



Kabalita

No. 3740, April 26, 2018

PHILIPPINE GOVERNMENT FEDERALISM DEBATE



Sec. Raul L. Lambino
CEZA Administrator,
CORE Lead Convenor

Atty. Jose D. Lina, Jr.
President/Director
of Manila Hotel

KABALITA

The shift to Federalism takes centerstage at Asia's First Rotary Club in a spirited debate between Cagayan Economic Zone Authority's Top Honcho and a public servant turned Hotelier.

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

TEDDY OCAMPO
Immediate Past President

CHITO ZALDARRIAGA
Vice President

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ISSAM ELDEBS
LANCE MASTERS
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Sergeant-At-Arms

AMADING VALDEZ
Board Legal Adviser

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Assistant Secretary

**NER LONZAGA
JIM CHUA**
Assistant Treasurer

BOLLIE BOLTON
Deputy Sgt-at-Arms

**Secretariat
ANNA KUN TOLEDO**
Executive Secretary

PROGRAM

RCM'S 38th for Rotary Year 2017-2018

April 26, 2018, Thursday, 12Noon, New World Makati Hotel

**Officer-In-Charge/ Program Moderator : Hon. "Dante" Liban &
DE "Raffy" Alunan III**

"The Philippine Government Federalism Debate"

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCMDir.-elect/Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	Hon. Dante Liban & DE Raffy Alunan III
12:30 PM	Call to Order Singing of the Republic of the Philippines National Anthem Invocation A moment of silent prayers for the eternal repose of the soul of Mr. Lorenzo Gabriel Suntay , who passed-away recently in the grace of the Lord , grandson of PP "Boy" Guevara, Jr. RCM Hymn The 4-Way Test Credo	Pres. Jimmie Policarpio RCM WF Music Chorale STAR Rtn. Art dela Cruz RCM WF Music Chorale All Rotarians
12:35 PM	Introduction of - Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	STAR Rtn. Nico Valencia RCM WF Music Chorale
12:40 PM	President's Time	Pres. Jimmie Policarpio
12:45 PM	<i>"The Philippine Government Federalism Debate"</i> Address: Sec. Raul L. Lambino Lead Convenor, of the PDU30 Constitutional Reformers (CORE) To Federalism; Administrator, Cagayan Economic Zone Authority (CEZA); Atty. Jose D. Lina, Jr. Former Senator, Governor-Laguna, DILG Secretary; Current President/Director of Manila Hotel Public Forum Response, presentation of bell and gavel as a token of appreciation to Sec. Raul L. Lambino and Atty. Jose D. Lina, Jr.	Hon. Dante Liban & DE Raffy Alunan III Pres. Jimmie Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



April 18, 2018 - DGE Rudy and Lady Sharon Bediones attended the Asia Pacific Regional Rotaract Conference (APRRC) Monthly Meeting at the Legend Seafood Restaurant in Pasay City.

- DGE Rudy and Lady Sharon Bediones attended the 43rd Charter Anniversary of the Rotary Club of Raha Sulayman, a daughter club of the Rotary Club of Manila, at the Legend Seafood Restaurant in Pasay City.

April 19, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Cesar Chavez over DZRH on the China issue.

- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Den Macaranas over Radyo Inquirer on the China issue.

- Members of the Centennial Board and the Centennial Committee held a Planning Meeting last where updates on the different committees were taken up. This was held at the Gallery 1 of the New World Makati Hotel in Makati City.

April 20, 2018 - DGE Rudy Bediones and PDG Lyne Abanilla (District Governor's Representative to the Philippine Rotary Magazine for RY 2018-2019) attended the Incoming District Governors and District Governor's Representatives to the Philippine Rotary Magazine Training Seminar at the Solco-Malvar Rooms of the D3780 Rotary Center Building in Quezon City.

April 21, 2018 - PE/Dir. Susing Pineda, IPSDG/IPDCoS/DE/IPD Albert Alday, Club Secretary Alvin Lacambacal, Treasurer Nicky Villaseñor and Rtn. Zdenek Jankovsky attended the District 3810 The Rotary Foundation (TRF) Grant Management and Stewardship Seminar for the term of DGE Rudy Bediones who was likewise on hand at the Centennial Hall A of The Manila Hotel in Manila where the club immediately submitted its application for a district grant for RY 2018-2019.

- Manila Rotarians attended the club-sponsored stagings of SPAMALOT (3pm and 8pm) at the Globe Auditorium, Maybank Performing Arts Theater in Bonifacio Global City, Taguig. This was one of the projects to raise funds for the Centennial Celebration of our club, the Rotary Club of Manila.

- Rotaractors and former Rotaractors from Rotaract-sponsored clubs supported and attended the staging of SPAMALOT by the Rotary Club of Manila at the Globe Auditorium, Maybank Performing Arts Theater in Bonifacio Global City, Taguig. This was one of the projects to raise funds for the Centennial Celebration of our club, the Rotary Club of Manila.

April 22, 2018 - Former Speaker Rtn. Joe de Venecia and BLA Amading Valdez conducted fishpond inspections at the site where the world famous Dagupan Bangus are raised at Barangay Mamalingling in Dagupan City, Pangasinan. Former Speaker Rtn. Joe is raising sea bass in the fish pond as an experiment since it is only found in open sea.

April 23, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Catholic Media Network (CMN) on the China issue.

- DE Raffy Alunan was interviewed over DZXL over burning issues such as Federalism, CPP-NDF-NPA Peace Talks as well as Extra-judicial Killings and Human Rights charges against President Duterte in Guadalupe, Makati City.

- Manila Rotarians visited the wake of the late Lorenzo Gabriel Guevara Suntay, grandson of PP Boy Guevara, at the La Salle Greenhills, San Juan City.

April 24, 2018 - Manila Rotarians visited the wake of the late Lorenzo Gabriel Guevara Suntay, grandson of PP Boy Guevara, at the La Salle Greenhills, San Juan City.

April 25, 2018 - The Rotary Club of Manila, the First in Asia, signed a Memorandum of Agreement with the Pamantasan ng Lungsod ng Maynila (PLM) at the Office of Manila Mayor Joseph Estrada at the Manila City Hall, Manila. PE/Dir. Susing Pineda signed in behalf of the club while PLM President Lenny de Jesus signed in behalf of the university in the presence of Manila Mayor Joseph Estrada and the Board of Directors and Officers for RY 2018-2019. This memorandum of agreement is with respect to the Rotary Club of Manila Educational Assistance Program (REAP) which is one of the projects for the club's Centennial Celebration.

April 26, 2018 - PE/Dir. Susing Pineda meets with Rotaractors whose Rotaract clubs are sponsored by our club to discuss his projects for RY 2018-2019 where he will need their participation, 11:00 am, New World Makati Hotel, Makati City.

- Rotary Club of Manila conducts Philippine Government Federalism Debate with Secretary Raul Lambino of the Cagayan Economic Zone Authority and Former Senator, Former DILG Secretary and present Manila Hotel President Atty. Joey Lina.

- The Monthly Meeting of the Board of Directors for RY 2017-2018, 2:15 pm, Gallery 1, New World Makati Hotel, Makati City

- The Planning Session for the Visit of Rotary International President-Elect Barry Rassin, Gallery 1, 3:00 pm, New World Makati Hotel, Makati City

GUEST OF HONOR AND SPEAKERS' PROFILE



PROFILE OF JOEY LINA

President for almost a decade now of Manila Hotel, a Philippine national heritage, Jose D. Lina Jr, or Joey Lina for short, has proven himself to be a topnotch business executive, after his more than 21 years of unblemished and effective record as government leader in various high positions in both legislative and executive branches.

Joey Lina was an outstanding two-term senator, an effective secretary with the longest service record in the Department of Interior and Local Government, a productive Chairman of the Dangerous Drugs Board and the National Police Commission, a multi-awarded Governor of the Province of Laguna, and an effective transition Governor of Metro-Manila and Chairman and General-Manager of the then Metro-Manila Commission, now MMDA or Metro-Manila Development Authority.

Joey Lina was also the founding president of the Union of Local Authorities of the Philippines, the umbrella organization of all leagues of local government officials and was also president of the League of Provinces.

Joey Lina continues to serve the Filipino people thru his two weekend teleradyo programs at ABS-CBN Dzmm and raising funds for worthy causes as a member of the then singing trio called the "Three Tenors" and now of the "Kuatro Cantas". Joey Lina also writes a weekly-column entitled "Finding Answers" in the leading newspaper Manila Bulletin.

Joey Lina was also involved in sports as former president of the Basketball Association of the Philippines and is currently the president of the Laguna Football Association.

Married to Loretta de Jesus-Atienza, the couple have six children, five of whom have graduated from college and are now working as professionals. The youngest is entering college this school year.



Secretary Raul L. Lambino was appointed member of the Cabinet by President Rodrigo Roa Duterte on July 5, 2017, and is the present Administrator and Chief Executive Officer of Cagayan Economic Zone Authority.

Before his appointment, Lambino was reviewer and lecturer in Remedial Law and Political Law for more than twenty (20) years and managing director of Lambino Law Firm, which handles corporate and litigation cases. He was the lone voice in the press and on television and radio of former President Gloria Macapagal-Arroyo during her long, difficult detention on trumped-up charges filed by the

previous administration of President Benigno Simeon “Noy” Aquino III against her.

As Mrs. Arroyo’s legal spokesman from 2010 to 2016, Lambino handled the job with aplomb and political savvy. It was a remarkable quality that the Filipino public first noticed in him some years earlier, when he was appointed by then President Arroyo as member of the 2005 Constitutional Consultative Commission; in 2006 when he led with distinction as strategist and campaign spokesman of the “Sigawng Bayan” group that called for people’s initiative to reform the 1987 Philippine Constitution; and in 2007 when he ably defended former House Speaker Jose de Venecia, Jr. in the Ombudsman and in the House Ethics Committee.

Since 2016, he has been Lead Convener of the PDU30 Constitutional Reformers (CORE) to Federalism. From 2006 to 2008, he was vice president for Constitutional Reforms of the Philippine Constitution Association (Philconsa).

The issue in the new millennium has shifted to social and economic development—about giving every Filipino his due, Lambino says. “One cannot be politically empowered when he is not socially and economically stable in life.”

His primary advocacy is to reform the structure of government. He has taken on the mantle as campaign stalwart in President Duterte’s drive to fulfil his campaign promise to shift the country to a Federal System of government.

His experience in commercial law practice and involvement with the International Chamber of Commerce, the Philippine Chamber of Commerce and Industry (PCCI) and various business councils are most helpful and indispensable in his new job.

Lambino is the Vice-President for International Affairs and leads the International Department of President Duterte’s ruling party, PDP Laban. He was formerly the Party’s Deputy Secretary-General for Constitutional Reforms.

He was Executive Director and Secretary-General of Lakas Christian Muslim Democrats and represented the party as a delegate to the Centrist Democrats International (CDI) Executive Committee Conferences in Beirut, Lebanon (January 2012); in Rome, Italy (December 2011), and in Brussels, Belgium (June 2011) and as representative to the various exchange programs with the Communist Party of China in the 1990s and 2000s.

He is the founding Chairman and President of the Asia Pacifica Oriente United Business Council, Inc. Likewise, he is a Director of the International Chamber of Commerce.

He is the President of the Regional Ambassador Club of Quezon City; the Vice-President and Corporate Secretary of the Association for Philippines-China Understanding with former President Gloria Macapagal-Arroyo as its Chairperson.

Lambino also served as Chief of Staff of Sen. Loren Legarda during the late 1990s; Chief of Staff and Legal Counsel of former House Speaker Jose de Venecia, Jr. during the late 1980s and early 1990s; and consultant in the Philippine Senate and House of Representatives in 2001 to 2016.

He took Masters in Business Administration at the University of the Philippines-Diliman Quezon City; and had attended courses and conferences about International Law, International Finance, Diplomacy and other subjects in Europe, Asia and the US.

He is a recipient of several awards, citation and commendation both here and abroad, the latest one was given by the US-Philippine Society in Washington D.C. when he delivered his address on Philippine Reform for Federalism and by the China Urban Infrastructure Chamber of Commerce in Beijing, China when he delivered his speech on the Economic Development of the Philippine government under President Rodrigo Duterte.

He finished his Bachelor of Laws, Cum Laude and Valedictorian at the University of Pangasinan in 1986 and his Bachelor of Arts in Political Science, Cum Laude in 1981, also at the University of Pangasinan.

He took up High School at the Saint Philomenas Academy and graduated with honours in 1974. He finished his elementary school with honours at the Dilan Elementary School in 1970.

He is married to Marilyn de Guzman Lambino, now Director of John Hay Management Corporation in Baguio City.

He has three children, Mark Ronald, a graduate of the Philippine Science High School, University of the Philippines and Ateneo de Manila for his Masters in Public Management. He is now the Senior Executive Assistant of PAGCOR.

Rhauline, a lawyer-economist who graduated in Economics and Juris Doctor both in UP, now the Managing Partner of the Lambino Law Firm in Quezon City.

Rhaquel, a lawyer, who graduated Political Science in UP, Juris Doctor in Ateneo de Manila, and head of the Litigation and Labor Department of the Lambino Law Firm.

RAUL LOYOLA LAMBINO



DATE OF BIRTH: March 9, 1958

PLACE OF BIRTH: Pozorrubio, Pangasinan

CIVIL STATUS: Married to Marilyn de Guzman

CHILDREN:

Mark Ronald: BS Geography, University of the Philippines-Diliman, Masters in Public Management, Ateneo De Manila University

Mary Rhauline: BS Economics, University of the Philippines-Diliman (cum laude), Juris Doctor, University of the Philippines-Diliman (cum laude); Admitted to the Philippine Bar on 2013

Address:

42-G Scout Rallos

Brgy. Laging Handa

Quezon City 1103

Metro Manila, Philippines

Mobile No.: +639178936630

Email: rlambinolaw@gmail.com

Meryllainne Rhacquel: BA Political Science, University of the Philippines-Diliman (cum laude), Juris Doctor, Ateneo De Manila University, Admitted to the Philippine Bar, on 2016.

EDUCATIONAL ATTAINMENT

· Lambino graduated from his high school, the St Philomena's Academy, with honors in 1974. He entered the Midshipman Officer's Candidate Course Naval ROTC, and graduated Valedictorian at the University of Pangasinan in 1978.

- Lambino studied Naval Science 33, Advanced Infantry Course of the Philippine Navy (Marines) at Fort San Felipe Sangley Point, Cavite City, and graduated salutatorian of his class in the summer time of 1980.
- He studied Naval Science 43, Advance Shipboard and Navigation, also at Fort San Felipe Sangley Point, Cavite City, and again graduated salutatorian of his class in the summer time of 1981.
- In 1981, he graduated cum laude with a degree of Bachelor of Arts in Political Science from the University of Pangasinan. He also graduated cum laude with a degree of Bachelor of Laws from the College of Law in the same university in 1986. He passed the 1987 bar examinations and was admitted to the Philippine Bar on 1988.
- In 2001, he took up his Masters in Business Administration at the University of the Philippines, Diliman, Quezon City and earned some units.

CAREER TIMELINE

- **2017-PRESENT:** He is the Administrator/Chief Executive Officer of the Cagayan Economic Zone Authority (CEZA) that manages and regulates all business in Cagayan Special Economic Zone and Freeport
- **2017-PRESENT:** He is the Chairman/CEO of the Cagayan Premium Ventures Development Corporation, the company that owns, manages and operates the Cagayan North International Airport in the Municipality of Lal-lo, Cagayan Province
- **2017-PRESENT:** He is the President/CEO of Northeastern Luzon Pacific Coastal Service, Inc. (NLPCSI) that undertakes the development and operation of seaports and maritime business in the provinces of Cagayan, Isabela and Aurora.
- **2000-2017:** He ran and managed his own law office, the Lambino Law Firm, in Quezon City, Metro Manila. Currently, he has divested his interest from the Firm due to his appointment as Administrator/CEO of CEZA, and has turned over the management of the same to his daughters, Rhauline and Rhacquel.
- **2005-2006:** He taught Political Law and Constitutional Law at the University of the East, Manila
- **2000-2010:** He served as consultant at the Office of the Speaker of the House of Representatives during the time of Speaker Manuel Villar Jr., Speaker Feliciano Belmonte, Jr., Speaker Jose De Venecia, Jr. and Speaker Prospero Nograles.
- **1998-2000:** He became Senator Loren Legarda's chief of staff.
- **1995-1998:** Lambino served as Special Assistant to the Speaker of the House of Representatives
- **1994-1998:** He was a Senior Partner at Gavero, Lambino, Almadro and Villanueva Law Office.
- **1992-2008:** He was lecturer in Political Law Review and Remedial Law Review at the University of Pangasinan for over two decades
- **1988-1992:** A few years after passing the bar, he served as Chief of Staff for Representative Jose de Venecia.
- **1981-1986:** While studying law, he was a College Instructor in Political Science at the University of Pangasinan.

AFFILIATIONS AND OTHER ACTIVITIES

- Vice President for International Affairs and Head, International Department, **PDP LABAN PARTY** (2017- Present)
- Vice President and Corporate Secretary, **ASSOCIATION FOR PHILIPPINES-CHINA UNDERSTANDING (APCU)** (2017- Present)
- President, **REGIONAL AMBASSADOR CLUB OF QUEZON CITY (RACQC)**

- *Business Delegate*, **PRESIDENTIAL VISIT TO THE RUSSIAN FEDERATION**, (May 2017)
- *Director*, **INTERNATIONAL CHAMBER OF COMMERCE**(2016-present)
- *Member*, **AMBASSADOR CLUB OF THE PHILIPPINES** (2015 Present)
- *Lead Convener*, **PDU30 CONSTITUTIONAL REFORMERS (CORE) TO FEDERALISM**(2016-present)
- *Deputy Secretary General for Constitutional Reforms*, **PDP LABAN PARTY** (2016-2017)
- *Delegate*, “Belt and Road” International Financial Exchange and Cooperation Program, **BANK OF CHINA**, Beijing and Shanghai, China (October 2016)
- *Delegate*, Executive Committee Conference, **CENTRIST DEMOCRATS**

INTERNATIONAL, Beirut, Lebanon (January 2012)

- *Delegate*, Conference on Developments in the Arab World and Pluralism, **CENTRIST DEMOCRATS INTERNATIONAL**, Beirut, Lebanon (January 2012)
- *Delegate*, Executive Committee Conference, **C E N T R I S T**

DEMOCRATS INTERNATIONAL, Rome, Italy (December 2011)

- *Delegate*, Executive Committee Conference, **C E N T R I S T**

DEMOCRATS INTERNATIONAL, Brussels, Belgium (June 2011)

- *Member*, **MANILA CHINA TOWN LION'S CLUB**, (2007-present)
- *Senior Deputy Secretary General*, **LAKAS-CMD PARTY**(2006-2016)
- *Vice President*, Constitutional Reforms, **PHILIPPINE CONSTITUTION**

ASSOCIATION (PHILCONSA) (2006-2008)

- *Member*, **PHILIPPINE BAR ASSOCIATION** (2006)
- *Member*, **CONSTITUTIONAL CONSULTATIVE COMMISSION** (2005)
- *Member*, **ASEAN LAW ASSOCIATION** (2004-present)
- *Member*, **ROTARY CLUB**, Sta. Mesa, Quezon City, District 3780 (2004- present)
- *Founding Chairman and President*, **PHILIPPINE CONSTITUTION ASSOCIATION (PHILCONSA)** (2006-present)
- *Lifetime Member*, **ALPHA PHI OMEGA UNITED INTERNATIONAL ORGANIZATION, INC.**, (2017- present)
- *Lifetime Member*, **INTEGRATED BAR OF THE PHILIPPINES**, Pangasinan Chapter (1988-present)

PROGRAM CALENDAR OF GUEST SPEAKERS

DATE	PROGRAM PREVIEW OF GUEST SPEAKERS	STATUS
May 3	PDG Robert Kuan through PDG Alex Cureg	Confirmed
May 10	Hon. Richard “Dick” Gordon, Senator, Republic of the Philippines	Confirmed
May 17	Journalism Awards Luncheon Presentation	Confirmed
May 24	Mr. Steven T. Tan, EVP/COO, SM Supermalls thru PT Lito Sibayan	Confirmed
May 30 Wednes day	RCM 99 th Charter Anniversary Dinner Celebration and Centennial Board, RY 2018-2019 Inaugural Meeting at the Manila Hotel	Confirmed
May 31	<i>NO LUNCHEON MEETING IN VIEW OF MAY 30TH</i>	
June 7	Tourism Awards Luncheon Presentation	Confirmed
June 14	DFA Sec. Allan Peter Cayetano	Tentative
June 21	1 st Manila Mayor Hon. Joseph Estrada through Mr. Fernando Camus 2 nd House Speaker Pantaleon Alvarez	Tentative
June 28	RCM Valedictory and Year-End Awards, RY 2017-2018	

THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 37th meeting, of the *Rotary Club of Manila*, to order.



DE/Dir. "Issam" Eldebs, as OIC/ Moderator, calls the program of activities.



Rtn. "Celso" Abastillas, delivers an ecumenical prayer.



Rtn. **"Jason" Ong**, leads in renewing Rotarians' commitment to the Rotary Movement, via the recitation of the four (4) way test.



STAR Rtn. "Karlo" Castro introduces the guests and visiting Rotarians.

MEMBERSHIP



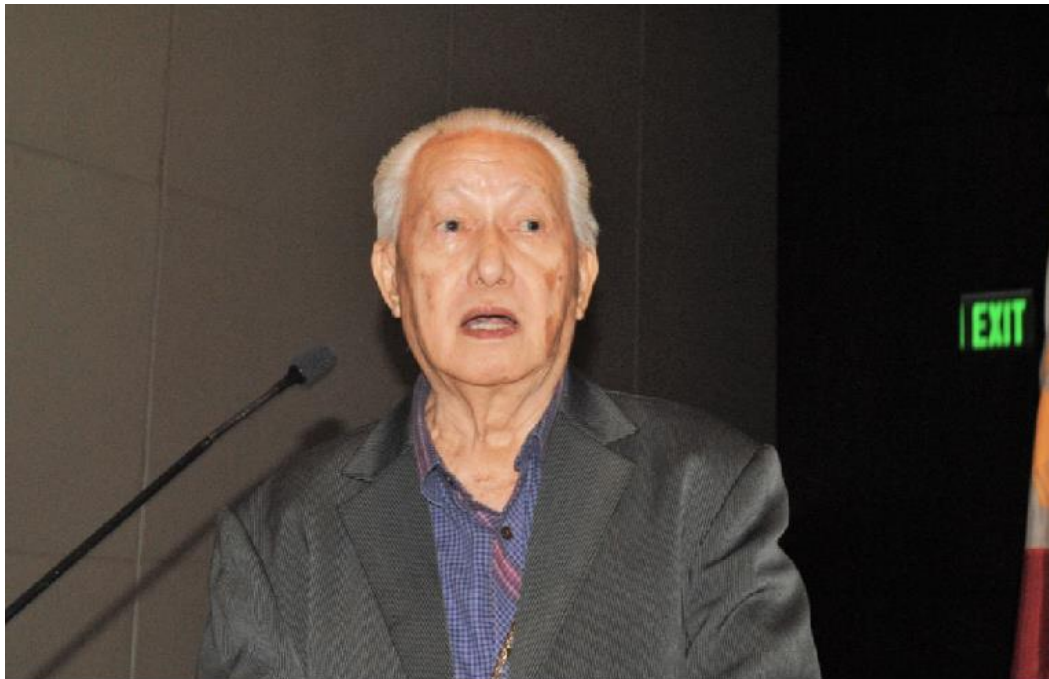
PE/Dir. **"Susing" Pineda** introduces **His Excellency Rodrigo do Amaral Souza**, Ambassador Extraordinary & Plenipotentiary, of Brazil to the Philippines, as inductee to the **RCM Honorary Membership Roll**.



Pres. "Jimmie" Policarpio administers the oath of honorary membership pledge, to **His Excellency Rodrigo do Amaral Souza**, Ambassador Extraordinary & Plenipotentiary, of Brazil to the Philippines.



AS "Rene" Policarpio for a special announcement.



PSAA "Fred" Lim, does the honor, pleasure and privilege of introducing **Hon. Vicente C. Sotto III**, Senator, Republic of the Philippines, as guest speaker.



Hon. Vicente "Tito" Sotto, III, Senator of the Republic of the Philippines and Senate Majority Floor Leader, gave Manila Rotarians, Visiting Rotarians and guests, a glimpse into his advocacies, more importantly, on the technical controversies surrounding the PICOS machines in the 2016 National and Local Elections.



A pro-active public forum immediately followed right after the speech of **Senator Vicente C. Sotto III**. Among Rotarians who participated were: **DGE Rudy Bediones**, **Rtn. Tong Payumo**, **Rtn. Ricky Trinidad**, **Star Rtn. Hans Palacios**, **Rtn. Jackie Rodriguez**, **PP Archit Bartolome**, **Rtn. Hermie Esguerra** and **PD Beda Fajardo**.



Pres. "Jimmie" Policarpio presents the RCM Centennial Bell, to **Senator Vicente C. Sotto III**, as a token of appreciation, for being the guest of honor and speaker, and meeting adjournment.

Major Donor – New Paul Harris Fellow



Pres. "Jimmie" Policarpio, Sec. "Alvin" Lacambacal, presents to Dir.-elect "Jackie" Rodriguez, the Paul Harris Fellow Crystal and Pins, as a Major Donor – New Paul Harris Fellow.

WEEKLY BIRTHDAY CELEBRANTS



Pres. "Jimmie" Policarpio presents the week's birthday celebrants, in attendance : DE "Jackie" Rodriguez, Rtn. "Celso" Abastillas, and STAR Rtn. "Hans" Palacios, for the traditional blowing of candle on the birthday cake, amidst the singing by the RCM New World Famous Chorale of the happy birthday song.

CENTENNIAL COMMITTEE



Members of the Centennial Board and the Centennial Committee held a Planning Meeting last April 19, 2018 where updates on the different committees were taken up. This was held at the Gallery 1 of the New World Makati Hotel in Makati City.

CENTENNIAL NEWS



Manila Rotarians attended the club-sponsored stagings of SPAMALOT (3pm and 8pm) last April 21, 2018 at the Globe Auditorium, Maybank Performing Arts Theater in Bonifacio Global City, Taguig. This was one of the projects to raise funds for the Centennial Celebration of our club, the Rotary Club of Manila.



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ROTARY CLUB OF MANILA AND PAMANTASAN NG LUNGSOD NG MAYNILA REAP MOA SIGNED

The Rotary Club of Manila, the First in Asia, signed a Memorandum of Agreement with the Pamantasan ng Lungsod ng Maynila (PLM) last April 25, 2018 at the Office of **Manila Mayor Joseph Estrada** at the Manila City Hall, Manila. **PE/Dir. Susing Pineda** signed in behalf of the club while **PLM President Lenny de Jesus** signed in behalf of the university in the presence of **Manila Mayor Joseph Estrada** and the **Board of Directors** and **Officers** for RY 2018-2019. This memorandum of agreement is with respect to the **Rotary Club of Manila Educational Assistance Program (REAP)** which is one of the projects for the club's Centennial Celebration.



MEMORANDUM OF AGREEMENT

KNOW ALL MEN BY THESE PRESENTS:

This Memorandum of Agreement made and entered this 23rd day of April 2018 at the City of Manila, Philippines, by and between:

ROTARY CLUB OF MANILA, INC., duly organized and created under the laws of the Republic of the Philippines, with office address at 543 Arques cor. Grey Sts. Manila, Manila, represented herein by its President, **JESUS M. PINEDA, JR.**, hereafter referred to as the **FIRST PARTY**.

AND

PAMANTASAN NG LINGGID NG MAYNILA, a public university created by and operating pursuant to Republic Act 4176, with principal office address at Gen. Luna cor. Muzoa Street, Intramuros, Manila, represented herein by its President, **DR. MA. LEONORA Y. DE JESUS** hereafter referred to as the **SECOND PARTY**.

WITNESSETH:

WHEREAS, the **FIRST PARTY**, in its continuing concern and commitment to an educational system relevant to the needs of the country for progress and social development, would like to provide scholarship grants to underprivileged but commendable students enrolled in any of the degree courses offered by the **SECOND PARTY**;

WHEREAS, this scholarship program is being initiated by the **FIRST PARTY, ROTARY CLUB OF MANILA**.

WHEREAS, the **SECOND PARTY** desires to help and provide educational opportunities to economically challenged but deserving students;

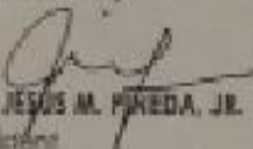
WHEREAS, through the efforts and representation of the **FIRST PARTY**, financial assistance shall be made available through direct provision of scholarship grants covering indigent and deserving students of the **SECOND PARTY**;

WHEREAS, an active partnership between the **FIRST PARTY** and the **SECOND PARTY** is needed for the effective implementation of the **FIRST PARTY**'s education program for the underprivileged students;

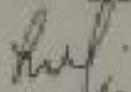
NOW THEREFORE, for and in consideration of the above premises, the parties have agreed to implement the scholarship program under the following terms and conditions:

IN WITNESS WHEREOF, the parties have here to set their hands and affixed their signatures on this document _____ day of _____ 2010 in the City of Manila, Philippines

FIRST PARTY by:

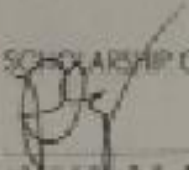

MR. JESUS M. PINEDA, JR.
President
Rotary Club of Manila
Maynila

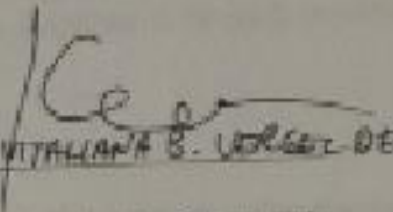
SECOND PARTY by:


DR. MA. LEONORA V. DE JESUS
University President
Pamantasan ng Lungsod ng

WITNESSES

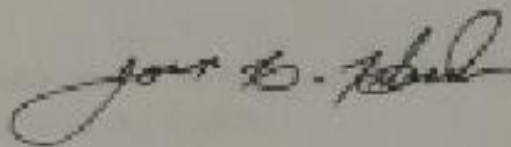
SCHOLARSHIP COMMITTEE


JOSE ROLO S. GOLEZ
Past Vice President/
Chairman


RACHELLE VITALIANA B. VELASCO DE PIOS

Acting Vice President for Public Affairs
Pamantasan ng Lungsod ng Maynila

ROMEO C. NONES
Co-Chairman



ECONOMIC AND COMMUNITY DEVELOPMENT



Former Speaker Rtn. Joe de Venecia and BLA Amading Valdez conducted fishpond inspections at the site where the world famous Dagupan Bangus are raised last April 22, 2018 at Barangay Mamalingling in Dagupan City, Pangasinan. Former Speaker Rtn. Joe is raising sea bass in the fish pond as an experiment since it is only found in open sea.

DISTRICT ACTIVITIES



PE/Dir. Susing Pineda, IPSDG/IPDCoS/DE/IPD Albert Alday, Club Secretary Alvin Lacambacal, Treasurer Nicky Villaseñor and Rtn. Zdenek Jankovsky attended the District 3810 The Rotary Foundation (TRF) Grant Management and Stewardship Seminar for the term of **DGE Rudy Bediones** who was likewise on hand last April 20, 2018 at the Centennial Hall A of The Manila Hotel in Manila where the club immediately submitted its application for a district grant for RY 2018-2019.

INTERCLUB ACTIVITIES



DGE Rudy and Lady Sharon Bediones attended the 43rd Charter Anniversary of the Rotary Club of Raha Sulayman, a daughter club of the Rotary Club of Manila, last April 18, 2018 at the Legend Seafood Restaurant in Pasay City.

NEW GENERATIONS SERVICE



DGE Rudy and Lady Sharon Bediones attended the **Asia Pacific Regional Rotaract Conference (APRRC)** Monthly Meeting last April 18, 2018 at the Legend Seafood Restaurant in Pasay City.

INTER DISTRICT ACTIVITIES



DGE Rudy Bediones and **PDG Lyne Abanilla** (District Governor's Representative to the Philippine Rotary Magazine for RY 2018-2019) attended the Incoming District Governors and District Governor's Representatives to the Philippine Rotary Magazine Training Seminar last April 20, 2018 at the Solco-Malvar Rooms of the D3780 Rotary Center Building in Quezon City.

OBITUARY



THE MEMBERS OF THE BOARD, MEMBERSHIP AND STAFF OF ROTARY CLUB OF MANILA

Condole with the family of



Mr. Lorenzo Gabriel Guevara Suntay
Grandson of PP Boy & Sps Monette Guevara

Who passed on and is now in the loving arms of our Lord God

Last Saturday, April 21, 2017.

Wake is at the La Salle Greenhills Chapel, Daily Mass is at 6:00 PM.

Interment will be on Thursday, April 26, 2018, 9:00 AM

**LET US OFFER OUR PRAYERS
FOR THE ETERNAL REPOSE OF THE SOUL OF
Lorenz Guevara Suntay**

IN MEMORIAM

Manila Rotarians visited the wake of the late Lorenzo Gabriel Guevara Suntay, grandson of PP Boy Guevara, at the La Salle Greenhills, San Juan City last April 23, 2018.



Mr. Lorenzo Gabriel Suntay, grandson of PP “Boy” Guevara, Jr., passed-away recently in the Grace of The Lord. Photo shows from left-right: PP “Frank” Evaristo, PP “Benny” Laguesma, Rtn. “Hermie” Esguerra, PP “Boy” Guevara, Jr., IPP “Teddy” Ocampo, PDG “Obet” Pagdanganan, former Secretary and Senior Deputy Executive Secretary Ramon “Eki” Cardenas, Presidential Management Staff, and DE/Dir. “Caloy” Reyes, Dir. Issam Eldebs, Rtn. Ricky Guevara, PAT Aslam Muhammad take a few moment for a photo opportunity. RCMers’ send their deepest condolences and sympathies to the family of **Suntays/Guevara**. This was at the wake of the late **Mr. Lorenzo Gabriel Suntay**, at the Dela Salle Greenhills Chapel.

The family of the late MA. VICTORIA MANGUERRA MONTILLA, life partner of PP Frank Evaristo, expresses its profound gratitude to all Manila Rotarians who took time to comfort them during their time of grief as the family likewise expresses its deep appreciation for the time you have shared with VICKY during her earthly life.

NEWSPAPER RELEASE

The Manila Times

BOARDROOM Watch

FRIDAY
April 11, 2014

Thierry Yung Hann Tea
COVER PAGE

Fast and furious

A CAMBODIAN-FRENCH EXECUTIVE WANTS TO SEE LOCAL AVIATION SOAR

By RUFFY L. BANCARANG-LAUREA
Photos by Henry Tapan

AN ODE OF DREAMS, THOUGH Cambodia's Thierry Yung Hann Tea may have his hand in the clouds, but he's not a pilot. He's a businessman who has spent the last 10 years in the Philippines, where he has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry.

TEA'S TAKEOFF: The 40-year-old entrepreneur is now in 2014 as an active member of the Philippine Airline Association (PAA). He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry.

OUTSTANDING MEMBER: He is a member of the PAA's Board of Directors. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry.

PEARLS OF SUCCESS: He has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry.

UP AND AWAY
Thierry Yung Hann Tea is a businessman who has spent the last 10 years in the Philippines, where he has built a successful career in the aviation industry. He is now looking to expand his business into the Philippines, where he has built a successful career in the aviation industry.

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100%
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Objects Desire

From the world's most famous to the most obscure, we have it all. From the world's most famous to the most obscure, we have it all. From the world's most famous to the most obscure, we have it all.

The Manila Times

BOARDROOMWatch

Business & Finance | Lifestyle
Special: The Manila Times

By Robert Thompson for PCMEI

Fast and furious

From jobs they were 17 or 18, they really had to work hard and start from nothing. It was the typical Asian immigrant narrative. His mother worked as a maid, cleaning houses, and as a waitress, and his father as a taxi driver and businessman.

"My parents sacrificed a lot of their youth to give me and my brother a good life, then worked hard and moved up, and eventually built up regular jobs in the local market as an insurance company. They really moved up in life. Through the years, they are committed to support their son and daughter's education, to give them a better life," he says.

Success stories

The parents and family became his early mentors in life and business. He credits his sister, who also is his partner and his first business mentor to his grandparents. He has followed their path, from father's business, which was and even started a clothing store.

He never if ever thought about money, from his childhood, he always thought he would be rich.



Philjets aims to become a major player in the local aviation scene



Philjets' success stories from other countries to help them get experience

When he was 17, he found the importance of having a vision. From there, he has to work hard while staying humble. From his childhood, he has always been humble, and from his childhood, he has always been humble.

He also has a clear vision of his future. He has always been humble, and from his childhood, he has always been humble. He also has a clear vision of his future.

Regional player

Philjets' vision is to be a regional player. He has always been humble, and from his childhood, he has always been humble. He also has a clear vision of his future.

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“We only have one life to live. Life is too short, so you want to build a legacy for your children and family”



BIRD'S EYE VIEW

When it comes to building a legacy, it's not just about money. It's about building a legacy for your children and family.

Philjets' vision is to be a regional player. He has always been humble, and from his childhood, he has always been humble. He also has a clear vision of his future.

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SPEAKERS' BUREAU



DE Raffy Alunan was interviewed over DZXL over burning issues such as Federalism, CPP-NDF-NPA Peace Talks as well as Extra-judicial Killings and Human Rights charges against President Duterte last April 23, 2018 in Guadalupe, Makati City.

PVP ROY GOLEZ INTERVIEWED ON DZRH OVER CHINA ISSUE



Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Cesar Chavez over DZRH last April 19, 2018 where he said that the landing of Chinese Military planes on Mischief Reef in violation of our Exclusive Economic Zone as well as the assurance of President Xi to President Duterte that China would not militarize the artificial islands in the South China Sea should be subjects of a diplomatic protest to be filed at once by the Philippines.

PVP ROY GOLEZ INTERVIEWED ON CMN OVER CHINA ISSUE

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Catholic Media Network (CMN) last April 23, 2018 where he said that the landing of two Xian Y-7 Chinese transport planes on Mischief Reef, China's artificial island within our Exclusive Economic Zone, should be the subject of a diplomatic protest to be filed at once by the Philippines.



PVP ROY GOLEZ INTERVIEWED OVER RADYO INQUIRER ON CHINA AND WEST PHILIPPINE SEA ISSUES

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Den Macaranas over Radyo Inquirer last April 19, 2018 where he said that the Philippines should file a diplomatic protest against China's landing of military aircrafts on Mischief Reef inside our Exclusive Economic Zone.

INVITATION

My fellow Rotarians,

This year, we celebrate a century of service to humanity!

The Centennial Inauguration marks the beginning of the term for our Centennial Board of Directors and Executive Officers, and my term as the President of the Rotary Club of Manila.

Let us kick-off the centennial year with an auspicious celebration in the company of those who share Rotary's mission of Service Above Self.

On behalf of the Board, I invite you all to join us at the Induction Ball this May 30, 2018 at 5 PM. There will be a sit-down dinner with wine which includes a rotary pin!

Our generous sponsors have provided us many raffle prizes to be won such as round-trip tickets from Philippine Airlines, air conditioners from Gree, hotel accommodations, restaurant gift certificates and more. There will also be music and dancing by Marcy David & his band and a special entertainment number by international well known opera singer, Ms Rachel Gerodias.

We ask for the support of everyone to be present at the induction ball. The details and price for tickets are as follows:

Date and Time: May 30, 2018 at 5 PM

Venue: The Manila Hotel

Sit down dinner with wine: Php 3000

Raffle Ticket: Php 2000

Confirmation/Payment Deadline: May 10, 2018

RSVP – Anna ?(+63 908 873 7405) or Cathy ?(+63 915 561 2250)

Attire is Strictly Formal (Barong Tagalog and Pants for Men and Maranao-inspired Filipiniana for Women).

Looking forward to celebrating this milestone with you.

Yours in Rotary,

Jesus M. Pineda, Jr.

President-Elect

Rotary Club of Manila

INVITATION



ONE CENTURY • ONE MISSION • ONE ROTARY

Rotary
Club of Manila
First in Asia

100
EST. 1919

Save the Date

Induction Ball

in honor of the Centennial Board RY 2018-2019

**ON WEDNESDAY, THE THIRTIETH OF MAY, TWO THOUSAND EIGHTEEN
AT FIVE O'CLOCK IN THE AFTERNOON AT THE MANILA HOTEL**

*Sit down dinner is priced at Php 3000 per head.
Raffle tickets are priced at Php 1000 each.
To confirm your number of attendees or to purchase raffle tickets,
contact Anna +63908 873 7405 or Cathy +63915 561 2250.*

PUBLIC HEALTH NUTRITION AND CHILD CARE



CARDIO EXERCISES, Part 5 (Abdominal crunches)

Elias D. Adamos, M.D.

Keeping your abdominal muscles strong keeps your body stable and upright. Your tummy muscles that are also called core muscles include muscles in your lower back, hips, and butt. The best way to maintain the strength of your core muscles is through abdominal crunches or the sit-ups exercises.

Importance of abdominal crunches

Sit-ups **strengthen your lower back.** Harvard School of Medicine, in numerous studies, impress on the importance of making the abdominal muscles strong. Those who suffer from lower-back pain at some point in their life, have weak abdominal muscles. The weak muscles in the abdomen give more workload to the spine for the maintenance of balance. The overworked muscles of spine become rigid and painful, resulting to lower-back pain.

Strong abdominal muscles make everyday activities easier. You may not notice or know it that you use your abdominal muscles for physical activity every day and in every hour of the day. Even sitting down before your office desk engages your abdominal muscles. Standing, lifting, pushing, carrying groceries, twisting, packing away things and taking garbage out of the house require the use of abdominal muscles. Taking a minute to sit tall or to stand tall while contracting your abdominal muscles will not only adjust your posture. It will also ward off any soreness in your lower back.

Making your core muscles strong can improve your stability and balance. This is particularly important for the seniors who are at risk of falling and slipping in uneven terrain.

Strong abdominal muscles help in injury-prevention. A 2007 study from the “Journal of Occupational Medicine and Toxicology” found that increased in core strength reduced injuries in those whose jobs required awkward positions – such as firefighters – by 42 percent over the period of one year.

How many sit-ups do you need to do in your exercise routine?

If you're a beginner, do 10 sit-ups in three sets. If you're an intermediate exerciser, do 15 sit-ups in four sets. If you have been exercising for quite a while now, do 30 sit-ups in five sets. Don't overdo or bore yourself because there are many variations in abdominal crunches. Visit *YouTube* to view the right way to do them.

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FOR MORE PRODUCTIVE MEETINGS

In business, the smallest details make the biggest impact on the bottomline.

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