



Kabalita



No. 3743, May 17, 2018



KABALITA:

The time has come for newsmakers to make the news as their strides become the headlines and their efforts find due recognition at Asia's First Rotary Club.



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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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JIM CHUA**
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BOLLIE BOLTON
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**Secretariat
ANNA KUN TOLEDO**
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PROGRAM

RCM's 41st for RY 2017-18
 May 17, 2018, Thursday, 12N
 New World Makati Hotel Ballroom
 OIC/Moderator : Centennial DE/Dir. "Issam" Eldebs
 Chairman, Journalism Awards Committee

JOURNALISM AWARDS PRESENTATION

PROGRAM TIMETABLE

11:30 PM Registration & Cocktails

12:25 PM Bell to be Rung:

Members and Guests are requested
 to be seated

**Centennial DE/Director
 Issam Eldebs**
 OIC/Moderator
 Chair., Journalism Awards
 Committee

12:30 PM Call to Order

National anthem of the Philippines
 Invocation

A moment of silent prayer for the eternal repose of the soul
 of Rtn. Edgardo J. "Ed" Angara, former Senate President,
 who passed-away recently in the grace of the Lord

RCM Hymn
 The 4-Way Test Credo

Pres. Jimmie Policarpio
RCM WF Music Chorale
AT "Ner" Lonzaga

RCM WF Music Chorale
All Rotarians

12:40 PM Introduction of -

-Guests and Visiting Rotarians
 -Personalities seated at the Head Table
 Welcome Song

AS Rene Policarpio
 Co-Chairman, Journalism
 Awards Committee
RCM WF Music Chorale

12:45 PM Maligayang Bati (Birthday Celebrants)

May 17...Centennial PE/Dir. "Susing" Pineda, Jr.,
 Rtn. "Bebot" Pineda & Centennial DE "Raffy" Alunan ;
 May 19 ...Rtn. "Andy" de Rossi;
 May 21....Rtn. "Monchoy" Garcia;
 May 23....Rtn. "Tonio" Santos, Rtn. "Rick" Zalamea
 Happy Birthday Song

RCM WF Music Chorale

12:50 PM President's Time

Pres. Jimmie Policarpio

1:00 PM Presentation of RCM Journalism Awards
 RY 2017-18

Awarding of Trophies to the Journalism Awardees
 in Tri-media: Print, Television &

Radio Categories;
 brief appreciation remarks by awardees

DE/Dir. Issam Eldebs
 Chairman, Journalism
 Awards Committee

Pres. Jimmie Policarpio;
Dir.-in-Charge Bobby
Joseph; and Centennial
PE/Dir. Susing Pineda

A. Print Category

1. Regional Female Broadcaster of the Year : Ms. Rosemarie Ann Diabordo, DXAB, ABS-CBN Davao &
2. Regional Female Broadcaster of the Year : Ms. Annalisa Burgos, ANC
3. Regional Male Broadcaster of the Year : Mr. James Galay, DXAB, ABS-CBN Davao
4. Regional Male Reporter of the Year : Mr. Ben Jason Tesioma, Sun Star Davao
5. Regional Newspaper of the Year : EDGE Davao
6. Newspaper Female Business Reporter of the Year: Ms. Iris Cecilia Gonzales, The Philippine STAR
7. Newspaper Male Reporter of the Year: Mr. Edu Punay, The Philippine STAR
8. Newspaper Female Opinion Writer of the Year: Ms. Marichu A. Villanueva, The Philippine STAR
9. Newspaper of the Year: Manila Times
10. Lifestyle Magazine of the Year : Philippine Panorama, Manila Bulletin
11. Business Newspaper of the Year : Malaya Business Insight

B. Television Category

1. Television Female Reporter of the Year : Ms. Doris Bigornia, ABS-CBN Channel 2
2. Television Male Reporter of the Year : Mr. RG Cruz, ABS-CBN Channel 2
3. Television Female Broadcaster of the Year : Ms. Luchi Cruz Valdes, TV 5 Network
4. Television Male Broadcaster of the Year : Mr. Ted Failon, ABS-CBN Channel 2
5. Television Station of the Year : ABS-CBN Channel 2

C. Radio Category

1. Radio Female Broadcaster of the Year : Ms. Rowena Salvacion, DZBB, GMA Channel 7
2. Radio Male Broadcaster of the Year : Mr. Vic de Leon Lima, DZMM, ABS-CBN Channel 2
3. Radio Station of the Year : DZEC

- D. Special Award** : Mr. Manuel Mogato, Pulitzer Prize 2018, International Photojournalist; Correspondent, Reuters' Manila Bureau

- E. Journalist of the Year** : Mr. Joseph Morong, GMA Channel 7

2:00 PM Response and meeting adjournment **Pres. Jimmie Policarpio**

#Posterity group photo with the Journalism Awardees

PRESIDENTIAL TIMELINE



May 9, 2018 - DGE Rudy Bediones, PDG Vince Carlos, President Jimmie Policarpio and PE/Dir. Susing Pineda sealed the deal with officials of Okada Manila as the venue for the dinner in honor of RIPE Barry Rassin during his Philippine visit which takes place on July 19, 2018. The said meeting was held at Okada Manila in Parañaque City.

May 10, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez spoke before the Maritime Security Symposium 2018 which was organized and sponsored by the Philippine Navy under Vice Admiral Robert Empedrad, Flag Officer in Command at the AG New World Manila Bay Hotel in Manila. He urged the government to file a diplomatic protest against China's deployment of anti ship cruise missiles and surface to air missiles in Mischief Reef inside the Philippine exclusive economic zone.

- TOWER Awards Chair PP Benny Laguesma and I received a Php 2,000,000.00 donation from the Petron Foundation for The Outstanding Workers of the Republic (TOWER) Awards during the Weekly Luncheon Meeting of the club at The Glasshouse of the New World Makati Hotel in Makati City. Also on hand to witness were Treasurer Nicky Villaseñor and PE/Dir. Susing Pineda.

- The Club Membership Committee held a meeting at the Glasshouse of the New World Makati Hotel in Makati City.

- The Rotary Club of Manila World Famous Chorale held a choir practice at the New World Makati Hotel in Makati City.

- The Club Awards Committee for RY 2017-2018 held a meeting at the Glasshouse of the New World Makati Hotel in Makati City.

- The Rotary Club of Manila Centennial Committee held a meeting at the Gallery 1 of the New World Makati Hotel in Makati City where social media presence was one of the topics discussed among others.

- DGE Rudy Bediones attended the District 3810 Handover Committee Meeting at the Legend Seafood Restaurant in Pasay City. The host club for the Handover Ceremonies is the Rotary Club of Hiyas ng Bacoar.

May 11, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by PDG Tranquil Salvador on PATAKARAN over Net 25 TV, Eagle Broadcasting, regarding the South China Sea security situation.

- Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was a speaker during the Roundtable Discussion on the Quad Security Dialogue (US, India, Japan and Australia) and the Indo Pacific Security Situation hosted by the Albert del Rosario Institute at the Tower Club in Makati City.

May 12, 2018 - DGE Rudy and Lady Sharon Bediones attended the District 3810 Inspiring Presidents' Handover Practice at the Philippine Columbian Association in Paco, Manila.

May 14, 2018 - PE/Dir. Susing Pineda met with the Board of Directors and Officers for RY 2018-2019 regarding the details of the Induction Ball at his residence in Greenhills, San Juan.

May 15, 2018 - DGE Rudy Bediones, IPSDG/IPDCoS/DE/IPD Albert Alday and PP Eric Florentino (Rotary Club of Pasay Ilustrado) held a meeting regarding the Rotary Club of Manila Past Presidents Book at Hizon's in Manila and at the Rotary Club of Manila Secretariat in Manila.

May 16, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Joel Reyes Zobel over DZBB Radio regarding West Philippine Sea issues and China's Militarization of South China Sea Artificial Islands.

- DGE Rudy Bediones met with the Rotaract District Officers for RY 2018-2019 led by DRRE Maria Helene Jovellanos to discuss their plans for RY 2018-2019 at the Legend Seafood Restaurant in Pasay City.

- DGE Rudy Bediones attended the monthly meeting of the Asia Pacific Regional Rotaract Conference (APRRC) Committee at the Legend Seafood Restaurant in Pasay City.

- IPAT Hermie Esguerra launched Philippine made marine tanker, "M/Tkr Maringal" at the Herma Shipyard Complex in Mariveles, Bataan.

May 17, 2018 - Rotary Club of Manila holds its Journalism Awards.

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

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

JOURNALISM AWARDS 2018

ROTARY CLUB OF MANILA HOLDS JOURNALISM AWARDS

The Rotary Club of Manila Journalism Awards has become an immortalized icon in the recognition of the Fourth Estate as a bastion of democracy in the archipelago. The importance of a free press and its role in the shaping of a nation cannot be completely undermined. Hence, with this noble idea in mind, the Rotary Year 1966-1967 saw the birth of a rich heritage culled from Asia's First Rotary Club's resolve to participate in the annual observance of National Press Week. Under the leadership of then President Jose Olbes, the Journalism Awards revolutionized the image of the press in the eyes of the public whose undying vigilance became a continuing inspiration for many a journalist to make the tri-media a medium to discuss issues of national significance. In so doing, the said awards was chosen by the club as The Major Club Project of the Year by the Board of Directors during the Rotary Year 1966-1967. Thereafter, the awards became a major fixture Rotary year after Rotary year. However, with the suppression of press freedom as a consequence of the issuance of Proclamation No. 1081 declaring Martial Law in the country, the club resolved to suspend the said awards in silent protest. With the restoration of press freedom as a result of the EDSA Revolution of 1986 which toppled the dictatorship of President Ferdinand Marcos, the Rotary Club of Manila Journalism Awards once again saw the light of day with the dawn of a new beginning in the country and since then, has become one of the most coveted awards in the archipelago. With this new beginning, the design of the new trophy became imperative and through the tireless efforts of Rotarian Tomas C. Banguis, Jr., a new symbol of vigilance came to being, one composed of a feather pen with flame feathers executed using narra-like wood for the lower half of the pen became the powerful sign of the times of an excelling free press. The "flame/fire" was done with cut-out brass material, while the base is made of narra-like wood with light walnut shiny finish. A plate identifying the winner was done on photo- engraved brass plate, with textured brass nail. The backing for the pen/flame at ¼ clear glass with bevel where the Rotary Club of Manila logo is etched at the glass backing. More than the physical structure of excellence embodied in the new trophy, Past President Leocadio "Edgie" de Asis could not have said it better when he alluded in his book, *Crusade of Service*, that triumph in the Journalism Awards has become a yardstick of prestige for any media outfit as they often mention this triumph in identifying themselves to the public in many a radio broadcast, television program or newspaper. As the years went by, so too were the discerning verdicts in carefully choosing the deserving press as the award giving body has now taken seed in ushering an era of fearless reporting in the tradition of "Service Above Self", a Rotary motto that has since pervaded a meaningful press as the beacon of democracy in the Philippines.

This Rotary Year 2017-2018, the Rotary Club of Manila, the First in Asia, on the doorsteps of its centennial celebration, will hold its Journalism Awards on May 17, 2018, 12:00 pm, at the Ballroom of the New World Makati Hotel in Makati City. The following are this year's awardees in the tri-media:

JOURNALISM AWARDEES

A. Print Category

1. Regional Female Broadcaster of the Year :
Ms. Rosemarie Ann Diaboro,
DXAB, ABS-CBN Davao



2. Regional Female Broadcaster of the Year :
Ms. Annalisa Burgos, ANC



3. Regional Male Broadcaster of the Year :
Mr. James Galay, DXAB,
ABS-CBN Davao



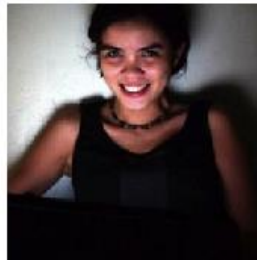
4. Regional Male Reporter of the Year :
Mr. Ben Jason Tesiorna,
Sun Star Davao



5. Regional Newspaper of the Year :
EDGE Davao



6. Newspaper Female Business
Reporter of the Year: Ms. Iris Cecilia
Gonzales, The Philippine STAR



7. Newspaper Male Reporter of
the Year: Mr. Edu Punay,
The Philippine STAR



8. Newspaper Female Opinion Writer of the Year:
Ms. Marichu A. Villanueva, The Philippine STAR



9. Newspaper of the Year: Manila Times

The Manila Times

10. Lifestyle Magazine of the Year :
Philippine Panorama, Manila Bulletin



11. Business Newspaper of the Year :
Malaya Business Insight

**Malaya
Business Insight**

A. Television Category

1. Television Female Reporter of the Year:
Ms. Doris Bigornia, ABS-CBN Channel 2



2. Television Male Reporter of the Year :
Mr. RG Cruz, ABS-CBN Channel 2



3. Television Female Broadcaster of the Year
Ms. Luchi Cruz Valdes, TV 5 Network



4. Television Male Broadcaster of the Year :
Mr. Ted Failon, ABS-CBN Channel 2



5. Television Station of the Year :
ABS-CBN Channel 2



C. Radio Category

1. Radio Female Broadcaster of the Year : Ms. Rowena Salvacion, DZBB, GMA Channel 7



2. Radio Male Broadcaster of the Year:
Mr. Vic de Leon Lima, DZMM, ABS-CBN Channel 2



3. Radio Station of the Year : DZEC



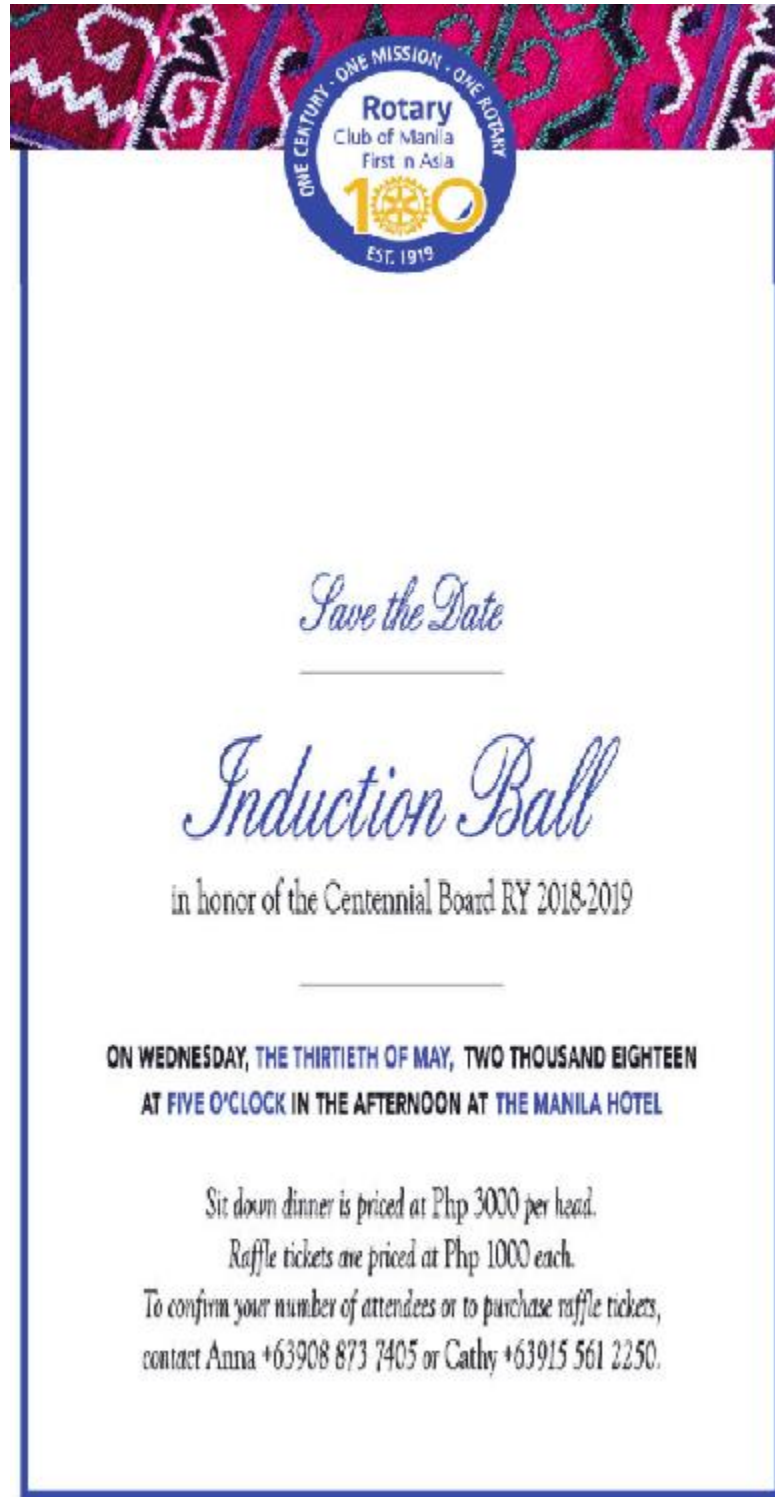
- D. Special Award :
Mr. Manuel Mogato, 2018 Pulitzer Prize,
International Photojournalist, Correspondent,
Reuters' Manila Bureau



- E. Journalist of the Year : Mr. Joseph Morong,
GMA Channel 7



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

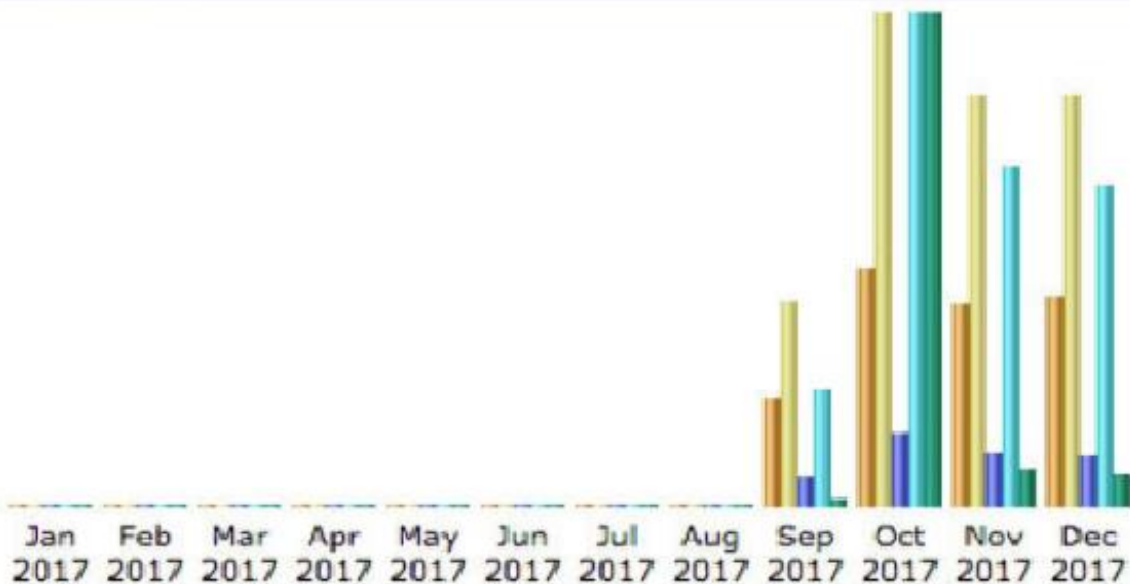
Attire is **Strictly Formal** (Barong Tagalog and Black Pants for Men and Maranao-inspired Filipiniana for Women).

Looking forward to celebrating this milestone with you.

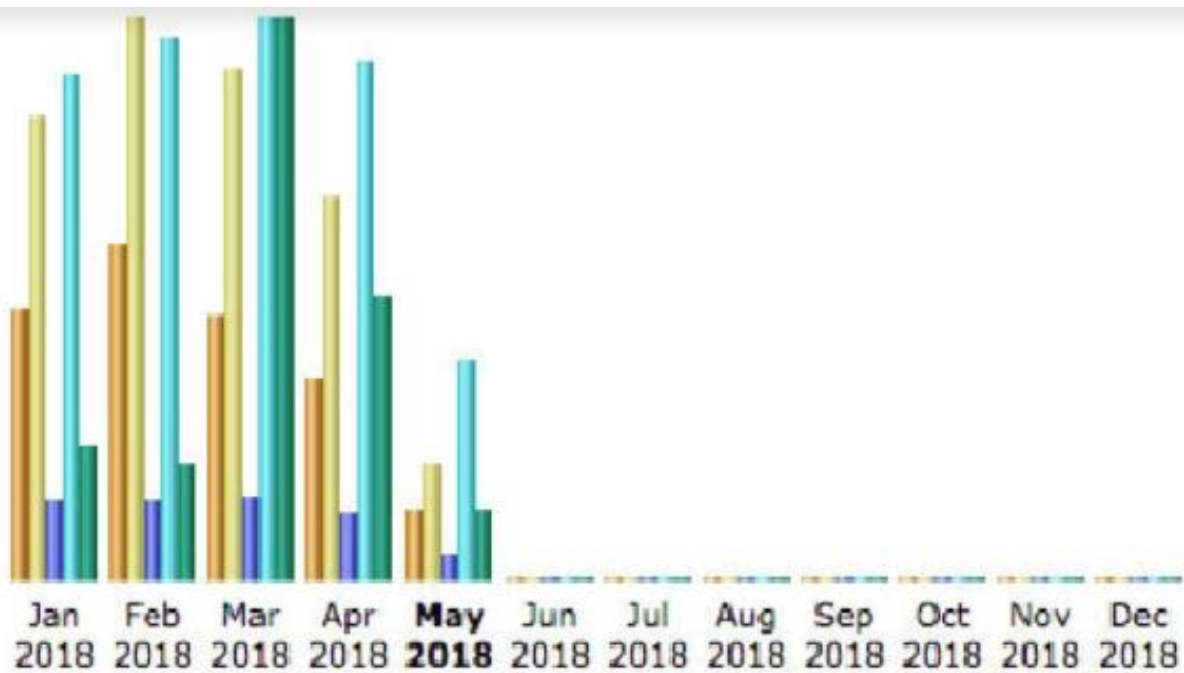
Yours in Rotary,
Jesus M. Pineda, Jr.
President-Elect
Rotary Club of Manila

CLUB ADMINISTRATION

Monthly history



Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan 2017	0	0	0	0	0
Feb 2017	0	0	0	0	0
Mar 2017	0	0	0	0	0
Apr 2017	0	0	0	0	0
May 2017	0	0	0	0	0
Jun 2017	0	0	0	0	0
Jul 2017	0	0	0	0	0
Aug 2017	0	0	0	0	0
Sep 2017	827	1,569	6,970	27,426	2.21 GB
Oct 2017	1,819	3,792	17,369	116,016	136.51 GB
Nov 2017	1,545	3,163	12,870	79,545	10.23 GB
Dec 2017	1,610	3,170	12,025	74,964	8.89 GB
Total	5,801	11,694	49,234	297,951	157.85 GB



Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan 2018	2,214	3,781	16,093	100,709	10.47 GB
Feb 2018	2,732	4,595	15,928	108,510	8.98 GB
Mar 2018	2,155	4,170	16,525	112,499	43.86 GB
Apr 2018	1,656	3,115	13,244	103,269	21.99 GB
May 2018	587	923	4,724	43,909	5.57 GB
Jun 2018	0	0	0	0	0
Jul 2018	0	0	0	0	0
Aug 2018	0	0	0	0	0
Sep 2018	0	0	0	0	0
Oct 2018	0	0	0	0	0
Nov 2018	0	0	0	0	0
Dec 2018	0	0	0	0	0
Total	9,344	16,584	66,514	468,896	90.86 GB

UPDATED PROGRAM CALENDAR OF GUEST SPEAKERS 2018

DATE	PROGRAM PREVIEW OF GUEST SPEAKERS	STATUS
May 24	Mr. Steven T. Tan, EVP/COO, SM Supermalls thru PT Lito Sibayan	Confirmed
May 30 Wednesday	RCM Induction Ball, in honour of the Centennial Board, RY 2018-2019, 5PM, at the Manila Hotel	Confirmed
May 31	<i>NO LUNCHEON MEETING IN VIEW OF MAY 30TH</i>	
June 7	Tourism Awards Luncheon Presentation	Confirmed

THE WEEK THAT WAS...



RCM Pres. “Jimmie” Policarpio and RCFP Pres. “Edwin” Salonga, call the 40th meeting, being a joint meeting between the **Rotary Club of Manila** and **Rotary Club of Forbes Park**, to order.



RCM PP “Archit” Bartolome III, as OIC/Moderator, calls the program of activities.



RCM Rtn. “Tong” Payumo, delivers an ecumenical prayer.



RCFP PP **"Ruben" Torres**, lead fellow Rotarians, in the recitation of the four (4) way test, to renew its commitment to the Rotary movement.



RCM Pres. **"Jimmie" Policarpio** followed by RCFP Pres. **"Edwin" Salonga**, for club announcements, during their respective President's Time.

RCM PP **"Francis" Juico**, does the honor, pleasure and privilege of introducing **Hon. Richard Juico "Dick" Gordon**, Senator, Republic of the Philippines; Chairman, Blue Ribbon Committee, as the guest of honor and speaker.





Sen. Dick Gordon gave Manila Rotarians, Forbes Park Rotarians and guests a glimpse into his take on burning issues hugging the limelight and advocacies that need to be pushed for our country to move forward.



A pro-active public forum immediately followed right after the speech of **Senator Richard Juico “Dick” Gordon**. Among Rotarians who participated were: **Rtn. Ricky Trinidad, Rtn. Hermie Esguerra, Rtn. Marcus Dee, VP Chito Zaldarriaga, PD Beda Fajardo and Rtn. Andy de Rossi.**



RCM Pres. “Jimmie” Polycarpio followed by RCFP Pres. “Edwin” Salonga present the respective token of appreciation to **Senator Richard Juico “Dick” Gordon**, for being the guest of honor and speaker, and meeting adjournment.

WEEKLY BIRTHDAY CELEBRANT/S



presents the birthday celebrants of the week: RCFP PP “Ruben” Torres & Dir. “Art” Pico, for the traditional blowing of candles on the birthday cake, amidst the singing by the **RCM WF Chorale** of the happy birthday song.

VOCATIONAL SERVICE



Rotary Club of Manila President Jimmie Policarpio and TOWER Awards Chair PP Benny Laguesma received a Php 2,000,000.00 donation from the Petron Foundation for The Outstanding Workers of the Republic (TOWER) Awards last May 10, 2018 during the Weekly Luncheon Meeting of the club at The Glasshouse of the New World Makati Hotel in Makati City. Also on hand to witness were Treasurer Nicky Villaseñor and PE/Dir. Susing Pineda.

MUSIC COMMITTEE



The Rotary Club of Manila World Famous Chorale held a choir practice last May 10, 2018 at the New World Makati Hotel in Makati City.

CENTENNIAL NEWS



The Rotary Club of Manila Centennial Committee held a meeting last May 10, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.



ROTARY CLUB OF MANILA HOLDS PAST PRESIDENTS' BOOK MEETING

DGE Rudy Bediones, IPSDG/IPDCoS/DE/IPD Albert Alday and PP Eric Florentino (Rotary Club of Pasay Ilustrado) held a meeting regarding the Rotary Club of Manila Past Presidents Book last May 15, 2018 at Hizon's in Manila and at the Rotary Club of Manila Secretariat in Manila.

CLUB AWARDS COMMITTEE



The Club Awards Committee for RY 2017-2018 held a meeting last May 10, 2018 at the Glasshouse of the New World Makati Hotel in Makati City.

CLUB MEMBERSHIP COMMITTEE



The Club Membership Committee held a meeting last May 10, 2018 at the Glasshouse of the New World Makati Hotel in Makati City.

INDUCTION BALL MEETING



PE/Dir. Susing Pineda met with the Board of Directors and Officers for RY 2018-2019 regarding the details of the Induction Ball last May 14, 2018 at his residence in Greenhills, San Juan.

INTERNATIONAL SERVICE



DGE Rudy Bediones, PDG Vince Carlos, President Jimmie Policarpio and PE/Dir. Susing Pineda sealed the deal with officials of Okada Manila as the venue for the dinner in honor of RIPE Barry Rassin during his Philippine visit which takes place on July 19, 2018. The said meeting was held last May 9, 2018 at Okada Manila in Parañaque City.

BASIC EDUCATION AND LITERACY

YOU REAP WHAT YOU SOW: EDUCATIONAL ASSISTANCE AT ITS FINEST

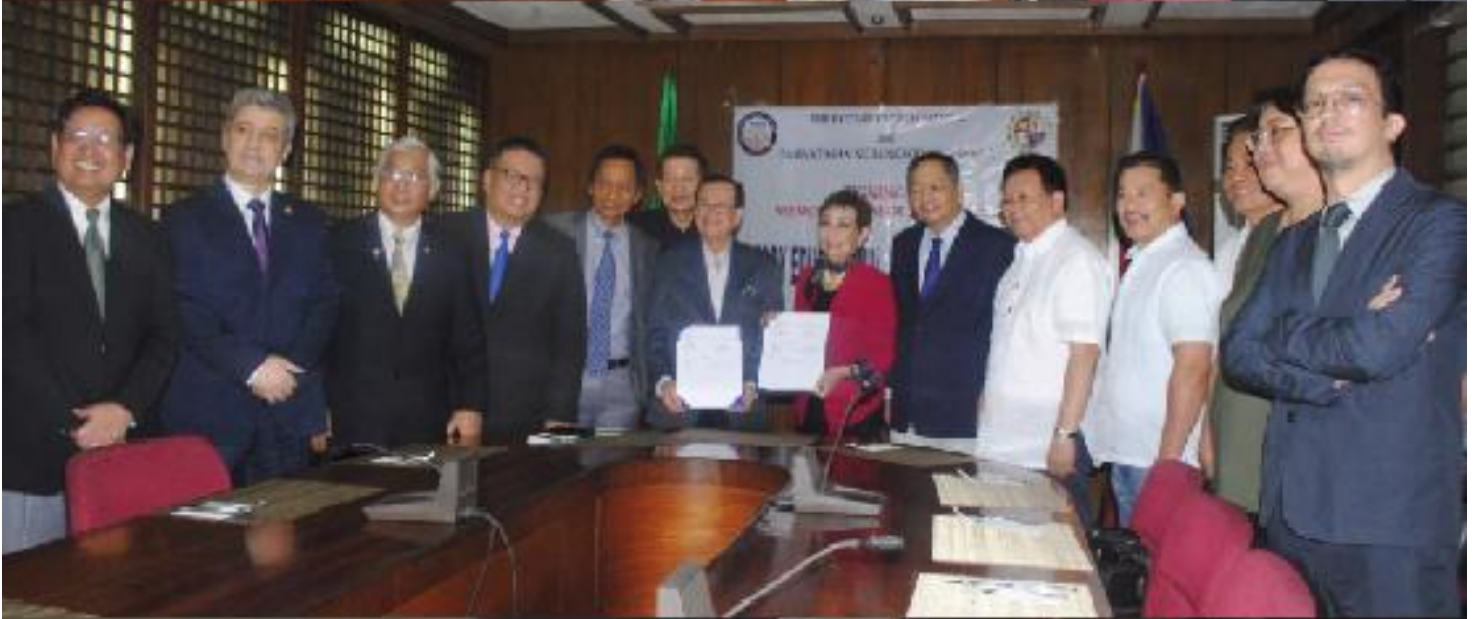
Basic Education and Literacy has been at the forefront of Rotary's Six Areas of Focus and so too, for the finest gentlemen of the Rotary Club of Manila, the First in Asia, whose resolve to assist financially challenged, but, intellectually gifted graduating college students of the Pamantasan ng Lungsod 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



DISTRICT ACTIVITIES



DGE Rudy Bediones attended the **District 3810 Handover Committee Meeting** last May 10, 2018 at the Legend Seafood Restaurant in Pasay City. The host club for the Handover Ceremonies is the Rotary Club of Hiyas ng Bacoar.

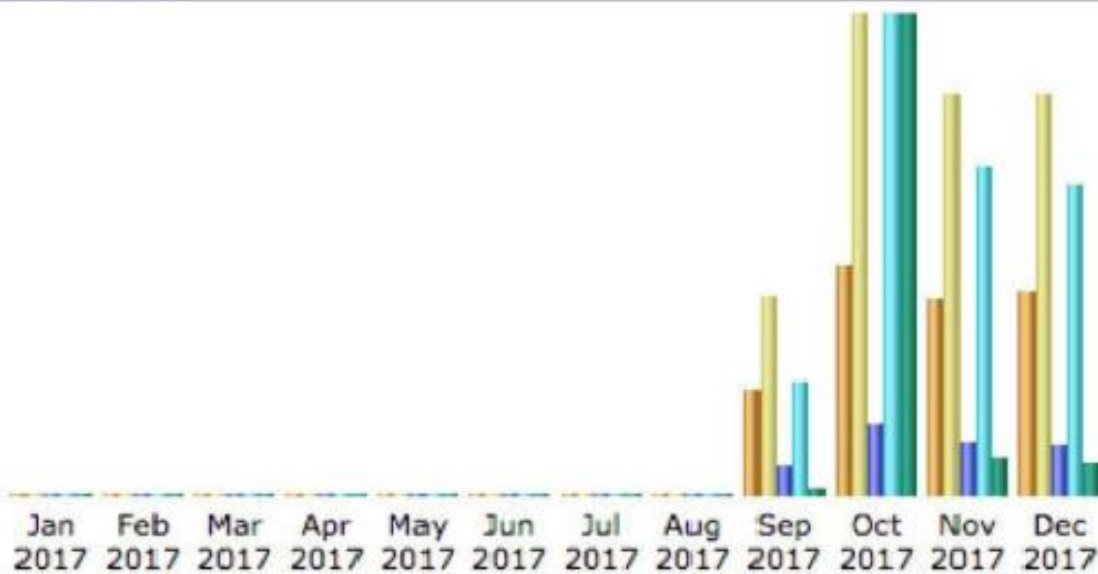


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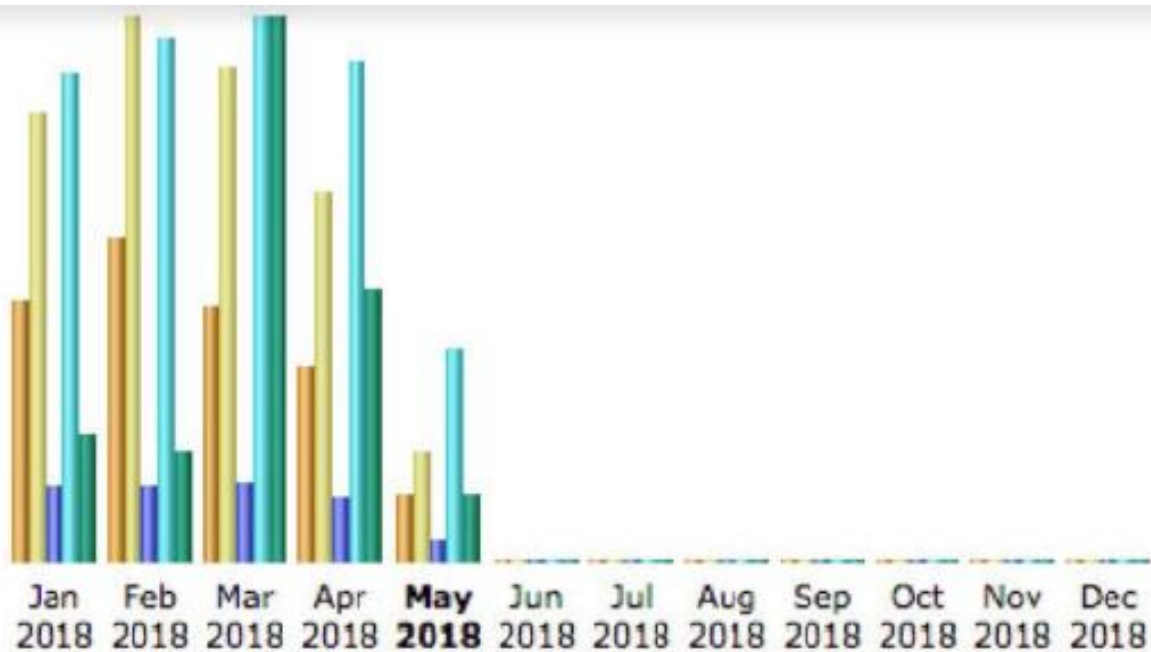
CLUB ADMINISTRATION

DEMOGRAPHICS ON ROTARY CLUB OF MANILA WEBSITE VISITORS AS OF MAY 16, 2018:

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Nov 2018	0	0	0	0	0
Dec 2018	0	0	0	0	0
Total	9,344	16,584	66,514	468,896	90.86 GB

OBITUARY



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

Condole with the family of

Rtn EDGARDO "Ed" J. ANGARA

September 24, 1934- May 13, 2018
RCM member 1995 Paul Harris Fellow 1996
Chairman, Journalism Awards 1998-1999

**passed away peacefully in the grace of our Lord last Monday
May 14, 2018
at the age of 83**



**Body lies in state at the Chapels 6-9, Heritage Park,
Bonifacio Global City, Taguig City**

The remains will be flown to Baler, Aurora on Saturday
May 19, 2018.

Interment will be on Sunday May 20, 2018

**LET US OFFER OUR PRAYERS
FOR THE ETERNAL REPOSE OF THE SOUL OF
Rtn "Ed" ANGARA**

SPEAKERS' BUREAU

PVP ROY GOLEZ INTERVIEWED OVER DZBB ON WEST PHILIPPINE SEA ISSUES AND CHINA'S MILITARIZATION OF SOUTH CHINA SEA ARTIFICIAL ISLANDS

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Joel Reyes Zobel over DZBB Radio last May 16, 2018 regarding West Philippine Sea issues and China's Militarization of South China Sea Artificial Islands.



PVP ROY GOLEZ AT MARITIME SECURITY SYMPOSIUM 2018

Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** spoke before the Maritime Security Symposium 2018 which was organized and sponsored by the Philippine Navy under Vice Admiral Robert Empedrad, Flag Officer in Command last May 10, 2018 at the AG New World Manila Bay Hotel in Manila. He urged the government to file a diplomatic protest against China's deployment of anti ship cruise missiles and surface to air missiles in Mischief Reef inside the Philippine exclusive economic zone.



PVP ROY GOLEZ SPEAKS AT THE ROUNDTABLE DISCUSSION ON QUAD SECURITY DIALOGUE AND INDO PACIFIC SECURITY SITUATION

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was a speaker during the Roundtable Discussion on the Quad Security Dialogue (US, India, Japan and Australia) and the Indo Pacific Security Situation hosted by the Albert del Rosario Institute last May 11, 2018 at the Tower Club in Makati City.



PVP ROY GOLEZ INTERVIEWED OVER NET 25 TV ON SOUTH CHINA SEA SECURITY SITUATION

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by PDG Tranquil Salvador on PATAKARAN over Net 25 TV, Eagle Broadcasting, last May 11, 2018 regarding the South China Sea security situation.

COGS IN THE WHEEL

Anwar invites foreign team to press Putrajaya on polls reforms

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By Clara Chooi

April 26, 2012



Xenophon (second from left) and three members of the team of international observers speak to reporters at Parliament House in Kuala Lumpur on April 26, 2012. — Picture by Jack Ooi

Dean Valdez urged all poll reforms at the Malaysian parliament upon invitation of former Deputy Prime Minister Anwar Ibrahim. He is in the picture with Australian Senator Xenophon during a press conference in Kuala Lumpur.



IPAT Hermie Esguerra launched Philippine made marine tanker, "M/ Tkr Maringal" at the Herma Shipyard Complex last May 16, 2018 in Mariveles, Bataan.

PUBLIC HEALTH NUTRITION AND CHILD CARE



CARDIO EXERCISES, Part 8 (Cycling)

Elias D. Adamos, M.D.

Exercise machines, like mobile phones, get fancier and more sophisticated through the years. There is no limit or shortage of gym equipment that are available to help you lose weight and have a healthy heart. Each year, some new models come out. They're better, bigger, sturdier, etc. They're just like toys. If you like to try an 'old school exercise' that maybe is something new to you, try cycling around the block. Recall those carefree days with your friends. Even the most dusty and rusty bicycle has massive advantage over the most sophisticated and newest gym equipment.



The joy and benefits of cycling

Cycling is a great form of cardiovascular exercise. **It combines the benefits that you can get from running and swimming.** It is an outdoor exercise and is thus a **very interesting type of exercise.** Cycling is practical. **It gets you to places while making you healthy and strong.** Normally, you set aside time for exercise. This means that a specific time is allotted for burning calories and fats. Perhaps you can watch an episode of your favorite television show, watch the news or a movie while riding a stationary bicycle or running on a treadmill, but not much more. In cycling, you can schedule errands and do some other activities, like for example, visiting a friend or a sibling. **It makes you do other things while maintaining a cardiovascular exercise schedule.** Cycling has less impact on the joints, making it **suitable for those with injuries and painful joints.** The bicycle carries your body and when it does, **you have an exercise that doesn't beat up your body.** You can either intensify your exercise by pushing harder and faster on the pedal or just do a slow and easy ride. **You double exercise time and distance when you bike.** You go to a distance or a place and you have to cycle back home, making the distance and time multiplied by two. **Cycling makes the lower body parts strong.** The workload does not end only in the lower body. **Biking is also a good full body workout.**

Downsides of cycling

Although depending on your taste and need, **some bicycles are expensive.** You might also need a comfortable helmet and apparel. Although you don't need to spend much in order to enjoy cycling, there are some people who might need high-end items to motivate them to exercise on their bicycle. **Bicycles also need maintenance** and it might be a hassle on your part in terms of budget and time. Cycling exposes you on the road. You don't always get fresh air in the streets, most especially if you cycle around Metro Manila. And don't forget the drivers and motorcycle riders in the city. Just be careful. **Cycling can expose you to elements and accidents.**

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