



balita

No. 3742, May 10, 2018

GUEST OF HONOR AND SPEAKER



HON. RICHARD J. GORDON

Senator
Republic of the Philippines

KABALITA

When life is on the line, his name seems a familiar sign. A legislator replete with ideas translated into swift action, he infuses the veins of a nation befallen by controversies by giving it the life it truly deserves. Indeed, Mr. Action Senator is what our country truly needs as he makes a proverbial return to Asia's First Rotary Club.

Countdown to Induction Ball



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PROGRAM

RCM'S 40th for Rotary Year 2017-2018

May 10, 2018, Thursday, 12Noon, New World Makati Hotel

Officer-In-Charge/ Program Moderator : PP "Archit" Bartolome III

PROGRAM TIMETABLE

"A Joint Meeting Between RC Manila and RC Forbes Park"

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 :	PP "Archit" Bartolome III
12:30 PM	Call to Order	RCM Pres. "Jimmie" Policarpio; RCFP Pres. "Edwin" Salonga
	Singing of the Republic of the Philippines National Anthem	RCM World-Famous Music Chorale
	Invocation A moment of silent prayers for the speedy recovery of VPE/Dir. "Lance" Masters , who recently underwent a knee surgery at the Makati Medical Center; and A moment of silent prayers for the eternal repose of the soul of former RCM member; WF Chorale Member, Engr. Hernando D. "Nanding" Caluag , who passed- away recently in the grace of the Lord	RCM Rtn. "Tong" Payumo
	RCM Hymn	RCM World-Famous Music Chorale
	RCFP Hymn	
	The 4-Way Test Credo	All Rotarians led by RCFP PP "Ruben" Torres
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	RCM Rtn. "Ricky" Guevara RCM World-Famous Music Chorale
12:40 PM	MaligayangBati (RCM Birthday Celebrants) May 11...Rtn. "Jun" Bella; May 14...PT "Jun" Follosco; May 13...Rtn. "Mikael" Avellan; MaligayangBati (RFP Birthday Celebrants) May 5....Treas. "Alexis" Zaragoza; May 20....Dir. "Art" Pico; and May 19....PP "Ruben" Torres; May 23...Rtn. "Ed" Tan Happy Birthday Song	RCM World-Famous Music Chorale

12:45 PM	Induction of an Honorary Member to the Rotary Club of Manila His Excellency Jose Miguel Capdevila Villarroel Ambassador Extraordinary & Plenipotentiary of Chile to the Philippines	
	Brief introduction of H.E. Amb. Jose Miguel Capdevila Villarroel	PE/Dir. "Susing" Pineda
	Formal induction ceremony of H.E. Amb. Jose Miguel Capdevila Villarroel	RCM Pres. "Jimmie" Policarpio Inducting Officer
12:50 PM	President's Time	RCM Pres. "Jimmie" Policarpio; RCFP Pres. "Edwin" Salonga
12:55 PM	Introduction of the Guest of Honor & Speaker	RCM PP "Francis" Juico
1:00 PM	Address: Hon. Richard Juico "Dick" Gordon Senator, Republic of the Philippines Chairman, Blue Ribbon Committee	
	Public Forum Response, Presentation of token of appreciation to Senator Richard Juico "Dick" Gordon	RCM Pres. "Jimmie" Policarpio; RCFP Pres. "Edwin" Salonga
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



May 3, 2018 - The World Famous Chorale of the Rotary Club of Manila held a meeting and choir practice at the Ballroom of the New World Makati Hotel in Makati City for the songs to be sung at the Induction Ceremonies of the Board of Directors and Officers for RY 2018-2019 led by PE/Dir. Susing Pineda.

- The Planning Session for the committee in charge of the forthcoming visit of RIPE Barry Rassin was held at the Gallery 1 of the New World Makati Hotel in Makati City.

May 4, 2018 - ISDG/VPE/Dir. Lance Masters was Commencement Speaker at the 19th Commencement Exercises of the University of Perpetual Help Rizal JONELTA Foundation School of Medicine at the Philippine International Convention Center in Pasay City.

- Manila Rotarians attended the wake of former Manila Rtn. Nanding Caluag at Chapel 2B of the Evergreen Chapels Extension, C. Raymundo Avenue in Pasig City.

- The Rotary Club of Manila Golf Fellowship Committee led by Chairman PS Butch Marking held a Golf Fellowship after a friendly game of golf at the Manila Golf and Country Club in Makati City. Present aside from the Chairman were PD Knud Headeger, PD Ed Lee, PVP Fausto Preysler, PP Boy Guevara, Rtn. Romy Nones, Rtn. Nonoy Benedicto, SAA Dave Reynolds, Rtn. Willy Peliño, Rtn. Cris Acosta and Rtn. Colin Patterson. Gratitude is in order for PD Ed Lee for spicing the fellowship with Lechon Cebu and Steamed Suahe.

May 5, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed over DWIZ regarding China's movements in the South China Sea.

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- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed over Headline Philippines on the ABS-CBN News Channel regarding China's missiles inside the West Philippine Sea. He said that the Philippines must file a diplomatic protest and not trust China.

- DGE Rudy and Lady Sharon Bediones attended the Birthday Celebration of Rotary Club of San Marcelino PP Arlene Jacobo at the Chef and Brewer Cafe and Restaurant, Blue Baywalk, Pasay City.

May 6, 2018 - PE/Dir. Susing and Rotary Ann Marites Pineda hosted a Homeside Dinner Fellowship for Manila Rotarians and their Rotary Ann's at their residence in Greenhills West, San Juan.

May 7, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Ariel Ayala over CMN Pilipinas on the Catholic Media Network regarding China and South China Sea issues as well as China's missiles in the Spratly's.

- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Mike Abe over Sonshine TV regarding China's deployment of long range anti-ship cruise missiles and surface to air missiles in Mischief Reef, Fiery Cross Reef and Subi Reef.

- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Allan and Glen over Net 25 Radyo Aguila regarding China's missiles in the South China Sea. He said that the Philippines must file a diplomatic protest and secure the support of other countries.

- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Cesar Soriano over Inquirer Radio regarding China's missiles in the South China Sea. He appealed to the public to file a diplomatic protest against China for deploying long range anti ship cruise missiles and surface to air missiles in Mischief Reef inside the Exclusive Economic Zone as well as in Fiery Cross Reef and Subi Reef which are both near our Exclusive Economic Zone.

- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Resty de Quiros, Jr. over DZME Radio regarding China's missiles in the South China Sea. He urged the government to file a diplomatic protest against China for deploying long range anti ship cruise missiles and surface to air missiles in Mischief Reef inside the Exclusive Economic Zone as well as in Fiery Cross Reef and Subi Reef which are both near our Exclusive Economic Zone.

May 9, 2018 - The Rotary Club of Manila Tourism Awards Committee held a meeting at the Jasmine Restaurant of the New World Makati Hotel in Makati City.

- PE/Dir. Susing Pineda and I met at the Medley Buffet of Okada Manila in Parañaque City regarding the venue for the Philippine Visit of RIPE Barry Rassin.

May 10, 2018 - Rotary Club of Manila welcomes Hon. Richard Gordon, Senator of the Republic of the Philippines, who will talk about his advocacies and updates on the on-going Senate investigation into the smuggling activities of the Bureau of Customs.

- Membership Committee Meeting, 1:45 pm, Ballroom of the New World Makati Hotel in Makati City.

- Club Awards Committee Meeting, 2:00 pm, Ballroom of the New World Makati Hotel in Makati City.

- Social Media, Website and Instagram of the Rotary Club of Manila Planning, 2:00 pm, Gallery 1, 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



RICHARD “DICK” GORDON: AN INTRODUCTION

Richard “Dick” Gordon has been committed to serving the public his whole adult life. His journey began with his election as the youngest delegate to the 1971 Constitutional Convention where he pushed for the inclusion of an article on the Duties and Obligations of Citizens, even while still a student at UP College of Law. Thus, at the start of his public career, already central to his philosophy is that the relationship of the citizen to the state is defined not simply by his rights, but equally by his obligations.

In the wake of the assassination of his father, he was elected as Mayor of Olongapo City, and transformed what was then known as the Sin City into a Model City, defined by its cleanliness, and the discipline of its residents. In the face of dramatic unemployment in his city with the removal of the US Naval Base at neighboring Subic, he pushed for the creation of the Subic Bay Metropolitan Authority and became its founding Chairman, transforming it into the most successful base conversion recognized by international media, generating over 200,000 jobs on the back of over USD 3 billion in investments.

When Dick Gordon was appointed as Tourism Secretary, he placed the Philippines on the world tourism map with his famous WOW Philippines program. The country’s tourism industry thrived under his watch, even without a big budget, without having to copy other countries’ tourism slogans, and even as others in the region reeled from crisis after crisis – 9/11, the SARS epidemic and the Bali bombing, pump-priming what has now been a decade and a half of virtually uninterrupted tourism growth.

When he won a seat in the Senate, Dick Gordon turned his extensive executive experience into shaping national policy. He authored major laws, a number of which aimed to dramatically transform the political and economic landscape of the country – the Automated Election Law, the Tourism Act, and the creation of economic zones such as the Poro Point Freeport in La Union, the Freeport Area of Bataan in Mariveles, and Camp John Hay in Baguio, all to jumpstart investment and development. Others dealt with longstanding problems such as Veterans Benefits, the Free Patent Law and the National Disaster Risk Reduction Law. As Chairman of the Blue Ribbon Committee, he investigated the 2004 P728-Million Fertilizer Fund Scam and the assailed ZTE National Broadband Contract, demanding accountability. In the recent 2016 national elections, he was overwhelmingly re-elected and placed 5th in the Senatorial Elections.

He ran for President in 2010 and again for the Senate in 2013 but as fate would have it the very law that he pushed and worked hard for to obviate cheating - failed him. The COMELEC failed to fully implement the provisions of the law particularly on safety guidelines such as a random manual audit, three digital signatures, VVPAT and the very critical source code. This however did not deter him and he pursued the matter until it reached the Supreme Court that issued a very historic and resounding 14-0 vote in his favor.

Currently under the 17th Congress, as Senate Chair of the Blue Ribbon, Committee on Justice and Human Rights as well as Government Owned and Controlled Corporations; Dick Gordon continues to be a vanguard of public safety by taking a bite out of crime with large license plates and an accountable police in the wake of the drug war as well as ensuring the accountability of government officials to the public are ascertained and what is due to them such as SSS benefits for Senior Citizens and higher salaries for teachers are delivered.

When we think of the Philippine Red Cross, we think as well of its Chairman and CEO, who transformed the organization into the foremost humanitarian organization in the country. Whenever any part of the country is hit by all kinds of disasters, the Philippine Red Cross, with Dick Gordon at the helm, is there to provide various forms of assistance. The Philippine Red Cross is recognized as one of the strongest Red Cross societies in the world, leading to Dick Gordon's election to the governing board of the International Federation of Red Cross and Red Crescent Societies.

Dick Gordon's work is well known to many of us. His effectiveness as a leader and a mover of people has been recognized and heralded through the various awards he has received – Ten Outstanding Young Men (TOYM), the Outstanding Filipino (TOFIL), the University of the Philippines' Most Outstanding Alumnus in Public Service, and three years later, its Most Distinguished Alumnus, the highest award that could be bestowed by the UP Law Alumni Association. More recently, Dick Gordon was also awarded the Philippine National Volunteer Service Coordinating Agency's Lifetime National Volunteer Achievement Award, the sole recipient of the award in 2015. Gordon's achievements in the 48 years that he has been active in the Philippine Red Cross has also been recognized, having been awarded the three highest awards from the Red Cross, namely the Aurora Aragon Quezon Medal, the Silver Humanitarian Service Cross Award and the Gold Humanitarian Service Cross Award. Dick Gordon was also a recipient of the Japanese Red Cross Gold Humanitarian Award. He also received recognition from various foreign media such as Asiaweek's Twenty Great Asians of the Future and Asahi Shimbun's 50 Young Leaders of Asia, among others.

Finally, he is a lawyer by profession, but has also been, at various times, a broadcaster, a businessman, a lecturer, and an inspirational speaker. He graduated from the UP College of Law, and holds a bachelors degree in history and government from Ateneo de Manila University.

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



May 8,2018

Dear Fellow RCMers,

We prepared an updated list of members who have indicated that they, together with their spouse/guest, are attending the Inaugural Meeting. Kindly advise if we missed your name.

Thank you.

Sec. ALVIN LACAMBACAL

INAUGURAL 2018 ATTENDEES

May 30, 2018 @ Manila Hotel

Ttl	Rtn	RCM Members/Spouse/ Guest	MEAL TICKET#	# OF Raffle Tickets	AMT PAID	OR #
1	1	Abastillas, Celso				
2		Spouse Ging Abastillas				
3	2	Acosta, Cris				
4	3	Alday, Albert				
5		guest- Alday				
6	4	Alvarez, Jun				
7	5	Bartolome, Archit				
8	6	Bautista, Jack				
9	7	Bella, Jun				
10	8	Benedicto, Noy				
11		Spouse Lou Benedicto				
12	9	Carlos, Vince				
13		Sps Tina Carlos				
14	10	Cenica, John				
15	11	Chotrani, Johnny				
16	12	Chua, Jim				
17	13	Cruz, Ave				
18		Spouse Helen Cruz				
19	14	Cureg, Alex				
20		Spouse Anna Cureg				
21	15	David, Vee				
22	16	Del Rosario, Oscar, Sr.				
23	17	Doval Santos, Rosel				
24		Spouse Teresa Doval Santos				
25	18	Eldebs, Issam				
26		Eldebs-guest				
27	19	Enriquez, Jujut				
28		Sps. Lia Enriquez				
29	20	Esguerra, Hermie				
30	21	Evaristo, Frank				
31	22	Fajardo, Beda				
32		Sps. Raffy Fajardo				
33	23	Gierran, Dante				
34	24	Goerlich, Bodo				
35	25	Golez, Roy				
36	26	Gonzales, Leo Peter				

37		Spouse Pinky Gonzales				
38	27	Guevara, Boy				
39		Spouse Monette Guevara				
40	28	Hallare, Jun				
41	29	Hedeager, Knud				
42	30	Hesse, Uwe				
43	31	Lacambacal, Alvin				
44		Sps Cathryna Lacambacal				
45	32	Lapus, Jesli	2	1	7,000.00	44464
46		Congw Sandy Ocampo				
47	33	Lee, Ed				
48		Lee guest				
49		lee guest				
50		lee guest				
51	34	Lonzaga, Ner	2	2	8,000.00	44460
52		Spouse Femy Lonzaga				
53	35	Lopez, Mariano				
54		Spouse Josephine				
55	36	Lopez, Art				
56	37	Masters, Lance				
57		guest- PP Geoffrey Little				
58	38	Matschuck, Gunter				
59		Spouse Joanne Matschuck				
60	39	Montel, Juan				
61		Sps. Patricia Montel				
62	40	Nakatsuka, Hiro				
63	41	Ocampo, Teddy				
64		Sps Baby Ocampo				
65	42	Ong, Philip				
66	43	Ozaeta, Mike				
67	44	Pagdanganan, Obet				
68	45	Pelino, Willie				
69	46	Pineda, Bebot				
70		Sps. Sylvia Pineda				
71	47	Policarpio, Jimmie				
72		Sps Catherine Policarpio				
73	48	Policarpio, Rene				
74	49	Preysler, Fausto	1	1	4,000.00	4472
75	50	Recto, Philip				
76		Sps. Ester Recto				
77	51	Reyes, Babes				
78		Sps. Lennie Reyes				

79	52	Reyes, Caloy				
80		Sps Belinda Reyes				
81	53	Rodriguez, Jackie				
82		Rodriguez, guest				
83		Rodriguez, guest				
84		Rodriguez, guest				
85		Rodriguez, guest				
86	54	Sears, Rob				
87	55	Seña, Edwin				
88		Spouse Mrs Jodelia Sena				
89	56	Sibayan, Lito				
90		Sps. Herminia Sibayan				
91	57	Shoucair, Farid				
92	58	So, Warren				
93	59	Stranathan, Ike				
94		Guest				
95	60	Zaldarriaga, Chito				
96	61	Zosa, Roy				

TOTAL: 5 4 19,000.00

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UPDATED PROGRAM CALENDAR OF GUEST SPEAKERS 2018

DATE	PROGRAM PREVIEW OF GUEST SPEAKERS	STATUS
May 17	Journalism Awards Luncheon Presentation	Confirmed
May 24	Mr. Steven T. Tan, EVP/COO, SM Supermalls thru PT Lito Sibayan	Confirmed
May 30	RCM Centennial Ball, RY 2018-2019, Inaugural Dinner	Confirmed
Wednesday	at the Manila Hotel, 5pm	
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	Manila Mayor Hon. Joseph Estrada through Mr. Fernando Camus	Tentative
June 28	House Speaker Pantaleon Alvarez	Tentative

THE WEEK THAT WAS



Vice Pres. "Chito" Zaldarriaga, as presiding officer, calls the **39th** meeting, of the ***Rotary Club of Manila***, to order.



DE Albert Alday, as OIC/ Moderator, calls the program of activities.



PP "Frank" Evaristo, delivers an ecumenical prayer.



STAR Rtn. "Raji" Mendoza, lead fellow Rotarians, in the recitation of the four (4) way test, to renew its commitment to the Rotary movement.



STAR Rtn. "Ramby" Nolido introduces the guests, visiting Rotarians and personalities seated at the presidential table.



PRRD Alexiz Tan, RAC UD, announces on the forthcoming RAC Regional ASEAN Conference.



PVP "Roy" Golez, announces on the **Rotary Club of Manila Educational Assistance Program (REAP)** to benefit one hundred (100) graduating students, from the Pamantasan ng Lungsod ng Maynila and the Polytechnic University of the Philippines.



Vice Pres. "Chito" Zaldarriaga, announces pledges to become a New Paul Harris Fellow, in the person of Rtn. **"Bobby" Bhalla**, and a multiple Paul Harris Fellow, from AT **"Ner" Lonzaga**.

PSAA “Gunter” Matschuck, as proposer, introduces **Dr. Marian Norbert Majer (German)**, Executive Director, ROEDL Philippines. Classification: Accounting – Audit, Tax & Advisory Services, prior to the formal induction ceremony.



MEMBERSHIP



Vice Pres. “Chito” Zaldarriaga, administers the oath of membership pledge, to **Dr. Marian Norbert Majer**, becoming a STAR Rotarian, and newest member of the **Rotary Club of Manila**.



PE/Dir. "Susing" Pineda, places a Rotary Name Badge to Dr. Marian Norbert Majer then PSAA Gunter Matschuck places a Rotary Pin.



PDG "Alex" Cureg, does the honor, pleasure and privilege of introducing **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, as the guest of honor and speaker.



Chowking Founder and former St. Luke's Medical Center Chair PDG Robert Kuan gave Manila Rotarians, Visiting Rotarians and guests, an enlightening talk on how The Rotary Foundation works in a bid to convince Asia's First Rotary Club to be a 100% Paul Harris Fellow club and to have an Arch Klumph Society member in its centennial year, taking into consideration the capabilities of many of its members. He also delved on entrepreneurship and how it influenced his generosity.



Vice Pres. "Chito" Zaldarriaga presents the Bell and Gavel, to PDG Robert F. Kuan, as a token of appreciation, for being the guest of honor and speaker, and meeting adjournment.



Vice Pres. "Chito" Zaldarriaga presents the birthday celebrants of the week: BLA "Amading" Valdez, and AT "Ner" Lonzaga, for the traditional blowing of candles on the birthday cake, amidst the singing by the RCM WF Chorale of the happy birthday song.

MUSIC COMMITTEE



The World Famous Chorale of the Rotary Club of Manila held a meeting and choir practice last May 3, 2018 at the Ballroom of the New World Makati Hotel in Makati City for the songs to be sung at the Induction Ceremonies of the Board of Directors and Officers for RY 2018-2019 led by PE/Dir. Susing Pineda.



Distinguished Members of the Rotary Club of Manila World Famous Music Chorale:

On behalf of Chairman Babes Reyes, I'm posting this gentle reminder. We only have twenty (20) days left before our date with history on May 30, the inaugural meeting of PE Susing Pineda. As part of our tradition, we are mandated to serenade him with his requested songs. Thus, you are earnestly enjoined to attend our second practice on Thursday, May 10, 2018, immediately after our regular meeting at the New World Makati Hotel. Our musical director, Prof. Domino Marcos will be there to assist us. Kindly block also the following dates for our succeeding practice sessions:

- 1) May 17 after our Rotary Club of Manila meeting
- 2) May 22 from 3-5 pm, venue to be announced soonest
- 3) May 24 immediately after our Rotary Club of Manila meeting
- 4) May 29 from 3-5 pm, venue to be announced soonest.

If needed, we will schedule a final practice on May 30, 2018 from 3-4 pm at the Manila Hotel.

Comments/suggestions, most especially confirmation of attendance will be appreciated.

Thanks!

PP Benny Laguesma

Co-Chair, World Famous Music Committee

CENTENNIAL NEWS



The Planning Session for the committee in charge of the forthcoming visit of RIPE Barry Rassin was held last May 3, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.

FELLOWSHIP



The Rotary Club of Manila Golf Fellowship Committee led by **Chairman PS Butch Marking** held a Golf Fellowship after a friendly game of golf last May 4, 2018 at the Manila Golf and Country Club in Makati City. Present aside from the Chairman were **PD Knud Headeger, PD Ed Lee, PVP Fausto Preysler, PP Boy Guevara, Rtn. Romy Nones, Rtn. Nonoy Benedicto, SAA Dave Reynolds, Rtn. Willy Peliño, Rtn. Cris Acosta and Rtn. Colin Patterson**. Gratitude is in order for PD Ed Lee for spicing the fellowship with Lechon Cebu and Steamed Suahe.



PE/Dir. Susing and Rotary Ann Marites Pineda hosted a Homeside Dinner Fellowship for Manila Rotarians and their Rotary Ann's last May 6, 2018 at their residence in Greenhills West, San Juan.





PE/Dir. Susing and Rotary Ann Marites Pineda hosted a **Homeside Dinner Fellowship** for Manila Rotarians and their Rotary Ann's last May 6, 2018 at their residence in Greenhills West, San Juan.

SUNSHINE COMMITTEE



Manila Rotarians attended the wake of former Manila Rtn. Nanding Caluag last May 4, 2018 at Chapel 2B of the Evergreen Chapels Extension, C. Raymundo Avenue in Pasig City.

**FROM THE STANDS**

DOMINI M. TORREVILLAS

TORREVILLAS from page 9

A dear friend passed away, causing many to shed tears. Victoria Manguerra Montilla was such a loving and gentle person, she will always be in our hearts. An acquaintance wrote a nostalgic piece for her; this we want to share with readers.

“While her partner basked in the limelight of the glitz and glamor of public relations, being the proverbial social butterfly whose day is often filled with functions that hug the pages of major broadsheets this side of tinseltown, she chose to find solace in the background with her meek demeanor depicting a fair lady of substance whose strength emanates from the pureness of heart she naturally possessed through the many charitable causes she immersed herself in without fanfare nor pomp, traits that endeared her to the people whose lives she touched.

“ Often, women share equal billing with the men in their lives. She dared to be different. She became the sunshine whose all encompassing radiance lit up Rotary in the year her partner led Asia’s First Rotary Club with the grace of a queen who preferred to linger with the community than showcase her regal stature among royalties without sacrificing her support for the man she showered with love.

“And now, as you rest in eternal bliss, Vicky, we nostalgically remember that smile of a lady who truly manifested Service Above Self in all its splendor as God welcomes you into the paradise of His abode. Rest well, fair lady as your sojourn in humility has now become a legacy we can genuinely reminisce, not with the grief of a loss, but, with celebration for a life well-lived.”

Email: dominitorrevillas@gmail.com

THE ROTARY FOUNDATION

Dear Fellow Rotarians,

Our Club will soon be celebrating the 1st 100 Years in June 1,2019.

My personal appeal in behalf of the Club, is for every member who is not yet a Paul Harris Fellow to join the Roster of Paul Harris Fellows, for an initial contribution Php 26,000.00 before May 20,2018. However, we will gladly receive your full contribution of US\$ 1,000.00 or Php 52,000.00 to be recognized as a Paul Harris Fellow.

Let us be living testimonies of Service, not only by being the largest in number of membership within the Philippines, but also the only club to be 100% Paul Harris Fellow in our R.I District 3810.

We hope to raise another US\$ 5,000 to meet our goal of US\$ 60,000 total contribution for this Rotary year before May 20, 2018.

Please prepare your contribution :

Check payee: The Rotary Foundation

Looking forward to your coming up to the call to support The Rotary Foundation.

Yours in Rotary,

Jimmie Policarpio, Jr.
President



TOURISM AWARDS COMMITTEE



The meeting of Tourism Awards Committee held at Jasmine Restaurant last Wednesday May 9, 2018 was hosted by Rtn Farid Schoucair. In attendance were : Chair/ Dir Bobby Joseph, Board Legal Adviser Amading Valdez, PP Francis Juico, Sec Alvin Lacambacal, Director elect Jack Rodriguez and NAITAS Founder Ms Angel Bognot.

BASIC EDUCATION AND LITERACY

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 commitments:

1- PE Susing Pineda	3
2- DE Albert Alday.	2
3- Treas Nicky Villasenor	2
4- AS Rene Policarpio.	1
5- Rtn Romy Nones.	2
6- Pres Jimmie Policarpio	1
7- PVP Roy Golez.	1
8- SAA Dave Reynolds.	1
9- PD Beda Fajardo.	1
10-PD Amading Valdez.	1

Total- 15



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.

INTERCLUB ACTIVITY



DGE Rudy and Lady Sharon Bediones attended **THE ONE PHILIPPINES INTERNATIONAL HUMANITARIAN AWARDS NIGHT** last May 2, 2018 at the Marriott Hotel, Newport City, Pasay.



DGE Rudy and **Lady Sharon Bediones** attended the Birthday Celebration of Rotary Club of San Marcelino PP Arlene Jacobo last May 5, 2018 at the Chef and Brewer Cafe and Restaurant, Blue Baywalk, Pasay City.

SPEAKERS' BUREAU



ISDG/VPE/Dir. Lance Masters was Commencement Speaker at the 19th Commencement Exercises of the University of Perpetual Help Rizal JONELTA Foundation School of Medicine last May 4, 2018 at the Philippine International Convention Center in Pasay City.



PVP ROY GOLEZ INTERVIEWED OVER HEADLINE PHILIPPINES ON ABS-CBN NEWS CHANNEL REGARDING CHINA'S MISSILES INSIDE THE WEST PHILIPPINE SEA

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed over Headline Philippines on the ABS-CBN News Channel last May 5, 2018 regarding China's missiles inside the West Philippine Sea. He said that the Philippines must file a diplomatic protest and not trust China.

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Resty de Quiros, Jr. over DZME Radio last May 7, 2018 regarding China's missiles in the South China Sea. He urged the government to file a diplomatic protest against China for deploying long range anti ship cruise missiles and surface to air missiles in Mischief Reef inside the Exclusive Economic Zone as well as in Fiery Cross Reef and Subi Reef which are both near our Exclusive Economic Zone.





PVP ROY GOLEZ INTERVIEWED OVER CMN ON CHINA AND SOUTH CHINA SEA ISSUES

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Ariel Ayala over CMN Pilipinas on the Catholic Media Network last May 7, 2018 regarding China and South China Sea issues as well as China's missiles in the Spratly's.



PVP ROY GOLEZ INTERVIEWED OVER SONSHINE TV ON CHINA'S DEPLOYMENT OF MISSILES

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Mike Abe over Sonshine TV last May 7, 2018 regarding China's deployment of long range anti-ship cruise missiles and surface to air missiles in Mischief Reef, Fiery Cross Reef and Subi Reef.



PVP ROY GOLEZ INTERVIEWED OVER DWIZ ON CHINA'S MOVE- MENTS IN THE SOUTH CHINA SEA

Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed over DWIZ last May 5, 2018 regarding China's movements in the South China Sea.



PVP ROY GOLEZ INTERVIEWED OVER NET 25 AGUILA ON CHINA'S MISSILES IN THE SOUTH CHINA SEA

Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed by Allan and Glen over Net 25 Radyo Aguila last May 7, 2018 regarding China's missiles in the South China Sea. He said that the Philippines must file a diplomatic protest and secure the support of other countries.



PVP ROY GOLEZ INTERVIEWED OVER SONSHINE RADIO ON CHINA'S MOVEMENTS IN THE SOUTH CHINA SEA

Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed over Sonshine Radio last May 5, 2018 regarding China's movements in the South China Sea.

PUBLIC HEALTH NUTRITION AND CHILD CARE



CARDIO EXERCISES, Part 7 (Bent-over Row)

Elias D. Adamos, M.D.

Bent-over row works all the major muscles of the upper back, as well as the biceps or the arms. This exercise makes use of dumbbells or barbell. For a start, always stay on the safe side to avoid stress and strains on your muscles. Don't use weight that is more than 10% of your body weight.

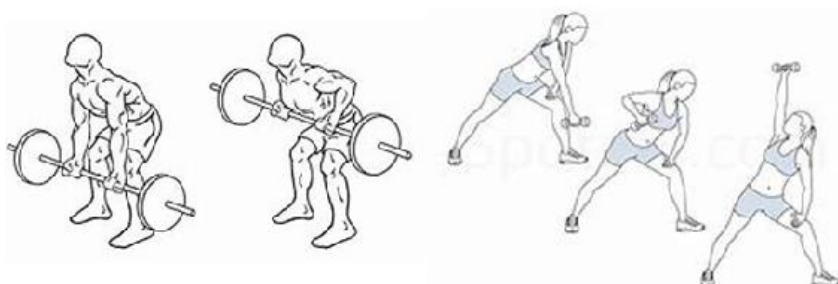


Here's how to do bent-over row with good form

Stand with feet shoulder-width apart, then bend knees and flex forward at the hips (Those who have back problems may support their weight by sitting on an incline bench, facing backward). Tilt your pelvis slightly forward, while engaging your abdominal muscles. Extend your upper spine to add support. Hold dumbbells or barbell or barbell beneath the shoulders with hand about shoulder-width apart. Flex your elbows, and lift both hands towards the sides of your body. Pause, then slowly lower hands to the starting position. It is advisable to beginners to do this exercise without dumbbells or barbell. If you're a beginner and you have other concerns, seek the advice of a fitness trainer. But whether you're a beginner or somebody who has been doing this exercise for quite sometime, be sure your form is safe and correct. Remember: ***"Done with good technique, all exercises do what they're supposed to do."***

Why do you need to do bent-over row exercise?

1. This exercise is the best movement for maximizing overall upper body pulling strength. Bent-over row exercise **helps you build a strong back.**
2. **It improves strength and stamina.** The more you lift, the stronger you get.
3. Bent-over row exercise with dumbbells or barbell gives you a wider and thicker back. It works on the entire upper back. **It defines shape of your upper back and shoulders.**
4. With proper execution, bent-over row also works on the hips and lower back muscles. **It can make your lower back strong as well.**
5. The more repetitions you make, the faster you can lose weight. **Bent-over exercise is also an excellent weight loss exercise.**



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