



balita

No. 3701, June 29, 2017

VALEDICTORY & CLUB AWARDS YEAR-END PRESENTATION FOR THE ROTARY YEAR 2016-2017



KABALITA

The All Star achievers of our Rotary Year 2016-2017 are recognized as the curtain call for Rotary Serving Humanity beckons.

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RCM's 46th Meeting for Rotary Year 2016-17

Thursday, June 29, 2017 New World Makati Hotel

OIC/ Moderator : **PP Benny Laguesma****Program Timetable**

11:30 AM Registration and Cocktails

12:25 PM Bell to be Rung:
Members and Guests are
requested to be seated:

PP Benny Laguesma

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
All Rotarians

Pres. Teddy Ocampo

RCM WF Music Chorale
PDG Alex Cureg
RCM WF Music Chorale
VPE/Dir. Chito Zaldarriaga

12:35PM Introduction of Guests & Visiting Rotarians
& Personalities seated at the Prsidential Table
Welcome Song

PP Francis Juico**RCM WF Music Chorale**

12:40 PM **Maligayang Bati (RCM Birthday Celebrants)**
June 26 Rtn Bernd Schneider; Rtn Karl Leung
June 28 PVP Manny Dy; Rtn Nando Gaspar
June 29 Rtn Peter Leo Gonzales
June 30 PP Archit Bartolome; Rtn Rene Banzon
(*Birthday gift courtesy of Treandsetter*
c/o PAT Muhammad Aslam)
Happy Birthday Song

RCM WF Music Chorale

12:50 PM **Opening Remarks on Club Awards 2017**
Chairman, Club Awards Committee

AT Hermie Esguerra**Announcement of Year End Awardees****Presentation of Year End Awards**

PP "Benny" Laguesma &
Ms PatP Daza
Pres. Teddy Ocampo,
Chairman Hermie Esguerra
(Club Awards Committee)
& Dir Susing Pineda
(Director-in-Charge)

Loyalty Award:
Ruby Award (40 years of membership)
Rtn Nilo Aventura; Rtn Manny Blanco
Silver Award (25 Years of membership)
Rtn Dick Lee; Rtn. Andy de Rossi,
PT Jun Follosco, Rtn Paquito Tankiang
Rtn Caloy Buendia; Rtn Baby Yabut

Perfect Attendance Award

PDG Vince Carlos (42 years)
 PT Jim Chua (41 years)
 PP Cesar Ubaldo (10 years)
 DGN Rudy Bediones (6 years)
 PDG Obet Pagdanganan (4 years)
 Dir Albert Alday (2 years)
 Pres. Teddy Ocampo (1 year)

Posthumous Award for PRIVP Francisco “Paco” C. Delgado**Rotary Club of Manila Humanitarian Award**

Rtn Kenji Mori, RC Kuzuha, Osaka, Japan

Presidential Citation Rtn Ray Davis, PVP Manny Dy, Rtn Farid

Schoucair; PP Boy Guevara, PSAA Gunter Matschuck, PAT Muhammad

Aslam; Rtn Tony Lopez Mr. Elmer Junio ; RCM Secretariat

1:10 PM

ENTERTAINMENT Number

Ms Kate Castillo

1:15 PM

Outstanding in Club Service Award

Dir Art Lopez,
 PE Jimmie Policarpio
 Rtn Jack Rodriguez,
 Dir Albert Alday
 PP Frank Evaristo,
 PP Babes Reyes

Outstanding in Community Service A

Rtn Jack Bautista

(Health Concerns)

Outstanding in Community Service B

Past Director Oscar del Rosario, Sr.

(Youth Concerns)

Outstanding in Community Service C Rtn Tong Payumo

(Civic Action)

Outstanding in Vocational Service

Seamanship Training

DSAA Dave Reynolds,

Basic Education & Literacy

Rtn Emyl Eugenio

International Service

PD Ed Lee

1:30 PM

ENTERTAINMENT Number

Ms Kate Castillo

1:40 PM

Honor of Distinction Award

PD Amading Valdez;
 Rtn Sonny Dominguez
 PVP Ben Diokno
 Rtn Joe de Venecia

**Special Awards for Distinguished
 Service to Rotary Club of Manila
 Exemplary Service Award**

PDG Obet Pagdanganan

 Dir Bobby Joseph,

**STAR Rotarian of the Year
Outstanding Rotarian of the Year**

**SAA Lance Masters
AT Hermie Esguerra
STAR Rtn Jun Alvarez
PD Phillip Ong**

1:50 PM **ENTERTAINMENT Number
Valedictory Message**

**Ms Maricar Reyes
Pres. Teddy Ocampo**

2:00 PM **Adjournment**

2:00-3:00PM **FELLOWSHIP**

PRESIDENT'S CORNER



Last Thursday weekly luncheon meeting, we honored the nation's finest journalists in the tri-media in our most coveted Rotary Club of Manila Journalism Awards 2017 where, once again, our club had been the toast of the headlines of the media outfits of those chosen. On this note, I wish to convey my heartfelt congratulations to Journalism Awards 2017 Chair PE Jimmie Policarpio and his committee for a job well done.

As for updates within our club, last Thursday, June 22, 2017, the World Famous Music Chorale held its practice for our next Inaugural at the Infinity Tower Suites in Makati City, the place of Rtn. Jack Rodriguez while this evening, the practice will be held at the Central Colleges of the Philippines in Quezon City, the home court of World Famous Music Chorale Chair PP Babes Reyes and DE/AS Caloy Reyes. All these practices are for the inaugural next week of my successor, PE Jimmie Policarpio.

As to updates within the district, I wish to reiterate that The District Awards 2017 will be take place on June 30, 2017. This will still be held at the Midas Hotel and Casino in Pasay City. Registration is at 5:00 pm and our club has reserved one table for this. The attire is black tie or tuxedo for men and gown for ladies.

Today, marks my swan song as President of this club which coincides with the Club Awards for our fellow Manila Rotarians who accomplished much during this All Star Year. As such, I wish to convey my deepest gratitude to each one of you, my fellow Manila Rotarians, for your unwavering cooperation and support this entire Rotary Year 2016-2017 as I encourage each one of you to lend your whole-hearted support to my successor, PE Jimmie Policarpio as he begins his odyssey next week in Rotary: Making A Difference as we begin the countdown to our centennial and that of Rotary in our archipelago. Indeed, the stars of our Rotary Year are testimonials that Rotary Serving Humanity lives on in each and every Manila Rotarian as we traverse together the road of Service Above Self.

YEAREND AWARDEES RY 2016-2017

1. Outstanding Rotarian of the Year

**Phillip Ong, Chairman, Special Children Committee;
Director RY 2001-2002**

- In recognition of his tireless and unwavering support for the special children and senior citizens of the Hospicio de San Jose-Manila since Rotary Year 2001-2002;
- For engaging the members of the Club and its sister-club, the Rotary Club of Osaka East in the purchase and installation of a solar-powered energy system;
- For his contribution in the renovation and improvement of the home facility of the special children;
- For supporting the community-based program of Hospicio de San Jose-Manila's "Home for the Homeless" by providing rehabilitated apartment units for street families and offering them with livelihood programs to become self-sufficient, thereby giving them a chance to a dignified and productive life in the "Jardin de la Virgen Milagrosa"- Hospicio de San Jose -Norzagaray.



2. STAR Rotarian of the Year

STAR Rtn. Servando "Jun" Alvarez

For having shown commendable enthusiasm in engaging himself to learn more about Rotary by attending the Club's regular meetings as well as for completing the 3-Part Rotary Leadership institute (RLI) Program thereby furthering his knowledge of, and involvement in, the organization.



Exemplary Service Award Is presented to:

3. Robert "Bobby" L. Joseph, Jr. .Director RY 2013-2017; 2014-2015

For his dedication and commitment to the advancement of Philippine tourism by recognizing personalities who have significantly contributed to the progress of the tourism industry through the annual Rotary Club of Manila TOURISM AWARDS which he initiated in Rotary Year 2004-2005; He is further recognized for supporting the Global Grant undertaking for Research & Training Program in determining the causes of suicide incidents in Singapore by contributing to The Rotary Foundation.



4. Lance Masters, Sergeant at Arms RY 2016-2017

- For contributing to and encouraging Rotarians to contribute to The Rotary Foundation;
- For initiating, promoting, and raising funds for the SAVE THE LITTLE HEARTS FOUNDATION in cooperation with the Aster Medcity in Kerala State, India;
- For having attended 95% of Club and District projects and events;
- For his active participation in District 3810 activities as a participant or trainor;
- For raising funds to provide classroom stools for Guinhalaran Integrated Secondary School in Silay City



5. Herminio S. Esguerra, Assistant Treasurer RY 2016-2017

- For his unwavering support to the Rotary Club of Manila's community project that seeks to alleviate the living conditions of communities in Cagayan Valley affected by Typhoon Lawin;
- For his generous contribution to the rehabilitation of apartment units in Hospicio de San Jose in Norzagaray, Bulacan intended for the street families of the City of Manila;
- For encouraging members to support The Rotary Foundation;
- For his continuous support of the Annual Rotary Club of Manila's Journalism Awards;
- For sharing his time, talent and resources in the efficient administration of club activities.



Special Awards- Distinguished Service to the Rotary Club of Manila

6. Roberto M. Pagdanganan, District Governor – RI District 3810 RY 2015-2016

For his selfless commitment in spearheading the formation, development, and implementation of plans and programs leading to the 100th Anniversary of the Rotary Club of Manila on June 01, 2019



Honor of Distinction Award

7. Amado “Amading” D. Valdez, Director RY 2013-2016

For his appointment by President Rodrigo R. Duterte to the position of Chairman, Social Security System which has brought honor and prestige to the Rotary Club of Manila and its members.



8 Rtn Carlos “ Sonny” G. Dominguez III

For his appointment by President Rodrigo R. Duterte to the position of Secretary, Department of Finance which has brought honor and prestige to the Rotary Club of Manila and its members.



9. Benjamin E. Diokno, Vice President RY 2010-2011

For his appointment by President Rodrigo R. Duterte to the position of Secretary, Department of Budget and Management which has brought honor and prestige to the Rotary Club of Manila and its members.



10. Rtn Jose De Venecia

For his appointment by President Rodrigo R. Duterte to the position of Special Envoy of the President to the Asia Pacific Economic Conference (APEC) Intercultural Dialogue, which has brought honor and prestige to the Rotary Club of Manila and its members.



II. ROTARY CLUB OF MANILA HUMANITARIAN AWARD

This Presidential Citation is hereby awarded to ROTARIAN KENJI MORI of the KUZUHA ROTARY CLUB, Osaka, Japan - For his generous contribution of school supplies, volleyballs, basketballs, and sound systems to elementary students and schools in Bulacan, Bataan, Tarlac, Capiz, ARMM, Zamboanga and other provinces in the country



Outstanding in Club Service Award:

12 Arthur “Art” M Lopez, Director RY 2016-2017 ; Chairman, House Committee

For efficiently managing the concerns of the Club and its members during its weekly membership meetings



13. Jimmie Policarpio, President elect RY 2017-2018; Chairman, Program Committee

For inviting noteworthy guest speakers to discuss relevant and current issues that impact on society, the economy, as well as the country's political and international relations, thereby making the weekly meetings of the Club interesting and informative.



14. Joaquin "Jack" Rodriguez, Co Chairman, Program Committee

For inviting noteworthy guest speakers to discuss relevant and current issues that impact on society, the economy, as well as the country's political and international relations, thereby making the weekly meetings of the Club interesting and informative.



Outstanding in Club Service Award:

15. Albert S. Alday, Director 2015-2017; 2013-2014; Chairman – Alay Lakad Committee; Co Chairman Balita Committee

- For his dedication and meticulous involvement in the preparation of the articles for the Rotary Club of Manila's weekly Balita (Club Newsletter);
- For his outstanding service to Rotary International District 3810 as Deputy Chief of Staff of the District Governor by providing invaluable assistance in the administration of the District;
- For the efficient management from preparation to layout and distribution as editor-in-chief of the Governor's Monthly Letter;
- For his role as District Trainor.



12 Frank Evaristo, President RY 2014-2015; Chairman – Balita and PR Committees

- For overseeing the preparation of the articles for printing in the Club's weekly "Balita";
- For facilitating the publication of projects and significant events of the Club in the major newspapers of the country, as well as in the Philippine Rotary Magazine;
- For his appointment as Senior Deputy Governor, representing the District Governor in activities of Philippine Rotary Magazine, and for effectively leading the Alay Lakad Foundation, thus enhancing the public image of the Club.



13 Crispino Reyes, President RY 1992-1993; Chairman – World Famous Chorale Committee

- For his enduring commitment in managing the activities of the Rotary Club of Manila's World Famous Music Chorale (WFMC) by providing a regular venue for its practices and fellowship activities;
- For sustaining the annual Christmas Caroling activity of the WFMC which, not only generates funds to support community projects of the Club, but also enhances fellowship and camaraderie among its members.



Outstanding in Community Service Group A (Health Concern)

14 Jacinto “Jack” Bautista , Chairman – Sight Conservation Committee

For his outstanding service in sustaining the sight conservation program of the Club thereby greatly benefitting the members of the community.



Outstanding in Community Service Group B (Youth Concern)

19 Oscar del Rosario, Sr. , Director RY 2014-2016

In recognition of his unwavering interest and support for our ROTARACTORS through his financial contributions to the projects and fellowship activities, as well as his attendance in the events of the Rotaract Club of Manila and the Rotaract Club De La Salle University.



Outstanding in Community Service Group C (Civic Action)

20 Rtn Felicitio “Tong” Payumo

For his initiative in organizing a visit by the members of the Rotary Club of Manila to the Fazenda Da Esperanza Rehabilitation Center in Masbate Province, with the aim of replicating the same method and structure of operating drug rehabilitation centers in other areas in the country.



Outstanding in Vocational Service

21 David “Dave” J. Reynolds, Deputy Sgt at Arms, Chairman – Seamanship Training Committee

For sustaining the program for the youth from economically challenged families by granting vocational scholarships courses and to undertake training skills to enhance their job opportunities in seamanship.



22 Rtn Emyl Eugenio

For his donation of books and other reading materials to the children at Asilo de San Vicente de Paul.



International Service Award

23 Edgar “Ed” L. Lee , Director 2008-2009; Chairman, International Relations Committee

- For heading the delegation of members of Rotary Club of Manila at the annual fund raising ball of RCM’s sister Club, the Rotary Club of Kowloon East;
- For hosting a dinner/fellowship for RCM’s daughter club, Rotary Club of Guam and sister club, the Rotary Club of Osaka East during their Rotary Friendship visit.



- 24 Tis POSTHUMOUS AWARD** is presented to
 FRANCISCO “Paco” C. DELGADO Inducted 1949
 President, Rotary Club of Manila 1957-1958
 District Governor RI District 385 1961-1962
 Vice President, Rotary International 1969-1971
 R.I. Service Above Self Awardee 1970-1971
 Chairman, RI Nominating Committee 1987-1988



Francisco “Paco” C. Delgado
 a recognized philanthropist active in civic work
 was a member of the Distinguished Order of Quezon,
 a recipient of the Knight of Sylvester (with a Star) conferred by
 His Holiness, Pope John Paul XXIII,
 a Caballero de Isabel La Catolica and a special decoration from the King of Spain;
 and was a 1996 Premio Zobel Awardee.

He is hereby honored by the Rotary Club of Manila for his foresight and innovative spirit that led to the effective and efficient administration of the Club:

- for promoting fellowship and community related activities;
 - for revolutionizing the format of the BALITA which presented photographs of the weekly guest speakers on the front cover and their resumes in the inside pages, including a feature on Baby (now Star) Rotarians, and changed the manner of issuance from fortnightly to weekly issue;
 - for initiating the Past Governor’s Day Meeting; the Sons & Daughters’ Day Meeting; as well as the convening of Club meetings at the business establishments of members;
 - for representing the Rotary International President in District Conferences in the U.S.A., South America, Europe, Japan, Korea, Australia, India, Canada, and the Philippines.
- Presented on the 29th of June 2017 at the meeting held at the New World Makati Hotel.

Presidential Citation :

- 25 Rtn Raymond “Ray” Davis, CoChairman- Special Children Committee**
 For his support for the activities at the Hospicio de San Jose and his financial contributions for the rehabilitation of shelter units at Hospicio de San Jose, Norzagaray, for the benefit of the street families from the City of Manila, who have undergone spiritual and character formation by Hospicio de San Jose – Manila.



- 26 Manny Dy, Vice President RY 1997-1998; Director RY 1995-1997; 1998-1999**
For his generous and unselfish contribution of gifts, especially during the Philippines-China Friendship Day, that added color and excitement to the regular meetings of Rotary Club of Manila and further enhanced Philippine-Chinese relations.



- 27 Rtn Farid Schoucair**
For granting to the Rotary Club of Manila special privileges and benefits at the New World Hotel – Makati for the Club’s weekly meetings as well as other events resulting in an improvement in the attendance of members.



- 28 Domingo “Boy” S. Guevara, Jr. President RY 1996-1997; Chairman, Ways & Means Subcommittee- RCM Centennial Celebration**
For initiating the fund raising activity of the Rotary Club of Manila, and for encouraging members to contribute to the fund to underwrite the many activities and programs for the forthcoming Centennial Celebration of the Club.



- 29 Gunter Matschuck, Sergeant at Arms RY 2013-2014; Chairman, RCM Oktoberfest**
For leading, together with the other German and Scandinavian members of the Club represented by Rtns Miakel Avellan, Bodo Goerlich, Wolf Harle, Knud Hedeager, Uwe Hesse, Henning Karcher, Horst Kessler von Sprengel, Lutz Kunack, & Klaus Muller, the annual hosting of the Club’s OKTOBERFEST celebration, contributing to the strengthening of the bond and cultural relationships among the members of the Rotary Club of Manila



- 30 Muhammad Aslam , Assistant Treasurer RY 2010-11, 13-14; Deputy Sgt at Arms RY 2003-2004**
For generously donating personalized presents for the weekly birthday celebrants during the Club’s weekly meetings.



- 31 Rtn Antonio “Tony” S. Lopez**
In recognition for providing copies of “BizNews” Magazine to the members and guests of the Rotary Club of Manila during its weekly meetings.



32 **Elmer Junio**

for services extended during the club's weekly Thursday meetings, for assistance rendered to the program moderator and participants in the course of the programs; for taking photos of the members and guests and the activities that transpire at the weekly club meetings as well as the service projects and fellowship events of the Club.



- 33 **PLAQUE OF APPRECIATION** to THE MEMBERS OF THE ROTARY CLUB OF MANILA SECRETARIAT under the mantle of leadership of Executive Secretary Anna Kun Toledo for their exemplary performance in wholeheartedly assisting in the implementation of meaningful projects of the club with loyalty and unqualified dedication despite the constraints of time while ardently exploring and pursuing the most cost-effective means of undertaking their duties and responsibilities with utter regard for the club's welfare resulting in the efficient and effective management of club concerns and activities towards the end of ensuring the success of an All Star Rotary Year.



Loyalty Award will be presented to the following :

40 Service Years... (Ruby Award)



Rtn Manny Blanco



Rtn Avenilo P. Aventura, Sr.

25 Service Years... (Diamond Award)



Rtn Richard L. Lee



Rtn Armando de Rossi



PT Ceferino G. Follosco, Jr



Rtn Francisco V. Tankiang



Rtn Carlos C. Buendia



Rtn Ernesto G. Yabut

Perfect Attendance Award is presented to each of the following:



PDG Vince Carlos, 42 years



Past Treasurer Jim Chua, 41 years



PP Cesar Ubaldo, 10 years



DGN Rudy Bediones, 6 years



PDG Obet Pagdanganan, 4 years



Dir. Albert Alday, 2 years



Pres Teddy Ocampo, 1 year

ADVISORY

June 23, 2017

Dear RCM Members,

Let us all come together to congratulate the team of Pres Teddy Ocampo and the members who gave our Club the honor, by the distinct form of service shared for the Special Children born from families/ community with much less financial resources, public schools who need educational tools and shelter for families left homeless because of joblessness or whose houses were blown away by devastating typhoon. We will also be recognizing members with Loyalty Awards and Perfect Attendance Award. They have truly lived by Rotary's mission of Service Above Self.



To make the year end meeting truly a memorable one, and another occasion for members to meet in fellowship, we invited Ms PatP Daza to co host with PP Benny Laguesma, during the announcement of the awards. Entertainment numbers will be provided by Ms Maricar Reyes, actress/entrepreneur, the woman behind delicious ChocoLiquor cakes, and lounge singer - Ms Kate Castillo,

Ms PatP Daza is Head, Artist Relations and Mall Shows, ABS-CBN Corp. and host of Teka Muna on DZMM every Saturday, 7-8pm. Song numbers will be rendered by versatile entertainers Ms Kate Castillo and Ms Maricar Reyes.

Your RSVP to the Club Awards/Valedictory Meeting will allow us to reserve a seat for you. Please send back your RSVP together with your guests (if accompanied by a guest) by return sms.. thank you,

Club Awards Committee
Chair Hermie Esguerra



PREVIEW OF NEXT THURSDAY'S MEETING

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

**INDUCTION & INAUGURAL MEETING OF THE INCOMING BOARD OF DIRECTORS/OFFICERS,
ROTARY YEAR 2017-2018**



Honorable Joseph Ejercito Estrada, Mayor, City of Manila
Guest of Honor and Inducting Officer

THE WEEK THAT WAS...



The **Journalism Awards Trophies** displayed near the presidential table prior to the start of **Rotary Club of Manila's Journalism Awards Presentation**.



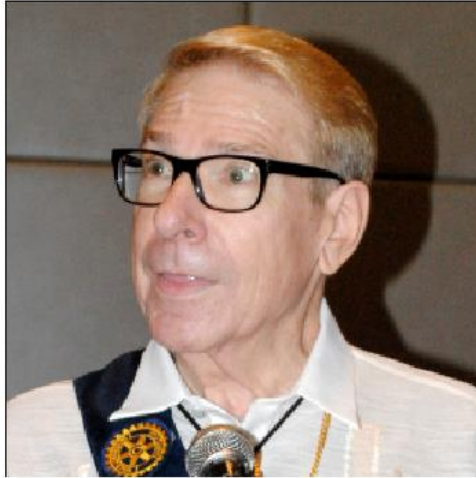
Pres. "Teddy" Ocampo calls the Rotary Club of Manila's Journalism Awards Presentation to order.



Dir. "Art" Lopez as OIC/ Moderator directs the program of activities.



IAS "Rene" Policarpio delivers an ecumenical invocation. A moment of silent prayer for the eternal repose of the soldiers as heroes who were casualties in the war-stricken Marawi City.



SAA "Lance" Masters leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) Way Test.



DE/Dir. "Susing" Pineda introduces the guests, visiting Rotarians and personalities seated at the presidential table.



PE "Jimmie" Policarpio, Chairman, Journalism Awards Committee, delivers opening remarks.



Rtn. “Raffy” Alunan presents the *Journalism Awardees in Print, Television and Radio Categories* for the *Rotary Year 2016-2017*.



Pres. “Teddy” Ocampo, PE “Jimmie” Policarpio, Chairman, Journalism Awards Committee, and Dir. “Art” Lopez present to **Print Category Winners : Mr. Rene Michael Baños**, Provincial Reporter of the Year, Mindanao Daily News and Cagayan de Oro Times.



Among other distinguished awardees were : **Ms. Christina Ruby Mendez** - Newspaper Female Reporter of the Year, The Philippine STAR; **Mr. Charlie Manalo** - Newspaper Male Reporter of the Year, The Daily Tribune; **Ms. Marichu Villanueva**, Female Opinion Writer of the Year, Columnist, The Philippine Star; **Mr. Ramon Tulfo** - Investigative Columnist of the Year, Philippine Daily Inquirer; **Mr. Jose Manuel "Babe" Romualdez**, Male Opinion Writer of the Year, The Philippine Star; **Cebu Freeman**, Regional Newspaper of the Year represented by **Philippine STAR's Ms. Marichu Villanueva, Ms. Christina Ruby Mendez & Mr. Jose Manuel "Babe" Romualdez**; **Biz News Asia**, Business Magazine of the Year represented by **Mr. Antonio S. Lopez**, President, Publisher;



ENCLAVES, Glossy Lifestyle Magazine of the Year represented by **Ms. Joy Avila**, **Mr. Paolo Dela Cruz**, **Mr. Gregg Vera Cruz** and **Mr. Ramon Ruiz**;



Business Mirror, Business Newspaper of the Year represented by **Mr. Max de Leon**, Managing Editor; **The Daily Tribune**, Newspaper of the Year represented by **Ms. Niñez Cacho Olivares**, Publisher & Editor-In-Chief; **Mr. Jose "Joey" Maria Nolasco**, Journalist of the Year, Executive Editor, Philippine Daily Inquirer represented by **Mr. Ramon Tulfo**, Columnist, Philippine Daily Inquirer. **Television Category Winners** : **Ms. Marisol Abdurahman**, Television Female Reporter of the Year , GMA – 7;



Ms. Pinky Webb, Television Female Broadcaster of the Year, CNN TV 9 Network represented by **Mr. Alfonso Marquez III**, Vice President, News & Current Affairs, CNN Philippines and **Ms. Pia Hontiveros**, Chief Correspondence; **CNN TV 9 Network**, Television Station of the Year represented by **Mr. Alfonso Marquez III**, Vice President, News & Current Affairs, CNN Philippines and **Ms. Pia Hontiveros**. Other winners in the Television Category were **Mr. Ron Gaglac**, Television Male Reporter of the Year, ABS-CBN 2 and **Mr. Noli de Castro**, Television Male Broadcaster of the Year, ABS-CBN 2. **Radio Category Winners** : **Atty. Ellie Espinosa**, Radio Regional Broadcaster of the Year, DYCM, Cebu represented by **Rtn. "Jackie" Rodriguez**; **Ms. Cely Ortega Bueno**, Radio Female Broadcaster of the Year, DWIZ; **Mr. Orly Trinidad**, Radio Male Broadcaster of the Year, DZBB; and **DZXL**, Radio Station of the Year represented by **Jenil Demorito**- Station Manager of DZXL, **Salvador Oberas**- News Director of DZXL and **Enrico O. Canoy** - Vice President for Operations, RMN Networks, Inc.

HONORARY MEMBERSHIP INDUCTION



Pres. "Teddy" Ocampo administers to His Excellency Effie "Ben" Matityau, Ambassador Extraordinary & Plenipotentiary of Israel to the Philippines, the oath of honorary membership pledge, as latest honorary member to be inducted to the honorary membership roll, with DE/Dir. "Susing" Pineda, Chairman, Membership Committee.

BOARD MEETING



Board Meeting held last thursday, June 22, 2017. Present during the meeting were: Pres. Teddy Ocampo, Dir. Susing Pineda, AT Hermie Esguerra, Dir. Issam Eldebs, SAA/DE Lance Masters, Sec. Mariano Lopez, AS/DE Caloy Reyex, DE Art Lopez, Dir. Albert Alday and ES Anna Kun Toledo.

CENTENNIAL COMMITTEE



Centennial Committee Meeting held last thursday, June 22, 2017 at the New World Hotel. Present during the meeting were: **Pres. Teddy Ocampo, PE Jimmie Policarpio, Chairman Hermie Esguerra, Dr. Agnes, DGN Rudy Bediones, PP Frank Evaristo, PDG Alex Cureg, Dir. Chito Zaladarriaga, ES Anna Kun Toledo, PP Boy Guevara, Rtn. Jackie Rodriguez, Dir. Bobby Joseph, IS Alvin Lacambacal and Dir. Susing Pineda.**

MUSIC COMMITTEE



RCM WF Music Chorale rehearsal at Infinity Tower Suites last Thursday, June 22 2017. Present were: **Chair/PP Babes Reyes, Co-Chair/PP Benny Laguesma, PD Abe Pascual, PSAA Eloy Adamos, IT Nicky Villasenor, PD Oscar del Rosario, PT Jim Chua, Rtn. Jackie Rodriguez, DE/SAA Lance Masters and Rtn. Nilo Aventura.**

COGS IN THE WHEEL



RCM PVP Dr. Benjamin E. "Ben" Diokno, Secretary, Department of Budget and Management, was recently conferred Doctor of Laws, Honoris Causa and her daughter **Jon Diokno**, PhD in Business Administration, at the University of the Philippines Diliman, Quezon City.

NEWS RELEASE

PHILIPPINE DAILY INQUIRER

SATURDAY, JUNE 24, 2017

RWM Better Level with Pagcor

To the Rotary Club of Manila. Thank you very much for the award I received on Thursday for Investigative Columnist of the Year.

I feel deeply honored for the award from the oldest and, needless to say, most prestigious Rotary Club in the country.

I will not rest on my laurels but will continue to adhere to the tenets of journalism: fairness, objectivity and accuracy.

These are trying times for this columnist as a big religious organization appears to thwart my mission of serving my country and people through my column in the Inquirer, as well as in Bandera.

A total of 47 libel cases have been filed against me throughout the country.

I understand many more libel cases are being filed from Batanes to Jolo. INQ





STAR bags 4 journalism awards from Rotary Manila

By Charmie Joy Pagulong



Four trophies won by The Philippine STAR from the 2016-2017 Journalism Awards of the Rotary Club of Manila are held by STAR associate editor Marichu Villanueva, who was cited as Female Opinion Writer of the Year, and Babe Romualdez as Male Opinion Writer during rites held at the New World Hotel in Makati City yesterday. They also received the trophies on behalf of Christina Mendez as Newspaper Female Reporter of the Year and The Freeman as Regional Newspaper of the Year.

On its 45th year, the Rotary Club of Manila (RCM) awarded four Journalism Awards in the Print Category to The Philippine STAR in a ceremony held yesterday at the New World Hotel in Makati City.

The awards include the Newspaper Female Reporter of the Year given to Christina Mendez; Male Opinion Writer of the Year to Jose Manuel “Babe” Romualdez for Babe’s Eye View; Female Opinion Writer of the Year to associate editor Marichu Villanueva for Commonsense; and Regional Newspaper of the Year to The Freeman in Cebu.

RCM described Mendez as a “senior political writer who eats political intrigues for breakfast and chews the morsel details of policymaking for lunch, hammering away at the keyboard to turn up at the least six news stories to her editors before calling it a day.”

It described Villanueva as having “extensive experience and expertise in the political field and such skills she parlayed with equal ease, even in the think pieces that she turns up to throw light into the goings-on at the halls of power in the land.”

Romualdez’s column was cited as “lean yet meaty prose which becomes his trademark think piece that is a joy to read.”

RCM said the community-based daily The Freeman, founded in Cebu in 1919, “covers beyond the Eastern Visayan geography, taking stock of both national and global developments” and “speaks a distinct voice reflective of the socio-economic sphere in which it operates.”

The other winners in the print category were: Provincial Reporter of the Year – Rene Michael Baños, Mindanao Daily News; Newspaper Male Reporter of the Year – Charlie Manalo, Daily Tribune; Investigative Columnist of the Year – Ramon Tulfo, Philippine Daily Inquirer; Business Magazine of the Year – Biz News Asia; Glossy Lifestyle Magazine of the Year – ENCLAVES; Business Newspaper of the Year – Business Mirror; Newspaper of the Year – The Daily Tribune; Journalist of the Year – Jose “Joey” Maria Nolasco, PDI.

In radio, the Female Broadcaster of the Year award went to Cely Bueno of dwIZ while the Male Broadcaster of the Year was given to Orly Trinidad of dzBB. Lawyer Elias “Ellie” Espinosa of Cebu’s dyCM was awarded the Regional Broadcaster of the Year. Also, dzXL won the Radio Station of the Year award.

For the TV category, CNN TV 9 Network was named Television Station of the Year; Television Male Broadcaster of the Year – Noli de Castro, ABS-CBN 2; Television Female Broadcaster of the Year – Pinky Webb, CNN Philippines; Television Female Reporter of the Year – Marisol Abdurahman, GMA-7 and Television Male Reporter of the Year – Ron Galalac, ABS-CBN 2.

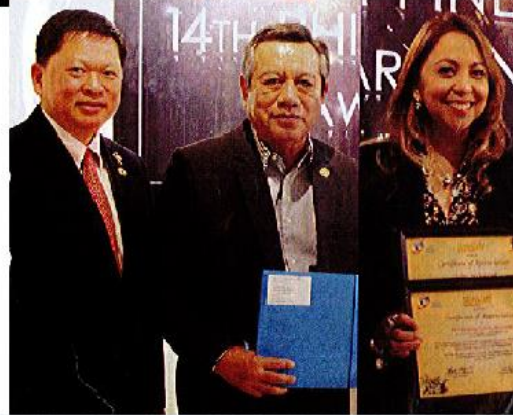
Launched in 1966, the Rotary Club of Manila Journalism Awards was organized to honor outstanding contributions of individuals in the tri-media: print, television and radio



PHILIPPINE ROTARY MAGAZINE



Awarding of the Most Outstanding DGR-PR to Jimmy Cura with RI District 3830 officers



A NIGHT OF RECOGNITION

Philippine Rotary recognized Rotary districts and individuals that exemplified outstanding support to the success of the publication this Rotary Year 2016-17 during the 14th Philippine Rotary Awards Night held at the Metropolitan Museum in Malate, Manila.

The awarding ceremony was led by Philippine College of Rotary Governors (PCRG) Chairman **PICHOY RAMIREZ**, Philippine Rotary Foundation, Inc. (PRMFI) Chairman **RATY GARCIA**, and PR Editor-in-Chief

MELITO SALAZAR, JR. Incumbent district governors **GEORGE BUNUAN** (District 3770), **JOJO LORENZO** (District 3800) with spouse **ROWENA**, **EDNA SUTTER** (District 3830), and **MARY ANNE SOLOMON** (District 3860) graced the night, together with Past Rotary International Director **PAING HECHANOVA**, who shared some words of inspiration to his fellow Rotarians. Some members of the PCRG and the former trustees of the PRMFI also attended the event.

For the second year in a row, **JIM CURA** of RI District 3830 was awarded as the most outstanding District Governor's Representative to the Philippine Rotary magazine. The winners of the Philippine Rotary Photo Contest were also awarded.

ROTARIANS' FAVOURITE QUOTES

Compiled by PDG Shaju Peter, RI District 3080



“If you can't feed a hundred people, then feed just one.”
—Mother Teresa

Saroj Choudhary
 PC Dhandigala Mahesh



“The best way to find yourself is to lose yourself in the service of others.”
—Mahatma Gandhi

Kavita P Kurian, RI 3080

“Ignorance is a menace to peace.”
—Paul Harris

Vijay Kumar Gupta
 PC Dhandigala Mahesh



“Nothing will work unless you do.”
—Maya Angelou

R.B. Goleen, PC Dhandigala Mahesh



“Duty makes us do things well, but love makes us do them beautifully.”
—Zig Ziglar

S. Rajesh Singh, PC Sahasrabudhi



“Great minds discuss ideas; average minds discuss events; small minds discuss people.”
—Eleanor Roosevelt

Pankaj Gupta
 PC Pooneri Mahesh

PUBLIC HEALTH NUTRITION AND CHILD CARE



DIABETES, TYPE 2 (Diagnosis, Conventional and Alternative Treatment)

Elias D. Adamos, M.D.

Diabetes Mellitus, Type 2, is a chronic condition that affects the way your body metabolizes its main source of fuel – glucose (a form of sugar). When your body becomes immune to a hormone called *insulin* that regulates the absorption of sugar into the cells, or when your body produces some, but not enough insulin to maintain the glucose level, diabetes mellitus, type 2 develops. Have your blood glucose level checked. See your doctor if your blood glucose level is persistently high. If your blood sugar level is higher than normal, but not high enough, for you to be diagnosed with type 2, diabetes, you are labeled with a *prediabetes* condition. Although prediabetes may have no signs and symptoms, the following should be watched out for:

Classic signs of diabetes

- Excessive thirst
- Frequent urination

Other signs and symptoms of diabetes

- Constant hunger
- Unexplained weight loss
- Weight gain (more common in type 2)
- Flu-like symptoms, including weakness and fatigue
- Blurred vision
- Slow-healing cuts or sores
- Tingling or loss of feeling in the hands and feet
- Recurring infections of gums and skin
- Recurring vaginal or bladder infection

Conventional treatment for diabetes mellitus

To control your diabetes, you should **maintain a watchful diet** of fruits, vegetables and grains. Eat less sweets and animal products. Engage in an **exercise** program. Consult your doctor before starting an exercise program. Maintain a **healthy weight**. Follow your doctor's **medicine** prescriptions.

Alternative treatment

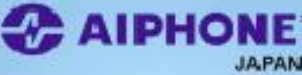
The following may normalize your blood sugar levels: **Oat bran**. It is rich in soluble fiber *beta-glucan* and has been shown to reduce blood sugar levels. **Soy**. It contains soluble and insoluble fibers. Preliminary studies have shown that it moderately lowers blood sugar levels. **Cinnamon**. Initial studies have shown that cinnamon significantly lowers blood sugar

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