



# balita



No. 3726, January 11, 2018

## GUEST OF HONOR AND SPEAKER



### Secretary EDUARDO D. DEL ROSARIO

Housing and Urban Development Coordinating Council (HUDCC)

## Countdown to Centennial

<http://www.rcmanila.org>



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## THE ROTARY CLUB OF MANILA

**BOARD OF DIRECTORS and**

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*Assistant Treasurer*

**BOLLIE BOLTON**

*Deputy Sgt-at-Arms*

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*Executive Secretary*

# PROGRAM

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## RCM'S 25<sup>th</sup> for Rotary Year 2017-2018

January 11, 2018, Thursday, 12Noon, New World Makati Hotel Ballroom

**Officer-In-Charge/ Program Moderator : PD Rod Valencia**

### PROGRAM TIMETABLE

|          |                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                           |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:30 AM | Registration & Cocktails (WINES courtesy of <b>RCM Dir.-elect/Dir. Bobby Joseph</b> )                                                                                                                                                                                                                                       |                                                                                                                                                                                           |
| 12:25 PM | Bell to be Rung:<br>Members and Guests are requested<br>to be seated by OIC/Moderator :                                                                                                                                                                                                                                     | <b>PD Rod Valencia</b>                                                                                                                                                                    |
| 12:30 PM | Call to Order<br>Singing of the Republic of the<br>Philippines National Anthem<br>Invocation<br><b>RCM Hymn</b><br><br>The 4-Way Test Credo                                                                                                                                                                                 | <b>Pres. Jimmie Policarpio</b><br><br><b>RCM WF Music Chorale</b><br><b>DE Raffy Alunan III</b><br><b>RCM WF Music Chorale</b><br><br><b>All Rotarians led by</b><br><b>PVP Roy Golez</b> |
| 12:35 PM | Introduction of -<br>-Guests, Visiting Rotarians & Personalities at the Head Table<br><br>Welcome Song                                                                                                                                                                                                                      | <b>STAR Rtn. Juan Montel</b><br><br><b>RCM WF Music Chorale</b>                                                                                                                           |
| 12:40 PM | Maligayang Bati ( <b>RCManila</b> Birthday Celebrant)<br>Jan. 12...Rtn. "Monch" Cruz<br>Happy Birthday Song                                                                                                                                                                                                                 | <b>RCM WF Music Chorale</b>                                                                                                                                                               |
| 12:45 PM | The Rotary Foundation                                                                                                                                                                                                                                                                                                       | <b>VPE/Dir. Lance Masters</b>                                                                                                                                                             |
| 12:50 PM | President's Time                                                                                                                                                                                                                                                                                                            | <b>Pres. Jimmie Policarpio</b>                                                                                                                                                            |
| 12:55 PM | Introduction of the Guest<br>of Honor and Speaker<br><br>Address: Secretary <b>Eduardo D. Del Rosario</b><br>Housing and Urban Development<br>Coordinating Council (HUDCC)<br><br>Public Forum<br>Response, Presentation of tokens of appreciation to<br>Secretary <b>Eduardo D. Del Rosario</b><br>and meeting adjournment | <b>Rtn. Gani Macatoman</b><br><br><br><br><br><br><br><br><br><b>Pres. Jimmie Policarpio</b>                                                                                              |
| 2:00 PM  | Adjournment                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                           |

## PRESIDENTIAL TIMELINE



January 4, 2018 - Manila Rotarians visited the wake of the late Richard Joseph, son of DE/Dir. Bobby Joseph, at the St. James the Great Parish in Ayala Alabang Village, Muntinlupa City. Richard Joseph passed away last December 26, 2017 in the United States of America.

January 5, 2018 - PD Beda Fajardo and Rtn. Nilo Aventura attended the Birthday Celebration of PD Estelito "Titong" Mendoza at his residence in Urdaneta Village, Makati City

January 8, 2018 - DZRH-MBC pledged media coverage for ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI at a meeting held at the DZRH-MBC Building in Pasay City. Present were DE Raffy Alunan, Chairman of ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, MBC CEO Jun Nicdao, DZRH EVP Rejie Jularbal, DOT Asec Ricky Alegre and MBC VP Jomay Parroco.

January 9, 2018 - PVP Roy Golez was interviewed by DZRH regarding the Feast of the Black Nazarene of Quiapo, Manila. PVP Roy, whose birthday falls on the feast day of the Black Nazarene, has been a Black Nazarene devotee since his teenage days.

- DE Raffy Alunan, Chairman of ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI met with PD Abe Pascual, Chairman of Pascual Laboratories and Mr. Beau Agana, President of PHAREX at Chateau 1771 in Ortigas, Center, Pasig City for the medical mission needs.

- Dr. Dulce Gust, widow of PP Gert Gust, headed the Post Traumatic Stress Disorder (PTSD) Team of ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI at the V. Luna Medical Center in Quezon City. Also present were Col. Punzalan, Dr. Anastacio, Dr. Bordado, Dr. Greg Diokno and Iñaki Jose. They were introduced to eighteen (18) PTSD patients in the said hospital.

- The ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Team held a meeting at the Infinity Tower Suites in Makati City. The team composed of DE Raffy Alunan, Chairman of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, DE Jackie Rodriguez, PDG Lyne Abanilla, STAR Rtn. Juan Montel and VPE/Dir. Lance Masters discussed the Medcaps for January 14-16, 2018 to be held in Cagayan de Oro. They were likewise in phone patch with DG Linda Deleste of District 3870, DG Emmanuel "Loy" Cosico, Team Humanity Executive Director Bong Año, DOT Usec Alma Jimenez, DOT Regional Director May Unchuan and Lt. Gen. Rolly Bautista, Commanding General of the Philippine Army.

- DE Raffy Alunan, Chairman of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, met with Major General Ronnie Evangelista, Commanding General of the SOCOM (Special Operations Command).

January 10, 2018 - PE/Dir. Susing Pineda, IPSDG/IPDCoS/DE/IPD Albert Alday and Treasurer Nicky Villaseñor met with the Banquet Sales of the Manila Hotel in Manila for purposes of the June 1, 2018 Inaugural of the Rotary Club of Manila.

- IPSDG/PAG/PP Frank Evaristo and PD Phillip Ong (Chairman, Special Children Committee), in behalf of the Rotary Club of Manila, donated Php 100,000.00 each for a total of Php 200,000.00 for the shelter project of the Hospicio de San Jose in Norzagaray, Bulacan. These were turned over to the Administrator at the Hospicio de San Jose in Manila. Witnessing the event was Rtn. Ray Davis who is also part of the Special Children Committee.

January 11, 2018 - Sagip Kabataan Foundation Annual Meeting, 10:00 am, Ballroom, New World Makati Hotel, Makati City

- Welcomes HUDCC Secretary Eduardo del Rosario as he speaks on "Rebuilding Marawi and His Advocacies"

## GUEST OF HONOR AND SPEAKER'S PROFILE

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**EDUARDO D. DEL ROSARIO**  
**CHAIRMAN**  
**HOUSING AND URBAN DEVELOPMENT**  
**COORDINATING COUNCIL**

The Honorable EDUARDO D. DEL ROSARIO was appointed as Chairman of the Housing and Urban Development Coordinating Council (HUDCC) on July 12, 2017.

As HUDCC Chairman with the rank of Secretary, he also serves as the Chairman of the Boards of National Housing Authority (NHA), Social Housing Finance Corporation (SHFC) Housing and Land Use Regulatory Board (HLURB), Home Development Mutual Fund (HDMF/pag-IBIG), National Home Mortgage Finance Corporation (NHMFC) and as Vice Chairman of the Home Guaranty Corporation (HGC).

Prior to this post, He was Undersecretary for Civil, Veterans and Retiree Affairs. His appointment as Undersecretary of the Department of National Defense was signed by the President of Philippines on June 30, 2016.

From February 01, 2013 to May 12, 2014, Secretary del Rosario was the Administrator of the Office of Civil Defense (OCD) and concurrent Executive Director of the National Disaster Risk Reduction and Management Council (NDRRMC). During his stint at OCD, he initiated numerous reforms to ensure that OCD can perform its mandate, such as: reorganizing the structure and manning of OCD; rationalizing the utilization of funds down to OCD Regional Centers; transparent procurement to safeguard the use of government funds; and sustained networking and capacity building to upgrade Disaster Management at all levels.

Secretary del Rosario is also a retired Major General in the Armed Forces of the Philippines (AFP) having served the military for almost 37 years until his compulsory retirement in November 2012. Aside from receiving numerous Combat and Administrative Awards, then MGen del Rosario headed "**Task Force Kalihim**" in August 2012 which spearheaded the search and retrieval operations for the remains of the late DILG Secretary Jesse Robredo from a plane wreckage in the Province of Masbate where he received BaKas Parangal ng Kabayanihan for accomplishing its mission.

Undersecretary del Rosario also brings with him significant experiences gained from serving as the General Officer-in-Charge of the Southern Luzon Command; Commander of the 2nd Infantry Division of the Philippine Army; Civil Relations Service; 803rd and 1003rd Infantry Brigades; Joint AFP Special Operations Group; Task Force Davao; Civil Affairs Group, Philippine Army; and the 73rd Infantry Battalion.

After graduating from the Philippine Military Academy in February 1980, Secretary del Rosario served in both field and staff duties and had undertaken professional and specialization courses in Scout Ranger Operations, Airborne, Field Artillery, Counter Terrorism, and Command and General Staff Courses held locally and abroad. He likewise holds a Master's Degree in Public Administration from the Philippine Christian University.

## THE WEEK THAT WAS

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### PRE-MEETING FELLOWSHIP



Shown in a posterity photo, from left: Rtn. Joel Valdes, PE Susing Pineda, Pres. Jimmie Policarpio, Monetary Board Chairman and BSP Governor Nestor Espenilla, Jr., RCMW PP Lito Jimenez, RCMW PE Luis del Rosario, Jr., and PP Archit Bartolome.



Monetary Board Chairman and BSP Governor Nestor Espenilla, Jr. (3<sup>rd</sup> from left) is given a warm welcome upon his arrival at the ballroom. Shown in a posterity photo, from left: Program Chairman DE "Jackie" Rodriguez, PP "Frank" Evaristo, Governor Espenilla, DE "Raffy" Alunan, PP "Archit" Bartolome III.



RCM Pres. “Jimmie” Policarpio, RCFP Pres. “Edwin” Salonga and RCMW PE Luis del Rosario, Jr. for Pres. “Dave” Caldwell, alternately call the joint meeting between the Rotary Club of Manila (RCM), Rotary Club of Makati West (RCMW) and Rotary Club of Forbes Park (RCFP), to order.



RCM PP “Archit” Bartolome as OIC/Program Moderator directs the day’s joint program of activities.



The RCM World Famous Chorale leads in the singing of the Philippine National Anthem.



**RCMW PP "AP" Bartolome** delivers an ecumenical prayer.



**RCFP PE Jess Sedano** leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) Way Test.

**RCMW PP Lito Jimenez** introduces the visiting Rotarians, Guests and Personalities seated at the presidential table.



**RCM PE/Dir. "Susing" Pineda** does the honor, pleasure and privilege of introducing **Hon. Nestor A. Espenilla, Jr.**, Governor and Chairman of the Monetary Board, Bangko Sentral ng Pilipinas, as guest of honor and speaker.

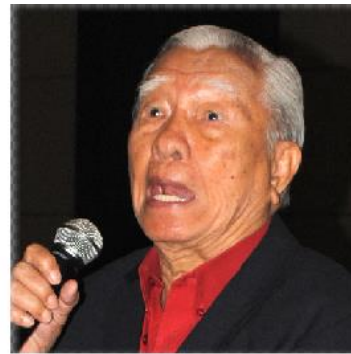


**Monetary Board Chairman and BSP Governor Nestor Espenilla, Jr.** gave Manila Rotarians, Makati West Rotarians, Forbes Park Rotarians, Visiting Rotarians and guests, his fearless projections on the state of the Philippine Economy for 2018.



An open forum conducted by a panellist composed of RCM PP **“Boy” Guevara**, & Rtn. **“Dennis” Montecillo**, RCMW PP **“Philip” Hagedorn**, & Rtn. **Luis Elizaga** and RCFP PP **“Rudy” Robles**, & PP **Tedjie Herbosa**.

PD “Jess” Santos was accommodated by OIC/Moderator PP “Archit” Bartolome III to raise his question.



RCM Pres. “Jimmie” Policarpio, RCFP Pres. “Edwin” Salonga and RCMW PE Luis del Rosario, Jr. for the response, presentation of token of appreciation and meeting adjournment.



A posterity photo with Monetary Board Chairman and **BSP Governor Nestor Espenilla, Jr.** post the joint luncheon meeting, with **RCM Pres. "Jimmie" Policarpio**, **RCFP Pres. "Edwin" Salonga** and **RCMW PE Luis del Rosario, Jr.**, **OIC/Moderator PP "Archit" Bartolome III**, **PE/Dir. "Susing" Pineda**, and other program participants.

## ROTARY BRIEFING



**A Rotary Information Briefing** for proposed new member **Mr Thierry Tea**. Photo shows (from extreme clockwise) **VPE/Dir Lance Masters**, **Mr Thierry Tea**, **Chair PDG Alex Cureg**, **Rtn Romy Nones** and **Club Sec Alvin Lacambacal** at the Gallery 2 of New World Makati Hotel.

## RCM WEEKLY BIRTHDAY CELEBRANTS



RCM Pres. “Jimmie” Policarpio, RCFP Pres. “Edwin” Salonga and RCMW PE Luis del Rosario, Jr. together with the week’s birthday celebrants : RCManila Past Vice Pres. “Roy” Golez. RCMW Past Pres. Fern Peña, Rtn. Karel Holub, Rtn. Ariel Miranda. RCFP Pres. Nominee Balraj Bhattee, Rtn. Resty Tiangco, amidst the singing by the RCM World Famous Chorale of the happy birthday song.

## FELLOWSHIP



PD Beda Fajardo and Rtn. Nilo Aventura attended the Birthday Celebration of PD Estelito “Titong” Mendoza last January 5, 2018 at his residence in Urdaneta Village, Makati City

## ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI



**ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI MEETING WITH PHAREX.** DE Raffy Alunan, Chairman of ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI met with **PD Abe Pascual**, Chairman of Pascual Laboratories and Mr. Beau Agana, President of PHAREX, last January 9, 2018 at Chateau 1771 in Ortigas, Center, Pasig City for the medical mission needs.



**ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI HOLDS MEETING WITH SOCOM CHIEF.** DE Raffy Alunan, Chairman of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, met last January 9, 2018 with Major General Ronnie Evangelista, Commanding General of the SOCOM (Special Operations Command).



**ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI MEETING WITH PTSD TEAM.** Dr. Dulce Gust, widow of PP Gert Gust, headed the Post Traumatic Stress Disorder (PTSD) Team in a meeting last January 9, 2018 at the V. Luna Medical Center in Quezon City. Also present were Col. Punzalan, Dr. Anastacio, Dr. Bordado, Dr. Greg Diokno and Iñaki Jose. They were introduced to eighteen (18) PTSD patients in the said hospital.



**DZRH-MBC PLEDGED MEDIA COVERAGE FOR ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI.** Last January 8, 2018 at a meeting held at the DZRH-MBC Building, CCP Complex, Pasay City, DZRH-MBC pledged media coverage for ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI. Present were DE Raffy Alunan, Chairman of ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, MBC CEO Jun Nicdao, DZRH EVP Rejie Jularbal, DOT Asec Ricky Alegre and MBC VP Jomay Parroco.



**PHILIPPINE AIRLINES PROVIDES FREE TICKETS FOR ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI.** DE Raffy Alunan received an email last January 9, 2018 from the office of Philippine Airlines President Jaime "Jimmy" Bautista regarding the approval of free tickets for fifteen (15) passengers which included eleven (11) from the medical team and four (4) Rotarians as well as free cargo of up to five hundred (500) kilograms for purposes of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Medcaps slated for January 14-16, 2018.



#### **ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI HOLDS MEETING FOR JANUARY 2018 MEDCAPS**

The ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Team held a meeting last January 9, 2018 at the Infinity Tower Suites in Makati City. The team composed of **DE Raffy Alunan**, Chairman of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, **DE Jackie Rodriguez**, **PDG Lyne Abanilla**, **STAR Rtn. Juan Montel** and **VPE/Dir. Lance Masters** discussed the Medcaps for January 14-16, 2018 to be held in Cagayan de Oro. They were likewise in phone patch with DG Linda Deleste of District 3870, DG Emmanuel "Loy" Cosico, Team Humanity Executive Director Bong Año, DOT Usec Alma Jimenez, DOT Regional Director May Unchuan and Lt. Gen. Rolly Bautista, Commanding General of the Philippine Army.

## SUNSHINE COMMITTEE

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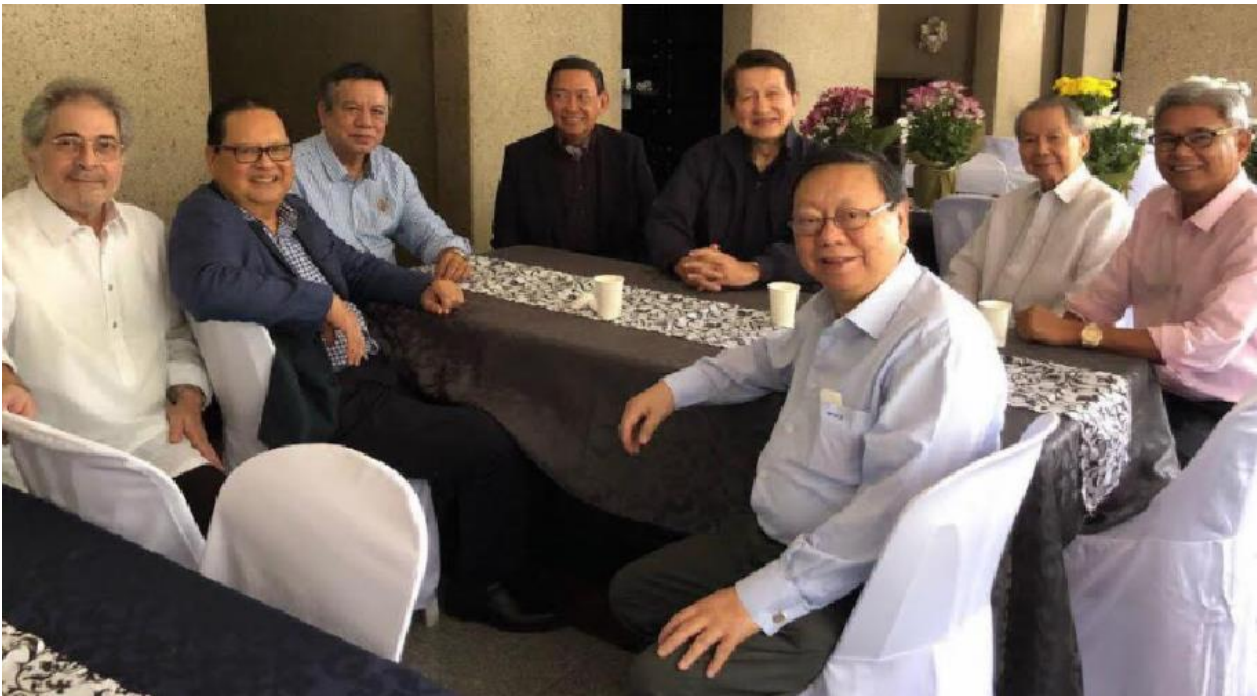
Manila Rotarians visited the wake of the late Richard Joseph, son of **DE/Dir. Bobby Joseph**, last January 4, 2018 at the St. James the Great Parish in Ayala Alabang Village, Muntinlupa City. Richard Joseph passed away last December 26, 2017 in the United States of America.











## EREY



EVERY  
ROTARIAN  
EVERY  
YEAR

By Dir/VPE Lance Masters

Every Rotarian is expected to contribute to the Rotary Foundation every year. Why? Because the Rotary Foundation is not only rated as the best charity in the world, it is OUR charity, run by Rotarians, facilitating our ability to do good, to make a difference around the world. We serve humanity by funding Global Grants around the world in our “Six Areas of Focus”, through Polio Plus (the most successful disease control program in history), and through our District Designated funds that support small local projects. The Philippines has been a net beneficiary of monies donated to the Rotary Foundation, that is, we (the Philippines) have always gotten back far more money than we gave. Our gifts are catalysts for sustainable improvements in our country and around the world.



The “Every Rotarian Every Year” program is designed to keep us active as regular donors, because our charity needs annual inflows of monies. The money we contribute goes mostly into the annual fund to support current projects. After three years, our district gets back 50% of our donations to support small club-based projects. In this program, it is expected that each member shall give an average of USD \$100 per year. The average of \$100 can be made through gifts as small as \$25 per member, counterbalanced with larger gifts such as Paul Harris Fellow cash gifts of \$1,000 or more, and Major Donors, gifts of \$10,000 or more. But every single member must give at least \$25 to reach the target of EREY.



Rotarians who pledge to give \$100 per year obviously become Paul Harris Fellows after ten years, and these members are designated as “Rotary Foundation Sustaining Members” and may get a special recognition pin. Members who pledge to give \$1,000 every year are designated as members of the Paul Harris Society and receive a special pin that hangs from their Paul Harris Fellow pin. They will also+ become “Major Donors” after ten years of these gifts.



Recently, I made an appeal on our club “Fellowship” Viber feed for every member to make a gift of at least USD \$25 so that at least we could be an EREY club. These gifts must be cash and cannot be “Recognition Points.” Here is a summary of pledges made and paid as of January 4. If you have not made a gift of \$1,000 CASH as a Paul Harris fellow THIS YEAR, or a gift of \$25 or \$100, please make your gift now. Yes, gifts as Paul Harris Fellow in cash this year also count for EREY, but PHS made with Recognition Points do not. As you can see from the attached, we can be an EREY Club entering our Centennial if only EVERY MEMBER makes a gift of at least \$25. IF YOUR NAME IS NOT ON THE LIST, please, please make a gift of at least \$25. That is Rotary in action, making a difference, “Serving Humanity.” Thank You.



| <b>NAMES</b>           | <b>AMOUNT</b> |
|------------------------|---------------|
| ABASTILLAS, CELSO      | 25.00         |
| Alunan, Raffy          | 1,000.00      |
| ALVAREZ, JUN           |               |
| BAUTISTA, JACK         |               |
| Bediones, Rudy         | 1,025.00      |
| BELLA, JUN             |               |
| BHALLA, PARDEEP        |               |
| CARLOS, VINCE          |               |
| CENICA, JOHN           |               |
| CHOTRANI, JOHNNY       | 25.00         |
| Chotrani, Johnny       | 1,000.00      |
| Cureg, Alex            | 1,529.00      |
| DE ROSSI, ANDY         |               |
| DOVAL-SANTOS, ROSEL    |               |
| Drilon, Tom            | 1,000.00      |
| DY, MANNY              | 25.00         |
| Esguerra, Hermie       | 1,000.00      |
| EUGENIO, EMYL          | 25.00         |
| EVARISTO, FRANK        |               |
| FAJARDO. BEDA          |               |
| Follosco, Jun          | 1,000.00      |
| GOLEZ, ROY             |               |
| GUEVARA, BOY           |               |
| GUEVARA, RICKY         |               |
| HALLARE, JUN           |               |
| JANKOVSKY, ZDENEK      |               |
| Ko, Mon                | 1,000.00      |
| LACAMBACAL, ALVIN      |               |
| LAPUS, JING            |               |
| LEE, ED                | 1,000.00      |
| Locsin, Nick           | 1,000.00      |
| LOPA, TONY             |               |
| Lopez, Ning            | 1,000.00      |
| LOPEZ, TONY            |               |
| Marking, Butch         | 1,000.00      |
| MASTERS, LANCE         | 125.00        |
| MONTEL, JUAN (cc)      | 25.00         |
| NONES, ROMY            |               |
| PASCUAL, ABE           | 1,000.00      |
| PELINO, WILLIE         |               |
| POLICARPIO, RENE       |               |
| Policarpio, Jimmie     | 3,000.00      |
| Recto, Philip          | 1,000.00      |
| REYNOLDS, DAVE         |               |
| RODRIGUEZ, JACKIE      | 10,000.00     |
| SEVERINO, ERIC         | 25.00         |
| SIBAYAN, LITO          |               |
| VILLARICA, HENRY       |               |
| Villasenor, Nicky      | 1,000.00      |
| VIRATA, LEO            |               |
| ZALAMEA, RICK          | 25.00         |
| ZALDARRIAGA, CHITO     |               |
| ZOSA, ROY              |               |
|                        | \$28,854.00   |
| average of 229 members | \$126         |

## CLUB SERVICE COMMUNITY PROJECT

### RCM DONATES P325K TO HOSPICIO DE SAN JOSE HOUSING PROJECT

The **Rotary Club of Manila, First in Asia**, through **PD “Phil” Ong**, Chairman, Special Children Project, **Rtn. “Ray” Davis**, Co-Chairman and **PP “Frank” Evaristo** extended financial assistance to the Special Children of Hospicio de San Jose, of their donation of **P325,000**. The formal check donation was turned over to **Sister Bernardita Epacta, D.C.**, Treasurer of Hospicio de San Jose held last January 10, 2018, at the Hospicio de San Jose in Ayala Bridge, Manila, for the purpose of providing financial assistance for the second tranche of the **P2Million** Hospicio Norzagaray housing project.



Photo shows **PD “Phil” Ong**, Chairman, Special Children Project, **Rtn. “Ray” Davis**, Co-Chairman and **PP “Frank” Evaristo** formally turning-over the **P325,000** check donation to **Sister Bernardita Epacta, D.C.**

## INAGURAL MEETING



**PE/Dir. Susing Pineda, IPSDG/IPDCoS/DE/IPD Albert Alday and Treasurer Nicky Villaseñor** met last January 10, 2018 with the Banquet Sales of the Manila Hotel in Manila and checked out the amenities for the June 1, 2018 Inaugural which will also serve as kick off event for the Centennial Celebration as it coincides with the 99th Charter Anniversary of our club.

## NEWS RELEASE



**ESPENILLA SPECIAL GUEST AT MANILA ROTARY CLUB MEETING:** Photo shows Bangko Sentral ng Pilipinas Governor Nestor Espenilla (center) during the Rotary Club of Manila's luncheon meeting at the New World Hotel yesterday. Also in photo (from left) are RCM past president Archil Bartolome, Luis Del Rosario Jr, Susing Pineda Jr., president Jimmie Policarpio, Rotary Club of Forbes Park, president Edwin Salonga, and Rotary Club of Makati West past president AP Bartolome.

**B4**

**business**

FRIDAY | JANUARY 5, 2018

## PUBLIC HEALTH NUTRITION AND CHILD CARE

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### CHANGE FOR THE GOOD, IF NOT FOR THE BETTER (Tips for a Greener Lifestyle)

Elias D. Adamos, M.D.

*“Who can say if I’ve been changed for the better? But because I knew you, I have been changed for good.”* **Idina Menzel and Kristine Chenoweth “For Good” from the musical WICKED**

I collect souvenir posters of musicals. I recently had the chance of seeing the musical “Wicked” at the Apollo Theatre in Victoria, London. The poster was wrapped in a brown paper bag and written on it are “Tips for a Greener Lifestyle.” I would like to share them to you.

- Buy local, organic food to reduce pesticide use. Support local farmers and decrease carbon dioxide emissions from flying produce around the world.
- Replace one beef meal each week to save 40,000 gallons of water and 300 pounds of greenhouse gas emissions out of the atmosphere.
- Compost food leftovers.
- Carry groceries in reusable bags and/or return plastic bags at the grocery store.
- Use eco-friendly cleaning products that degrade naturally and reduce water pollution.
- Turn water off while brushing teeth.
- Choose a shower instead of a tub bath and replace showerheads and faucets with high-efficiency models.
- Put a brick (or other object) in the toilet tank to reduce water per flush.
- Replace incandescent bulbs with high-performance compact fluorescent lamps (CFLs).
- Collect rainwater to water garden/yard.
- Recycle paper, plastic, glass, cardboard, and Styrofoam.
- Reduce waste by avoiding disposable products, such as razors and single-use containers.
- Bike or walk to work one or more days a week.
- Remove yourself from mailing lists; request email notifications.

# ADVERTISEMENT



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