



# balita

No. 3688, March 23, 2017

## GUEST SPEAKER



**MR. RONALD GIAN CARLO CARDEMA**

Head  
Duterte Youth for Change

## KABALITA

Change is coming from our Youth. See this unfold at Asia's First Rotary Club.

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

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# PROGRAM

## RCM's 34th for Rotary Year 2016-17

Thursday, March 23, 2017, 12N, New World Makati Hotel Ballroom

OIC/Moderator: **Dir. "Albert" Alday**

### Program Timetable

|          |                                                                                                                                                                                                                                                                                                                                                                |                                                                                           |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 11:30AM  | Registration and Cocktails                                                                                                                                                                                                                                                                                                                                     |                                                                                           |
| 12:25 PM | Bell to be Rung:<br>Members and Guests are requested to be seated:                                                                                                                                                                                                                                                                                             | <b>Dir. "Albert" Alday</b><br><b>OIC/Moderator</b>                                        |
| 12:30 PM | Call to order<br>Singing of the Republic of the Philippines National Anthem<br>Invocation<br>A moment of silent prayer for the eternal repose of the soul of former <b>Senator Leticia Ramos-Shahani</b> who passed-away recently in the grace of our Lord. Sister of RCM Honorary Member, Former <b>Philippine President Fidel V. Ramos</b><br>RC Manila Hymn | <b>Pres. "Teddy" Ocampo</b><br><br><b>RCM WF Music Chorale</b><br><b>Rtn. "Ray" Davis</b> |
| 12:35PM  | The Four (4) Way Test Credo<br>Introduction of Guests and Visiting Rotarians; and Personalities Seated at the Presidential Table<br>Welcome Song                                                                                                                                                                                                               | <b>RCM WF Music Chorale</b><br><b>All Rotarians</b>                                       |
| 12:40 PM | <b>Maligayang Bati (RCM Birthday Celebrants)</b><br>Mar. 26.... <b>Rtn. "Uwe" Hesse</b> ;<br>Mar. 28.... <b>STAR Rtn. "Wolfgang" Harle</b> ;<br>Mar. 29.... <b>Rtn. "Vee" David</b><br>Happy Birthday Song                                                                                                                                                     | <b>Rtn. "Vee" David</b><br><b>RCM WF Music Chorale</b>                                    |
| 12:45 PM | Induction of Honorary Members to RC Manila<br><br>1. <b>His Excellency Jaroslav Olsa, Jr.</b><br>Ambassador Extraordinary and Plenipotentiary of Czech Republic to the Philippines<br><br>2. <b>His Excellency Jan Top Christensen</b><br>Ambassador Extraordinary and Plenipotentiary of Royal Danish Republic to the Philippines                             | <b>RCM WF Music Chorale</b><br><br><b>Pres. "Teddy" Ocampo</b><br>Inducting Officer       |
| 12:50 PM | President's Time                                                                                                                                                                                                                                                                                                                                               | <b>Pres. "Teddy" Ocampo</b>                                                               |
| 12:55 PM | Introduction of Guest of Honor and Speaker                                                                                                                                                                                                                                                                                                                     | <b>PDSAA Ike Stranathan</b>                                                               |
| 1:00 PM  | Address: <b>Mr. Ronald Gian Carlo Cardema</b><br>Head, Duterte Youth for Change                                                                                                                                                                                                                                                                                |                                                                                           |
| 2:00PM   | <b>Public Forum</b><br>Club Fund Raising Raffle of Cash Prizes<br>Response, Presentation of Token of Appreciation to <b>Mr. Ronald Gian Carlo Cardema</b> and<br>Meeting Adjournment                                                                                                                                                                           | <b>Dir./DE "Bobby" Joseph</b><br><br><b>Pres. "Teddy" Ocampo</b>                          |

## PRESIDENT'S CORNER



Last week, we had the Hon. Alfonso Cusi, Secretary of the Department of Energy, and a Makati Central Rotarian, enlighten us on the functions and advocacies of his department and present situation as well as plans for the Philippine Energy Sector.

As for updates within our club, we are still in the process of gathering Manila Rotarians to attend the 60<sup>th</sup> 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. They are now practicing for this. Likewise, I wish to send our condolences in behalf of our club to the family of the late Sen. Leticia Ramos-Shahani, sister of our club's Honorary Member and a long time active member of our club, His Excellency Fidel V. Ramos. Last March 16, 2017, Manila Rotarians, including myself, supported RACoustic 7, a benefit concert to support the End Polio Now, of our Rotaract club, the Rotaract Club of De La Salle University Manila, at the Natividad Fajardo Auditorium, Andrew Bldg., De La Salle University Manila.

Updates from around the district include the attendance of PE/PD Jimmie Policarpio at the Presidents-Elect Training Seminar 2 (PETS 2) at the Widus Hotel and Casino in Clark, Pampanga last March 17-19, 2017. 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, Duterte Youth for Change Head Ronald Gian Carlo Cardema gives us the perspective of the youth for change and his take on the creation of the Department of Youth Development. 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 & SPEAKER'S PROFILE



Our guest speaker for today hails from the Province of Laguna. He was the Student Council Founding President in his elementary school in Calamba City, he was the High School Class President & High School PMT Corps Commander in his high school in Los Banos, and he took up BS Biology and was the Centennial ROTC Corps Commander of the University of the Philippines in 2008. He also became the Supreme Commander or President of the UP Vanguard Fraternity, UP Diliman Chapter, in 2009.

During high school, he won as YMCA National Quiz Bee Champion in Baguio City besting 176 other high school representatives from all over the Philippines. He served as a Political Affairs Officer in the House of Representatives from 2010 to 2016 and is now the consultant of 17 Members of the Philippine Congress. Last week, he was the guest of honor and speaker in the SILK ROAD International Culture and Arts Summit in Hong Kong attended by around 300 businessmen and diplomats. Recently, he was also given a plaque of recognition by the Chief of Staff of the Armed Forces of the Philippines (AFP) for his successful lobbying for the return of the Mandatory ROTC Cadetship Program for the Filipino Youth and in the recruitment of businessmen and Members of Congress in the AFP Reserve Force.

Last year, he founded the Duterte Youth organization composed of ROTC officers, PMT Officers, Boy Scout leaders, & young professionals who are supporting then Mayor Rodrigo Duterte's presidential campaign. They now have more than 10,000 members and hope to raise at least 1 Million Duterte Youth members who will be the catalyst for real change in every barangay and hopes to transform the Philippine Republic into a Southeast Asian Superpower in the next 5 years. He comes from humble means with his father as a driver, a mother who is an OFW, and his only sibling & younger sister, Bea, who is a graduate of the Philippine Science High School, an international math olympiad winner, and was nominated by the Philippine Senate to the United States Military Academy in West Point. We expect more from this Philippine Youth Leader.

Duterte Youth Chairman Mr. RONALD CARDEMA

## PREVIEW OF FORTHCOMING GUEST SPEAKERS

March 30, 2017, 12N, New World Makati Hotel



**Ms. Marife B. Zamora**

President,  
Management Association of  
the Philippines

April 6, 2017, 12N, New World Makati Hotel



**Hon. Hermilando I. Mandanas**

Governor  
Batangas City

**April 13, 2017**  
**Maundy Thursday**  
**NO MEETING IN OBSERVANCE OF HOLY WEEK**

April 20, 2017, New World Makati Hotel



**Ms. Paulina Gallardo**

Executive Director, Global Business  
Worldwide

**April 27, 2017, New World Makati Hotel**



**His Excellency**

**Dr. Jan Christian Gordon Kricke**

Ambassador Extraordinary and Plenipotentiary  
of the Federal Republic of Germany to the Republic of the  
Philippines

**May 4, 2017, New World Makati Hotel**



**His Excellency**

**Most Reverend Teodoro C. Bacani, Jr., D.D.**

Auxiliary Bishop of Manila

## THE WEEK THAT WAS



**SAA "Lance" Masters** introduces **Past President Glen Bailey** from the **Rotary Club of Honolulu Sunset** for a pre-luncheon meeting 30-minute magic show.



**Past President Glen Bailey** performing a magic show to the delight of the audience.



**DE/Dir. “Issam” Eldebs** gamely volunteers to be a participant at **Past President Glen Bailey** magic show.



**Spouse Lady “Sharon” Bediones** was also called by **Past President Glen Bailey** as participant to the magic show.



Welcoming **Hon. Alfonso G. Cusi**, Secretary, Department of Energy (2<sup>nd</sup> from left) upon arrival at the ballroom of New World Makati Hotel, as guest of honor and speaker, were **SDG/PP “Frank” Evaristo**, Rtn. “**Jack” Rodriguez**, Co-Chairman, Program Committee, DGN “**Rudy” Bediones**, Rtn. “**Dong-Dong” Benedicto**.



**Pres. “Teddy” Ocampo** calls the **33rd** meeting of **Rotary Club of Manila** to order.



**PSAA “Gunter” Matschuck** as OIC/Moderator directs the program of activities.



**Rtn. “Nicky” Villaseñor III** delivers an ecumenical invocation.



**STAR Rtn. “Rene” Policarpio** leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) Way Test.



**Rtn. “Bodo” Goerlich** does the honor and pleasure of introducing **Hon. Alfonso G. Cusi**, Secretary, Department of Energy.

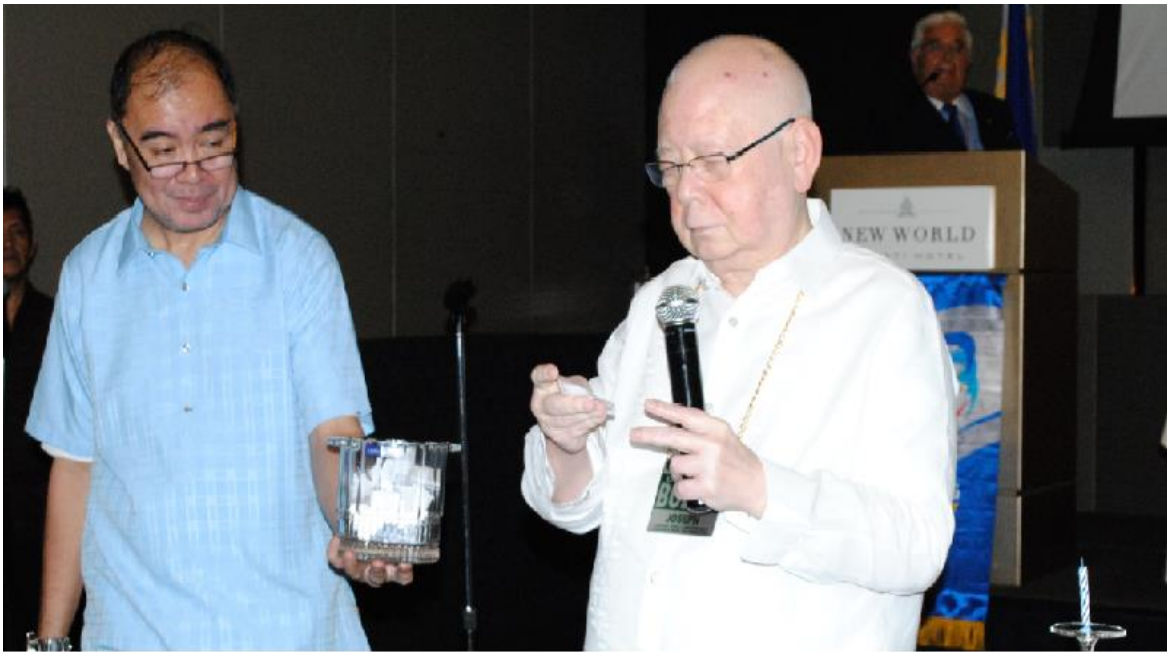


**Hon. Alfonso Cusi, Secretary of the Department of Energy**, enlightened Manila Rotarians, Visiting Rotarians and guests on the functions and thrusts of his office and the Philippine Energy Sector.





The following members participated in the pro-active open forum immediately right after the speech of Secretary **Alfonso G. Cusi**. Rtn. **Jess Santos**, PE **Jimmie Policarpio**, PD **Beda Fajardo**, PDG **Vince Carlos**, Rtn. **Roy Zosa**, PD **Bebot Pineda**, Rtn. **Cris Acosta**, Rtn. **Ricky Trinidad** and PP **Ed Reyes**.



DE/Dir. **“Bobby” Joseph** draws the winner for the Club Fund-Raising Campaign. SDG/PP **“Frank” Evaristo** winning the lone cash prize.



Pres. **“Teddy” Ocampo** presents to Secretary **Alfonso G. Cusi** a religious icon of Mother and Child as the Club’s token of appreciation for being the guest speaker.

## RCM WEEKLY BIRTHDAY CELEBRANT/S



Pres. "Teddy" Ocampo presents the birthday celebrant : DE/Dir. "Issam" Eldebs for the traditional blowing of candles on the birthday cake, amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

## BOARD MEETING



Present during the 8th regular monthly board meeting held at the Gallery 1 of the New World Makati Hotel were: **Pres. Teddy Ocampo, Dir. Susing Pineda, Treas. Chito Tagaysay, Dir. Albert Alday, Sec. Ning Lopez, AS Caloy Reyes, Dir. Sam Eldebs, Dir. Bobby Joseph, ES Anna Kun Toledo and AT Hermie Esguerra.**

## INTERNATIONAL RELATIONS



Meeting with RC Taipei. From L-R: Dr. William Ka-Lun Choi, Board of Director Harkishin B C, RCM Past Director Nick Locsin, Pres. Stephen Tan and VP Shirley Ting.

Good morning Director Sam Eldebs.

After failing to re establish our relationship with RC Taipei through email and phone calls, I decided to give this issue a final try.

I went to Taipei last week and went directly to the office address that we had of RC Taipei. Fortunately their office secretary Catherine Yen was there. She received me warmly and then she connected me by phone to PP William “Braces” Choi (M.S. Dentistry). PP Braces is also the Chair for International Relations.

Eventually we had a breakfast meeting that included President Stephen Tan, VP Shirley Ting (who is also President Designate , Year 2017-18) , PP Braces Choi and Director Kish Harkishin (Indian origin and longtime Taipei resident).

It was a very friendly meeting and the ff points were discussed:

- 1) They apologized for the difficulties I experienced in trying to contact them. I also apologized for not having replied to an email message that they had sent in January. I actually missed this email.
- 2) RC Taipei has 105 members and was founded in October 1948. They will celebrate their 70th anniversary next calendar year. Of course they verbally expressed an invitation for us. We can expect a formal one in the near future.
- 3) I also explained that we will be celebrating our Centennial Year two years from now. They expressed eagerness to reestablish our connection and to strengthen this relationship.
- 4) PP Braces Choi regularly visits Manila. He attended UERM and maintains many personal friends here. He asked me to confirm our anniversary celebrations this year and indicated that he would be happy to attend it with a colleague or two. Please advise me of our plans for this year's anniversary and please arrange to send them a formal invitation to our Centennial event.
- 5) One of them asked when our sister club treaty expires. Not really sure about this, I just said that for as long as we want to closely interact, then our relationship can continue. I figured that even if there may be an expiry to it, we can simply sign a new treaty. I will look into our files for this
- 6) RC Taipei seems to be very active in cooperating with other Clubs to work on projects. As is the case with RC Kowloon East, they look like a good potential partner for community projects.

Thank you.

PD Nick Locsin  
Co-Chairman, International Relations Committee

## MUSIC COMMITTEE



Program CoChair Jackie Rodriguez hosted the venue of WF Chorale while SAA Lance hosted the dinner at the Infinity Tower, March 22, 2017, rehearsing the US anthem to be sung at the opening ceremonies of Discon 2017. Present were: **Rtn. Jack Rodriguez, SAA Lance Masters, PP Cesar Ubaldo, Rtn. Karl Leung, PD Oscar del Rosario, PP Francis Juico, PT Jim, Chua, Rtn. Jason Ong, Rtn. Nilo Aventura, Star Rtn. Ric Ramos and Musical Director Domino Marcos.**

## BASIC EDUCATION AND LITERACY



PD Oscar del Rosario during the turnover of Books for Elementary students of Bgy. Bagong Silang, Real Quezon.

## NEWS RELEASE



B8 • SATURDAY | MARCH 18, 2017

### people&events



**RAMOS BEFORE MANILA ROTARIANS:** Former president Fidel Ramos was recently guest speaker of the Rotary Club of Manila, First In Asia, held at the Manila Polo Club. Ramos spoke on burning issues hugging the limelight which included the relevance of EDSA in the changing times, in a spiritual panel discussion format. Photo shows (from left, 1st row) past president Archil Bartolome, former speaker Rotarian Joe De Venecia, Ramos, president Teddy Ocampo, immediate past district governor Obet Pagdanganan, past president Frank Evaristo, and Star Rotarian Gani Macatoman; (standing same order, 2nd row) Rotarian Johnny Chotrani, past director Oscar del Rosario, district governor nominee Rudy Bediones, past president Ed Reyes, immediate past president Ebot Tan and past director John Cenica.

# IN MEMORIAM

## THE MEMBERS OF THE BOARD, MEMBERSHIP AND STAFF OF ROTARY CLUB OF MANILA

Condole with the family



**LETICIA RAMOS-SHAHANI**  
SEPTEMBER 30, 1925 - MARCH 20, 2017

**Beloved sister of RCM Honorary member H.E. Fidel V. Ramos**

**who passed away peacefully in the grace of the Lord  
last Monday, March 20, 2017**

**Body lies in state at Jose Rizal Chapel, Funeraria Paz,  
Manila Memorial, Sucat, Paranaque City**

**March 22, 2017, Wednesday**  
Jose Rizal Chapel, Funeraria Paz  
Manila Memorial, Sucat, Paranaque City  
Viewing Hours: 10AM till midnight  
Memorial Service: 6:00 pm-7:00 pm

**March 25 & 26, 2017 Sat. & Sunday**  
Funeraria Paz, Manila Memorial,  
Sucat, Paranaque  
Viewing hours: 10am till midnight  
Memorial service: 6pm-7pm (last night)

**March 23, 2017 Thursday**  
Senate Hall, Senate of the Philippines  
Necrological Service: 2pm-4:30pm  
Viewing Hours: 10AM till midnight

**March 27, 2017, Monday**  
Funeraria Paz, Mla. Memorial, Sucat,  
Paranaque  
Brahma Kumaris Service 10am-11am  
Interment Service: 11am (for family)  
Ramos-Shahani Mausoleum located  
at Willow Court Bldg 158, Manila  
Memorial Sucat

Mary Boyd Stagg Sanctuary  
UCCP Cosmopolitan Church,  
Taft Avenue, Manila  
Memorial Service: 8pm-9:30pm

**March 24, 2017 Friday:**  
Bulwagan Apolinario Mabini,  
Department of Foreign Affairs  
Necrological Service: 1pm-3pm (for DFA Officials & staff)  
Funeraria Paz, Manila Memorial, Sucat  
Viewing hours: 7:00pm till midnight

**LET US OFFER OUR PRAYERS FOR THE  
ETERNAL REPOSE OF THE SOUL OF  
Senator Leticia Ramos Shahani**

# DISCON 2017

**DISCON 2017 PROGRAM**  
**‘Rotary...Serve and be Counted’**  
**Sofitel**  
**March 31, 2017 – April 1, 2017**

## PRE-DISCON EVENTS

*March 29, 2017 (Wednesday)*

Arrival and Welcome of RIPR

Welcome Dinner

Officer of the Day: DCC Mari Yuda  
 Segment Chairs: PP Willy Masankay  
 Rtn. Mike Yuda

*March 30, 2017 (Thursday)*

Visit of RIPR to Global Grant Projects

Human Milk Bank, PP Susan de Jesus RC Chinatown  
 Library Inauguration, ASP Jojo Jarcia, RC Hiyas ng Bacoar  
 Officer of the Event: PP Helen Masangya  
 Segment Chairs: ASP William Uy  
 ASP Eddie Tribio

Reception for Mindoro Area Clubs

Venue: Marina

Officer of the Event: SDG Tony Esteban  
 Segment Chair: ASP Annie Dimalibot

## DISCON 2017 PROGRAM

*March 31, 2017 (Friday)*

Officer of the Day: SDG Nicando de Leon

7:00 am – 5:00 pm Registration

Venue: Romblon

Officer of the Event: DES Ellen Landicho  
 District Executive Secretary  
 DDES Nelia Seril  
 Deputy District Executive Secretary

9:00 am – 10:00 am Holy Mass

Venue: Sulu Room

Officer of the Event: DDES Nelia Seril

10:00 am – 11:00 am Opening of Trade Exhibits

Opening of Club Exhibits:

Venue: Ballroom Foyer

Officer of the Event: SDG Eric Candidato

Segment Chairs: PP Johnson Tan  
 SDG Ramil Roxas

Assisted by: PP Girlie Chan

Emcee: ASP Jorge Bagasan

11:45 am – 1:00 pm District Governor's Lunch for RIPR  
 and PDGs (by invitation)  
 Venue: Chinese Function Room

Officer of the Event: COS Cesar Ubaldo  
 SDG Albert Alday

**FIRST PLENARY SESSION**  
(OPENING CEREMONIES)

|                                                                                       |                                                                                                                                                          |
|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:00 pm – 2:00 pm                                                                     | Assembly of ASPs, Dist. Officers, VIPS<br>Venue: Ballroom Foyer                                                                                          |
| Officer of the Event:                                                                 | SDG Edgar Eusebio<br>Chief. Sergeants-at-Arms                                                                                                            |
| Segment Chairs:                                                                       | SDG Mateo ‘Jun’ Masangya<br>SDG Brick Onglingkuan<br>SDG Ruben Siao<br>SDG Edwin Arvelo<br>SDG Mary Mei Rodrigo<br>COS Cesar Ubaldo<br>SDG Elma Lagamson |
| 1:45 pm Entrance                                                                      | All Star Presidents<br>Executive Committee Members<br>Dignitaries<br>Organizing Committee Chair<br>District Governor and RIPR                            |
| 2:15 pm Call to Order                                                                 | Ernesto D. Yuyek<br>District Governor 2016-2017<br>RC Manual Roxas Blvd Manila                                                                           |
| Doxology                                                                              | The Dreamgirls                                                                                                                                           |
| Entry of Colors                                                                       | Philippine Marines, AFP                                                                                                                                  |
| National Anthems                                                                      |                                                                                                                                                          |
| Japan                                                                                 |                                                                                                                                                          |
| Taiwan                                                                                |                                                                                                                                                          |
| USA                                                                                   | RCM World Famous Music Chorale                                                                                                                           |
| Philippines                                                                           | RCHM World Famous Music Chorale                                                                                                                          |
| 2:25 pm Welcome Remarks                                                               | Karen L. Tamayo<br>Past District Governor<br>Chair, DISCON 2017<br>RC Hiyas ng Maynila                                                                   |
| 2:30 pm Introduction of Dignitaries, Guests,<br>Foreign Delegations, New Rotary Clubs | Marianito Siasat<br>SDG for Public Image<br>RC Manila Sta. Ana                                                                                           |
| 2:50 pm Special Presentation                                                          |                                                                                                                                                          |
| 3:00 pm Greetings from Foreign Delegations                                            | DG Nakahisa Hakuto, RC Konga-chuo, D2820, Japan<br>DG David Kuo, D 3520, Taiwan                                                                          |
| 3:10 pm Introduction of the<br>Dist. Governor                                         | SDG Liza Elorde<br>RC Manila Premier                                                                                                                     |
| 3:15 pm Opening Plenary Address                                                       | Ernesto D. Yuyek<br>Dist. Governor 2016-2017<br>RC Manual Roxas Blvd Mla.                                                                                |
| 3:30 pm Introduction of the RIPR                                                      | Edmond Aguilar<br>Past District Governor<br>RC Chinatown Manila                                                                                          |
| 3:35 pm Opening Plenary Address                                                       | RIPR Shoichi Fujii<br>PDG D2820                                                                                                                          |
| 4:00 pm My Rotary Moment                                                              | Dato’ Dr. Siva Ananthan                                                                                                                                  |

4:10 pm Keynote Address  
 4:40 pm Awarding of Plaque of Appreciation  
 4:45 pm Guest of Honor  
 5:15 pm Awarding of Plaque of Appreciation  
 5:20 pm Announcements

Officers of the Event: Cristina Edquiban  
 Senior Deputy Governor  
 RC Manila Premier  
 Mribel Chua  
 Senior Deputy Governor  
 RC Manila Premier  
 Segment Chairs: Mari Yuda  
 District Coordinating Chair  
 RC Hiyas ng Maynila  
 Solomon Lee  
 Chair, RC Chinatown Manila  
 Masters of Ceremonies PP Relly Fajardo  
 RC Chinatown Circle  
 PP Melano Mauricio  
 RC Intramuros

6:00 pm Cocktails by the Cavite Area Venue: Poolside  
 Segment Chairs: SDG Jun Masangya  
 PP Kenneth Khoo  
 ASP Elvira Gan

7:30 pm Dinner  
 Venue: Grand Ballroom  
 Segment Chairs : DDES Nelia Seril  
 PP Arlene Roxas  
 9:00 pm Talent Show  
 Venue : Grand Ballroom  
 Segment Chairs : DDES Nelia Seril  
 PP Arlene Roxas  
 Rtn Pinky Markez

#### *APRIL 1 (SATURDAY)*

Officer of the Day: SDG Elma Lagamson  
 7:00 am Breakfast for the All Star Presidents  
 Venue: Davao Room  
 Officer of the Event: Ellen Landicho  
 District Executive Secretary  
 8:00 am Breakfast for the Presidents Elect  
 Venue: Leyte Samar  
 Officer of the Event: Edwin Chiu  
 Incoming District Executive Secretary  
 Floor Leader:

## CONCURRENT SESSIONS

### Overview

|          |                   |                      |                       |
|----------|-------------------|----------------------|-----------------------|
| 8:00 am  |                   |                      | Session C-1 – Visayas |
| 8:30 am  |                   |                      | Session C-1 – Visayas |
| 9:00 am  | Session A – Luzon | Session B – Mindanao | Session C-1 – Visayas |
| 9:30 am  | Session A – Luzon | Session B – Mindanao | Session C-2- Visayas  |
| 10:00 am | Session A – Luzon | Session B – Mindanao | Session C-2 – Visayas |
| 10:30 am | Session A- Luzon  | Session B - Mindanao | Session C-2- Visayas  |

9:00 am – 11:00 am      **Session A: THE ROTARY FOUNDATION, GLOBAL GRANTS AND PEACE SCHOLARS**

This session will feature successful Global Grant projects including the Human Milk Bank of RC Chinatown, recognized as one of the 20 Centennial Grants by RI. There will also be a panel discussion by three of the Peace Scholars of D3810 who are now holding significant government and non-government positions and are actively engaged in peace efforts.

**Program**

|                                   |                               |
|-----------------------------------|-------------------------------|
| My Rotary Moments                 | ASP Emidy Panti               |
| Introduction of the RIPR          | ASP James Tan                 |
| Address                           | RIPR Fujii                    |
| <b>Project Presentations</b>      |                               |
| Human Milk Bank                   | RC Chinatown Manila           |
| Sustainable Water                 | RC Lubang Island              |
| Seaweed                           | RC Manila Metro               |
| Peace Forum: Moderator:           | ASP Angie Mauricio            |
| Rtn Renia Coracoto                | National Security Council     |
| Fr. Delfo Canceran                | Colegio de San Juan de Letran |
| Capt. Ferdinand Busceto           | AFP Peace and Dev't. Office   |
| <b>Promotion of On To Atlanta</b> |                               |
| Officer of the Event:             | SDG George Ng                 |
| Segment Chairs :                  | PP Shirley Sobremonte         |
|                                   | DCC Mari Yuda                 |
|                                   | Rtn Nancy Candidato           |
| Masters of Ceremonies:            | ASP Ryan Osea                 |
|                                   | ASP Genevive Gandia           |
|                                   | ASP Triccie Buenaventura      |
|                                   | ASP Pablo Galagtas            |

9:00 am – 11 am      **Session B: ENGAGING MEMBERSHIP  
WITH SERVICE**

Interesting and significant service projects will not only engage members but aide in recruitment and retention to build strong clubs. This session will feature several projects along with partners in service that will allow clubs to extend their reach to the community. PDG Fortunato 'Tato' Dimayuga of D 3820 will address the group focusing on new members. A special feature of this session will be the Induction of New Rotarians by RIPR Fujii. All Rotarians who were accepted to Rotary Clubs this Rotary Year may not be inducted whether or not they have already been inducted.

**Program**

|                              |                                                               |
|------------------------------|---------------------------------------------------------------|
| My Rotary Moments            | ASP Eva Dulay                                                 |
| Introduction of PDG Dimayuga | ASP Eddie Toribio                                             |
| Address: 'My Rotary Life'    | PDG Fortunato "Tato" Dimayuga                                 |
| Introduction of RIPR         | ASP Angie Batallones                                          |
| Address                      | RIPR Fujii                                                    |
| Induction of New Rotarians   | RIPR Fujii & DG Ernest                                        |
| <b>Project Presentations</b> |                                                               |
| A Home for Nemo and Dory     | RC Samarica                                                   |
| Cryotherapy                  | RC Pasay MIA                                                  |
| Friendship Exchange          |                                                               |
| D 5950                       | AG Lolit Anahaw                                               |
| D3450                        | DCC Zeni Yao                                                  |
| Manna Pack                   | Mr. Rod Fermin, Risen Savior<br>Missions(c/o ASP Marc Martin) |
| Officer of the Event:        | SDG Liza Elorde                                               |

SDG Gloriosa 'Oyie' Valarao

Segment Chairs: Rtn Judy de Leon  
SDG/CP Maricor Malitao  
AS Lolit Anahaw  
DCC Azucena 'Zeni' Yao

Emcees; ASP Manny Inserto  
ASP Susan Dalagete

### 8:00 am – 9:30 am **Session C-1 YOUTH FORUM**

A tradition in the district is to provide a forum where the district's youth will have a chance to participate in a portion of the DISCON and exchange ideas with many Rotarians. This year's program will feature successful projects from selected clubs as well as a well know guest speaker. Like the new Rotarians, Rotaractors and Interactors who were accepted into their clubs during this Rotary Year will also have a chance to be inducted by the RIPR.

#### Program

Prayer & National Anthem Interactors  
Acknowledgment of clubs DRC Chock Encabo & DIC

Opening Remarks SDG Oliver Alvarez  
RYLA Promo ASP Eva Dulay

Rotaract DISCON Promo

Serving Humanity by Serving the  
Community: A Panel Discussion RAC Carmona  
RAC STI Makati  
RAC UDMC

Address Datu' Dr Siva Ananthan

Induction of new members RIPR Fujii & DG Ernest

Segment Chair: ASP Julia Miranda

### 9:30 am – 11:00 am **Session C-2 PUBLIC IMAGE WORKSHIP**

This session provides hands on experience and personal instruction in photography and videography using simple cameras and smartfones to produce effective images to record club projects and activities. Output of the participants will be shown during the afternoon session of DISCON.

#### Program

My Rotary Moments ASP Elvira Gan  
Rotary Serving Humanity DWBL 1242 – The weekly radio show of D3810

Introduction of the speakers ASP Lorna Lazaro

Social Media PP Jage Estipona

Photography SDG Nito Siasat

Video Rtn. Niky Tamayo

Editing PN Randy Rivera

Visit of RIPR

Moderator: ASP Ofel Valante

Masters of Ceremonies: ASP Linda Buenafe

ASP William Uy

1200 – 1330 Lunch and All Star District Raffle

Officer of the Event: SDG Eric Candidato

### **Plenary 2 and Closing Ceremonies**

1330 Introduction of District Governor Elect Loy Cosico

1400 Report of Business Meeting by PP Carlos Ocampo

1420 Closing Address of RIPR Fujii

1440 Guest Speaker Dato' Dr Siva Ananthan – 'I Was Here'

1535 Special Awards

'Distinguished Service to the Filipino People' awarded to the Philippine National Red Cross To be received by: Chairman Richard Gordon and PRC Governor Atty. Rodolfo 'Inky' Reyes

'Distinguished Service to Humanity awarded to

1. Hon Richard 'Dick' Gordon, Chairman, Phil. Red Cross
2. Hon. Emmanuel 'Manny' Paquiao, Charter President RC Manila Premier

#### Response of awardees

1635 PM snack

1635 Governor's Awards

Midyear Review Awards                      SDG Ramil Roxas

Club 25<sup>th</sup> Anniversary Awards              RIPR Fujii and DG Ernest Yuyek

New Club Recognition                      RIPR Fujii, DG Ernest Yuyek and SDG Gloriosa 'Oyie' Valaro

#### Club Exhibit Awards

1705 Closing Ceremonies  
Certificates/Tokens

Closing Remarks and Acknowledgments    DG Ernesto Yuyek

Adjournment                                      DG Ernesto Yuyek

#### Announcements

Officer of the Event: Awardings:              SDG Solomon Lee

Segment Chair: New Club Awards:              SDG/CP Maricor Malitao  
Emcees:                                              DCC Joyce Ambray  
ASP Teddy Ocampo

1900 Dinner  
Governor's Ball  
Fellowship

Officer of the Event:                              SDG Liza Elorde

Segment Chair: Governor's Ball              DDES Nelia Seril  
Assisted by                                          ASP Ayet Garcia  
ASP William Uy

Segment Chair: Fellowship                      SDG Jun Massaangya

## ON THE LIGHTER SIDE



**PDG VINCE CARLOS**

### CARP-Canadian Association of Retired People

#### Questions and Answers from CARP Forum

Q: What can single men over the age of 60 find younger women who are interested in them?

A: Try a bookstore, under Fiction.

\*\*\*\*\*

Q: What can a man do while his wife is going through menopause?

A: Keep busy. If you're handy with tools, you can finish the basement. When you're done, you will have a place to live.

\*\*\*\*\*

Q: Someone has told me that menopause is mentioned in the Bible...Is that true? Where it can be found?

A: Yes. Mathew 14:92: "And Mary rode Joseph's ass all the way to Egypt..."

\*\*\*\*\*

Q: How can you increase the heart rate of your over 60 year-old husband?

A: Tell him you're pregnant.

\*\*\*\*\*

Q: How can you avoid that terrible curse of the elderly....wrinkles?

A: Take off your glasses.

\*\*\*\*\*

Q: Seriously! What can I do for these crow's feet and all those wrinkles on my face?

A: Go braless. It will usually pull them out.

\*\*\*\*\*

Q: Why should 60 plus year old people use valet parking?

A: Valets don't forget where they park your car.

\*\*\*\*\*

Q: Is it common for 60-plus year olds to have problems with short term memory storage?

A: Storing memory is not a problem, retrieving it is the problem.

\*\*\*\*\*

Q: As people age, do they sleep more soundly?

A: Yes, but usually in the afternoon.

\*\*\*\*\*

Q: Where should 60-plus year olds look for eye glasses?

A: On their foreheads.

\*\*\*\*\*

Q: What is the most common remark made by 60-plus year olds when they enter antique stores?

A: "Gosh, I remember these!"

\*\*\*\*\*

### Redneck Pregnancy

A Mid-west redneck went to the hospital, as his wife was having a baby. Upon arriving, he sat down as the nurse said to him, "Congratulations, your wife has had quintuplets, five big baby boys."

The redneck said, "I'm not surprised. I have a penis the size of a chimney."

The nurse replied, "You might want to consider getting it cleaned. They're all black."

# PUBLIC HEALTH NUTRITION AND CHILD CARE



## HOW TO AVOID DIABETIC FOOT PROBLEMS

Elias D. Adamos, M.D.

Perhaps one of the most common problems encountered by diabetics are conditions related to the feet and legs. Foot and leg problems can possibly lead to infection and serious complications.

**Uncontrolled diabetes mellitus can cause damage to the nerves of the legs and feet.** One familiar, if not universal complaint, among diabetics is numbness of the legs and feet. Some complain of pain, tingling or crawling sensation, heat, cold, and even the loss of feeling on the affected extremity. This is called **diabetic neuropathy**. The loss of feeling on the affected leg or feet can lead to other conditions, such as the vulnerability in getting a leg or foot ulcer.

**Uncontrolled diabetes results to poor blood flow to the arms, legs and feet.** This is referred to as **peripheral vascular disease**. Peripheral vascular disease affects blood vessels away from the heart. As previously said, it is not impossible to those with neuropathy to get cut, wound, or ulcer on the legs and feet without noticing or feeling them. When diabetic peripheral vascular disease is present, together with neuropathy, the situation becomes serious. These breaks on the skin can be infected because of the loss of oxygen on the tissues, due to decrease or loss of blood flow. The tissues die (gangrene) and amputation is almost always indicated.

### Other diabetic foot problems

**Athlete's foot** that is caused by fungus, results to itching, cracking, and redness of the toes and feet. Secondary infection, in athlete's foot, that is caused by bacteria is common. The nails can be affected. **Calluses** result from the build-up of hard skin on the dorsal or underside of the foot (commonly on the forefoot or heel) and they can result to cracks and wounds. Other conditions include: **blisters, bunions, dry skin, hammertoe** (weakened muscle and shorter tendon that can result to pain and difficulty in walking), **ingrown toenails**, and **warts**.

### Common sense foot care in diabetes

**Keep your sugar level within the range recommended by your doctor.** Wash your feet everyday with mild soap and water. Keep your feet and toes dry after washing them. Check your feet everyday for sores, cuts, wounds, cracks, blisters, and redness. If the skin on your feet is dry, use hypoallergenic lotion. Use pumice stone to smoothen hard skin and calluses. Check and trim your toenails once a week (Do not round off the corners of your toenails. Just trim them straight across). Always wear closed-toed shoes or slippers to avoid foot accidents. Always wear socks and stockings when wearing shoes. When sitting, wiggle your toes and move your ankles to stimulate and enhance blood flow. Stop smoking. Avoid alcohol. **When you notice unusual pain, cracks that don't go away, change in color of the skin around the feet and toes, see your doctor.**

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