



Kabalita

No. 3734, March 8, 2018

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

GUEST SPEAKER



**MS. SOCORRO ALICIA
"CORY" R. QUIRINO**
Filipina TV Host, Author,
Beauty Pageant Title Holder
Beauty and Wellness Expert

SPECIAL GUEST



MS. KATARINA RODRIGUEZ
First Runner-Up, 2017
Ms. Intercontinental Beauty Pageant
Bb. Pilipinas-Intercontinental 2017

KABALITA

Beauty and Wellness make the perfect blend as we celebrate International Women's Month at Asia's First Rotary Club. Let the Wellness Guru show us the way to healthy living while the International Beauty Pageant Queen shares us her experience at the Ms. Intercontinental Beauty Pageant. Indeed, the radiance of their beauty secrets shine throughout the world of Rotary as we celebrate Ladies Day.

Countdown to Centennial
<http://www.rcmanila.org>



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TEDDY OCAMPO
Immediate Past President

CHITO ZALDARRIAGA
Vice President

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ANNA KUN TOLEDO
Executive Secretary

PROGRAM

RCM'S 32nd for Rotary Year 2017-2018

March 8, 2018, Thursday, 12Noon, New World Makati Hotel Ballroom

Officer-In-Charge/ Program Moderator : Rtn. "John" Cenica

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	Rtn. John Cenica OIC/Moderator
12:30 PM	Call to Order Singing of the Republic of the Philippines National Anthem	Pres. Jimmie Policarpio RCM WF Music Chorale
	Invocation	PSAA Gunter Marschuck
	A moment of silent prayer for the eternal repose of the soul of Mr. Marcelo "Boom" Boncan who passed-away recently. Son of Rtn. "Raul" Boncan ; <i>and</i>	
	A moment of silent prayer for the speedy recovery of Ms. Vicky Montilla who is presently at the ICU of Asian Hospital, partner of PP Frank Evaristo RCM Hymn The 4-Way Test Credo	RCM WF Music Chorale All Rotarians
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	STAR Rtn. Jun Alvarez, Jr. RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCManila Birthday Celebrants) Mar. 8...Rtn. "Bren" Egan; Mar. 9...Rtn. "Nilo" Aventura; Mar.13...Rtn. "Mon" Montaña Happy Birthday Song	 RCM WF Music Chorale
12:45 PM	Rotaract Club of Manila's Roundtrip Philippines Project Rotaract Club of Manila	Pres. Michael Recabar
12:55 PM	Brief announcement on the Monty Python's Spamalot" play Chair of the Spamalot Show Subcommittee RCM Centennial Project	Rtn. Jason Ong

1:00 PM	Message	Miss Katarina Rodriguez 1 st Runer-Up, Miss Intercontinental 2017
1:05 PM	Introduction of the Guest of Honor and Speaker	PP Boy Guevara
1:10 PM	Address: Ms. Socorro Alicia “Cory” R. Quirino Filipina TV Host, Author, Beauty Pageant Title Holder Beauty and Wellness Expert Public Forum	
	Club fund-raising raffle of cash prize Response, Presentation of token of appreciation to Ms. Socorro Alicia “Cory” R. Quirino and Ms. Katarina Rodriguez	DE/Dir. “Bobby” Joseph Pres. Jimmie Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



February 27, 2018 - Rtn. Joe Assad visited the wake of the late Marcelo "Boom" Boncan, son of Rtn. Raul Boncan, at the Santuario de San Antonio, Forbes Park, Makati City. Boom passed away last February 26, 2018.

February 28, 2018 - DGE Rudy and Lady Sharon Bediones as well as PDG Obet Pagdanganan attended the Birthday Celebration of World Class Presidents Chair Wilson Gan of the Rotary Club of Bagumbayan Manila at the Quezon City Sports Club in Quezon City.

March 1, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by host Alex Santos over DWIZ regarding the South China Sea issue.

- The Centennial Invitations Subcommittee, led by PP Francis Juico, met with Rotary International Director-Elect Raffy Garcia at the Glasshouse of the New World Makati Hotel in Makati City. Present aside from PP Francis Juico were DGE Rudy Bediones, PDG Obet Pagdanganan, PE/Dir. Susing Pineda, DE/Dir. Caloy Reyes, Club Secretary Alvin Lacambacal, Treasurer Nicky Villaseñor, PT Jim Chua, Rtn. Karl Leung and Rtn. Romy Nones.

- 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 Osaka East at the Imperial Hotel Osaka, Osaka, Japan. During this event, I presented and turned over a Commemorative Centennial Bell to the Rotary Club of Osaka East in testimonial of our years of sisterhood while I likewise took the opportunity to invite their club to attend our Centennial Celebration. Renewal of sisterhood likewise took place and a Memorandum of Agreement was signed between the two clubs where the Rotary Club of Osaka East will donate \$3,000.00 to the Hospicio de San Jose project. Also present was Rtn. Bernd Schneider who was endorsed by President Jimmie Policarpio to the Rotary Club of Osaka East and who is now based in Osaka, Japan where he is the General Manager of Swissotel Nankai where a mini fellowship was held with Manila Rotarians.

- The World Famous Chorale held a rehearsal at the Red Box, Greenbelt 3, Makati City.

- DGE Rudy and Lady Sharon Bediones as well as PDG Obet Pagdanganan attended the Dance Practice for the Governor's Ball of the DISCON 2018 at the Sofitel Philippine Plaza Manila in Pasay City.

- DGE Rudy and Lady Sharon Bediones as well as PDG Obet Pagdanganan attended the Celebration of PDT Rose Lim of the Rotary Club of Chinatown Manila at the Rothman Hotel in Manila.

March 2, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Atty. Bruce Rivera and Atty. Jess Falcis over TV5 Radio TV regarding the statement of President Duterte regarding co-ownership of the West Philippine Sea.

- DGE Rudy Bediones and PDG Vince Carlos attended the Philippine Rotary Concerns Forum with the theme, "Membership Growth Towards a Single Philippine Zone" which was organized by the Philippine College of Rotary Governors at The Metropolitan Club in Makati City.

- DGE Rudy Bediones attended the Induction of Rotary Club of Quiapo Plaza Miranda PP Harry Angping as President of the Philippine Lioc Kui Foundation, Inc. at the Golden Bay Seafood Restaurant in Pasay City. Also present was PD Phillip Ong.

March 3, 2018 - DGE Rudy and Lady Sharon Bediones attended the opening of Bless Las Paellas owned by Rotary Club of Manila South PP Jessica Maloles at Vista Mall, Bonifacio Global City, Taguig. The owner is a classmate of DGE Rudy Bediones and is one of the First Class Presidents. The event likewise served as a fellowship of many Rotarians from District 3810.

March 5, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Elizabeth Lee on BizNews over PTV 4 regarding the China and South China Sea situation.

- VPE/Dir. Lance Masters turned over a bicycle to Joneil Dasi-an, our first Little Heart Warrior, at the Bernard's Bicycle Center in Dumaguete, Negros Occidental.

- DGE Rudy and Lady Sharon Bediones, PP Boy Ampil, PP Benny Laguesma, PD Nick Locsin and Rtn. Nilo Aventura attended the birthday celebration of Mrs. Rose Aquino, wife of PD Armie Aquino, who was likewise on hand to welcome the guests, at the Sofitel Philippine Plaza Manila in Pasay City.

March 6, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by FEU Law Dean Mel Sta. Maria on Radyo Singko over TV5 Radio TV regarding the statement of President Duterte regarding joint exploration of Philippine Seas.

- The Board of Directors and Officers for Rotary Year 2017-2018 led by President Jimmie Policarpio paid a courtesy call on Executive Secretary Salvador C. Medialdea who immensely helped us in having Proclamation No. 413 declaring July 1, 2018 to June 30, 2019 as the Year of the Centennial of the Rotary Club of Manila and that of the Rotary movement in the Philippines and in Asia. This took place at the Office of the Executive Secretary, Malacañan Palace, Manila During this courtesy call, President Jimmie Policarpio presented a Centennial Commemorative Bell to the Executive Secretary to him as well which he graciously accepted. Further, Proclamation No. 413 was officially handed to the Manila Rotarians present.

- The Board of Directors and Officers for Rotary Year 2017-2018 had a lunch fellowship at the Mabuhay Palace of the Manila Hotel in Manila after coming from a courtesy call at Malacañan Palace in Manila.

March 8, 2018 - Welcomes Beauty and Wellness Expert Ms. Cory Quirino and 2017 Ms. Intercontinental First Runner-Up who will talk about "How to Stay Young and Attractive to Your Partner" and 2017 Bb. Pilipinas Intercontinental Ms. Katarina Rodriguez who share her "Valuable Experiences and Her Beauty Regimen"

- Special Meeting of the Board of Directors for Rotary Year 2017-2018, 2:15 pm, New World Makati Hotel, Makati City

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

GUEST SPEAKERS' PROFILE



Socorro Alicia "Cory" Rastrollo Quirino (born August 11, 1953) is a Filipino TV Host, author and beauty pageant titleholder. She is a former licensee and national director of [Miss World Philippines](#) and Mister World Philippines, she is also a council member of one of the branch offices of the [Philippine Red Cross](#).

Early life

Quirino is the third child of Tomas Quirino|Tomas "Tommy" Quirino and Conchita Rastrollo, she is also the granddaughter of [Philippine](#) president [Elpidio Quirino](#).

Career

Quirino began her broadcasting career in the 1980s when she hosted the late-night talk show *Oh No, It's Johnny!* for the [Philippine](#) TV network [RPN \(Radio Philippines Network\)](#) (now [CNN Philippines](#)). Eventually, she hosted her own show *Citiline*, a weekly travel and fitness show that aired on [Studio 23](#) (now [ABS-CBN Sports+Action](#)), a subsidiary of the [ABS-CBN](#) network.

During an out-of-town shoot for *Citiline*, Cory Quirino and her entourage were abducted by bandits, this incident was chronicled in her book *Waiting for the Light* as well as the movie *The Cory Quirino Kidnap: INBI Files*, which starred award-winning actors, [Ara Mina](#) and [Alessandra de Rossi](#). *Citiline* was eventually re-titled as *The Good Life with Cory Quirino*.

Aside from *Waiting for the Light*, Cory Quirino wrote a series of best-seller books titled *Forever Young*, which feature beauty and health tips as well as her own workout programs.

She also made a fitness video titled *Cory Quirino's Celebrity Workout for Beginners*.

Quirino hosts the Sunday morning television program *The Good Life with Cory Quirino* and the radio show *Ma-Beauty Po Naman*. She writes a weekly health and fitness column, *Inside Out*, for the [Philippine Daily Inquirer's](#) newspaper and website.

As a beauty and wellness guru, she maintains a store called *Cory Quirino World of Wellness* in Greenhills Shopping Center, a well-known shopping landmark, located in [San Juan, Metro Manila](#).

She was inducted as a Celebrity Inductee at the Eastwood City Walk Of Fame Philippines 2014 for contributing her hosting job on TV & also endorsing.

Charity work

Quirino is currently a member of the board of trustees and overall chair of "Alay sa PGH" fund-drive of the [Philippine General Hospital](#) Medical Foundation. As national director for [Miss World](#) in the Philippines, she intends to do more charity work.

On April 17, 2013, she was also elected and inducted as one of the new council members of the Philippine Red Cross - Rizal Chapter - Muntinlupa Branch, she has committed her full support in helping raise more funds for the various humanitarian activities of the Philippine Red Cross.

Education

Quirino graduated from Philippine Women's University in Quezon City, with a degree of Bachelor of Science in Hotel and Restaurant Management.

Credits

Television shows

- *Oh No, It's Johnny!*
- *Citiline* (1994–1999) Aired on ABS-CBN, (1999–2003) Aired on Studio 23, and (2003–2006) Aired on ABS-CBN Tacloban
- *The Cory Quirino Show* (2003)
- *The Good Life with Cory Quirino* (2005–present)
- *Celebrity Duets Season 2* (2008) - Contestant
- *Organique TV* (2015–present) Aired on Light Network

Print

- *Waiting For The Light* (ISBN 971-522-284-6)
- *Forever Young: Cory Quirino's Guide to Beauty & Fitness* (ISBN 971-27-0528-5)
- *Forever Young: Cory Quirino's Guide to Beauty and Wellness* (ISBN 971-27-1187-0)
- *My ABCs of Beauty and Wellness* (ISBN 971-27-1232-X)
- *Inside Out*
- *Kabataan Habambuhay: Ang Gabay ni Cory Quirino tungo sa Kagandahan at Kalusugan* (ISBN 971-27-1759-3)

Radio

- *Ma-Beauty Po Naman* (2004–present)

Movies

- *The Cory Quirino Kidnap: NBI Files* (2003)

Video

- *Cory Quirino's Celebrity Workout for Beginners* (1998)

SPECIAL GUEST PROFILE

Miss Katarina Rodriguez wins first runner-up at Miss Intercontinental 2017.



This Model - turned-beauty queen has once again proven herself in the international stage.

Miss Katarina Rodriguez who wore the sash for Philippines for Miss Intercontinental 2017 finished first runner-up during the coronation night held at Sunrise Garden Beach Resort in Hurghada, Egypt yesterday.

The 24-year-old beauty queen was also named as Miss Asia and Oceania Queen.

Mexico's Veronica Salas Vallejo was hailed as Miss Intercontinental 2017.

During the final question and answer, she was asked what she learned during the pageant.

She answered: "The most important thing that I have learned in joining Miss Intercontinental is an Arabic word named *Meraki*, one of the Sunrise Resorts and that is *Meraki*. It means to do all things with passion, soul, and creativity. When I heard the word and its definition, it resonated with me 'til now and I think it will for the rest of my life. Therefore, that is the most important thing I learned while participating at Miss Intercontinental. That is to do all things with soul, passion, and creativity."

Miss Rodriguez competed with 66 other candidates from all over the world.

The other winners are Cathelijne Heppenhuis of Netherlands (2nd runner-up), Amanda Cardoso of Brazil (3rd runner-up), Lizeth Villanueva of Colombia (4th runner-up), and Lee Su Jin of Korea (5th runner-up).

Mrs. Stella Marquez Araneta, chair of Binibining Pilipinas Charities Inc. (BPCI), congratulated Miss Rodriguez through the Binibining Pilipinas' official Facebook page.

"You have worked so hard and you've done your countrymen proud. Your beauty shone through but it is your attitude and character that make you the epitome of a true Binibini and a strong, inspiring Filipina," the post read.

Before joining Binibining Pilipinas 2017, Miss Rodriguez was part of the top three in Asia's Next Top Model (ANTM) 2014.

Miss Rodriguez is part of the beauty camp Aces and Queens.

In an Instagram post, the group congratulated Miss Rodriguez and said, "Intercontinental 2017 1st runner up & Miss Asia Oceania Queen Katarina Rodriguez @katarinarodri

Congratulations!!! Your Aces & Queens family is very proud of you!"

By: [Mich Padayhag](#)
[@cebudailynews](#)

11:22 PM January 25th, 2018

PREVIEW OF NEXT THURSDAY'S MEETING

March 15, 2018, 12N, New World Makati Hotel



Major General Rolando Bautista
Chief, Philippine Army
Guest of Honour & Speaker

THE WEEK THAT WAS



Rtn. "Ray" Rysbergen as OIC/Moderator, calls the program of activities.



STAR Rtn. "Michael" Cutter
delivers an ecumenical prayer.



VPE/Dir. "Lance" Masters
introduces the personalities
seated at the presidential table,
guests and visiting Rotarians.



Vice Pres. "Chito" Zalzarriaga as presiding officer, calls the 31st
meeting of the Rotary Club of Manila, to order.



Sec. "Nicky" Villaseñor appeals to fellow Members for any voluntary financial donations earmarked for the demised father of club secretariat fund coordinator, **Ms. Eloisa "Cheeza" Mancelino**.



Rtn. "Zdenek" Jankovsky does the honor, pleasure and privilege of introducing **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, as guest speaker.



Dr. Jun Battung, Former Undersecretary, Department of Transportation and Communications, Chairman, B.A. Systems Manufacturing Corporation, Chairman & CEO, COMTECH as well as Past President, Rotary Club of Pasay Maharlika, gave Manila Rotarians, Visiting Rotarians and guests, a glimpse into the frontiers of science, Environment, Data Telecom, including the future of commerce, alternative energy and currency.



A public forum followed suit after the speech of **Dr. Jun Battung**. RCMers' who participated were: **PVP Roy Golez**, **PD Beda Fajardo**, **DE Raffy Alunan**, **Rtn. Nilo Aventura** and **Rtn. Tong Payumo**.

Sec. "Nicky" Villaseñor reports on the collected amount of voluntary donations of fellow members, with sincere thanks and profound gratitude, for and in behalf of the family of club secretariat staffer **Ms. Eloisa "Cheeza" Mancelino**.



Vice Pres. "Chito" Zaldarriaga presents the bell and gavel of appreciation to **Pelagio "Jun" F. Battung, Jr., Ph.D.**, as a token of appreciation and meeting adjournment.

RCM WEEKLY BIRTHDAY CELEBRANTS



Vice Pres. "Chito" Zaldarriaga presents the weekly birthday celebrants in attendance : Rtn. "Jason" Ong, Rtn. "Ray" Rysbergen and Rtn. "Jun" Alvarez, for the traditional blowing of candles on the birthday cake, amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song. Not in photo who came in after the ceremony, was birthday celebrant, Rtn. "Tong" Payumo.

MUSIC COMMITTEE



The World Famous Chorale held a rehearsal last March 1, 2018 at the Red Box, Greenbelt 3, Makati City. In attendance were: PP/ Chairman Babes Reyes, Rtn. Karl Leung, VPE Lance Masters, Rtn. Tong Payumo, DGE Rudy Bediones, PS George Salazar, PT Jim Chua, photo by PD Oscar del Rosario(not in photo) PP Benny Laguesma and Rtn. Warren So.

CENTENNIAL COMMITTEE



The Centennial Invitations Subcommittee, led by PP Francis Juico, met with Rotary International Director-Elect Raffy Garcia last March 1, 2018 at the Glasshouse of the New World Makati Hotel in Makati City. Present aside from PP Francis Juico were DGE Rudy Bediones, PDG Obet Pagdanganan, PE/Dir. Susing Pineda, DE/Dir. Caloy Reyes, Club Secretary Alvin Lacambacal, Treasurer Nicky Villaseñor, PT Jim Chua, Rtn. Karl Leung and Rtn. Romy Nones.

CENTENNIAL NEWS



The Board of Directors and Officers for Rotary Year 2017-2018 led by President Jimmie Policarpio paid a courtesy call on Executive Secretary Salvador C. Medialdea who immensely helped us in having Proclamation No. 413 declaring July 1, 2018 to June 30, 2019 as the Year of the Centennial of the Rotary Club of Manila and that of the Rotary movement in the Philippines and in Asia. This took place last March 6, 2018 at the Office of the Executive Secretary, Malacañan Palace, Manila. During this courtesy call, President Jimmie Policarpio presented a Centennial Commemorative Bell to the Executive Secretary while PE/Dir. Susing Pineda offered an Honorary Membership to him as well which he graciously accepted. Further, Proclamation No. 413 was officially handed to the Manila Rotarians present.



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2017-2018 BOARD OF DIRECTORS AND OFFICERS LUNCH FELLOWSHIP AT MABUHAY PALACE AFTER MALACAÑAN COURTESY CALL



The Board of Directors and Officers for Rotary Year 2017-2018 had a lunch fellowship last March 6, 2018 at the Mabuhay Palace of the Manila Hotel in Manila. after coming from a courtesy call at Malacañan Palace in Manila.



MALACAÑAN PALACE
MANILA

BY THE PRESIDENT OF THE PHILIPPINES

PROCLAMATION NO. 413

DECLARING 01 JULY 2018 TO 30 JUNE 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"

WHEREAS, the Rotary Club of Manila, the first Rotary Club in Asia, was established on 01 June 1919 and started the entire Rotary Movement in the country and in Asia;

WHEREAS, the Rotary Club of Manila, and the Rotary Movement in the Philippines and in Asia, are celebrating their centennial anniversary on 01 June 2019; and

WHEREAS, the government recognizes the Rotary Club of Manila and the entire Rotary Movement in the Philippines and in Asia for all their contributions to uplift the lives of the people in the various communities where the Rotary Clubs are located;

NOW, THEREFORE, I, RODRIGO ROA DUTERTE, President of the Philippines, by virtue of the powers vested in me by law, do hereby declare the period of 01 July 2018 to 30 June 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."

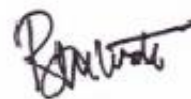
IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the Republic of the Philippines to be affixed.

Done in the City of Manila, this 24th day of **January**, in the year of Our Lord, Two Thousand and Eighteen.

By the President:


SALVADOR C. MEDIALDEA
Executive Secretary







FELLOWSHIP



DGE Rudy and Lady Sharon Bediones, PP Boy Ampil, PP Benny Laguesma, PD Nick Locsin and Rtn. Nilo Aventura attended the birthday celebration of Mrs. Rose Aquino, wife of PD Armie Aquino, who was likewise on hand to welcome the guests, last March 5, 2018 at the Sofitel Philippine Plaza Manila in Pasay City.



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INTERCLUB ACTIVITIES



DGE Rudy Bediones attended the Induction of Rotary Club of Quiapo Plaza Miranda PP Harry Angping as President of the Philippine Lioc Kui Foundation, Inc. last March 2, 2018 at the Golden Bay Seafood Restaurant in Pasay City. Also present was **PD Phillip Ong**.



DGE Rudy and Lady Sharon Bediones attended the opening of Bless Las Paellas owned by Rotary Club of Manila South PP Jessica Maloles last March 3, 2018 at Vista Mall, Bonifacio Global City, Taguig. The owner is a classmate of DGE Rudy Bediones and is one of the First Class Presidents. The event likewise served as a fellowship of many Rotarians from District 3810.



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DGE Rudy and Lady Sharon Bediones as well as **PDG Obet Pagdanganan** attended the Dance Practice for the Governor's Ball of the DISCON 2018 last March 1, 2018 at the Sofitel Philippine Plaza Manila in Pasay City.



DGE Rudy Bediones and **PDG Vince Carlos** attended the Philippine Rotary Concerns Forum with the theme, "Membership Growth Towards a Single Philippine Zone" which was organized by the Philippine College of Rotary Governors last March 2, 2018 at The Metropolitan Club in Makati City.



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Rotary's Heart for Little Angels



Mission accomplished! Our first Little Heart Warrior received this bicycle for his bravery! This happened last March 6, 2018 at Bernard's Bicycle Shop in Dumaguete, Negros Oriental. Congratulations, **Joneil Dasian**. Special thank you to all **Rotary Club of Manila** contributors to the life - saving program, including **PD Jun Hallare, Rtn. Colin Patterson, PD Oscar del Rosario, Rtn. Tong Payumo,**

PD Abe Pascual, Rtn. Ferdie Co, DE/Dir. Bobby Joseph, Rtn. Andy Derossi, Shashank Pareek, and more from the previous project with help from Aster's **Save the Little Hearts**, especially Joyce Socao-Alumno and pediatric cardiovascular surgeon Sajan Koshy. The mother is Richiel Salvoro Dasian, the aunt that brought the case to me is Maricel Dasi-An. Our new project is called "**Rotary's Heart for Little Angels.**"

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 Osaka East** last March 1, 2018 at the Imperial Hotel Osaka, Osaka, Japan. During this event, **Pres. Jimmie Policarpio** presented a Commemorative Centennial Bell to the Rotary Club of Osaka East in testimonial of our years of sisterhood and took the opportunity to invite their club to attend our Centennial Celebration. Renewal of sisterhood likewise took place and a Memorandum of Agreement was signed between the two clubs where the Rotary Club of Osaka East will donate \$3,000.00 to the Hospicio de San Jose project. Also present was Rtn. Bernd Schneider who was endorsed by President Jimmie Policarpio to the Rotary Club of Osaka East and who is now based in Osaka, Japan where he is the General Manager of Swissotel Nankai where a mini fellowship was held with Manila Rotarians.



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SUNSHINE VISIT



Rtn. Joe Assad visited the wake of the late Marcelo “Boom” Boncan, son of Rtn. Raul Boncan, last February 27, 2018 at the Santuario de San Antonio, Forbes Park, Makati City. Boom passed away last February 26, 2018.

GOLF COMMITTEE



Chair, PS "Butch" Marking



Co-Chair, Knud Hedeager

RCM Golf Fellowship Committee, cordially invites RCM Golfers for a "Golf Tournament", a 2 day outing to Anvaya Cove Golf Club and Pradera Golf Club, as follows :

1. March 23, Friday, 12 Noon Tee-off at Anvaya Cove Golf & Sports Club, Barangay Mabayo, Morong, Bataan;
2. March 23, Friday, 6:00 PM Fellowship at Rtn. Tong Payumo's Resort;)

Overnight stay at Resort or own initiative. (Rtn. Tong needs to know if you wish to stay at resort)

3. March 24, Saturday, 9AM Tee-off at Pradera Golf & Country Club in Barangay Prado Siongco, Lubao, Pampanga

SPAMALOT



NEWS RELEASE



E4 | MARCH 4, 2018

Robert Lim Joseph's 68th @ New World Makati



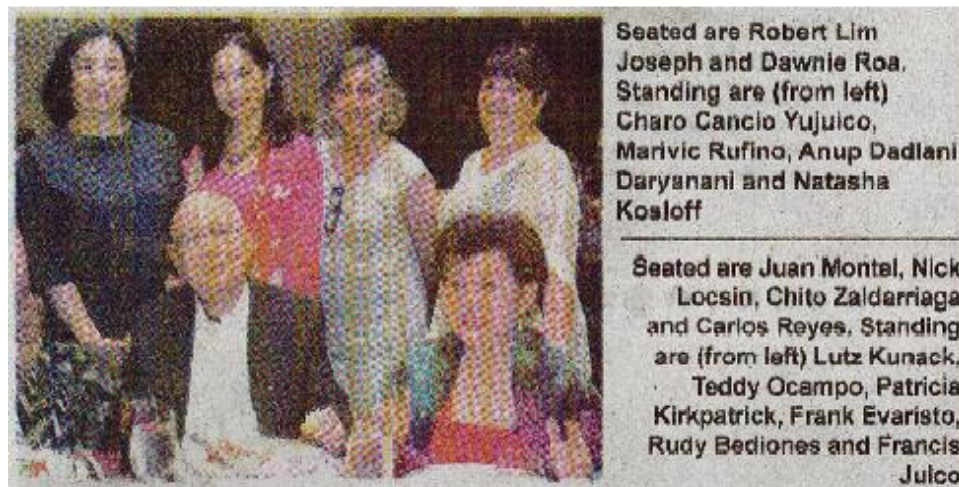
Ralph Lim Joseph,
Robert Lim Joseph and
New World Makati GM
Farid Schoucair

Photos by
JOEY VIDUYA

Seated are (from left)
Ida Joseph, Tony
Meloto, Tourism
Secretary Wanda Teo,
Robert Lim Joseph,
Dawnie Roa, Dee
Ledenio and Marriott
Manila GM Bruce
Winton. Standing
are (from left) Teody
Espallardo, Cynthia
Carrion-Norton, Angel
Bognot and Jerry Rollin



Farid Schoucair, Nick Locsin, Helen Kim and Ralph
Lim Joseph



Last Dec. 12, Philippine Wine Merchants' Robert 'Bobby' Lim Joseph celebrated his 68th birthday at the Grand Ballroom of New World Makati Hotel together with his families and closest friends.

SPEAKERS' BUREAU

Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed by Atty. Bruce Rivera and Atty. Jess Falcis over TV5 Radio TV last March 2, 2018 regarding the statement of President Duterte regarding co-ownership of the West Philippine Sea. He stated that there cannot be a Philippines-China joint ownership of the West Philippine Sea because that is 100% our Exclusive Economic Zone per ruling of the Hague Arbitral Tribunal which is now considered part of International Law. He added that on joint ownership of the oil exploration project, it must be at least 60% Filipino to comply with the Philippine Constitution.



PVP ROY GOLEZ INTERVIEWED BY DEAN MEL STA. MARIA ON RADYO SINGKO REGARDING JOINT EXPLORATION OF PHILIPPINE SEAS

Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed by FEU Law Dean Mel Sta. Maria on Radyo Singko over TV5 Radio TV last March 6, 2018 regarding the statement of President Duterte regarding joint exploration of Philippine Seas.



PVP ROY GOLEZ INTERVIEWED BY BIZNEWS ON PTV 4 REGARDING CHINA AND SOUTH CHINA SEA SITUATION

Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed by Elizabeth Lee on BizNews over PTV 4 last March 5, 2018 regarding the China and South China Sea situation.

PUBLIC HEALTH NUTRITION AND CHILD CARE



FRIENDSHIPS

Elias D. Adamos, M.D.

Do not be deceived: “Bad company corrupts good morals.” (1Corinthians 15:33)

This is the Year of the Dog, according to Chinese zodiac. Dogs are our best animal friends. According to Chinese zodiac analysis, people born under the sign of the dog are loyal, friendly, kind, honest, easygoing, and helpful to others. Whether you're one born in the year of the dog or somebody from the other Chinese zodiac signs, friendships play an important role in promoting your overall health.

Good friends are good for your health

Good friends celebrate good times with you and provide support during bad times. Adults with good friends reduce risks of many significant health problems, including depression, high blood pressure, and an unhealthy body mass index. Studies have shown that older adults with rich social life are likely to live longer than others who have fewer connections.

What are the benefits of having good friends around you? Friendships result to:

1. Increase sense of belonging and purpose.
2. Boost your happiness. They can reduce your stress.
3. Improve your self-confidence and self-worth.
4. Help you cope with traumas, such as marriage problems and separation, serious illness, job loss, or the death of a loved one.
5. Encourage you to change or avoid unhealthy lifestyle habits, such as excessive alcohol and lack of exercise.

Friendships and the social media

While chat groups, Facebook and Twitter might help you make or maintain connections and relieve loneliness, such may not always be the case. ***Always exercise caution when sharing personal information or an activity with someone you've only met online.***

When is friendship unhealthy?

Julianne Holt-Lunstad, PhD, of Brigham Young University, says: “Dealing with people who cause conflicted feelings in us can raise blood pressure. She adds, “Friends may help us cope with stress, but they also may create stress.” Friends can cause more stress than others because we care so much for them. We spend so much energy for them. Friends can hurt us more when we're in conflict with them.

Caring for friends makes you live longer

Holt-Lunstad say, “One thing research shows is that as one's social network gets smaller, one's risk for mortality increases. Let us therefore take care of one another. ***“As iron sharpens iron, so one man sharpens another” (Proverbs 27:17).***

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