Club Fund Raising Raffle of Cash Prizes	Dir./DE “Bobby” Joseph
2:00PM	Response and Meeting Adjournment	Pres. “Teddy” Ocampo

PRESIDENT'S CORNER



Last week, our very own Honorary Member who was a long time active member of our club, His Excellency Fidel V. Ramos, gamely answered questions in a panel discussion composed of chosen Rotary Club of Manila members where he tackled various burning issues of the day, including that of EDSA and its relevance to the changing times.

As for updates within our club, we are still in the process of gathering Manila Rotarians to attend the 60th Anniversary of our sister club, the Rotary Club of Osaka East this coming May 27, 2017. For more details, please coordinate with our Secretariat. Likewise, our World Famous Chorale received an invitation from the district recently to sing the Philippine National Anthem and the National Anthem of the United States of America during the opening of the DISCON 2017 on March 31, 2017 at the Sofitel Philippine Plaza Manila in Pasay City.

Updates from around the district include the attendance of IPDG Obet Pagdanganan, DGN Rudy Bediones and SDG/DCoS/Dir. Albert Alday at the Assistant Governors and District Team Training Seminar at the Sofitel Philippine Plaza Manila last February 25, 2017. It would be interesting for you to note that SDG/DCoS/Dir. Albert Alday is the only appointed district officer of the Rotary Club of Manila for Rotary Year 2017-2018 who attended the seminar. He was appointed by DGE Emmanuel Cosico as Governor's Monthly Letter (GML) Managing Editor. On the same day, DGN Rudy Bediones met with the District 3810 Rotaractors in charge of the Asia Pacific Regional Rotaract Conference to be held in the Philippines in Rotary Year 2018-2019. Last March 1, 2017, CoS/IPSDG/PP Cesar Ubaldo attended the Governor's Visit and 33rd Charter Anniversary of the Rotary Club of Uptown Manila at the Winford Hotel and Casino in Sta. Cruz, Manila. Likewise, CoS/IPSDG/PP Cesar Ubaldo and SDG/DCoS/Dir. Albert Alday are busy with preparations for the DISCON 2017 as the committee now meets every Thursday afternoon. On this note, I wish to exhort my fellow Manila Rotarians to register for the DISCON 2017 which will take place from March 31, 2017 to April 1, 2017.

Today, a much needed Club Assembly takes place to address various concerns of our club. 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.

March 9, 2017, 12N, Manila Polo Club McKinley Room



Hon. Regina Paz "Gina" La'o Lopez

Secretary

Department of Environment and Natural
Resources (DENR)

March 16, 2017, 12N, Manila Polo Club McKinley Room



Hon. Alfonso G. Cusi

Secretary,

Department of Energy

THE WEEK THAT WAS



Rotary Club of Manila (RCM) Director "Chito" Zalorraiga and Rotary Club of Pasay (RCP) Pres. "Marc" Martin alternatingly call the 30th meeting, a joint meeting, to order.



RCM PP "Archit" Bartolome as OIC/Moderator directs the program of activities.



RCM PDG "Vince" Carlos introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RCM STAR Rtn. "Raffy" Alunan does the honour and pleasure of introducing **President Fidel "Eddie" V. Ramos, 12th President**, Republic of the Philippines, Chairman, RPDEV, Honorary Member, Rotary Club of Manila, Former Member, Rotary Club of Manila, as guest of honor and speaker.



His Excellency Fidel V. Ramos, Former President of the Republic of the Philippines, enlightened his fellow Manila Rotarians, Visiting Rotarians and guests on burning issues hugging the limelight which included, likewise, the relevance of EDSA, in a spirited panel discussion format.

SPEECH OF FVR

“On Empowering the Filipino People”

SPECIAL TO THE MANILA BULLETIN

by former President Fidel V. Ramos

23 Feb. 2017 (for the 26 Feb. 2017-Sunday issue)

(Attn: Aurora “Girly” Tan, Fax 5277510)

(Info: Cris Icbán Jr., Editor-in-Chief, Fax 5277511)

BUILDING THE EDSA PEOPLE POWER FREEDOM CENTER

Our People Power Revolution at EDSA on 22-25 February 1986 was a shining moment in Philippine history. It was our people’s collective act of quiet courage and powerful resolve, a selfless offering of life and fortune on the altar of patriotic ideals – which are principled Filipino qualities that we sorely miss in these days of endless political bickering, inordinate greed, opportunism and tokenism.

The Spirit of EDSA is a cherished legacy from elder to younger Filipinos and to successor-leaders in the protracted struggle for a better future for our beloved Philippines, as well as the precious contribution of the Filipino people towards a more peaceful, bountiful world.

EDSA BELONGS TO ALL TIME

Whoever today treasures the SPIRIT OF EDSA must first internalize it by doing some positive acts to care, share and dare for others. Those in authority now – wherever they were in February, 1986 – should champion the SPIRIT OF EDSA, and spread it by word and deed, undertake poverty alleviation and social reform; and insure justice is delivered without delay to the long-suffering and powerless.

The SPIRIT OF EDSA does not especially to younger Filipinos. This means taking actions that enhance, not diminish, our democracy; curb corruption and cronyism; belong only to the past. It belongs also to the present and the future. Like it or not, our People Power Revolution at EDSA is a continuing national endeavor that must be carried on by successor generations – because their contributions are an essential part of our nation-building. Each President, each leader, indeed each generation must succeed better than their predecessors.

WE MUST AFFIRM THE INHERENT HISTORICAL LINKAGES OF THE LIBERATING SPIRIT OF EDSA IN 1986 WITH EARLIER EPISODES OF FILIPINO COURAGE AND PATRIOTISM – EXEMPLIFIED BY THE REVOLUTIONARY SPIRIT OF 1896 AT PUGAD LAWIN AND KAWIT, THE VALOR OF BATAAN-CORREGIDOR IN 1942, AND MOST RECENTLY, THE SACRIFICE OF OUR 44 FALLEN SAF COMMANDOS AT MAMASAPANO IN 2015.

LEADERS MUST PERFORM TO ACHIEVE STRUCTURAL CHANGES

It is unfortunate that many Filipinos easily forget certain valuable lessons from our history of struggle and sacrifice that – over the centuries – won for us independent nationhood.

Reflecting on the booms-and-busts, and the highs-and-lows in our collective national performance, our people appear to have repeatedly faltered. After gleaming triumphs, it seems, we tend to fall short again and again.

Our leaders, most especially, must PERFORM (instead of yak-yaking endlessly) to achieve structural changes, and also strive constantly to strengthen the Philippine national team.

Through essential reforms, leaders must steer us away from cycles of boom-bust in which we often find ourselves. Furthermore, leaders must be able to mobilize our people so that, as responsible citizens, we perform according to the rule of law, and manifest real teamwork in nation-building.

If we content ourselves with flawed policies, undeserving bureaucrats and self-serving dynasties at this time of new opportunity, expectedly we may fail again.

PEOPLE POWER FREEDOM LEARNING CENTER

TODAY, ON EDSA'S 31ST ANNIVERSARY... AS A SENIOR VETERAN... FVR REITERATES HIS SUGGESTION THAT THE EDSA PEOPLE POWER COMMISSION (EPPF) – ASSISTED BY THE SPIRIT OF EDSA FOUNDATION (SOEF) – SHOULD NOW COLLECT AND CENTRALIZE SIGNIFICANT MEMORABILIA, WRITINGS AND OTHER HISTORICAL ARTIFACTS IN ONE ACCESSIBLE LOCATION (CALL IT THE PEOPLE POWER FREEDOM LEARNING CENTER) TO FACILITATE THE EDUCATION OF YOUNGER FILIPINOS ABOUT EDSA. (THE SPIRIT, NOT THE HIGHWAY).

This follows the example of the South Korean government which set set the Philippines-Korea Friendship Center near the LNMB at Fort Bonifacio last 2012 on land made available by the DND to honor the Philippine Expeditionary Forces to Korea (PEFTOK) that consisted of 5 Battalion Combat Teams with more than 7,400 Filipino warriors who fought to defend freedom and democracy in the Korean peninsula.

The greatest loss to our posterity would be our failure to impart the values of transcendent events in Philippine nation-building to those who now bear the torch of national leadership and to our younger generations.

To reinforce our people's continuing spirit of patriotism and insure our nation's better future, the President and Commander-in-Chief should now establish and institutionalize a PPFLC in a respectable, permanent venue accessible to the public

in Camp Aguinaldo (adjacent to our People Power Monument on EDSA) and to do it within one year that shall serve to inspire our young people with a stronger sense of appreciation of the Spirit of EDSA as our essential tool for nation building.

THEY NEED TO KNOW – AND, FROM TIME-TO-TIME, HAVE TO BE REMINDED – BECAUSE IT IS THEY WHO WILL CARRY ON WHAT THEIR ELDERS HAD FOUGHT AND DIED FOR, IN THE SERVICE OF GOD, COUNTRY AND PEOPLE.

EVERY CITIZEN CAN MAKE A DIFFERENCE

COMMEMORATING THE SPIRIT OF EDSA IN SUCH A MODERN, MULTI-FACETED VENUE WOULD ENABLE ORDINARY FILIPINOS TO SERVE AS UPRIGHT CITIZENS (READ "PATRIOTS") EQUALLY WELL AS SOLDIERS WHO FALL IN COMBAT.

The SPIRIT OF EDSA teaches us that every citizen – Christian, Lumad, Muslim; poor or rich; young or old; lowly or elite; Grade IV dropout or Harvard Ph.D; etc. can make a vital difference by respecting the law, paying their taxes, raising a proper family, and helping those in need.

We do believe the best way to promote the SPIRIT OF EDSA is for everyone of us, as concerned citizens, to pull together, uplift the common life, and raise the Philippines to the position of dignity and admiration it deserves in the community of nations.

IF WE LEARN, INCULCATE, CHERISH AND PRACTICE ALL THESE PRECIOUS LESSONS FROM OUR STRUGGLES TO BE TRULY FREE, THE PHILIPPINES CAN BECOME THE ICON OF DEVELOPING COUNTRIES WHICH NEED TO AVOID THE KILLING OF THOUSANDS OF INNOCENT CIVILIANS LIKE IN THE RECENT PEOPLE'S UPRISINGS IN LIBYA, EGYPT, TUNISIA, YEMEN, IRAQ AND NOTABLY SYRIA (WHERE BLOODY CIVIL WAR IS STILL ONGOING).

HEEDING OUR COUNTRY'S CALL

IRONICALLY, MOST FILIPINOS HAVE FOUND IT EASIER TO DIE FOR OUR COUNTRY – RATHER THAN TO LIVE FOR IT. DURING TIMES OF ECONOMIC GROWTH WE TEND TO SQUANDER OUR GOODWILL AND SOLIDARITY IN BICKERING – LIKE CRABS CAUGHT IN A BAMBOO TRAP OR LIKE CANDIDATES RUNNING FOR PUBLIC OFFICE – BY PULLING EACH OTHER DOWN.

If we Filipinos are to prosper, good citizenship must begin to count for more than just ties of blood, kinship, or private interest. We must begin to demonstrate that the Filipino nation is more than just an aggregation of political parties, economic elites, family dynasties or separate tribes. We won important victories at EDSA in February, 1986, but its highest outcome was the once-in-a-lifetime opportunity to infuse our people with a new, higher purpose... that is, to do better than others for the sake of our better future.

The SPIRIT OF EDSA compels our unswerving opposition to injustice, greed, despotism, corruption, complacency, and poverty. Its most dramatic moments may have passed – but there remain many decisions and actions still to be done by leaders and ordinary citizens, upon which depend the ultimate shape of the Philippine future.

AROUND THE WORLD, THE PHILIPPINES INCLUDED, THERE ARE NEW TYRANNIES IN THE FORM OF SELF-SERVING LEADERS, GREEDY AUTOCRATS, AND CLIQUES OF CORRUPT OFFICIALS WE MUST STILL CONFRONT AND REMOVE. THERE ARE STILL OLIGARCHIES, OPPORTUNISTS, AND WARLORDS WE HAVE TO BANISH FROM OUR POLITICAL AND ECONOMIC LIFE.

EVOLUTION OF THE PEOPLE POWER FREEDOM LEARNING CENTER

- Conceptualized by SOEF Founding Chairman Christopher L. Carrion, an ardent EDSA veteran, on 08 August 1988 by means of envisioning the construction of a proposed “Tower of Peace,” to serve as the first Philippine landmark in order to “perpetually commemorate” the world renown February 1986 prayerful, peaceful, People Power Revolution and the “EDSA Spirit and Ideals” of love of God, patriotism, and volunteerism.

- In 1992, Carrion reiterated his proposals regarding said “Tower of Peace” to President FVR. The proposal was returned to SOEF to redesign the facilities to serve a larger national and international audience.

- 09 May 1996 – DND Secretary Renato de Villa approved the allocation of a total area of 2,000 square meters for the proposed People Power Freedom Center (PPFC) in Camp Aguinaldo, which later became 4,000 square meters upon FVR’s approval.

- Topographical surveys were conducted by the engineers of the DPWH and AFP, together with representatives of SOEF to determine the exact site and area for the proposed PPFC.

- Arch. Pablo Antonio, Jr. was requested to undertake the preliminary design.

- 25 February 1997 – unveiling of the Architects’ design perspective was done during the EDSA Anniversary Commemoration at the People Power Monument.

Notes:

(1)Over the years, the desired area for the PPFLC has increased to about 2.3 hectares due to the need for more library and museum spaces, facilities for internetting and bonding around the world, more function rooms/larger auditorium to serve a bigger public, and more parking areas.

(2)During earlier celebrations, particularly during 1993-1998, the NCR, Provinces and Chartered Cities were encouraged to conduct flag-raising ceremonies, military-civilian bonding activities, agricultural-industrial exhibits, job fairs and athletic tournaments – all for the purpose of fostering a stronger spirit of unity, solidarity and teamwork nation-wide.



An open forum conducted by a Panelist chaired by RCM PDG “Obet” Pagdanganan with Members: Dir. “Chito” Zaldarriaga, AS/DE “Caloy” Reyes, PD “Oscar” del Rosario, PD “Beda” Fajardo, Rtn. “Nicky” Villaseñor and Rtn. “Roy” Zosa, followed suit right after the speech of President Fidel “Eddie” V. Ramos.



Rotary Club of Manila (RCM) Pres. “Teddy” Ocampo presents the club religious icon as a token of appreciation to **President Fidel “Eddie” V. Ramos** as guest of honour and speaker, and declaring adjournment of the joint meeting.



Pres. “Teddy” Ocampo presents Rtn. “Nicky” Villaseñor as a birthday celebrant for the traditional blowing of candles on the birthday cake, amidst the singing by the RCM World-Famous Chorale of the happy birthday song

INTERCLUB RELATIONS



President Teddy Ocampo presents a club bannerette to first time visiting Rotarians, **President Alain Girard**, from District 1720 with **Vice-President Jean-Luc Migairou**.



All thumbs-up for **President FIDEL V. RAMOS**, 12th President, Republic of the Philippines, as guest of honor and speaker. From left, seated: **AS/DE "Caloy" Reyes**, STAR Rtn. **"Macoy" Dee**, FVR, Rtn. **"Vee" David**, PSAA **"Fred" Lim**. Standing from left: Rtn. **"Nicky" Villaseñor**, STAR Rtn. **"Ric" Ramos**, PP **"Archit" Bartolome**, PDG **"Vince" Carlos**, IPDG **"Obet" Pagdanganan**, PP **"Frank" Evaristo**, Rtn. **"Roy" Zosa**, Rtn. **"Warren" So**, Dir. **"Chito" Zaldarriaga**, Rtn. **"Manny" Blanco** and Rtn. **"Ave" Cruz**.

POST MEETING



Pres. “Teddy” Ocampo presents to PT “Jim” Chua a coffee mug, with other fellow RCMers: PS “George” Salazar, Rtn. “Jack” Rodriguez, DGN “Rudy” Bediones, Rtn. “Nicky” Villaseñor, and PD “Oscar” del Rosario.



From L-R: PDG Vince Carlos, President Fidel V. Ramos, SDG Frank Evaristo and Program Moderator PP Archit Bartolome .



Post meeting photo opt with **President Fidel V. Ramos**. With fellow RCMers' Rtn. **Nilo Aventura**, PD "Beda" **Fajardo**, Rtn. "Mon" **Montaño**, STAR Rtn. "Raffy" **Alunan**, Rtn. "Jack" **Rodriguez**, PP "Archit" **Bartolome**, Rtn. "Joe" **de Venecia**, President **FVR**, IPDG "Obet" **Pagdanganan**, Pres. "Teddy" **Ocampo**, PP "Frank" **Evaristo**, STAR Rtn. "Gani" **Macatoman** and RC Pasay Pres. **Marc Martin**. (Standing) Rtn. **Nicky Villasenor**, Guest, Rtn. **Johnny Chotranni**, PD **Oscar del Rosario**, DGN **Rudy Bediones**, PP **Ed Reyes**, IPP **Ebot Tan** and PD **John Cenica**

DISTRICT ACTIVITIES



IPDG Obet Pagdanganan and **DGN Rudy Bediones** at the Assistant Governors and District Team Training Seminar last February 25, 2017 at the Sofitel Philippine Plaza Manila in Pasay City.



SDG/DCoS/Dir. Albert Alday attending the Assistant Governors and District Team Training Seminar in his capacity as Incoming Governor's Monthly Letter Managing Editor last February 25, 2017 at the Sofitel Philippine Plaza Manila in Pasay City.



SDG/DCoS/Dir. Albert Alday with the rest of the **Governor's Monthly Letter Team** for Rotary Year 2017-2018.

NEW GENERATION



DGN Rudy Bediones meets with **District 3810 Rotaractors** in charge of the Asia Pacific Regional Rotaract Conference which will be held in the Philippines this Rotary Year 2018-2019.



PAG-ASA

*Maganda ang langit, tahimik ang lahat
Ang buhang-liwayway nawala na't sukat
Panibagong araw, bago ang liwanag
Na nagmamadaling ibig nang sumikat*

*Di nagtagal saglit, umaga na naman
Laganap ang awa ng Poong Maykapal
Ang ating dalangin sana'y maramdaman
Ang ating lunggati na maging marangal*

*Abala na tayo't tanghali'y darating
Ngunit sa sarili'y tila wala pa rin
Pagod na ang isip, anong sasapitin
Pagdating ng hapong ibig nang dumilim*

*At dumating na nga, wala na ang araw
Ang buong maghapon hindi na matanaw
Ang ating pangarap na biglang pumanaw
Nawala na't sukat paglubog ng araw*

*Ngunit may gabi pang tiyak na darating
Nawala na'ng ulap, puno ng bituin
Sa nabigong puso, may bagong luningning
Pagsikat ng buwan wala na ang dilim.*

*Ito na nga kaya ang batas ng buhay
Ang ating pag-asa di dapat mamatay
Sa buong maghapon tayong nagpapagal
May katulong tayong Diyos na maalam.*

Tula ni

Jesus I. Santos

Jesus I. Santos
Marilao, Bulacan



RCM CENTENNIAL CELEBRATION: A PRELIMINARY PRESENTATION

By: IPDG Obet Pagdanganan

1. The Rotary Club of Manila, first in Asia, was founded on June 1, 1919, with American businessman Leon Lambert as Charter President. Thus, we will celebrate the centennial anniversary of the founding of the Rotary Club of Manila and of the Rotary movement in the Philippines and Asia, during Rotary Year 2018-2019, with RCM Past President Rudy Bediones as District Governor for District 3810.
2. During the first week of November, 2016, President Teddy Ocampo relayed to me the request of the RCM Board for me to chair the RCM Centennial Celebration Organizing Committee as Assistant Treasurer Hermie Esguerra could not take the task due to pressure of work and many prior commitments. I suggested other names but no one at that time, according to President Teddy could take the huge task, so they decided on me. Realizing the importance of the responsibility and the urgency of the situation, and with assurances of full support from him and the Board, DGN Rudy Bediones and other well meaning friends and fellow RCMers, including some Past Presidents, I had to reluctantly accept the task.
3. An ad hoc Committee consisting of DGN Rudy, President Teddy, PE Jimmie, Assistant Treasurer Hermie, and PD/IS Alvin Lacambacal, and PDG Obet P., conducted a preliminary strategic planning meeting on November 17, 2016 at the German Club hosted by PE Jimmie Policarpio. The draft plan was presented to the COPP in a meeting on November 24, 2016 at the Manila Polo Club, hosted by PP Boy Guevarra. The resulting preliminary plan was thereafter submitted to the RCM Board.
4. The RCM Board passed a resolution on December 1, 2016 officially designating PDG Obet Pagdanganan as Chairman, with DGN Rudy Bediones and PP Ebot Tan as Co-Chairmen of the RCM Centennial Celebration Organizing Committee (RCCOC). They approved in principle, the proposed plan and the RCCOC was "given the independence to proceed". The RCM Council of Past Presidents, (RCOPP) is to serve as an Advisory Council.
5. Among the more important matters discussed and agreed upon by the RCMCOC

THEME:

1919-2019: ONE HUNDRED YEARS OF SERVICE ABOVE SELF AND FELLOWSHIP AMONG ROTARIANS IN MANILA, THE PHILIPPINES AND ASIA; AND A COMMITMENT FOR GREATER ACHIEVEMENTS AND RELEVANCE IN THE NEXT CENTURY!

VISION:

A yearlong celebration in RY 2018-2019, of the centennial of Rotary Club of Manila, and the founding anniversary of Rotary in the Philippines and in Asia, culminating in a two-day Rotary Centennial Congress on or around June 1, 2019, to highlight the accomplishments during the first 100 years, of Rotarians in Manila, the Philippines and Asia, and lay down the foundation for greater achievements in the next 100 years.

MISSION:

- 1.) To celebrate the success of Rotary in RC Manila, the Philippines and Asia, during 1919-2019; by showcasing significant accomplishments in serving above self, and recognizing outstanding achievers in RCM and other RCs in the Philippines and Asia;
- 2.) To undertake activities that will enhance Rotary's image as the foremost humanitarian service organization in the world that brings together outstanding leaders who take action;
- 3.) To inspire Rotarians in Asia to grow Rotary, propagate its core values and principles, and enhance its relevance in the lives of Asians and other peoples in the world, especially the less fortunate.

SOME PROPOSED ACTIVITIES, AND ACTION POINTS:

- 1.) Rotary Asian Centennial Congress to be held for three days and two nights at the PICC in June, 2019, as close to June 1, 2019 as possible with the President of the Philippines and the RI President as Guests of Honor and Speakers. Outstanding achievers: Rotarians and Rotary Clubs will be recognized during the program. There will a Rotary Friendship Hall for photo exhibits and Humanity in Action showcases.
- 2.) Rotary International Presidential Conference similar to the one held in March, 2016 with PRIP Ravi Ravindran at the PICC. This may be held in Cebu or Davao during RY 2018-2019. There will be an Asia-wide contest on most outstanding service projects on the area of focus to be highlighted. We need to have this arranged with the RIPN as soon as possible.
AP: RMP and DGN RB to write letter to RIPN Sam Omori;
- 3.) Rotary Centennial Commemorative Stamp to be issued by the Philippine Postal Office; AP: PP Banit Caasi, volunteered as Committee Chair. Upon his initiative, President Teddy wrote a letter to PPO requesting such issuance, for follow up;
- 4.) Centennial Coffee Table Book; AP: Initial discussions made with writer made by PDG Vince Carlos; PE Jimmie has prospective sponsor; for follow up;
- 5.) LOGO CONTEST on the Rotary Centennial Theme;
AP: To be discussed with Rtn Philip Recto and PP Teody Hidalgo of RC Manila Midtown;
- 6.) Scouting National Jamboree in 2019, with Rotary Theme, AP: RMP already had preliminary discussion with CP Wendel Avisado of RC Natividad Almeda (Manila Scouts) who agreed in principle. To be taken up during BSP National Executive Board meeting on February 17, 2017;
- 7.) Asia Pacific Rotaract Regional Conference 2018 to be held in the Philippines, AP: RMP already discussed this with PDRR Alexiz Tan who agreed in principle to highlight the Rotary Centennial; details to be worked out;
- 8.) Nationwide, Asiawide planting of Rotary Centennial Friendship Trees,
AP: DGN Rudy to coordinate with other Districts for them to include in their priority programs;
- 9.) Contest for Miss Rotary Club of Manila Centennial 2019
AP: To designate committee Chair;
- 10.) Centennial Cruise; AP: For further discussion;
- 11.) Centennial GIANT GARDEN WHEEL, At SM MOA? AP:
For further discussion;

- 12.) Various Contests focusing on the Rotary Centennial Theme:
- a.) Essay Writing Contest, AP: To designate Chair and coordinate with Dep Ed and CHED;
 - b.) Oratorical Contest, AP: Same as (a);
 - c.) Choral Singing Contest, AP: Designate Chair
 - d.) On the spot painting contest, AP: Designate Chair;
 - e.) Centennial Golf Tournament; AP: Designate Chair;
 - f.) CENTENNIAL SPORTS ROTALYMPICS, Designate Chair;

MARAMING SALAMAT PO!!!

MABUHAY ANG ROTARY INTERNATIONAL!!!

MABUHAY ANG ROTARY CLUB OF MANILA!!!



NEWS RELEASE

SATURDAY, FEBRUARY 25, 2017



US AMBASSADOR BEFORE MANILA ROTARIANS:
 United States Ambassador Sung Kim was recently guest speaker at the Rotary Club of Manila, first in Asia, Thursday luncheon meeting held at the Manila Polo Club. Ambassador Kim spoke on bilateral relations between the United States and the Philippines. Photo shows (from left) Rob Bradshaw, country manager, Cathay Pacific Airlines; past president Frank Evaristo, Ambassador Kim, president Teddy Ocampo and past district governor Alex Cureg.

ON THE LIGHTER SIDE



Eternal One Liners

Advertisement In A Long Island Shop:
Guitar, for sale....Cheap...no strings attached.

* * * * *

PDG VINCE CARLOS Ad In Hospital Waiting Room:
Smoking helps you lose Weight...One Lung at a Time!

* * * * *

Seen on a bulletin board:
Success is Relative. More the Success, More the Relatives.

* * * * *

When I read about the evils of Drinking...I gave up Reading.

* * * * *

My Grandfather is eighty and still doesn't need glasses...He drinks straight out of the bottle.

* * * * *

You know your kids have grown up when: Your daughter begins to put on lipstick! Or your son starts to wipe it off.

* * * * *

Sign In A Bar:
'Those Of You Who Are Drinking To Forget, Please Pay In Advance.'

* * * * *

Sign In Driving School:
If Your Wife Wants To Learn To Drive, Don't Stand In Her Way.

* * * * *

Behind every great man, there is a surprised woman.

* * * * *

The reason men lie is because women ask so many questions.

* * * * *

Sign In A Shop Corner Introducing New Products:
Getting Caught Is The Mother Of Invention.

* * * * *

Sign In A Hospital Ward:
Laugh And The World Laughs With You, Snore And You Sleep Alone.

* * * * *

The surest sign that intelligent life exists elsewhere in the universe is the fact that it has never tried to contact us.

* * * * *

Sign At A Barber's Saloon:

We Need Your Heads To Run Our Business.

* * * * *

A Traffic Slogan:

Don't Let Your Kids Drive If They Are Not Old Enough Or Else They Will Never Be.

* * * * *

Sign In A Restaurant:

All Drinking Water In This Establishment Has Been Personally Passed By The Manager.

* * * * *

Sign On A Famous Beauty Parlour Window:

Don't Whistle At The Girls Going Out From Here. She May Be Your Grandmother!

* * * * *

Relationships

Relationships are a lot like algebra....

Have you ever looked at your X and wondered Y?

* * * * *

I bought my ex a chair but the state won't let me plug it in...

* * * * *

Sex is like Math

Add the bed,

Subtract the clothes,

Divide the legs...

And pray to God

You don't multiply!

* * * * *

So...I was just wondering...

Does 3 glasses of wine and 2 Bloody Marys equal

5 servings of Fruits and Veggies?

* * * * *

Please Lord let me prove that winning the lottery won't spoil me...

* * * * *

Beer doesn't have many vitamins...That's why you need to drink a lot of it.

* * * * *

These days more money is spent on boob jobs and Viagra than Alzheimer research! At this rate by 2040 all the elderly will be walking around with perky boobs, stiff willy's and no friggin clue why!

* * * * *

Marriage is like a deck of cards, in the beginning all you need is two hearts and a diamond, by the end you wish you had a club and a spade.

* * * * *

A pharmaceutical truck full of Viagra was stolen today.

Police have asked the public to be on the lookout for a group of hardened criminals.

PUBLIC HEALTH NUTRITION AND CHILD CARE



FELDENKRAIS METHOD

Elias D. Adamos, M.D.

There is no doubt or debate about pathways and connections of the human brain to the body. While these connections and pathways can be damaged by injuries, tumors, and disease conditions, finding new pathways around the damage areas in order to treat disordered movements (such as in stroke), can lead to rehabilitation, coordination, and treatment. One particular therapeutic method that has been found to be useful in this area of therapy and treatment is Feldenkrais Method.

What is Feldenkrais Method?

Feldenkrais Method is a type of exercise therapy. Moshe Feldenkrais (1904-1984), a Russian-born physicist, judo expert, mechanical engineer and educator, devised and developed the therapy that bears his name. He suffered from serious knee injury and doctors told him about his low chance of recovery and of the possibility of his long-term confinement to a wheelchair. He started to develop his own therapeutic movement program and started teaching it to others.

What is Feldenkrais Method used for?

It is used in patients with orthopedic problems and to those with rheumatoid or problems with their joints, muscles and bones. It is also used to help ease stress and tension. The Feldenkrais Guild of North America has started using the method to autistic children and to those with multiple sclerosis. All in all, practitioners of Feldenkrais claim that the method improves not only the connection between the brain and the body, and in the improvement of musculoskeletal problems, because it also helps people with depression, anxiety, tension and fear.

How is it done?

Feldenkrais Method is based on the principles of physics and biomechanics. It uses gentle methods to increase flexibility and coordination. It is similar to yoga. However, unlike yoga, Feldenkrais is not particular about perfect or correct positions. The method focuses on more dexterous, painless and efficient body movements. The focus is in the connection between the mind and the body through the awareness and quality of movements, rather than predefined postures. The movements aim in increasing the ease and range of motion of joints by improving flexibility and coordination. Practitioners claim that if the movements are carried out with focus, the innate capacity of graceful movements are attained, and leads to treatment and rehabilitation.

Are there any side effects in Feldenkrais?

There are no known side effects in Feldenkrais. The gentle movements may not yet be indicated for those with intense pain, recent burns, and those with active infection or skin irritation. Postponement of the sessions until the condition subsides is advised.

Word of advice

Always look for a certified Feldenkrais practitioner if you plan to try the method.

ADVERTISEMENT



Panasonic
JAPAN



NO. 1 WIRING DEVICES



**JAPAN BEST
VENTILATING
FANS**

SINCE 1909
JAPAN



AIPHONE
JAPAN



TOP ENTRY PHONE SYSTEM

EATON
U.K. **COOPER**



FIRE ALARM SYSTEM

SECURE



**HIGH RESOLUTION
CCTV CAMERA**



**RACK / TOWER ONLINE
UNINTERRUPTIBLE
POWER SUPPLY**

**Bringing QUALITY products
you can TRUST.**

Cubao 912-8881 ♦ Manila 733-8161 ♦ Frisco 372-3594



Exquisite Wines

Excellent Pleasures

Lasting Experiences

WWW.PWM.COM.PH

2253 Aurora Blvd. Pasay City PH 1300

8322523 / 8537421

philwine@compass.com.ph



FOR MORE PRODUCTIVE MEETINGS

In business, the smallest details make the biggest impact on the bottomline.

Whether you are planning for the rest of the fiscal year, holding a meeting with partners from overseas or a training your team, you will be able to access first-class facilities and the best of Philippine hospitality within our halls.

Hold your next meeting and business conference at The Manila Hotel and seal the deal in five-star luxury. Discuss your requirements with our team by calling 5270011 local 1271 to 1274 or emailing banquet@manila-hotel.com.ph.

M

THE MANILA HOTEL