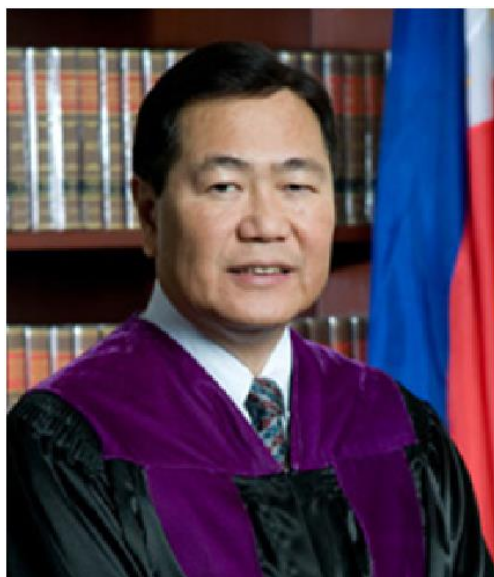




balita

No. 3729, February 1, 2018

GUEST OF HONOR AND SPEAKER



HON. ANTONIO T. CARPIO

Senior Associate Justice
Supreme Court of the Philippines



KABALITA

Let the Magistrate of the Highest Court of the Land show us how asserting sovereignty over our waters can do justice to our claim as he makes waves at Asia's First Rotary Club.

Countdown to Centennial

<http://www.rcmanila.org>



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THE ROTARY CLUB OF MANILA

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

JIMMIE POLICARPIO
President

TEDDY OCAMPO
Immediate Past President

CHITO ZALDARRIAGA
Vice President

**BOBBY JOSEPH
ISSAM ELDEBS
LANCE MASTERS
CALOY REYES
SUSING PINEDA
ART LOPEZ**
Directors

ALVIN LACAMBACAL
Secretary

NICKY VILLASEÑOR
Treasurer

DAVE REYNOLDS
Sergeant-At-Arms

AMADING VALDEZ
Board Legal Adviser

RENE POLICARPIO
Assistant Secretary

**NER LONZAGA
JIM CHUA**
Assistant Treasurer

BOLLIE BOLTON
Deputy Sgt-at-Arms

**Secretariat
ANNA KUN TOLEDO**
Executive Secretary

PROGRAM

RCM'S 28th for Rotary Year 2017-2018

February 1, 2018, Thursday, 12Noon, New World Makati Hotel Ballroom

Officer-In-Charge/ Program Moderator: DE Jackie Rodriguez

"A Special Tribute to PP Francisco V. "Toting" del Rosario

P R O G R A M TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCM DE/Dir. Bobby Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	DE Jackie Rodriguez
12:30 PM	Call to Order Singing of the Republic of the Philippines National Anthem	Pres. Jimmie Policarpio RCM WF Music Chorale
	Invocation	PVP Roy Golez
	RCM Hymn	RCM WF Music Chorale
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Rtn. Jeric Jucaban RCM WF Music Chorale
12:40 PM	A Special Tribute to PP Francisco V. "Toting" del Rosario in celebration of his 91st birthday, last January 29th an Outstanding Filipino, an Outstanding Rotarian	PP Archit Bartolome
	▪ Brief Introduction ▪ Presentation of the Birthday Cake ▪ Singing by the RCM WF Chorale of the Happy Birthday Song ▪ Audio-video presentation ▪ Special Tribute and Honoring PP "Toting" ▪ Brief Remarks by Mr. Juan Carlos del Rosario in behalf of the Del Rosario Family ▪ Acknowledgement and appreciation remarks by PP "Toting" ▪ Presentation of Bell and Gavel to honoree as a token of appreciation by Pres. Jimmie Policarpio & RCM Honorary Member, ▪ former Philippine President Eddie Ramos	

12:50 PM	President's Time	Pres. Jimmie Policarpio
12:55 PM	Introduction of the Guest of Honor and Speaker	PD Beda Fajardo
1:00 PM	Address: Hon. Antonio T. Carpio Senior Associate Justice Supreme Court of the Philippines Public Forum Club fund-raising raffle of cash prize	DE/Dir. Bobby Joseph
	Response, Presentation of tokens of appreciation to SC Sr. Assoc. Justice Antonio T. Carpio	Pres. Jimmie Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



January 22-26, 2018 - PDG Obet Pagdanganan, Rtn. Johnny Chotrani (Chairman, Philippines-India Business Council) and Rtn. Warren So together attended the ASEAN-India Commemorative Celebration in New Delhi, India.

January 24, 2018 - President Rodrigo Roa Duterte signed Proclamation No. 413 declaring July 1, 2018 to June 30, 2019 as the "Year for the Celebration of the Centennial Anniversary of the Rotary Club of Manila and the Rotary Movement in the Philippines and in Asia".

January 25, 2018 - The Board of Directors for Rotary Year 2017-2018 held a meeting at the Balcony 2 of the New World Makati Hotel in Makati City.

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- GP Michael Edgar Recabar (Rotaract Club of Manila), GP Rychel Namol (Rotaract Club of De La Salle University-Manila) and GP Reuel Dan Barrales (Rotaract Club of De La Salle - College of St. Benilde) delivered their respective Midyear Reports at the University of Santo Tomas in Manila. All these clubs are Rotary Club of Manila-sponsored Rotaract clubs.

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- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by DZUP, the Radio Station of the University of the Philippines on the Benham Rise, the Scarborough Shoal and the entry of China Telecom.

- The Executive Committee of District 3810 for Rotary Year 2018-2019 under DGE Rudy Bediones hosted a Post International Assembly and Presidents-Elect Pre-Valentine Fellowship at the Marc 2000 Tower Penthouse in Manila. Also present were PDG Obet Pagdanganan, PE/Dir. Susing Pineda and VPE/Dir. Lance Masters.

February 1, 2018 - Welcomes Hon. Antonio Carpio, Senior Associate Justice of the Supreme Court of the Philippines, who will talk about the current state of economic, trade and political relations between the Republic of the Philippines and the People's Republic of China

- A Special Tribute to PP Toting del Rosario, an Outstanding Filipino and an Outstanding Rotarian, New World Makati Hotel, Makati City

- Initial Planning Meeting of the Rotary Club of Manila Centennial "Various Contests in Schools and Rotaract" Essay Writing, Painting and Oratorical Contest Subcommittee, 2:30 pm, New World Makati Hotel, Makati City

GUEST OF HONOR AND SPEAKER'S PROFILE



Curriculum Vitae of JUSTICE ANTONIO T. CARPIO

Born in Davao City, Philippines, Justice Antonio T. Carpio was sworn in as member of the Supreme Court on October 26, 2001. Justice Carpio obtained his law degree from the College of Law of the University of the Philippines where he graduated valedictorian and *cum laude* in 1975. He placed sixth in the 1975 Bar Examinations. He earned his undergraduate degree in Economics from Ateneo de Manila University in 1970.

In his student days, Justice Carpio was Chairman of the Editorial Board of the Philippine Law Journal of the U.P. College of Law. He was Editor-in-Chief of *The Guidon*, the school paper of Ateneo de Manila University. He also served as Managing Editor of the *Philippine Collegian*, the school paper of the University of the Philippines.

Fresh out of law school, Justice Carpio went into private practice and founded the Carpio Villaraza and Cruz Law firm. He was a Professorial Lecturer of the U.P. College of Law from 1983 until 1992 when he was appointed Chief Presidential Legal Counsel with cabinet rank, Office of the President of the Philippines.

Justice Carpio was a member of the Board of Regents of the University of the Philippines from 1993 to 1998. He was a member of the Technology Transfer Board of the Department of Industry from 1978 to 1979. He served as Special Representative of the Department of Trade for textile negotiations from 1980 to 1981. He was elected President of the Integrated Bar of the Philippines, Pasay-Makati Chapter (1985-1986).

For his "distinguished and exemplary service" to the Republic, Justice Carpio was awarded in 1998 the Presidential Medal of Merit by then President Fidel Ramos. In 1991, Justice Carpio received the Outstanding Achievement Award in Law from the Ateneo de Manila Alumni Association. In 2002, he was also the recipient of the Distinguished Alumnus Award from the Ateneo de Davao Alumni Association. In 2009, he was conferred a Doctorate of Laws, *honoris causa*, by the Ateneo de Davao University. In 2015, he was named an Outstanding Alumnus in Public International Law by the UP Alumni Association and this August 18, 2017 he was awarded as one of the UPAA Most Distinguished Alumni.

In 2015, the Department of Foreign Affairs sponsored Justice Carpio on a world lecture tour on the West Philippine Sea dispute. Justice Carpio presented the Philippines' perspective on the dispute before think tanks and universities in 30 cities covering 17 countries.

In May 2017, Justice Carpio published the book titled "*The South China Sea Dispute: Philippine Sovereign Rights and Jurisdiction in the West Philippine Sea.*"

Justice Carpio is the Chair of the Second Division and Chair of the Senate Electoral Tribunal.

As of September 5, 2017

THE WEEK THAT WAS



Rtn. **"Ricky" Trinidad** as OIC/ Moderator, calls the program of activities.



Pres. **"Jimmie" Policarpio** calls the 27th meeting of the Rotary Club of Manila.



Rtn. **"Ray" Davis** delivers an ecumenical prayer.



PD **"Nick" Locsin** leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the 4-Way Test.



Rtn. "Momo" Mommaerts introduces the visiting Rotarians, Guests and Personalities seated at the presidential table.



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



Rtn. "Dennis" Montecillo does the honor, pleasure and privilege of introducing **Atty. Rafael Ma. C. Vinzon, LL.M.**, Head, Tax Services, Reyes Tacandong & Co., as guest speaker.



Atty. Boy Vinzon, Head of Tax Services, Reyes Tacandong & Co., gave Manila Rotarians, Visiting Rotarians and guests, the rudiments of the TRAIN and its comparative analysis with the National Internal Revenue Code.

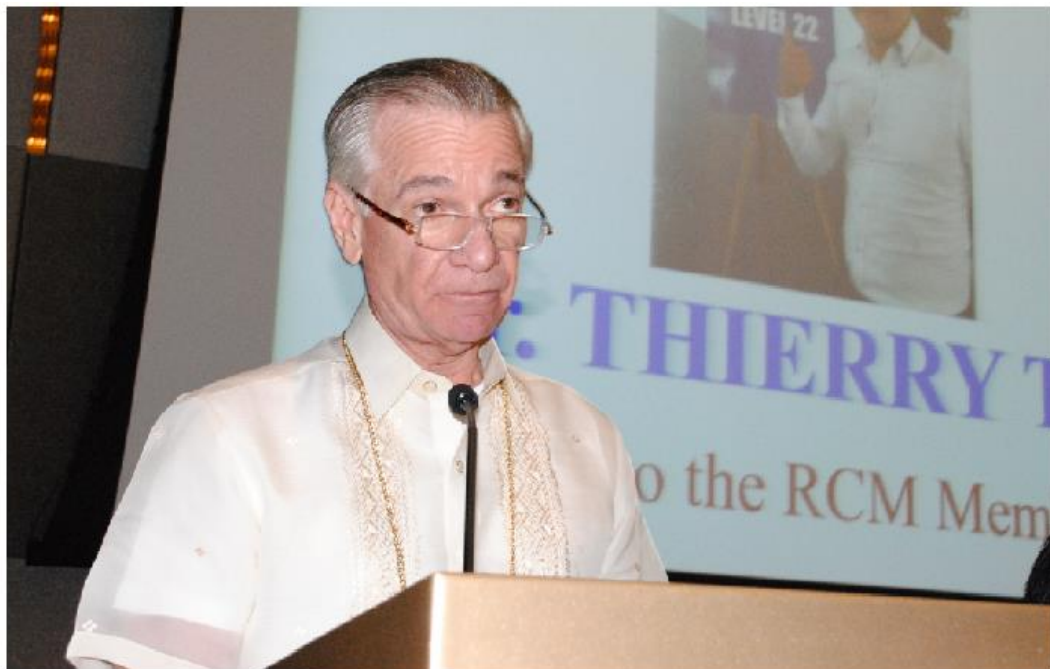


Pres. "Jimmie" Policarpio for the response, presentation of bell and gavel to **Atty. Rafael Ma. C. Vinzon, LL.M.**, as a token of appreciation and meeting adjournment.

RCM WEEKLY BIRTHDAY CELEBRANTS



Pres. “Jimmie” Policarpio presents the birthday celebrants, PD “Oscar” del Rosario, Rtn. “Dennis” Montecillo, & Commissioner “Don-Don” Bagatsing, special guest of Rtn. “Hermie” Esguerra, for the traditional blowing of candle on the birthday cake.



PVP “Fausto” Preysler as proposer formally introduces Mr. Thierry Tea (French-Cambodian), Founder and Chairman, Philjets Aero Services, Inc. Classification: Air Transportation—General Aviation Service, as an inductee to the RCM membership.

MEMBERSHIP



Pres. "Jimmie" Policarpio administers the oath of membership pledge to Mr. Thierry Tea with proposer PVP "Fausto" Preysler.

BOARD MEETING



The Board of Directors for Rotary Year 2017-2018 held a meeting last January 25, 2018 at the Balcony 2 of the New World Makati Hotel in Makati City.

NEW GENERATIONS SERVICE



GP Michael Edgar Recabar (Rotaract Club of Manila), GP Rychel Namol (Rotaract Club of De La Salle University-Manila) and GP Reuel Dan Barrales (Rotaract Club of De La Salle - College of St. Benilde) delivered their respective Midyear Reports last January 27, 2018 at the University of Santo Tomas in Manila. All these clubs are Rotary Club of Manila-sponsored Rotaract clubs.

QUESTION: On the occasion of the 50th year of existence of ROTARACT worldwide, how many District Rotaract Representatives (the equivalent of District Governors in Rotary) in District 3810 have our Rotaract-sponsored clubs produced?

ANSWER: ELEVEN (11) (And one of them is now a member of our club, Rtn. Jason Ong)

DRR's of RI District 3810

Rotary Year	Name	Rotaract Club
1977-1978	CDRR Evangeline Landicho	Rotaract Club of Ermita
1978-1979	PDRR Andres Abuso	Rotaract Club of Lucban
1979-1980	PDRR Andres Abuso	Rotaract Club of Lucban
	PDRR Victor Cusumbing	Rotaract Club of Las Palmas
1980-1981	PDRR George Regalado	Rotaract Club of UST-Commerce
1981-1982	PDRR Andres Abuso	Rotaract Club of Lucban
1982-1983	PDRR Rebecca Villanueva	Rotaract Club of Lucena South
1983-1984	PDRR Victor Cusumbing	Rotaract Club of Las Palmas
1984-1985	PDRR Alfonso Cristobal	Rotaract Club of Ermita
1985-1986	PDRR Jorge Go	Rotaract Club of Ermita
1986-1987	PDRR Ricky Uy	Rotaract Club of Binondo
1987-1988	PDRR Jimmy Sarte	Rotaract Club of De La Salle
1988-1989	PDRR Edna Lee	Rotaract Club of Binondo
1989-1990	PDRR Dindo Jimenez	Rotaract Club of UST-Commerce
1990-1991	PDRR Vina Paglicawan	Rotaract Club of UST-AB
1991-1992	PDRR Mel Capistrano	Rotaract Club of Palanyag
1992-1993	PDRR Yness de Leo Valentin	Rotaract Club of Univ. Belt
1993-1994	PDRR Robert Sunga	Rotaract Club of TIP Manila
1994-1995	PDRR Robert Sunga	Rotaract Club of TIP Manila
1995-1996	PDRR Joseph Gollon	Rotaract Club of San Lorenzo Ruiz
	PDRR Paulo Buanconsegajo	Rotaract Club of PSBA Manila
1996-1997	PDRR Ma. Anthelia Blando	Rotaract Club of Philcom
1997-1998	PDRR Jennifer Montoya	Rotaract Club of Parañaque
1998-1999	PDRR Rene Gozum	Rotaract Club of Parañaque
1999-2000	PDRR Jason Ong	Rotaract Club of Binondo
2000-2001	PDRR Wendell Garcia	Rotaract Club of San Antonio de Padua
2001-2002	PDRR Garry Zaldy De Castro	Rotaract Club of Malate
2002-2003	PDRR Oliver Alvarez	Rotaract Club of Manila
2003-2004	PDRR Xenia Yasmin Enares	Rotaract Club of Manila Metro
2004-2005	PDRR Venicel Sumalde	Rotaract Club of Imus East
2005-2006	PDRR Berly Magdayao	Rotaract Club of Manila Bay
2006-2007	PDRR Rhosenic Villanueva	Rotaract Club of Manila Metro
2007-2008	PDRR Chock Encabo	Rotaract Club of Manila Metro
2008-2009	PDRR Charlie Chua	Rotaract Club of Manila
2009-2010	PDRR Izel Mane Guatno	Rotaract Club of Manila
2010-2011	PDRR Jan Erwin Macam	Rotaract Club of Manila Metro
2011-2012	PDRR Clarise Joy San Jose	Rotaract Club of Malate
2012-2013	PDRR Mark Anthony Hernandez	Rotaract Club of Carmona
2013-2014	PDRR Vincent Carlo Roman	Rotaract Club of Kabataang Maynila
2014-2015	PDRR Sylvester Go	Rotaract Club of University District Manila
2015-2016	PDRR John Alexiz Tan	Rotaract Club of Chinatown Manila
2016-2017	IPDRR Cassandra Camille Martino	Rotaract Club of Manila
2017-2018	DRR Lysa Bulosan	Rotaract Club of University District Manila
2018-2019	DRR Marie Helene Jovellanos	Rotaract Club of Kabataang Maynila

*Highlighted in Yellow are DRRs from Rotary Club of Manila sponsored clubs



ROTARACT CLUB OF DE LA SALLE-COLLEGE OF ST. BENILDE, one of the sponsored Rotaract clubs of the Rotary Club of Manila, held its project, entitled, **“TIME TO GIVE BACK”** last January 27, 2018 at the Jollibee Vito Cruz cor. Taft Ave. in Malate, Manila. The event was for the kids in the barangays, ages 12 years old and below, for them to be helped and guided by the members of the club towards a brighter future.

ASEAN-INDIA COMMEMORATIVE CELEBRATION



PDG Obet Pagdanganan, Rtn. Johnny Chotrani (Chairman, Philippines-India Business Council) and Rtn. Warren So together attended the ASEAN-India Commemorative Celebration last January 22-26, 2018 in New Delhi, India.

PRE VALENTINES FELLOWSHIP



The Executive Committee of District 3810 for Rotary Year 2018-2019 under DGE Rudy Bediones hosted a Post International Assembly and Presidents-Elect Pre-Valentine Fellowship last January 30, 2018 at the Marc 2000 Tower Penthouse in Manila. Also present were PDG Obet Pagdanganan, PE/Dir. Susing Pineda and VPE/Dir. Lance Masters.

CLUB SURVEY



"Survey Says"

By Dir/VPE Lance masters

The Club's Council of Past Presidents presented several issues of concern to the current and incoming boards late last year. President Jimmie asked me to make recommendations on those issues. Rather than merely provide my personal opinions, I undertook an informal survey of member attending our regular meeting on January 18th. My background includes teaching market research at the undergraduate and graduate levels, and having performed research for Hewlett-Packard, Microsoft, K-Mart, Walmart, and many other entities over a long career as a consultant and in academe. So, of course, I understand the limitations of this kind of research. Our club is a small population, and the only definitive results would have to come from a complete census of all members. Since that is not possible, and no scientific sample could be reasonably and reliably drawn, a convenience sample was employed. Although this cannot be guaranteed to be truly representative of our entire membership, the results are in fact the opinions of the thirty-seven respondents. That is not as good as a true census, but it is definitely better than the opinion of any one member. Some members feel very strongly for or against each of the items considered, so we cannot expect complete agreement with any finding or recommendation. No decision should be made based on what any one person wants or does not want to do. Several of our past presidents and some those who participated in the survey have asked for the results, which are presented here, along with recommendations based on the results.

Dress code: Slightly more than three-fourths of respondents think that the club should have a dress code. However, notable comments include that short sleeved barongs should be allowed, that ties should not be required, and that dress code should be modernized, i.e. "Business attire," and "strongly suggested, but not required." **Recommendation:** The board should resolve to strongly encourage a dress code "Business Attire" for members and guests and regularly remind members via the Balita and Program announcements.

Table Seating: More than seventy percent of respondents think that table seating should be assigned. **Recommendation:** Table seating should be assigned, but not strictly enforced. Explanation should be provided on a regular basis in the Balita. Greeters should include Star Rotarians, under the coaching of the Sergeant at Arms.

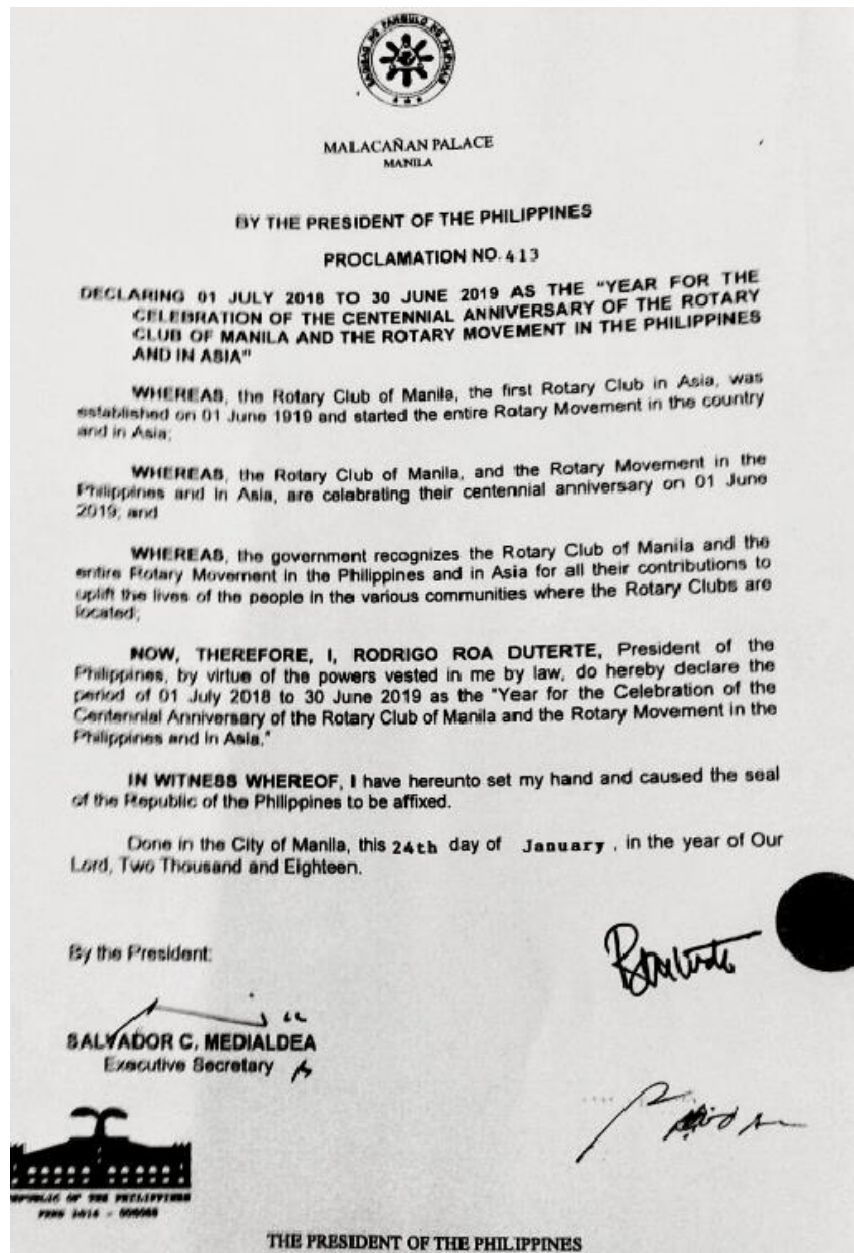
Orientation/Rotarization: More than eighty-six percent of respondents think that we should have a stronger program of orientation/Rotarization, the highest for any survey item. **Recommendation:** The club should provide for an Orientation consisting of two (2) half-day sessions, with a structured curriculum to be developed and including one session on Rotary in general, and one on RCM. There should be an on-going program of Rotarization, including having Star Rotarians give a classification talk, participate as Greeters, be invited to District Events and programs, and invited to special Star Rotarian Fellowships. Proposers should be instructed in their responsibilities.

Election Policy: More than fifty-nine percent of respondents think that the club should have an election policy requiring a minimum number of candidates voted upon. The average number of candidates voted upon was 6.5 and the most frequent number suggested is eight, cited by half of respondents. **Recommendation:** The Club Policy Manual and Elections Code should be revised to include language that ballots must be marked with no fewer than six (6) candidates voted upon, and that those failing this test would be invalid.

None of the actions recommended would require any changes to club bylaws or constitution, only to policies. The BOD will consider the findings and recommendations at its next meeting. Any board actions will be reported here.

Thank you.

CENTENNIAL



DUTERTE SIGNS PROCLAMATION DECLARING CENTENNIAL OF ROTARY CLUB OF MANILA AND ROTARY MOVEMENT IN THE PHILIPPINES AND IN ASIA

President Rodrigo Roa Duterte has signed Proclamation No. 413 last January 24, 2018 declaring July 1, 2018 to June 30, 2019 as the "Year for the Celebration of the Centennial Anniversary of the Rotary Club of Manila and the Rotary Movement in the Philippines and in Asia". The proclamation is a fitting testimonial to the role of the Rotary Club of Manila, the First Rotary Club in Asia, the Rotary movement in the Philippines and the Rotary movement in Asia in uplifting the lives of the people in the various communities where the Rotary clubs are located. The Rotary Club of Manila was established on June 1, 1919 and its birth signalled the beginning of the entire Rotary movement in the Philippines and in Asia. Through its pioneering efforts, the Rotary Club of Manila, has left an indelible mark in the history of the Philippines with many of its projects becoming milestones in nurturing communities. As the club approaches its Centennial celebration, its initiatives on having this proclamation signed is truly a laudable feat as it speaks well of government's recognition of its vital role in building a better future for Filipinos.

INTERCLUB



Rotary International District 3790, Club No. 16863
 Email: rrbjro819@yahoo.com Website: www.rcbaguio.org
www.facebook.com/rotaryclubbaguio

09 January 2018

PRESIDENT JIMMIE POLICARPIO
ROTARY CLUB OF MANILA
 RI D3810 PHILIPPINES

Dear President Jimmie,

Greetings from the Rotary Club of Baguio! Hope all is well with you.

We would like to ardently invite you, our beloved Mother Club Rotary Club of Manila officers and members to attend Rotary Club of Baguio's 80th Charter Anniversary Celebration on February 27, 2018 at Baguio Country Club, WC Forbes Ballroom at 6:00pm. Our Theme is 80's Decade.

This is a very special occasion for us as we will reach a great milestone of our club for sustaining its existence for 80 years. We will be very happy to welcome you to join in this one big celebration!

We value our Mother Club, our deep friendship and our partnership in service for the past years and we look forward to deepening our friendship and more partnership in projects and doing good in the world now and in the future. Again, our heartfelt thanks for your unrelenting support to our club.

Please honor our club with your presence and we enthusiastically await your positive response to our invitation.

Yours in Rotary,

RICARDO R. BONDOC JR.
 President, RY 2017-2018
 Rotary Club of Baguio

DISCON 2018



The poster features a blue and yellow background with a wavy pattern. At the top left is the word "Rotary" in blue, followed by the Rotary International gear logo. To the right is a circular logo with colorful stylized figures and the text "ROTARY: MAKING A DIFFERENCE". The main title "ROTARY INTERNATIONAL DISTRICT 3810, PHILIPPINES" is in red, and "DISTRICT CONFERENCE 2018" is in large yellow letters. Below this, the dates "March 16-17, 2018" and the venue "Harbor Garden Tent, Sofitel Philippine Plaza Hotel" are in yellow. The host "Host: Rotary Club of Ermita Manila" is also in yellow. The registration fees are listed in black text: "Reg Fee:", "Php 4,000.00 until Feb 15", "Php 4,500.00 until Feb 28", and "Php 5,000.00 onwards". At the bottom, the payment instructions are in black text: "Please deposit payment at:", "Rotary Club of Ermita Manila", "Bank: BDO", and "Accnt #: 005438008751".

Rotary   **ROTARY: MAKING A DIFFERENCE**

ROTARY INTERNATIONAL DISTRICT 3810, PHILIPPINES

DISTRICT CONFERENCE 2018

March 16-17, 2018

Harbor Garden Tent, Sofitel Philippine Plaza Hotel

Host: Rotary Club of Ermita Manila

Reg Fee:
Php 4,000.00 until Feb 15
Php 4,500.00 until Feb 28
Php 5,000.00 onwards

Please deposit payment at:
Rotary Club of Ermita Manila
Bank: BDO
Accnt #: 005438008751

SPEAKERS' BUREAU



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Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed by Bloomberg TV Philippines last January 30, 2018 on the Benham Rise Issue. Golez asked, “Why allow China to do marine research in Benham Rise after they grabbed big chunks of our Exclusive Economic Zone and now claiming 90% of the West Philippine Sea? Why not a neutral country that has no territorial claim on the Philippines?” Golez expressed his fears that China is interested in our fish and energy in the Benham Rise and are looking for submarine passageways there in support of China’s geostrategic agenda.



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NEWS RELEASE



Frank Evaristo, Ambassador Kok Li Peng, and Mario Katigbak



Vince Carlos and Sec. Albert del Rosario

Taken from **MANILA BULLETIN**, January 28, 2018, page F3, column of Tina Hidalgo Jacinto "Having a Ball", entitled, "**CHANGE GENERATION**"...launching of The Philippines Yearbook...



January 28, 2018, page F4



Jamaica Consul Michael Ma. Guerrero, Belarus Consul Annette Ablan, TESOROS chairman Alice Tesoro-Guerrero, Togo Consul Evie Costa, Thailand Embassy minister and deputy chief of mission Urawadee Sriphiromya and Jordan Consul Michael Alexander Ang



FORGING A STRONGER PARTNERSHIP WITH INDIA



The business delegates of India and the Philippines together with President Rodrigo Duterte.

Taken from the column of Presidential Consultant for Entrepreneurship Joey Concepcion, III entitled, PILIPINAS: NOW IS OUR TIME...



B12 • FRIDAY | JANUARY 26, 2018

people & events



RCM DONATES TO HOSPICIO HOUSING PROJECT: The Rotary Club of Manila, first in Asia, through past director Phil Ong, chairman, Special Children Project, Rotarian Ray Davis, co-chairman and past president Frank Evaristo hand over a check donation of P325,000 for financial assistance to the Hospicio de San Jose, through Sister Bernardita Epacta, DC, as second tranche of the two million for the Hospicio Norzagaray housing project.

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THE PHILIPPINE STAR
news

SUNDAY | JANUARY 28, 2018



DARE BOARD MEETS FOR 2018 PLANS: The board of the Drug Abuse Resistance Education (D.A.R.E.) Philippines, headed by its chairman, former president and now Manila Mayor Joseph Estrada (seated, 3rd from right), recently met to discuss plans and programs for 2018. Joining him are (seated, from left) Philippine Chamber of Commerce and Industry chairman Sergio Ortiz-Luis; former GMA Network president Menardo Jimenez; former finance and trade secretary and current PSE chairman Jose Pardo; Budget Secretary Ben Diokno; Philippines Inc. president Tony Lopa; (standing, from left) National Center for Mediation executive director and PCCI Committees chairman Pol Aure; former Senate chief of staff and current DARE Philippines EVP Donna Gasgonia; former presidential chief of staff Eki Cardenas; former press secretary and spokesperson and current head of MVP Group media bureau Mike Toledo; and former labor secretary Benny Laguesma.

PUBLIC HEALTH NUTRITION AND CHILD CARE



REGULAR EXERCISE IMPROVES MEMORY

Elias D. Adamos, M.D.

“There was a long hard time when I kept far from me the remembrance of what I had thrown away when I was quite ignorant of its worth.” **Charles Dickens (1812-1870), English writer and social critic, “Great Expectations”**

Regular exercise improves memory. So start exercising! Let me first lay down the premise to this article before we go any further. According to researchers at the University of British Columbia: *One case of dementia is detected every four seconds globally. They estimate that by year 2050, more than 115 million people will have dementia worldwide.*

There’s nothing to be sad about... or be afraid of

If life is a chess game and dementia plays on the other side of the board, there are so many ways of converting the game into a win. One way, of course, is having knowledge and understanding of the game itself. This analogy points to dementia as the enemy in having a long and healthy life. Understanding dementia is thus vital in order to defeat it.

You live life as you make it

Whether you are in your 90s or just in your 30s, you are not immune to forgetfulness. Your lifestyle habits affect your brain. What you eat and drink; and whether you exercise or not; stressed out or relaxed, will have a long-term effect in your thinking or your mental health sooner or later, and in every bit that it may just as the same affect your physical health.

Regular exercise and healthy diet protect your brain from dementia

Physical fitness and mental fitness go together. People who exercise regularly tends to stay mentally sharp into their 70s, 80s, and beyond. Although the precise “dose” of exercise isn’t known, research suggests that the exercise should be moderate to vigorous and regular (*Harvard School of Medicine Health Letter, January 2018*).

Exercise and your brain

Heidi Godman of Harvard University says: “Exercise helps memory and thinking through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors – chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.”

Physical activities that can improve memory (*Harvard Health Letter, April 2014*)

Walk instead of driving whenever possible. **Run at your own phase** if you have the time. **Set aside time each day for exercise.** Ask your spouse or a friend to join you, for extra motivation. **Use the stairs** instead of the elevator. **Plant a garden and tend it.** **Take exercise class or join a club.** **Swim** regularly if you have access to a pool or beach. **Learn a sport.**

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