



balita

No. 3714, September 28, 2017

GUEST OF HONOR AND SPEAKER



HIS EXCELLENCY JAIDEEP MAZUMDAR

Ambassador Extraordinary and Plenipotentiary
of India to the Republic of the Philippines

KABALITA

Let the foremost Hindu diplomat show the ways of bilateral relations between India and the Philippines as he makes an astounding debut at Asia's First Rotary Club.

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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2017-2018

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PROGRAM

RCM's 13th for Rotary Year 2017-2018

September 28, 2017, Thursday, 12Noon, New World Makati Hotel Ballroom

OIC/Moderator: RCM PS "Butch" Marking

**"A Joint Meeting between Rotary Club of Manila (RCM),
Rotary Club of Makati North (RCMN) and
Rotary Club of Forbes Park (RCFP)"**

P R O G R A M TIMETABLE

11:30 AM Registration & Cocktails (WINES courtesy of **RCM Director-elect/Dir. "Bobby" Joseph**)

12:25 PM Bell to be Rung:
Members and Guests are
requested to be seated by **RCM PS Butch Marking**
OIC/Moderator

12:30 PM Call to Order **RCM Pres. Jimmie Policarpio,**
RCMN Pres. Dennis Alexander Pe
& RCFP Pres. Edwin Salonga

Playing of the Indian National Anthem;
Singing of the Republic of the
Philippines National Anthem
Invocation
RCM Hymn
The 4-Way Test Credo
RCM WF Music Chorale
RCM PVP "Roy" Golez
RCM WF Music Chorale
All Rotarians led by
RCFP Dir. "Raj" Bhattee

12:35 PM Introduction of - **RCMN**
-Guests, Visiting Rotarians & Personalities at the Head Table
Welcome Song **RCM WF Music Chorale**

12:40 PM Happy Birthday (RCM Birthday Celebrants)
Sept. 28.....PD "Ed" Lee, Rtn. "Jovee" Ong;
Oct. 03.....PP "Benny" Laguesma, Rtn. "Bodo" Goerlich;
Oct. 04.....PP "Francis" Juico
Happy Birthday (RCMN Birthday Celebrants)
Sept. 30.....Rtn. "Robert" Cacal
Happy Birthday (RCFP Birthday Celebrants)
Oct. 04...PP Bert Galano
Oct. 05...PP Bobby Rodrigo
Oct. 10...PP Manny Dizon
Oct. 28...PP John Tiong

12:45 PM President's Time **RCM Pres. Jimmie Policarpio**

RCMN Pres. Dennis Alexander Pe
RCFP Pres. Edwin Salonga

1:00 PM Introduction of the Guest of
Honor and Speaker

RCM Rtn. Johnny Chotrani

His Excellency Jaideep Mazumdar
Ambassador Extraordinary and Plenipotentiary
of India to the Philippines

Public Forum

Club fund-raising campaign-cash
raffle draw

RCM DE/Dir. Bobby Joseph

Response, Presentation of bell and gavel to
Ambassador Jaideep Mazumdar as token of
appreciation;

RCM Pres. "Jimmie" Policarpio;
RCMN Pres. Dennis Alexander Pe &
RCFP Pres. "Edwin" Salonga

2:00 PM Adjournment

PRESIDENTIAL TIMELINE



September 21, 2017 - Meetings of the Rotary Club of Manila Centennial Book Subcommittee and the Rotary Club of Manila Public Relations Subcommittee were simultaneously held at the Ballroom of the New World Makati Hotel in Makati City.

- A Meeting of the Rotary Club of Manila Past Presidents Council was held at one of the function rooms of the New World Makati Hotel in Makati City.

- DGE Rudy Bediones and VPE/Dir. Lance Masters attended the Marawi Fund Development Committee Meeting at the Midas Hotel and Casino in Pasay City.

- DGE Rudy Bediones, PDG Vince Carlos and IPSDG/IPDCoS/DE/IPD Albert Alday attended the First Handover and Second Induction Ceremonies of the Rotary Club of Manila Premier at the Midas Hotel and Casino Tent in Pasay City where my classmate, Great President Crispina "Cristy" Lee, was inducted.

September 22, 2017 - DGE Rudy Bediones attended the Handover and Induction Ceremonies of the Rotary Club of Malate Prime at the National Press Club of the Philippines in Manila where my classmate, Great President Lea Botones, was inducted.

September 23, 2017 - IPSDG/IPDCoS/DE/IPD Albert Alday attended the All Star Fellowship and Birthday Celebration of IPDG Ernesto "Ernest" Yuyek at the Marina Baytown East Clubhouse in Parañaque City.

September 24, 2017 - Manila Rotarians and Rotaractors from the Rotaract Club of Manila, the Rotaract Club of De La Salle University Manila and the Rotaract Club of De La Salle-College of St. Benilde attended the ALAY LAKAD 2017 in Manila. Breakfast followed at the Cafe Ilang-Ilang of the Manila Hotel in Manila.

September 25, 2017 - DGE Rudy Bediones, DE Raffy Alunan, DE Jackie Rodriguez together with DG Emmanuel "Loy" Cosico, PDG Lyne Abanilla and Dr. Dulce Gust, the widow of PP Gert Gust, among others, met for the One Rotary One Philippines One for Marawi Project, first, at The Wholesome Table of the Infinity Tower Suites in Makati City and later, at one of the function rooms of the Infinity Tower Suites in Makati City.

September 27, 2017 - Manila Rotarians visited soldiers wounded in the Marawi Conflict at the V. Luna Medical Center in Quezon City, serenaded them with songs to cheer them up and brought them goodies.

September 28, 2017 - Welcomes His Excellency Jaideep Mazumdar, Ambassador Extraordinary and Plenipotentiary of India to the Republic of the Philippines, who will talk on bilateral relations between India and the Philippines as well as the existing border problems with China

- Meeting of the Centennial Commemorative Stamp Subcommittee with Philippine Postal Corporation at the Gallery 2 of the New World Makati Hotel in Makati City

GUEST OF HONOR AND SPEAKER'S PROFILE

CURRICULUM VITAE OF MR. JAIDEEP MAZUMDAR



Date of Birth	15 th March 1965
Date of Joining Ministry of External Affairs	1989
Educational Qualification & Masters degree in Management	Bachelor's degree in Economics
PREVIOUS ASSIGNMENTS:	
Third Secretary/Second Secretary	Hongkong May 91-Nov. 93
Second Secretary/First Secretary	Beijing Dec. 93-Dec. 96
Assistant High Commissioner	Chittagong Jan. 97- Jun 99
Deputy Secretary on deputation to Prime	New Delhi Jun 99-Jul 02

Minister's Office

First Secretary/Counsellor (M)

Counsellor

Deputy Chief of Mission

Deputy Chief of Mission

Chief of Protocol/Joint Secretary (South)

Joint Secretary (South)

Personal Information:

Married; Spouse:

Son: 1; Daughter: 1

New York (PMI) Aug. 02-Jun 06

Cairo Jul 06-Jul 08

Beijing Aug. 08-Jul 10

Kathmandu Jul 10-May 14

New Delhi Jun 14-Jan 16

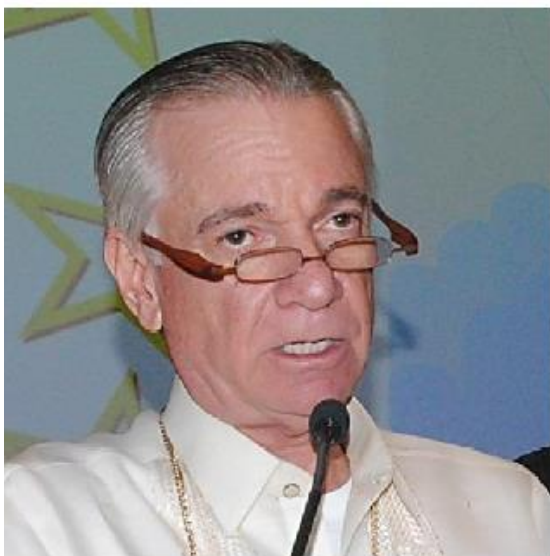
New Delhi Jan 16-till date

Ms. Parvati C. Mazumdar;

THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 12th meeting of the Rotary Club of Manila to order.



PVP "Fausto" Preysler as OIC/ Moderator directs the program of activities.



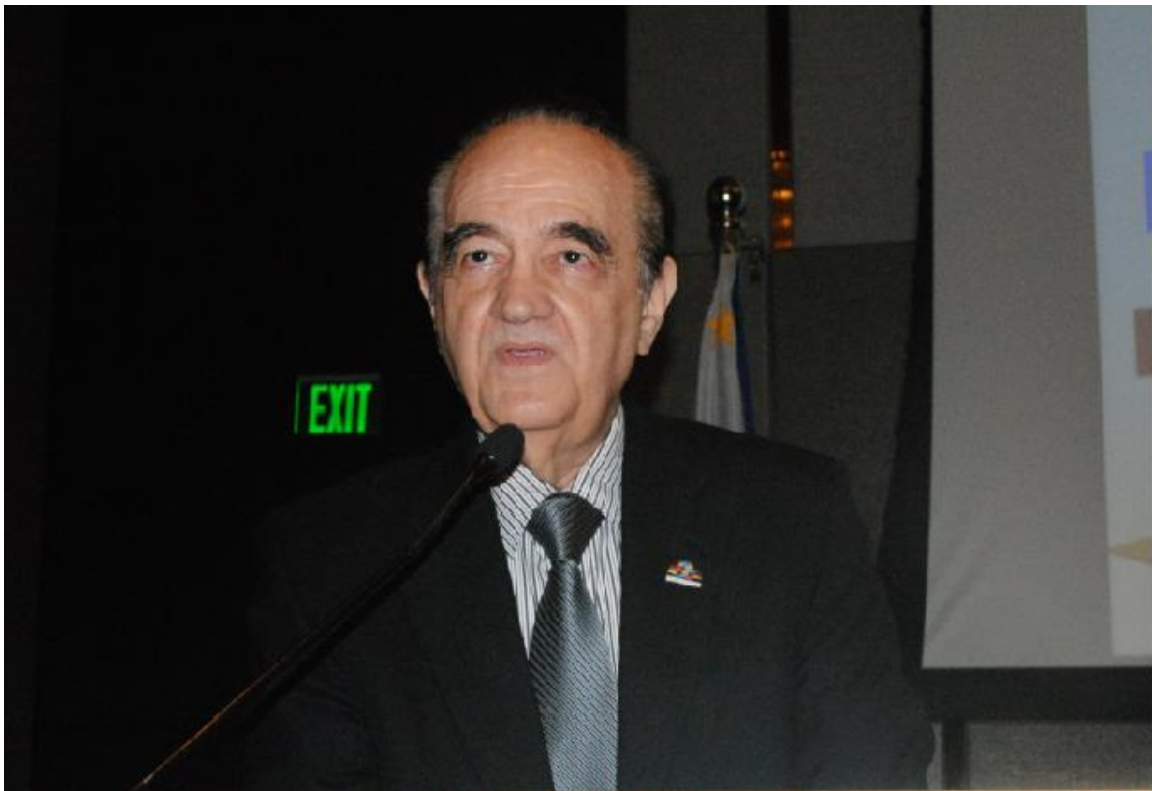
PP "Cesar" Ubaldo delivers an ecumenical prayer.



Rtn. "Jun" Alvarez introduces the guests, visiting Rotarians and personalities seated at the presidential table.



VPE/Dir. "Lance" Masters promotes **The Rotary Foundation** (TRF) humanitarian programs as a worthy beneficiary.



DE "Jackie" Rodriguez does the honour, pleasure and privilege of introducing **the Panel of Guest Speakers: Mr. Andronico Pecho Alvizo, Jr.**, Proponent of the Filipinas Quincentenario Project for the *"Quincentennial Symposium of the Discovery of the Philippines and the Circumnavigation of the World"*; **Mr. Gil R. Ramos, PhD**, Economist by education, business analyst and management consultant and **Mr. Emmanuel Sto. Domingo Lopez**, Corporate Secretary and Spokesperson, Philippine Quincentenario Center, Inc.



Messrs. Jun Alvizo, Manny Lopez and Gil Ramos gave Manila Rotarians, Visiting Rotarians and guests, a nostalgic trip down memory lane as they brought the audience back in time when they discussed the Quincentennial of the Discovery of the Philippines and the Circumnavigation of the World.





Pres. "Jimmie" Polycarpio delivers response, presentation of a bell and gavel as tokens of appreciation to the **Panel of Guest Speakers: Mr. Andronico Pecho Alvizo, Jr., Mr. Gil R. Ramos, PhD, and Mr. Emmanuel Sto. Domingo Lopez** which followed the meeting adjournment.

THE ROTARY ROAD TO 100





THE ROTARY ROAD TO 100,,,

THE COFFEE TABLE BOOK COMMITTEE AND PUBLIC RELATIONS COMMITTEE MEETINGS

Meetings of the Rotary Club of Manila Centennial Book Committee and the Rotary Club of Manila Public Relations Committee were simultaneously held last September 21, 2017 at the Ballroom of the New World Makati Hotel in Makati City.





RC Manila members interacting and in a posterity photo with Guests and Visiting Rotarians.

RCM WEEKLY BIRTHDAY CELEBRANT



Pres. “Jimmie” Policarpio presents the week’s lone birthday celebrant in attendance **PP “Cesar” Ubaldo** for the traditional blowing of candles on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the Happy Birthday song with a personalized bed pillow to follow suit courtesy of **PAT Muhammad Aslam**.

BRIEFING SESSION



Seen in photo are: From L-R: PDG Alex Cureg, Rtn. Romy Nones, Dr. John Michael Cutter, VPE Lance Masters, PD Bebot Pineda and Sec. Alvin Lacambacal.

COUNCIL OF PAST PRESIDENTS





A Meeting of the **Rotary Club of Manila Past Presidents Council** was held last September 21, 2017 at one of the function rooms of the New World Makati Hotel in Makati City.

SAGIP KABATAAN



Rev. Fr. Rafael Eloriaga, CM and Sister Servant Marilou Baaco, DC is shown with PP Ebot Tan (Chairman, Sagip Kabataan Foundation) and PD Beda Fajardo (Trustee, Sagip Kabataan Foundation) after the Novena for St. Vincent de Paul at Asilo de San Vicente de Paul.



The facade of the newly renovated Sagip Kabataan Center. The Sagi Kabataan Center was renovated by Mapua students.



Rev. Fr. Rafael Eloriaga CM is shown officiating the blessing the the newly renovated Sagip Kabataan Center in the presence of **Sagip Kabataan Foundation Chairman PP Ebot Tan**, **Trustee PD Beda Fajardo**, **Sis Mellie Espinelli, DC (Adminstrator of Asilo de San Vicente de Paul)** and other benefactors of Asilo de San Vicente de Paul.



Sis. Mellie accompanied **PP Ebot Tan**, **PD Beda Fajardo** and **PD Nick Locsin** to a tour of the newly renovated Sagip Kabataan Center.



Sagip Kabataan Foundation Chair PP Ebot Tan, Trustees **PD Nick Locsin** and **PD Beda Fajardo** with **Sis Mellie Espinelli** exchanging pleasantries at Asilo de San Vicente de Paul.



MANILA ROTARIANS LEAD DISTRICT 3810 IN ALAY LAKAD 2017

by

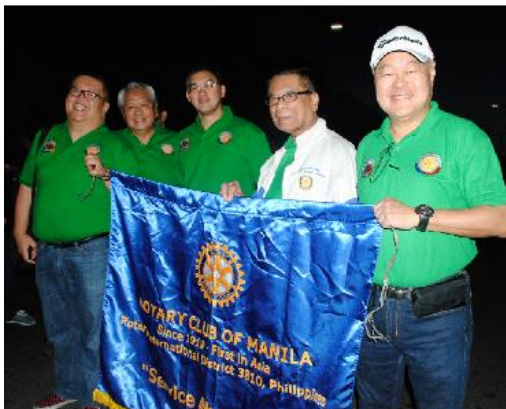
IPSDG/IPDCoS/DE/IPD Albert S. Alday
Chair, ALAY LAKAD Committee

It could have been a relaxing Sunday morning where waking up at our convenience was the norm and spending the day in utmost relaxation was commonplace. But, then, there are men born for others whose fidelity to Service Above Self goes over and above the comforts of living in paradise and finding true meaning in their lives, seers if you may, finding the future of Basic Education and Literacy in the world we call Rotary.

With the theme, “Kabataan Para Sa Pagbabago”, ALAY LAKAD 2017 brought many familiar faces from the world of civic organizations toward a common goal, that of preparing a brighter future for the youth of today who are bound to be the leaders of our tomorrow. Yes, more than the thought of a healthy lifestyle through walking, the cause for which ALAY LAKAD brought life to every Filipino of decades past remains the same cause that has kept its flame burning all throughout its years of meaningful existence. Under the abled stewardship of our PP Frank Evaristo, ALAY LAKAD has remained the hope for many of the underprivileged Filipino youth for a life they could only dream of, much less, survive in.



The day was September 24, 2017 under the dawn of a miraculously cloudless morning sky about to unleash its morning glory that sixteen (16) Manila Rotarians led by President Jimmie Policarpio and ably supported by members of the Rotaract clubs under our wing, namely, the Rotaract Club of Manila, the Rotaract Club of De La Salle University Manila and the Rotaract Club of De La Salle-College of St. Benilde, decided to seal the future of our youth at that very moment. While many Rotarians from our district gathered in front of the Planetarium which has been the ultimate meeting place for years, the resilience of Asia's First Rotary Club on the doorsteps of a historical centennial in waiting could not be undermined. Despite the odds of an early wake up call



and closed roads that often marked every ALAY LAKAD, President Jimmie Policarpio, AS Rene Policarpio, DE/Dir. Caloy Reyes, Club Secretary Alvin Lacambacal, DE Raffy Alunan, Rtn. Nilo Aventura, DGE Rudy Bediones and Rotary Ann Sharon, Rtn. Dong Benedicto, PDG Vince Carlos, PDG Alex Cureg and Rotary Ann Anna, PD Oscar del Rosario, ALAY LAKAD Foundation President IPSDG/PP Frank Evaristo, PP Francis Juico, PP Ebot Tan, IPCoS/PP Cesar Ubaldo and I, in my capacity as the club's Chair of the ALAY LAKAD Committee, braved all the crevices that go with an early rise to raise the banner of our club, the Rotary Club of Manila, First in Asia, as it occupied its rightful place in a District 3810 parade behind the District Officers of Rotary International District 3810 led by DG Emmanuel “Loy” Cosico. Leading the pack of more than 120 clubs in the district marching from Padre Burgos Street crossing Roxas Boulevard enroute to

the famed Quirino Grandstand, Manila Rotarians and its Rotaractors, all clad in green ALAY LAKAD shirts courtesy of PAT Hermie Esguerra, walked briskly towards the grandstand in grandeur, living up to its moniker as the “First in Asia”, as ALAY LAKAD President PP Frank Evaristo descended from the stage, warmly greeted his fellow Manila Rotarians and led them towards the stage where a myriad of photo opportunities abound. After completing our tour de force on this meaningful event, a sumptuous breakfast awaited each and every participant of the walk at the Cafe Ilang-Ilang of the posh and historic Manila Hotel,

home for many years of Asia's First Rotary Club, courtesy of IPCoS/PP Cesar Ubaldo, IPSDG/PP Frank Evaristo, Rtn. Dong Benedicto and Rtn. Rickie Yap who graciously accorded us a 40% discount on the meal.











Indeed, it was a September to remember, because more than the sweat brought about by the rays of the morning sun and the efforts of rising early while finding a much coveted parking where it would be easy to leave after the event, were the faces who would immensely benefit from our club's humble donation, the smiles on the faces we might never see but whose yearnings to lead our nation tomorrow remain our lasting legacy as we march on to our 100 years of existence and the centennial of the Rotary movement in the Philippines and in Asia. No wonder the spirit of Paul Harris lives on in each and every Rotarian as we see a future replete with a trail blazed by the wheels of Rotary. And the mystery of Service Above Self lives on.





ALAY LAKAD and New Generations Chair Albert Alday with Rotaract Club of De La Salle-College of St. Benilde Charter President Arthur Karl Paras, Rotaract Club of De La Salle University Manila Great President Rychel Anne Namol, Rotaract Club of Manila Great President Michael Edgar Recabar and Rotaract Club of De La Salle-College of St. Benilde Great President Reuel Dan Barrales.



AFP DONATES TO ALAY LAKAD

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AFP Chief of Staff Gen. Eduardo Año represented by Gen. Ronnie Evangelista, Commander, Civil Relation Services, handed over a facsimile check in the amount of P280,000 to the Alay Lakad Foundation thru Frank Evaristo, Foundation President, during the 45th walk for a cause for the benefit of the out of school youth to assist in financing their livelihood projects in consonance with this year's theme- Alay Lakad "Kabataan Para Sa Pagbabago."

More than 100,000 walkers/participants were on hand to give their donations totalling P600,000 formal presentation was held at the Quirino Grandstand, Luneta, Manila. Photo shows the formal check donation turnover by Gen. Ronnie Evangelista to PP Frank Evaristo, President, Alay Lakad Foundation, with Lions Club International Gov. Anson Ong and PID Ellis Suriyati Omac.

ALAY LAKAD 2017 MESSAGE OF THANKS



The Alay Lakad Committee wishes to express its deepest gratitude to all Manila Rotarians led by President Jimmie Policarpio and Rotaractors from the Rotaract Club of Manila, the Rotaract Club of De La Salle University Manila and the Rotaract Club of De La Salle-College of St. Benilde who took part in the ALAY LAKAD 2017 as well as to the following Manila Rotarians and their respective contributions:

PAT Hermie Esguerra - for sponsoring the green embroidered and printed shirts worn by the Manila Rotarians and the Rotaractors

IPCoS/PP Cesar Ubaldo - for sponsoring the sumptuous breakfast at the Cafe Ilang-Ilang

IPSDG/PP Frank Evaristo of the Manila Hotel

Rtn. Dong Benedicto (Vice-Chair, ALAY LAKAD Committee)

Rtn. Rickie Yap - for co-sponsoring the sumptuous breakfast at the Cafe Ilang-Ilang of the Manila Hotel through his accordance of a 40% discount on the breakfast of said restaurant

IPSDG/IPDCoS/DE/IPD Albert Alday

Chair, ALAY LAKAD Committee

RY 2017-2018

INTERCLUB ACTIVITIES



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ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI



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NUTRITION AND CHILD CARE





Rotary Club of Manila Feeding Program led by President Jimmie Policarpio.

ELECTION RESULT

RANK	POSITION	NAME OF CANDIDATES	VOTES
1	President	PINEDA, JESUS "Susing" M. JR.	65
2	Vice President	MASTERS, LANCE	65
3	Director	ALUNAN, RAFAEL "Raffy" M III	59
4	Director	ALDAY, ALBERT S	57
5	Director	ELDEBS, ISSAM "Sam"	57
6	Director	REYES, HERMENEGILDO CARLOS "Caloy" L.	57
7	Director	JOSEPH, ROBERT "Bobby" L JR.	56
8	Director	RODRIGUEZ, JOAQUIN "Jack" C.	51
		TOTAL MEMBERS WHO VOTED	103
		REQUIRED QUORUM	75

Respectfully submitted to the Board for confirmation.

Certified true and correct.	
ELECTION COMMITTEE	
Original copy signed	Original copy signed
IPP TEODORO J. OCAMPO	PP EUSEBIO V. TAN
Chairman	Vice Chairman
Original copy signed	Original copy signed
PP FRANCIS JUICO	PP BIENVENIDO E. LAGUESMA
Original copy signed	
RTN MANUEL BLANCO	

PUBLIC HEALTH NUTRITION AND CHILD CARE

8 BASIC EXERCISE TIPS

Elias D. Adamos, M.D.



Exercise, even though it may just be a little bit of physical activity, can improve your health. Exercise can give you strength and energy to feel good. Exercise also boosts emotional and mental health. It improves your self-esteem and keeps your mind away from too much thinking about problems. People who exercise have less anxiety, stress, and depression than those who don't have any physical activity.

Eight basic tips (University of California, Berkeley Wellness Letter)

1. **Whatever activity you pursue, don't overdo it.** The most common cause of injury in exercise is "too much, too soon" syndrome. Exercising too aggressively can do damage to your body rather than making you physically fit. Exercise at a relatively low intensity and gradually increase your level of exercise over a number of weeks. If an exercise is too difficult for you, try something easier.
2. **"No pain, no gain" is a myth.** Discomfort is not necessary. Beware of exercise instructors who say that: "exercise must hurt (or "burn") to be efficient. Pain is an indicator for you to stop your exercise for a while. If pain does not go away while you do it again, stop and modify your exercise. Try something that you can do painlessly. If pain occurs in the chest or the neck, you should see your doctor.
3. **Use adequate footwear.** Wearing inadequate and worn-out shoes places added stress to your feet, ankles, knees, and hips (the sites of 90% of all sports injuries). Choose shoes that are suitable for your physical activity. Frequently worn athletic shoes can lose one-third of their shock-absorbing ability in a matter of months.
4. **Control your movements.** Rapid, jerky movements can cause injury. Damage to the body can be slow that you might hardly notice it. Poor and unsupported execution of exercise movements can injure the muscles and the joints. If you can't control your movement, slow down.
5. **Watch your form and posture.** In most activities, stress and injury can result from poor form. When jumping or reaching overhead, keep your back aligned, your abdominal muscles contracted, your buttocks tucked-in, and your knees aligned over your feet.
6. **Don't bounce while stretching.** "Ballistic" stretching actually shortens the muscles and increases the chance for muscle tear and soreness. When you stretch, gradually loosen your muscles without straining them.
7. **Avoid high-impact aerobics.** Repetitive jarring movements in aerobics routines were found to cause injuries to the shins, calves, lower back, ankles, and knees. A well-designed low impact aerobics routine can easily raise your heart rate to provide cardiovascular benefits.
8. **Warm up and cool down.** Warm up slowly. Cool down gradually. Take extra lap in a pool or track. This will reduce muscle stiffness and prevent abrupt drop in blood pressure. Never stand still after an exercise.

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