



balita

No. 3725, January 4, 2018

GUEST OF HONOR AND SPEAKER



HON. NESTOR A. ESPENILLA, JR.

Governor, Bangko Sentral ng Pilipinas
Chairman, Monetary Board

KABALITA

Let the bucks ring in the beginning of a new page in the history of the world as cash registers ring in the bells of good tidings when the Philippines' New Money Man makes his debut at Asia's First Rotary Club in his proverbial role as the Prime Economic Soothsayer for investors raring to cash in on the brand new year.

Countdown to Centennial

<http://www.rcmanila.org>



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PROGRAM

RCM'S 24th for Rotary Year 2017-2018

January 4, 2018, Thursday, 12Noon, New World Makati Hotel Ballroom

Officer-In-Charge/ Program Moderator RCM Past Pres. Archit Bartolome III

**“A Joint Meeting Between the Rotary Club of Manila (RCM),
Rotary Club of Makati West (RCMW) & Rotary Club of Forbes Park (RCFP)”**

P R O G R A M T I M E T A B L E

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:	RCM Past Pres. Archit Bartolome III
12:30 PM	Call to Order	RCM Pres. “Jimmie” Policarpio; RCMW Pres. “David” Caldwell; RCFP Pres. “Edwin” Salonga
	Singing of the Republic of the Philippines National Anthem	RCM World-Famous Music Chorale
	Invocation	RCMW PP “AP” Bartolome
	A moment of silent prayer for the eternal repose of the soul of RCM Rotarian Nicanor C. “Nick” Villaseñor, Jr. (Father of Treas. “Nicky” Villaseñor III) and Mr. Richard M. Joseph (son of Dir. Bobby Joseph) who passed-away recently in the grace of the Lord	
	RCM Hymn	RCM World-Famous Music Chorale;
	RCMW Hymn	RCMW Music Chorale;
	RCFP Hymn	RCFP Music Chorale
	The 4-Way Test Credo	All Rotarians led by RCFP PE Jess Sedano
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	RCMW PP Lito Jimenez RCM World-Famous Music Chorale

12:40 PM	Maligayang Bati (RCManila Birthday Celebrants) Jan. 5...Past Dir. "Titong" Mendoza; Jan. 9...Past Vice Pres. "Roy" Golez Jan. 7...Rtn. "David" Lim; Maligayang Bati (RCMW Birthday Celebrants) Jan. 5... Past Pres. Fern Peña, Rtn. Karel Holub and Rtn. Ariel Miranda Maligayang Bati (RCFP Birthday Celebrants) Jan. 8.....Pres. Nominee Balraj Bhattee; and Jan.15.....Rtn. Resty Tiangco	
12:45 PM	Happy Birthday Song Introduction of the Guest of Honor and Speaker Address: Hon. Nestor A. Espenilla, Jr. Governor and Chairman of the Monetary Board Bangko Sentral ng Pilipinas	RCM World-Famous Music Chorale RCM PE/Dir. "Susing" Pineda, Jr.
2:00 PM	Public Forum with a Panelist: RCM PP "Boy" Guevara, & Rtn. "Dennis" Montecillo; RCMW PP "Philip" Hagedorn, & Rtn. Luis Elizaga; RCFP PP "Rudy" Robles, & PP "Ed" Escano Club fund-raising campaign — cash raffle draw RCM DE/Dir. "Bobby" Joseph Response, Presentation of token of appreciation to Governor Nestor A. Espenilla, Jr. and meeting adjournment Adjournment	RCM Pres. "Jimmie" Policarpio RCMW Pres. "David" Caldwell; RCFP Pres. "Edwin" Salonga

SPECIAL MESSAGE



SPECIAL MESSAGE FROM THE PRESIDENT

January 4, 2018

Dear Fellow Manila Rotarians,

Let us embrace 2018 with renewed hopes and vigor as we find ourselves at the doorsteps of our centennial as a club which coincides with the 100 years of the Rotary movement in the Philippines and in Asia. With our initiatives in Service Above Self, I have no doubt that in Rotary, we are truly MAKING A DIFFERENCE in the lives of our people as this is our lasting legacy to the next generation.

A Prosperous New Year to one and all !

In the Service of Rotary,

JOSE JAIME "JIMMIE" C. POLICARPIO, JR.
President, RY 2017-2018

PRESIDENTIAL TIMELINE



December 13, 2017 - DGE Rudy Bediones and PDG Obet Pagdanganan attended the 4th Induction and 2nd Handover Ceremonies of the Rotary Club of Manila Maharlika last December 13, 2017 at the Hotel H2O, Manila Ocean Park, Manila where my classmate, Great President Orbelita Lim, was inducted.

December 14, 2017 - RCManila Foundation, Inc. held its Annual Meeting at the Elks Club in Makati City. Present were the following members, trustees and officers:IPSDG/IPDCoS/DE/IPD Albert Alday, AT Jim Chua, Trustee Secretary Alvin Lacambacal, PD Nick Locsin, AT Ner Lonzaga, Trustee PD Pepo Nunez, AS Rene Policarpio, Trustee DE/Dir. Caloy Reyes,

Chairman PD Rob Sears, Trustee PP Ebot Tan, PD Amado Valdez, Trustee Treasurer Nicky Villaseñor, Trustee VP Chito Zaldarriaga and myself. Ten (10) Proxies were submitted where the required quorum was twelve (12).

- PVP Roy Golez was quoted by Japan-based Nikkei Asian Review on a matter of grave national security interest.

December 15, 2017 - I joined Rtn. Zdenek Jankovsky and PD Phillip Ong, Special Children Committee Chair, at the Special Children and Elderly Christmas Party held at the Hospicio de San Jose in Manila where PD Phillip Ong assisted me when I presented a donation of three electric fans and three boxes of oat meal as well as handed in the Php 10,000.00 donation of DG Emmanuel "Loy" Cosico which were duly received in behalf of the Hospicio de San Jose by Sr. Critita Valdez.

December 16, 2017 - PVP Roy Golez was interviewed by former Senate President Nene Pimentel and Cesar Chavez over DZRH regarding China Telecom and National Security Threat.

- IPSDG/PAG/PP Frank Evaristo celebrated his 76th Birthday at the Hai Shin Lou Restaurant in Makati City with many Manila Rotarians in attendance.

December 18, 2017 - DGE Rudy Bediones, PDG Vince Carlos and PDG Obet Pagdanganan attended the Christmas Fellowship of the District Governors of Rotary International District 3810 at the Passion Chinese Restaurant of the Maxims Hotel in Newport City, Pasay.

- Rotaract Club of De La Salle-College of St. Benilde conducted a Feeding Program at Jollibee on the corner of Taft Avenue and Vito Cruz where street people were the beneficiaries.

December 20, 2017 - Rotary Club of Manila Supreme 198 CP/GP/AKS Bing Carrion, AS Rene Policarpio and I attended the Christmas Party of the Pediatric Cancer Ward of the UP-PGH Medical Center in Manila where we donated appliances, fixtures and goodies and arranged for a Jollibee party for the cancer-stricken children, complete with mascots and food that made these children feel the joys of Christmas.

December 21, 2017 - Manila Rotarians accepted the invitation of PD Amading Valdez, SSS Chairman, and joined him at the SSS Christmas Concert at the SSS Auditorium, SSS Building, East Avenue, Quezon City. He likewise hosted dinner there for our fellow Manila Rotarians who attended the event.

December 22, 2017 - PD Ed Lee hosted a sumptuous Christmas Luncheon for the Rotary Club of Manila Secretariat at the Yue Lai Seafood and Hotpot Restaurant along Mabini Street in Malate, Manila.

- IPSDG/IPDCoS/DE/IPD Albert Alday attended a Welcome Dinner tendered by the Rotary Club of Intramuros for their sister club, the Rotary Club of Kishiwada East last December 22, 2017 at Barbara's Heritage Restaurant in Intramuros, Manila. He was invited by Great President Aries Balanay of the Rotary Club of Intramuros.

December 24, 2017 - Rtn. Nick Villaseñor, Jr. passed away.

December 26, 2017 - I hosted a meeting of the Rotary Club of Manila regarding the Book Donation of the Cheer Up Missions Foundation of the USA which they coursed through the Rotary Club of New Orleans (USA) and with the participation of the C & E Publishing Foundation. This was held at the Ayala Alabang Country Club in Muntinlupa City. Present were Club Secretary Alvin Lacambacal, AT Ner Lonzaga and Rtn. John Emyl Eugenio. ES Anna Toledo was there to assist.

- DE/Dir. Bobby Joseph's son, Richard Joseph, passed away in the USA.

- Manila Rotarians trooped to the Sampaguita Gardens in Quezon City to celebrate the 81st Birthday of Former Speaker and fellow Manila Rtn. Joe de Venecia.

December 27, 2017 - Manila Rotarians paid their last respects to fellow Manila Rotarian, the late Rtn. Nick Villaseñor, Jr., during Necrological Rites held at the Sta. Maria della Strada along Katipunan Avenue in Quezon City. Program moderator was Rtn. Roy Zosa. Eulogies were delivered by PP Francis Juico, PD Bebot Pineda, Rtn. Jun Aventura and Rtn. Bert Albano of the Rotary Club of Pasig, a family friend. The badge of the late PD Nick Villaseñor, Jr. was presented by PE/Dir. Susing Pineda in my behalf to the family since I could not make it that day due to a prior important out of town commitment. Treasurer Nicky Villaseñor, his Rotary Ann Sophia and his daughter received it in behalf of the entire family. Other Rotarians in attendance were Rtn. Nilo Aventura, Rtn. Romy Nones, Rtn. Junjun Capistrano and Rtn. Marcus Dee.

-DE Jackie and his Rotary Ann Sonja Rodriguez hosted a dinner for Manila Rotarians at their Pacific Plaza Condominium in Makati City. Present were DGE Rudy and Lady Sharon Bediones, IPP Teddy and Rotary Ann Baby Ocampo, VPE/Dir. Lance Masters, as well as PAT Aslam and Rotary Ann Hannah Muhammad. It was during this occasion that he announced his commitment to become a Major Donor for The Rotary Foundation by January 1, 2018.

December 28, 2017 - Inurnment of the late Rtn. Nick Villaseñor, Jr. in Quezon City.

-PVP Roy Golez was interviewed by TV5 on Counterterrorism.

December 29, 2017 - DGE Rudy Bediones and Lady Sharon Bediones attended the breakfast hosted by RIDE Raffy Garcia for Rotary District Governors at his residence in Forbes Park in Makati City to greet PRIP Mateo Armando "Mat" T. Caparas, the only Filipino to have occupied the position of Rotary International President when he was then, a member of the Rotary Club of Manila, virtually, on the occasion of his 94th Birthday. This was accomplished through the wonders of technology.

December 30, 2017 - DE Raffy Alunan, Project Chairman of ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, VPE/Dir. Lance Masters and Star Rtn. Juan Manuel Montel Castro-Rial together with Dr. Dulce Gust, widow of the late Rotary Club of Manila PP Gert Gust, met with Sr. Eva Maamo, M.D., Capt. Sharon Reyes, M.D. and the medical mission team members from Our Lady of Peace Foundation at the Our Lady of Peace Foundation Hospital in Las Piñas City. The agenda was the return trip to Mindanao in mid-January 2018 with Cagayan de Oro as the target site of the medical mission.

December 31, 2017 - PAT Muhammad and Rotary Ann Hannah Aslam hosted New Year's Eve Dinner at their residence in Bel-Air IV, Makati City where DGE Rudy Bediones and Lady Sharon Bediones as well as DE Jackie Rodriguez and Rotary Ann Sonja Rodriguez were in attendance.

January 4, 2018 - Welcomes Hon. Nestor A. Espenilla, Jr., Bangko Sentral ng Pilipinas Governor and Chairman of the Monetary Board, in a Joint Meeting with the Rotary Club of Forbes Park and the Rotary Club of Makati West as he speaks on "Projections on the Philippine Economy"

GUEST OF HONOR AND SPEAKER'S PROFILE



NESTOR A. ESPENILLA, JR.

Governor

Bangko Sentral ng Pilipinas

(Central Bank of the Philippines)

Mr. Nestor A. Espenilla, Jr. is the Governor of the Bangko Sentral ng Pilipinas (BSP). He took office as the fourth Governor of the BSP on 3 July 2017. As BSP Governor, he serves as Chairman of the Monetary Board, the BSP's principal policy-setting body. He is also concurrently Chairman of the Anti-Money Laundering Council (AMLC) and the Financial Stability Coordination Council (FSCC).

Prior to his appointment as Governor, he was Deputy Governor in-charge of the Supervision and Examination Sector (SES), which regulates and supervises banks and non-bank financial institutions under BSP jurisdiction. In that capacity, he focused on banking reforms, capital market development, consumer protection, and financial inclusion. He institutionalized risk-based and proportionate regulations, enabling BSP-supervised institutions to innovate business models and adopt digital financial services. He likewise championed the issuance of regulations that promote financial inclusion and consumer protection. He is a staunch advocate of an efficient, inter-operable, and consumer-friendly digital payments system.

Governor Espenilla, Jr. holds a Bachelor of Science degree in business economics (magna cum laude) and an MBA from the University of the Philippines, and a Master of Science degree in policy science from the Graduate Institute of Policy Science (GRIPS) in Tokyo, Japan.

October 2017

THE WEEK THAT WAS



Pres. "Jimmie" Policarpio as moderator for the RCM Christmas Fellowship Dinner.



Lady Marites Pineda delivers an ecumenical prayer.



Pres. "Jimmie" Policarpio, Dir.-in-charge IPP "Teddy" Ocampo and Rtn. "Hermie" Esguerra, Chairman, Fellowship Committee, during the 1st part of the raffle of valuable prizes. (The list of winners can be seen in today's BALITA)



Ms. Micah Francisco, singer-entertainer belts-out favourite songs during the buffet dinner as entertainment part of the program.



The Philippine Memory Team with Ms. Baby Bonita gives a preliminary background on the team's exploits.



Grand Master Enzo performs a mind-boggling memory of accurately identifying a shuffled deck of cards, being shown individually to the audience by Ms. Baby Bonita. Ms. Antonella Berthe Racas to cap the extraordinary talent of The Philippine Memory Team highlighted their performance by showcasing her perfect memory on board games.



The Philippine Memory Team in a posterity photo with RCMers: Rtn. Tong Payumo, Pres. Jimmie Policarpio, IPP Teddy Ocampo, Rtn. Hermie Esguerra and PE Susing Pineda.



Dance, dance, dance, with a special impromptu dance number performed by **Rtn. "Mike" Ozaeta** and partner which mesmerized the audience with oohs and ahhs, that clamoured for an anchor.



Pres. "Jimmie" Policarpio, Dir.-in-charge IPP "Teddy" Ocampo and Rtn. "Hermie" Esguerra, Chairman, Fellowship Committee, during the final part of the raffle of valuable prizes.

RAFFLE WINNERS

# of Win ners	Mem ber	QTY	DONOR	ITEM/WINNERS			
1	1	1	PD Jun Hallare	Oppo mobile phone S1 - VP/DE CHITO ZALDARRIAGA			
2	2	1	Rtn Jason Ong	32" television - Rtn. THAD LIAMZON			
3		2	Rtn Jason Ong	Howard's Cleaning Product Set winner's unlisted			
4		3					
5		4					
6		5					
7	3	1	Rtn Emyl Eugenio	32" television - AMB. VIC GARCIA			
8	4	1	PAT Hermie Esguerra	PD ABE PASCUAL			
9		2	PAT Hermie Esguerra	PD BEBOT PINEDA			
10		3	PAT Hermie Esguerra	PSAA GUNTER MATSCHUCK			
11		4	PAT Hermie Esguerra	Treas. Nicky Villasenor (Toledo, Anna Kun)			
12		5	1 Dir Art Lopez	GC 3 days 2 nights for 2 at Bellvue Bohol in a beachfront suite w/ daily compli buffet breakfast and airport transfers - Rtn PETER GONZALES			
13	6	1 & 2	Rtn Farid Schoucair	1 GC Deluxe Room/ residence weekend w/ breakfast for two at Café 1228 & living room - CHAIRMAN HERMIE ESGUERRA			
15		3		1 GC Superior Rm for 2 w/breakfast at the Café 1228 - DE ALBERT ALDAY			
16	7	1	PD Abe Pascual	1 overnight stay in Pontefino Hotel & Residences-UNRAFFLED			
17	8	1	PE Susing Pineda	air conditioning unit - AMB. VIC GARCIA			
18	9	1	Rtn Jacques Branellec	one golden south sea pearl pendant - RTN WILLIE PELIÑO			
19	10	1	IPP Teddy Ocampo	lady's watch - PDSAA IKE STRANATHAN			
20		2		Cognac Henry XO - AT NER LONZAGA			
21	11	1	DGE Rudy Bediones	2 Gourdo's Yellow Glass Bowl-unclaimed			
22	12	1	PDG Vince Carlos	1 smart watch - Spouse Femy Lonzaga			
23		2	PDG Vince Carlos	1 smart watch - SPOUSE LENNIE REYES			
24	13	1	Rtn Johnny Chotrani	wrist watch worth Php 9K - SPOUSE LUCILLE LOCSIN			
25	14	1	AT Jim Chua	Microwave oven VP CHITO ZALDARRIAGA			
26		2	AT Jim Chua	Microwave Oven PDG VINCE CARLOS			
27	15	1	PT Lito Sibayan	1 car dash camera RTN. JOHNNY CHOTRANI			
28	16	1	PSAA Gunter Matschuck	oven - RTN MON KO			
29	17	1	Dir Caloy Reyes	Blender - RTN BODO GOERLLICH			
30	18	1	Rtn Gani Macatoman	solar cooker - PP BABES REYES			
31	19	1	Rtn Thad Liamzon	Rustan's GC Php 5,000 - Rtn KARL LEUNG			
32	20	1	Rtn Ricky Yap	GC for 2 at Cate Ilang Ilang, Manila Hotel - Mrs. CONNIE GARCIA			
33	21	1	Rtn Marcus Dee	Holiday Feast food basket & sunflower bouquet - MR. HANS PALACIOS			
34	22	1	PP Frank Evaristo	Big Basket of Christmas Goodies - PT JUN FOLLOSCO			

35	23	1	Rtn Geof Yu	Johnny Walker Black Label - RTN ROSEL DOVAL SANTOS				
36	24	1	Rtn Jason Bogovich	Gift Certificate at Chi Spa Shangrila worth Php 5K - PS GEORGE SALAZAR				
37	25	1	VP Chito Zaldarriaga	portable bluetooth speaker - PP BENNY LAGUESMA				
38		2						
39		3	VP Chito Zaldarriaga	Umbrellas - given to spouses				
40		4						
41		1	STAR Rtn Naoto Tago	basket of Hamper of frozen angus beef sampler - SPS. MONETTE GUEVARA				
42	26	2		basket of Hamper of frozen angus beef sampler - DIR. CALOY REYES				
43	27	1	DE Jack Rodriguez	GC overnight stay for 2 at Infinity Towers - PSAA FRED LIM				
44	28	1	Rtn Jun Alvarez	Php 5K Cash - TREAS. NICKY VILLASEÑOR				
45	28	1	SAA Dave Reynolds	GC at Baguio Country Club - DGE RUDY BEDIONES				
46	29	1	PD Nick Locsin	1 microwave oven - FC/SA CHEEZA MANCENIDO				
47	30	1	Rtn Jujut Enriquez	Bottle Scotch Whiskey - RTN JASON ONG				
48	31	1	Rtn Roy Zosa	12 year Chivas Regal - SAA DAVE REYNOLDS				
49	32	1	Rtn Romy Nones	1 bottle scotch - RTN CELSO ABASTILLAS				
50	33	1	Rtn Rosel Doval Santos	1 bottle french wine - UNLISTED WINNER				
51	34	1	Rtn Zdenek Jankovsky	1 bottle bourbon - PE/ Dir SUSING PINEDA				
52	35	1	AS Rene Policarpio	Bottle of Murano white wine - PD NICK LOCSIN				
53	36	1	Rtn Tong Payumo	1 bottle Carlos Primero & Scotch - PP BOY GUEVARA				
54	37	1	Rtn Jack Bautista	1 bottle of wine - STAR RTN. JUAN MONTEL				
55		1	PD John Cenica	Devann Abayon				
56		2	PD John Cenica	PD Bebot Pineda				
57	38	3	PD John Cenica	Unknown winner				
58		4	PD John Cenica	unknown winner				
59		5	PD John Cenica	Chair Hermie Esguerra / Anna Kun Toledo				
60	39	1	Rtn Mon Ko } Mason	RTN JUN ALVAREZ JR.				
61		2	Rtn Mon Ko } Mugs	UNRAFFLED GIFT				
62	40	1	Rtn Warren So	Desk Fan - PS GEORGE SALAZAR				
63	41	1	Sec. Alvin Lacambacal	1 rechargeable fan with lampRTN ZDENEK JANKOVSKY				

35	23	1	Rtn Geof Yu	Johnny Walker Black Label - RTN ROSEL DOVAL SANTOS				
36	24	1	Rtn Jason Bogovich	Gift Certificate at Chi Spa Shangrila worth Php 5K - PS GEORGE SALAZAR				
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39		3	VP Chito Zaldarriaga	Umbrellas - given to spouses				
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41		1	STAR Rtn Naoto Tago	basket of Hamper of frozen angus beef sampler - SPS. MONETTE GUEVARA				
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44	28	1	Rtn Jun Alvarez	Php 5K Cash - TREAS. NICKY VILLASEÑOR				
45	28	1	SAA Dave Reynolds	GC at Baguio Country Club - DGE RUDY BEDIONES				
46	29	1	PD Nick Locsin	1 microwave oven - FC/SA CHEEZA MANCENIDO				
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53	36	1	Rtn Tong Payumo	1 bottle Carlos Primero & Scotch - PP BOY GUEVARA				
54	37	1	Rtn Jack Bautista	1 bottle of wine - STAR RTN. JUAN MONTEL				
55		1	PD John Cenica	Devann Abayon				
56		2	PD John Cenica	PD Bebot Pineda				
57	38	3	PD John Cenica	Unknown winner				
58		4	PD John Cenica	unknown winner				
59		5	PD John Cenica	Chair Hermie Esguerra / Anna Kun Toledo				
60	39	1	Rtn Mon Ko } Mason	RTN JUN ALVAREZ JR.				
61		2	Rtn Mon Ko } Mugs	UNRAFFLED GIFT				
62	40	1	Rtn Warren So	Desk Fan - PS GEORGE SALAZAR				
63	41	1	Sec. Alvin Lacambacal	1 rechargeable fan with lamp RTN ZDENEK JANKOVSKY				
64	42	1	PP Benny Laguesma	UNRAFFLED GIFTS				
65		2	PP Benny Laguesma					
66		3	PP Benny Laguesma					
67	43	1	PAS Eloy Adamos	stand fan - AT NER LONZAGA				
68	44	1	Rtn Celso Abastillas	mobile phone power bank - LADY FAYE DEL ROSARIO				
69		2	Rtn Celso Abastillas, pouch and umbrella	Rtn Joe Assad				
70		3		PAT Muhammad Aslam				
71		4		PD Abe Pascual				
72		5		May del Rosario				
73		6		unlisted winner				

74	45	1	PD Rod Valencia	1 cut glass tray - PDSAA IKE STRANATHAN			
75	46	1	PP Ebot Tan	1 bottle JW PDG OBET PAGDANGANAN			
76	47	1	PD Rob Sears	1 bottle whiskey RTN JASON ONG			
77	48	1	Rtn Jack Bautista	1 bottle Alfonso EXO - STAR Rtn John Cutter			
78	49	1	PDG Obet Pagdanganan	1 oven grill - Rtn NOY BENEDICTO			
79	50	1	PVP Manny Dy	1 LADY BETH TAGLE			
80		2	PVP Manny Dy	2 LADY DOLLY GUPIT			
81		3	PVP Manny Dy	3 BLA AMADING VALDEZ			
82		4	PVP Manny Dy	4 PT JIM CHUA			
83		5	PVP Manny Dy - ANGPAC	5 RTN. NOY BENEDICTO			
84		6	PVP Manny Dy	6 RTN JUJUT ENRIQUEZ			
85		7	PVP Manny Dy	7 MC LA GROTTA - PD ED LEE			
86		8	PVP Manny Dy	8 PD ROB SEARS			
87		9	PVP Manny Dy	9 PP FRANCIS JUICO			
88		10	PVP Manny Dy	10 PD JUN HALLARE			
89	51	1	PP Babes Reyes	Box of goodies - PP ARCHIT BARTOLOME			
90	52	1	PPBoy Guevara	1 bottle 17 yr old vintage Valdeslosfrailes Spanish wine IPP TEDDY OCAMPO			
	53		Rtn Tony Lopez	Entrepreneur books			
91		1	RTN. WILLIE PELIÑO;				
92		2	PD PEPO NUÑEZ, JR.				
93		3	PT JIM CHUA				
94		4	RTN. TONG PAYUMO				
95		5	RTN. MON ALBERTO				
96		6	PT LITO SIBAYAN				
97		7	LADY SOPHIA VILLASEÑOR				
98		8	RTN. WARREN SO				
99		9	AMB. VIC GARCIA				
100		10	RTN. JASON BOGOVICH				
101		11	RTN. THAD LIAMZON				
102		12	RTN. ROY ZOSA				
103		13	RTN. MARCUS DEE				
104		14	RTN. LEO GONZALES				
105		15	LADY KATH LACAMBACAL				
106		16	LADY SHARON BEDIONES				
107		17	LADY MARISSA FENTON				
108		18	PP EBOT TAN				
109		19	PD ROD VALENCIA				
110		20	PD JUN HALLARE				
111		21	unlisted winner				
112		22	unlisted winner				
113		23	unlisted winner				
114		24	unlisted winner				
115		25	unlisted winner				
	54	1	unknown donor	1 box of Mark & Spencer chocolate			
			TOTAL ATTENDANCE;	114			
			RCM members	84			
			Guests	30			
			COLOR LEGENDS:				
			Unraffled gifts				
			Unlisted winner				



The RCM World-Famous Chorale led by Chairman PP "Babes" Reyes and Co-Chairman PP "Benny" Laguesma and the chorale members perform a special Christmas Carols to set the mood for the Yuletide Season.

ACKNOWLEDGEMENT

RCM Secretariat is thankful to the following who gave personal gifts (cash/token) to the team

1. PDG Alex Cureg; 2. PP Benny Laguesma; 3. PP Frank Evaristo; 4. PVP Manny Dy; 5. PD Jess Santos; 6. PD Ed Lee; 7. Dir Issam Eldebs; 8. Sec. Alvin Lacambacal, 9. DE/Dir. Albert Alday; 10. Rtn Thotie Torres. 11. Rtn. Emyl Eugenio



PD Ed Lee hosted a sumptuous Christmas Luncheon for the **Rotary Club of Manila Secretariat** last December 22, 2017 at the Yue Lai Seafood and Hotpot Restaurant along Mabini Street in Malate, Manila.



Benefactors of Sagip Kabataan Foundation Christmas Gift Giving held last December 7, 2017:

Sagip Kabataan Foundation is thankful to the following benefactors of Christmas Gift Giving 2017- Chairman PD Abe Pascual, PDG Vince Carlos, PP Benny Laguesma, PP Frank Evaristo, PD Jess Santos, PD Bebot Pineda, and PT Jim Chua, for ensuring another joyful annual Christmas Gift Giving for the 32 marginalized school children , 5 teenagers, 4 toddlers, and 4 children undergoing crisis management.

SPECIAL CHILDREN & ELDERLY CHRISTMAS PARTY



President Jimmie Policarpio and Rtn. Zdenek Jankovsky joined PD Phillip Ong, Special Children Committee Chair, at the **Special Children and Elderly Christmas Party** last December 15, 2017 at the Hospicio de San Jose in Manila where President Jimmie Policarpio, assisted by PD Phillip Ong, presented a donation of three electric fans and three boxes of oat meal as well as handed in the Php 10,000.00 donation of DG Emmanuel "Loy" Cosico which were duly received in behalf of the Hospicio de San Jose by **Sr. Critita Valdez**.



President Jimmie Policarpio and Rtn. Zdenek Jankovsky joined PD Phillip Ong, Special Children Committee Chair, at the Special Children and Elderly Christmas Party last December 15, 2017 at the Hospicio de San Jose in Manila where President Jimmie Policarpio, assisted by PD Phillip Ong, presented a donation of three electric fans and three boxes of oat meal as well as handed in the Php 10,000.00 donation of DG Emmanuel "Loy" Cosico which were duly received in behalf of the Hospicio de San Jose by Sr. Critita Valdez.

CHRISTMAS PARTY FOR THE PEDRIATIC CANCER WARD



President Jimmie Policarpio, Rotary Club of Manila Supreme 198 CP/GP/AKS Bing Carrion and AS Rene Policarpio attended the Christmas Party of the Pediatric Cancer Ward of the UP-PGH Medical Center in Manila last December 20, 2017 where they donated appliances, fixtures and goodies as they arranged for a Jollibee party for the cancer-stricken children, complete with mascots and food that made these children feel the joys of Christmas.



President Jimmie Policarpio, Rotary Club of Manila Supreme 198 CP/GP/AKS Bing Carrion and AS Rene Policarpio attended the Christmas Party of the Pediatric Cancer Ward of the UP-PGH Medical Center in Manila last December 20, 2017 where they donated appliances, fixtures and goodies as they arranged for a Jollibee party for the cancer-stricken children, complete with mascots and food that made these children feel the joys of Christmas.

SSS CHRISTMAS CONCERT



Manila Rotarians accepted the invitation of **BLA Amading Valdez, SSS Chairman**, and joined him at the **SSS Christmas Concert** held last December 21, 2017 at the SSS Auditorium, SSS Building, East Avenue, Quezon City. He likewise hosted dinner there for his fellow Manila Rotarians who attended the event.



Manila Rotarians accepted the invitation of **BLA Amading Valdez, SSS Chairman**, and joined him at the **SSS Christmas Concert** held last December 21, 2017 at the SSS Auditorium, SSS Building, East Avenue, Quezon City. He likewise hosted dinner there for his fellow Manila Rotarians who attended the event.

BOOK DONATION



President Jimmie Policarpio hosted a meeting of the Rotary Club of Manila regarding the Book Donation of the Cheer Up Missions Foundation of the USA which they coursed through the Rotary Club of New Orleans (USA) and with the participation of the C & E Publishing Foundation. This was held last December 26, 2017 at the Ayala Alabang Country Club in Muntinlupa City. Present aside from President Jimmie Policarpio were **Club Secretary Alvin Lacambacal**, **AT Ner Lonzaga** and **Rtn. John Emyl Eugenio**. **ES Anna Toledo** was there to assist.

BIRTHDAY FELLOWSHIP

IPSDG/PAG/PP FRANK EVARISTO 76th BIRTHDAY BASH

Civic leader and businessman Frank Evaristo, President of the Alay Lakad Foundation, former President of the Rotary Club of Manila, the First in Asia and Former National President of the Philippine Jaycees surely knows how to celebrate his 76th Birthday at Hai Shin Lou Restaurant in Makati City. The birthday bash held last December 16, 2017 was filled with family members, friends and colleagues from all social and political strata.







The dinner party was a celebration of life and thanksgiving which was graced by the presence of all of his children and grandchildren together with his partner, Vicky Montilla. They were the main reason why he has survived the many trials and tribulations of his colored life. His children, Jun-Jun, Amy, Carol, Carlo and Lorraine as well as his grandchildren, Anton, Arsee, Angel and Allie were all in full force to support their dad and grandfather.



It was, indeed, a milestone that needed to be celebrated and despite the many Christmas parties that night, well-wishers came in full force to give Frank their best wishes for a long, healthy and productive life ahead.



JDV at 81

By Dir/VPE Lance Masters

Rotarian Jose Claveria de Venecia Jr., JDV or Joe De V to friends, celebrated his 81st birthday this last December 26th, hosting a splendid celebration at Sampaguita Gardens, Quezon City, with friends, family, long-time political and business associates, and some of his dear fellow Manila Rotarians. In attendance were **Rtn FVR “Eddie” Ramos, DGE Rudy Bediones and spouse Sharon Hughes Bediones, VPE Lance Masters, PP Frank Evaristo, PP Teddy Ocampo and spouse baby, PD Oscar DelRosario, DE Raffy Alunan, DE Jackie Rodriguez, legal Counsel Amading Valdez, Rtn. Tong Payumo, Rtn Dong Benedicto & Spouse Marilou, Rtn Johnny Chotrani, Rtn. Tony Lopez, and Rtn. Amb. Effie Ben Mattiyou.** In addition to great food, we were entertained by singers, including our own RCM World Famous, serenading Joe with our RCM Birthday Song!



Many of our members know a great deal about Joe, who has been prominent in the Philippines since the early 1970's, when he became the country's first billionaire through his business developments. For those of us who have not had the privilege of knowing Joe for that many years, it is a distinct pleasure to share highlights of his life with our readers. Beginning in 1987, Joe

was elected to six terms as a Representative of the 4th District of Pangasinan. He served as Speaker of the Philippine House of Representatives throughout the Ninth, Tenth, Twelfth and Thirteenth Congresses of the Philippines, and he served for more than a year as the House Speaker of the Fourteenth Congress before stepping down, for a total of five terms. As Speaker, he was the fourth highest-ranking official of the Philippines. He was the former president of the Philippines' dominant party during those times, LAKAS-CMD. He ran for president in the 1998 election but lost to Vice President Joseph Estrada, finishing second among 11 candidates.



As an entrepreneur, de Venecia pioneered overseas contract work for Filipinos where he was one of the first Philippine prime contractors in the Middle East and North Africa in the mid-1970s. He hired more than 50,000 Filipinos for his companies and engaged in port operations in Saudi Arabia, agriculture in Africa, and mass housing and oil exploration in the United Arab Emirates. His Middle East initiative was followed and later led to the employment of millions of Filipinos. In the 1970s, he initiated an oil and gas exploration program that led to the first oil and gas strikes in offshore Palawan. He was elected president of the Petroleum Association of the Philippines. Of course, he has also conceived, invested and run numerous local enterprises in a wide variety of undertakings, ranging from innovating in fish ponds to foreign language acquisition training, often just to help spur employment and economic development.

De Venecia was a diplomat as Minister-Economic Counselor during the Vietnam War from 1966 to 1969, pushing the creation of the first Philippine Helicopter Squadron, and first Armalite Division, working with US General Abrams. In 1967, he conceived and implemented the historic dollar-remittance program for overseas Filipino workers worldwide, which now earns the Philippines some



\$25-billion to \$30 billion a year, dramatically enriching the Central Bank foreign exchange reserves, effectively killing the then rampant black market. It was and is a central driver of economic development for the company, fueling the purchase of countless homes by OFW's. The concept has become a model for developing nations around the world. He was one of the Ten Outstanding Congressmen before martial law in the Philippines.



As Ramos' peace envoy, Speaker de Venecia reached out to insurgent groups Moro National Liberation Front (MNLF) secessionists in Mindanao, the RAM-SFP-YOU military rebels, and the Communist Party of the Philippines which operates the New People's Army (NPA). He crossed Africa's Sahara Desert twice to meet the Libyan leader Muammar al-Gaddafi and MNLF Chairman Nur Misuari and assisted in forging a peace agreement at Tripoli in 1976. His persuasion to Misuari to accept autonomy led to the signing of the peace pact on September 2, 1996.

In 1992, de Venecia began secret talks with leaders of the military rebels, led by Commodore Calajate, Gen. Abenina, and Col. Honasan, which led to a ceasefire in December of that year and a final peace agreement in 1995. In April 1997, De Venecia journeyed to the Netherlands to meet with self-exiled leaders of the National Democratic Front and New People's Army led by Jose Maria Sison and Luis Jalandoni. He was the first Christian leader to enter Mindanao's Camp Abubakar mountains in November 1997 and open breakthrough peace negotiations with Hashim Salamat, Chairman of the Moro Islamic Liberation Front (MILF), and military Commander Murad. He has worked for decades, pushing for interfaith dialogues, approved by the UN, to reduce tensions and conflicts in various parts of the world. Prior to his initiatives, inter-religious issues had been a taboo in the UN, while through his dedication and successes, today there is an Interfaith unit within the office of the UN secretary General. He is still considered to be one of the most dedicated and highly respected individuals in the world, dedicated to pursuing peace not only on the Philippines, but throughout the world.



Joe is credited with designing and authoring the Bases Conversion Law, which transformed Clark, Subic, Camp John Hay, and Camp Wallace, into free ports or special economic zones. Simultaneously, Filipino camps in Fort Bonifacio and Nichols were converted into major cities, fueling unprecedented economic growth through the most ambitious housing and business development in the history of the country.

In April 2017, De Venecia was appointed by President Rodrigo Duterte as Special Envoy for Inter-Cultural Dialogue. The Department of Foreign Affairs said that as special envoy, De Venecia advises

the administration on policies regarding cultural diversity and citizen participation under the UNESCO declaration. Joe may have done more for peace and conflict resolution than any other man in Philippines history. His dedication includes the initiation of the Asian Parliamentary Assembly and he is President of the Centrist Asia Pacific Democrat International, and CO-Chairman of the International Ecological Safety Collaborative Organization.





Still in the headlines today, and with a very thoughtful regular column in the Manila Bulletin, Joe argues for Joint Exploration of the South China Sea by ALL claimant nations. He also proposes a “Third Route” to compliment China’s Belt and road Initiative. At 81, when most are retired, enjoying the fruits of their years of labor, Joe is still planting seeds of peace, growth and prosperity. RC Manila is enormously proud of you Joe, and thanks you for your extraordinary statesmanship and contributions to the world.

DINNER FELLOWSHIP



PAT Muhammad and Rotary Ann Hannah Aslam hosted New Year's Eve Dinner last December 31, 2017 at their residence in Bel-Air IV, Makati City where **DGE Rudy Bediones** and **Lady Sharon Bediones** as well as **DE Jackie Rodriguez** and **Rotary Ann Sonja Rodriguez** were in attendance.

ONE ROTARY, ONE PHILIPPINES, ONE FOR MARAWI



On-going work for “One Rotary, One Philippines, One for Marawi.”

By Dir/VPE Lance Masters

Last Saturday, December 30th, DE Raffy Alunan, Star Rtn. Juan Montel Castro-Rial, and I went to the Foundation of Our Lady of Peace Mission along the Coastal Road in Paranaque, just before Bamboo Organ. There we met with Sr. Dra Eva Fidela Maamo and Rtn Dra Sharon Reyes to plan the next medico mission to Marawi, now scheduled for Jan 14-16. We were joined by four more physicians and six more nurses and technicians to share a meal and discuss the logistical challenges of the forthcoming trip. Historically, RCM has planned and conducted many medical and dental missions, but these are the first in war torn and devastated areas that have challenging aspects of access and safety assurance.

It was also humbling to sit beside and work with an amazing humanitarian, Sr Eva. Now I have a much better understanding of the kind of people honored with the Ramon Magsaysay Award. The project needs financial support to continue through the two-year commitment. In particular, we need funds to cover the expenses of the volunteer doctors and other participants on the ground in the visits, such as reimbursements for accommodations, meals, and so forth. Air transportation is being provided on a complimentary basis by Philippine Airlines. Pharma will be donated by pharma providers. Please consider if you can assist in funding this project. Thank you.





DE Raffy Alunan, Project Chairman of **ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI**, **VPE/Dir. Lance Masters** and **Star Rtn. Juan Manuel Montel Castro-Rial** together with **Dr. Dulce Gust**, widow of the late Rotary Club of Manila PP Gert Gust, met with **Sr. Eva Maamo, M.D.**, **Capt. Sharon Reyes, M.D.** and the medical mission team members from Our Lady of Peace Foundation last December 30, 2017 at the Our Lady of Peace Foundation Hospital in Las Piñas City. The agenda was the return trip to Mindanao in mid-January 2018 with Cagayan de Oro as the target site of the medical mission.

PAUL HARRIS MAJOR DONOR

DE Jackie Rodriguez is RCM's newest Paul Harris Society Major Donor

By Dir/VPE Lance Masters

DE Jackie Rodriguez and his wife **Sonja** gave a small dinner party on Weds, December 27th, to announce that they will donate USD \$10,000 this January 1st to the Rotary Foundation. Joining the dinner party were **DGE Rudy Bediones** and spouse **Sharon**, **PP Teddy Ocampo** and wife **baby**, **PAT Muhammad Aslam** and wife **Hannah**, **DE Raffy Alunan**, and yours truly. In addition to a fine dinner (Sonja is an excellent cook!), we enjoyed entertainment by orphans from the "Children's Joy Foundation," a charity supported by Jack and Sonja.

Jack joins RCM's elite supporters of the Rotary Foundation as a Paul Harris Society Major Donors. Fellow club major donors include **PDG Alex Cureg (2nd level plus)**, **AT Hermie Esguerra (2nd level)**, **PDG Vince Carlos**, **PDG Obet Pagdanganan (1st level)**, and **Dir Bobby Joseph (1st level)**. Jack, thank you for your support of the Rotary Foundation. May your gift inspire us all to make a new gift to the Rotary Foundation this Rotary year, so that we may enter our Centennial as a 100% Paul Harris Fellow Club.



DISTRICT ACTIVITY



DGE Rudy Bediones and **Lady Sharon Bediones** attended the breakfast hosted by **RIDE Raffy Garcia** for Rotary District Governors last December 29, 2017 at his residence in Forbes Park in Makati City to greet PRIP Mateo Armando "Mat" T. Caparas, the only Filipino to have occupied the position of Rotary International President when he was then, a member of the Rotary Club of Manila, virtually, on the occasion of his 94th Birthday. This was accomplished through the wonders of technology.

INTERCLUB ACTIVITY



DGE Rudy Bediones and PDG Obet Pagdanganan attended the 4th Induction and 2nd Handover Ceremonies of the Rotary Club of Manila Maharlika last December 13, 2017 at the Hotel H2O, Manila Ocean Park, Manila where Great President Orbelita Lim was inducted.



IPSDG/IPDCoS/DE/IPD Albert Alday attended a Welcome Dinner tendered by the Rotary Club of Intramuros for their sister club, the Rotary Club of Kishiwada East last December 22, 2017 at Barbara's Heritage Restaurant in Intramuros, Manila. He was invited by GreatPresidentAries Balanay of the Rotary Club of Intramuros.



DGE Rudy Bediones, PDG Vince Carlos and PDG Obet Pagdanganan attended the Christmas Fellowship of the District Governors of Rotary International District 3810 last December 18, 2017 at the Passion Chinese Restaurant of the Maxims Hotel in Newport City, Pasay.

RCFMI ANNUAL MEETING



RCManila Foundation, Inc. held its Annual Meeting last December 14, 2017, 11:00 am at the Elks Club in Makati City. Present were the following members, trustees and officers: **IPSDG/IPDCoS/DE/IPD** Albert Alday, **AT** Jim Chua, **Trustee Secretary** Alvin Lacambacal, **PD** Nick Locsin, **AT** Ner Lonzaga, **Trustee** PD Pepo Nunez, **Trustee** Rotary Club of Manila President Jimmie Policarpio, **AS** Rene Policarpio, **Trustee** DE/Dir. Caloy Reyes, **Chairman** PD Rob Sears, **Trustee** PP Ebot Tan, **PD** Amado Valdez, **Trustee Treasurer** Nicky Villaseñor, **Trustee** VP Chito Zaldarriaga. Ten (10) Proxies were submitted where the required quorum was twelve (12).

ROSTER UPDATE

**MONTEL,
JUAN MANUEL CASTRO-RIAL**

Sponsor: Rtn. Jack Rodriguez
2017 Filipino
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Executive Director
**SOCIEDAD ESPANOLA DE BENEFIVENCIA
(SEB)**



Born: Aug. 20, 1970
Married to Patricia

OFFICE: 18 A. Chatman House, 116 Valero cor. VA Rufino, Makati City.

Tel. No.: 843-0742

Email: jmonte@sebfil.org

NECROLOGICAL SERVICE



Manila Rotarians paid their last respects to fellow Manila Rotarian, the late **Rtn. Nick Villaseñor, Jr.**, last December 27, 2017 during Necrological Rites held at the Sta. Maria della Strada along Katipunan Avenue in Quezon City. Rtn. Nick Villaseñor, Jr. passed away last December 24, 2017. Program moderator was Rtn. Roy Zosa. Eulogies were delivered by **PP Francis Juico**, **PD Bebot Pineda**, **Rtn. Jun Aventura** and **Rtn. Bert Albano** of the Rotary Club of Pasig, a family friend. The badge of the late **Rtn. Nick Villaseñor, Jr.** was presented by **PE/Dir. Susing Pineda** in behalf of President Jimmie Policarpio, who could not make it that day due to a prior important out of town commitment, to the family. Treasurer Nicky Villaseñor, his Rotary Ann Sophia and his daughter received it in behalf of the entire family. Other Rotarians in attendance were Rtn. Nilo Aventura, Rtn. Romy Nones, Rtn. Junjun Capistrano and Rtn. Marcus Dee.



Manila Rotarians paid their last respects to fellow Manila Rotarian, the late **Rtn. Nick Villaseñor, Jr.**, last December 27, 2017 during Necrological Rites held at the Sta. Maria della Strada along Katipunan Avenue in Quezon City. Rtn. Nick Villaseñor, Jr. passed away last December 24, 2017. Program moderator was Rtn. Roy Zosa. Eulogies were delivered by **PP Francis Juico**, **PD Bebot Pineda**, **Rtn. Jun Aventura** and **Rtn. Bert Albano** of the Rotary Club of Pasig, a family friend. The badge of the late **Rtn. Nick Villaseñor, Jr.** was presented by **PE/Dir. Susing Pineda** in behalf of President Jimmie Policarpio, who could not make it that day due to a prior important out of town commitment, to the family. Treasurer Nicky Villaseñor, his Rotary Ann Sophia and his daughter received it in behalf of the entire family. Other Rotarians in attendance were Rtn. Nilo Aventura, Rtn. Romy Nones, Rtn. Junjun Capistrano and Rtn. Marcus Dee.



Treasurer Nicky Villaseñor and his brother, **Joel Villaseñor**, at the inurnment of their father, the late **Rtn. Nick Villaseñor, Jr.** last December 28, 2017 in Quezon City.

SPEAKER'S BUREAU



PVP ROY GOLEZ INTERVIEWED BY DZRH ON CHINA TELECOM AND NATIONAL SECURITY THREAT

PVP Roy Golez was interviewed by former Senate President Nene Pimentel and Cesar Chavez over DZRH last December 16, 2017 regarding China Telecom and National Security Threat.

PVP ROY GOLEZ QUOTED BY NIKKEI ASIAN REVIEW

Roilo Golez quoted by Japan-based Nikkei Asian Review last December 14, 2017 on matter of grave national security interest:

"On Thursday, former National Security Adviser Roilo Golez called the move "a grave national security threat."

"China remains a real territorial threat to our West Philippine Sea," Golez said on Twitter. "And now we will allow the Chinese government controlled telco to have access to our innards, brains and secrets."

"The Philippines and other Southeast Asian nations are engaged in a territorial dispute with China over parts of the South China Sea."



COGS IN THE WHEEL



PVP ROY GOLEZ INTERVIEWED BY TV5 ON COUNTERTERRORISM

Former National Security Adviser and Rotary Club of Manila PVP Roilo "Roy" Golez was interviewed by TV 5 last December 28, 2017 on the country's counterterrorism program focusing on Marawi and the NPA. Golez emphasized the three pillars of counterterrorism, the template:

1. Enhance intelligence: To be able to anticipate and prevent a major terrorist attack;
2. Harden targets through deployment of counterterrorism forces, coordination with local government security units and the private sector and implementation of on-site security measures;
3. Incident management: Should a strike happen, there should be quick response and aim is to restore normalcy and business as usual.

Marawi provides so many lessons learned to enhance and strengthen the country's counterterrorism capability. With martial not yet lifted and massive rehabilitation work required, we are still in the Incident Management mode. We must aim at terminating martial law as soon as possible to be able to show the world (in counterterrorism, we always assume "The world is watching" and grading us) that we have restored normalcy. We need to upgrade our urban warfare capability through personnel training and acquisition of modern urban warfare weapons and equipment.

In the case of the NPA, Golez agrees with the suspension of the peace talks but should always keep the peace option open. The CPP-NPA has long abused the peace process by using the space to recruit and propagandize. The President is correct in using the mailed fist to react to NPA attacks on the PNP which is a civilian unit performing its duty to maintain peace and order in the community. The police should not be targeted by the NPA and any violation should be met with maximum force by the government.

B10 • FRIDAY | DECEMBER 29, 2017

THE PHILIPPINE STAR

people & events



EXCELLENT PUBLIC SERVICE: For his exemplary performance in extending social security protection to entertainment industry workers, Social Security Commission Chairman Amado Valdez is one of this year's special awardees during the recently concluded 30th Aliw Awards held at the Manila Hotel Fiesta Pavilion on Dec. 19. The former University of the East College of Law dean assumed his post as SSC chairman last November 2016. Since then, his initiatives led to the coverage of over 700 entertainment industry workers through joint partnership with Actors' Guild of the Philippines, Film Development Council of the Philippines and Showbiz Industry Alliance.



NOTARY-INNER WHEEL CHRISTMAS PARTY: Rotary Club of Manila and Inner Wheel Club of Manila joint Christmas party at New World Hotel in Makati. Photo shows the officers and members of IWCN: (seated from left) president Beth Sison-Tagle, PDC Dolly Gupit, wife of District 3810 gov. elect Sharon Bediones, PDC Tina Carlos, Connie Garcia, PP Daisy Payumo and Lennie Reyes. (standing, from left) Nene Bartolome, May del Rosario, PP Mariessa Fenton, PP Monette Guavano, Joanne Matschuck and wife of RCM Centennial president Marites Pineda.

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PUBLIC HEALTH NUTRITION AND CHILD CARE



HEALTHY NEW YEAR'S RESOLUTION

Elias D. Adamos, M.D.

Hope smiles from the threshold of the year to come, whispering, 'It will be happier.' **Alfred Lord Tennyson (1809-1892), poet laureate of Great Britain and Ireland**

Cheers everybody! Have a happy and healthy 2018. Many of us make promises to ourselves for the New Year. Here are some healthy tips to serve as model for you to make your own healthy promises to yourself for the year.

6 New Year's Resolutions for a Happy-and-Healthy 2018 (source: [www. Johnshopkinsmedicine.org](http://www.johnshopkinsmedicine.org))

1. **Practice mindful eating.** Eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food. Avoid eating while glued to your TV screen or computer monitor. "When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat," says Diane Vizhum, a nutritionist and dietician at Johns Hopkins Hospital.
2. **Chill out and rest up.** Darken your room. Get plenty of sleep. A time for a good night sleep is analogous to a chill out time or relaxation period.
3. **Adopt an attitude of gratitude.** Don't get distorted with stress. There are a lot of things to be thankful for. Keep a "grateful journal" to remind you of the good things in life. Reminding yourself of the small, everyday positive aspects in your life, helps you develop a sense of balance and perspective that can enhance well-being," according to Dr. Susan Lehmann of Johns Hopkins Medical School.
4. **Find 30 minutes a day to walk.** 30 minutes of walk can be summed up to 10 minutes before work, 10 minutes at lunch, and 10 minutes after work. Make it fun. Invite a walking buddy. Have a family member or friend meet up with you for an evening stroll.
5. **Take the stairs.** Climbing the stairs, in the long run, can make a big difference to your heart and health. Being active results to less chance of heart disease.
6. **Commit to a 30-day fitness challenge.** Pick an easy exercise regimen and stick with it for 30 days. For sure, you have many options: Take yoga and aerobic classes, join a fitness club, take regular walks, enjoy some ballroom dancing, morning jogging, and zumba. With fitness exercise, you'll be able to maintain your weight and lower your cholesterol. See and talk with your doctor before embarking in an exercise of fitness program.

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