



balita

No. 3741, May 3, 2018

GUEST OF HONOR AND SPEAKER



ROBERT F. KUAN

Chairman, Philippine College of Rotary Governors (RY 2018-2019)
Past District Governor, Rotary International District 3830
Past President, Rotary Club of Makati
Arch Klumph Society Member
Founder, Chowking
Former Chairman, St. Luke's Medical Center

KABALITA

It's Chowking time as the man who planted the seeds of the famous Chinese fastfood chain feeds Asia's First Rotary Club with the rudiments of Rotary and his advocacies.

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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TEDDY OCAMPO
Immediate Past President

CHITO ZALDARRIAGA
Vice President

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BOLLIE BOLTON
Deputy Sgt-at-Arms

**Secretariat
ANNA KUN TOLEDO**
Executive Secretary

PROGRAM

RCM'S 39th for Rotary Year 2017-2018

May 3, 2018, Thursday, 12Noon, New World Makati Hotel

Officer-In-Charge/ Program Moderator : DE Albert Alday

P R O G R A M 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 :	DE Albert Alday
12:30 PM	Call to Order	Pres. Jimmie Policarpio
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	PP Frank Evaristo
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians
12:35 PM	Introduction of - Guests, Visiting Rotarians & Personalities at the Head Table	STAR Rtn. Ramby Nolido
	Welcome Song	RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) May 5...BLA "Amading" Valdez; May 6...Rtn. "Jerry" Agnes; May 8...Rtn. "Jun" Coyiuto, Jr. Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Induction of New Member to the Rotary Club of Manila	
	I. Brief Introduction of Inductee Dr. Marian Norbert Majer (German) Executive Director, ROEDL Philippines Classification: Accounting – Audit, Tax & Advisory Services Proposer : PSAA Guenter Matschuck	PSAA Guenter Matschuck

	II. Formal Induction Ceremony	Pres. Jimmie Policarpio
	Welcome Baby Rotarian Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Jimmie Policarpio
12:55 PM	Introduction of the Guest of Honor and Speaker	PDG Alex Cureg
	Address: PDG Robert F. Kuan Founder, Chowking, Chairman, St. Luke's Medical Center College of Medicine—William H. Quasha Memorial; TRF Endowment/Major Gifts Adviser (EMGA) for Zone 7A, RY 2017-2020; Incoming Chairman, Philippine College of Rotary Governors (PCRG), Association of RI District 3830 Governors in the Philippines, RY 2018-2019	
	Public Forum	
	Response, presentation of bell and gavel as a token of appreciation to PDG Robert F. Kuan	Pres. Jimmie Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



April 26, 2018 - PE/Dir. Susing Pineda and IPSDG/IPDCoS/DE/IPD Albert Alday (Chairman, New Generations Service Committee) met with PE Bryan Hernandez (Rotaract Club of Manila), GP Rychel Anne Namol (Rotaract Club of De La Salle University-Manila) and Director Elaine Mercader (Rotaract Club of Manila) regarding their respective roles in the projects to be undertaken and implemented by PE/Dir. Susing Pineda during his term as President in Rotary Year 2018-2019. This was held at the Ballroom of the New World Makati Hotel in Makati City.

-The Board of Directors for RY 2017-2018 held its Regular Monthly Meeting at the Gallery 1 of the New World Makati Hotel in Makati City.

- The Planning Meeting for the forthcoming Philippine Visit of 2018-2019 Rotary International President Barry Rassin was held at the Gallery 1 of the New World Makati Hotel in Makati City.

- DGE Rudy Bediones met with WCP Eric Florentino (Rotary Club of Pasay Ilustrado), PN Carlo Goño (Rotary Club of Manila South), Tonette Opis (Secretary of DGE Rudy Bediones) and Zernan Velasquez (representative of the printer) regarding the Rotary Club of Manila Past Presidents Book at Via Mare, Greenbelt 3, Makati City.

April 27, 2018 - The Rotary Club of Manila, the First in Asia, signed a Memorandum of Agreement with the Polytechnic University of the Philippines (PUP) at the Conference Room of PUP in Sta. Mesa, Manila. PE/Dir. Susing Pineda signed in behalf of the club while PUP President Dr. Emanuel de Guzman signed in behalf of the university in the presence of REAP Co-Chair Rtn. Romy Nones, IPSDG/IPDCoS/DE/IPD Albert Alday, Treasurer Nicky Villaseñor, Rotary Ann Marites Pineda as well as other university officials in attendance. REAP is one of the projects for the club's Centennial Celebration.

April 28, 2018 - DGE Rudy Bediones attended the First Area Meeting of the SOLID CAVITE at Gerry's Grill, The District, Ayala Mall in Imus, Cavite. The meeting was hosted by the Rotary Club of Imus.

April 30, 2018 - DE Raffy Alunan participated in the Roundtable Discussion on "Strategies for Countering Terrorism: Lessons Learned from Israel" at the NDCP Honor Hall of the National Defense College of the Philippines, Camp General Emilio Aguinaldo, Quezon City.

May 2, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Jun Duterte over DXDC RMN Davao regarding North and South Korea Summit and Understanding.

- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Cesar Chavez over DZRH regarding a proposal to import a huge number of workers from Myanmar and China.

- IPSDG/IPDCoS/DE/IPD Albert Alday met with WCP Eric Florentino (Rotary Club of Pasay Ilustrado) and PN Carlo Goño (Rotary Club of Manila South) regarding the Rotary Club of Manila Past Presidents Book at the Rotary Club of Manila Secretariat in Manila.

- On the request of the Embassy of Japan, Former National Security Adviser and Former Parañaque Representative PVP Roilo Golez had a meeting with Congresswoman Rui Matsukawa, Member of the House of Councillors (Upper Chamber) of Japan at Terry's Bistro Salcedo in Makati City. Congresswoman Matsukawa sought his views on the South China Sea, Philippine-China relations and Philippine relations with other countries like Japan, US, Australia and how Japan and the Philippines should work together to face common security concerns and threats.

- DGE Rudy and Lady Sharon Bediones attended THE ONE INTERNATIONAL AWARDS NIGHT at the Marriott Hotel, Newport City, Pasay. This is a Rotary event that honors non-Rotarians who have made significant contributions to society. Cash prizes of Php 1,500,000.00 for the First Prize and Php 500,000.00 each for the two Runners-Up were given.

May 3, 2018 - Rotary Club of Manila welcomes PDG Robert Kuan (District 3830) (Past President of the Rotary Club of Makati) who will talk about Rotary Service to Humanity and Entrepreneurship.

- The Planning Session for the Visit of Rotary International President-Elect Barry Rassin, Gallery 1, 2:00 pm, New World Makati Hotel, Makati City

- World Famous Music Chorale Meeting and Choir Practice, 2:00 pm, Ballroom, New World Makati Hotel, Makati City

GUEST OF HONOR AND SPEAKERS' PROFILE

ROBERT F. KUAN

The name Robert F. Kuan rings clear in Philippine business and social circles as the founder/owner of Chowking and chairman of St. Luke's Medical Center, designations that stand today long after they expired—he sold Chowking to the Jollibee Group in early 2000 and therefore is no longer its owner; and he left the chairman's post at St. Luke's in September 2011, but remains a member of the board of trustees.

His academic credentials consist of a Business Administration degree from the University of the Philippines (1970) and a master's degree in Business Administration from the Asian Institute of Management (1975). He was also a participant in the Top Management Program for company presidents and chief executive officers conducted by the Asian Institute of Management (AIM) in Bali, Indonesia in 1993.

Soon after graduation from AIM, he joined the family-owned Ling Nam Restaurant, stirring the company to life by opening a fine dining restaurant and 5 new stores in as many years.

In 1984, he founded Chowking, the first Chinese fast food chain in the Philippines, and in just 5 years, parlayed it into a major player in the fast food industry. To expand the business, he opened it to franchising and a while later, boldly ventured overseas, opening stores in the US and the Middle East. By the time he sold the company to the Jollibee Group in January 2000, Chowking had a network of 155 stores.

He joined St. Luke's Medical Center as a trustee in 1989, and was elected chairman in 1996. As chairman, he upheld the vision and philosophy of his predecessor, the late Atty. William Quasha, and managed St. Luke's as a business while running a charity program worth over P300 million a year. Under his leadership, St. Luke's Global City in Fort Bonifacio, Taguig was opened in January 2010 to bring the hospital's world-class service to a wider market. He served as chairman until September 2011 and remains on the board as a trustee.

Robert Kuan currently chairs St. Luke's Medical Center College of Medicine–William H. Quasha Memorial and Brent International School-Baguio. He is a member of the board of Far Eastern University, Brent School, Inc., Brent International School-Manila, and Brent International School-Subic, as well as of China Banking Corporation and SeaOil Philippines. He is also on the Board of



Trustees of the Scientific Research Foundation of AIM, and is chairman and independent director of Towers Watson Insurance Brokers.

Robert has received a number of awards—the 1981 Triple A Award and 2004 Honor & Prestige Award from his alma mater, AIM; 1996 Agora Award for Outstanding Achievement in the Field of Entrepreneurship from the Philippine Marketing Association; 1996 Business Achiever of the Decade from Philippine Star; Most Outstanding Alumnus in the Field of Business Administration from the UP Alumni Association, 1999; University-wide Most Outstanding Alumnus from UP in 1998; Franchise Excellence Award as the Most Promising Filipino Franchisor for Chowking from the Philippine Franchise Association in 1999; The Outstanding Filipino (TOFIL) Award from the Philippine JCI Senate and Insular Life in 2003; Business Leadership Award, Pillar Category, from the Aurelio Periquet Jr. Foundation in 2004; and the Distinguished Alumnus Award in 2007 from the College of Business Administration of UP-Diliman. In 2011, he was conferred a Doctor of Humanities degree, *honoris causa*, by the Lyceum Northwestern University of Dagupan City. He also served as chairman of the board of jurors for the 2017 TOYM Awards.

In Rotary, he was named Rotarian of the Year by his club, the Rotary Club of Makati, in 1986 and again in 2006, and as club president in 2002-2003 was conferred District 3830's highest twin awards: Most Outstanding Club President-Overall and Most Outstanding Rotary Club-Overall. A recipient of the Service Above Self Award, the highest honor RI confers on an individual Rotarian, he is a Rotary Foundation major gift donor, Level 4, and is a member of the Arch Klumph Society.

He holds the distinction of being the first candidate to run unopposed for the post of governor of District 3830. As governor-elect, Robert Kuan chaired the successful Multi-District Presidents-Elect Training Seminar held in Cebu in mid-February 2013, a historic event that brought together, for the very first time, over 700 incoming Rotary Club presidents from the ten Rotary districts in the Philippines. He served Rotary as governor of District 3830 in RY 2013-2014. He was appointed to a three-year term, from 2017-2020, as TRF Endowment/Major Gifts Adviser (EMGA) for Zone 7A. He is also incoming chairman of the Philippine College of Rotary Governors (PCRG), the association of district governors of the Philippines, to serve in RY 2018-2019.

Robert is married to the former Yvonne Yap with whom he has four children: Kelvin, Natalie, Jeremy, and Sherwin, all married. He is also a doting “lolo” to three grandsons and three granddaughters.

13 April 2018

INVITATION



My fellow Rotarians,

Greetings!

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 5pm. There will be a sit-down dinner and a complimentary Centennial RCM pin together with a memorable souvenir program

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, Rimowa suitcase, and many 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 all our members 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 : Php 3000

Raffle Ticket: Php 1000

Confirmation/Payment Deadline: May 18, 2018

RSVP – Anna Toledo ý(+63 908 873 7405) email: manilarotaryclub@gmail.com
or Cathy Turdanes ý(+63 915 561 2250) email: jmpsecretariat@fcsi.com.ph

Attire is **Strictly Formal** (Barong Tagalog and Black 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

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UPDATED PROGRAM CALENDAR OF GUEST SPEAKERS 2018

DATE	PROGRAM PREVIEW OF GUEST SPEAKERS
May 10	Hon. Richard “Dick” Gordon, Senator, Republic of the Philippines
May 17	Journalism Awards Luncheon Presentation
May 24	Mr. Steven T. Tan, EVP/COO, SM Supermalls thru PT Lito Sibayan
May 30	RCM 100 th Charter Anniversary Dinner Celebration and
Wednesday	Centennial Board, RY 2018-2019, Inaugural Meeting at the Manila Hotel
May 31	NO LUNCHEON MEETING IN VIEW OF MAY 30TH
June 7	Tourism Awards Luncheon Presentation
June 14	DFA Sec. Allan Peter Cayetano
June 21	Manila Mayor Hon. Joseph Estrada through Mr. Fernando Camus
June 28	House Speaker Pantaleon Alvarez

THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 38th meeting, of the *Rotary Club of Manila*, to order.



DE "Raffy" Alunan III, as OIC/Moderator, calls the program of activities.



STAR Rtn. "Art" dela Cruz, delivers an ecumenical prayer.



DE/Dir. "Issam" Eldebs, Chairman, Journalism Awards Committee, leads in renewing fellow Rotarians' commitment to the Rotary Movement, via the recitation of the four (4) way test. Afterwards, he announced the issuance of the Journalism Awards Nominees 2018, for grading, by fellow RCMers'.



PD "Rod" Valencia introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Dr. "Dante" Liban, Former 3-term Representative of 2nd District, Quezon City, does the honor, pleasure and privilege of introducing **Sec. Raul L. Lambino**, Lead Convenor, of the PDU30 Constitutional Reformers (CORE) To Federalism; Administrator, Cagayan Economic Zone Authority (CEZA); and **Atty. Jose D. Lina, Jr.**, Former Senator, Governor-Laguna, DILG Secretary; Current President/Director of Manila Hotel, for the **RCM's "Philippine Government Federalism Debate"**.



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



Secretary Raul Lambino, CEZA Administrator and CORE Lead Convenor, gave Manila Rotarians, Visiting Rotarians and guests, his arguments in favor of Federalism while **Atty. Joey Lina**, Manila Hotel President, Former Senator, Former DILG Secretary and Former Governor of the Province of Laguna, presented his arguments against Federalism.



A pro-active public forum immediately followed right after the presentation of **Sec. Raul L. Lambino** and **Atty. Jose D. Lina, Jr.** Among Rotarian who participated was: **Rtn. Tony Lopez.** of Biznews Asia.



Pres. "Jimmie" Policarpio presents the RCM Centennial Bell, to **Sec. Raul L. Lambino** and **Atty. Jose D. Lina, Jr.**, as a token of appreciation, for being the guest of honor and speaker, and meeting adjournment.

BOARD MEETING



The Board of Directors for RY 2017-2018 held its Regular Monthly Meeting last April 26, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.

NEW GENERATIONS SERVICE

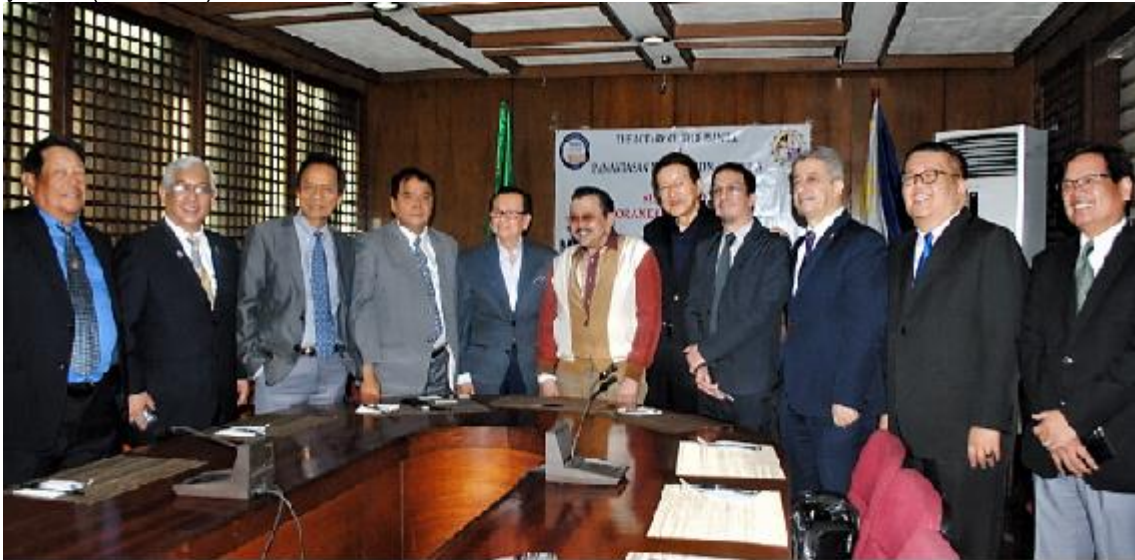


PE/Dir. **Susing Pineda** and IPSDG/IPDCoS/DE/IPD **Albert Alday** (Chairman, New Generations Service Committee) met with PE **Bryan Hernandez** (Rotaract Club of Manila), GP **Rychel Anne Namol** (Rotaract Club of De La Salle University-Manila) and Director **Elaine Mercader** (Rotaract Club of Manila) regarding their respective roles in the projects to be undertaken and implemented by PE/Dir. **Susing Pineda** during his term as President in Rotary Year 2018-2019. This was held last April 26, 2018 at the Ballroom of the New World Makati Hotel in Makati City.

BASIC EDUCATION AND LITERACY

The following Manila Rotarians have committed to ADOPT-A-STUDENT under the REAP as of May 3, 2018:

1. PE/Dir. Susing Pineda (3 students)
2. IPSDG/IPDCoS/DE/IPD Albert Alday (2 students)
3. Treasurer Nicky Villaseñor (2 students)
4. AS Rene Policarpio (1 student)
5. Rtn. Romy Nones (2 students)
6. President Jimmie Policarpio (1 student)
7. PVP Roy Golez (1 student)
8. SAA Dave Reynolds (1 student)



The **Rotary Club of Manila Educational Assistance Program (REAP) Memorandum of Agreement** signing between Rotary Club of Manila led by **PE/Dir. Susing Pineda** and **Pamantasan ng Lungsod ng Maynila (PLM)** led by **President Dr. Leonora Vasquez-de Jesus** in the presence of **Manila Mayor Joseph Estrada** as well as the **Board of Directors and Officers of the club for RY 2018-2019** and university officials last April 25, 2018 at the Manila City Hall, Manila.

YOU REAP WHAT YOU SOW: EDUCATIONAL ASSISTANCE AT ITS FINEST

Basic Education and Literacy has been at the forefront of Rotary's Six Areas of Focus and so too, for the finest gentlemen of the Rotary Club of Manila, the First in Asia, whose resolve to assist financially challenged, but, intellectually gifted graduating college students of the Pamantasan ng Lungsod ng Maynila and the Polytechnic University of the Philippines, had been an overwhelming passion in seeking to make a difference in the lives of our people.

A centennial celebration project envisioned by PE/Dir. Susing Pineda saw the creation of the Rotary Club of Manila Educational Assistance Program (REAP) chaired by PVP Roy Golez and co-chaired by Rtn. Romy Nones. REAP will benefit one hundred (100) graduating students equally divided between the two universities. While these graduating students already enjoy scholarship status at their respective universities, daily subsistence has certainly posed as a challenge to completing their baccalaureate degrees and with an educational assistance of TWO THOUSAND PESOS (Php 2,000.00) per student per month for a period of twelve months, the future of our country will certainly be in the hands of capable leaders we could depend upon. This noble centennial project hit the ground running in two occasions where respective accords had been concluded with the concerned parties. Last April 25, 2018, the Board of Directors and Officers of the Rotary Club of Manila led by PE/Dir. Susing Pineda signed a Memorandum of Agreement with the Pamantasan ng Lungsod ng Maynila led by University President Dr. Leonora Vasquez-de Jesus and Chairman Dr. Benjamin Espiritu in the presence of Manila Mayor Joseph Estrada at the Manila City Hall in Manila. Two days later, April 27, 2018, the same board of directors and officers led by PE/Dir. Susing Pineda signed a similar Memorandum of Agreement with Polytechnic University of the Philippines led by University President Dr. Emanuel de Guzman at the Conference Room of the same university in Sta. Mesa, Manila.



In the light of the above, PE/Dir. Susing Pineda requests and earnestly appeals to each and every Manila Rotarian to support this worthwhile project and undertake to ADOPT-A-STUDENT by committing TWO THOUSAND PESOS (Php 2,000.00) per student per month for a period of twelve months beginning school year 2018-2019 as we all endeavor to make 100 dreams come true in celebration of the 100 Years of Asia's First Rotary Club as well as the Rotary movement in the Philippines and in Asia.





The Rotary Club of Manila, the First in Asia, signed a **Memorandum of Agreement** with the **Polytechnic University of the Philippines (PUP)** last April 27, 2018 at the Conference Room of PUP in Sta. Mesa, Manila. **PE/Dir. Susing Pineda** signed in behalf of the club while **PUP President Dr. Emanuel de Guzman** signed in behalf of the university in the presence of **REAP Co-Chair Rtn. Romy Nones**, **IPSDG/IPDCoS/DE/IPD Albert Alday**, **Treasurer Nicky Villaseñor**, **Rotary Ann Marites Pineda** as well as other university officials in attendance. REAP is one of the projects for the club's Centennial Celebration.

PLM NEWS RELEASE

PLM receives P2.4M in Scholarship Grants from the Rotary Club of Manila

On June 1, 2018 – the Rotary Club of Manila (RCM) will mark its centennial.

The club organized in 1919 by businessman Leon Lambert with the help of the Chicago and Seattle Rotary, had as its founding members 38 charter members to include 35 Americans, two Filipinos and 1 Chinese.

It was the first and oldest Rotary Club in Asia to be established and Lambert was its first president.

The Rotary's stated purpose is to "bring together business and professional leaders to provide humanitarian services, encourage high ethical standards in all vocations and advance goodwill and peace around the world."

In the runup to its 100th anniversary, the RCM – in its continuing concern and commitment to an educational system that will spur the country's progress and social development - gifted one hundred of the city's underprivileged but deserving students with scholarship grants to put them on track.

Fifty of these students will be selected from among the graduating students of Manila's premier university – The Pamantasan ng Lungsod ng Maynila (PLM).

To qualify, they must be able to maintain a general weighted average of 2 or 85% or its equivalent for the two semesters of school year 2018-2019 and must have the drive to finish his/her course to land a job where they can do the most good for their community.

Each of the fifty PLM scholars will receive financial assistance in the amount of 24,000 per semester to cover expenses that include miscellaneous fees and the purchase of books. The total RCM grant is P1.2M per semester or P2.4M for the entire school year.

A Memorandum of Agreement to this effect was signed between Incoming RCM President Jesus M. Pineda, Jr. and PLM President Dr. Ma. Leonora V. De Jesus before Manila City Mayor Joseph Estrada Wednesday.

Also at the signing were RCM and PLM officers led by Outgoing RCM President Jimmie Policarpio, Jr., PLM EVP Jose Silerio, RCM Directors Carl Reyes, Albert Alday and Issam Eldebs, PLM VPs Marlo de la Cruz and Randy Nunez, RCM Treasurer Nicanor Villasenor III, Asst Secretary Renato Policarpio and Board Legal Adviser Amado Valdez.

RCM Scholarship Committee Chair and Past VP Roilo Golez and Co-Chairman Romeo Nones and PLM VP for Public Affairs Kelly Vergel de Dios signed the MOA as witnesses.

Dr. De Jesus described the RCM grant as the most generous the University has received to date.

The Pamantasan ng Lungsod ng Maynila counts among the country's top five universities with licensure-exam performance of 98 to a hundred percent, its College of Law ranked first by the Legal Education Board, its College of Medicine currently ranked first and is identified by Jobstreet as one of five universities whose graduates employers most prefer to hire.

Xxx

post-event release by Kelly B. Vergel de Dios, 4-26-18 (PLM Public Affairs)

photo credits: Jonathan Flores, PLM Public Affairs

CENTENNIAL NEWS



ROTARY CLUB OF MANILA PAST PRESIDENTS BOOK MEETING

DGE Rudy Bediones met with WCP Eric Florentino (Rotary Club of Pasay Ilustrado), PN Carlo Goño (Rotary Club of Manila South), Tonette Opis (Secretary of DGE Rudy Bediones) and Zernan Velasquez (representative of the printer) regarding the Rotary Club of Manila Past Presidents Book last April 26, 2018 at Via Mare, Greenbelt 3, Makati City.



ROTARY CLUB OF MANILA SECOND PAST PRESIDENTS BOOK MEETING

IPSDG/IPDCoS/DE/IPD Albert Alday met with **WCP Eric Florentino** (Rotary Club of Pasay Ilustrado) and **PN Carlo Goño** (Rotary Club of Manila South) last May 2, 2018 regarding the **Rotary Club of Manila Past Presidents Book** at the Rotary Club of Manila Secretariat in Manila.

INTERNATIONAL SERVICE



The Planning Meeting for the forthcoming Philippine Visit of 2018-2019 Rotary International President Barry Rassin was held last April 26, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.

May 1, 2018

ROTARY CLUB OF SEOUL MUAKE

President, Suk-Kun Kang
A-2301, Lotte Castle President,
Gongduck-Dong, Mapo-Gu, Seoul,
121020, Korea, Republic of
skkang@dongyang.ac.kr

Secretary, Bo-Eun Kwon
bekwon@snjc.ac.kr

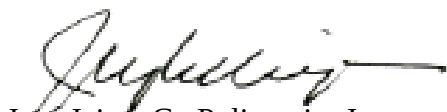
Gentlemen,

We, the members of the Rotary Club of Manila, want to express our solidarity with your club and with the whole Korean people in hoping and praying for peace in South and North Korea.

We watched with optimistic anticipation the historic summit between the two countries. As the formal end to the Korean War dawns on us, we cannot help but be reminded of the Rotary spirit, for the symbolic gestures of the two leaders evoke our organization's thrust on Conflict Resolution. Indeed, as Rotarians, we aspire and work to establish unity and camaraderie not only among fellow members but also among the communities that we serve.

As the Rotary Club of Manila, the first in Asia, celebrates its Centennial Year and thus marks one hundred years of Rotary in Asia, we envision lasting peace in this part of the world. Let us together contribute our little part in making this more of a reality during this momentous year.

Yours In Rotary,



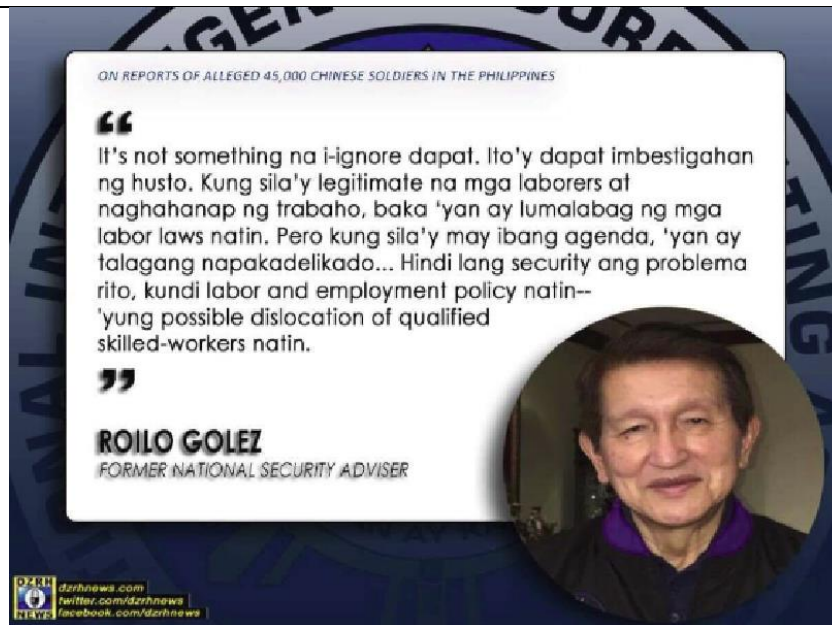
Jose Jaime C. Policarpio, Jr.
President
Rotary Club of Manila

INTERCLUB ACTIVITIES



DGE Rudy Bediones attended the First Area Meeting of the SOLID CAVITE last April 28, 2018 at Gerry's Grill, The District, Ayala Mall in Imus, Cavite. The meeting was hosted by the Rotary Club of Imus.

NEWS RELEASE



COGS IN THE WHEEL



PVP ROY GOLEZ SOUGHT BY JAPANESE LEGISLATOR ON SECURITY CONCERNS

On the request of the Embassy of Japan, Former National Security Adviser Roilo Golez had a meeting with Congresswoman Rui MATSUKAWA, Member of the House of Councillors (Upper Chamber) of Japan last May 2, 2018 at Terry's Bistro Salcedo in Makati City. Congresswoman MATSUKAWA sought Golez's views on the South China Sea, Philippine-China relations and Philippine relations with other countries like Japan, US, Australia and how Japan and the Philippines should work together to face common security concerns and threats.

SPEAKERS' BUREAU

PVP ROY GOLEZ INTERVIEWED OVER DZRH ON PROPOSAL TO IMPORT WORKERS FROM MYANMAR AND CHINA

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Cesar Chavez over DZRH last May 2, 2018 regarding a proposal to import a huge number of workers from Myanmar and China. Mr. Chavez also asked PVP Roy Golez about a social media report attributed to Anders Korr, a well known international journalist, that there may be some military looking male workers spread out in various offices and establishments and the number given is unbelievable: 45,000. Golez said we should avoid importing foreign workers as a matter of policy because of our huge labor surplus. Golez suggested also that the government must do a quick, but, discreet investigation of the reported thousands of male Chinese who are now in the country. The article is hard to believe, but, should not be ignored by our security and intelligence community.



PVP ROY GOLEZ INTERVIEWED OVER DXDC RMN DAVAO ON NORTH AND SOUTH KOREA SUMMIT AND UNDERSTANDING

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Jun Duterte over DXDC RMN Davao last May 2, 2018 regarding North and South Korea Summit and Understanding.



NATIONAL DEFENSE COLLEGE OF THE PHILIPP

**Roundtable Discussion on
Strategies for Countering Terrorism
Lessons Learned from Israel**

**NDCP Honor Hall
Camp General Emilio Aguinaldo
Quezon City**

**Monday, 30 April 2018
2:00 PM – 4:00 PM**



DE RAFFY ALUNAN TAKES PART IN NDCP CONFERENCE ON COUNTERING TERRORISM

DE Raffy Alunan participated in the Roundtable Discussion on “Strategies for Countering Terrorism: Lessons Learned from Israel” last April 30, 2018 at the NDCP Honor Hall of the National Defense College of the Philippines, Camp General Emilio Aguinaldo, Quezon City.

PUBLIC HEALTH NUTRITION AND CHILD CARE



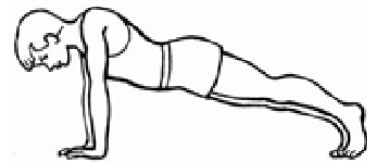
CARDIO EXERCISES, Part 6 (Push-ups)

Elias D. Adamos, M.D.

Push-up is a strength building exercise. Doing push-ups will strengthen the chest, shoulders, arms, and even the muscles on your tummy and your lower back.

The perfect way to do push-ups

From a face-down position, place your hands slightly wider than shoulder-width apart. Place your toe or knees on the floor, and try to create a perfect diagonal with your body, from the shoulders to the knees or feet. Keep your butt or *glutes* (rear-end muscles) and abdominals engaged. Then lower and lift your body by bending and straightening your elbows, keeping your torso stable throughout.



There are many variations in doing push-ups. To some who have incorporated push-ups in their regular exercise routines find it more challenging to do one-arm push-ups and some other variants that are seen and observed in military training exercises.

Why do you need to do push-ups?

1. **They increase and activate full body function.** Push-up is a type of exercise wherein literally every major muscle group in your body is called upon to execute the movement. You train the most important muscles throughout your body while stabilizing your movements.
2. Push-ups are good in **muscle stretching** for health and vitality, resulting to **flexibility that can help in the prevention of injuries.**
3. **Enhance your cardiovascular system.** When you simultaneously engage large muscle groups, your heart must work harder to deliver oxygen-rich blood to muscle tissue. Ultimately, this activity results to an effective cardiovascular exercise. **Push-ups increase circulation in the body.** They also **promote the reduction of stored body fat.**
4. **Increase whole body muscle definition.** The more muscles that are utilized in a strength training exercise, the greater the production and release of a specialized hormone known as human growth hormone (HGH). When your body pumps out large concentrations of HGH, a natural growth of your entire body is attained. As you age, the natural release of HGH declines. This gives you the more reason and challenge to do push-ups.
5. **Push-ups protect your shoulders from injury.** The standard push-up has been found to be among the most effective ways to safeguard shoulders from injury, especially in older adults.
6. One of the most common reasons for a poor posture is weak abdominal or core muscles. **As you regularly engage in push-ups, your body will naturally lean toward proper posture.**
7. Other benefits include: Release of testosterone, which is essential for both men and women in order to **reduce the development of osteoporosis.** Push-up is **cost-effective and takes little of your time.**

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