



balita

No. 3717, October 19, 2017

GUEST OF HONOR AND SPEAKER



SECRETARY ARTHUR P. TUGADE

Department of Transportation (DOTR)
Republic of the Philippines

KABALITA

Let our nation's foremost Transporter efficiently lead us in moving towards a modernized Philippine transport system that will lead to a congestion-free nation we could all be proud of as he takes Asia's First Rotary Club on a ride to progress.

Centennial Countdown Clock to June 1, 2019

589

Days

16

Hours

20

Minutes

08

Seconds

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THE ROTARY CLUB OF MANILA

**BOARD OF DIRECTORS and
Executive Officers 2017-2018**

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President

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Immediate Past President

**BABE ROMUALDEZ
CHITO ZALDARRIAGA**
Vice President

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CALOY REYES
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Sergeant-At-Arms

AMADING VALDEZ
Board Legal Adviser

RENE POLICARPIO
Assistant Secretary

NER LONZAGA
Assistant Treasurer

**Secretariat
ANNA KUN TOLEDO**

PROGRAM

RCM's 16th for Rotary Year 2017-2018

October 19, 2017, Thursday, 12Noon, New World Makati Hotel

Officer-In-Charge/ Program Moderator: Rtn. "Dennis" Montecillo

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCM Dir.-elect/Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	Rtn. "Dennis" Montecillo
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 STAR Rtn. "Naoto" Tago RCM WF Music Chorale All Rotarians
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Rtn. Francois Engelbrecht RCM WF Music Chorale
12:40 PM	Happy Birthday (RCM Birthday Celebrants) Oct. 20.....Rtn. "Tom" Drilon; Oct. 23.....PD "Nick" Locsin Happy Birthday Song	 RCM WF Music Chorale
12:45 PM	One Rotary One Philippines One for Marawi Project Report Presentation of a token of appreciation to Mr. Richard C. Año , Chairman, Team Humanity, Mr. Lucio Tan , Chairman/CEO, Pal Holdings, Inc. and Mr. Jaime Bautista , Pres., Philippine Airlines	 DE "Raffy" Alunan, Chair. DE "Jackie" Rodriguez Vice Chairman Pres. Jimmie Policarpio DE "Raffy" Alunan/ DE "Jackie" Rodriguez
12:50 PM	Recognition Time	PP "Francis" Juico
1:00 PM	President's Time	Pres. "Jimmie" Policarpio
1:05 PM	Introduction of the Guest of Honor and Speaker	PDG "Vince" Carlos
	Secretary Arthur P. Tugade Department of Transportation (DOTr) Republic of the Philippines	
	Public Forum Club fund-raising campaign — cash raffle draw Response, Presentation of bell and gavel to Sec. Arthur Tugade as a token of appreciation	 DE/Dir. "Bobby" Joseph Pres. Jimmie Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



October 12, 2017 - The Strategic Planning and Coordinating Committee steered by DGE Rudy Bediones, PE/Dir. Susing Pineda and I held its inaugural meeting last at the Glass House of the New World Makati Hotel in Makati City right after the Thursday Weekly Luncheon Meeting where it reviewed the accomplishments of the different Centennial Celebration Subcommittees in its role of oversight with respect to preparations for the Centennial Celebration of the Rotary Club of Manila and that of the Rotary movement in the Philippines and Asia as well. Certain suggestions were likewise made during this meeting to enhance the capabilities of each of the committees in order to ensure the success of the centennial. Present during this meeting aside from the above Manila Rotarians mentioned were IPSDG/IPDCoS/DE/IPD Albert Alday, DE/Dir. Issam Eldebs, DE/Dir. Caloy Reyes, DE Jackie Rodriguez, PAT Hermie Esguerra who is the Centennial Celebrations Committee Treasurer and BLA/PD Amading Valdez.

- Manila Rotarians trooped to the German Club in Makati City to celebrate the Rotary Club of Manila Oktoberfest 2017. The event was hosted by the German and European members of our club led by PSAA Guenter Matschuck.

October 13, 2017 - The One Rotary One Philippines One for Marawi Team composed of DE Raffy Alunan, DE Jackie Rodriguez, Rotary Club of Manila Quiapo Central Great President Datu Haron Ali and Dr. Dulce Gust, widow of PP Gert Gust, arrived in Cagayan de Oro City and travelled by land to Iligan City for a series of meetings and fact-finding mission.

- DE/Dir. Issam Eldebs, AS Rene Policarpio, PD Nick Locsion with Rotary Ann Lucille and I arrived in Taipei for the 69th Charity and Charter Night of the Rotary Club of Taipei. We were met at the airport by members of the Rotary Club of Taipei.

October 14, 2017 - The One Rotary One Philippines One for Marawi Team composed of DE Raffy Alunan, DE Jackie Rodriguez, Rotary Club of Manila Quiapo Central Great President Datu Haron Ali and Dr. Dulce Gust, widow of PP Gert Gust, addressed the imams from Lanao on the universal themes of patience, moderation, sacrifice, mercy, brotherhood, justice and peace for the greater good of mankind at the Mindanao State University-IIT in Iligan City. Thereafter, they proceeded to Marawi City to visit the Mindanao State University there for lunch and were very thankful that the building donated by our very own Manila Rotarian Former Speaker Joe de Venecia remained unscathed by the war. They also visited the Saguieran and Balo-i municipalities to inspect the medcaps sites to help provide medical care to the "bakwits" with Rotary clubs, civil society and uniformed services in collaboration. Their day ended with a meeting at the Office of Civil Defense in Marawi City where they were met by BGen Donato and Col. Brawner. Dinner followed at The Strip.

- IPCoS/PSDG/PP Cesar Ubaldo, PP Francis Juico and Rtn. Vee David attended the District 3810 OKTOBERFEST Beer Bash By The Bay at the Sunset Pavilion Tent of the Sofitel Philippine Plaza Manila in Pasay City where our club was a major co-host of the event which was hosted by the Rotary Club of Paco.

- President Jimmie Policarpio, DE/Dir. Issam Eldebs, AS Rene Policarpio, and PD Nick Locsin together with his Rotary Ann Lucille attended the 69th Charter and Charity Night of the Rotary Club of Taipei at the Mega Room of the W Hotel in Taipei, Taiwan. Sisterhood agreement was concluded with no less than Past Rotary International President Gary Huang witnessing it as I invited them to attend our centennial celebration next Rotary year.

October 15, 2017 - The One Rotary One Philippines One for Marawi Team composed of DE Raffy Alunan, DE Jackie Rodriguez, Rotary Club of Manila Quiapo Central Great President Datu Haron Ali and Dr. Dulce Gust, widow of PP Gert Gust, left Iligan City early in the morning for Manila and will be back in two (2) weeks to conduct medical missions in "bakwit" areas around Marawi City.

October 17, 2017 - DE Raffy Alunan emailed to the Rotary Club of Manila office his report regarding the One Rotary One Philippines One for Marawi Team trip to Cagayan de Oro, Iligan City and Marawi.

- IPCoS/PSDG/PP Cesar Ubaldo and IPSDG/IPDCoS/DE/IPD Albert Alday attended the Presidents 101 Birthday Fellowship at the residence of IPDT Ronnie Co at Marina Baytown East in Parañaque City to celebrate his natal day.

October 19, 2017 - Welcomes DOTR Secretary Arthur Tugade who will speak on his department's thrust of weeding out graft and corruption, instituting a modern and intelligent transport system that is efficient and environment-friendly as well as his 30 year road map to address the traffic congestion while at the same time, provide a consolidated nationwide transportation system all over the country

- Joint Meeting of the Board of Directors for Rotary Years 2015-2016, 2016-2017 and 2017-2018 with the Council of Past Presidents of our club at 2:15 pm right after the weekly luncheon meeting at the Glass House of the New World Makati Hotel in Makati City

- World Famous Music Chorale Christmas Carolling practice at the Central Colleges of the Philippines in Quezon City at 5:30 pm

SPECIAL MESSAGE

TO ALL MY FELLOW MANILA ROTARIANS:

In line with our resolve to promote our Centennial Celebration which coincides with the 100 years of the Rotary movement in the Philippines and in Asia throughout the country, the rest of Asia and the world, I wish to extend an invitation to join me as I attend the following Rotary club functions:

1. Rotary Club of Davao 79th Charter Anniversary - October 24, 2017, D'Leonor Hotel, Bajada, Davao City
2. Rotary Club of Dhonburi (the second oldest Rotary club in Thailand) 60th Charter Anniversary - November 4, 2017, Avani Riverside Bangkok Hotel, Bangkok, Thailand
3. Rotary Club of Cebu 85th Charter Anniversary - November 17-18, 2017
4. Rotary Club of Kowloon East 48th Anniversary Fund Raising Ball - November 27, 2017, Grand Hyatt Hongkong Hotel, 1 Harbour Road, Hongkong
5. All other sister clubs who have extended invitations for us to attend their respective club functions.

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

SPECIAL MESSAGE OF PAST ROTARY INTERNATIONAL PRESIDENT GARY HUANG ON THE OCCASION OF THE 69th CHARTER AND CHARITY NIGHT OF THE ROTARY CLUB OF TAIPEI

(as transcribed from the video sent by President Jimmie Policarpio and DE/Dir. Issam Eldebs)

"... Please allow me to welcome all of you once again to join and participate on this happy occasion and wish you have a very pleasant stay here in Taiwan, Republic of China. As you may know, exactly 35 years ago in 1982-83, I served as the Club President of this club. And during that meeting, the Charter Ceremony, we signed the sister club act with Rotary Club one, the Rotary Club of Chicago at Grand Hotel. And today, I'm very glad to see that under the leadership of President Jack (Tsai), we signed the sister club relationship with the most senior Asian country, Rotary Club of Manila. Thank you. Rotarians would you please rise and welcome them. Mabuhay! ..."



GUEST OF HONOR AND SPEAKER'S PROFILE



ATTY. ARTHUR P. TUGADE
Secretary
Department of Transportation

ATTY. ARTHUR P. TUGADE
Secretary
Department of Transportation

PROFILE

His rags-to-riches success story seems one lifted from story books. Art Tugade grew up in the slums and worked his way to being a lawyer, a businessman, and a multi-millionaire.

A scholar of San Beda College from Elementary to Law School-cum laude & magna cum laude in Liberal Arts, Tugade believes in giving back and paying forward. In 2003, he founded Perry's Group of Companies, a corporation that is into trucking, logistics, shipping, fuel distribution, travel, and fashion. The site where he initially built his group of companies used to be a dumping ground of a computer company, but used it as start-up site for his early 11 companies. Perry's is a testament to Tugade's brand of leadership and his high regard to what he says is every business' greatest asset: the employees. Apart from bonuses, the company's employees are entitled to free lunch, monthly grocery allowance, transportation allowance, and free use of amenities such as fitness gym and nursing room.

Prior to his entrepreneurial success, Tugade held several executive positions in various private companies. He started as an Executive Assistant of the Delgado family's Transnational Diversified Group Inc. in 1973 and climbed up the ladder to become President and Chief Operating Officer.

In 2012, Tugade was appointed President and Chief Executive Officer of the Clark Development Corporation; a state-owned corporation tasked to manage the Clark Freeport and Clark Special Economic Zone, CEO of the Year Finalist, Bossing Awardee, and received Entrepreneurial Awards. Under his leadership, CDC reported a record-breaking P1.49 billion (\$32.10 million) worth of revenues from 2013 to 2015. During his watch CDC became the Company of the Year in Asia CEO Forum.

As the 18th Secretary of the Department of Transportation, the multi-awarded executive and businessman brings with him nearly five decades of professional experience, marked with his values of hard work and incorruptibility.

Upon his assumption into office, Tugade vowed to fight corruption and institute a modern and intelligent transport system that is efficient and environment-friendly. He hopes that by the end of his term, he would have been able to formulate a 30-year roadmap that will address traffic congestion and provide a consolidated nationwide transportation system.

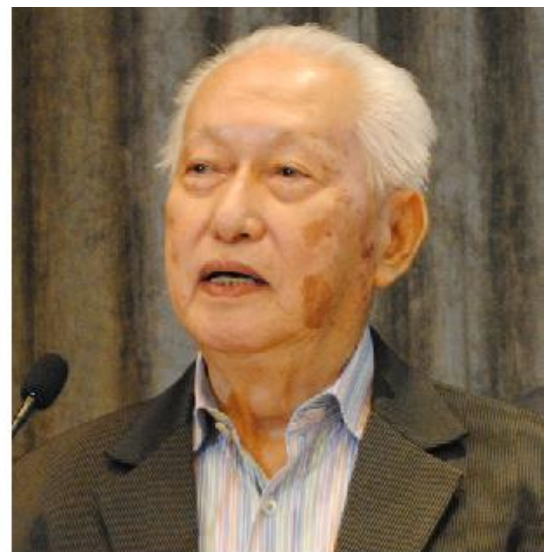
THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 15th meeting of the **Rotary Club of Manila (RCM)**, to order.



PVP "Roy" Golez as OIC/
Moderator directs the program of
activities.



PSAA "Fred" Lim delivers an
ecumenical prayer.



STAR Rtn. "Pardeep" Bhalla leads in the recitation of the Four (4) Way Test as fellow Rotarians renew its commitment to the Rotary Credo.



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



ROTARY CLUB OF MANILA DONATES TO ALAY LAKAD

Rotary Club of Manila, First in Asia, through **Pres. Jimmie Policarpio** handed a check donation of the Club of P10,000 to the Alay Lakad Foundation through its **Pres. Frank Evaristo**, for this year's annual Alay Lakad Walk-for-a-Cause benefitting the out-of-school youth to finance their livelihood project in consonance with this year's theme : **"Alay Lakad Kabataan Para sa Pagbabago"**. Photo shows from left-right: **Rotary Club of Manila Pres. Jimmie Policarpio** formally handing over the check donation to Alay Lakad Foundation **Pres. Frank Evaristo**, **Dir.-elect Albert Alday**, Chairman, Alay Lakad Committee, **Dong Benedicto**, Co-Chairman, Alay Lakad Committee and **Hermie Esguerra**.



Pres. “Jimmie” Policarpio announces on club projects during the “President’s Time.”



PD "Rod" Valencia does the honour, pleasure and privilege of introducing **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 (ICAPP); President of the Centrist Asia Pacific Democrats International (CAPDI), Member, Rotary Club of Manila, as guest speaker.



Former Speaker Joe de Venecia gave his fellow Manila Rotarians, Visiting Rotarians and guests, a glimpse into his advocacies and how his life in general helped shape the course of Philippine history.



A proactive public forum followed suit after the speech of **Former Speaker Joe de Venecia** with **Dir. Issam Eldebs** raising question.



Pres. “Jimmie” Policarpio delivers response, presentation of a bell and gavel as a token of appreciation to **Former Speaker Joe de Venecia**, as guest speaker



PDG “Vince” Carlos, as proposer, gives a brief introduction on the inductee, **Minister Atsushi Kuwabara (Japanese)**, Minister and Consul General, Embassy of Japan. Classification – Diplomatic Service – Japan.



Pres. “Jimmie” Policarpio administers the oath of membership pledge to **Minister Atsushi Kuwabara** with proposer **PDG “Vince” Carlos**, as a **“STAR” Rotarian** of the **Rotary Club of Manila**.

RCM BIRTHDAY CELEBRANTS



Pres. “Jimmie” Policarpio, present to **PD “Joey” Yujuico** 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.

INTERCLUB RELATIONS



Pres. "Jimmie" Policarpio presents a club bannerette to a first time visiting Rtn. Claudio de Luca, Executive Board Member from Italy South 2100.

GOLF FELLOWSHIP



Golf Fellowship, Friday Oct 13, 2017 at the Manila Golf Club. Present were: **Rtn. Jose Mari Antunez, PD Ed Lee, PDSAA Tony Montinola, Rtn. Celso Abastillas, PD Knud Hedeager** and Guests.

CENTENNIAL NEWS

THE ROAD TO 100



**RC MANILA CENTENNIAL CELEBRATION'S STRATEGIC PLANNING
AND COORDINATING COMMITTEE HOLDS INAUGURAL MEETING**

THE ROAD TO 100





RC MANILA CENTENNIAL CELEBRATION'S STRATEGIC PLANNING AND COORDINATING COMMITTEE HOLDS INAUGURAL MEETING

The Strategic Planning and Coordinating Committee steered by DGE Rudy Bediones, PE/Dir. Susing Pineda and President Jimmie Policarpio held its inaugural meeting last October 12, 2017 at the Glass House of the New World Makati Hotel in Makati City right after the Thursday Weekly Luncheon Meeting where it reviewed the accomplishments of the different Centennial Celebration Subcommittees in its role of oversight with respect to preparations for the Centennial Celebration of the Rotary Club of Manila and that of the Rotary movement in the Philippines and Asia as well. Certain suggestions were likewise made during this meeting to enhance the capabilities of each of the committees in order to ensure the success of the centennial.

Present during this meeting aside from the above Manila Rotarians mentioned were IPSDG/IPDCoS/DE/IPD Albert Alday, DE/Dir. Issam Eldebs, DE/Dir. Caloy Reyes, DE Jackie Rodriguez, PAT Hermie Esguerra who is the Centennial Celebrations Committee Treasurer and BLA/PD Amading Valdez.





ROTARY CLUB OF MANILA OKTOBERFEST: A GERMAN TRADITION AT ITS FINEST

It has been said that no fellowship and merry making would be complete sans the proverbial beer that has made us brothers. Yes, indeed, custom has it that many great ventures and disagreements had been resolved over the aroma of wheat and barley that goes with every beer we drink.



A Bavarian tradition that dates back to 1810, the world's largest festival of cheers usually runs from mid to late September to the first weekend of October every year. During this time, large quantities of beer are consumed during the 16 day festival. In the Philippines, the celebration of this fine German tradition begins on the first week of October and lasts for the entire month though beer discounts usually run from September to December. A noteworthy fact should explain the success of this festival in the Philippines. Eurographic, in a 2014 article on the Philippine Star, noted that "adults in the Philippines each take 5.4 shots of distilled alcohol weekly, making the country third in the list of the world's heaviest drinkers. Hence, with a Rotary club of fine gentlemen who count among the country's prime economic movers, it certainly comes as no surprise that it is among the most if not the most well-attended fellowship of Asia's First Rotary Club.





Being a club with rich international flavor, the Rotary Club of Manila has made its mark in embracing cultures of different countries with the end of forging stronger ties that bind Asia's first club. And with a growing German population in our club, not to mention a gradual and steady increase in European membership, the clinking of mugs full of happiness is here to stay. Led by PSAA Guenter Matschuck and our fellow German and European Manila Rotarians, the German Club has become a foremost watering hole of great minds who think alike. The month of October has been, for many years, a much sought after month as many Manila Rotarians look forward to that one fine October evening to savor the great flavor of German beer, fresh as it has always been, with sauerkraut, an array of sausages and pork knuckles that have, time and time again, never failed to bring fun and cheers







to many a Manila Rotarian as the event became the perfect venue to unwind from the rigors of daily corporate life as well as the forum to rekindle old ties that have since defined the strength of Asia's First Rotary Club. With an array of traditional Oktoberfest songs which has "Ein Prosit" topping the list, you can absolutely bet that fun and laughter that goes with drinking beer was at its highest peak.

This year, Oktoberfest took our club by storm last October 12, 2017 at the German Club in Makati City with record-breaking attendance. The highlight of the event was when President Jimmie Policarpio appointed PSAA Guenter Matschuck to handle the Centennial Oktoberfest for next Rotary Year which happens to be our date with history as we celebrate our 100 years of existence. And to our German and European Manila Rotarians, cheers for always sponsoring this annual event.









Indeed, beer and Rotary go a long way back when Rotary found the light of day in a fellowship that grew to move mountains in Service Above Self. Paul Harris, Rotary's Founding Father, would certainly drink to that. Prost!

INTERNATIONAL RELATIONS



President Jimmie Policarpio, DE/Dir. Issam Eldebs, AS Rene Policarpio, and PD Nick Locsin together with his Rotary Ann Lucille attended the 69th Charter and Charity Night of the Rotary Club of Taipei last October 14, 2017 at the Mega Room of the W Hotel in Taipei, Taiwan. They arrived in Taipei last October 13, 2017 and were met at the airport by the Rotary Club of Taipei officials led by Great President Jack Tsai. The delegation, during its stay, likewise touched base with former Manila Rotarian Reiner Allgeier and Past Rotary International President Gary Huang. Sister club agreement with our club was likewise renewed during the said event. Past Rotary International President Gary Huang as well as the members of the Rotary Club of Taipei expressed their desire to attend our centennial celebration in Rotary Year 2018-2019.



President Jimmie Policarpio, DE/Dir. Issam Eldebs, AS Rene Policarpio, and PD Nick Locsin together with his Rotary Ann Lucille attended the 69th Charter and Charity Night of the Rotary Club of Taipei last October 14, 2017 at the Mega Room of the W Hotel in Taipei, Taiwan. They arrived in Taipei last October 13, 2017 and were met at the airport by the Rotary Club of Taipei officials led by Great President Jack Tsai. The delegation, during its stay, likewise touched base with former Manila Rotarian Reiner Allgeier and Past Rotary International President Gary Huang. Sister club agreement with our club was likewise renewed during the said event. Past Rotary International President Gary Huang as well as the members of the Rotary Club of Taipei expressed their desire to attend our centennial celebration in Rotary Year 2018-2019.





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Pres. Jimmie Policarpio presented to RC Taipei Pres. Jack Tsai the bell and gavel as token gift of Rotary Club of Manila.



Pres Jimmie Policarpio, PD Nick & spouse Lucille Locsin with Rtn. Reinier Allgeier, former member of RC Manila, now with RC Taipei.



SISTER CLUB AGREEMENT

We, the Rotary Club of Taipei, RI District 3490 and the Rotary Club of Manila, RI District 3490 hereby consent to the installation of a sister club relation, and through a mutual interchange between members, promote to seek the advancement of the status and friendly relations of the Rotarians of both clubs.

This agreement commences as from the date of its signing.

MEMORANDUM OF AGREEMENT

The following Agreement was concluded between the Rotary Club of Taipei, Taiwan (Rotary International, District 3490) and the Rotary Club of Manila, Philippines (Rotary International, District 3490), sister clubs of the Rotary organization.

PURPOSE

It is our aim to undertake and provide the humanitarian service, encourage high ethical standards in all conduct, foster better world peace and understanding in the world, ever putting into practice Rotary's eternal motto of "Service Above Self."

For: Jack Tsai (Chairman)
President, Rotary Club of Taipei (2017-18)
Rotary International, District 3490

For: Mr. Charles B. Chablon (Chairman)
Chairman, Service Project,
Rotary Club of Manila (2017-18)
Rotary International, District 3490

Signature: *Jack Tsai*
Date: _____
Signature: _____
Date: _____

PERIOD OF AGREEMENT

This Agreement shall be held for 2 years, from July 1, 2018 to June 30, 2020, unless it is terminated by either club by a written notice to the other club.

MUTUAL AGREEMENT

(a) The parties mutually agree to exchange club bulletins, membership directories and other publications suitable in achieving the purposes stated hereafter.

(b) The parties also agree to exchange information related to their respective activities and to report this information to members through their bulletins.

(c) Whenever members of the club of one city visit the other city, they shall make every effort to attend the regular meetings of the sister club, and to make reports on recent activities of the visited club, on their return.

(d) Members of each club will extend business and sightseeing assistance to visitors from the other club as much as possible.

For: Jimmy Gonzales (Chairman)
President, Rotary Club of Manila (2017-18)
Rotary International, District 3490

For: Rotary Club of Manila (2017-18)
Rotary International, District 3490

Signature: *Jimmy Gonzales*
Date: 13 Oct 17
Signature: _____
Date: 13 Oct 17





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Rotary International District 3810
ROTARY CLUB OF MANILA
First in Asia
 Charter No. 478, June 1, 1919



543 Arquiza cor. Grey Sts. Ermita Manila

Tel. Nos. 5271886 / 87; Fax No. 5271885; Email: rcmanila@rcmanila.org ; Website: www.rcmanila.org

October 17, 2017

Dear Fellow Rotarians,

RE: INVITATION OF ROTARY CLUB OF KOWLOON EAST

The International Relations Committee invites you to participate in the **48th Anniversary Fund Raising Ball, Rotary Club of Kowloon East**, in honor of club members and family members who be attending the Annual Ball - -

28th November 2017 (Tuesday), Farewell Lunch (venue to be announced)

27th November 2017 (Monday) at the Ballroom of the Grand Hyatt Hong Kong Hotel
 (1 Harbour Road, Hong Kong)

26th November 2017 (Sunday) Welcome Dinner a(venue to be announced)

The Grand Hyatt Hotel extends special room date for reservations made from 26-28 November 2017, as follows:

- a) Grand Deluxe Room: HK\$ 2,950.00 net per room/night (room only)
 HK\$ 3,200.00 net per room/night (includes 1 breakfast)
 HK\$ 3,450.00 net per room/night (includes 2 breakfasts)
- b) Grand Deluxe Harbour Room: HK\$ 3,450.00 net per room/night (Room only)
 HK\$ 3,700.00 net per room/night (includes 1 breakfast)
 HK\$ 3,950.00 net per room/night (includes 2 breakfasts)
 FREE IN ROOM INTERNET ACCESS

Enclosed is the reservation form for accommodation at Grand Hyatt Hotel. Please return the RSVP Form for guidance of the committee. Thank you,

Yours in Rotary,
 International Relations Committee

PD EDGAR L. LEE **PD NICK LOCSIN**
 Chairman CoChairman

Rtn DAVID WONG **Dir SUSING PINEDA**
 CoChairman CoChairman

Dir ISSAM ELDEBS **cc: Pres. Jimmie Policarpio, Sec. Alvin**
 Director in Charge **Lacambacal; AS Rene Policarpio**

Dear President Jimmie Policarpio,

The Rotary Club of Dhonburi, the second oldest Rotary Club in Thailand and the first to hold its meetings in Thai, is celebrating its 60th anniversary this year. For six decades the Rotary Club of Dhonburi has been at the forefront of Rotary in Thailand, having founded and co-founded 30 Rotary Clubs in its time, and successfully completed numerous social contribution projects.

Taking this opportunity, the Rotary Club of Dhonburi wishes to extend its invitation to you and your club members to the celebration on Saturday, 4 November at The Avani Riverside Bangkok Hotel. Not only do we hope that you would join us in the celebration of our important milestone but we also want to set a scene for you to catch up with old friends and make new ones. In addition to Rotarians from various clubs in Thailand there are also over 80 overseas Rotarians who will join us at the celebration.

We look forward to seeing you on 4 November.

Regards,

Wichai Chivakanit
President 2017-18,
Rotary Club of Dhonburi

INTERCLUB FORA



IPCoS/PSDG/PP Cesar Ubaldo and IPSDG/IPDCoS/DE/IPD Albert Alday attended the Presidents 101 Birthday Fellowship last October 17, 2017 at the residence of IPDT Ronnie Co at Marina Baytown East in Parañaque City to celebrate his natal day.

Php 1,200
a merger of traditions

No. 0329

Rotary District 3810

ROTARY: MAKING A DIFFERENCE

Rotary Club of Pace Manila Host

Oktoberfest

Beer Bash by the Bay

2017

Grand Sunset Pavillion Sofitel | Saturday October 14, 2017 | 7PM

Food No. 0329

RC Mabini Manila
RC San Marcelino Manila
RC Dagupan - Manila
RC Cavite East
RC Manila South
RC Chinatown Manila
RC Dasmariñas, Cavite
RC Pasay Southeast
RC Carmona
RC Manila
RC Manila Supreme 198
RC Quirino Manila Central
RC Jose Abad Santos Manila

RC Ermita Manila
RC Cavite Metro
RC Manila Robinson

a merger of traditions

Rotary District 3810

ROTARY: MAKING A DIFFERENCE

Rotary Club of Pace Manila Host

Oktoberfest

Beer Bash by the Bay

2017

Grand Sunset Pavilion, Sofitel | October 14, 2017 | 7PM

RC Pasay MOA
RC Pasay Centro
RC Raha Sulayman
RC Manila Sta. Ana
RC Manila Premiere
RC Manila East
RC Manila Metro
RC Kawit Kalayaan
RC Bacoor
Jepres
Legacy Presidents
Visionary Presidents
First Class Presidents

RC Imus East
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IPCoS/PSDG/PP Cesar Ubaldo, PP Francis Juico (not in picture) and Rtn. Vee David attended the **District 3810 OKTOBERFEST Beer Bash** By The Bay last October 14, 2017 at the Sunset Pavilion Tent of the Sofitel Philippine Plaza Manila in Pasay City where our club was a major co-host of the event which was hosted by the Rotary Club of Paco.



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ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI





ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI CONDUCTS FACT-FINDING MISSIONS ANEW

DE Raffy Alunan and DE Jackie Rodriguez together with Rotary Club of Manila Quiapo Central Great President Datu Haron Ali and Dr. Dulce Gust, widow of PP Gert Gust, embarked on a trip to Marawi City in furtherance of the One Rotary One Philippines One for Marawi Project from October 13-15, 2017 to assess once more what help they need. The group landed in Cagayan de Oro City then took a land trip to Iligan where they spent the entire day of October 13, 2017. There they met with local Rotary clubs, civil society and uniformed services. The following day, October 14, 2017, they addressed the imams from Lanao on the universal themes of patience, moderation, sacrifice, mercy, brotherhood, justice and peace for the greater good of mankind at the Mindanao State University-IIT in Iligan City. Thereafter, they proceeded to Marawi City to visit the Mindanao State University there for lunch and were very thankful that the building donated by our very own Manila Rotarian Former Speaker Joe de Venecia remained unscathed by the war. They also visited the Saguian and Balo-i municipalities to inspect the medcaps sites to help provide medical care to the “bakwits” with Rotary clubs, civil society and uniformed services in collaboration. Their day ended with a meeting at the Office of Civil Defense in Marawi City where they were met by BGen Donato and Col. Brawner. Dinner followed at The Strip. Early the following day, October 15, 2017, the group left Iligan City for Manila and will be back in two (2) weeks to conduct medical missions in “bakwit” areas around Marawi City.









For: President Jimmy Policarpio and RCM Board
 From: One Rotary team
 Date: October 16, 2017
 RE: Trip Report

Herewith is our report on our trip from October 13-15, 2017 to Iligan and Marawi to coordinate with local Rotary Clubs and the AFP-PNP for the forthcoming medical mission from October 26-29.

1. October 13

- a.) We checked in at the Alemania hotel in Iligan.
- b.) Met with Rotary District 3870 and the Rotary Clubs of Marawi and Iligan officials led by Frank Manga, Dr Mic Gandarma (eldest sister of Marawi Mayor Mahul), and PSupt Imam Moksir (also a Rotarian).
- c.) The AFP was represented by Lt.Col. Boransing and Maj. Estino.
- d.) The AFP and Rotarians exchanged notes on the evacuation centers, IDPs and afflictions to be treated. Local Rotarians will take the lead, RCM will be in support.
- e.) They selected Saguwaran and Baloi as towns with IDPs that need medical attention first due to their large numbers.
- f.) The harmonized data will be forward to the One Rotary team not later than October 18, 2017.
- g.) The meeting was also attended by members of Team Humanity led by Mr Bong Año, Executive Director, which has partnered with One Rotary for humanitarian assistance.
- h.) Team Humanity is linked to Kilusang Pagbabago of Cabinet Secretary Jun Evasco that supports President Rodrigo Duterte, including members of the Royal Houses of Lanao.

2. October 14

- a.) We attended an Imam symposium in the morning in MSU-IIT Iligan City on the invitation of PSupt Imam Moksir, Marawi City Police Chief, and briefed them of the One Rotary humanitarian assistance initiative.
- b.) We proceeded to MSU-Marawi for a quick lunch and checked on the building former Speaker Jose de Venecia donated. It still stands and remains unscathed despite its proximity to the war zone.
- c.) After lunch, we were escorted by TF Bangon to medcap sites in the towns of Saguwaran and Baloi. Common ailments confirmed were: gastro, pulmo and epidermal. Malaria and dengue were reported to us. They mentioned the need for opthal and dental services too.
- d.) In Saguwaran, the registration, waiting, consultation, check-up and minor surgery rooms will be in separate locations but not beyond 50 meters from each other. In Baloi, the medcap can be held within the covered court.
- e.) At OCD in Iligan, we met with BGen Donato, Col Brawner and other officers. They will provide security escorts and logistics like medical tents if needed; secure the medcap sites; and enforce crowd control.

3. October 15

Returned to Manila. No further meetings.

4. Next meetings

Next meeting of One Rotary team is on Oct. 17 at 2pm or Oct. 19 at 2:30 pm, Infinity Towers 6F, to finalize:

- a.) the list of doctors and nurses joining the medcap teams from both Manila and Marawi;

- b.) the breakdown of medicines and medical supplies that will be needed;
- c.) air and sea transport, and local warehousing arrangements;
- d.) hotel accommodations;
- e.) coordination with the AFP-PNP.

Final coordination meeting will be on October 23.

5. **Attachments**

- a.) Annex A contains pictures taken during the trip.
- b.) Annex B is the team's Liquidation Report.

Report ends. Nothing follows.

Rafael M. Alunan III

One Rotary Chair

Cc: Incumbent RCM Board

PE Susing Pineda

Incoming Centennial Board

Gov. Loy Cosico

Incumbent Rotary DGs

GE Rudy Bediones

Incoming Rotary DGs

Joaquin Rodriguez

One Rotary Vice-Chair

COGS IN THE WHEEL



During an interview over DZMM - PD Beda Fajardo was asked about the filing of the impeachment even if Chr. Bautista already tendered his resignation effective Dec. 31. PD Fajardo told DZMM the filing of the impeachment is a waste of the precious time and resources of the lower house as between now and Dec. 31 there is not enough time to even complete the prosecution of the case hence the whole process of impeachment will not be completed before the effectivity of Bautista's resignation. And what is the point of the impeachment when Bautista already tendered his resignation. I don't think Bautista will withdraw it.

PUBLIC HEALTH NUTRITION AND CARE

THE MOST IMPORTANT ELEMENT IN EXERCISE

Elias D. Adamos, M.D.



Whether you're running for fitness, walking to strengthen your legs, swimming for power and stamina, or simply enjoying cycling or dancing just because you love being with your friends and exercise buddies; the most important part of physical fitness exercise is cardiovascular endurance.

What is cardiovascular endurance?

It refers to the sustained ability of the heart, blood vessels, and blood to carry oxygen to the cells; the ability of the cells to process oxygen; and the ability of the blood, once again, to carry away waste products. Since each and every cell in the body requires oxygen to function, the basic and most important element of physical fitness is geared towards seeing that the heart, lungs, and circulatory system do their job. **Cardiovascular endurance is built up through exercises that enhance the body's ability to deliver large amounts of oxygen to working muscles.**

Oxygen and aerobic exercises

Because of the important role played by oxygen in exercises, activities that produce increased or deliver large amounts of oxygen to the muscles and tissues of the body are called aerobic (from the Greek word meaning "with air") activities. **Aerobic activities include: brisk walking, running, swimming, cycling, rowing, rope skipping, and aerobic dance (including the recently popular Zumba).**

What benefits can you get from aerobic exercises?

With regular aerobic exercise, your heart will eventually be able to pump more blood and thus deliver more oxygen with greater efficiency.

How do you train your heart?

The American College of Sports Medicine (ACSM) suggests the following:

1. Perform aerobic exercise sessions of **fifteen to sixty minutes a day, three to five times a week.**
2. Exercise at a level of intensity called your *training heart rate*. To compute for your training heart rate, apply this formula: $220 \text{ minus your age} = \text{your maximum heart rate (MHR)}$ in aerobic exercise. *Example: $220 - 60 \text{ (your age)} = 160 \text{ (your MHR)}$.*

Then take 60 percent and 80 percent of the number or the difference (That is: 160, in the above example). In other words, multiply the number by 0.6 and by 0.8. The products or results are the upper and lower end of your target heart rate zone. While you exercise, your heart rate should fall somewhere between these two numbers.

Don't let computations and pulse-taking spoil your enjoyment in aerobic exercises. Once you become an experienced exerciser, you'll simply "feel your training heart rate."

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