



balita

No. 3733, March 1, 2018

GUEST SPEAKER



PELAGIO "JUN" F. BATTUNG, JR., Ph.D.

Former Undersecretary,
Department of Transportation and Communications
Chairman, B.A. Systems Manufacturing Corporation
Chairman & CEO, COMTECH
Past President, Rotary Club of Pasay Maharlika

KABALITA

Let the Nuclear Scientist and Telecommunications Guru bring us to the frontiers of Science, Data Telecom, Commerce and Alternative Energy where no man has gone before as our fellow Rotarian in the district opens the doors of the future for Asia's First Rotary Club.

Countdown to Centennial

<http://www.rcmanila.org>



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THE ROTARY CLUB OF MANILA

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

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Executive Secretary

PROGRAM

RCM'S 31st for Rotary Year 2017-2018

March 1, 2018, Thursday, 12Noon, New World Makati Hotel Glasshouse

Officer-In-Charge/ Program Moderator : Rtn. "Ray" Rysbergen

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCM Dir.-elect/Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	Rtn. "Ray" Rysbergen
12:30 PM	Call to Order	VP "Chito" Zaldarriaga Presiding Officer
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	Star Rtn. "Michael" Cutter
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Star Rtn. "Karlo" Castro RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCManila Birthday Celebrants) Mar. 1...Rtn. "Jason" Ong; Mar. 2...PVP "Fausto" Preysler, Rtn. "Ray" Rysbergen; Mar. 6...Rtn. "Mari" Antuñez; Mar. 7...Rtn. "Jun" Alvarez, Rtn. "Hermie" Esguerra, and Rtn. "Tong" Payumo Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Introduction of the Guest of Honor and Speaker	Rtn. "Zdenek" Jankovsky
1:00 PM	Address: PELAGIO "JUN" F. BATTUNG, JR., Ph.D. Former Undersecretary, Department of Transportation and Communications Chairman, B.A. Systems Manufacturing Corporation Chairman & CEO, COMTECH Past President, Rotary Club of Pasay Maharlika	

Public Forum

Club fund-raising raffle of cash prize

DE/Dir. "Bobby" Joseph

Response, Presentation of token of appreciation to
Dr. Pelagio F. Battung, Jr.

VP "Chito" Zaldarriaga
Presiding Officer

2:00 PM Adjournment

PRESIDENTIAL TIMELINE



February 21, 2018 - Rotary Club of New Orleans Director Heather Kirk, Esq. turned over to Rotary Club of New Orleans 2017-2018 President Tommy Moore, the Rotary Club of Manila's Commemorative Centennial Bell, in New Orleans, Louisiana, USA.

February 22, 2018 - The Centennial Committee led by its Chair, PDG Obet Pagdaganan, held a meeting at the Glasshouse of the New World Makati Hotel in Makati City to discuss updates from the various subcommittees under it.

- The Board of Directors of the Rotary Club of Manila for RY 2017-2018 held its meeting at the Gallery 1 of the New World Makati Hotel in Makati City.

- DGE Rudy Bediones and PDG Alex Cureg attended the meeting of the Philippine College of Rotary Governors at the SEDA Hotel in Bonifacio Global City, Taguig where Bruce Allen, Manager of International Office and Foundation Services introduced Ms. Gretchen Laurel who be in charge of The Rotary Foundation in the Philippines.

February 24, 2018 - ISDG/IPSDG/PAG/PP Frank Evaristo, ISDG/VPE/Dir. Lance Masters, PD Oscar del Rosario and IPSDG/IPDCoS/DE/IPD Albert Alday attended the Assistant Governors and District Team Training Seminar 2018, hosted by the Rotary Club of Downtown Manila, at the Kachina Room of the Century Park Hotel in Manila. This training was for the incoming district officers for the term of DGE Rudy Bediones who was likewise present together with Lady Sharon Bediones.

- The Rotary Club of Manila held a Necrological Service for the late PAT Val Araneta at the Christ The King Parish in Greenmeadows, Quezon City. PT Lito Sibayan was Program Moderator. The Eulogy was delivered by PP Boy Ampil. VP Chito Zaldarriaga presented the Rotary Club of Manila name badge of PAT Val Araneta to the bereaved family in behalf of the Rotary Club of Manila. DE/Dir. Caloy Reyes led the Community Prayer for the late PAT Val Araneta. Present during the Necrological Services were VP Chito Zaldarriaga, DE/Dir. Caloy Reyes, Treasurer Nicky Villasenor, PP Boy Ampil, PD Jun Hallare, PT Lito Sibayan and Rtn. Jing Lapus.

February 26, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez spoke before the Tapatan sa Aristocrat Media Forum hosted by Melo Acuña at The Aristocrat Restaurant in Manila regarding Philippines-China Relations.

- ISDG/VPE/Dir. Lance Masters met with Sr. Socorro Evidente of Hospicio de San Jose and a representative of Concordia College to get more information on specific needs for the proposed global grant for a livelihood training program in cookery and bakery.

Equipment suppliers, including BakeTech, will be going to Norzagaray to check facility measurements to make specific equipment recommendations and to be able to provide price quotations.

- PDG Obet Pagdanganan, DGE Rudy Bediones, ISDG/IPSDG/PAG/PP Frank Evaristo, IPP Teddy Ocampo and PD Oscar del Rosario met with Rtn. Rickie Yap, Executive Vice President of the Manila Hotel, at the Manila Hotel in Manila to arrange the holding of the major events of the year-long Centennial Celebration of the Rotary Club of Manila at the said historical place.

- DGE Rudy Bediones attended the Presidents-Elect Dance Practice at the Philippine Columbian Association in Paco, Manila.

- DGE Rudy Bediones attended the meeting of Incoming District Officers belonging to Gruppo Manila at the Philippine Columbian Association in Paco, Manila. These officers will be serving the Manila Area for Rotary Year 2018-2019.

February 27, 2018 - AS Rene Policarpio, AT Ner Lonzaga, International Service Chair PD Nick Locsin and I left Manila for Japan to attend the regular meetings of the Rotary Club of Tokyo and the Rotary Club of Osaka East.

- DE Raffy Alunan spoke before the 4th National Congress of BOSH, COSH and MOSH graduates of the DOLE's Occupational Health and Safety Center in Quezon City. During his talk, he delved on the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project and underscored the role of Occupational Safety and Health Officers in this endeavor

- ISDG/VPE/Dir. Lance Masters represented the Rotary Club of Manila when he attended the 80th Charter Anniversary of the Rotary Club of Baguio at the Baguio Country Club in Baguio City, Benguet. He likewise exchanged banners, gave the Commemorative Centennial Bell from the club as well as delivered a message in behalf of our club.

February 28, 2018 - AS Rene Policarpio, AT Ner Lonzaga, International Service Chair PD Nick Locsin and I attended the Regular Meeting of the Rotary Club of Tokyo at the Imperial Hotel Tokyo, Tokyo, Japan.

March 1, 2018 - Welcomes Rotary Club of Pasay Maharlika PP Dr. Pelagio "Jun" Battung, Jr., Former Undersecretary of the Department of Transportation and Communications, Chairman, B.A. Systems Manufacturing Corporation and Chairman of COMTECH who will speak on Frontiers of Science, Environment, Data Telecom, Future of Commerce and Alternative Energy and Currency

- AS Rene Policarpio, AT Ner Lonzaga, International Service Chair PD Nick Locsin and I attend the Regular Meeting of the Rotary Club of Osaka East at the Imperial Hotel Osaka, Osaka, Japan.

- World Famous Chorale Choir Practice after Weekly Luncheon Meeting, 2:30 pm - 5:00 pm, Red Box, Greenbelt 3, Makati City

GUEST SPEAKERS' PROFILE



RESUME of PELAGIO FELIX BATTUNG, JR.

A nuclear scientist and a multi degree holder in the field of Engineering, holds a Doctorate degree (PhD) in Environmental Science; Jun is considered as one of the country's leading technical experts in Digital Data Communications and in the field of Alternative Energy. His specialized studies and technical trainings includes the following:

- Advanced Courses in TeleCommunications and Nuclear Sciences in Europe through the NSDB and Scholarship Program
- Extensive training in the field of Satellite communications in Europe and the USA

For several years Jun headed some laboratories in Europe in the study and design of satellites for various applications, nuclear medicine, and other state of the art electronics and futuristic gadgets for military, medical health, magnetic energy and the levitation system for material transport and other industries.

He is the author and former head of the Channel Multiplication of Submarine Fiber Optic Cable , a project he accomplished under the joint auspices of ITU in Geneva and the United Nations.

In 1984, Jun received the highly prestigious title of being the MOST OUTSTANDING SCIENTIST awarded by the Academy of Sciences for his international patent on the use of air for fuel known as Hydrogen Fuel Cell, which is being used by NASA and other commercial launching of satellites and space vehicles.

Some of the most famous patent designs held by Jun include: the Break Water Technology which is currently being used in the shorelines of countries worldwide; the low head turbine design for Hydro, THORIUM fuel as alternate to Nuclear energy and several other products undergoing technical and commercial evaluation and other unpatented finished products in the market today.

When former Pres. Fidel V. Ramos appointed Jun as Undersecretary at the Department of Transportation & Communication (DOTC) in-charge in the implementation of the "Telecom Deregulation Law", leaders and technocrats in the telecommunications industry hailed FVR " for placing the right man in the right job" when Jun launched his "Telepono sa Barangay" project.

His professional background includes the following:

- Chairman, B.A. Systems Manufacturing Corporation
- President, URDEC Construction Group
- Manager Director, SAFT Energy Systems and Supplies
- Managing Director, Conventional Technology Corporation
- Regional Director for Southeast Asia and the Pacific Region, CGE Alstom International
- Chairman / C E O, COMTECH
- President, AUSPHIL, Inc.
- President, Power & Telephone Supply Phils. Inc.
- President, E-Quantum Solutions, Inc.
- President, SimplyPhi IM, Phils., Inc.
- President, Wattertek, Phils., Inc.

PREVIEW OF NEXT THURSDAY MEETING

March 8, 2018, 12N, New World Makati Hotel



Ms. Cory Quirino

TV Host, Beauty and Wellness Expert
DZMM 630, ABS – CBN Broadcasting Corporation

Guest Speaker

“A Ladies Day”



With Ms. Katarina Rodriguez

1st Runner-up, Ms. Intercontinental Beauty Pageant 2017, 48TH Edition
held at Sunrise Garden Beach Resort in Hurghada, Egypt

Special Guest

THE WEEK THAT WAS



Rtn. "Pepe" Rodriguez as OIC/Moderator, calls the program of activities.



Pres. Jimmie Policarpio calls the 30th meeting of the Rotary Club of Manila.



Rtn. "Philip" Recto delivers an ecumenical prayer.



Rtn. "Farid" Schoucair introduces the personalities seated at the presidential table, guests and visiting Rotarians.



Pres. "Jimmie" Policarpio for some announcements, during the President's Time.

PVP “Roy” Golez does the honor, pleasure and privilege of introducing **Atty. Gloria “Golly” Estenzo Ramos**, Leader, Oseana Philippines, as guest speaker.



Atty. Gloria Estenzo Ramos, Trainer and Country Leader, Oceana Philippines, gave Manila Rotarians, Visiting Rotarians and guests, the rudiments of preserving marine life in the Benham Rise and other disputed islands in the archipelago.



An open forum was conducted by RCM Members: **Rtn. Tong Payumo**, **PP Archit Bartolome**, **Program Chair. Jackie Rodriguez** and **VPE Lance Masters**.



Pres. Jimmie Policarpio presents the bell and gavel of appreciation to **Atty. Gloria Estenzo Ramos**, as a token of appreciation and meeting adjournment

RCM WEEKLY BIRTHDAY CELEBRANTS



RCM Pres. “Jimmie” Polcarpio, DGE Rudy Bediones. together with the week’s birthday celebrants : Treas. Nicky Villaseñor and Rtn. Nilo Aventura, amidst the singing by the RCM World Famous Chorale of the happy birthday song.

BOARD MEETING



The Board of Directors of the Rotary Club of Manila for RY 2017-2018 held its meeting last February 22, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.

CENTENNIAL COMMITTEE



The Centennial Committee led by its Chair, PDG Obet Pagdaganan, held a meeting last February 22, 2018 at the Glasshouse of the New World Makati Hotel in Makati City to discuss updates from the various subcommittees under it.

SUNSHINE COMMITTEE

The Rotary Club of Manila held a Necrological Service for the late PAT Val Araneta last February 24, 2018 at the Christ The King Parish in Greenmeadows, Quezon City.





PT Lito Sibayan was Program Moderator. The Eulogy was delivered by PP Boy Ampil. VP Chito Zaldarriaga presented the Rotary Club of Manila name badge of PAT Val Araneta to the bereaved family in behalf of the Rotary Club of Manila. DE/Dir. Caloy Reyes led the Community Prayer for the late PAT Val Araneta. Present during the Necrological Services were VP Chito Zaldarriaga, DE/Dir. Caloy Reyes, Treasurer Nicky Villasenor, PP Boy Ampil, PD Jun Hallare, PT Lito Sibayan and Rtn. Jing Lapus.

INTERNATIONAL SERVICE









AS Rene Policarpio, AT Ner Lonzaga, International Service Chair PD Nick Locsin and President Jimmie Policarpio attended the Regular Meeting of the Rotary Club of Tokyo last February 28, 2018 at the Imperial Hotel Tokyo, Tokyo, Japan.

THE ROTARY FOUNDATION



DGE Rudy Bediones and PDG Alex Cureg attended the meeting of the **Philippine College of Rotary Governors** last February 22, 2018 at the SEDA Hotel in Bonifacio Global City, Taguig where **Bruce Allen**, Manager of International Office and Foundation Services introduced **Ms. Gretchen Laurel** who be in charge of The Rotary Foundation in the Philippines.

INTERCLUB ACTIVITIES



ISDG/VPE/Dir. **Lance Masters** represented the Rotary Club of Manila when he attended the **80th Charter Anniversary of the Rotary Club of Baguio** last February 27, 2018 at the Baguio Country Club in Baguio City, Benguet. He likewise exchanged banners, gave the Commemorative Centennial Bell from the club as well as delivered a message in behalf of our club.



ISDG/VPE/Dir. Lance Masters represented the Rotary Club of Manila when he attended the **80th Charter Anniversary of the Rotary Club of Baguio** last February 27, 2018 at the Baguio Country Club in Baguio City, Benguet. He likewise exchanged banners, gave the Commemorative Centennial Bell from the club as well as delivered a message in behalf of our club.



Remarks on the occasion of the 80th anniversary celebration of the RC Baguio

By Lance A. Masters, Ph.D., Director and Vice President-elect, representing the mother club, Rotary Club of Manila

Today marks the 80th anniversary of the chartering of this fine club, one of the first six Rotary Clubs in the Philippines, chartered under my own Rotary Club of Manila, the first in the Philippines and in all of Asia. 1938 was an extraordinary year in the history of our world. Allow me, please, the privilege of taking us back to those times. FDR was President of the United States and started the March of Dimes, as the National Foundation for Infantile Paralysis, to combat polio. Manuel Quezon was leading the Philippines, a great man earnestly concerned with social justice, and the first Filipino to head a government of the entire Philippines. Edward R. Murrow was reading the news on the radio, including that there was a difficult recession in the US, with unemployment at 19%, Amelia Earhart was lost, trying to fly around the world, Germany was advancing its persecution of Jews, had occupied Czechoslovakia and invaded Austria. Orson Wells' dramatic radio program, "War of the Worlds," caused panic, and Joe Louis won the world Boxing Heavyweight Championship with a first-round knockout against Max Schmeling. The RMX Queen Mary set a speed record for crossing the Atlantic. Action Comics issued the first Superman comic, "Snow White and the Seven Dwarves" was the box office hit, while Ronald Reagan was making cowboy movies. Evel Knievel, Ted Turner, Kenny Rogers and Manuel Noriega were all born, and Frank Sinatra was arrested for seduction and adultery. The Japanese were bombing Chongqing. Oil was discovered in Saudi Arabia, and ballpoint pens, photocopiers, and freeze-dried coffee were all introduced. If we were reading for relaxation, JRR Tolkien's "The Hobbit" was released, and Dr Seuss's first rhyming book appeared.

The history of your club has been very distinguished, from the very start. Daniel Burnham's plan for a highlands health resort was the brilliant and enduring foundation for Baguio's development. No one could have known that the city would not be 25,000 or 30,000 people, but instead more than ten times that, and far more in the region that it dominates. Baguio is and was such a beautiful and welcoming place. It needed everything that a world-class city needs. Before your club's founding, Baguio had become home to military development, the excellent Philippine Military Academy. The American John Hay Air Station started in 1903. The area burgeoned with mining, creating great wealth in the area. The Catholic church had been here for hundreds of years, and the American Episcopal Bishop Charles Henry Brent brought his evangelism, education and health care mandates to the Cordilleras. In 1909, he started the school that now bears his name. Lutherans, Seventh Day Adventists and others came to evangelize and contribute, especially in education. UP Baguio had started in Vigan in 1921, but moved here in 1938. In 1934, the PNR had made it much more easy and comfortable to get from Manila to Baguio, with air-conditioned trains. It seems that everything was coming together to make this a truly great community in an astonishingly beautiful place in nature. But Baguio needed a compelling outlet for the civic and social engagement of good men, coming together in fellowship and service, that maybe only Rotary can deliver. Thirty-five stalwarts of Baguio formed that chartering core that has led to one of the finest civic-minded clubs in the country, admired for your dedicated community work and accomplishments over four generations. Some of those things are chronicled in your published history but, to me, the real merit lies in the lives that you have changed, the transformational impact of RC Baguio men and women working together, in service to humanity. As your mother club, we take enormous pride in all that you have done, in all that you are, and especially in all that you will do in the future. Using the words of some of the RI theme slogans over the years, going forward for the next 80 years, what will you do in building peace and understanding, building bridges of friendship, bring hope where there is despair, looking beyond ourselves, acting with integrity, being a friend, sowing the seeds of love, lending a hand, leading the way, making dreams real, serving humanity, and inspiring for the future? Thank you for making your parent so very proud. We look forward to welcoming you to our Centennial celebrations on June 21 and 22 next year. Please accept this beautiful memento, which I present on behalf of my fellow officers, directors, and members. It reads "This commemorative bell and gavel set is hereby presented to Rotary Club of Baguio, RI District 3790, in testimonial of your 80 years of existence as our daughter club as we reprise our roles as vanguards of Service Above Self and the 4-way test on the road to the centennial of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia. Given on this occasion of its 80th charter anniversary celebration this February 27th, 2018 at the Grand Ballroom, Baguio Country Club, Baguio City, Benguet. Signed by Jose Jaime "Jimmie" Policarpio, Jr. President 2017-18, and attested by Alvin D. Lacambacal, Secretary. May God bless you in service above self. Mabuhay ang Rotary Club of Baguio!

D-3810 Assistant Governor and District Team Training Seminar

By Dir/VPE Lance Masters

Last Saturday, February 24th, the incoming District Centennial leadership team met at the Century Park Hotel for the RI-mandated AG/DTTS, aka Assistant Governors/District Team Training Seminar. Present from RCM were PP Frank Evaristo, who will serve as SDG for Centennial Public Relations, PD Oscar Del Rosario, who will serve as District Chair for Alay Lakad, PD Albert Alday, who will serve once again as Managing Editor of the Governor's Monthly Newsletter and, yours truly, who will serve as Chair for Centennial Coordination. More than 100 leaders were called to order on time at 9:00 am by DG Loy Cosico who, after traditional opening formalities, gave a message explaining the purpose, that is, to assure that leaders are familiar with their responsibilities and the reporting structure. Incoming Chief Governor's Aid PP Mark Tan (RC University District Manila), gave a rousing introduction to incoming Centennial Governor-elect, our own Rudy Bediones. Rudy gave a very exciting message, sharing the highlights of the International Assembly in San Diego that he was required to attend last month. RI President-elect Barry Rassin had the job of inspiring the Governor's-elect to do the same in their districts, and it was immediately apparent that Rudy was prepared to do just that. Rudy shared his excitement with the team on various topics, including the Centennial, then started the explanation of overall responsibilities of the team, regardless of specific assignments.

Next, incoming District Secretary PP Vilma Vinluan, (RC Sampaloc)), presented the District Organization charts,



emphasizing the differences from previous years. District Training Officer, PDG Ernie Choa, gave a more detailed overview of the AG/DTTS, after which we transitioned to break-out rooms, according to category of responsibilities. All four of us from RCM were in the "Programs Group," and our facilitator was PDG Lyne Abanilla. Lynne had both our before and after-lunch sessions. She covered role of our committees and our needed interactions with the clubs, as well as planning and coaching for success.



Our next plenary session was with Incoming Senior Deputy Governor Edwin Chui (RC Bagumbayan Manila) on resources, particularly being online in Rotary Central. Incoming SDG for Programs Robert Koa addressed Programs Group Guidelines, then DGE Rudy presented the District Goals for the Year, and the Club Challenges.

The meeting had started on time, and PDG Ernie brought us to a close on time, followed by awarding of certificates. RC Downtown Manila deserves a great big thank you for hosting a fine meeting for all.



DGE Rudy Bediones attended the **Presidents-Elect Dance Practice** last February 26, 2018 at the Philippine Columbian Association in Paco, Manila.



DGE Rudy Bediones attended the meeting of **Incoming District Officers** belonging to **Gruppo Manila** last February 26, 2018 at the Philippine Columbian Association in Paco, Manila. These officers will be serving the Manila Area for Rotary Year 2018-2019.



Rotary Club of New Orleans **Director Heather Kirk, Esq.** turned over to Rotary Club of New Orleans 2017-2018 **President Tommy Moore**, the Rotary Club of Manila's Commemorative Centennial Bell, last February 21, 2018 in New Orleans, Louisiana, USA.

CENTENNIAL

February 27, 2018

Dear Fellow Rotarians,

In preparation for the 99th Charter Anniversary and Inaugural Meeting of the Centennial Board on Wednesday, May 30, 2018, the celebration will be held at the historical Manila Hotel, where our charter members met.

In preparation, we wish to invite you to fill up the attendance survey below to allow us to determine the number of seats that are to be reserved for Rotary Club of Manila members and spouse, international Rotary guests, friends of members, RI District 3810 Dignitaries and the other 9 Rotary districts of the Philippines.

We will be giving you more updates, ie inducting officer and activities for the 99th Charter Anniversary and Inaugural celebration of the Centennial Board,

The job of your board will only be successful with each one of you on board in each of our milestone activity leading to our Centennial Celebration,

In behalf of your incoming Board, thank you for the trust and support,

Yours in Rotary,

Susing

Jesus M. Pineda, Jr.
President, RY 2018-2019

**RSVP Attendance Survey to the 99th Charter
and Inaugural Celebration**

Wednesday, May 30, 2018, 6:00 PM, Manila Hotel

- () Attending alone
- () Attending with spouse _____
- () Attending with guests:

1.- _____

2.- _____

By: _____. Date: _____



ROTARY CLUB OF MANILA HOLDS MEETING WITH MANILA HOTEL FOR CENTENNIAL ACTIVITIES

PDG Obet Pagdanganan, DGE Rudy Bediones, ISDG/IPSDG/PAG/PP Frank Evaristo, IPP Teddy Ocampo and PD Oscar del Rosario met with Rtn. Rickie Yap, Executive Vice President of the Manila Hotel, last February 26, 2018 at the Manila Hotel in Manila to arrange the holding of the major events of the year-long Centennial Celebration of the Rotary Club of Manila at the said historical place.

SPEAKERS' BUREAU



DE RAFFY ALUNAN SPEAKS BEFORE 4TH CONGRESS OF BOSH, COSH AND MOSH GRADUATES OF DOLE'S OCCUPATIONAL SAFETY AND HEALTH CENTER

DE Raffy Alunan spoke before the 4th National Congress of BOSH, COSH and MOSH graduates of the DOLE's Occupational Health and Safety Center last February 27, 2018 in Quezon City. During his talk, he delved on the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project and underscored the role of Occupational Safety and Health Officers in this endeavor. The theme was "Occupational Safety and Health Challenges: Empowering the Millenials".



PVP ROY GOLEZ SPEAKS AT TAPATAN SA ARISTOCRAT MEDIA FORUM ON PHILIPPINES-CHINA RELATIONS

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez spoke before the Tapatan sa Aristocrat Media Forum hosted by Melo Acuña last February 26, 2018 at The Aristocrat Restaurant in Manila regarding Philippines-China Relations.

NEWS RELEASE



THANKSGIVING

Sunday, February 25, 2018
By Tina Hidalgo Jacinto

Multifaceted gentleman, well-loved, and devoted father, Frank Evaristo beamed happily and was in high spirits during his celebration of his 76th birthday. Looking back at his life story, having led a successful life and reflecting on the milestones, it was a celebration of life and thanksgiving. A civic leader and businessman, Frank was president of Alay Lakad Foundation for 20 years, where people walked for a cause for thousands of out-of-school youth, giving break to the poverty cycle, and giving livelihood and educational opportunities to make them more self-productive and self-reliant. Frank was past president of the Rotary Club of Manila, first in Asia, and was past national president of Philippine Jaycees.

The dinner gathering was held at the Hai Shin Lou restaurant in Makati, and was filled with family, friends, and colleagues from the social, business, and political world. Frank cherishes his family so much, to which he claims has been the main reason that he has survived the many trials and turbulence of his colorful life. Present were his lovely partner Vicky Montilla, his children Jun-Jun, Carol, Amy, Carlo, and Lorraine and grandchildren Anton, Arsee, Angel, and Allie.

A short impromptu program was moderated by Rotary incoming District 3810 governor Rudy Bediones. Former speaker Joe de Venecia made a toast to Frank and said, "You can never put a good man down." Frank said, "It's not about how much money you make. It's about the difference you make in people's lives and the services to community."





Rufary District Gov. Loy Cosico



Gov. Edmond Aguilar, Gov. Connie Bollman, Gov. Osilda de Venecla, and Tong Payumo



Julie Daza and Jackie Rodriguez



Farid Schoucair, Anne Aspinall, and Fiona Malca



Ambassador Theo Arnold and Chito Zal-darriaga



Rudy Bediones, Muhammad Aslam, and Hermie Eaguerra



Anten Evaristo, Angel Evaristo, and Arsee Evaristo



Carrie Bautista, Bert Liboro, Lin Liboro, Manny Blanco, Baby de Jesus. Seated: Fortune Ledesma and Fanny Blanco



Fanny Blanco, Manny Blanco, Fortune Ledesma, and Boyola Villavicencio



Seated: Femy Lonzaga, Tina Carlos, Vince Carlos, Grace Tiongco. Standing: Lucille Locsin, Paqui Campos, Lilibeth Campos, Ner Lonzaga, and Nick Locsin



oh yes, it's johnny
JOHNNY LITTON

FOREVER GRATEFUL



(seated) Femy Lonzaga, Tina and husband Côte d'Ivoire Consul general Vince Carlos, Grace Palma-Tiongco
(standing) Lucille Loezin, Paqui and Lilibeth Campos, Ner Lonzaga and Nick Loezin



Rotary International District 3810 incoming governor Rudy Bediones
and governors Edmond Aguilar, Connie Beltran and Oskie de Venecia
with Tong Payumo

PUBLIC HEALTH NUTRITION AND CHILD CARE



CHINESE RESTAURANT SYNDROME

Elias D. Adamos, M.D.

The Philippine Christmas season that started in September last year has finally culminated with the end of the Chinese lunar year that gave way to the arrival of the Year of the Dog. Like all Chinese New Years in recent years and the past, *Kung Hei Fat Choi* is always celebrated with glorious Chinese foods, dragon dance, and music. It is known among medical practitioners that after the festive celebration, some people develop symptoms that point to what is known as *Chinese restaurant syndrome*.

What is Chinese restaurant syndrome?

It is a set of symptoms that people have after eating Chinese food. A food additive called **monosodium glutamate (MSG)** or the commonly known **vetsin** has been blamed for the condition. However, this has not been proven to be the cause (*medlineplus.gov*). Chinese restaurant syndrome is sometimes referred to as MSG syndrome or Hot dog headache.

Chinese restaurant syndrome first appeared in 1968 when reports of serious reactions to Chinese food were reported in medical journals. Although MSG was blamed to be the culprit to the condition, studies have failed to show the connection between MSG and the symptoms some people describe. Studies claim that some people are particularly sensitive to food additives, including MSG, a food additive that is chemically similar to one of the brain's neurotransmitters, glutamate.

What are the symptoms and signs pointing to Chinese restaurant syndrome?

Symptoms include: **Headache, chest pain, flushing, numbness or burning sensation** in or around the mouth, sense of **facial pressure or swelling**, and **sweating**.

The following signs may aid in the diagnosis: **Abnormal heart rhythm** on electrocardiogram, **difficulty in breathing**, and **rapid heart rate**.

How is diagnosis established?

Since diagnosis can be made through medical history, your doctor may ask the following questions: *Have you eaten Chinese food within the past 2 hours? Have you eaten any other food that may contain MSG with the past 2 hours?*

Treatment

Treatment is dependent on the symptoms. Most mild symptoms, such as headache or flushing might need no treatment at all. These symptoms disappear even without medicine. Life-threatening symptoms that are similar to severe allergic reaction require immediate medical attention. In general, prognosis of patients with Chinese restaurant syndrome is good. People with mild symptoms will have no lasting problems. People with life-threatening reactions should be more careful with Chinese food and foods with MSG; and **should always carry with them the prescribed anti-allergy medicines**.

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