



balita

No. 3723, December 7, 2017

GUEST OF HONOR AND SPEAKER



(Ret.) Lt. Gen. CARDOZO M. LUNA, M.A.
Undersecretary for National Defense Operations
Department of National Defense
Republic of the Philippines

KABALITA

Now that the embers of a war-torn Marawi has seen its final glow, the time to rebuild has arrived. Let the foremost Vanguard of Operations restore Marawi to its pristine conditions as he updates us on this arduous task.

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Countdown to Centennial

<http://www.rcmanila.org>



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

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Assistant Treasurer

Secretariat
ANNA KUN TOLEDO

PROGRAM

RCM's 22nd for Rotary Year 2017-2018

December 7, 2017, Thursday, 12Noon, New World Makati Hotel

Officer-In-Charge/ Program Moderator RCM PVP "Roy" Golez

PROGRAM TIMETABLE

"A Joint Meeting Between Rotary Club of Manila and Rotary Club of Forbes Park"

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

RCM PVP "Roy" Golez
OIC/Moderator

12:30 PM Call to Order

RCM Pres. Jimmie Policarpio;
RCFP Pres. Edwin Salonga

Singing of the Republic of the
Philippines National Anthem
Invocation

RCM WF Music Chorale
RCM Rtn. Caloy Buendia

A moment of silent prayer for the eternal repose of the soul of
Mr. Naim "Nick" Eldebs who passed-away recently in the
grace of the Lord (Son of **DE/Dir/ "Issam" Eldebs**)

RCM Hymn

RCFP Hymn

The Four (4) Way Test Credo

RCM WF Music Chorale
RCFP Music Chorale
RCFP Rtn. PN Raj Bhattee

12:35 PM Introduction of -
-Guests, Visiting Rotarians & Personalities at the Head Table
Welcome Song

RCM Star Rtn. Michael Cutter

RCM WF Music Chorale

12:40 PM Maligayang Bati (**RCM** Birthday Celebrants)

Dec. 3...STAR Rtn. "Karlo" Castro

Dec. 8...Sec. "Alvin" Lacambacal, Rtn. "Jujut" Enriquez

Dec. 9...Rtn. "Manny" Blanco;

Dec. 12...DE/Dir. "Bobby" Joseph

Dec. 13...PDG "Alex" Cureg, AS "Rene" Policarpio

Dec. 14...Rtn. "Zdenek" Jankovsky;

Dec. 16...PD "Phil" Ong

Dec. 17...Rtn. "Ave" Cruz;

Dec. 18...PP "Frank" Evaristo

Dec. 19...Rtn. "Mon" Quisumbing, Rtn. "Momo" Mommaerts

Dec. 21...PSAA "Fred" Lim

Dec. 22...Rtn. "Bob" Sobrepeña, PD "Rod" Valencia

Dec. 23...PVP "Mike" Guerrero;

Dec. 26...Rtn. "Joe" de Venecia

Dec. 27...PP "Boy" Guevara, Jr.

Dec. 28...Rtn. "Joey" Syjuco, Rtn. "Gani" Macatoman

Dec. 29...SAA "Dave" Reynolds, Rtn. "Justin" Ocampo

Maligayang Bati (**RCFP** Birthday Celebrants)

Dec. 3...PP Beans Gonzalez

Dec. 13...Rtn. James Yu

2:45 PM A. Induction of New Member to the Rotary Club of Manila
1. Brief Introduction of Inductee by Proposer
2. Formal Induction Ceremony

RCM DE Jackie Rodriguez
RCM Pres. Jimmie Policarpio

Mr. Juan Manuel Montel Castro-Rial (Spaniard)
Executive Director, Sociedad Espanola de Beneficencia
Classification: Foundation – Senior Shelter

Welcome Baby Rotarian Song

B. Induction of an Honorary Member to the Rotary Club of Manila
His Excellency Jaideep Mazumdar
Ambassador Extraordinary & Plenipotentiary
of India to the Philippines

12:55 PM Presentation of RCM Paul Harris Fellows

1. **PDG Alex Cureg & Spouse Anna Cureg (Major Donor Level 2 Plus)**
2. **PAT Hermie Esguerra (Major Donor Level 2 Plus)**
3. **PD Abe Pascual (Multiple PHF+3 blue sapphires)**
4. **PT Jun Follosco (Multiple PHF +2 blue sapphires)**
5. **PD Raoul Villegas (New Paul Harris Fellow)**
6. **Rtn. Tom Drilon (New Paul Harris Fellow)**

1:00 PM President's Time

1:05PM Introduction of the Guest of
Honor and Speaker

Usec. Cardozo M. Luna
National Defense Operations
Department of National Defense (DND)

Public Forum
Club fund-raising campaign —
cash raffle draw

Response, Presentation of tokens of appreciation to
Usec. Cardozo M. Luna and meeting adjournment

2:00 PM Adjournment

RCM WF Music Chorale

RCM Pres. Jimmie Policarpio

RCM Pres. Jimmie Policarpio;
Sec. "Alvin" Lacambacal, Chairman
Paul Harris Fellow Committee

RCMPres. "Jimmie" Policarpio;
RCFP Pres. "Edwin" Salonga

RCM DE Jackie Rodriguez

RCM DE/Dir. "Bobby" Joseph

RCM Pres. "Jimmie" Policarpio;
RCFP Pres. "Edwin" Salonga

PRESIDENTIAL TIMELINE



November 22, 2017 - DGE Rudy Bediones met with the Rotarians and Rotaractors of the district in charge of the 2018 Asia Pacific Regional Rotaract Conference to be held in Manila. This took place at the Legend Seafood Restaurant in Pasay City.

- The World Famous Music Chorale led by Chair PP Babes Reyes held a choir practice at the Infinity Tower Suites in Makati City. Others present were DGE Rudy Bediones, VPE/Dir. Lance Masters, DE Jackie Rodriguez, Rtn. Warren So and Rtn. Thad Liamzon.

- DE Raffy Alunan was Guest Speaker at the Rotary District 3780 Joint Club Seminar on Peace and Conflict Resolution, entitled, "Marawi: Now and Then", at the Silver Room, Rotary Center, Roces Ave. corner Mother Ignacia St. in Quezon City. He likewise made a briefing on the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project.

November 23, 2017 - DGE Rudy Bediones (Rotary Club of Manila Centennial Committee Interim Chair), PP Francis Juico (Rotary Club of Manila Centennial Invitations Subcommittee Chair), PDG Alex Cureg (Rotary Club of Manila Centennial Invitations Subcommittee Co-Chair) and President Jimmie Policarpio met with Rotary International Director-Elect Raffy Garcia at the Ballroom 2 of the New World Makati Hotel in Makati City.

- The Joint Meeting of the Council of Past Presidents with the Board of Directors for Rotary Year 2017-2018 and the Board of Directors for Rotary Year 2018-2019 was held at the Gallery 1, New World Makati Hotel, Makati City.

- The Rotary Club of Manila Centennial Ways and Means Sub-committee met at the Napa Room of the Tower Club in Makati City. Present were PP Boy Guevara (Rotary Club of Manila Ways and Means Subcommittee Chair), PAT Hermie Esguerra (Rotary Club of Manila Ways and Means Subcommittee Co-Chair), PP Francis Juico, IPSDG/PAG/PP Frank Evaristo, PE/Dir. Susing Pineda and Rotary Ann Marites Pineda, VPE/Dir. Lance Masters, DE/Dir. Issam Eldebs, DE Jackie Rodriguez and PSAA Gunter Matschuck.

November 24, 2017 - Manila Rotarians met at the Central Colleges of the Philippines in Quezon City early in the morning before they boarded a Hyundai County Bus of National University provided through the courtesy of IPP Teddy Ocampo enroute to the First Scout Ranger Regiment 67th Anniversary at Camp Tecson, San Miguel, Bulacan.

- Manila Rotarians together with other Rotarians from the Rotary Club of Tondo and the Rotary Club of Manila Quiapo Central graced the 67th Anniversary of the First Scout Ranger Regiment last November 24, 2017 at Camp Tecson, San Miguel, Bulacan and brought good cheers and donations on this occasion in grateful recognition of their gallantry in the Marawi Conflict. The Guest of Honor during this momentous occasion was no less than President Rodrigo Roa Duterte. Joining Manila Rotarians likewise during this occasion was 2017 Bb. Pilipinas Intercontinental Katarina Sonja Rodriguez, granddaughter of DE Jackie Rodriguez.

- Manila Rotarians brought home a record-breaking twenty-one (21) trophies from the District 3810 The Rotary Foundation (TRF) Recognition Night at the Sofitel Philippine Plaza Manila in Pasay City as this Rotary Year 2017-2018, twenty-one (21) Manila Rotarians made their respective marks in The Rotary Foundation through their generous donations ranging from Paul Harris Fellow to Major Donor. Present were IPS/PD Ning Lopez and his Rotary Ann Josephine "Joy" Alcantara-Lopez, PD Tony Lopa, PD Abe Pascual, Treasurer Nicky Villaseñor, Rtn. Johnny Chotrani, AS Rene Policarpio and I.

November 25, 2017 - VPE/Dir. Lance Masters attended the 2017 Rotary Community Corps District Assembly hosted by the Rotary Club of Dasmariñas Cavite at the Emilio Aguinaldo College in Ermita, Manila.

- AS Rene Policarpio, AT Ner Lonzaga together with his Rotary Ann Intramuros Rtn. Femy Lonzaga and I arrived at the Hongkong International Airport to attend the Rotary Club of Kowloon East 48th Anniversary and Fund Raising Ball, our sister club. We were met at the airport by Rotarians from the Rotary Club of Kowloon East.

- The children of PP Toting del Rosario, namely, Franco del Rosario and Rotary Club of Makati PP Carlos del Rosario hosted a “cheer up” luncheon for their father, PP Toting del Rosario, at the Manila Polo Club Townhouse residence of Rotary Club of Makati PP Carlos del Rosario in Makati City.

- Treasurer Nicky Villaseñor represented the Rotary Club of Manila delegation at the District 3810 On to Toronto Launching hosted by the Rotary Club of Pasay Southeast at the Boracay Room of the Sofitel Philippine Plaza Manila in Pasay City where our club was a co-host.

November 26, 2017 - PDG Vince Carlos and Lady Tina Carlos, PP Benny Laguesma and Rotary Ann Tessie Laguesma, AS Rene Policarpio, AT Ner Lonzaga with Rotary Ann / Intramuros Rtn. Femy Lonzaga, SAA Dave Reynolds, PD Ed Lee with Daffodil Costelo and I attended the Welcome Dinner for the Sister Clubs of the Rotary Club of Kowloon East in Hong Kong. The event was graced by no less than Past Rotary International President Bicchai Rattakul (Rotary International President for RY 2002-2003).

November 27, 2017 - PDG Vince Carlos with Lady Tina Carlos, PP Benny Laguesma with Rotary Ann Tessie Laguesma, AS Rene Policarpio, AT Ner Lonzaga with Rotary Ann Intramuros Rtn. Femy Lonzaga, SAA Dave Reynolds and I attended the Rotary Club of Kowloon East 48th Anniversary and Fund Raising Ball at the Ballroom of the Grand Hyatt Hong Kong Hotel in Hong Kong. During this event, I presented to our sister club a commemorative bell and gavel set.

November 28, 2017 - DGE Rudy Bediones and Lady Sharon Bediones arrived at Taiwan Taoyuan International Airport in Taoyuan City, Taiwan for the Taipei Zone Institute Governors-Elect Training Seminar (GETS) and Spouses Program.

- DGE Rudy Bediones and Lady Sharon Bediones together with their respective classmate District Governors-Elect and Spouses met at The Grand Hotel, Taipei, Taiwan, the evening before the Governors-Elect Training Seminar and Spouses Program and went sight-seeing.

November 29, 2017 - DGE Rudy Bediones attended the first day of the Governors-Elect Training Seminar at The Grand Hotel in Taipei, Taiwan while Lady Sharon Bediones attended the first day of the Spouses Program at the same venue.

- PVP Babe Romualdez, Ambassador of the Republic of the Philippines to the United States of America, presented his credentials to US President Donald Trump at the White House, Washington, D.C. as part of diplomatic protocol.

November 30, 2017 - DGE Rudy Bediones attended the second day of the Governors-Elect Training Seminar at The Grand Hotel in Taipei, Taiwan. Graduation ceremonies took place on the same date at the Grand Mayfull Hotel in Taipei, Taiwan.

December 1, 2017 - DGE Rudy Bediones and Lady Sharon Bediones as well as PDG Vince Carlos and Lady Tina Carlos attended the opening of the 2017 Taipei Rotary Institute in Taipei, Taiwan.

- IPCoS/PSDG/PP Cesar Ubaldo and IPSDG/IPDCoS/DE/IPD Albert Alday attended the “Let’s Meet..Let’s Give” Christmas Fellowship of District 3810 clubs and the launch of “Share A Toy Give A Joy” Project at the Marina Baytown East Clubhouse in Parañaque City.

- Secretary Alvin Lacambacal, Treasurer Nicky Villaseñor and Rtn. Johnny Chotrani attended the cocktail reception onboard the visiting Indian Coast Guard Ship Shaurya at Pier 15, South Harbor, Manila. On hand to welcome them were The Ambassador of

India to the Republic of the Philippines His Excellency Jaideep Mazumdar who is likewise an Honorary Member of the Rotary Club of Manila and the Commanding Officer of Indian Coast Guard Ship Shaurya, DIG D.S. Chauhan.

December 2, 2017 - DGE Rudy Bediones and Lady Sharon Bediones as well as PDG Vince Carlos and Lady Tina Carlos attended the second day of the 2017 Taipei Rotary Institute in Taipei, Taiwan. DGE Rudy Bediones promoted the 2018 Asia Pacific Regional Rotaract Conference in Manila to Rotarians who attended the institute.

- Manila Rotarians attended the 42nd Annual Consular Ball at the Rizal Ballroom of the Makati Shangri-La in Makati City.

December 3, 2017 - DGE Rudy Bediones and Lady Sharon Bediones as well as PDG Vince Carlos and Lady Tina Carlos attended the third day of the 2017 Taipei Rotary Institute in Taipei, Taiwan.

- Many Manila Rotarians attended Game 3 of the UAAP Men's Basketball Finals between the Ateneo Blue Eagles and the De La Salle Green Archers at the Smart Araneta Coliseum in Quezon City where Ateneo won over archrival De La Salle, 88-86 in a close game to capture the crown.

December 4, 2017 - Rtn. Brix Pujalte was elected to the 2018 Board of Regents of the Philippine College of Surgeons. This was formalized with his induction during the 73rd Annual Clinical Congress at the EDSA Shangri-La Hotel in Mandaluyong City.

- IPSDG/IPDCoS/DE/IPD Albert Alday attended the 1st All Star Team and Presidents Christmas Party Fellowship at the Vikings Venue, Pasay City.

December 5, 2017 - Rtn. Jack Bautista was an awardee for 2017 of the Philippine Society for Pediatric Ophthalmology and Strabismus (PSPOS) at the SMX Convention Center in Pasay City.

- Manila Rotarians attended the Celebration of the National Day of the Kingdom of Thailand and the Commemoration of the Birthday of His Majesty the late King Bhumibol Adulyadej as well as the Celebration of Thailand's Father's Day at the Mayuree Ballroom of the Dhusit Thani Manila, Makati City.

December 6, 2017 - PVP Roy Golez was a panelist in a round table discussion on The Special Japan-Australia Strategic Partnership Within the Ambit of Democratic Security Diamond, Seeking Partnership with the Philippines in Maritime Security at the Tower Club in Makati City. Participants were from Japan, USA, Australia, Denmark and the Philippines.

- DGE Rudy Bediones, Lady Sharon Bediones and the District Officers of District 3810 for Rotary Year 2018-2019 hosted a Christmas Party for the District 3810 Presidents-Elect at the Punta Mandala Restaurant, Shaw Boulevard, Mandaluyong City.

December 7, 2017 - Welcomes (Ret.) Lt. Gen. Cardozo Luna, Direct, Undersecretary for National Defense Operations, Department of National Defense, who will speak on the Marawi Operations and the Current Existing Security Danger Zones

- Rotary Club of Manila Centennial Committee Meeting, 9:30 am, Ballroom, New World Makati Hotel, Makati City

- Christmas Gift Giving of Sagip Kabataan Foundation for Asilo de San Vicente de Paul Marginalized Children and Youth, 5:00 pm, Asilo de San Vicente de Paul, United Nations Avenue, Manila

GUEST OF HONOR AND SPEAKER'S PROFILE

CARDOZO M. LUNA

9 Noriel St. Katarungan Village, Mambungan, Antipolo City
+63920 962 1024

Date of Birth: 07 September 1953
Place of Birth: San Ildefonso, Bulacan
Civil Status: Married (Mrs. Joyce Siongco Luna)
Languages: English, Filipino



EDUCATION

Bachelor of Science, Philippine Military Academy, 1971-1975
 Philippine Military Academy, Baguio City

Master of Arts, Economic Development, 1979-1982
 University of the Philippines

Master of Arts, Economic Planning,
 Ph.D Candidate, Regional Economics, 1982-1985
 University of Pennsylvania

WORK EXPERIENCE

Undersecretary of National Defense. Office of the Undersecretary of National Defense, Department of National Defense, 01 July 2016 – present

Member of the Board of Trustees, Armed Forces and Police Savings and Loans Association, Inc. (AFPSLAI), May 2011 – present

President and Chief Executive Officer, Armed Forces and Police Savings and Loans Association, Inc. (AFPSLAI), May 2012 – September 2013

Philippine Ambassador to the Netherlands
 06 August 2009 – 30 September 2010

Vice Chief of Staff, Armed Forces of the Philippines, AFP
 07 May 2008 – 01 May 2009

Commander, EASTMINCOM, AFP
 30 August 2007 – 07 May 2008

Commander, CENTCOM, AFP
 2 August 2006 – 30 August 2007

Commanding General, 4th Infantry Division, Phil. Army
 02 November 2005 – 10 August 2006

Commander, Training and Doctrine Command
 25 October 2004 – 07 November 2005

Commandant of Cadets, Philippine Military Academy

21 July 2003 – 18 October 2004

AWARDS

- Philippine Legion of Honor, degree of Commander
- Distinguished Service Star (5)
- Bronze Cross Medal (3)
- Military Merit Medal (5)
- Military Civic Action Medal (3)
- Military Commendation Medal (5)
- Chief of Staff Award
- CG, PA Award (Order of General Emilio Aguinaldo)
- Outstanding Achievement Medal
- Sagisag ng Ulirang Kawal
- Mindanao-Sulu Anti-Dissident Campaign Medal and Ribbon
- Luzon Anti-Dissident Campaign Medal and Ribbon
- Various other Commendations and Plaques of Merit from other organizations

CARDOZO M. LUNA

PREVIEW OF FORTHCOMING THURSDAY MEETINGS

**December 14, 2017, 6PM
New World Makati Hotel Glass House**

RCM Christmas Fellowship Dinner Cocktails
In lieu of the RCM Thursday luncheon meeting, and
being the last for 2017

***“A BLESSED CHRISTMAS
AND
PEACEFUL 2018 TO ONE AND ALL!”***

January 4, 2018, 12N, New World Makati Hotel Ballroom
**“A joint meeting of Rotary Club of Manila, Rotary Club of Makati
West and Rotary Club of Forbes Park”**



Honorable Nestor A. Espenilla, Jr.

Governor, Bangko Sentral ng Pilipinas

Guest of Honour and Speaker

OIC/Program Moderator: PP “Archit” Bartolome III

THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 21st meeting of the **Rotary Club of Manila** to order.



OIC/Moderator DE/Dir. "Issam" Eldebs directs the program of activities.



Rtn. "Philip" Recto delivers an ecumenical prayer.



PDSAA "Ike" Stranathan introduces the guests, visiting Rotarians and personalities seated at the presidential table.



DE "Raffy" Alunan, Chairman, One Rotary, One Philippines, One for Marawi Project, for an update report on its activities.



D-3810 Gov. "Loy" Cosico, Pres. "Jimmie" Policarpio, Sec. "Alvin" Lacambacal, Chairmam ,Paul Harris Fellow Committee for the presentation of RCM Paul Harris Fellows, the citations were read by Dir.-in-Charge "Issam" Eldebs. The Paul Harris Fellow awardees were led by Pres. "Jimmie" Policarpio (Multiple Paul Harris Fellow PHF+8 3 rubies), DGE "Rudy" Bediones (Multiple PHF+3 blue sapphires), Rtn. "Johnny" Chotrani (Multiple PHF+2 blue sapphires), Rtn. "Mon" Ko (Multiple PHF+1 blue sapphire), PD "Ning" Lopez, (Multiple PHF+1 blue sapphire), PS "Butch" Marking, (Multiple PHF+1 blue sapphire), Rtn. "Philip" Recto, (Multiple PHF+1 blue sapphire), DE "Raffy" Alunan, New PHF, AS "Rene" Policarpio, New PHF and Treas. Nicky Villasenor, New PHF.



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



Rtn. "Bernd" Schneider does the honour, pleasure and privilege of introducing **Ambassador Marciano A. Paynor, Jr.**, Chief of Presidential Protocol, Director-General for Operations, ASEAN 2017, as guest of honor and speaker.



Ambassador Marciano Paynor, Jr., Chief of Presidential Protocol and Director-General for Operations of ASEAN 2017, gave Manila Rotarians, Visiting Rotarians and guests, an assessment of the recently concluded 31st ASEAN Summit and Related Summits.



A proactive public forum followed suit after the speech of **Ambassador Marciano A. Paynor, Jr.**, with RCMers' raising questions: **PE Susing Pineda**, **Rtn. Celso Abastillas**, **Rtn. Pepe Rodriguez** and **Rtn. Johnny Chotrani**.



Pres. "Jimmie" Policarpio during the response, presentation of bell and gavel as a token of appreciation to **Ambassador Marciano A. Paynor, Jr.**, and meeting adjournment.

RCM WEEKLY BIRTHDAY CELEBRANTS



Pres. “Jimmie” Policarpio presents the week’s birthday celebrants: IPP “Teddy” Ocampo, PP “Ed” Reyes, PS “George” Salazar, the birthday cake for the traditional blowing of candles amidst the singing by the RCM World-Famous Chorale of the Happy Birthday song.

MUSIC COMMITTEE



The World Famous Music Chorale led by Chair. PP Babes Reyes held a choir practice last November 22, 2017 at the Infinity Tower Suites in Makati City. Others present were DGE Rudy Bediones, VPE/Dir. Lance Masters, DE Jackie Rodriguez, Rtn. Warren So and Rtn. Thad Liamzon.

THE ROAD TO 100

INVITATIONS SUB COMMITTEE MEETING



DGE Rudy Bediones (Rotary Club of Manila Centennial Committee Interim Chair), **PP Francis Juico** (Rotary Club of Manila Centennial Invitations Subcommittee Chair), **PDG Alex Cureg** (Rotary Club of Manila Centennial Invitations Subcommittee Co-Chair) and President Jimmie Policarpio met with **Rotary International Director-Elect Raffy Garcia** last November 23, 2017 at the Ballroom 2 of the New World Makati Hotel in Makati City.

PAST PRESIDENTS COUNCIL MEETING



The Joint Meeting of the Council of Past Presidents with the Board of Directors for Rotary Year 2017-2018 and the Board of Directors for Rotary Year 2018-2019 was held last November 23, 2017 at the Gallery 1, New World Makati Hotel, Makati City.

NEW GENERATIONS SERVICE



DGE Rudy Bediones met with the Rotarians and Rotaractors of the district in charge of the 2018 Asia Pacific Regional Rotaract Conference to be held in Manila. This took place last November 22, 2017 at the Legend Seafood Restaurant in Pasay City.

ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI



Manila Rotarians met last November 24, 2017 at the Central Colleges of the Philippines in Quezon City early in the morning before they boarded a Hyundai County Bus of National University provided through the courtesy of IPP Teddy Ocampo enroute to the **First Scout Ranger Regiment 67th Anniversary** at Camp Tecson, San Miguel, Bulacan.



MANILA ROTARIANS GRACE FIRST SCOUT RANGER REGIMENT 67th ANNIVERSARY

Manila Rotarians together with other Rotarians from the Rotary Club of Tondo and the Rotary Club of Manila Quiapo Central graced the 67th Anniversary of the First Scout Ranger Regiment last November 24, 2017 at Camp Tecson, San Miguel, Bulacan and brought good cheers and donations on this occasion in grateful recognition of their gallantry in the Marawi Conflict. The Guest of Honor during this momentous occasion was no less than President Rodrigo Roa Duterte. Joining Manila Rotarians likewise during this occasion was 2017 Bb. Pilipinas Intercontinental Katarina Sonja Rodriguez, granddaughter of DE Jackie Rodriguez.

DISTRICT 3810 TRF RECOGNITION NIGHT



ROTARY CLUB OF MANILA BRINGS HOME RECORD NUMBER OF TROPHIES FROM TRF RECOGNITION NIGHT

Manila Rotarians led by President Jimmie Policarpio brought home a record-breaking twenty-one (21) trophies from the District 3810 The Rotary Foundation (TRF) Recognition Night held last November 24, 2017 at the Sofitel Philippine Plaza Manila in Pasay City as this Rotary Year 2017-2018, twenty-one (21) Manila Rotarians made their respective marks in The Rotary Foundation through their generous donations ranging from Paul Harris Fellow to Major Donor. Present, aside from our President were IPS/PD Ning Lopez and his Rotary Ann Josephine "Joy" Alcantara-Lopez, PD Tony Lopa, PD Abe Pascual, Treasurer Nicky Villaseñor, Rtn. Johnny Chotrani and AS Rene Policarpio.

2017 RCC DISTRICT ASSEMBLY



Rotary Community Corps District assembly

By Dir/VPE Lance Masters

Our Rotary District 3810 held its Community Corps District Assembly last November 25 in the auditorium of Emilio Aguinaldo University in Ermita. President Jimmie asked me attend so that our club might learn more about Rotary Community Corps, of which we currently have none. I am happy to share some of what I learned, especially since most our members, like me, really do not know much about RCC's.

The father of the concept of the Rotary Community Corps was Past Rotary International President Matt Caparas in 1985, when he was Rotary International President-elect, serving his presidency in 1986-87. He recognized that there are so many good people around the world that could help us achieve our goals, but might not be able to become Rotarians themselves.

A Rotary Community Corps is a group of people who share our Rotarian commitment to changing the world through service projects. Rotary Community Corps members plan and carry out projects in their communities and support local Rotary club projects but are not members of a Rotary club. There are more than 8,500 corps in over 90 countries. Rotary Community Corps are active everywhere Rotary is present: in urban and rural areas, and in both developed and developing countries.

In the words of PRIP Matt, the goals of the RCC program are to encourage individuals to take responsibility for the improvement of their community, village, or neighborhood. With the assistance, guidance and training provided by rotary Clubs and districts, to help these individuals through RCC's to mobilize self-help activities and collective work to improve the quality of life. This encourages the development of human potential to its fullest, within the context of the local culture and community.

Rotary Community Corps must be sponsored by a Rotary Club or clubs, and may even be co-sponsored by foreign clubs. They must have a minimum charter strength of ten members, elect officers, and meet at least once a month. They should raise the funds necessary to carry out their own projects and can implement registered projects by their sponsoring Rotary Clubs. They work with Rotarians to assure the sustainability of Rotary Clubs projects, including those assisted through Global Grants. They must conduct at least two projects a year, have a non-political agenda and no religion -specific objectives, all under the guidance of Rotarians.

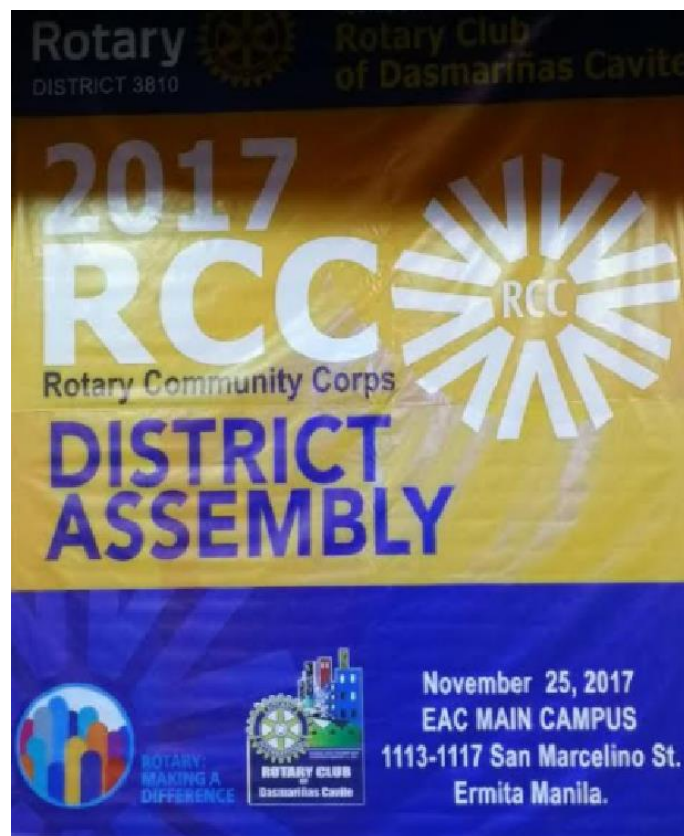
Club leadership is under a continuity plan of rolling three-year terms of office. Rotary Clubs are encouraged to organize Community Corps, helping them to get started and sustain themselves. Here in the Philippines, many of the RCC initiatives have focused on livelihood projects. One in Iligan city established a micro-credit facility for cut flower production. Another in Ermita is on tropical house plant propagation for growing in water in decorative glass containers.

The basic goals are effective service projects, consistent with Rotary's Six Areas of Focus, responding to real issues, improving community members' lives, incorporating the abilities of those who serve and those who are served, and recognizing the contributions of all participants as important and necessary. The role of sponsoring Rotary Clubs in service projects is to contribute time, talent and treasure, to be resource mobilizers, to promote and be transformational advocates.

The District assembly provided valuable learning opportunities for many members of existing Rotary community corps, as well as for clubs like us, that do not have a related RCC. It was a privilege to serve the club in learning more about RCC's, and I hope that we can have a hands-on club service project soon that could be more successful with the help of a new RCC.



VPE/Dir. Lance Masters attended the **2017 Rotary Community Corps District Assembly** hosted by the Rotary Club of Dasmariñas Cavite last November 25, 2017 at the Emilio Aguinaldo College in Ermita, Manila.



ON TO TORONTO

Dear Members of RCM,

In behalf of President Jimmie Policarpio, Dir. Issam Eldebs and International Service Committee Chairman Nick Locsin, I am sending you the primer and tour package (attached) of the Rotary International Convention 2018 which I presented and distributed at yesterday's weekly meeting. The International Convention gathers Rotarians from all over the world to exchange ideas and to network with each other. There are colorful opening and closing ceremonies, informative breakout sessions, and lots of fellowship opportunities with fellow Rotarians.

Here are the basic facts:

Date: June 23 to 27, 2018

City: Toronto, Canada

Venue: Metro Toronto Convention Center

This convention will be special for the Rotary Club of Manila because we will be having a CENTENNIAL BOOTH at the House of Friendship. The booth will showcase and promote our centennial activities and projects. We need your help to man our booth! This will no doubt be a momentous occasion for RCM.

Since it was my wife's travel agency which arranged the RCM delegation's tour package for the 2016 Rotary International Convention in Seoul, I was asked once again to arrange and present a package for Toronto.

Please note that for conventions like these, airline, hotel and tour reservations are fluid. They get taken up quite fast. So please it is VERY IMPORTANT TO SECURE YOUR AIRLINE AND LAND ARRANGEMENT RESERVATIONS IMMEDIATELY. Airline seats are being held only up to November 29. Hotel rooms are on a first-come first-served basis. We hope you understand that this is why a US \$800.00 non-refundable deposit is needed. Should you only need a hotel and tour package, please contact our travel agent at the numbers in the primer. Also, if you have other requests like earlier date of arrival, likewise, please call our travel agent.

Right now, our package is:

Hotels	TWIN-Sharing	Min. of 15 persons	Min. of 20 persons	Single Supplement
4-star	Rate per person	\$3,750	\$3,625	\$950

Toronto Hilton Markham Hilton
& Suites Niagara Falls

Round-trip Economy class airfare and taxes via Cathay Pacific
City tours as specified.

Please refer to the attached tour package for more inclusions.

Another important thing to do soonest is to register for the convention. This is personally done online. Please access <http://www.riconvention.org/en/toronto/register> If you have questions on how to do this, please call me or the RCM Secretariat. The deadline is December 15 for the \$345 registration fee. The amount increases thereafter.

Again, you are strongly encouraged to participate in the 2018 International Convention. Please join us! It will surely be fun and memorable.

Cheers,
Alvin Lacambacal
Club Secretary



ROTARY INTERNATIONAL CONVENTION

23 JUNE – 27 JUNE 2018
TORONTO, CANADA

CALLING ALL PEOPLE OF ACTION — A WORLD OF INSPIRATION AWAITS YOU

At our 2018 convention, thousands of Rotarians from every corner of the globe will harness the power of their ingenuity to shape our world into something greater.

Ideas that make an impact

Engage with people and ideas that are transforming lives. Discover insightful perspectives from world-renowned speakers, take part in stimulating breakout sessions, and explore innovative solutions to community problems at the House of Friendship.



Relationships that last a lifetime

Whether you've just joined Rotary or you're an experienced member, our annual convention is an unparalleled opportunity to immerse yourself in diverse cultures and develop rich relationships. Connect with peers of influence from across the globe and deepen your friendships with kindred spirits who share your desire for meaningful action.

Knowledge that strengthens your community

The opportunities for learning are endless. You'll hear about new approaches and strategies for successful projects, uncover ways to attract and engage members in your area, and bring home a renewed passion that will inspire your club members.

Fun that you'll never forget

Share unforgettable experiences at exhibits and events — including our Ribfest on 27 June. The festivities will culminate in a concert by a spectacular artist that you won't want to miss. Attending the annual convention is a perfect way to experience Rotary's internationality, exchange ideas with fellow members, and discover new avenues – and potential partners – for service. Rotary connects 1.2 million members from more than 200 countries and geographical areas. It will be one huge international fellowship!

RCM GOES TO TORONTO

Our club, the Rotary Club of Manila, will have a booth at the House of Friendship at the Toronto Convention. This is part of our Centennial Anniversary Celebrations commemorating the 100th year since Rotary began in Asia with the founding our club. The booth will showcase our club's century of service. It will also promote the events and projects that are lined up for our jubilee year. Enjoy the RI Convention and be part of this momentous occasion in the history of RCM!

A special package has been prepared for RCM members to experience the convention and explore Toronto together.

Duration: 10 days (22 June – 1 July)

Cost: US\$3,750 per pax
(15 pax minimum)

Inclusions:

Economy class airfare via Cathay Pacific. Twin room sharing at Toronto Hilton Markham & Hilton Suites Niagara Falls. Daily breakfasts during the convention. Three meals during the tours. City tours as specified.



Please see attached flyer for details. If you have tour queries or requests, please contact our travel agent. Look for Mon Eusebio.

Velca Travel & Tours, Inc.

Tel: 899-9256, 850-2325, 842-3137, 772-3983, 772-3982

Fax: 632.772-3984 Email: velca8@gmail.com

WHAT DO I NEED TO DO FIRST?

1. **Inform RCM Secretariat.** Telephone: 02 527 1886 Email: rcmanila@rcmanila.org
2. **Pay tour package reservation fee.** There are airline seats via CX being held exclusively for RCM members only up to November 29. Rooms are on a first-come first-served basis. A deposit of US\$800 non-refundable is required to reserve the rooms.

Payment details:

Account Name : Velca Travel & Tours Inc.

Dollar Account No. 0061-010833-200

Security Bank Corporation

6776 Ayala Avenue Makati City

Philippines

Peso Account No. 0061-010833-001

Security Bank Corporation

6776 Ayala Avenue Makati City

Philippines

Please email deposit slip velcatravel@gmail.com. Indicate your passport name or attach a passport copy.

3. **Register online.** Just go to <http://www.riconvention.org/en/toronto/register>. To avail of discounted fee of US\$345, please register before December 15. Fees increase after the said date.
4. **That's it!** You'll be informed on what to do next by RI or by the club.



Velca Travel & Tours, Inc.

G/F Park Trade Center 1716 Investment Drive
Madrigal Business Park
Ayala Alabang, Metro Manila Philippines

Tel: 899-9256, 850-2325, 842-3137, 772-3983, 772-3982
Fax: (632) 772-3984
Email : velca8@gmail.com

10 Days ROTARY CONVENTION @ TORONTO, Canada June 2018

JUN 22. DAY 01 -Departure/arrival in Toronto (D)

CX 904 22JUN MNL-HKG 0515/0726.

CX 828 22JUN HKG-Toronto 1045 1355

Upon arrival at airport, meet and transfer to Convention Center to register and get convention kits. Check-in at hotel. Dinner at local restaurant.
Hotel: Toronto Hilton Markham.

JUN 23-27. DAY 02 - 06 -5 Days ROTARY CONVENTION (B)

Breakfast. Full day convention with round-trip transfers.
Hotel: Toronto Hilton Markham.

JUN 28. DAY 07 -TORONTO CITY TOUR (B/L/D)

Breakfast. Full day city tour in Toronto with local guide, including admission to CN Tower. Lunch and dinner at local restaurants. Hotel: Toronto Hilton Markham.

JUN 29. DAY 08 -TORONTO-NIAGARA FALLS (B/L/D)

Breakfast. Check out and transfer to Niagara Falls in the morning. Lunch at local restaurant. Afternoon tour and take the Hornblower Night Cruise after dinner. Hotel: Hilton & Suites Niagara Falls.

JUN 30. DAY 09 -NIAGARA FALLS (B/L/D)

Breakfast. Shopping and tour in the morning at nearby Niagara Falls. Return to Toronto. Lunch and dinner at local restaurants. Hotel: Toronto Hilton Markham.



JUL 01. DAY 10 -DEPARTURE (B)

Free until evening transfer to Airport for departure flight.

CX 825 01JUL YYZ-HKG 1535/1900+1.

CX 913 02JUL HKG-MNL 2030/2245

Hotels 4-star	TWIN-Sharing Rate per person	Minimum of 15 persons	Minimum of 20 persons	Single Supplement
Toronto Hilton Markham Hilton & Suites Niagara Falls		\$3,750	\$3,625	\$950

INCLUSIONS:	EXCLUSIONS:
• Round-trip Economy class airfare and taxes via Cathay Pacific • Private coach Airport-Hotel-Airport transfers • 9 Nights Hotel Twin Sharing with Hotel Breakfast • Lunches and dinners as specified • Tours with local guide as specified • Admission tickets to CN Tower, Hornblower Cruise • Tip to driver & guide	- Travel Insurance - Canadian Visa fee - Unspecified meal & beverage - Personal Expenses - Optional visit besides the program above and others not mentioned

BOOKING CONDITION: To secure slot, payment of non-refundable deposit of US\$800 must be paid on or before November 29, 2017.



Hilton Toronto/Markham Suites Conference Centre & Spa

Located in the centre of Markham, just 25 minutes from both downtown Toronto and Toronto Pearson International Airport, and with easy access to major highways, local attractions, dining, shopping and golf, this modern and attractive hotel offers comfort and convenience. The hotel's spacious 2-room suites come with separate living room and bedroom areas with either two double beds or a king bed and sofa sleeper, mini bar, and complimentary coffee and tea tray with kettle. The fully equipped marble bathroom comes with luxurious Crabtree and Evelyn toiletries, and guests can stay connected to work or home with free wireless internet access.

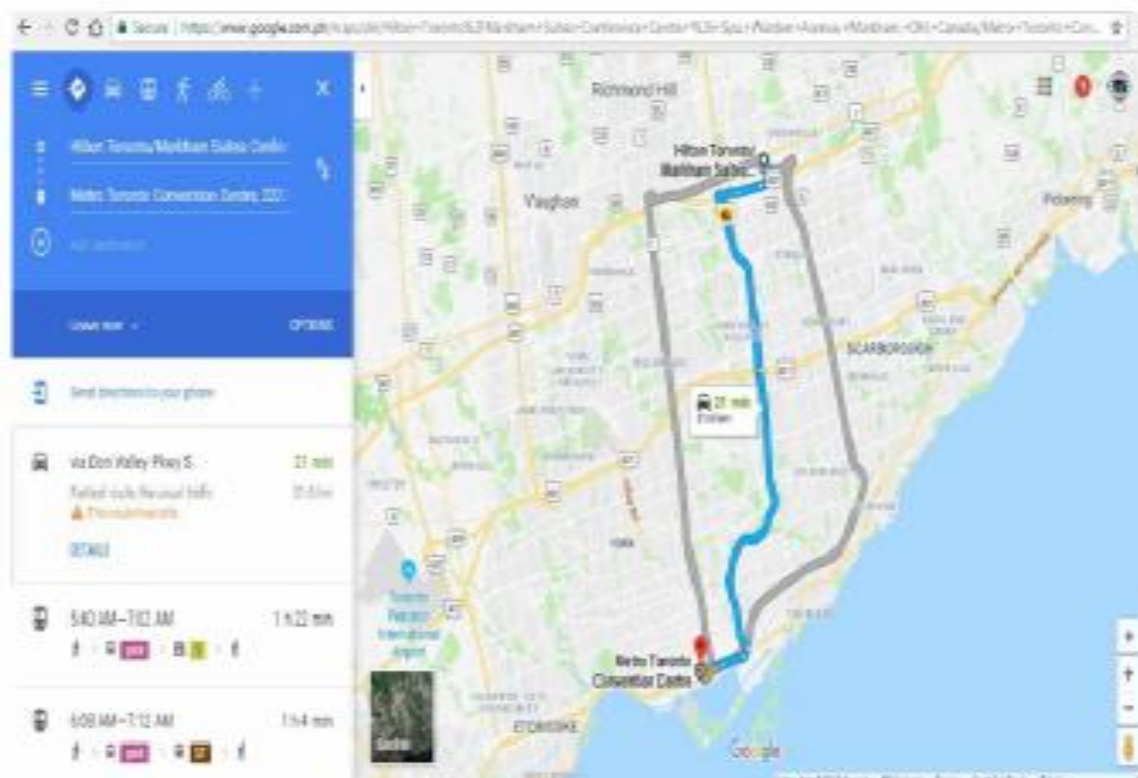


Hilton & Suites Niagara Falls

Soaring 53 stories above the awe inspiring American and Canadian Horseshoe Falls, this magnificent hotel is the premier choice for a unique accommodation in Niagara. With its luxurious suites, world-class dining options and upscale facilities, this alluring complex offers the newest and most refined hotel experience in Niagara Falls. Guests can find an array of local attractions situated only a few minutes from the property, while the Fallsview Casino Resort is directly connected by an indoor glass walkway. The luxurious guest rooms are beautifully appointed with state-of-the-art furnishings and provide an authentic home far from home. After a restful night's sleep, travellers may enjoy an extensive breakfast buffet in a traditional European setting, while for lunch and dinner, guests can choose between delicious continental, Brazilian and Italian cuisine. In addition to this, the hotel features a fantastic recreation area with a resort style pool with waterslide, a large hot tub, a relaxing sauna and a brand new fitness room.



LOCATION OF CONFERENCE VENUE:





Treasurer Nicky Villaseñor represented the Rotary Club of Manila delegation at the District 3810 Onto Toronto Launching hosted by the Rotary Club of Pasay Southeast last November 25, 2017 at the Boracay Room of the Sofitel Philippine Plaza Manila in Pasay City where our club was a co-host.

CENTENNIAL



The Rotary Club of Manila Centennial Ways and Means Sub-committee met last November 23, 2017 at the Napa Room of the Tower Club in Makati City. Present were **PP Boy Guevara** (Rotary Club of Manila Ways and Means Subcommittee Chair), **PAT Hermie Esquerro** (Rotary Club of Manila Ways and Means Subcommittee Co-Chair), **PP Francis Juico**, **IPSDG/PAG/PP Frank Evaristo**, **PE/Dir. Susing Pineda** and **Rotary Ann Marites Pineda**, **VPE/Dir. Lance Masters**, **DE/Dir. Issam Eldebs**, **DE Jackie Rodriguez** and **PSAA Gunter Matschuck**.

INTERNATIONAL RELATIONS



President Jimmie Policarpio, AS Rene Policarpio and AT Ner Lonzaga together with his Rotary Ann Intramuros Rtn. Femy Lonzaga arrived at the Hongkong International Airport last November 25, 2017 to attend the Rotary Club of Kowloon East 48th Anniversary and Fund Raising Ball. The Rotary Club of Kowloon East is our sister club. They were met at the airport by Rotarians from the Rotary Club of Kowloon East.



PDG Vince Carlos and Lady Tina Carlos, President Jimmie Policarpio, PP Benny Laguesma and Rotary Ann Tessie Laguesma, AS Rene Policarpio, AT Ner Lonzaga and Rotary Ann / Intramuros Rtn. Femy Lonzaga, SAA Dave Reynolds and PD Ed Lee with Daffodil Costelo attended the Welcome Dinner for the Sister Clubs of the Rotary Club of Kowloon East last November 26, 2017 in Hong Kong. The event was graced by no less than Past Rotary International President Bicchai Rattakul (Rotary International President for RY 2002-2003).



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PDG Vince Carlos and Lady Tina Carlos, President Jimmie Policarpio, PP Benny Laguesma and Rotary Ann Tessie Laguesma, AS Rene Policarpio, AT Ner Lonzaga and Rotary Ann / Intramuros Rtn. Femy Lonzaga, SAA Dave Reynolds and PD Ed Lee with Daffodil Costelo attended the Welcome Dinner for the Sister Clubs of the Rotary Club of Kowloon East last November 26, 2017 in Hong Kong. The event was graced by no less than Past Rotary International President Bicchai Rattakul (Rotary International President for RY 2002-2003). Pres Jimmie Policarpio presented the club gifts and club donation of US\$ 2,000 to RC Kowloon East thru IPP Ip Moon Tong



PDG Vince Carlos with Lady Tina Carlos, President Jimmie Policarpio, PP Benny Laguesma with Rotary Ann Tessie Laguesma, AS Rene Policarpio, AT Ner Lonzaga with Rotary Ann Intramuros Rtn. Femy Lonzaga and SAA Dave Reynolds attended the Rotary Club of Kowloon East 48th Anniversary and Fund Raising Ball last November 27, 2017 at the Ballroom of the Grand Hyatt Hong Kong Hotel in Hong Kong. During this event, President Jimmie Policarpio presented to our sister club a commemorative bell and gavel set.



PDG Vince Carlos with Lady Tina Carlos, President Jimmie Policarpio, PP Benny Laguesma with Rotary Ann Tessie Laguesma, AS Rene Policarpio, AT Ner Lonzaga with Rotary Ann Intramuros Rtn. Femy Lonzaga and SAA Dave Reynolds attended the Rotary Club of Kowloon East 48th Anniversary and Fund Raising Ball last November 27, 2017 at the Ballroom of the Grand Hyatt Hong Kong Hotel in Hong Kong. During this event, President Jimmie Policarpio presented to our sister club a commemorative bell and gavel set.

CONSULAR CORPS CHARITY BALL



42nd Consular Corps of the Philippines Charity Ball

By Dir/VPE Lance Masters

The Consular Corp of the Philippines held its 42nd Annual Consular Charity Ball on Saturday, December 2, in the Rizal Ballroom of the Makati Shangri-la Hotel. Several members of the Rotary Club of Manila are members of the Consular Corps, and perhaps even more are happy to attend the event that many consider to be the best party of the year! Before we review the event and those in attendance, it might be informative to clarify what is a consul and what are the expectations and benefits. All consuls are members of the diplomatic corps and are official representatives of the government of one state in the territory of another, normally acting to assist and protect the citizens of the represented country, and to facilitate trade, tourism and friendship between the people of the two countries. A consul of the highest rank is termed a consul-general, and his or her office a consulate-general. He or she typically has one or several deputy consuls-general, consuls, vice-consuls and consular agents working under the consul-general. Consulates-general need not have their offices in the capital city. Many are in important or appropriate cities in terms of bilateral relations (commerce, travel, etc.) In the United States, for example, most countries have a consulate-general in New York City (the home of the United Nations), and some have consulates-general in several major cities.



A consul is distinguished from an ambassador, the latter being a representative from one head of state to another. There can be only one ambassador from one country to another, representing the first country's head of state to that of the second, and his or her duties revolve around diplomatic relations between the two countries. There are a few circumstances when there may be more than one ambassador, such as the US has an Ambassador to the Philippines, as well as an Ambassador to ADB. There



may be several consuls, one in each of several main cities, providing assistance with bureaucratic issues to both the citizens of the consul's own country traveling or living abroad and to the citizens of the country in which the consul resides who wish to travel to or trade with the consul's country.

Consuls may also be honorary, that is, not necessarily citizens of the countries that they represent, and are not career officers of the countries that they represent. They are, however, highly regarded and respected members of a community, are in fact part of the elite diplomatic corps and, as such, come with limited privileges, protection and perks. They have some degree of diplomatic immunity

(actually specified in the Vienna Convention on Consular Relations). The actual perquisites may vary substantially, depending on the host country. In some circumstances, they may fly flags of their represented country on their cars, don't usually get parking tickets, they pass through the diplomatic fast lane at immigration, and might not be subject to real estate taxes, and their homes

and offices are often off-limits to law enforcement. One key difference between a consul and an honorary consul is that honorary consuls either do not get paid at all, or receive only a nominal salary for their work. Honorary consuls are part time positions. They provide some services on behalf of their sponsoring countries such as legalizing documents (ie notarization), and they may earn income from the issuance of certain documents, such as visas.

The consular ball is a special fund-raising event of the Manila corps. They have supported assistance to seriously ill children at Quirino Memorial Medical Center through collaboration with the Kythe Foundation, the UP-PGH Child Foundation, Fr. Shay Cullen's PREDA Foundation in Subic, for ECPAT for livelihood training of sexually abused children, for feeding children through the Mission Hills of Grace Foundation, and more, each year.



Serbia), and Rtn Roy Zosa (Consul a.h. Honduras).

This year, the Dean of the Consular Corps of the Philippines is our very own Rtn. Camila Sanhueza (Minister Counselor Deputy Chief of Mission, Chile), and was joined by spouse Fernanda. Ten additional members from RCM include Dir Issam Eldebs (Consul General & Secretary a.h., Syria), PVP Fausto Presyler (Costa Rica Consul General a.h. and Past Dean), PDG/PP Vicente Carlos (Cote d'Ivoire Consul General a.h. & Past Dean), DE/Dir. Bobby Joseph (Consul a.h. of Latvia), Dir. Joe Assad (Consul a.h. Lebanon), Dir/PE Susing Pineda (Consul a.h. Fiji), and Rtn. Dong Benedicto (Consul a.h. of Albania), PP Ed Reyes (Consul a.h. Croatia), PD Mike Guerrero (Consul General a.h. Jamaica), DE Jackie Rodriguez (Consul a.h.

Among those who had a truly great time at the ball was Rtn. Gunter Matschuck and his wife Joanne. Gunter says he hasn't missed this ball since his first one 26 years ago! President Jimmie Policarpio and his wife Catherine were called to the stage to draw some of the door prizes but, unfortunately, he did not draw one of our names. Rtn Joe Assad spent much of the time on stage taking video. We think that his wife Ma. Victoria Javier has forgiven him – she's used to it.

Mrs. Maritess Pineda, spouse of Dir/PE Susing, had a great hair-do and a smile that filled the room. Rtn. Johnny Chotrani seemed to be introducing so many people from India and south Asia to others that I didn't see him eat. Rtn Noy Benedicto also seemed to know everyone. Rtn Warren So was with his wife Brenda Ang. He not only sported the niftiest tuxedo, but shared that maybe Dong and Noy's brother Benedicto Jr. would like to join RCM! Fem Lonzaga did her best to keep AT Ner Lonzaga in rein at the same table with PD/Legal Counsel Amading Valzez, with spouse Nelly. Dir Art Lopez was at Susing's table, and Rtn. Pardeep Bhalla was seated with Issam. PDG Alex Cureg and spouse Anna were across the room, as were PP Frank Evaristo and partner Vicky Montilla. Yours truly was fortunate to be the guest of Inner Wheel PP Marissa Fenton.

Several Ambassadors who are honorary members of RCM were in attendance, including Rtn Ambassador of Israel Effie Ben Matityau, Neil Reeder (Canada), Jan Top Christiansen (Denmark), Franz Jessen (EU), and Tom Ossowski (Germany).

If you didn't purchase a ticket for this year's ball, be sure to consider next year. It is bound to be THE ball of the year again.



With Chief Presidential Legal Counsel Salvador Panelo



With Presidential Spokesperson Sec. Harry Roque

GOVERNORS ELECT TRAINING SEMINAR

TAIPEI ZONE INSTITUTE



GETTING TOGETHER THE NIGHT BEFORE

DGE Rudy Bediones and Lady Sharon Bediones together with their respective classmate District Governors-Elect and Spouses last November 28, 2017 at The Grand Hotel, Taipei, Taiwan, getting together the evening before the Governors-Elect Training Seminar and Spouses Program and went sight-seeing.



DGE Rudy Bediones with Rotary International Director-Elect Raffy Garcia



DGE Rudy Bediones with Rotary International Club and District Support Supervisor Andrew Best



DGE Rudy Bediones listening and participating in the Governors-Elect Training Seminar



Rotary International President-Elect Barry Rassin speaking before the Governors-Elect Training Seminar



The Rotary District Governors of the Philippines for Rotary Year 2018-2019 with Rotary International Club and District Support Supervisor Andrew Best



The Spouses Program.



The Spouses of the Rotary District Governors of the Philippines for
Rotary Year 2018-2019



Day One Dinner



DGE Rudy Bediones and DGN Liza Elorde.



The Second Day Session of the Governors Elect Training Seminar

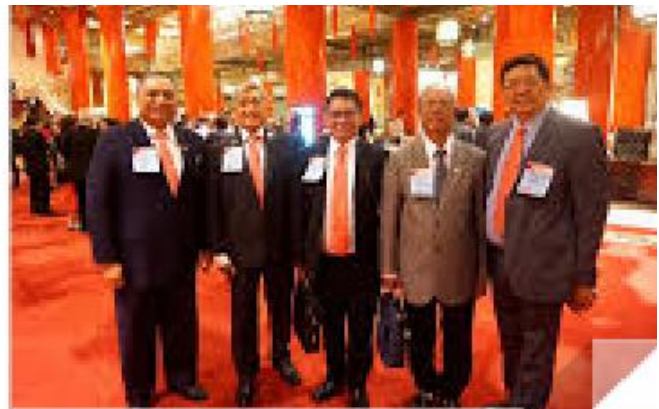


The Rotary Year 2018-2019 District Governors and their Spouses with RIPE Barry Rassin and PDG Edgardo Tumangan



**DGE Rudy Bediones with
IPRID Saowalak Rattanaich**

DGE Rudy Bediones attended the second day of the **Governors-Elect Training Seminar** last November 29, 2017 at The Grand Hotel in Taipei, Taiwan. Graduation ceremonies took place on the same date at the Grand Mayfull Hotel in Taipei, Taiwan.



Getting ready to leave for the graduation ceremonies



Governors-Elect Training Seminar Graduation Dinner at the Grand Mayfull Hotel in Taipei, Taiwan



DGE Rudy Bediones accompanied by **Lady Sharon Bediones** received his certificate for completing the Governors-Elect Training Seminar of the Taipei Zone Institute at the Grand Mayfull Hotel in Taipei, Taiwan.

DGE Rudy Bediones with Past Rotary International President and The Rotary Foundation Trustee **Gary C.K. Huang**



FELLOWSHIP



IPCoS/PSDG/PP Cesar Ubaldo and IPSDG/IPDCoS/DE/IPD Albert Alday attended the "Let's Meet..Let's Give" Christmas Fellowship of District 3810 clubs and the launch of "Share A Toy Give A Joy" Project last December 1, 2017 at the Marina Baytown East Clubhouse in Parañaque City.



The children of **PP Toting del Rosario**, namely, **Franco del Rosario** and Rotary Club of Makati **PP Carlos del Rosario** hosted a "cheer up" luncheon for their father, **PP Toting del Rosario**, last November 25, 2017 at the Manila Polo Club Townhouse residence of Rotary Club of Makati **PP Carlos del Rosario** in Makati City. Manila Rotarians who attended this mini-fellowship were **PP Archit Bartolome** with his Rotary Ann Nenne Reyes-Bartolome as well as **PP Francis Juico**. (Sitting from L-R: **PP Toting del Rosario**, **Rotary Ann Nenne Reyes-Bartolome** and **PP Carlos del Rosario**) (Standing from L-R: **PP Archit Bartolome**, **Franco del Rosario** and **PP Francis Juico**)



IPSDG/IPDCoS/DE/IPD Albert Alday attended the 1st All Star Team and Presidents Christmas Party Fellowship last December 4, 2017 at the Vikings Venue, Pasay City.



PE/Dir. Susing Pineda and IPP Teddy Ocampo at Game 3 of the UAAP Men's Basketball Finals between the Ateneo Blue Eagles and the De La Salle Green Archers at the Smart Araneta Coliseum in Quezon City last December 3, 2017. Ateneo won over archrival De La Salle, 88-86 in a close game to capture the crown.



DE Jackie Rodriguez and DE Raffy Alunan at Game 3 of the UAAP Men's Basketball Finals between the Ateneo Blue Eagles and the De La Salle Green Archers at the Smart Araneta Coliseum in Quezon City last December 3, 2017. Ateneo won over archrival De La Salle, 88-86 in a close game to capture the crown.

INTERCLUB ACTIVITY



Secretary Alvin Lacambacal, Treasurer Nicky Villaseñor and Rtn. Johnny Chotrani attended the cocktail reception onboard the visiting Indian Coast Guard Ship Shaurya last December 1, 2017 at Pier 15, South Harbor, Manila. On hand to welcome them were The Ambassador of India to the Republic of the Philippines His Excellency Jaideep Mazumdar who is likewise an Honorary Member of the Rotary Club of Manila and the Commanding Officer of Indian Coast Guard Ship Shaurya, DIG D.S. Chauhan.



**Board Legal Adviser and SSS
Chairman Amading Valdez with
Rotary Ann Nellie Valdez**



**PE/Dir. Susing Pineda and AT Ner
Lonzaga**



**PE/Dir. Susing Pineda and AT
Ner Lonzaga**



**Rtn. Joe Assad and Rtn.
Tong Payumo**



**Rtn. Joe Assad and AT Ner
Lonzaga.**



Rtn. Beniting Legarda

Manila Rotarians attended the Celebration of the National Day of the Kingdom of Thailand and the Commemoration of the Birthday of His Majesty the late King Bhumibol Adulyadej as well as the Celebration of Thailand's Father's Day last December 5, 2017 at the Mayuree Ballroom of the Dhusit Thani Manila, Makati City.

2017 TAIPEI ROTARY INSTITUTE

OPENING CEREMONIES



Her Excellency Tsai Ing-Wen, President of the Republic of China at the opening ceremonies.



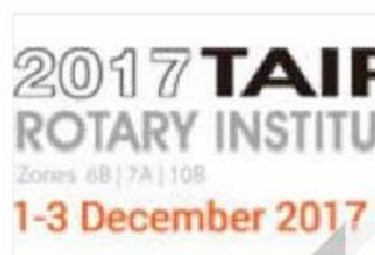
Rotary International President-Elect Barry Rassin delivered the Keynote Address.



WELCOME BANQUET

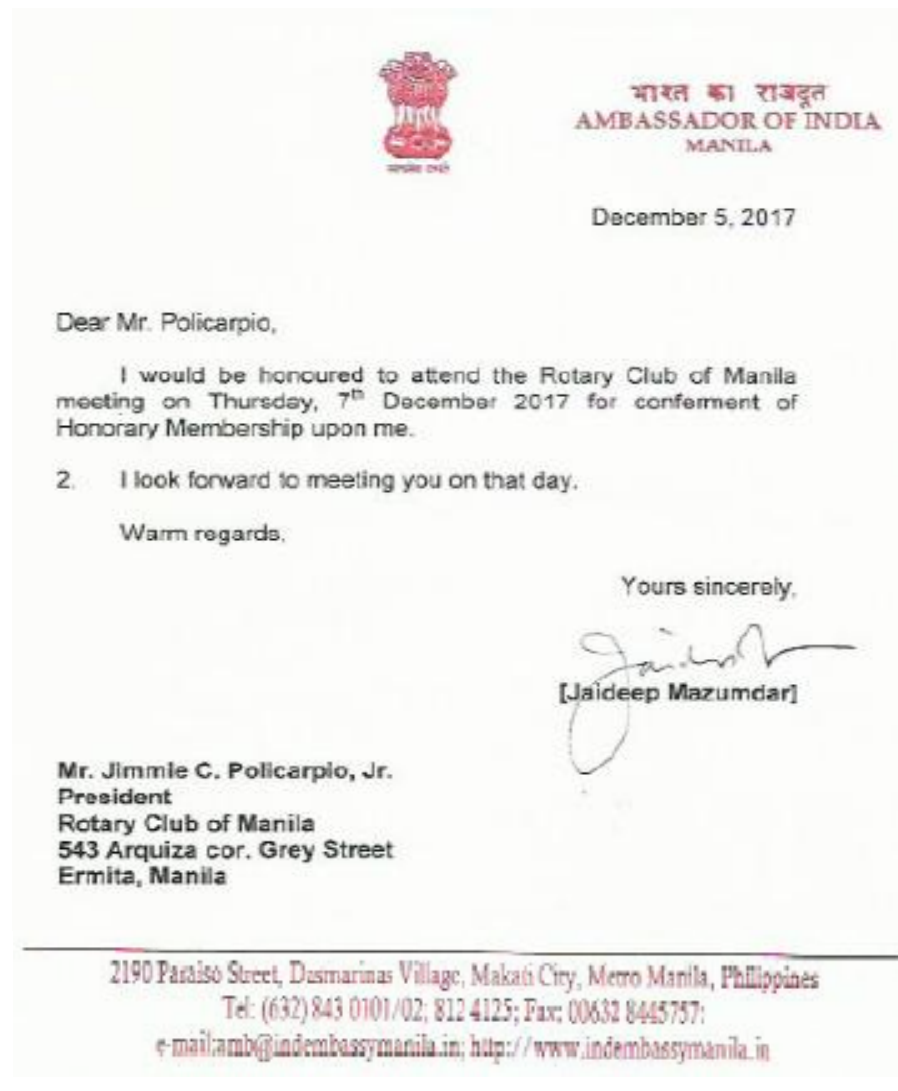


WELCOME BANQUET



PROMOTING APRRC 2018

IN THE MAILBOX (FOR LETTER OF INDIA)



SPEAKERS BUREAU



PVP Roy Golez was a panelist in a round table discussion on The Special Japan-Australia Strategic Partnership Within the Ambit of Democratic Security Diamond, Seeking Partnership with the Philippines in Maritime Security last December 6, 2017 at the Tower Club in Makati City. Participants were from Japan, USA, Australia, Denmark and the Philippines.

OBITUARY



**THE MEMBERS OF THE BOARD,
MEMBERSHIP
AND STAFF OF ROTARY CLUB OF
MANILA**

Condole with the family of

Mr. NAIM “Nick” ELDEBS
SON OF DE/DIR Issam Eldebs

Who passed away in the grace of our Lord

at 2:30 AM

TUESDAY, December 5, 2017 in his
residence in Universal Studios, Los Angeles,

U.S.A.

**LET US OFFER OUR PRAYERS
FOR THE ETERNAL REPOSE OF
THE SOUL OF
MR. Naim Eldebs**

COGS IN THE WHEEL



Rtn. Brix Pujalte was elected to the 2018 Board of Regents of the Philippine College of Surgeons. This was formalized with his induction during the 73rd Annual Clinical Congress held from December 3 - 6, 2017 at the EDSA Shangri-La Hotel in Mandaluyong City.



Rtn. Jack Bautista was an awardee for 2017 of the Philippine Society for Pediatric Ophthalmology and Strabismus (PSPOS) last December 5, 2017 at the SMX Convention Center in Pasay City.

December 2, 2017

Trump receives Philippines envoy's credentials

By Helen Flores



US President Donald Trump receives the credentials of Ambassador Babe Romualdez at the White House on Nov. 29.

MANILA, Philippines — Philippine Ambassador Jose Manuel “Babe” Romualdez has presented his credentials to US President Donald Trump at the White House as part of diplomatic protocol.

The Philippine embassy in Washington posted in its Twitter account a photo of Romualdez and Trump during their meeting last Nov. 29.

Romualdez served as special envoy to the US before accepting Malacañang’s nomination as ambassador to Washington.

He will also have jurisdiction over Jamaica, Haiti, Trinidad and Tobago, Antigua and Barbuda, Bahamas, Barbados, Dominica, The Federation of Saint Kitts and Nevis, Saint Vincent and Grenadines and Saint Lucia.

Earlier, Romualdez said the bond between the Philippines and the US is “unbreakable” despite previous diplomatic irritants.

As a treaty ally of the US, the Philippine military has had deep ties with its American counterparts and received defense equipment, weapons and training from US forces for decades. Any other militaries, including that of China, will have to struggle to reach the level of that treaty alliance, he said.

President Duterte repeatedly criticized the US government during the time of then-president Barack Obama for raising concerns over his bloody campaign against illegal drugs.

Duterte also vowed to realign the country's foreign policy by befriending China and Russia while vowing to step back on military engagements with the US.

During his visit to the Philippines last month for the Association of Southeast Asian Nations Summit, Trump had nothing but praises for Duterte.

Before leaving the country last Nov. 14, the US leader told Executive Secretary Salvador Medialdea, "Tell Rodrigo I like him very much. He's a good guy. I had a great time here."

NEWS RELEASE



December 1, 2017

people & events



MANILA ROTARY ONE FOR MARAWI PROJECT: The Rotary Club of Manila, First in Asia, in cooperation with the RI District 3810, Team Humanity, under the banner of 'One Rotary One Philippines One for Marawi Project,' with the valuable support of Philippine Airlines, Armed Forces of the Philippines, Pepsi Cola, RI D-3870, local government units, recently held its first of a series of medical-dental humanitarian assistance mission in Saguiran, Lanao del Sur (Oct 27) and Baloi, Lanao del Norte (Oct 28) benefitting the victims of armed conflicts and natural disasters in Marawi City. Photo shows (seated, from left) past district governor Sonny Coloma and District 3810 governor Loy Cosico, (standing, from left) director-elect Jackie Rodriguez, vice-chairman, One Rotary One Philippines One for Marawi Project, District 3810 governor elect Rudy Bediones, director-elect Raffy Alunan, chairman, One Rotary One Philippines One for Marawi Project and past president Frank Evaristo.

PUBLIC HEALTH NUTRITION AND CHILD CARE



STRETCHING

Elias D. Adamos, M.D.

Stretching improves range of motion and mobility of joints. It can help improve flexibility. Stretching also enhances circulation and blood flow. In exercise, stretching enables the muscles to work effectively thereby resulting to decrease in the risk of injuries and increase in physical performance.

Ten tips for stretching (Source: *University of California Wellness Letter*)

1. Stretching should always be preceded by a brief warm-up, such as jogging in place or riding a stationary bicycle. This increases blood flow and raises muscle temperature, both vital for muscle elasticity. Stretching while the muscles are cold may sprain or tear them.
2. If there's any pain, stop. At worst, any discomfort should be mild and brief.
3. Try to stretch three or four times a week to maintain flexibility.
4. An optimal stretching session should last ten to twenty minutes, with each stretch held at least three seconds, gradually working up to holding the stretches for twenty to thirty seconds.
5. Begin by stretching major muscle groups, then stretch the specific muscles required for your sport or activity. A tennis player, for instance, needs to stretch muscles in the upper back, shoulders, neck, and calves.
6. Stretch within an hour before exercising or playing a sport in order to prevent muscle strain and injury.
7. Don't bounce. Stretching should be gradual and relaxed.
8. Try to isolate muscles you want to stretch. If other parts of the body move, there will be less benefit to that muscle and a greater risk of injury.
9. Stretch *after* vigorous exercise as well as before. This prevents muscles from tightening up quickly and lessens the chance of soreness.
10. Don't give up because you are less flexible than others. Flexibility varies from person to person. It may take months for you to notice an improvement – but if you keep stretching you will.

Caution and limitations

1. You need to approach stretching with caution if you have a chronic condition or an injury.
2. Adjust stretching techniques if you have strained muscle. Stretching it may cause further harm.
3. Stretching won't prevent an overuse injury. Know when to rest or stop in your sport or activity.
4. Stretching doesn't mean you can't get injured.
5. As it is always said: "*When symptoms persist, call your doctor.*" See your doctor if you have stretching concerns.

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