



balita



No. 3735, March 15, 2018

GUEST SPEAKER



Maj. Gen. DANILO CHAD D. ISLETA, AFP

Chief of Staff
Philippine Army

KABALITA

Let the Army General brief us on updates regarding threats to National Security, the ISIS problem and the Drug Menace within our midst as he relays accounts of how our troops are addressing these issues when he marches towards 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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President

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Vice President

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**Secretariat
ANNA KUN TOLEDO**
Executive Secretary

PROGRAM

RCM'S 33rd for Rotary Year 2017-2018

March 15, 2018, Thursday, 12Noon, New World Makati Hotel Ballroom

Officer-In-Charge/ Program Moderator :RCM Rtn. "Caloy" Buendia

**"A Joint Meeting Between the Rotary Club of Manila (RCM) and
Rotary Club of Forbes Park (RCFP)"**

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCM Dir.-elect/Dir. " Bobby " Joseph)	RCM Rtn. "Caloy" Buendia
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	RCM Pres. "Jimmie" Policarpio;
12:30 PM	Call to Order	RCFP Pres. "Edwin" Salonga
	Singing of the Republic of the Philippines National Anthem	RCM World-Famous Music Chorale
	Invocation	RCM PD "John" Cenica
	RCM Hymn	RCM World-Famous Music Chorale
	RCFP Hymn	RCFP Music Chorale
	The 4-Way Test Credo	All Rotarians led by RCFP PP Frankie Adriano
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	RCFP PP Bert Galano
12:40 PM	MaligayangBati (RCManila Birthday Celebrants) Mar. 19...DE/Dir. "Issam" Eldebs; Mar. 20...Rtn. "Rey" Vea; MaligayangBati (RCFP Birthday Celebrants) Mar 4... CP Alex Ledesma Mar 12...Rtn. Joey Mabilangan Mar 20...Sec. Tim Tolentino Mar 24...Tedjie Herbosa Happy Birthday Song	RCM World-Famous Music Chorale

12:45 PM	Brief announcement on the Monty Python's Spamalot" Play Chair of the Spamalot Show Sub-co RCM Centennial Project	RCM Rtn. Jason Ong
12:50 PM	Presentation of check by Sun Life Financial, Ms. Zeny Tan , Financial Adviser, to the RCManilaFoundation, Inc.	Pres. "Jimmie" Policarpio; PD "Rob" Sears, Chairman, RCManilaFoundation, Inc., Dir. "Issam" Eldebs, President, RCManila Foundation, Inc.
12:52 PM	President's Time	RCM Pres. "Jimmie" Policarpio; RCFP Pres. "Edwin" Salonga
12:55 PM	Introduction of the Guest Speaker	RCM"Criss" Acosta
1:00 PM	Address: Major Gen. Danilo Chad D. Isleta AFP Chief of Staff, Philippine Army Public Forum Club fund-raising raffle of cash prize Response, Presentation of token of appreciation to Major Gen. Danilo Chad D. Isleta, AFP	DE/Dir. "Bobby" Joseph RCM Pres. "Jimmie" Policarpio; RCFP Pres. "Edwin" Salonga
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



March 8, 2018 - The Board of Directors of the Rotary Club of Manila for RY 2017-2018 held a Special Meeting at Via Mare, Greenbelt 3, Makati City.

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

March 9, 2018 - The first day of the Presidents-Elect Training Seminar II (PETS II), hosted by the Rotary Club of Bagumbayan Manila, for the leaders of Rotary clubs within District 3810 whose terms will commence during the tenure of DGE Rudy Bediones took place last March 9, 2018 at the Widus Hotel and Casino in Clark, Pampanga. Present were DGE Rudy and Lady Sharon Bediones, PDG Obet Pagdanganan, ISDG/VPE/Dir. Lance Masters and PE/Dir. Susing Pineda. In this seminar, PE/Dir. Susing Pineda represented our club.

March 10, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Veteran Journalist Resty de Quiros, Jr. on "Eh Ano Ngayon?" over DZME Radio regarding China and the South China Sea.

-The second day of the Presidents-Elect Training Seminar II (PETS II), hosted by the Rotary Club of Bagumbayan Manila, for the leaders of Rotary clubs within District 3810 whose terms will commence during the tenure of DGE Rudy Bediones took place at the Widus Hotel and Casino in Clark, Pampanga. Present were DGE Rudy and Lady Sharon Bediones, ISDG/VPE/Dir. Lance Masters and PE/Dir. Susing Pineda.

March 11, 2018 - The third day of the Presidents-Elect Training Seminar II (PETS II), hosted by the Rotary Club of Bagumbayan Manila, for the leaders of Rotary clubs within District 3810 whose terms will commence during the tenure of DGE Rudy Bediones took place at the Widus Hotel and Casino in Clark, Pampanga. Present were DGE Rudy and Lady Sharon Bediones, ISDG/VPE/Dir. Lance Masters and PE/Dir. Susing Pineda.

March 12, 2018 - DGE Rudy and Lady Sharon Bediones as well as PDG Obet Pagdanganan attended the DISCON 2018 Dance Practice at the Sofitel Philippine Plaza Manila in Pasay City.

-PDG Vince Carlos, PDG Alex Cureg, PVP Roy Golez, DE/Dir. Issam Eldebs, Rtn. Thad Liamzon, Rtn. Gani Macatoman and Rtn. Johnny Chotrani attended the launching of the book of Rtn. Pepe Rodriguez, entitled, "BREAKING BARRIERS, CREATING COMMUNITIES Southeast Asia and ASEAN: An Introduction" at the Raffles Hotel in Makati City.

-DGE Rudy and Lady Sharon Bediones, PDG Vince Carlos, PDG Obet Pagdanganan and PP Toting del Rosario attended the launching of the book, "LOVE FOR OTHERS IS WHAT ROTARY IS" Volume 2, of PRID Rafael "Paeng" Hechanova at the North Forbes Park Pavilion, North Forbes Park, Makati City.

March 13, 2018 - DE Raffy Alunan took part in "Meet the Press" with President Rodrigo R. Duterte at Malacañan Palace in Manila. He was there together with veteran members of the press.

March 15, 2018 - Welcomes Maj. Gen. Danilo Chad Isleta, Chief of Staff, Philippine Army, who will talk about National Security, the ISIS Problem and the Drug Menace in the country

-Rotary Briefing Session of New Members, 2:15 pm, Gallery 1, 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



PROFILE OF

MAJOR GENERAL DANILO CHAD D ISLETA AFP

(51st Chief of Staff, Philippine Army)

MGEN DANILO CHAD D ISLETA AFP is currently the 51st Chief of Staff of the Philippine Army. Prior to his designation, he was the General-Officer-in-Command of the 9th Infantry Division, as well as the former Chief of the Office of the Ethical Standard and Public Accountability, and the Office of the Gender and Development of the 9th Infantry Division.

MGEN ISLETA was commissioned as Second Lieutenant in the Regular Force of the Armed Forces of the Philippines on 22 March 1985 after graduating with the Philippine Military Academy "Sandiwa" Class of 1985. He took up various Military Courses both local and abroad to include: Scout Ranger Orientation Course; Basic Airborne Course; Military Intelligence Officer Basic Course; Microcomputer Operations and Programming; Field Artillery Officer Basic Course; Field Artillery Officer Advance Course; Information Assurance Security Officer Certificate Course; Information Systems Operations Leveler Course; System Administration/Network management Security Course; Information Systems Management Course; and Command and General Staff Course.

In addition to his military schoolings, he also holds a Masters Degree in Public Administration from the Philippine Christian University in 2005.

MGEN ISLETA served in several command positions such as Platoon Leader of the Charlie Company, 4th Infantry Battalion, 1st Infantry Division in October 1986. From 1990-1991, he commanded Bravo Company, 16th Infantry Battalion, 2nd Infantry Division. He also became the Commander of the 10th Field Artillery Battalion, 4th Infantry Division from 2006 to 2007 and the 10th Field Artillery Battalion, Army Artillery Regiment from June 2007 to February 2008.

MGEN ISLETA is also a well-accomplished Staff officer in various fields. He was the CMO Officer of the 72nd Infantry Battalion, 7th Infantry Division from 1989 to 1990 and was the Company Tactical Officer of Headquarters Tactics Group, Philippine Military Academy from April 1992 to April 1993. He served as the Administrative Officer and the Deputy SAGS of the Office of the Secretary Army General Staff from 1999 to 2000. He was also assigned as the Assistant Chief of Staff for CMO, G7 of 4th Infantry Division from 2006 to 2007, and became the Assistant Commandant of Cadets of the Headquarters Tactics Group from 2008 to 2009. In May 2010, he became the Inspector General of the Philippine Military Academy, and in May 2012, he was the Secretary Joint Staff of the Office of the Secretary Joint Staff, General Headquarters. He also became the Senior Military Assistant to the Secretary of National Defense from June 2014 to July 2016.

MGEN ISLETA is a recipient of various awards and decorations which include seventeen (17) Military Commendation Medals, Bronze Cross Medal, thirty-three (33) Military Merit Medals, Silver Wing Medal and five (5) Distinguished Service Stars.

MGEN ISLETA was born on 02 March 1963 in Mountain Province and is married to Ma Theresa F Isleta. They are blessed with four children: Mikyla Samantha F Isleta, Pamela Therese F Isleta, Jamaila Danielle F Isleta, and Nathaniel David F Isleta.

THE WEEK THAT WAS



Welcoming the guest speaker, **Ms. Socorro Alicia “Cory” R. Quirino**, Filipina TV Host, Author, Beauty Pageant Title Holder, Beauty and Wellness Expert, from left-right: **VP “Chito” Zaldarriaga**, **PP “Frank” Evaristo**, **PP “Boy” Guevara**, **Ms. “Cory” Quirino**, **Pres. “Jimmie” Policarpio**, **PSAA “Gunter” Matschuck**, **Rtn. “Jo” Assad** and **Rtn. “Vee” David**. (partly seen)



Pres. “Jimmie” Policarpio calls the 32nd meeting of the **Rotary Club of Manila**, to order.

Rtn. “Vee” David as OIC/
Moderator, calls the program of
activities.



PSAA “Gunter” Marschuck
delivers an ecumenical prayer.



STAR Rtn. “Jun” Alvarez, Jr.
introduces the personalities seated
at the presidential table, guests
and visiting Rotarians.



Pres. Michael Recabar, Rotaract Club of Manila, for a presentation on the Manila's Roundtrip Philippines Project.



Rtn. Jason Ong, Chair of the Spamalot Show Subcommittee for the RCM Centennial Project, for a brief announcement on the Monty Python's Spamalot" play.



Pres. "Jimmie" Policarpio updating the membership on the club's activities.



2017 Ms. Intercontinental First Runner-Up Katarina Rodriguez relayed her valuable experiences in joining the Ms. Intercontinental Beauty Pageant and the beauty regimen she had to undergo to achieve success.

PP “Boy” Guevara does the honor, pleasure and privilege of introducing **Ms. Socorro Alicia “Cory” R. Quirino**, Filipina TV Host, Author, Beauty Pageant Title Holder, Beauty and Wellness Expert, as guest speaker.





Beauty and wellness expert **Ms. Cory Quirino**, a TV host herself, gave Manila Rotarians, Visiting Rotarians and guests, tips on how to stay young and attractive to one's partner as well as other tidbits of information on relaxation.



Pres. **"Jimmie" Policarpio** is flanked by 2 beauties on the occasion of International Women's Day: **Ms. Cory Quirino** and **Ms. Katarina Rodriguez**, respectively.



A public forum followed suit after the speech of **Ms. Cory Quirino**, among **RCMers'** who participated were : **PSAA "Gunter" Matschuck**, **DGE "Rudy" Bediones**, **VP "Chito" Zaldarriaga**, **PD "Beda" Fajardo**, **PP "Frank" Evaristo**.



Pres. “Jimmie” Policarpio presents the bell and gavel of appreciation to **Ms. Socorro Alicia “Cory” R. Quirino** and **Miss Katarina Rodriguez**, respectively. Bouquet of flowers were also presented to **Ms. Socorro Alicia “Cory” R. Quirino** by PSAA “Genter” Matschuck and **Miss Katarina Rodriguez** by IPP “Teddy” Ocampo, before meeting adjournment.



Post-meeting posterity photo with **Ms. Cory Quirino**, with **Rtn. "Mon" Montaño**, **Rtn. "Nilo" Aventura** & **PD "Oscar" del Rosario**. E



Ms. Socorro Alicia "Cory" R. Quirino and **Miss Katarina Rodriguez**, took time to have their own photos.

RCM WEEKLY BIRTHDAY CELEBRANTS



Pres. "Jimmie" Policarpio presents the weekly birthday celebrants in attendance : **Rtn. "Nilo" Aventura**, **Rtn. "Bren" Egan**, **Rtn. "Mon" Montaño** and **Rtn. "Tong" Payumo**, for the traditional blowing of candles on their birthday cake, amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.

SPECIAL MEETING OF THE BOARD OF DIRECTORS



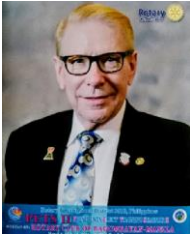
The Board of Directors of the Rotary Club of Manila for RY 2017-2018 held a Special Meeting last March 8, 2018 at Via Mare, Greenbelt 3, Makati City.

MUSIC COMMITTEE



The World Famous Chorale held a choir practice last March 8, 2018 at the Red Box in Greenbelt 3, Makati City.

PRESIDENT ELECT TRAINING SEMINAR2



PETS2 at Widus, Pampanga By DE/VPE Lance Masters

Last Friday, Saturday and Sunday March 9-11, President-Elect Susing Pineda, along with all of his classmate District PE's, were called to participate in the Rotary International required President-elect Training Seminar, part 2. The primary purpose of the conference is for presidents-elect to learn their roles and to work with District Assistant Govern ors in establishing goals for the ensuing Rotary Year. These purposes are fulfilled through a series of seminars throughout the conference. A secondary purpose is to develop

genuine friendships among the class of fellow presidents, so that they have each other as additional resources throughout the year and into the future. The bonding is accomplished through some participation in interactive learning, but especially in the evening themed fellowship dinner-dances.



The leader of the conference is the District Governor-Elect. The conference was called to order by current DG Loy Cosico, who gave an inspirational kick-off speech. Incoming Chief Governor's Aid PP Mark Eugene Tan had the privilege and honor to introduce our own PP/DGE Rudy Bediones. Rudy started with a music driven ascent to the podium where he delivered the opening plenary speech. At that time, he spoke of the importance

and significance of our centennial, and of the district goals and club challenges for this year. The entire district leadership team is expected to participate, so I was there in my role as Senior Deputy Governor - Chair for Centennial Coordination. It is already useful f or the various clubs to learn of the coordination role, because Gov Rudy is asking all district clubs to participate in and to create Centennial Events. This is specified in the Club and District Goals for the year. I advised all the clubs of our forthcoming fund-raiser, "Spamalot," and encouraged them to participate. Rudy also spoke of lessons learned at the international assembly, which he attended in San Diego with incoming RI President Barry Rassin.

The PETS Training Overview was delivered by District Trainer PDG Ernie Choa. The district trainer is an RI appointment, not made by the district. We are very fortunate to have a man of such enormous talent and experience as PDG Ernie, whose role is not only to train district and club leaders, but also to continue the training of the governor himself. Our much-beloved and highly respected PP, PDG Obet Pagdanganan is serving as District Membership Chair, and he gave a great speech to inspire the presidents to do their best in attracting and retaining members. The conference was hosted by RC Bagumbayan Manila, under PETS Chair PP Boy Kaw, who shared the "House Rules."





Following lunch, the seminars started in earnest with breakout sessions on Planning for the year, strategic planning principles, presidential responsibilities, running meetings, and running the club. These sessions were facilitated by members of the district training team, including Incoming District Secretary Vilma Vinluan, Area Region 7a Assistant Coordinator Rahms Ciriaco, incoming SDG for Programs Robert Koa, Incoming SDG Chief of Staff Edwin Seymour Chiu, and PP

Armin Demetillo. PDG (Ambassador & General) Paco Atayde gave an overview of Rotary Protocol, and we were ready to end the seminars for the day and proceed to hotel registration, which was an unmitigated disaster. It seemed that the hotel, supposedly the only 5-star resort in Pampanga, had messed up room assignments and it took f-o-r-e-v-e-r to register all the participants. The hotel had overbooked, and ended up sending some participants to other hotels, condemning them to use shuttles to get back and forth. Ugh!



We assembled at 7:00 pm for our “Havana Nights” dinner and dance fellowship. Everyone was in Cubano attire, with some area teams in common costumes. Teams of presidents had rehearsed dance skits, which were presented to the great delight of all. Dancing continued until the evening’s end, with great participation and much fun for all.

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DAY ONE

The first day of the Presidents-Elect Training Seminar II (PETS II), hosted by the Rotary Club of Bagumbayan Manila, for the leaders of Rotary clubs within District 3810 whose terms will commence during the tenure of DGE Rudy Bediones took place last March 9, 2018 at the Widus Hotel and Casino in Clark, Pampanga. Present were DGE Rudy and Lady Sharon Bediones, PDG Obet Pagdanganan, ISDG/VPE/Dir. Lance Masters and PE/Dir. Susing Pineda. In this seminar, PE/Dir. Susing Pineda represented our club.





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DAY TWO

The second day of the **Presidents-Elect Training Seminar II (PETS II)**, hosted by the Rotary Club of Bagumbayan Manila, for the leaders of Rotary clubs within District 3810 whose terms will commence during the tenure of DGE Rudy Bediones took place last March 10, 2018 at the Widus Hotel and Casino in Clark, Pampanga. Present were DGE Rudy and Lady Sharon Bediones, ISDG/VPE/Dir. Lance Masters and PE/Dir. Susing Pineda.







DAY THREE

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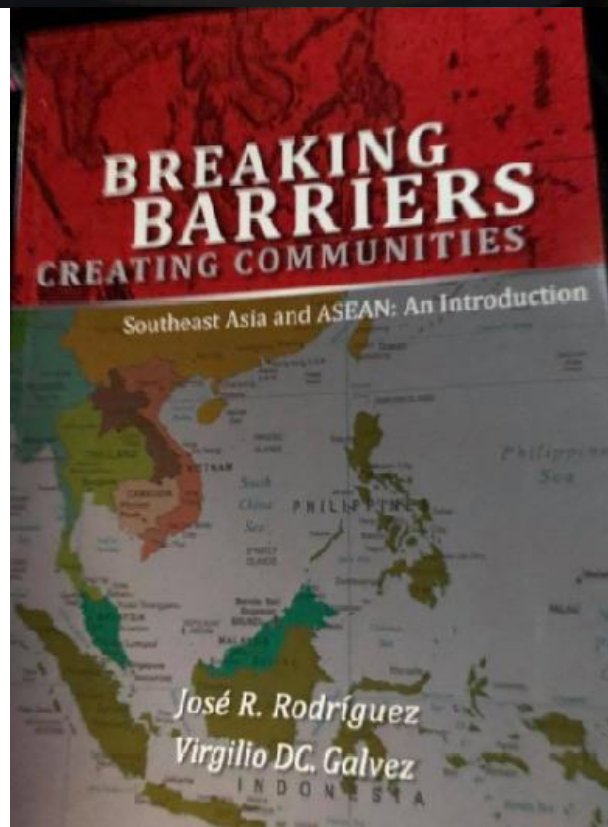






DGE Rudy and Lady Sharon Bediones as well as **PDG Obet Pagdanganan** attended the DISCON 2018 Dance Practice last March 12, 2018 at the Sofitel Philippine Plaza Manila in Pasay City.

BOOK LAUNCHING



PDG Alex Cureg, PVP Roy Golez and Rtn. Thad Liamzon attended the launching of the book of Rtn. Pepe Rodriguez, entitled, "BREAKING BARRIERS, CREATING COMMUNITIES Southeast Asia and ASEAN: An Introduction" last March 12, 2018 at the Raffles Hotel in Makati City.



MEET THE PRESS



DE Raffy Alunan took part in “Meet the Press” with President Rodrigo R. Duterte last March 13, 2018 at Malacañan Palace in Manila. He was there together with veteran members of the press.

SPEAKERS’ BUREAU



Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Veteran Journalist Resty de Quiros, Jr. on “Eh Ano Ngayon?” over DZME Radio last March 10, 2018 regarding China and the South China Sea.

SPAMALOT

Monty Python's Spamalot Show; April 21, 2018 (Saturday)

Ticket Reservations for 8:00 PM Show:

1. Rtn Jason Ong- 6 tickets (Zone 1), 40 tickets (Zone 5)
2. PDG Alex Cureg- 2 tickets (Zone 1)
3. PD Ning Lopez- 3 tickets (Zone 1)
4. VPE Lance Masters- 1 ticket (Zone 1)
5. PD Nick Locsin- 10 tickets (Zone 1)
6. PD Oscar Del Rosario- 2 tickets (Zone 1)
7. PE Susing Pineda- 2 tickets (Zone 1)
8. DGE Rudy Bediones- 2 tickets (Zone 1)
9. PDG Obet Pagdanganan- 2 tickets (Zone 1)
10. PT Lito Sibayan- 2 tickets (Zone 1)
11. PDG Vince Carlos- 2 tickets (Zone 1)
12. PP Frank Evaristo- 2 tickets (Zone 1)
13. DE Raffy Alunan- 2 tickets (Zone 1)
14. Rtn Romy Nones- 2 tickets (Zone 1)
15. Rtn Jun Alvarez- 2 tickets (Zone 1)
16. PP Babes Reyes- 2 tickets (Zone 1)
17. PAT Hermie Esguerra- 10 tickets (Zone 1)
18. China Bank Savings- 2 tickets (Zone 1)

Ticket Reservations for 3:00 PM Show:

1. VP Chito Zalardriaga- 2 tickets (Zone 1)
2. PSAA Guenter Matschuck- 4 tickets (Zone 2)

AVAILABLE SEATS for 3:00PM

Zone 1- 225

Zone 2- 90

Zone 3- 80

Zone 4- 14

Zone 5- SOLD OUT

AVAILABLE SEATS for 8:00PM

Zone 1- 171

Zone 2- 94

Zone 3- 80

Zone 4- 14

Zone 5- SOLD OUT

SPAMALOT SHOW			
April 21, 2018 (Saturday)			
3:00 PM and 8:00 PM			
TICKET PRICE		TOTAL NUMBER OF SEATS PER SHOW	
ZONE 1:	P2,000	ZONE 1:	227
ZONE 2:	P1,800	ZONE 2:	94
ZONE 3:	P1,500	ZONE 3:	80
ZONE 4:	P1,000	ZONE 4:	14
ZONE 5:	P700	ZONE 5:	20

NEWS RELEASE

THE PHILIPPINE STAR

people&events **B16 • FRIDAY | MARCH 9, 2018**



ROTARY CLUB OF MANILA CENTENNIAL: The Rotary Club of Manila Board led by president Jimmie Policarpio were presented by Executive Secretary Salvador Medialdea with the certified true copy of 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.' Policarpio and president-elect Pineda presented the honorary membership to Medialdea. Board members in photo at the Office of the Executive Secretary were (from left) asst. secretary Renato Policarpio, treasurer Nicanor Villasenor III, vice president F. Francisco Zaldarriaga, president-elect Jesus Pineda Jr.; Secretary Medialdea, director Issam Eldebs, director Robert Joseph Jr.; immediate past president Teodoro Ocampo, president Jimmie Policarpio Jr., and director Hermenegildo Carlos Reyes.

E-4

MANILA BULLETIN
THE NATION'S LEADING NEWSPAPER

Monday, March 12, 2018

Celebs grace Spanish resto's branch opening



A SPANISH dance, special song numbers and a fashion show were held at the activity center of Vista Mall in Metro Taguig in line with the opening of the fourth branch of the Bless Amare Group's Bless Las Paellas.

The inauguration of the restaurant started with Holy Mass attended by the family and friends of couple Rico and Jessie Maloles, and those of their friend, Nelson Mendoza. The program was hosted by former Miss Philippines Earth 2014 Angelee Claudette Delos Reyes. The fashion show directed by Ogee Atos features the creations of Rye Bayle for the men's formal attire, and Marlo Ramos Javier for the ladies' gowns. Some of the country's top beauty queens and models like Andrea Biondo, Yvete Marie San-

tiago, Maricarl Tolosa, Avonlea Paraiso, Shy Herrera, Kar Sison, and Reynalyn de Mesa joined the show.

Malaysian Min Yasmin rendered a couple of songs from her Philippine debut album.

Another branch of Bless Las Paellas opens in Davao next months. The Spanish restaurant is known for their Paellas (Valenciana, Marinera Negra and Chicken, and Mushroom), pasta, seafood, and other Spanish specialties from Lengua and Callos to Salpicao.

Photo shows (from left): Rotary District 3810 Governor Rudy Bediones, Nelson Mendoza, designer Boyet Fajardo, Vilma Sorongon, Jessie Maloles, and Rico Maloles. (Photo by Joy Arguill and Noli A. Berioso)



(From left) Secretary Ramon Lopez, 0 percent-interest special loan program beneficiaries Cosain Soaiman, Acadon Macapundag and Abbas Inidal, DTI Region X director Linda Bonlao, 0 percent-interest special loan program beneficiary Rocaya Macabantog, DTI assistant secretary Abdulgani Macatoman and 0-interest special loan program beneficiary Allan Carimbaran



DTI officials with the noted speakers (from left) assistant secretaries Abdulgani Macatoman and Biesila Lantayona, professional speaker and business consultant and SPAI

THE DAILY
tribune
Without fear or favor



Rotary Club of Manila Board led by President Jimmie Policarpio were presented by Executive Secretary Salvador Medialdea, with the certified true copy of 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." Members of the Board present during the presentation at the Office of the Executive Secretary were (L to R) Asst. Secretary Renato Policarpio; Treas. Nicanor S. Villasenor, III; Vice Pres. F. Francisco S. Zaldarriaga; President elect Jesus M. Pineda, Jr.; Hon. Salvador Medialdea (Executive Secretary to the President of the Philippines); Dir. Issam Eldebs; Dir. Robert L. Joseph, Jr.; Immediate Past Pres. Teodoro J. Ocampo; Pres. Jimmie Policarpio, Jr.; and Dir. Heremengildo Carlos L. Reyes.

THE PHILIPPINE STAR

FRIDAY | MARCH 9, 2018



Rotary Club of Manila presents *Spamalot*

The Rotary Club of Manila presents two shows of the Tony / Grammy / Drama Desk Award-winning *Monty Python's Spamalot* play on April 21 at 3 p.m. and 8 p.m. at The Globe Auditorium, Maybank Performing Arts Theater, BGC Arts Center, Taguig.

The "hilarious" (*Theater Fans Manila*) Broadway musical import, which made local audiences and critics alike "laugh like [they] haven't laughed in ages" (*Broadway World*), is an adaptation of the 1975 film *Monty Python and The Holy Grail*, one of the funniest movies of all time according to Total Film, ABC,

Channel 4 UK and many other sources.

The encore run of the show will bring back last year's "amazing energetic and talented cast" (*WhenInManila.com*), which includes multi-awarded performers such as Rachel Alejandro, Carla Guevara-Lalorteza and Lorenz Martinez. It will once again be directed by the duo of Joel Trinidad and Nicky Trivino, both of whom were nominated by *Broadway World* for Best Direction for last year's production.

(For details, call the Rotary Club of Manila Secretariat at 527-1885/527-1886 or 0917-5393119, or e-mail at rotaryclubofmanila@gmail.com.)

THE PHILIPPINE STAR

B14 • MONDAY | MARCH 12, 2018



PHILIPPINE ACADEMY OF AESTHETIC SURGERY INDUCTION: The Philippine Academy of Aesthetic Surgery Inc. held its 28th annual induction ceremony for new officers and board trustees: (From left) Drs. Alfonso de Guzman, Roberto Vasquez, Mark Arjan Fernandez, Leilani Espinola-Morato, Levi John Lansangan, John Cenica, Alvin Jorge, Francis Decangchon (president), John Michael Porquez, Glenn Marasigan, Jaime Jorge, John Michael Fulgado, Erwin Brian Tan, Roderick Julius Azores and Ferdinand Lacson.

PUBLIC HEALTH NUTRITION AND CHILD CARE



ANGER, STIFFNESS, AND OTHER NEGATIVE EMOTIONS CAN MAKE YOU SICK

Elias D. Adamos, M.D.

"Yes there were times, I'm sure you knew, when I bit off more than I could chew. But through it all, when there was doubt, I ate eat up and spit it out. I faced it all and I stood tall, and did it my way." **Paul Anka (1941-), Canadian singer, songwriter, actor**

Wow! Very well said! But I'm sorry to Frank Sinatra fans, because I believe that the above verse to the song is true only when you're smart and wise in every situation that you're into. In these day and age of computers, we can't afford to be stiff and stubborn. We cannot insist on everything our minds dictate to let us say a "native" in the digital world – the millennial – because we are just "immigrants" in the age and era that they were born into. Said in another way: *We have to respect each other's space.*

Importance of not being stubborn or stiff

Being stubborn (and in the same manner denial) is a bad apple in a basket. It is a negative reaction based on an underlying emotional issue that you reject or deny to accept. It is a reaction that emanates from egotism, power and submission, and a never-ending grudge. These, I believe, are self-explanatory. Non-acceptance or denial of these issues lead to stiffness and stubbornness, that may, in the long run, make you sick. Solution: **Always be flexible. Respect other's thinking and opinion. Respecting other's thoughts does not mean changing your own convictions.**

In the gospel reading in the third Sunday of Lent, we saw an angry Christ, "Take these things out of here! Stop making my Father's house a marketplace! (*John 2:13-25*) The anger of Jesus sends to us a message that indeed He is both God and man. Surely, there are situations when we become angry. But if we really aim to be Christ-like, we should also remember that Christ exhibited the highest form of being human and being fully alive in the Crucifixion.

Anger and your health

WebMD stresses that researchers found that healthy people who are often angry or hostile are 19% more likely than calmer people to get heart disease. Among people with heart disease, those who usually feel angry or hostile fared worse than others. Remember: *"Being angry is not the same as showing that you care."* **Always exhibit compassion and understanding. Your anger will not matter five years from now (or maybe even just five minutes from now).**

So **take care of yourself.** Here are just some symptoms that can be brought about by negative emotions, such as anger and stubbornness: back pain, chest pain, diarrhea, change in appetite, extreme tiredness, insomnia, high blood pressure, mouth ulcers, and shortness of breath. Negative emotions are also linked to the development of cancers and tumors. **Let us observe the Holy Week and rejoice in the resurrection of Christ.**

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