



balita



No. 3745, May 24, 2018

RC MANILA BRINGS BACK THE GLORY



THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2017-2018

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Immediate Past President

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ANNA KUN TOLEDO**
Executive Secretary

COUNTDOWN TO INDUCTION BALL



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DISTRICT AWARDS 2018

THE RESURGENCE OF A LEGEND

The District Awards 2018 hosted by the Rotary Club of Manila Premier at the Ballroom of the Sofitel Philippine Plaza Manila last May 22, 2018 could have been just another day at the office so to speak where our club, the Rotary Club of Manila, as expected, would always bring home a cart full of awards for our usual sterling performance that has been our brand of service all Rotary year long. Being always among the top bets in the most outstanding club rat race became familiar ground that often led to defeat in the end by a hairline, a bitter pill which we have come to accept in stride as the proverbial measure of who we were lie in the people whose lives we have touched in furtherance of Service Above Self. Father time witnessed how we blossomed as a heritage club as the air of nostalgia from a glorious past came back like a whirlwind storm that virtually made this year's Rotary theme an ominous sign of what we have collectively accomplished as gentlemen of service. Indeed, Rotary: Making A Difference meant the resurgence of a legend, a Rotary club which was erstwhile perceived to have been weathered by the passing of time, whose fine gentlemen, seasoned as they were, refused to yield to the challenges of the changing times as they turned the tables on their consistent competitors and achieved a windfall beyond our imagination, capping a rare feat it truly deserves, the OVERALL MOST OUTSTANDING CLUB IN ROTARY DISTRICT 3810 and under the abled stewardship of President Jimmie Policarpio, the OVERALL MOST OUTSTANDING CLUB PRESIDENT IN ROTARY DISTRICT 3810, easily the most coveted awards in every Rotary district. Mastering our proverbial waterloo, The Rotary Foundation, worked wonders that saw our club breaking the sound barrier in terms of TRF numbers, a rare achievement which the district took cognizance of. Indeed, today is a great day to be a Manila Rotarian because MAKING A DIFFERENCE is the legacy we have left in humility as the curtains fall on Rotary Year 2017-2018, a year we can so proudly call our own.

Below is the complete list of awards of Asia's First Rotary Club during the DISTRICT AWARDS FOR ROTARY YEAR 2017-2018:

ROTARY CLUB OF MANILA

Area Award Per Category

Best in Community Service Manila Area Category 4
 Best in Club Service Manila Area Category 4
 Best in Vocational Service Manila Area Category 4
 Best in Youth Service Manila Area Category 4
 Best Rotary Information Program Manila Area Category 4
 Best Membership Attendance Manila Area Category 4
 Best in Club Fellowship Manila Area Category 4
 Best in Attendance in Major District Fellowship Manila Area Category 4
 Best Club in Meetings Manila Area Category 4

Best Vocational Awards Project Manila Area Category 4

Best Peace and Conflict Prevention/Resolution Project Manila Area Category 4
 Best Disease Prevention and Treatment Project Manila Area Category 4
 Best Water and Sanitation Project Manila Area Category 4
 Best Maternal and Child Health Project Manila Area Category 4
 Best Basic Education and Literacy Project Manila Area Category 4
 Best Economic and Community Development Project Manila Area Category 4
 Best in Livelihood Project Manila Area Category 4
 Best in Medical and Dental Mission Manila Area Category 4
 Best Rotaract Program Manila Area Category 4
 Best Rotary Club in Media Coverage Manila Area Category 4
 Best Club Bulletin Manila Area Category 4

District Wide Awards

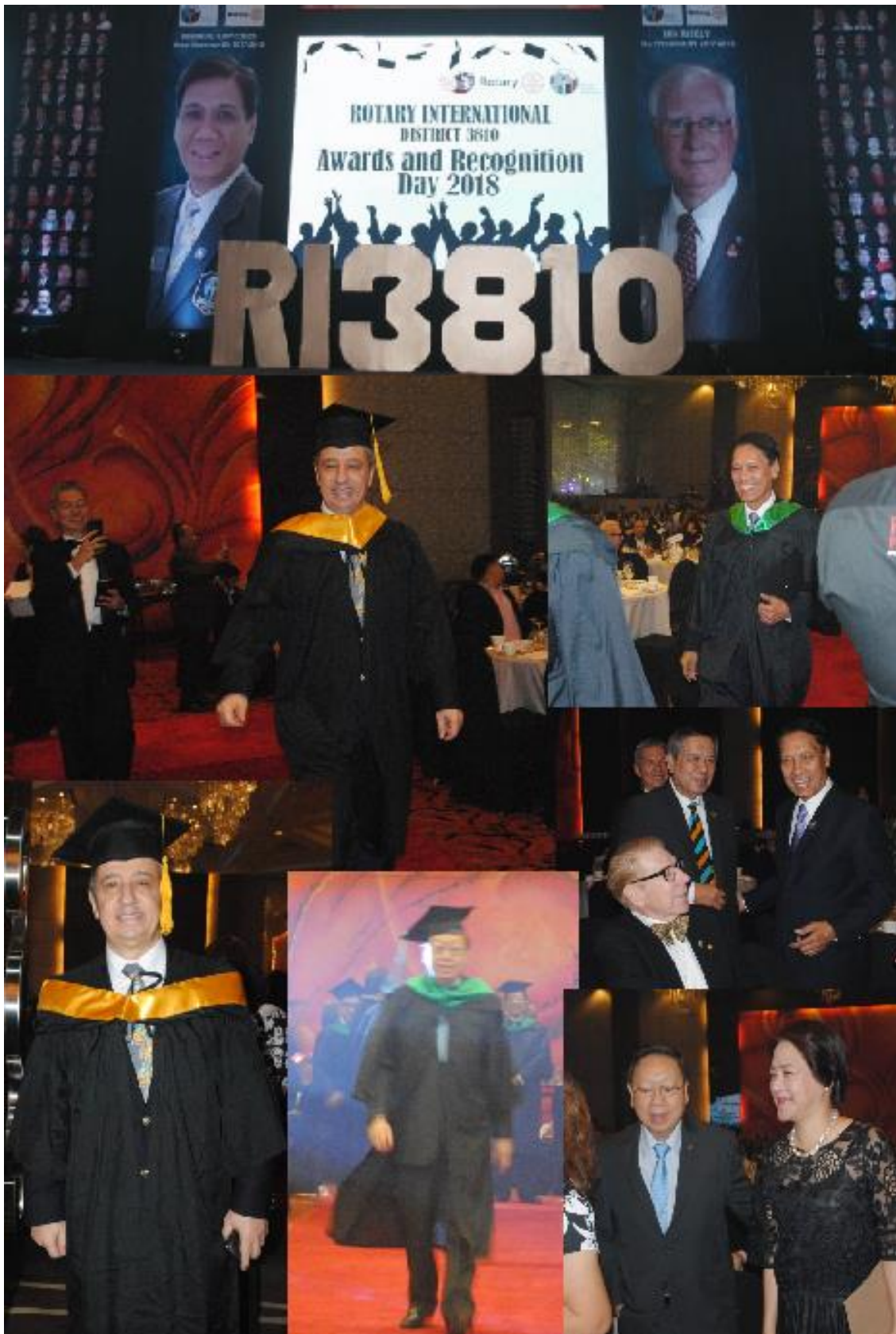
1. Most Outstanding Rotary Club In The District For Highest Contribution To TRF (ABSOLUTE)
2. Most Outstanding Rotary Club In The District For Highest Contribution To TRF (PER CAPITA)
3. Outstanding Rotary Club In TRF Contribution (\$1,000.00 OR OVER OR \$100.00 PER CAPITA OR OVER)
4. Outstanding Rotary Club in Public Imaging
5. Outstanding Participation to the 2018 RI Convention (5 or more registered)
6. Outstanding In Polio Plus Contribution
7. Most No. Of Delegates To DISCON 2018 (INCLUDING SPOUSES)

Major Awards

Most Outstanding Club and Club President (Platinum)
Most Outstanding Club and Club President
(Platinum with Distinction)

OVERALL MOST OUTSTANDING CLUB

OVERALL MOST OUTSTANDING CLUB PRESIDENT

















The other minor awards of the Rotary Club of Manila during the District Awards 2018.







JOURNALISM AWARDS 2018



The Rotary Club of Manila Awardees for 2018 and their respective awards as they hold their trophies with pride for a job well done

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:



The RY 2017-2018 Journalism Awardees as presented and received their respective trophies from Pres. “Jimmie” Policarpio, Centennial Dir.-elect / Dir.-in-Charge “Bobby” Joseph, Jr., Centennial DE/Dir. “Issam” Eldebs, Chairman, Journalism Awards Committee and AT “Ner” Loncaga. Journalist of the Year : Mr. Joseph Morong, GMA Channel 7.



Regional Female Broadcaster of the Year : Ms. Rosemarie Ann Diaboro, DXAB, ABS-CBN Davao; Regional Female Broadcaster of the Year : Ms. Annalisa Burgos, ANC; Regional Male Broadcaster of the Year : Mr. James Galay, DXAB, ABS-CBN Davao



Regional Male Reporter of the Year : **Mr. Ben Jason Tesiorna**, Sun Star Davao; Regional Newspaper of the Year : EDGE Davao with **Mr. Antonio Ajero**, Editor-in-Chief; Newspaper Female Business Reporter of the Year: **Ms. Iris Cecilia Gonzales**, The Philippine STAR; Newspaper Female Opinion Writer of the Year: **Ms. Marichu A. Villanueva**, The Philippine STAR; Newspaper of the Year: Manila Times with **Mr. Dante Francis Ang II**, Pres./CEO; Lifestyle Magazine of the Year : Philippine Panorama, Manila Bulletin with **Mr. Arnel Patawaran**, Editor; Business Newspaper of the Year : Malaya Business Insight with **Ms. Monica Macasaet**, Vice President.



Television Female Reporter of the Year : Ms. Doris Bigornia, ABS-CBN Channel 2 ; Television Male Reporter of the Year : Mr. RG Cruz, ABS-CBN Channel ; Television Male Broadcaster of the Year : Mr. Ted Failon, ABS-CBN Channel 2; Television Station of the Year : ABS-CBN Channel 2, with Mr. Kane Errol C. Choa, Head, Corporate Communications Division, ABS-CBN Corp.



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



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



A posterity group photo of the RCM Journalism Awardees with RCMers' led by Pres. "Jimmie" Policarpio, Centennial Dir.-elect/Dir.-in-Charge "Bobby" Joseph, Jr., Centennial DE/Dir. "Issam" Eldebs, Chairman, Journalism Awards Committee.

INVITATION



LIST OF RCM OFFICERS FOR R.Y. 2018-2019

PRES.-ELECT	JESUS M. PINEDA
PRESIDENT	JIMMIE POLICARPIO
VICE-PRES. -ELECT	LANCE MASTERS
DIRECTOR-ELECT	RAFFY ALUNAN
DIRECTOR-ELECT	ALBERT ALDAY
DIRECTOR-ELECT	ISSAM ELDEBS
DIRECTOR-ELECT	CALOY REYES
DIRECTOR-ELECT	BOBBY JOSEPH
DIRECTOR-ELECT	JACKIE RODRIGUEZ
INCOMING SECRETARY	ALVIN LACAMBACAL
INCOMING TREASURER	NICKY VILLASEÑOR
INCOMING SGT-AT-ARMS	DAVE REYNOLDS
INCOMING BOARD LEGAL ADVISER	AMADING VALDEZ
INCOMING ASST. SECRETARY	RENE POLICARPIO
INCOMING ASST. TREASURER	NER LONZAGA/ JASON ONG

PROFILE OF GUEST SPEAKER



KABALITA

Let the Mall Guru showcase why SM's got it all in retailing as he makes a truly #aweSM experience at Asia's First Rotary Club.

STEVEN T. TAN

Executive Profile

STEVEN TAN, Chief Operating Officer of SM Supermalls handling mall properties in the Philippines and China.

Acquired his Degree of Masters in Business Administration from Paris School of Management.

Began his career in Hospitality Management from 1990-1998 in Taipei, Taiwan with the Howard Plaza Hotel; Moved to Shanghai, China to form part of the opening team of the Barcelo Grand Hotel; Returned to the Philippines in 2001 to work as Regional Director of Marketing and Communications for FilBarcelo, handling external affairs for the group that included Pearl Farm, Punta Fuego and Taal Vista Hotel.

Joined SM in 2004 handling mall operations for The Podium and on January 2006 led the launch and operations of SM Mall of Asia. His oversight was extended to the Premier Malls Division composed of SM Mall of Asia, SM Megamall, SM City North Edsa and SM's China mall properties.

On May 2013, opened SM Aura Premier, SM's foray in upscale mall positioning. Since April 2014, Mr. Tan handles operations for SM Supermalls in both Philippines and China in his capacity as Senior Vice President and is currently handling the Business Unit as Chief Operating Officer.

PRESIDENTIAL TIMELINE



May 17, 2018 - The World Famous Music Chorale held a choir practice at the Ballroom of the New World Makati Hotel in Makati City to practice the songs to be sung during the inaugural of PE/Dir. Susing Pineda.

May 18, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Atty. Bruce Rivera, Atty. Jess Falcis and Meanne Los Baños over Radyo Singko of TV5 regarding China's continuous assertion of sovereignty over West Philippine Sea and the non-action of the government on this.

May 20, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Stanley Palisada over ANC regarding the West Philippine Sea.

May 21, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Cesar Chavez over DZRH regarding the West Philippine Sea.

-Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was quoted on the Washington Post.

-The Hospicio de San Jose Special Children Committee led by its Chairman, PD Phillip Ong, held its annual Summer Outing for the special children at the Pasig Rainforest Park in Pasig City. The swimming activity served as a relief from the summer heat and the cloistered Hospicio compound. It likewise afforded these special children a form of social bonding and physical activity therapy as well. These children look forward each year to this whole day outdoor activity which starts with a 7am pick up at the Ayala Bridge compound and which lasts until 5pm.

-The World Famous Music Chorale held a choir practice at the W Global Center in Bonifacio Global City, Taguig to practice the songs to be sung during the inaugural of PE/Dir. Susing Pineda. The group is under choir master Prof. Domino Marcos.

May 22, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Den Macaranas on the program, "Good Morning Inquirer", over Radio Inquirer and Inquirer 990 TV regarding the West Philippine Sea, specifically, the deployment by China of nuclear capable bombers in the South China Sea.

-Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Thogs Naniong on the program, "Agenda ng Bayan", over Radyo Pilipinas regarding the reported deployment by China of strategic bombers in the Paracels. He urged the government to file a diplomatic protest.

-Rotary Club of Manila took home a windfall of awards capping it with the OVERALL MOST OUTSTANDING CLUB and the OVERALL MOST OUTSTANDING CLUB PRESIDENT of DISTRICT 3810 at the Ballroom of the Sofitel Philippine Plaza Manila in Pasay City. This was attended by members of the club which included Directors and Officers.

May 23, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was speaker at Marichu Villanueva's Kapihan sa Manila Bay at the Cafe Adriatico, Remedios Circle, Manila.

-Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Bro. Eddie Villanueva on the program, “Diyos At Bayan” regarding the South China Sea and the reported deployment by China of long range missiles and strategic bombers.

-DGE Rudy Bediones had lunch with four District Governors-Elect at Okada Manila in Parañaque City.

May 24, 2018 - Rotary Club of Manila welcomes Mr. Steven Tan, Senior Vice President and Chief Operating Officer, SM Supermalls’ Business Unit and SM Supermalls’ Operations in the Philippines and China Branches to talk about the future of retailing in the Philippines and in Asia.

-Club Awards Committee Meeting, 10:30 am, Glasshouse of the New World Makati Hotel in Makati City

-AVR shoot, 11:00 am, New World Makati Hotel, Makati City

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

-Regular Meeting of the Board of Directors for RY 2017-2018 for the month of May, 2:00 pm, Gallery 1, New World Makati Hotel, Makati City

-Inaugural Meeting, 3:30pm, Gallery 1, New World Makati Hotel, Makati City.

UPDATED PROGRAM CALENDAR OF GUEST SPEAKERS 2018

DATE	PROGRAM PREVIEW OF GUEST SPEAKERS	STATUS
May 30 Wednesday	RCM Induction Ball in honour of the Centennial Board, RY 2018-2019, at the Manila Hotel, 5PM. Sit down dinner priced at P3,000 per head. Raffle Tickets priced at P1,000 each.	Confirmed
May 31	<i>NO LUNCHEON MEETING IN VIEW OF MAY 30TH</i>	
June 7	Tourism Awards Luncheon Presentation	Confirmed

THE WEEK THAT WAS



Pres. “Jimmie” Policarpio calls the 41st meeting, being the *Rotary Club of Manila Journalism Awards Presentation*, to order. He then turned-over the program proceedings to OIC/Program Moderator, **Centennial DE/Dir. “Issam” Eldebs**, Chairman, Journalism Awards Committee.



Centennial DE/Dir. “Issam” Eldebs calls the program of activities.



AT “Ner” Lonzaga delivers an ecumenical prayer.



AS "Rene" Policarpio, Co-Chairman, Journalism Awards Committee, introduces the guests, visiting Rotarians and personalities seated at the presidential table.



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

RCM WEEKLY BIRTHDAY CELEBRANT/S



Pres. “Jimmie” Policarpio presents the lone birthday celebrant of the week in attendance : **Rtn. “Andy” de Rossi**, for the traditional blowing of candle on the birthday cake, amidst the singing by the **RCM WF Chorale** of the happy birthday song

MUSIC COMMITTEE



The World Famous Music Chorale held a choir practice last May 17, 2018 at the Ballroom of the New World Makati Hotel in Makati City to practice the songs to be sung during the inaugural of PE/Dir. Susing Pineda.





The World Famous Music Chorale held a choir practice last May 21, 2018 at the W Global Center in Bonifacio Global City, Taguig to practice the songs to be sung during the inaugural of PE/Dir. Susing Pineda. The group is under choir master Prof. Domino Marcos.

NEW GENERATIONS SERVICE



DGE Rudy Bediones and **PP Winston Ongchingke** (Rotary Club of Liwasang Bonifacio Manila) met with the Rotaract District Officers for RY 2018-2019 led by DRRE Maria Helene Jovellanos to discuss their plans for RY 2018-2019 last May 16, 2018 at the Legend Seafood Restaurant in Pasay City.

FELLOWSHIP



DGE Rudy Bediones had lunch with four (4) District Governors-Elect last May 23, 2018 at Okada Manila in Parañaque City.

MATERNAL AND CHILD HEALTH



The Hospicio de San Jose Special Children Committee led by its **Chairman, PD Phillip Ong**, held its annual Summer Outing for the special children last May 21, 2018 at the Pasig Rainforest Park in Pasig City. The swimming activity served as a relief from the summer heat and the cloistered Hospicio compound. It likewise afforded these special children a form of social bonding and physical activity therapy as well. These children look forward each year to this whole day outdoor activity which starts with a 7ampick up at the Ayala Bridge compound and which lasts until 5pm.

VOCATIONAL SERVICE

(THE PHILIPPINE STAR, MAY 20, 2018, PAGE 1)



(MANILA BULLETIN, MAY 20, 2018, PAGE E1)

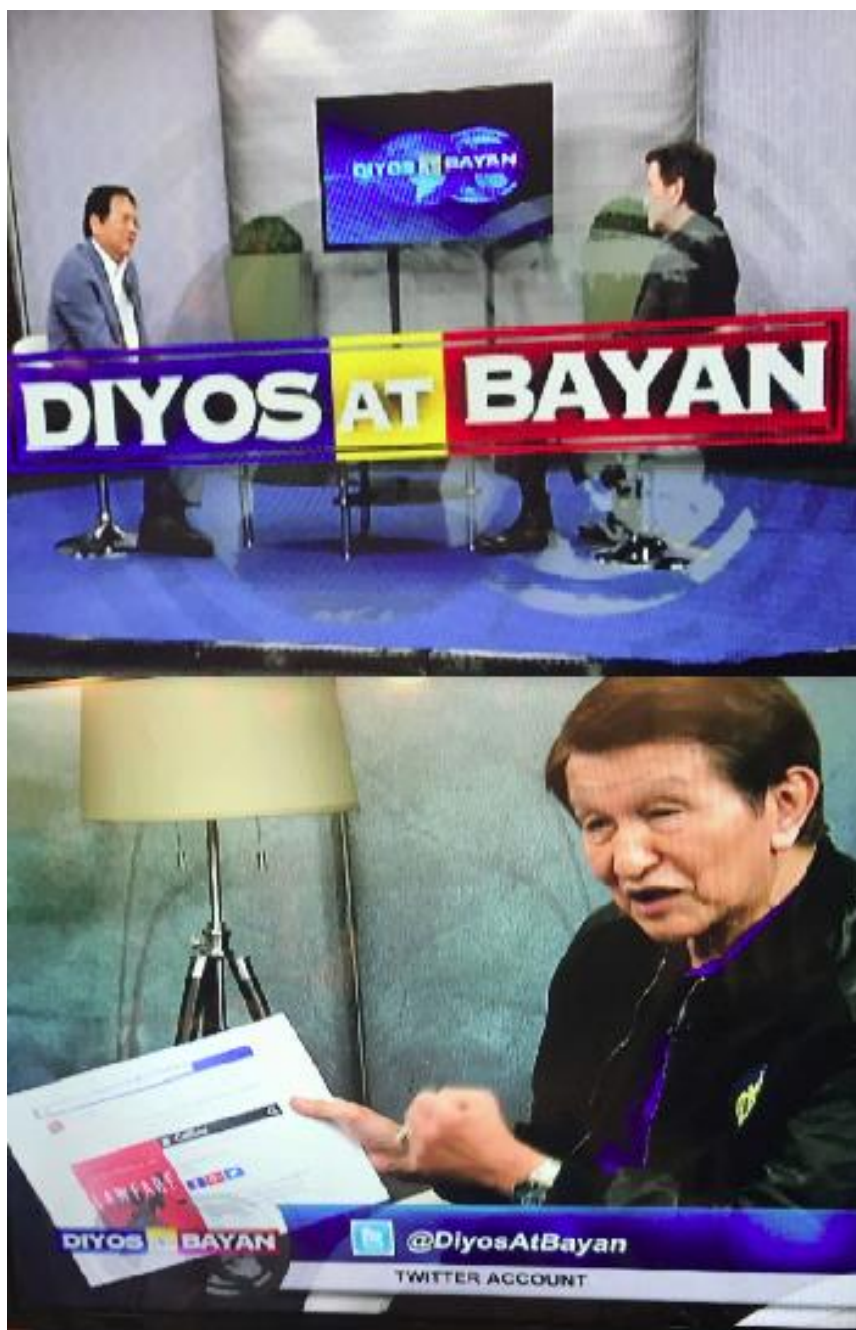


SPEAKERS BUREAU



PVP ROY GOLEZ PARTICIPATES IN MARITIME FORUM ON CHINA'S MILITARIZATION OF THE ARTIFICIAL ISLANDS IN THE SOUTH CHINA SEA

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez participated in the Maritime Forum last May 18, 2018 at the Philippine Navy Headquarters along Roxas Boulevard in Manila. He briefed the Forum on China's militarization of the artificial islands in the South China Sea. He likewise expressed concern that China's next step could be the deployment of 24 J-11 combat planes on each of the three big artificial islands, including, Mischief Reef which is located inside the Philippine exclusive economic zone. According to him, the government must file a strong diplomatic protest.



PVP ROY GOLEZ INTERVIEWED ON DIYOS AT BAYAN ON THE SOUTH CHINA SEA AND CHINA'S DEPLOYMENT OF MISSILES AND BOMBERS

FORMER NATIONAL SECURITY ADVISER AND FORMER PARAÑAQUE REPRESENTATIVE PVP ROY GOLEZ WAS INTERVIEWED BY BRO. EDDIE VILLANUEVA ON THE PROGRAM, "DIYOS AT BAYAN" LAST MAY 23, 2018 REGARDING THE SOUTH CHINA SEA AND THE REPORTED DEPLOYMENT BY CHINA OF LONG RANGE MISSILES AND STRATEGIC BOMBERS.



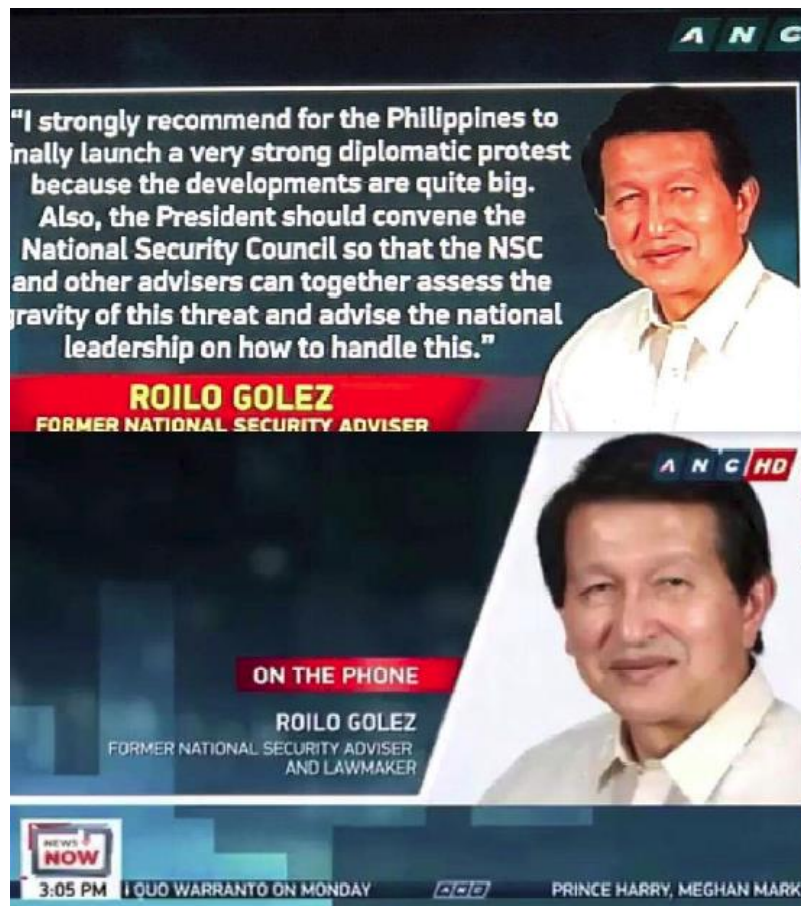
PVP ROY GOLEZ INTERVIEWED OVER DZRH ON WEST PHILIPPINE SEA

FORMER NATIONAL SECURITY ADVISER AND FORMER PARAÑAQUE REPRESENTATIVE PVP ROY GOLEZ WAS INTERVIEWED BY CESAR CHAVEZ OVER DZRH LAST MAY 21, 2018 REGARDING THE WEST PHILIPPINE SEA. ACCORDING TO HIM, WE MUST PROTEST THE DEPLOYMENT OF CHINESE BOMBERS IN THE PARACELS INSIDE THE SOUTH CHINA SEA AS CHINA'S BOMBERS CONSTITUTE A CLEAR AND PRESENT DANGER TO THE PHILIPPINES AS WELL AS TO OUR FRIENDS AND ALLIES IN THE AREA. HE SAID THERE IS AN URGENCY TO ACT NOW AND THAT THE NATIONAL SECURITY COUNCIL MUST BE CONVENED TO ASSESS THE NATIONAL SECURITY THREAT AND WHAT ACTIONS SHOULD BE TAKEN. FURTHER, HE SAID THAT IF MALACANANG AND THE DFA STILL DO NOT HAVE A ROBUST RESPONSE, WHICH SHOULD BE AT LEAST A STRONG DIPLOMATIC PROTEST AND CONSULTATION WITH THE GOVERNMENTS OF THE OTHER AFFECTED COUNTRIES, THE PHILIPPINE SENATE MUST HOLD A HEARING TO ASSESS THE NATIONAL SECURITY SITUATION AND CRAFT A RESOLUTION TO URGE THE EXECUTIVE BRANCH TO TAKE CERTAIN COURSES OF ACTION TO ADDRESS THE SECURITY THREAT.



PVP ROY GOLEZ INTERVIEWED OVER RADIO INQUIRER AND INQUIRER 990 TV ON WEST PHILIPPINE SEA

FORMER NATIONAL SECURITY ADVISER AND FORMER PARAÑAQUE REPRESENTATIVE PVP ROY GOLEZ WAS INTERVIEWED BY DEN MACARANAS ON THE PROGRAM, "GOOD MORNING INQUIRER", OVER RADIO INQUIRER AND INQUIRER 990 TV LAST MAY 22, 2018 REGARDING THE WEST PHILIPPINE SEA, SPECIFICALLY, THE DEPLOYMENT BY CHINA OF NUCLEAR CAPABLE BOMBERS IN THE SOUTH CHINA SEA. HE SAID THAT THE PHILIPPINES SHOULD FILE A DIPLOMATIC PROTEST AND USE LAWFARE, A TERM COINED WHICH ALLUDES TO THE USE OF THE RULE OF LAW IN FIGHTING AN ENEMY, TO FIGHT CHINA SINCE THE LAW IS ON OUR SIDE.



PVP ROY GOLEZ INTERVIEWED OVER ANC ON WEST PHILIPPINE SEA

FORMER NATIONAL SECURITY ADVISER AND FORMER PARAÑAQUE REPRESENTATIVE PVP ROY GOLEZ WAS INTERVIEWED BY STANLEY PALISADA OVER ANC LAST MAY 20, 2018 REGARDING THE WEST PHILIPPINE SEA. ACCORDING TO HIM, WE MUST PROTEST THE DEPLOYMENT OF CHINESE BOMBERS IN THE PARACELS INSIDE THE SOUTH CHINA SEA AS CHINA'S BOMBERS CONSTITUTE A CLEAR AND PRESENT DANGER TO THE PHILIPPINES AS WELL AS TO OUR FRIENDS AND ALLIES IN THE AREA. HE SAID THERE IS AN URGENCY TO ACT NOW AND THAT THE NATIONAL SECURITY COUNCIL MUST BE CONVENED TO ASSESS THE NATIONAL SECURITY THREAT AND WHAT ACTIONS SHOULD BE TAKEN. FURTHER, HE SAID THAT IF MALACANANG AND THE DFA STILL DO NOT HAVE A ROBUST RESPONSE, WHICH SHOULD BE AT LEAST A STRONG DIPLOMATIC PROTEST AND CONSULTATION WITH THE GOVERNMENTS OF THE OTHER AFFECTED COUNTRIES, THE PHILIPPINE SENATE MUST HOLD A HEARING TO ASSESS THE NATIONAL SECURITY SITUATION AND CRAFT A RESOLUTION TO URGE THE EXECUTIVE BRANCH TO TAKE CERTAIN COURSES OF ACTION TO ADDRESS THE SECURITY THREAT.



PVP ROY GOLEZ INTERVIEWED OVER RADYO SINGKO OF TV5 ON CHINA'S ASSERTION OF SOVEREIGNTY OVER WEST PHILIPPINE SEA

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Atty. Bruce Rivera, Atty. Jess Falcis and Meanne Los Baños over Radyo Singko of TV5 last May 18, 2018 regarding China's continuous assertion of sovereignty over West Philippine Sea and the non-action of the government on this.

PVP ROY GOLEZ INTERVIEWED OVER RADYO PILIPINAS REGARDING DEPLOYMENT BY CHINA OF STRATEGIC BOMBERS IN THE PARACELS



FORMER NATIONAL SECURITY ADVISER AND FORMER PARAÑAQUE REPRESENTATIVE PVP ROY GOLEZ WAS INTERVIEWED BY THOGS NANIONG ON THE PROGRAM, "AGENDANG BAYAN", OVER RADYO PILIPINAS LAST MAY 22, 2018 REGARDING THE REPORTED DEPLOYMENT BY CHINA OF STRATEGIC BOMBERS IN THE PARACELS. HE URGED THE GOVERNMENT TO FILE A DIPLOMATIC PROTEST.

PVP ROY GOLEZ PARTICIPATES IN MARITIME FORUM ON CHINA'S MILITARIZATION OF THE ARTIFICIAL ISLANDS IN THE SOUTH CHINA SEA



FORMER NATIONAL SECURITY ADVISER AND FORMER PARAÑAQUE REPRESENTATIVE PVP ROY GOLEZ PARTICIPATED IN THE MARITIME FORUM LAST MAY 18, 2018 AT THE PHILIPPINE NAVY HEADQUARTERS ALONG ROXAS BOULEVARD IN MANILA. HE BRIEFED THE FORUM ON CHINA'S MILITARIZATION OF THE ARTIFICIAL ISLANDS IN THE SOUTH CHINA SEA. HE LIKewise EXPRESSED CONCERN THAT CHINA'S NEXT STEP COULD BE THE DEPLOYMENT OF 24 J-11 COMBAT PLANES ON EACH OF THE THREE BIG ARTIFICIAL ISLANDS, INCLUDING, MISCHIEF REEF WHICH IS LOCATED INSIDE THE PHILIPPINE EXCLUSIVE ECONOMIC ZONE. ACCORDING TO HIM, THE GOVERNMENT MUST FILE A STRONG DIPLOMATIC PROTEST.

COGS IN THE WHEEL

PVP ROY GOLEZ QUOTED ON THE WASHINGTON POST

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was quoted on the Washington Post last May 21, 2018:

“Why are we so timid in the face of China’s missile and bomber diplomacy?” asked former national security adviser Roilo Golez. “The world is watching and our response, hat in hand, is a vague ‘diplomatic action.’”

MANILA TAKES NON-CONFRONTATIONAL STAND VS CHINA IN SEA FEUD



FILE - In this May 18, 2018, file photo, a protester shouts slogans during a rally at the Chinese Consulate to protest China's deployment of missiles on the Philippine-claimed reefs in South China Sea Friday, May 18, 2018 in the financial district of Makati city east of Manila, Philippines. The Philippines says it is taking "appropriate diplomatic action" to protect its South China Sea territorial claims, after China landed bombers on one of the islands it controls. (Dullit: Marcuez, File/Associated Press)

By Jim Gomez | AP May 21

MANILA, Philippines — The Philippine government is taking “appropriate diplomatic action” to protect its claims in the South China Sea but did not elaborate or name China in a non-confrontational policy that immediately sparked criticism.

China landed long-range bombers on one of its occupied islands in the disputed sea for the first time last week, underscoring its ability to strike across Southeast Asia and beyond and setting off international concern. A Pentagon spokesman said late last week China’s “militarization” of disputed areas destabilizes the region.

The Philippine Department of Foreign Affairs reiterated Monday that the government is committed to protecting “every single inch” of its territory and areas where it has sovereign rights. But it added that its responses to certain developments might not be publicized.

“While appropriate language, whether expressions of condemnation or concern, over certain developments are clearly conveyed through diplomatic channels, it is not our policy to publicize every action taken by the Philippine government whenever there are reported developments taking place,” the department said.

"Moving forward, we are taking a different approach to avoid any drawbacks and challenges," the statement added.

Asked to react about China's deployment of the long-range bombers, presidential spokesman Harry Roque later told a news conference, "We express our serious concerns anew on its impact on constructive efforts to maintain peace and stability in the region."

Former Philippine Foreign Secretary Albert del Rosario, who spearheaded a legal challenge to China's vast territorial claims in an international arbitration case that the Philippines largely won in 2016, urged Filipinos to ask President Rodrigo Duterte "to be more proactive and assertive in defending what is ours." A survey, he said, has shown that most Filipinos want the Philippines to assert its sovereign rights upheld by the 2016 arbitration ruling.

"Why are we so timid in the face of China's missile and bomber diplomacy?" asked former national security adviser Roilo Golez. "The world is watching and our response, hat in hand, is a vague 'diplomatic action.'"

After becoming president nearly two years ago, Duterte took steps to thaw the Philippines' frosty ties with China over the sea disputes in an effort to secure Chinese infrastructure funds and investment while often criticizing security policies of the United States, his country's treaty ally.

Duterte refused to immediately demand Chinese compliance to a landmark 2016 arbitration ruling that invalidated China's claims to virtually all of the South China Sea on historical grounds and upheld the Philippines' sovereign rights to vast stretches of waters. He has repeatedly declared that he will not engage China in an armed confrontation.

"We are opposed to war, as we should be," del Rosario said. "But if threatened by the use of force, we should be ready to inflict, at the very least, a bloody nose on any attacker who is out to harm us," del Rosario said, adding that the acquisition of India's anti-warship Brahmos cruise missiles, for example, could be a good starting point to bolster the Philippine military's defense capability.

The Duterte administration has also muted criticisms of China's increasingly assertive actions in the disputed territories, including the installation of missile defense systems on seven islands it built on disputed reefs close to other areas occupied by rival claimants, including the Philippines, Vietnam, Taiwan and Malaysia.

The long-range bombers involved in the recently reported exercise would have all of Southeast Asia in range. They reportedly landed on Woody Island, China's largest base in the Paracel Islands, which are also claimed by Vietnam and Taiwan.

INSURANCE COMMISSION RENEWS LICENSE OF PP ARCHIT BARTOLOME'S DESTINY FINANCIAL PLANS

(MANILA BULLETIN, MAY 19, 2018)



INSURANCE COMMISSION RENEWS LICENSE OF DFP – Destiny Financial Plans (DFP), a boutique pre-need company specializing on memorial or life plans receives its 2018 license to operate as a pre-need company from the Insurance Commission. It recently forged a partnership with the principals of Holy Gardens Memorial (HGM) and Ang Uno Gardens (AUG) in terms of marketing and equity participation which makes DFP competitive. HGM and AUG own and operate several memorial parks all over the country. Insurance Commissioner Dennis B. Funa (left) presents DFP's 2018 license to Arsenio 'Archit' Bartolome, Chairman of DFP.

PUBLIC HEALTH NUTRITION AND CHILD CARE



CARDIO EXERCISES, Part 9 (Swimming)

Elias D. Adamos, M.D.

To many, swimming is another favorite form of cardiovascular exercise. **It is a great full body workout.** Swimmers have generally more toned bodies compared to runners. **Swimming is a low impact cardio exercise.** It has no impact on the knees compared to running or jogging. Runners lose a lot of weight in their upper body, resulting to a thin, “mick jagger-like” upper body; whereas swimmers show more defined shoulders and well-shaped arms. If you’re hurting from an injury, swimming is an aid for you to recover from it rather than worsen the condition.

Benefits and advantages in swimming

Swimming is a great **aerobic exercise**. Your heart will keep pumping as you use your entire body to move through the water. **Swimming makes you more flexible.** Water has 12 times more resistance than air. Swimming is thus a **very good strength exercise**. The use of paddles and kickboard give extra resistance. **Age is not a disadvantage in swimming.** Even if you’re a senior yet still competitive, you can join in and compete in your age group. Swimming therefore **promotes confidence and sportsmanship**. If you don’t like getting sweaty or you like to protect your face from the sun, **indoor pools can fight heat and warm and humid temperature, and can protect your skin from premature aging and wrinkles.** If the water is warm, like in a hot pool, it can have a soothing effect on your body. If you have a pool in your house, you can even exercise at home. On the opposite, if you like the outdoors and the sun, you can swim in open pool, river, and lake. No equipment is needed in swimming. Just the swimwear: swimsuit, shorts and trunks, apart from the optional goggles, kickboard and paddles. Swimming is **also good in pregnant women** who are suffering from joint pains. **People who have arthritis will benefit from swimming. It is also a good diabetic, stroke, and hypertension supportive therapy.** Swimming can lower cholesterol and blood sugar levels. Swimming is a calorie and fat burning activity and is therefore a **good weight loss exercise**.

The regimen

Plan on doing 2 ½ hours of swimming per week. Do a low or medium intensity swimming if you’re just starting. You can combine swimming with other cardiovascular exercises.

Downsides to swimming

Of course, swimming obviously requires that you’ve got to have access to a swimming pool. Some people don’t like the smell of chlorine on their hair. Some even consider the chemical as bad for their hair. Swimming can confine you in a close surrounding, and some people might find it a dull routine exercise.

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THE MANILA HOTEL

PROGRAM

RCM'S 42nd for Rotary Year 2017-2018

May 24, 2018, Thursday, 12Noon, New World Makati Hotel

Officer-In-Charge/ Program Moderator : Centennial DE/Dir. "Caloy" Reyes

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (Wines courtesy of RCM Dir.-elect/Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	Centennial DE/Dir. "Caloy" Reyes
12:30 PM	Call to Order Singing of the Republic of the Philippines National Anthem Invocation RCM Hymn The 4-Way Test Credo	Pres. Jimmie Policarpio RCM WF Music Chorale Rtn. "Mike" Ozaeta RCM WF Music Chorale All Rotarians led by Star Rtn. Hans Palacios
12:35 PM	Introduction of - Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Rtn. "Marcus" Dee RCM WFMusic Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) May 24...Rtn. "Raul" Boncan; May 30...Rtn. "John" Gobenghuy; June 3....Rtn. "Ike" Sobrepeña; June 4....Rtn. "Paquito" Tankiang; June 5....Rtn. "Jun" Santos Happy Birthday Song	RCM WF Music Chorale
12:45 PM	President's Time	Pres. Jimmie Policarpio
12:50 PM	Introduction of the Guest of Honor and Speaker	PT "Lito" Sibayan
12:55 PM	Address: Mr. Steven T. Tan Chief Operating Officer SM Supermalls' Business Unit	
	Public Forum Response, presentation of bell and gavel as a token of appreciation to Mr. Steven T. Tan	Pres.. Jimmie Policarpio
2:00 PM	Adjournment	