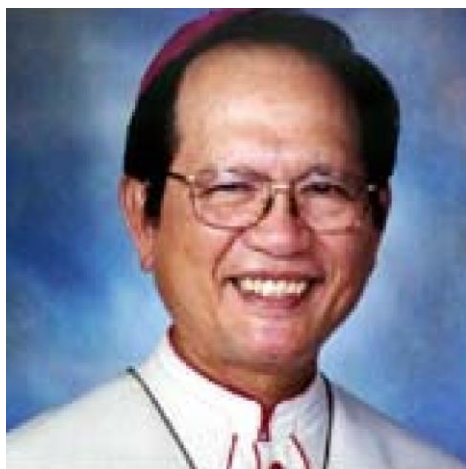




kabalita

No. 3692, May 4, 2017

GUEST OF HONOR AND SPEAKER



His Excellency Most Rev. TEODORO C. BACANI, JR., D.D.
Bishop Emeritus of Diocese of Novaliches

KABALITA

The presence of the foremost leader of the Philippine Roman Catholic Clergy at Asia's First Rotary Club is truly a blessing as he evangelizes us on the true meaning of the Fifth Commandment of God in the wake of the recent spate of extra-judicial killings that have befallen our beloved country.

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

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PROGRAM

RCM's 38th for Rotary Year 2016-17

Thursday, May 4, 2017, 12N, New World Makati Hotel Ballroom

OIC/Moderator: **DSAA "Dave" Reynolds**

Program Timetable

11:30 AM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated:	DSAA "Dave" Reynolds OIC/Moderator
12:30 PM	Call to order Singing of the Republic of the Philippines National Anthem Invocation RC Manila Hymn The Four (4) Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale PVP "Mike" Guerrero RCM WF Music Chorale All Rotarians led by PE "Jimmie" Policarpio
12:35PM	Introduction of Guests nd Visiting Rotarians; and Personalities Seated at the Presidential Table Welcome Song	Rtn. "Jun" Alvarez RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) Apr. 27.... Rtn. "Jackie" Rodriguez; Apr. 28.... Rtn. "Celso" Abastillas; May 5..... BLA "Amading" Valdez; May 6..... Rtn. "Jerry" Agnes; May 8..... Rtn. "Jun" Coyiuto; and May 17..... DE/Dir. "Susing" Pineda Personalized birthday gift courtesy of Happy Birthday Song	PAT "Muhammad" Aslam RCM WF Music Chorale
12:45 PM	Presentation of new Paul Harris Fellow Certificate and Pin to Rtn. "Emyl" Eugenio	Pres. "Teddy" Ocampo
12:47 PM	Presentation of check by RAC De La Salle to RCManila through Pres. "Abbie" Sarmiento	Pres. "Teddy" Ocampo
12:50 PM	President's Time	Pres. "Teddy" Ocampo
12:55 PM	Introduction of Guest of Honor and Speaker	Rtn. "Philip" Recto

1:00 PM Address: **His Excellency Most Reverend
Teodoro C. Bacani, Jr.**
Bishop Emeritus of Diocese of Novaliches

Public Forum

2:00PM Response, Presentation of Token of Appreciation to
His Excellency **Most Reverend Teodoro C. Bacani, Jr.**
and Meeting Adjournment

Pres. "Teddy" Ocampo

PRESIDENT'S CORNER



After a week of hiatus brought about by the ASEAN Summit which prompted us to cancel our luncheon meeting last week due to many closed roads as well as suspension of work and classes, we are back in the grind of Rotary and all there is to it. A week before we went our separate ways for the ASEAN break, we had a timely weekly luncheon meeting, featuring, a young and pretty face in the person of Global Business Worldwide Executive Director Ms. Paulina Gallardo who gave us an eye opener on the business climate and investment opportunities to look out for.

As for updates within our club, the 60th Anniversary of our sister club, the Rotary Club of Osaka East, this coming May 27, 2017 is fast approaching. For more details, please coordinate with our Secretariat. Last April 25, 2017, Manila Rotarian golfers, Rtn. Willie Pelino, IPP Ebot Tan, Pd Abe Pascual, Rtn. Deo Villacorta, PD Ed Lee, PP Archit Bartolome, PS Butch Marking, PD Jun Hallare and Rtn. Tong Payumo, held a mini gathering at the Clark Sun Valley Golf Club in Pampanga.

As to updates within the district, last April 28, 2017, CoS Cesar Ubaldo and SDG/Dir. Albert Alday attended the Governor's Visit as well as the Induction of New Members and Fellowship Night of the Rotary Club of Manuel A. Roxas Boulevard Manila under my classmate, ASP Michael Liao at the Astoria Plaza in Pasig City. A day later, April 29, 2017, DGN Rudy Bediones, DE/SAA Lance Masters and IAT Nicky Villaseñor attended the District Rotary Foundation Grant Management Seminar for RY 2017-2018 at the Philippine Columbian Association in Paco, Manila.

Today, we welcome our spiritual reawakening with our Guest of Honor and Speaker, His Excellency Most Reverend Teodoro Bacani, Jr., D.D., Auxiliary Bishop of Manila and Bishop Emeritus of the Archdiocese of Novaliches, who will enlighten us on the divine aspect forbidding the extra-judicial killings happening in our country. I look forward to your cooperation as we endeavor to make our stars shine in the remaining months of 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

BISHOP TEODORO C. BACANI, JR.

BISHOP EMERITUS OF DIOCESE OF NOVALICHES

BORN IN MANILA, JANUARY 16, 1940

PARENTS : TEODORO MT. BACANI
 CONSOLACION CRUZ

STUDIES:

HIGH SCHOOL - LETRAN COLLEGE

SEMINARY - SAN JOSE SEMINARY

ORDAINED PRIEST-

MANILA CATHEDRAL, December 21, 1965

by : CARDINAL RUFINO SANTOS

ORDAINED BISHOP

MANILA CATHEDRAL, April 12, 1984

by :ARCHBISHOP BRUNO TORPIGLIANI, DD

- GRADUATE STUDIES I THEOLOGY AT ANGELICUM, ROME
- TEACHING THEOLOGY AT UST ECCLESIASTICAL FACULTY
- ALSO TAUGHT IN SAN CARLOS SEMINARY,
- LOYOLA SCHOOL OF THEOLOGY AND RECOLETO SCHOOL OF THEOLOGY.

PRESENT DEAN OF EVANGELIZATION, COLLEGE OF DIVINE WISDOM

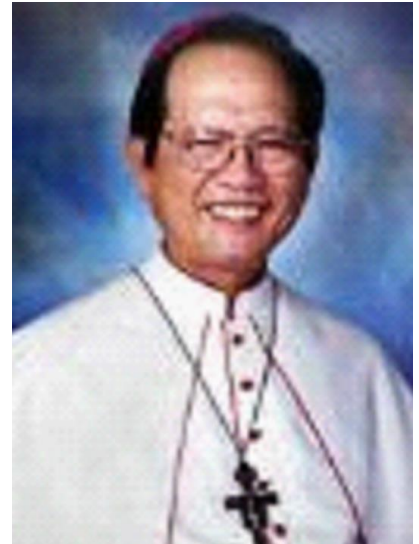
INTERNATIONAL SPIRITUAL ADVISER OF ---EL SHADDAI DWXI-FFI AND OTHER CHARISMATIC COMMUNITIES AMONG WHICH IS THE LORD'S FLOCK AND SOLDIERS OF CHRIST.

AUTHOR OF 30 BOOKS ON THEOLOGY AND SPIRITUALITY

FREQUENT SPEAKER IN CATHOLIC ASSEMBLIES AND CONGRESSES.

ONE OF THE 3 DRAFTERS OF THE SECOND PLENARY COUNCIL OF THE PHILIPPINES – THEOLOGICAL PASTORAL DOCUMENT.

ONE OF THE DRAFTERS OF 1987 PHILIPPINE CONSTITUTION.



PREVIEW OF NEXT WEEK GUEST SPEAKERS

May 11, 2017, New World Makati Hotel



His Excellency Jan Christian Gordon Kricke

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

May 18, 2017, New World Makati Hotel



Hon. Salvador "Sal" San Buenaventura Panelo

Chief Presidential Legal Counsel
Office of the President, Republic of the Philippines

THE WEEK THAT WAS



Pres. "Teddy" Ocampo calls the 37th meeting of Rotary Club of Manila to order.



DE/Dir. "Issam" Eldebs as OIC/Moderator directs the program of activities.



Rtn. "Manny" Blanco delivers an ecumenical invocation.



Rtn. "Joe" Assad leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) Way Test.



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



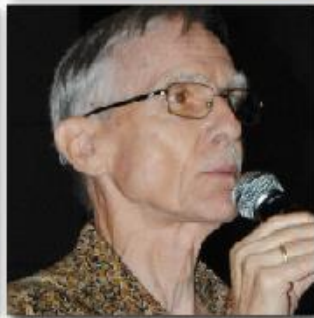
Pres. "Teddy" Ocampo for the President's Time.



PDSAA "Ike" Stranathan does the honour and pleasure of introducing **Ms. Paulina Gallardo**, Executive Director, Global Business Worldwide, as guest speaker.



Ms. Paulina Gallardo, Executive Director of Global Business Worldwide, enlightened Manila Rotarians, Visiting Rotarians and guests on the state of global business and investments vis-à-vis the Philippine setting.



A pro-active open forum interaction immediately followed right after the speech of **Ms. Paulina Gallardo** with **RCMers' DE/Dir. "Bobby" Joseph**, **Dir. "Art" Lopez**, **SDG/PP "Frank" Evaristo**, **PVP "Roy" Golez**, **PD "Beda" Fajardo**, **PD "Jess" Santos**, **Rtn. "Tong" Payumo**, **Rtn. "Henning" Karcher** randomly raising and answering questions from the guest speaker.



DE/Dir. “Bobby” Joseph draws the lone cash winner for the Club’s fund-raising raffle, with proposed member **Mr. Jason Bogovich**, as winner, who opted to donate his winning back to the Rotary Club of Manila.



Pres. “Teddy” Ocampo presents to **Ms. Paulina Gallardo** a religious icon of Jesus Christ as the Club’s token of appreciation for being the guest speaker.



Posterity photo with **Ms. Paulina Gallardo, Pres. “Teddy” Ocampo and OIC/Moderator DE/Dir. “Issam” Eldebs** .



A group of **RCMers’** take brief moment to pose with **Ms. Paulina Gallardo**, with, seated from left: PD “Beda” Fajardo, Rtn. “Tong” Payumo, Rtn. “Joe” De Venecia, former Speaker of the House of Representatives, **Ms. Paulina Gallardo**, Pres. “Teddy” Ocampo. Standing from left: AS/DE “Caloy” Reyes, PD “Oscar” del Rosario, SDG/PP “Frank” Evaristo, DGN “Rudy” Bediones, Rtn. “Joe” Assad, PDSAA “Ike” Stranathan, and Rtn. “Johnny” Chotrani.

RCM WEEKLY BIRTHDAY CELEBRANT/S



Pres. "Teddy" Ocampo presents the birthday celebrant Rtn. "Ricky" Trinidad with a special pillow as gift courtesy of PAT "Muhammad" Aslam; and for the traditional blowing of candle on the birthday cake, amidst the singing by the "RCM World-Famous Chorale" of the happy birthday song.

BOARD MEETING



Present during the Board Meeting were: (Clockwise) Pres. Teddy Ocampo, Dir. Issam Eldebs, AT Hermie Esguerra, Dir. Art Lopez, IPP Ebot Tan, Treas. Chito Tagaysay, AS Caloy Reyes, SAA Lance Masters, Dir. Bobby Joseph, Dir. Albert Alday and ES Anna Kun Toledo.

TOURISM AWARDS 2017 MEETING



2nd meeting of **Tourism Awards 2017** was held last Thursday April 20, 2017 at the Gallery 2 of New World Hotel Makati to discuss nominations submitted for Tourism Awards 2017. Present during the meeting were : **Dir Bobby Joseph (Chairman Tourism Awards)**, **PP Francis Juico**, **PD Abe Pascual**, **Pres Teddy Ocampo** and **Star Rtn Sha Hofer Tamano** and **Rtn. Bollie Bolton**.

GOLF FELLOWSHIP



RCM GOLFERS AT CLARK SUN VALLEY GOLF CLUB LAST APRIL 25.

The **RED TEAM** led by Rtn. **Willie Pelino** and IPP **Ebot Tan**; **PD Abe Pascual** and Rtn. **Deo Villacorta** lambasted the **BLUE TEAM** led by **PD Ed Lee** with **PP Archit Bartolome**; **PS Butch Marking**; **Rtn. Tong Payumo** and **PD Jun Hallare**.

DISTRICT ROTARY FOUNDATION SEMINAR



DE / SAA Lance Masters and **Incoming Treas Nicky Villaseñor** attended the District Rotary Foundation Management Seminar held last Saturday April 29, 2017 1:00pm to 6:00pm at the Philippine Columbian.

RCM CENTENNIAL COFFEE TABLE BOOK



DGN Rudy Bediones met **PDG Chit Lijauco** during the signing of the contract for the preparation of the Rotary Club of Manila Centennial Coffee Table book last Wednesday April 26, 2017 at the RCM Secretariat. Also present during the formal engagement of editorial services was **ES Anna Kun Toledo**.

ROTARY AWARD



Frank Evaristo (Center), Past President, Rotary Club of Manila, the First in Asia, accepts the Rotary International Award as the District Governor Representative for District 3810 during the 14th Philippine Rotary Awards Night held at the Metropolitan Museum recently. From left : **Melito Salazar, Jr.**, Past District Governor and Editor-in-Chief, Philippine Rotary Magazine, **PDG Tony Quila**, Chairman, PR Management Board, and Rotary International District Nominee **Raffy Garcia**, Chairman, Philippine Rotary Magazine Foundation, Inc.

ROTARY GUIDING PRINCIPLE



Rotary's Purpose, Focus and Peace and Conflict Resolution

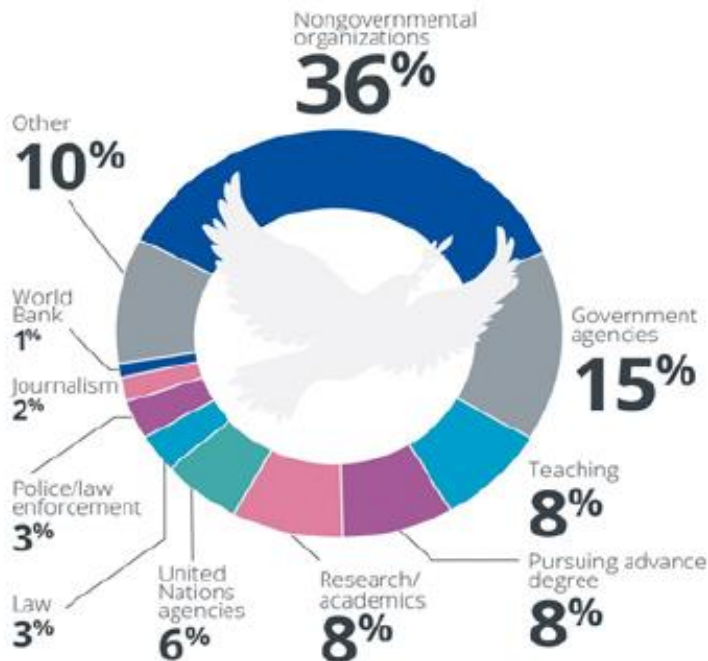
By SAA/DE Lance Masters

The first "guiding principle" of Rotary is *"to develop friendships as an opportunity for service."* When we welcome new men to membership in the Rotary Club of Manila, our World Famous Chorale greets them by singing "Welcome Baby Rotarians." We sing, "We are here for fellowship, and service is our game," meaning that we gather together to become better friends, knowing each other more and more personally and professionally, so that we can do more, serving ever better. Our statement of purpose reads *"...to bring together business and professional leaders in order to provide humanitarian services, encourage high ethical standards in all vocations, and to advance goodwill and peace around the world."* As you know, our primary motto as Rotarians is *"Service above Self,"* and our less-frequently used secondary motto is *"One profits most who serves best."* That is not limited to what we do together in Rotary. You might be surprised to learn that our Rotary International "Manual of Procedure" states that *"It is the duty of all Rotarians, outside their clubs, to be active as individuals in as many legally constituted groups and organizations as possible to promote, not only in words but through exemplary dedication, awareness of the dignity of all people and the respect of the consequent human rights of the individual."* In essence, Rotary not only approves, but encourages our engagement in the community as much as possible. Such involvement also helps us learn of or better understand problems as opportunities for Rotarian service in our challenging environments.

Rotary International has selected six categories of causes that are supported by our charitable arm, The Rotary Foundation. Many Rotarians might recognize those six areas of focus on a list, but might not be able to recite them from memory, or really do not know how they relate to the stated purpose of Rotary. The six areas are illustrated in the graphic. These six areas were selected to build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.



Peace and Conflict Resolution is the first of these areas of focus, and for good reason. Armed conflict, violence and persecution has currently displaced more than sixty-five millions of people, as we continue to see in countries such as Syria. Half of those killed in these conflicts are children, and ninety percent are civilians. Rotary and Rotarians refuse to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts. Rotary initiates and supports service projects, peace fellowships and scholarships, and our members take action to address the underlying causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and distribution of resources that leaves a great many people without adequate access to healthcare and nutrition.



Rotary members founded the People for People Foundation, which has helped tens of thousands of families afford food, clothing, rent, utilities, medications, and other necessities.

Each year we fund 100 peace fellowships at six centers around the world, which now have more than 1,000 graduates using their Rotary sponsored learning to make our world a better place for all.

The Peace Centers Certificate Program (three months) is at the prestigious Chulalongcorn University in Thailand, and the masterdegree programs are at Duke Univ., Bradford Univ., U. Queensland and Uppsala Univ.

We should be proud that Rotary International's public web pages cite Philippine Rotaract Clubs initiative in designing and conducting anti-bullying campaigns in schools to teach children how to handle conflict peacefully from an early age.

The Rotarian Action Group for Peace gives Rotary members resources and support to advance world peace and turn ambitious ideas into life-changing realities.

We have one former Manila news broadcaster who is now working in Beijing, who has asked us to help with a Global Grant to help him go to Cambridge University, where he has already been accepted in the Master of Peace and Conflict Management program. With luck and some international club help, it is his desire to return and work here for an NGO or organization such as ADB.

If you have an idea for a potential project, please discuss it with me.

Thanks for reading.

Next week, update on "Save a Life, Save the Little Hearts."



IN THE MAILBOX



EMBASSY OF THE PEOPLE'S REPUBLIC OF BANGLADESH
MANILA, PHILIPPINES

25 April 2017

Dear Mr. Ocampo,

I feel really honoured that the Rotary Club of Manila has accepted me as an Honorary Member of the Club. This is a prestigious organization and becoming its member, therefore, is a privilege.

I am looking forward to meeting the members and I assure you to respect the traditions and customs of the Club.

Thank you and the Board for accepting me in your fold.

With warm personal regards.

Sincerely yours,

Asad Alam Siam

Mr. Teodoro J. Ocampo
President
Rotary Club of Manila
543 Arquiza cor. Grey Street
Ermita, Manila

THE 54TH BINIBINING PILIPINAS 2017 WINNERS



The 54th Binibining Pilipinas Winners were : Miss Universe Philippines 2017: **Ms. Rachel Peters**, Bb. Pilipinas International 2017: **Ms. Mariel De Leon**, Bb. Pilipinas Intercontinental 2017: **Ms. Katarina Rodriguez** 2nd from right, (grand daughter of RCM Rotarian Joaquin C. “Jackie” Rodriguez), Bb. Pilipinas Supranational 2017: **Ms. Chanel Thomas**, Bb. Pilipinas Grand International 2017: **Ms. Elizabeth Clenci**, Bb. Pilipinas Globe 2017: **Ms. Nelda Ibe**, Bb. Pilipinas 2017 1st Runner-Up : **Ms. Charmaine Elima**, and Bb. Pilipinas 2017 2nd Runner-Up: **Ms. Kristel Guelos**.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Last Palm Sunday, I was rushed to the hospital due to heart failure. After an angiogram was performed, it was evident that I needed a quadruple by-pass operation. Thanks to your expressions of concern and support and especially your prayers, my operation was a successful one. I am trying to recuperate as quickly as possible. To those who donated blood or at least offered to do so go my sincere appreciation. I will never forget your kindness.

* * * * *

Life After Death

"Do you believe in Life After Death?" the boss asked one of his employees.

"Yes, Sir," the new employee replied.

"Well, then, that makes everything just fine," the boss went on.

"After you left early yesterday to go to your grandmother's funeral,

SHE STOPPED IN TO SEE YOU!"

* * * * *

Palm Sunday

It was Palm Sunday and, because of a sore throat, five-year old Johnny stayed home from Church with a sitter. When the family returned home, they were carrying several palm branches. The boy asked what they were for. "People held them over Jesus' head as he walked by."

Wouldn't you know it," the boy fumed, "the one Sunday I don't go, He shows up!"

* * * * *

Children's Sermon

One Easter Sunday morning as the Minister was preaching the children's sermon, he reached into his bag of props and pulled out an egg. He pointed at the egg and asked the children, "What's in here?"

"I know!" A little boy exclaimed. "Pantyhose!!"

* * * * *

Support A Family

The prospective father-in-law asked, "Young man, can you support a family?"

The surprise groom-to-be replied, "Well, No. I was just planning to support your daughter. The rest of you will have to fend for yourselves."

* * * * *

First Time Ushers

A little boy in church for the first time watched as the ushers passed around the offering plates. When they came near his pew, the boy said loudly, "Don't pay for me Daddy I'm under five."

* * * * *

Climb The Walls

"Oh, I sure am happy to see you," the little boy said to his grandmother on his mother's side. "Now maybe Daddy will do the trick he has been promising us."

The grandmother was curious. "What trick is that?" she asked.

"I heard him tell Mommy that he would climb the walls if you came to visit," the little boy answered.

* * * * *

The Water Pistol

When my three-year old son opened the birthday gift from his grandmother, he discovered a water pistol...He squealed with delight and headed for the nearest sink.

I was not so pleased, I turned to Mom and said, "I'm surprised at you. Don't you remember how we used to drive you crazy with water guns?"

Mom smiled and then replied....I remember!!"

Grandma's Age

Little Johnny asked his Grandma how old she was.

Grandma answered, "39 and holding."

Johnny thought for a moment, and then said, "And how old would you be if you let go?"

Irish Birth Control

Mrs. Donovan was walking down O'Connell Street in Dublin when she met up with Father Flaherty.

The Father said, 'Top o' the mornin' to ye! Aren't ye Mrs. Donovan and didn't I marry ye and yer hoosband two years ago?'

She replied, 'Aye, that ye did, Father.'

The Father asked, 'And be there any wee little ones yet?'

She replied, 'No, not yet, Father.'

The Father said, 'Well now, I'm going to Rome next week and I'll light a candle for ye and yer husband.'

She replied, Oh, thank ye, Father...'

They then parted ways.

Some years later they met again.

The Father asked, 'Well now, Mrs. Donovan, how are ye these days?'

She replied, 'Oh, very well, Father!'

The Father asked, 'And tell me, have ye any wee ones yet?'

She replied, '~Oh yes, Father!' Two sets of twins and six singles, ten in all!'

The Father said, 'That's wonderful! How is yer loving hoosband doing?'

She replied, 'E's gone to Rome to blow out yer fookin' candle.'

Queen and Dolly Go To Heaven

Queen Elizabeth and Dolly Parton die on the same day and they both go before St. Peter to find out if they'll be admitted to Heaven.

Unfortunately, there's only one space left that day, so St. Peter must decide which of them gets in.

St. Peter asks Dolly if there's some particular reason why she should go to Heaven. Dolly takes off her top and says, 'Look at these pair, they're the most perfect creation of God and I'm sure it will please every male resident here seeing them daily for eternity.'

St. Peter agrees and thanks Dolly, then he asks Her Majesty the same question. The Queen pulls out a bottle of beer out of her purse, drinks it down, then she pees into a toilet and pulls the lever to flush it.

St. Peter says, 'Ok, your Majesty, you may now enter the kingdom of Heaven.' Dolly is outraged and asks, 'Wait a minute, what was that all about? I show you two of God's own perfect creations and you turn me down. She pees into a toilet and she gets in! Would you explain that to me, old man?'

'Sorry, Dolly,' says St. Pete, 'but even in Heaven, a Royal Flush Beats a Pair.'

PUBLIC HEALTH NUTRITION AND CHILD CARE



MUSCLE CRAMPS

Elias D. Adamos, M.D.

Muscle cramp is a sudden and involuntary contraction of one or more muscles. This contraction is extremely painful. It feels hard and tight. It is actually caused by muscle spasms. Muscle cramp in the calf muscles is sometimes called charley horse. Spasms or more than one muscle or group of muscles of the back, the thigh, legs, hands, arms, abdomen, and muscles along the rib cage are prone to cramps. Muscle cramps come without a warning.

Causes of muscle cramps

1. Poor blood circulation in the legs.
2. Overextension of calf muscles during exercise and sports activity.
3. Insufficient stretching before exercise.
4. Hot and humid temperature.
5. Muscle fatigue.
6. Dehydration.
7. Magnesium, calcium, and potassium deficiency.
8. Injury to the nerves.

Self-treatment for muscle cramps

1. Gently stretch and massage the cramping muscle.
2. In lower leg cramps, put your weight on the affected leg and bend your knee slightly.
3. For upper leg cramps, straighten your legs and lean forward at your waist. Keep steady by holding a bench or chair.
4. Apply warm compress to relax tight and tense muscles.
5. Apply cold compress on painful, sore or tender muscles.
6. Drink plenty of water. Fluid helps your muscles to function normally.

Prevention

1. Stretch your leg muscles daily.
2. When participating in sports and vigorous activity, stretch your muscles carefully.
3. Don't over-exercise.
4. When cramps begin, stop exercising.
5. Drink plenty of water to help your muscles contract and relax normally. Well-hydrated muscles become less prone to spasms. Drink fluids before exercise activity.

Vitamin supplements for muscle cramps

Multivitamin that contains potassium, calcium, vitamin E, and magnesium improves muscles function.

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