



Kabalita

No. 3720, November 9, 2017

GUEST OF HONOR AND SPEAKER



ALLAN B. DIAMOND, Esq.
Partner
Diamond McCarthy LLP

KABALITA

As valuable as the most precious gem that has made his name reverberate all throughout his country and the world, let his pulsating insights on cross-border international litigation be the antidote to the many issues that have hounded our respective businesses as we brace for the impact of his debut at Asia's First Rotary Club.

Countdown to Centennial
<http://www.rcmanila.org>

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

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PROGRAM

RCM's 19th for Rotary Year 2017-2018

November 9, 2017, Thursday, 12Noon, New World Makati Hotel

Officer-In-Charge/ Program Moderator Rtn. "Citos" Manalaysay

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. "Citos" Manalaysay
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 Rtn. "Bren" Egan RCM WF Music Chorale All Rotarians
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Rtn. "Jun" Aventura RCM WF Music Chorale
12:40 PM	One Rotary One Philippine One for Marawi Project Update Report Public Forum	DE "Raffy" Alunan Chairman
12:50 PM	Presentation of gifts from Rotary Club of Dhonburi , Bangkok, Thailand, to the Rotary Club of Manila by PP "Frank" Evaristo to Pres. "Jimmie" Policarpio	
12:52 PM	Induction of new members to RC Manila I Brief introductory remarks on Inductees by their Proposers II Formal Induction Ceremony	PT "Lito" Sibayan; DE "Jackie" Rodriguez Pres. Jimmie Policarpio
	1. Mr. Karlo Eugene Josef M. Castro (Filipino) Vice President and Chief Operating Officer Palawan Express Pera Padala Classification: PAWNSHOPS – Domestic Remittances Proposer: PT "Lito" Sibayan	

2. Atty. Dante A. Gierran, CPA (Filipino)
 Director
 National Bureau of Investigation
 Classification: GOVERNMENT –
 National Bureau of Investigation (NBI)
 Co-Proposers : **Pres. “Jimmie” Policarpio**
 and **DE “Jackie” Rodriguez**
 Welcome Baby Rotarian Song

RCM WF Music Chorale

12:55 PM

President's Time

Pres. Jimmie Policarpio

1:00 PM

Introduction of the Guest of
 Honor and Speaker

Rtn. “Ani” Desierto

Address: **ALLAN B. DIAMOND, Esq.**
 Partner
 Diamond McCarthy LLP

Public Forum

Club fund-raising campaign -cash raffle draw
 Response, Presentation of bell and gavel to

ALLAN B. DIAMOND, Esq. &
 meeting adjournment

DE/Dir. “Bobby” Joseph

Pres. Jimmie Policarpio

2:00 PM

Adjournment

PRESIDENTIAL TIMELINE



October 31, 2017 - DGE Rudy Bediones attended the Surprise Birthday Party for District Governor Emmanuel "Loy" Cosico at his residence in Executive Heights Subdivision, Parañaque City.

November 2, 2017 - The Rotary Club of Manila Centennial Golf Sub-committee led chaired by PS Butch Marking and co-chaired by PD Knud Hedeager met with DGE Rudy Bediones and commissioned golf organizer Vicente "Enteng" Roman at the Gallery 1 of the New World Makati Hotel in Makati City.

November 4, 2017 - IPSDG/PAG/PP Frank Evaristo attended the 60th Anniversary of the Rotary Club of Dhonburi, the second oldest Rotary club in Thailand which has founded and co-founded thirty (30) Rotary clubs and who holds the distinction of being the first to hold its meetings in Thai, at The Avani Riverside Bangkok Hotel, Thailand.

November 5, 2017 - DGE Rudy Bediones met with the Rotaract representatives of the ten (10) Rotary districts in the Philippines regarding the Asia Pacific Regional Rotaract Conference in Manila at the Aristocrat Restaurant in Manila.

November 6, 2017 - DGE Rudy Bediones presided over the Monthly Meeting of his Executive Committee and District Officers for Rotary Year 2018-2019 with the Pre-Presidents-Elect Training Seminar (PREPETS) as agenda at the Copacabana Apartment Hotel in Pasay City.

November 7, 2017 - DGE Rudy Bediones, DE Raffy Alunan, DE Jackie Rodriguez and Juan Montel met as part of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Multi-District Fund Raising Committee at the Infinity Tower Suites in Makati City.

November 8, 2017 - DE Raffy Alunan, DE Jackie Rodriguez, Rtn. Vee David and Juan Montel met for the purpose of organizing a Secretariat for the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project at the Infinity Tower Suites in Makati City.

- Rotaract Club of De La Salle-College of St. Benilde held its General Assembly at the De La Salle-College of St. Benilde in Manila.
- DE Raffy Alunan was interviewed by a panel of reporters from DZRH TV-RADIO ONLINE regarding ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project where he is the Chairman. This interview will be aired on November 11, 2017 at 4:00 pm on DZRH Channel 18 on Cignal, DZRH Channel 129 on Sky Cable, DZRH AM Radio 666 kHz and www.dzrhnews.com.

November 9, 2017 - Welcomes Allan Diamond, Esq., Partner, Diamond McCarthy LLP, who will speak on cross-border international litigation

- World Famous Chorale Practice, 6:30 pm, Central Colleges of the Philippines, Quezon City

GUEST OF HONOR AND SPEAKER'S PROFILE



Allan B. Diamond

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Allan Diamond is a trial lawyer with almost four decades of experience handling complex commercial litigation, business insolvencies, and cross-border litigation. Allan handles many cases with far-reaching domestic and global implications, including distressed financial situations with international cross-border litigation.

Allan has been lead trial counsel in some of the largest corporate fraud cases in history, many of which involved cross-border discovery issues and trial, including LJM2 (Enron), Parmalat, InverWorld, Syntax/Brilliant and USA Commercial Mortgage, among many others. He is currently lead counsel in the cross-border environmental litigation case on behalf of the Province of Marinduque, Philippines against Barrick Gold and is lead trial counsel for a multinational supplier of products used in the oil & gas industry in a major litigation in Houston involving cross-border issues in India. Allan has extensive experience with all aspects of trial procedures and evidence, including the often complex issues surrounding the admission of scientific evidence. Allan has appeared in federal, state, and appellate courts throughout the United States and as foreign co-counsel in many other jurisdictions around the world. He was appointed by the United States Department of Justice and the bankruptcy court in San Francisco as the Bankruptcy Trustee of Howrey, LLP, and also has served as lead special trial counsel to the Dewey & LeBoeuf Liquidating trust, the two largest law firm bankruptcies in history.

Allan has been selected as a Texas Super Lawyer every year since its inception in 2003 through 2017. He served as the former Chairman of the Advisory Board for Emory University School of Law in Atlanta, Georgia from 2013-2016, is a member of the Texas Bar Foundation and the Houston, Dallas and New York City Bar Associations. He is an honorary member of the Commercial Bar Association of England, Wales and Scotland, North American Division; a member of the Congress of Fellows for the Center for International Legal Studies in Salzburg, Austria; the International Business Law Consortium; INSOL, (London); the IBA (London); the ABA International Litigation Division, and is very active as a lecturer and author for the American Bankruptcy Institute, the American Bar Association and other associations. He is an advisor to the Uniform Law Commission section on fraudulent transfers.

THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 18th meeting to order.



PP "Francis" Juico as OIC/ Moderator directs the program of activities.



Rtn. "Leo" Gonzales delivers an ecumenical prayer.



Rtn. "Karl" Leung introduces the guests, visiting Rotarians and personalities seated at the presidential table.



DE "Jackie" Rodriguez, Vice-Chairman, One Rotary One Philippine One for Marawi Project gives a synopsis of the recently held Medical-Dental Humanitarian Assistance Mission in Marawi City.



PD "Abe" Pascual, President, Sagip Kabataan Foundation, announces special project and forthcoming activity.



Pres. "Jimmie" Policarpio for the President's Time.

PVP “Lance” Masters does the honour, pleasure and privilege of introducing **Mr. Ebb Hinchliffe**, Executive Director, The American Chamber of Commerce of the Philippines, as guest speaker.



American Chamber of Commerce of the Philippines Executive Director Ebb Hinchliffe gave Manila Rotarians, Visiting Rotarians and guests, a glimpse into the history and present state of trade relations between the United States of America and the Republic of the Philippines.



A proactive public forum followed suit after the speech of **Executive Director Ebb Hinchliffe** with **PD Beda Fajardo** and **VPE Lance Masters** raising questions.



PP Francis Juico draws the name of Rtn. **“Jeric” Jucaban** from the mini-glass tamboliolo as the winner of the club fund-raising raffle.



Pres. “Jimmie” Polycarpio during the response, presentation of bell and gavel to **Executive Director Ebb Hinchliffe** as guest speaker.



Post-meeting posterity photo with **Executive Director Ebb Hinchliffe** were with **DGE “Rudy” Bediones** shaking hands with the guest speaker, **Pres. “Jimmie” Policarpio** and **VPE/Dir. “Lance” Masters**.

BOARD MEETING



Board meeting held at Gallery 1, New World Makati Hotel last thursday, Nov. 2, 2017. Present were: **Pres. Jimmie Policarpio**, **VPE Lance Masters**, **IPP Teddy Ocampo**, **Dir. Art Lopez**, **PE Susing Pineda**, **AT Ner Lonzaga**, **Treas. Nicky Villasenor**, **ES Anna Kun Toledo** and **AS Rene Policarpio**.

NEW GENERATIONS SERVICE





We Stood With Marawi

With a series of unfortunate events our country is facing now, Rotary Club of Manila, Rotaract Clubs of De La Salle University, Rotaract Clubs of De La Salle – College of Saint Benilde, Mass Starvation Productions, and We Are Marawi partnered up in to raise money and awareness for Marawi. The war between terrorist and militants invaded the city and brought terror and death to the people, as well as to those in the neighboring towns and provinces.





Living up to its advocacies to put others before self, We Are HERE Marawi, an open mic session wherein songs and poetries were shared, aimed to bring people together to mourn and move for Marawi. The event, which happened last October 21, 2017 at Advocafe Mendiola, paved way for the members to know more about the condition in Marawi, and offer support through donations.



All hope was not lost as Rotaract stood with and for the people. Yes, maybe not physically, but in prayers and resources. This is us being one with Marawi; for God and country, and fellowship through service.



DGE Rudy Bediones met with the Rotaract representatives of the ten (10) Rotary districts in the Philippines last November 5, 2017 regarding the **Asia Pacific Regional Rotaract Conference** in Manila at the Aristocrat Restaurant in Manila.

Dear Manila Rotarians:

Annually, Rotary and Rotary Clubs hold their handover and induction ceremony to formally introduce the new set of officers and members of the club. Moreover, the event is prepared in the intention to celebrate our identities as young leaders who proudly uphold the vision and mission of the organization.

In this view, we cordially invite you to attend our Rotaract Club's induction for this year entitled, On To Greater Heights: A Joint Induction and Handover Ceremony of Rotaract Club of De La Salle University and Rotaract Club of De La Salle College of St. Benilde. The event will take place at Davao Room of Sofitel Philippine Plaza on November 17, 2017 at 6 o'clock in the evening. It is our great honor to have you as our guest/s.

Please let us know who will be able to make it to our event by November 11, 2017. We are looking forward to celebrate it with you for you have been an outstanding factor in shaping us as Rotaractors of today.

Thank you very much.

Jesu Cruz
VP - International Service
Rotaract Club of De La Salle University Manila



INTERCLUB ACTIVITY





DGE Rudy Bediones attended the Surprise Birthday Party for **District Governor Emmanuel "Loy" Cosico** last October 31, 2017 at his residence in Executive Heights Subdivision, Parañaque City.





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CENTANNIAL NEWS

THE ROAD TO 100





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THE ROAD TO 100





The Rotary Club of Manila Centennial Golf Sub-committee led chaired by PS Butch Marking and co-chaired by PD Knud Hedeager met with DGE Rudy Bediones and commissioned golf organizer Vicente "Enteng" Roman last November 2, 2017 at the Gallery 1 of the New World Makati Hotel in Makati City.

Rotary Club of Lake Arrowhead, chartered in 1949, meets every Tuesday lunch at “Woody’s Boathouse,” and most booths are made from old wooden Chris Craft sterns. The club is casual because it’s a year round resort area. They would like to partner with us on a water project.

Presented club banner by President Cheryl Moxley



Rotary District 5330 Governor Dr Manzoor Massey sounds like to collaborate on our initiative with the Philippine Heart Center to expand the capacity to provide open heart surgery on all 19 regions here.



Received "Energizer" pin from **PDG Joe Ramos**, district 5330



from Left to right **Dir Norton Marks**, **Rtn Leslie Marks**, **Rtn Jeanne Ramos**, **PDG 5330 Joe Ramos**, who is Chair of Rotary International Rose Parade Float Committee, and **VPE Lance Masters**.



President-Elect Mike Gladwell with VPE Lance Masters.



Wine making with members of Rotary Club of Lake Arrowhead

60th ANNIVERSARY OF THE ROTARY CLUB OF DHONBURI



Last November 4, 2017, IPSDG/PAG/PP Frank Evaristo attended the **60th Anniversary of the Rotary Club of Dhonburi**, the second oldest Rotary club in Thailand which has founded and co-founded thirty (30) Rotary clubs and who holds the distinction of being the first to hold its meetings in Thai, at The Avani Riverside Bangkok Hotel, Thailand where he represented our President "Jimmie" Policarpio and our club, the Rotary Club of Manila, the First in Asia. The landmark celebration was led by **President Wichai Chivakanit** and was attended by more than eighty (80) overseas Rotarians. The highlight of the celebration was the presence of **Past Rotary International President Bhichai Rattacul**, the Guest of Honor and Speaker of the occasion, who delivered an inspirational message.



Gift presented by **Rotary Club of Dhonburri** to **Rotary Club of Manila** thru **PP Frank Evaristo**.



ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI





DGE Rudy Bediones, DE Raffy Alunan, DE Jackie Rodriguez and Juan Montel met as part of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Multi-District Fund Raising Committee last November 7, 2017 at the Infinity Tower Suites in Makati City.



One Rotary's first medcap



RAFAEL ALUNAN III · WEDNESDAY, NOVEMBER 1, 2017



Three weeks ago, Team Rotary composed of Jackie Rodriguez, Datu Haron Ali and Raffy Alunan met up with Team Humanity's Bong Año and Norodin Alonto Lucman in Iligan to coordinate and do an ocular of the medcap sites for its first mission that took place last week. The team expresses its heartfelt THANK YOU for everyone who made the medical missions to Saguilaran, Lanao Sur (Oct. 27) and Baloi, Lanao Norte (Oct. 28) possible under the banner of "One Rotary, One Philippines, One for Marawi."

That was the first of many more medical missions ahead, which is one of four components of Rotary's 2-year legacy humanitarian assistance program. The other three are: providing prosthesis; water and sanitation; and PTSD treatment. Earlier in September, Rotary, with the collaboration of Pepsi-Cola Products Philippines, Inc., noted entertainers and beauty queens visited our wounded warriors at the Army General Hospital and V. Luna General Hospital to bring them good cheer.

The medical team from Manila consisted of the following:

1. Sr. Eva Maamo, MD (Surgery)
2. Ma Sharon Reyes, MD (Pediatrics)
3. Ma. Josephine Glean, MD (Pediatrics)
4. Ma. Elena Dolor, MD (Pediatrics)
5. Naomi Lachica, MD (Pediatrics)
6. Marites Palentinos, MD (Adult-Cardiology)



7. Rolando Baria, MD (Surgery)
8. Francis Joseph Reyes, MD (Surgery)
9. Azenith Barcia, MD (Gen. Practice)
10. Lourdes Buenaventura, MD (Internal Med)
11. Kim Billedo Ramos, RN
12. Aldrin Lavadia, RN
13. Mellany Bobis, RN
14. Jeffrey Superada
15. Jayson Padilla
16. Valentina Terrada
17. PDG Lyne Abanilla (Team Leader)

A lot of organizations and people contributed to this first medical mission that Team Rotary would like to cite and thank:

1. The Rotary Clubs of Manila, Quiapo Central, Tondo, Quirino, Cagayan de Oro, Iligan, Ranao, Marawi, Valencia and the incumbent/incoming district governors (Loy Cosico/Rudy Bediones of District 3810; Linda Deleste/Frank Manga of District 3870), and their tireless efficient staff;
2. Team Humanity led by Bong Ano that provided valuable logistical support, internal security, and links to the AFP and traditional leaders of Marano society;



3. PAL Chairman Lucio Tan and President Jimmy Bautista, their staff and Foundation for the all-important free passage of our medical team and cargo;
4. Don Juan Montel of Sociedad Espanola de Beneficencia;
5. Iligan Mayor Celso Regencia and CDRMO Patrick Nunez;
6. DOT ASEC Ricky Alegre and RD10 May Unchuan representing DOT Sec. Wanda Teo, and Gloria Macaraeg, for the entire team's accommodations at the spacious and charming Macapagal residence in Iligan;



7. The officers and men of the 6ID and PNP R10 PSPO who secured and escorted us from start to finish, including our previous fact-finding, ocular and coordination trips;

8. The female hijab warriors of the PNP and AFP who controlled the medical mission areas;



9. RCM DE Jackie Rodriguezm PDG Lyne Abanilla, Ms. Darlene Lamis and Dr. Capt Sharon Reyes for their crucial and timely coordination with PAL to ensure that all passengers and cargo were airlifted from and to Manila;

10. The doctors and nurses fielded by the local Rotary Clubs, the Department of Health and the Rural Health Workers of Marawi, Saguwaran and Baloi



11. Dr. Sr. Eva Maamo and Dr. Capt Reyes for harnessing the medicines and medical supplies from various donors (over 1 ton of medicines and supplies were brought for this mission), and for organizing the medical teams from their hospital and clinic.



12. Rotarian Abe Pascual; Unilab's Ritemed/Pharex; and Caritas that donated additional medicines which are being gathered for the next medical mission in November.

We had lots of moving parts; each one performed superbly while sacrificing their time and resources in the service of others. Minus the usual bugs and glitches that were addressed on the spot, we rated our first medical mission at 90%.



Weather, however, was beyond our control. It hampered the Saguaran leg; only 818 were served as evacuees from various centers were unable to reach the site, and those waiting to be served were forced to leave and seek shelter. The conditions in Baloi were markedly improved allowing us to treat over 1,200 people.

Minor friction over methods, roles and responsibilities occurred which were addressed immediately. Distance and traffic due to security checkpoints between Iligan and the medcap sites, and point-of-distribution handling issues delayed the meals for some doctors or were diverted to others unknowingly. Lessons learned here.



All in all, we served over 2,000 patients, but it could have been more as we were ready to serve 4,000 patients. Excess medicines and supplies are being stored through the kindness of PDG Linda Deleste for the next mission, which will likely be in Iligan and/or Cagayan de Oro. PDG Linda was with us for both medcaps.



We paid courtesy calls on Marawi Mayor Majul Gandamra, Iligan Mayor Celso Regencia, RLA Zia Adiong, and the Office of Civil Defense. The Municipal Mayors of Saguilaran and Baloi were reportedly in Cebu for a League of Municipalities meeting.



Marawi is still at risk from Daesh (ISIS) stragglers hiding in the ruins. Three days after the team





visited Mayor Gandamra in City Hall on Oct 28, a straggler was killed in a firefight near City Hall. According to a captured ISIS fighter from Indonesia, there are still stragglers in the area. Clearing operations are on-going for stragglers and IEDs (improvised explosive devices).





In almost five months of intense urban warfare, the likes of which were not encountered since World War II, 165 AFP-PNP troopers and 921 terrorists died in combat; over 1,700 soldiers and policemen were injured. On the civilian side, 47 were killed in the crossfire or executed by Daesh, 1,780 hostages were rescued and over 350,000 people were displaced.



“One Rotary, One Philippines, One for Marawi” endeavors to apply the whole-of-nation principle through unity, solidarity and teamwork to help bridge humanitarian assistance gaps affecting natural disaster and war victims over the next two years.



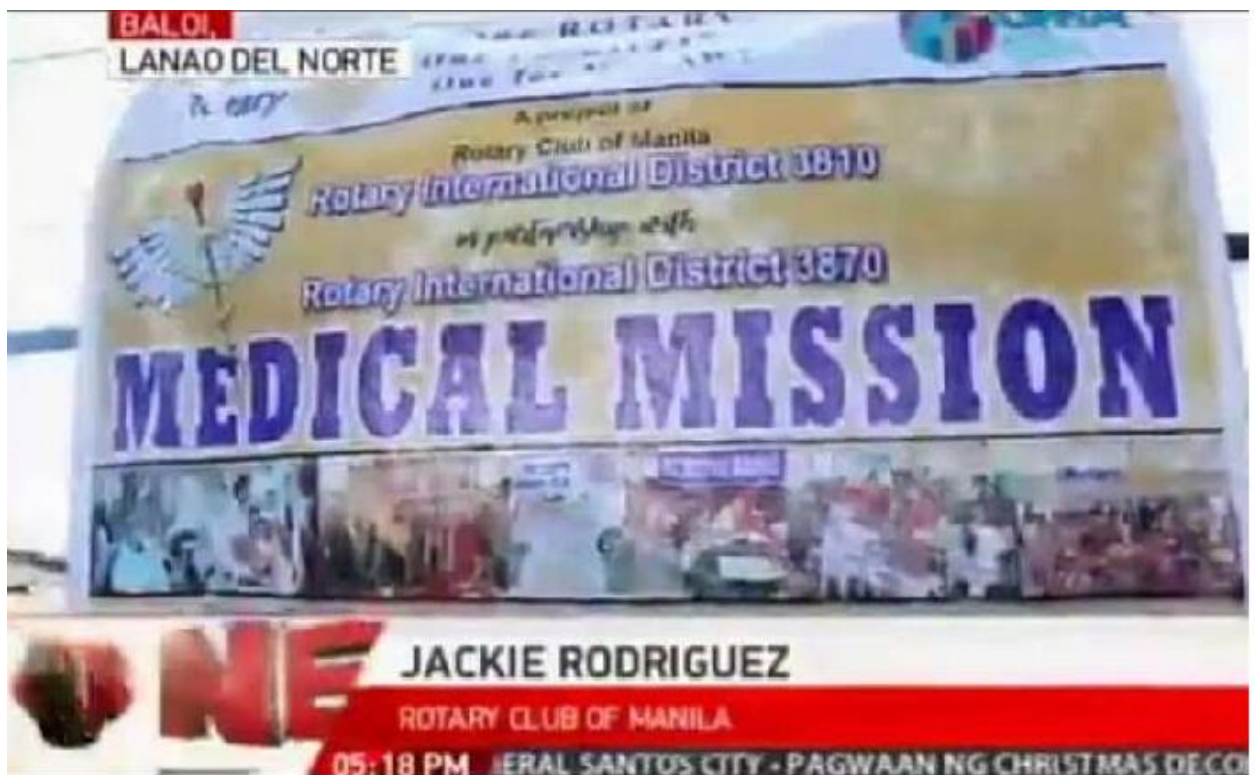
Our first medcap mission performance established a template for future sorties. Congratulations to everyone who made it possible. Onward to the second medcap in Iligan and/or Cagayan de Oro! A repeat performance will prove that we're up to the task.

TV INTERVIEW



DE Raffy Alunan was interviewed yesterday, November 8, 2017, by a panel of reporters from DZRH TV-RADIO ONLINE regarding ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project where he is the Chairman. This interview will be aired on November 11, 2017 at 4:00 pm on DZRH Channel 18 on Signal, DZRH Channel 129 on Sky Cable, DZRH AM Radio 666 kHz and www.dzrhnews.com.





ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI television coverage by GMA News Davao regarding the Medical and Dental Mission last October 28, 2017 in Baloi, Lanao del Norte through the courtesy of Bong Año of Team Humanity.

SAGIP KABATAAN CHRISTMAS GIFT GIVING

SAGIP KABATAAN FOUNDATION, INC.

c/o Rotary Club of Manila
543 Arquiza cor. Grey Street, Ermita, Manila
Tel. Nos. 5271886 / 87; Fax No. 5271885



Members of the Board of Trustees and the
Members of Sagip Kabataan Foundation are
invited to participate in the :

Annual Christmas Gift Giving
To be held on
Thursday December 7, 2017 5:00 PM
At the
Asilo de San Vicente de Paul

Please feel free to bring your gift pack/s for
the children/youth. Enclosed is the Need
List for your reference.

RSVP : RCM Secretariat
rcmanila@rcmanila.org
Mobile No. 09088737405

Pres/ Abe Pascual

SPEAKER'S BUREAU

Rotary DISTRICT 3810

ROTARY MAKING A DIFFERENCE

ROTARY INTERNATIONAL DISTRICT 3810

JOINT MEETING

WEST PHILIPPINE SEA

THE WEST PHILIPPINE SEA

"THE PHILIPPINES FACES A SECURITY CHALLENGE IN TWO FRONTS: WEST PHILIPPINE SEA TO THE WEST AND BENHAM RISE TO EAST"

Cong. ROILO GOLEZ
Guest Speaker
Former National Security Adviser

Host Club : ROTARY CLUB OF MANILA BINONDO PRIME

Emmanuel "Lay" Cosico
 District Governor
 RA 2017/2018

GP Edward Edguban
 RL Manuel Roxas Blvd Manila

GP Mat Magpantay
 RC Manila Binondo Prime

GP Cristy Lee
 RC Manila Premier

GP Kim Camelo
 RC Manila Sta Ana

Midas Hotel, Roxas Blvd., Pasay City • November 23, 2017

NEWS RELEASE



Pepsi, Rotary cheer up troops at Army Hospital

Some 150 Army soldiers who were wounded in the protracted armed conflict in Marawi City in Mindanao had an afternoon of fun and exchange of pleasantries recently with unexpected visitors, among them beauty pageant contestants at the Army General Hospital in Fort Bonifacio, Taguig City where they are currently recuperating.

The event, organized by the Rotary Club of Manila (RCM) in collaboration with the Army Scout Rangers, Pepsi-Cola Products Philippines Inc. (PCPPI), and Miss Philippines Pageant, was meant to bring joy and entertainment to the injured troops, while thanking them for the sacrifice they made for the country.

PCPPI vice president for corporate affairs and communications Jika Dalupan cited RCM member Rafael Alunan III for walking the extra mile to spearhead the affair as a collective appreciation for the soldiers' gallantry and heroism.

The RCM was represented by about 15 past and present officers, while Pepsi's delegation consisted mainly by Dalupan and corporate affairs senior manager Rondell Torres. The Ms. Philippines Pageant brought along two candidates from Zamboanga and Butuan City who gamely interacted with the troops, some of them still in wheelchairs.

The RCM rendered some musical numbers and gave away token/cash gifts to the September birthday celebrators. For its part, Pepsi catered with soft drinks and snacks provided by its own production line. "We stand with our soldiers in their time of healing and recovery, and we hope that through fellowships like this, we can express our appreciation through our well-loved brands to the brave men and women protecting the country," Dalupan noted.

PUBLIC HEALTH NUTRITION AND CARE



QUICK RELAXATION TECHNIQUES

Elias D. Adamos, M.D.

Anger, tension, anxiety, and other negative emotions have the same negative effects on your health. The physiological effects include high blood pressure, increased heart rate, muscle tension, headaches, sleeplessness, and intestinal upset. Negative emotions can result may trigger the development of depression. Here are some relaxation techniques in twenty minutes or less. With little practice, you will surely learn to overcome negative emotions.

Countdown

Close your eyes. Count backward from ten or twenty. Say each number as you exhale. Call your imagination into play. Imagine yourself going down a stairway or past the floors of a building as an elevator descends. You can even count down your age and imagine yourself traveling briefly back in time. When you have reached zero, inhale and count to three. Now you're ready to resume your routine and work.

Imagery

This will remind you of the popular quote, *"Take time to smell the flowers."* Stop what you're doing and close your eyes. Imagine a beautiful scene. Perhaps a place you have visited recently or scenery you saw during your last vacation. Spend some five minutes examining and enjoying every detail of the picture. If you are by the lake, listen to the sound of the water. Listen to the chirping of the birds. Count the trees and the flowers. See, hear, and smell things.

Turtle

This will relax the muscles of your neck and back. Sit up straight and let your chin fall to your chest as you exhale. Move your head back slowly as though trying to reach the back of your neck with your head. Then pull your shoulders up as though trying to reach your ears. Then release. You can do this relaxation technique anytime and anywhere.

Scanning

Stay at your desk during your coffee break. Inhale and exhale deeply. Slowly "scan" your body. Think about each part of your body – your face and neck, shoulders, arms, your tummy, legs, and feet. Seek out tense muscles. Inhale and exhale. Then inhale deeply and as you exhale, relax all the muscles that are tense. It may help, as you scan your body, to recite silently some phrase or prayer that has calming effect. *My favorite is Psalm 23:1-6.*

A simple piece of advice

"Nothing can bring you peace but yourself." **Ralph Waldo Emerson (1803-1882), American essayist, lecturer, and poet**

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