



Kabalita

No. 3716, October 12, 2017

GUEST OF HONOR AND SPEAKER



HON. JOSE "JOE" C. DE VENECIA, JR.

Former Speaker, House of Representatives
Republic of the Philippines
Founding Chairman and
Chairman of the Standing Committee
International Conference of Asian Political Parties
President, Centrist Asia Pacific Democrats International (CAPDI)
Member, Rotary Club of Manila

KABALITA

Let his unifying ways bring our nation the Rainbow Coalition it direly needs as our very own Legislator Par Excellence brings his brand of tackling timely advocacies to a whole new level at his home in Service Above Self, Asia's First Rotary Club.

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PROGRAM

RCM's 15th for Rotary Year 2017-2018

October 12, 2017, Thursday, 12Noon, New World Makati Hotel

OIC/Moderator: PVP "Roy" Golez

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCM DE/Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by	PVP "Roy" Golez OIC/Moderator
12:30 PM	Call to Order Singing of the Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	Pres. "Jimmie" Policarpio RCM WF Music Chorale PSAA "Fred" Lim RCM WF Music Chorale All Rotarians STAR Rtn. "Pardeep" Bhalla
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	STAR Rtn. "Michael" Cutter RCM WF Music Chorale
12:40 PM	Happy Birthday (RCM Birthday Celebrants) Oct. 12.....Rtn. "Rickie" Yap; Oct. 15.....PD "Joey" Yujuico, Rtn. "Henry" Sy; Oct. 18.....Rtn. "Andy" Lising Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Formal turnover of RCM donation to Alay Lakad Walk for a Cause	Pres. "Jimmie" Policarpio; PP "Frank" Evaristo, Pres Alay Lakad Foundation., DE "Albert" Alday, Chair., Alay Lakad Committee; Rtn. "Dong" Benedicto, Co-Chairman
12:47 PM	Induction of New Member to RCM 1. Brief introduction on inductee by his proposer Minister Atsushi Kuwabara (Japanese) Minister and Consul General Embassy of Japan Classification – Diplomatic Service – Japan 2. Formal induction ceremony Welcome Baby Rotarian Song	PDG "Vince" Carlos Pres. "Jimmie" Policarpio RCM WF Music Chorale

12:50 PM	President's Time	Pres. "Jimmie" Policarpio
12:55 PM	Introduction of the Guest Speaker	PD "Rod" Valencia
	Hon. Jose C. "Joe" de Venecia, Jr. Former Speaker, House of Representatives, Republic of the Philippines; Founding Chairman and Chairman of the Standing Committee of the International Conference of Asian Political Parties (ICA PP); Pres. of the Centrist Asia Pacific Democrats Int'l. (CAPDI) Member, Rotary Club of Manila Public Forum Club fund-raising campaign -cash raffle draw Response, Presentation of bell and gavel to Hon. Jose C. "Joe" de Venecia, Jr. as a token of appreciation	DE/Dir. "Bobby" Joseph Pres. "Jimmie" Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



October 4, 2017 - DGE Rudy Bediones, PDG Obet Pagdanganan, DE Raffy Alunan and DE Jackie Rodriguez attended the 5th Club Anniversary and 6th Induction/Turnover Ceremonies of the Rotary Club of Manila Quiapo Central at the Great Eastern Hotel in Quezon City where my classmate, Great President Datu Haron Ali, was inducted. Bb. Pilipinas Intercontinental 2017 Katarina Rodriguez, the granddaughter of DE Jackie Rodriguez, was co-host of AG Mark Eugene Tan during the event and received a Special Recognition. Also receiving Special Recognitions that evening were DGE Rudy Bediones, PDG Obet Pagdanganan, DE Raffy Alunan and DE Jackie Rodriguez. PDG Obet Pagdanganan administered the charging of officers while DGE Rudy Bediones administered the charging of new members.

October 5, 2017 - The Rotary Club of Manila Centennial Book Subcommittee and the Rotary Club of Manila Centennial Book Editorial Board Subcommittee met with District 3820 PDG Ursula Consuelo "Chit" Lijauco, the author commissioned by the club for the Centennial Book, to review the draft of the First Chapter of the Rotary Club of Manila Centennial Book at the New World Makati Hotel in Makati City.

October 7, 2017 - PE/Dir. Susing Pineda, in his capacity as the club's President during the Centennial Celebration, took the lead in graciously hosting, together with his Rotary Ann Maritess Pineda, a Strategic Planning at his residence to set the priorities and goals of the Centennial Board in line with the celebration of the Centennial Year. Many members of both the Incoming and Outgoing Boards of our club as well as the Centennial Celebrations Committee came in full force. The brainstorming event, aside from the hosts, PE/Dir. Susing Pineda and Ann Maritess Pineda, was attended by DGE Rudy Bediones, PP Archib Bartolome, PP Benny Laguesma, IPP Teddy Ocampo, VP Chito Zaladarriaga, IS/Club Secretary Alvin Lacambacal, DE/Dir. Caloy Reyes, DE/Dir. Issam Eldebs, DE Raffy Alunan, IPSDG/IPDCoS/DE/IPD Albert Alday, DE Jackie Rodriguez, Rtn. Jun Alvarez and I. We were ably assisted by ES Anna Toledo, Eloisa and Photographer Amiel Hernandez.

October 9, 2017 - DGE Rudy Bediones, DE Raffy Alunan, DE Jackie Rodriguez met with other members of the committee involved in the One Rotary One Philippines One for Marawi Project at the Infinity Tower Suites in Makati City.

- DGE Rudy Bediones, IPP Teddy Ocampo, PE/Dir. Susing Pineda, DE/Dir. Issam Eldebs, DE Jackie Rodriguez, PVP Fausto Preysler, Rtn. Karl Leung, Rtn. Joe Assad and Rtn. Zdenek Jankovsky attended the 44th Anniversary of the Establishment of Diplomatic Relations between the Philippines and the Four Visegrad Countries at the Makati Shangri-La Hotel in Makati City.

October 10, 2017 - DE Jackie Rodriguez visited Rtn. Joe de Venecia at his office in Makati City in preparation for Rtn. Joe's speaking engagement before his fellow Manila Rotarians at the Thursday Weekly Luncheon Meeting this October 12, 2017 which will be held at the New World Makati Hotel in Makati City.

October 11, 2017 - I met with Rtn. Nilo Aventura, erstwhile Chairman of RCM Save-a-Heart/Save-a-Life Committee, Philippine Heart Center Save-a-Heart/Save-a-Life Foundation together with fellow Manila Rotarians Dir. Issam Eldebs, Pres., RCM Manila Foundation, Dir. Caloy Reyes, Treas. Nicky Villasenor, PD Beda Fajardo, Rtn. Jun Aventura, Rtn. Jason Ong, and PP Boy Tan of the Rotary Club of Cebu at the Philippine Heart Center Foundation office to discuss the humanitarian assistance joint project of the RCM Manila Foundation and the Philippine Heart Center Save-a-Heart/Save-a-Life Foundation for providing free heart surgery to the poorest of the poor patients in the urban and rural territories. An indigent 5-year old heart patient, Master Aro Tanglao, who was endorsed by Ms. Bernadette Sembrano, Co-host of ABS-CBN Channel 2 "Salamat Doc", was being prepared for Atrial Septal Defect (ASD) surgery. This was being documented by ABS-CBN.

October 12, 2017 - Welcomes our very own Former House Speaker Joe de Venecia who will speak on his advocacies and his opinions on current issues hugging the limelight

The German and European Members of our club hosts the Oktoberfest 2017 at the German Club in Makati City at 7:00 pm.

TO ALL MY FELLOW MANILA ROTARIANS:

As suggested by the Past Presidents Council of our club and in line with our forthcoming Centennial Celebrations, I wish to announce the following:

1. I am happy to announce the return of our Fining Sessions or Recognition Time with abled Fine Masters to conduct the same. The Fining Session or Recognition Time is aimed at recognizing outstanding Manila Rotarians for their contributions to the community while, at the same time, will serve as sources of much needed funds which our club would need as we approach our centennial celebration.
2. As has been customary with our club, our weekly luncheon meetings are formal occasions on which proper business attire is expected. Please be guided accordingly.
3. Let us reminisce the traditions of past when weekly luncheon meetings and fellowships were perfect venues to rekindle ties as I encourage each one of you to attend our weekly luncheon meetings and occasional fellowships as you feel the warmth of your brethren at the Rotary Club of Manila.

Let us all do our share in making our club, truly, a heritage we could all be proud of.

Yours in the service of Rotary,

JIMMIE POLICARPIO
President
Rotary Year 2017-2018

GUEST OF HONOR AND SPEAKER'S PROFILE



Honorable **JOSE DE VENECIA, Jr.**, who was elected five-times as Speaker of the House of Representatives, Republic of the Philippines (1992-1995, 1995-1998, 2001-2004, 2004-2007 and 2007-2008), unprecedented in postwar Philippine Congress, is Founding Chairman and Chairman of the Standing Committee of the International Conference of Asian Political Parties (ICAPP), now composed of more than 340 ruling, opposition and independent political parties in 52 countries in Asia.

Last December 2016, he was also chosen Chairman, with former 30-year U.S. Congressman Dan Burton as Co-Chairman, of the International Association of Parliamentarians for Peace (IAPP), representing members of parliament from the various continents.

He is also President of the Centrist Asia Pacific Democrats International (CAPDI), the first organization in Asia Pacific, bringing together political parties and key institutions of civil society, think tanks, business leaders, media, women and youth groups.

INITIATIVES IN ASIA

- Co-founded the Asian Parliamentary Assembly (APA), composed of more than 40 parliaments in Asia, with Sen. Mushahid Hussain Sayed of Pakistan, to create what he envisioned to be the beginnings of an Asian Parliament. He also transferred the APA headquarters from Manila to Tehran to bring APA into an Asia-wide organization, instead of limited to East Asia, and to help bring Iran into the mainstream. De Venecia also served as President of the Association of Asian Parliaments for Peace (AAPP), forerunner of APA, and twice President of the ASEAN Inter-Parliamentary Organization (AIPO).
- Initiated and co-founded the Asian Peace and Reconciliation Council (APRC), with former Thai Deputy Prime Minister and former Foreign Minister Surakiart Sathirathai, composed of former heads of governments, leaders of parliament, foreign ministers and policy-makers. APRC aims to assist governments and organizations in peace-building and conflict resolution in Asia and other areas.
- In the belief that Asia's future depends on its economic and political integration, JDV has proposed an ASIAN Parliament, (an expansion of the proposed smaller ASEAN Parliament), an Asian Monetary Fund (which he acknowledges was initiated by the Japanese), an Asian Anti-Poverty Fund or Asian Micro-Finance Fund, or Global Anti-Poverty Fund, and other modalities of cooperation that he hopes will eventually contronute to an Asian Community.
- Another JDV initiative is the Debt-for-Equity Program that the Philippines has proposed to the U.N., the IMF, and the Paris Club (which organizations de Venecia personally addressed) and the G-7 and G-20 nations. The formula empowers the poorest and heavily indebted debtor-countries (102 countries) to divert a percentage of their debt-service payments into anti-poverty programs that offer the prospect of profit, and recently for anti-climate change projects. This is still awaiting consideration.
- JDV also initiated the Philippine proposal—which the United Nations has approved and began to carry out—Interfaith Dialogue to help heal politico-religious and cultural schisms in Asia, the Middle East, and Africa, principally those between Islam and the West, the Sunni-Shi'ite conflicts, etc. to prevent the dreaded “clash of civilizations” and “clash of religions,” following his speeches at the U.N. General Assembly and the U.N. Security Council.

- JDV serves as Co-Chairman of the International Ecological Safety Collaborative Organization (IESCO), devoted to fighting climate change and environmental degradation, with offices in Beijing and New York and granted Special Consultative Status at the U.N. Economic and Social Council (ECOSOC).
- Just recently, JDV was appointed Co-Chairman of the International Association of Parliamentarians for Peace (IAPP) during its launching in Washington D.C., December 2016, with former U.S. Congressional leader Dan Burton, also as Co-Chairman.

POLITICAL LEADER

- He was first elected congressman in 1969, at the age of 32, but after two years, Congress was abolished by then late President Marcos under Martial Law. Upon democracy's return, he ran again in a new congressional seat in Pangasinan (4th District) in 1987 and subsequently became Acting Chairman of the House Foreign Relations Committee.
- In the disastrous earthquake of 1990 which destroyed his hometown Dagupan City and parts of Baguio, La Union and Cabanatuan City, JDV authored with Rep. Rolando Andaya the P10-billion Earthquake Fund Law and went to various countries to seek official assistance and completely rebuilt Dagupan City in two years.

Elected five-times as Speaker of the House of Representatives (1992-1995, 1995-1998, 2001-2004, 2004-2007 and 2007-2008), which is unprecedented in postwar Philippine Congress.

- Co-founded, with then President Fidel Ramos and Foreign Secretary Raul Manglapus, the Lakas-Christian Muslim Democrats (Lakas-CMD), which became the ruling party for some 15 years. He was alternately its Secretary General, President, Chairman and Co-Chairman.
- Architect of the "Rainbow Coalition" in the House of Representatives, which united the country during the turbulent post-Martial Law years, and which paved the way for the smooth passage of the economic, political and social reform legislation, principally more than 200 reform laws, during the Ramos administration, helping create the modest Philippine economic miracle in the Ramos years.
- Ran for president in the 1998 elections. He emerged second in the field of 10 candidates, with four rivals in his own party, and with President Joseph Estrada as winner. When Estrada went to prison and later pardoned, De Venecia's running mate, Vice President Gloria Macapagal-Arroyo, succeeded to the presidency. Mr. Estrada later became Mayor of Manila.

LAWMAKER

- JDV, with Reps. Felicito Payumo and Victor Ortega, was the principal author of the landmark B-O-T (Build-Operate-Transfer) Law, which has become a model for other developing countries and the formula for "Private-Public Partnerships." In the Philippines the law has made possible private investments and public-private partnerships in infrastructure projects in the 1990s valued in excess of \$30 billion as early as the mid-1990's.
- He authored the Military Bases Conversion Law, which has turned the former American military bases on Luzon Island—the biggest of them being Clark Airfield and Subic Naval Base, including Baguio's Camp John Hay and La Union's Camp Wallace and Poro Point—into thriving export zones and free ports. The law which JDV authored included the conversion of the Filipino military camps Fort Bonifacio into the now booming satellite city in Metro Manila and the Resorts World in the old Nichols Air Base, also in Metro Manila.
- He co-authored the law which created the Central Bank of the Philippines—a reform that has strengthened supervision of the country's financial sector and opened banking to greater competition.

PEACEMAKER

- In the early 1990s, Speaker de Venecia reached out to Muslim secessionists (MNLF) in Mindanao, southern Philippines, to mutinous rightist military officers (RAM-YOU) and to the Communist New People's Army (NPA) insurgents.
- He crossed the North African desert twice to meet Libyan Leader Muammar Qaddafi, then-patron of the largest rebel force in Mindanao and the MNLF leader Nur Misuari. The peace agreement with the MNLF was subsequently signed in 1996, following JDV's offer of a Coalition Agreement with Nur Misuari, who became ARMM governor.
- His talks with rightist military officers who launched eight coup attempts between 1987 and 1989 led to a ceasefire in December 1992, a peace agreement with the Government in 1995, and subsequently to an amnesty program initiated by President Fidel Ramos and JDV, approved by Congress for Rightist, Communist, and Muslim rebels.
- On July 2016, JDV has met with Nepal's new Maoist Premier Pushpa Kamal Dahal "Prachanda", and three other former Nepalese Marxist Premiers who declared their unanimous support for a final peace settlement among the Philippine New People's Army, Communist Party, and the Government of Philippine President Rodrigo Duterte.

INTERNATIONAL BUSINESS LEADER

- In the 1970s, in his thirties as an international entrepreneur, he pioneered Filipino projects in the Middle East and North Africa, which led to the employment of millions of Filipinos worldwide.
- His companies engaged in port operations as prime contractor in Saudi Arabia, agriculture in Africa, mass housing in Iraq and oil exploration, also as prime contractor in the United Arab Emirates.
- With his brother Oscar de Venecia, JDV was one of the pioneers in the first historic commercial oil discoveries in the Palawan offshore. They were decorated by the Philippine government.

DIPLOMAT

- In 1966, at the age of 29, he was appointed Minister and Economic and Press Counselor of the Philippine Embassy in Saigon (now Ho Chi Minh City) Vietnam, during the Vietnam War.
- In 1967, he conceived of and implemented the historic Dollar Remittance Program for the Philippine overseas workers, which now raises more than \$25-billion a year, continuously saving the Philippine economy during recurrent crises, from the major 1970 devaluation through the dark years of Martial Law, through the Asian financial crisis, and the impeachment and coup attempts during the Estrada and Arroyo years, and which program has become a model for many Third world countries like Pakistan, Bangladesh, Egypt, India, Turkey, etc., and for which he has received a number of decorations.
- For his historic initiative, JDV was given the prestigious Ten Outstanding Young Men (TOYM) award from Philippine Jaycees and Philippine Central Bank and other institutions.
- From 1986-1987, he briefly served as Ambassador-at-Large under President Corazon Aquino's administration and returned to Congress with new elections in the restored democracy.
- In mid-2017, he was appointed by Philippine President Rodrigo Duterte SPECIAL ENVOY FOR INTER-CULTURAL DIALOGUE and subsequently for the ASIA-PACIFIC ECONOMIC COOPERATION (APEC).

JOURNALIST

- After graduation, at the age of nineteen, he became Manila Bureau chief and Philippine correspondent for Pan-Asia Newspaper Alliance, one of Asia's earliest wire news agencies. He wrote a weekly column on Asian affairs that appeared in the pre-martial law Philippines Herald, a Pulitzer Prize winning newspaper under then Editor Carlos Romulo. His articles also appeared in a number of Asian newspapers.
- Co-founded in the 1960s the Radio Philippines Network, now the RPN, which pioneered in radio broadcasting stations in the Northern Luzon capitals of Baguio, Laoag and Tuguegarao, which holdings he later sold.

DECORATIONS

- Received from French President Jacques Chirac in Paris the French Legion of Honor, decoration from King Juan Carlos of Spain, high decorations from the Royal Government of Cambodia, and the Government of Equatorial Guinea in Africa, the Knights of Rizal, the International Conference of Asian Political Parties (ICAPP), and honorary doctorates from universities at home and abroad.
- JDV has addressed the U.N. General Assembly, the U.N. Security Council, the Council of Europe, and spoke in meetings at the British Parliament, the French National Assembly, the Japanese Diet, China's Great Hall of the People, Italy's National Assembly, the Belgian Parliament, and the California and Guam Legislatures.
- Today he is regularly invited to speaking engagements in Asia and various parts of the world.

EARLY LIFE

- Born on December 26, 1936 in Barangay Pogo Grande, Dagupan City, in the northwestern province of Pangasinan on the main Philippine island of Luzon, to Judge Jose Ravago de Venecia and Casimira Villamil Claveria. His grandfather Guillermo de Venecia was Mayor of the then Municipality of Dagupan.
- Youngest among seven siblings.
- Finished High School at De La Salle College, Manila.
- Studied Journalism at the Ateneo de Manila where he became Editor of *The Guidon*, the award-winning student newspaper, and Editor-in-Chief of *The Aegis*, the school annual. In his senior year, *The Guidon* was rated one of the best college newspapers of the world by Columbia University.

FAMILY

- JDV is married to Ma. Georgina Vera-Perez, who has ended her second term (2010-2013, 2013-2016) in 2016 as Congresswoman of the 4th District of Pangasinan. Congresswoman Gina de Venecia was also elected in January, 2011 President of the 80-strong Association of Women Legislators in the House of Representatives and was unanimously reelected last September 25, 2013. She led three successive Congressional Ladies Missions to China. As President of the Congressional Spouses Foundation, Inc. (CSFI), she led congressional spouses in building 17 women's centers nationwide that have treated almost 20,000 raped and abused women, carried out a parallel program with regional branches for drug-dependent street children in Metro Manila and the provinces, and a senior citizens complex in Rizal Province, who have been abandoned by their families. Recently, Gina de Venecia established a center for mothers, *Inang Naulila sa Anak* (INA), who have lost their children, in partnership with the Department of Social Welfare and Development. Her successful initiatives for women and children have earned admiration at home and abroad.

- His children, Alexandra, finished with a Doctorate in Chemistry in the U.S. Princeton University, after graduating from Wellesley College, married to Mark Haner, also with a doctorate from Princeton. Alexandra is also a patent lawyer for international companies; Leslie, finished in Yale with Masters in Columbia University, is a weekly columnist of the Barrons, the prestigious economic magazine in the U.S. and was former professor at Columbia University; Vivian Garcia is a graduate with Masters in Social Work at Smith College, married to Dr. Dennis Garcia, who finished at Harvard; son Joey de Venecia III, currently as Honorary Consul of Azerbaijan, was a scholar and finished his MBA and was assistant professor at Fordham University and was former Executive Vice President of Vice President Jejomar Binay's PDP-Laban Paryt, now incumbent President Duterte's ruling party. He has since retired from the Party. And youngest son Christopher, who finished Political Science at the Ateneo de Manila University, was a youth columnist of the newspaper Philippine Star and a director-producer of Broadway plays staged in Manila, who also succeeded his mother as the incumbent Congressman of the 4th Congressional District of Pangasinan; and stepchildren Carissa C. Evangelista, former Trade and Industry Undersecretary and graduate of Boston University, married to business executive Juju Evangelista; and Felipe Cruz III, a graduate of the Ateneo and with a Masters, with honors, in Publishing at New York University.

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THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 14th meeting of the **Rotary Club of Manila (RCM)**, to order.



PT "Lito" Sibayan as OIC/ Moderator directs the program of activities.



Rtn. "Ray" Davis delivers an ecumenical prayer.



Rtn. **"Zdenek" Jankovsky** leads in the recitation of the Four (4) Way Test as fellow Rotarians renew its commitment to the Rotary Credo.



Rtn. **"Edwin" Seña** introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Distribution of moon cakes to everyone on the occasion of **"Mid-Autumn Festival"** through the generosity of PVP **"Manny" Dy**.



AS "Rene" Policarpio presents the new **RCM website** to update fellow Manila Rotarians and Guests.



DE "Raffy" Alunan delivers an update report on the **One Rotary One Philippines One for Marawi Club Project**.



Pres. "Jimmie" Policarpio announces on club projects during the "President's Time."

Rtn. “Rosel” Doval Santos does the honour, pleasure and privilege of introducing **Mr. Nestor V. Tan**, President and Chief Executive Officer, Banco de Oro Unibank, Inc., as guest speaker.



BDO President Nestor Tan gave Manila Rotarians, Visiting Rotarians and guests, a peek into the true state and the future of the Philippine banking industry.



A proactive public forum followed suit after the speech of **Mr. Nestor V. Tan** with **RCMers'** raising questions: **Rtn. Momo Mommaerts, PP Boy Ampil, Rtn. Colin Patterson, PVP Roy Golez and Dir. Issam Eldebs**



Pres. "Jimmie" Policarpio delivers response, presentation of a bell and gavel as a token of appreciation to **Mr. Nestor V. Tan** as guest of honor and speaker

MEMBERSHIP / CLASSIFICATION COMMITTEE



IPP **"Teddy" Ocampo**, as proposer, gives a brief introduction on the inductee, **Dr. John Michael Cutter (American)**, College of Dentistry, National University. Classification: **EDUCATION-College of Dentistry**.



Pres. **"Jimmie" Policarpio** administers the oath of membership pledge to **Dr. John Michael Cutter** with proposer IPP **"Teddy" Ocampo**, as a **"STAR" Rotarian** of the **Rotary Club of Manila**.

RCM BIRTHDAY CELEBRANTS



Pres. “Jimmie” Polcarpio, present PS “Butch” Marking as a birthday celebrant for the traditional blowing of candles on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the Happy Birthday song, and a special pillow through the courtesy of **PAT Muhammad Aslam**.



RC MANILA INCOMING BOARD HOLDS STRATEGIC PLANNING WITH RC MANILA CENTENNIAL CELEBRATIONS COMMITTEE AND OUTGOING BOARD

Festivities are fast approaching and so too are the activities that would define the 100 years of Asia's First Rotary Club as well as those of the Rotary movement in the Philippines and in Asia. As such, nothing beats careful planning towards the success of an impending milestone. Because many Rotarians of our district and those of the other districts in the archipelago look up to us as their elder statesmen in Service Above Self, we, as a club, ought to live up to our billing. A community of leaders as we have always been, certainly, a sea of ideas naturally sprout such that the need to synthesize and synergize our collective efforts entail a need to act early and sift the chaff from the grain so to speak.

With the wealth of experience in the corporate sphere under his sleeve, PE/Dir. Susing Pineda, in his capacity as the club's President during the Centennial Celebration, took the lead in graciously hosting, together with his Rotary Ann Maritess Pineda, a Strategic Planning last October 7, 2017, 9:30am, at his residence on 22 Xavier Street, Greenhills West, to set the priorities and goals of the Centennial Board in line with the celebration of the Centennial Year. Many members of both the Incoming and Outgoing Boards of our club as well as the Centennial Celebrations Committee came in full force. The brainstorming event, aside from the hosts, PE/Dir. Susing Pineda and Ann Maritess Pineda, was attended by DGE Rudy Bediones, President Jimmie Policarpio, PP Archibart Bartolome, PP Benny Laguesma, IPP Teddy Ocampo, VP Chito Zalzarriaga, IS/Club Secretary Alvin Lacambacal, DE/Dir. Caloy Reyes, DE/Dir. Issam Eldebs, DE Raffy Alunan, IPSDG/IPDCoS/DE/IPD Albert Alday, DE Jackie Rodriguez and Rtn. Jun Alvarez. On hand to assist us were ES Anna Toledo, Eloisa and Photographer Amiel Hernandez. PE Susing presided over the meeting where it was suggested that the Centennial Celebrations Committee and the Centennial Board synchronize their actions where the Strategic Planning Committee would be the oversight committee which will be steered by DGE Rudy Bediones, PE Susing Pineda and President Jimmie Policarpio. The thought of a strong brand for our club and that of a Legacy Project came into fore during the discussions where suggestions for a history revisit on the creations of our club such as the Boy Scouts of the Philippines, the Philippine Band of Mercy and the Community Chest became part of the highlights. DE Raffy Alunan was tasked with setting up the criteria for the Legacy Project. The need to be a 100% Paul Harris Fellow Rotary Club was likewise brought up with IS/Club Secretary Alvin Lacambacal being tasked to find out how many Manila Rotarians have not yet been Paul Harris Fellows and with PE/Dir. Susing Pineda requesting IPSDG/IPDCoS/DE/IPD Albert Alday to help by making an outline explanation of where the Paul Harris Fellow donation to The Rotary Foundation goes to and what kind of benefits do our club reap for such donation.

It was likewise the decision of the collegial body that the incoming and outgoing President as well as the District Governor-Elect be given the authority to decide on the Centennial Logo. The One Rotary One Philippines One For Marawi Project spearheaded by our club which involves the entire Philippine Rotary was briefly discussed with DE Raffy Alunan giving a rundown of updates. A Special Centennial Yearbook Directory was likewise suggested by PE/Dir. Susing Pineda to showcase the members of our club throughout the years. A Media Center was likewise suggested to handle the building of the momentum towards the centennial through press releases in different media to assure the strength of our brand through various exposures culminating in the agreement of the body towards the Centennial Theme of ONE CENTURY. ONE MISSION. ONE ROTARY. The role of the Ann's of Rotarians were likewise discussed where the body unanimously chose Ann Maritess Pineda, in her capacity as the wife of the Incoming President, to spearhead certain projects and activities that would assist the Manila Rotarians. At this juncture, many worthwhile fundraising projects were suggested from the floor. The Strategic Planning ended before the stroke of lunchtime as participants savored on the delectable dishes graciously served by PE/Dir. Susing and Ann Maritess Pineda.

Indeed, all is well that ends well as the collective efforts of great minds acted in synergy towards the welfare of one club, the Rotary Club of Manila, the First in Asia. Redefining our roles has never been this great as together we will rewrite history as the turn of our century unfolds towards a more resilient, a more steadfast and a more responsive Rotary Club of Manila we could all be proud of.

STRATERGIC PLANNING MEETING









GOLF FELLOWSHIP





Two teams from from RCM participated in New World Hotel's fund raising tournament September 29th, a four man scramble tournament format at Orchard Golf & Country Club., Our players include Team 1: Rene Policarpio, Willie Pelino, Joey Yujuico and Celso Villegas(substitute for President Jimmie Policarpio) and Team 2: Conrad Bennitez, Knud Hedeager and Butch Marking(Ed Lee, our 4th player had to bow out due on an important business meeting). Team 1 won second runner up and Team 2, though scoring 15 pars, 1 birdie, and bogey and a triple did not make the cut. The weather cooperated and the day was fun. Congratulations to Team 1. Thanks much to New World Hotel for the invite.



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FELLOWSHIP



DE Jackie Rodriguez visited **Rtn. Joe de Venecia** at his office in Makati City last October 10, 2017 in preparation for Rtn. Joe's speaking engagement before his fellow Manila Rotarians at the Thursday Weekly Luncheon Meeting this October 12, 2017 which will be held at the New World Makati Hotel in Makati City.



CENTENNIAL NEWS

THE ROTARY ROAD TO 100

CENTENNIAL BOOK AND CENTENNIAL BOOK EDITORIAL BOARD SUBCOMMITTEES REVIEW FIRST CHAPTER OF CENTENNIAL BOOK





The Rotary Club of Manila Centennial Book Subcommittee and the Rotary Club of Manila Centennial Book Editorial Board Subcommittee met with **District 3820 PDG Ursula Consuelo "Chit" Lijauco**, the author commissioned by the club for the Centennial Book, to review the draft of the First Chapter of the Rotary Club of Manila Centennial Book last October 5, 2017 at the New World Makati Hotel in Makati City.



ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI





DGE Rudy Bediones, DE Raffy Alunan, DE Jackie Rodriguez met with other members of the committee involved in the One Rotary One Philippines One for Marawi Project last October 9, 2017 at the Infinity Tower Suites in Makati City.

SAVE-A-HEART/SAVE A LIFE PROJECT





RCM Save-A-Heart/Save-a-Life Project. **Pres. Jimmie Policarpio** in a meeting with Phil. Heart Center Save-a-Heart/Save-a-Life Foundation with Rtn. Nilo Aventura and Rtn. Jun Aventura, erswhile Chairman and Co-chair. of Save-a-Heart/Save-a-Life Committee, last Oct. 11, Wednesday, 1pm, together with **RCMFI BOD Trustees Pres. Issam Eldebs** and **Dir. Caloy Reyes**, **Treas. Nicky Villasenor**, **PD Beda Fajardo**, **Rtn. Jason Ong**, and **PP Boy Tan of RC Cebu**, held at the Phil. Heart Center Foundation office, to discuss the humanitarian assistance joint project of RCManila Foundation and Phil. Heart Center Save-a-Heart/Save-a-Life Foundation of providing free heart surgery to the poorest of the poor patients in the urban and rural territories. At present, an indigent 5 year old heart patient Master Aro Tanglao, who was endorsed by Ms. Bernadette Sembrano, co-host, ABS-CBN Chan. 2 “Salamat Doc” is being prepared to undergo Atrial Septal Defect (ASD), an open heart surgery, at the Phil. Heart Center. ABS CBN Chan. 2 “Salamat Doc” had been documenting the humanitarian assistance project, thru Ms. Otek Galauran, which will be aired in parts at their TV program.

INTERCLUB FORA





DGE Rudy Bediones, IPP Teddy Ocampo, PE/Dir. Susing Pineda, DE/Dir. Issam Eldebs, DE Jackie Rodriguez, PVP Fausto Preysler, Rtn. Karl Leung, Rtn. Joe Assad and Rtn. Zdenek Jankovsky attended the 44th Anniversary of the Establishment of Diplomatic Relations between the Philippines and the Four Visegrad Countries last October 9, 2017 at the Makati Shangri-La Hotel in Makati City.





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INTERCLUB ACTIVITIES





DGE Rudy Bediones, PDG Obet Pagdanganan, DE Raffy Alunan and DE Jackie Rodriguez attended the 5th Club Anniversary and 6th Induction/Turnover Ceremonies of the Rotary Club of Manila Quiapo Central last October 4, 2017 at the Great Eastern Hotel in Quezon City where Great President Datu Haron Ali was inducted. Bb. Pilipinas Intercontinental 2017 Katarina Rodriguez, the granddaughter of DE Jackie Rodriguez, was co-host of AG Mark Eugene Tan during the event and received a Special Recognition. Also receiving Special Recognitions that evening were DGE Rudy Bediones, PDG Obet Pagdanganan, DE Raffy Alunan and DE Jackie Rodriguez. PDG Obet Pagdanganan administered the charging of officers while DGE Rudy Bediones administered the charging of new members.







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INVITATION



October 3, 2017

President Jose "Jimmie" Policarpio Jr
Rotary Club of Manila

Dear President Policarpio,

Greetings from the Rotary Club of Cebu!

It is with great pleasure that we invite you to our 85th Charter Anniversary weekend celebration. It would be our pleasure to have you join us on this joyous occasion, to renew our matched-clubs relations, and to rekindle personal friendships among our members.

The celebration weekend will start on Friday, November 17, 2017 with a friendly golf game from 6:00 am to noon. Following this, we are hosting cocktails and a welcome dinner at the Mandani Bay Pavilion at 6:30 pm for your club and other Brother and Sister Club delegations. On this occasion, we will renew our Matched Club relations. To liven up the welcome dinner, we request that each delegation make a 5-minutes entertainment presentation.

On Saturday, November 18, two (2) events will be held at the Waterfront Hotel and Casino at Lahug, Cebu City. We will host an optional luncheon meeting for club presidents or their official representative whereby club presidents may make short presentations about their favourite project that need any brother or sister club support. The main anniversary dinner will start at 6:30 pm with cocktails, and is expected to end at 10:00 pm.

Our spouses will also prepare optional visits to Cebuano product factories and heritage sites during the morning and afternoon hours of Friday and Saturday, and leave ample time to prepare for the dinner events.

The dress theme for the welcome dinner is Hawaiian: printed shirts for men and mumus for ladies. The dress code for the main anniversary dinner is your national dress (Barong Tagalog for Filipinos and Filipiniana - inspired dress for Filipinas).

We will made arrangements with several hotels for favorable rates and will forward these rates to you shortly.

As always, we look forward to the pleasure of your company. We respectfully request an early reply before the end of September on the number of delegates your club will be sending to give us ample time for preparation.

Yours in Rotary,

Angel Ruben J. Martinez
President
RY2017-2018



October 3, 2017

President Jose "Jimmie" Policarpio Jr,
President, RY2017-2018
Rotary Club of Manila

Dear President Policarpio,

Greetings from the Rotary Club of Cebu!

Reference is made to our previous emailed invitation letter for our 85th Charter Anniversary weekend celebration.

Our activity list has been **firmed up**, as follows, and will include transportation and lunch:

Friday, November 17, 2017

1. **Mountain flower tour:** Visit two flower garden highlands in Cebu, where it is 15 degrees cooler, visit a nearby club project, have lunch at West 35, and visit o a handicraft store in the city. 10:00 am-3:00 pm.
2. **Heritage tour:** Visit Casa Gorordo, Magellan's Cross, Basilica Minore, Museo Sugbu, and Fort San Pedro. Savor lunch at a Filipino restaurant and end with a visit to a handicraft store in the city. 10:00 am-3:00 pm.
3. **Golf:** For the early bird sportsman, a chance to get away from the cares of the world. 6am-2pm.
4. **Welcome dinner:** Mandani Bay Pavilion, Mandaue City, from 6:30 pm-10:30pm. Your club will be requested to make a minimum 5-minute song and/or dance presentation of your choice, to liven up the entertainment. Printed floral (Hawaiian) design dress code for men and ladies.

Saturday, November 18, 2017

1. **Cebu's Best:** Visit the showrooms of Cebu's best manufacturers: Pacific Traders (Furniture), Nature's Legacy (Furnishings), Lilang's (Guitars), Profoods (dried fruits and mangoes), and Holicow (handicrafts). Lunch at Rico's Lechon in Mandaue. 10:00 am-3:00 pm.
2. **Shopping and Cebuano lunch buffet** at the SM Seaside Mall. 10:00 am-3:00 pm.
3. **Club President's Forum,** Waterfront Hotel Cebu City, to discuss global grants. 11:00 am-2:00 pm
4. **85th Charter Anniversary Dinner:** Waterfront Hotel Cebu City. 6:30 pm-10:30 pm. Dress code is Barong Tagalog for Filipino men and Filipiniana-inspired dress for Filipina women. Otherwise, foreign guests are requested to wear coat and tie for men and cocktail dresses for ladies.

We respectfully request an early reply of your activity choices before October 15 to give us ample time for preparation.

Yours in Rotary,

A handwritten signature in black ink, appearing to read 'Angel Ruben (Bing) J. Martinez'.

Angel Ruben (Bing) J. Martinez
President
RY2017-2018

PUBLIC HEALTH NUTRITION AND CHILD CARE

NECK TENSION

Elias D. Adamos, M.D.



The neck and the muscles of the shoulders support the head and allow it for easy movement. The adult head weighs about ten to twelve pounds. Because of the aforesaid job, the shoulders and neck muscles sometimes develop kinks and stiffness, and become painful. Poor posture is oftentimes the cause of neck pain. If you habitually tilt your head to one side or thrust your chin forward before the TV set or a laptop computer, your neck may start aching. Your neck muscles are strained. The common term is stiff neck. Many daily activities can also result to stiff neck. ***The key to avoid neck stress is to work on your posture.***

Some corrective actions to avoid neck tension

1. Whether in a movie, in an airline, or just watching TV shows, don't stare for long periods at screens above eye level.
2. One of the basic principles in winning chess games includes "occupying the center." When buying seats for the theater or the movie house, try to examine the seating plan and choose the center seats whenever they are available.
3. When you are before your laptop or any electronic device, make sure the screen is at or below your eye level.

Neck stretches

If you are prone to neck pain, start a regular routine of neck stretches and exercises. If you feel pain when exercising your neck muscles, cut back on repetitions and resistance. Stop when you feel a sharp pain or one that radiates down your arms. If you have a history of neck trauma (like whiplash injury), or serious injury to your neck, or if you experience persistent neck pain, consult your doctor before beginning a neck exercise program. If you have or have been diagnosed with neck (cervical) spondylosis, the use of a soft neck cushion or brace, when watching TV or before a computer may be advisable.

Tilt your head to the left. Keep your shoulders down. Place your left hand on the right topside of your head. Gently pull your head toward your left shoulder for 20 seconds. Reverse position and stretch to the right.

Clasp your hands behind your head and let it lean forward. Hold for 15 seconds. Breathe and relax on this position.

Place the hand against the side of your head. Push head against arm for 10 seconds. Repeat three times then reverse.



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