



Kabalita

No. 3749, June 21, 2018

2018 TOWER AWARDS LAUNCHING



KABALITA

While their efforts are often left unnoticed, Asia's First Rotary Club recognizes their blood, sweat and tears in ensuring a productive work flow as blue collar employees take the spotlight in ensuring the TOWER of might in every company. Let the search begin.

Countdown to Centennial
<http://www.rcmanila.org>



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HISTORY OF TOWER AWARDS



TOWER AWARDS IN A NUTSHELL HISTORY OF THE COMPETITION

The **TOWER (*The Search for Outstanding Workers of the Republic*) Awards** was founded in 1975 by the **Rotary Club of Manila** as an annual search for outstanding “blue collar” workers of the country. Subsequently, it included in its coverage “white collar” (non-supervisory) workers. It aims to recognize the contributions to economic development of the legions of skilled workers who constitute the backbone of our country’s manpower capacity. The awards program transcended the confines of a Club’s concern because of its nationwide reach and significance in uplifting the Filipino workers’ morale and social status leading to greater prestige at the workplace – to the entrepreneur / employer and the colleagues, to the family and the community while enhancing individual career opportunities and promoting industrial peace.

The nationwide project was suspended for ten years (1986-1996) but was revived in 1996 in response to the call to revitalize excellence and productivity at the workplace and energize collective skills of our workers for global competition.

Most recently, the borderless competition for labor effectiveness and efficiency with the dawn of globalization and the surge in information technology, changed the work paradigm, the way we work and how

companies operate. It gave rise to the decline in the industrial “blue collar” labor force which resulted in the rapid rise in the number of workers in the informal sectors as well as of white collar workers. The latter group “mushroomed” and dominated the information technology, telecommunications, banking, insurance, professional services, and even the manufacturing sectors.

To date, more than two hundred **200 TOWER Awardees** have been recognized.

Through the years since its revival, the ROTARY CLUB OF MANILA, together with METROBANK FOUNDATION, INC., and the other cooperators and supporters have work together in recognizing work excellence, productivity and innovation that can spell the difference towards decent work and harmony at the workplace thereby preserving jobs and enhancing employment opportunities. Institutions and organizations like the DEPARTMENT OF LABOR AND EMPLOYMENT (DOLE), HOTEL AND RESTAURANT ASSOCIATION OF THE PHILIPPINES (HRAP), The SOFITEL Philippine Plaza Hotel, CHINESE BUSINESS CLUB, INC., Technological University of the Philippines, Pamantasan Ng Lungsod Ng Maynila, Central Colleges of the Philippines, System Technology Inc. (STI) and other state colleges and universities in Luzon, Visayas and Mindanao, have supported and continue to support the project. Very recently, the Presidential Communications Operations Office (PCOO) was added to its league of cooperators.

CENTENNIAL INITIATIVES

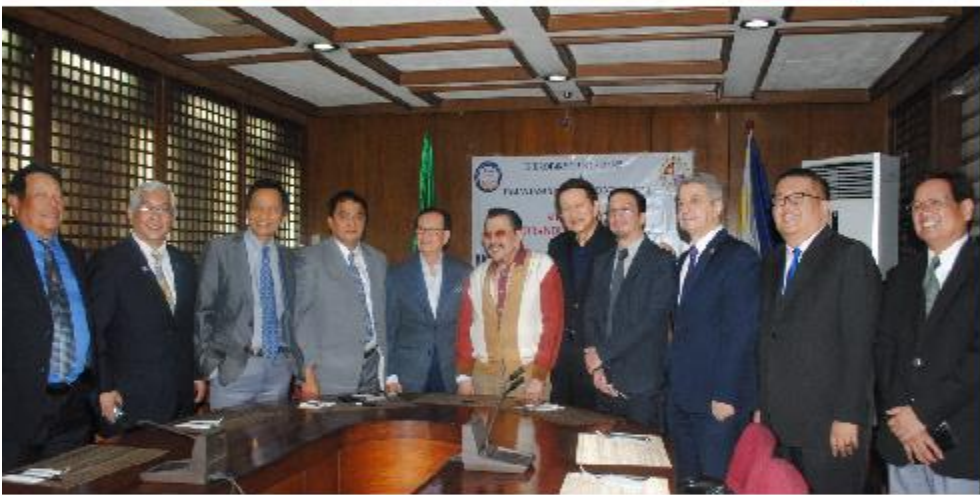
SARI-SARING ARALAN: 3K para sa 3K (Kabataan, Kababaihan, Kalalakihan para sa Karunungan, Kaugalian, Kagitingan) is based on the concept of the iconic Filipino sari-sari store, a well-known place in the community, that can be a venue for learning. It is based on the premise that learning does not and should not only take place inside schools and colleges, but in communities, workplaces, and families, as well. Sari-Saring Aralan aims to become a Learning Hub for OSY to help in increasing their capacity, sociability, change of values, and mind set in life.



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
11. Rtn. Butch Alcantara	2
12. PD Phil Ong	1
13. Sps. Maritess Pineda	1
14. Patty Pineda	1
Total-	20

The RCM Educational Assistance Program (REAP) aka Adopt-a-Student program is an initiative to support graduating students from the Pamantasan ng Maynila and the Polytechnic University of the Philippines by providing financial aid for their everyday expenses. In line with celebrating 100 years of service, the initial goal is to provide support to 100 graduating students who will be needing financial support the most but at the same time providing better opportunities to improve their current state.



DISTRICT HANDOVER AND INDUCTION



An Invitation to

THE DISTRICT HANDOVER AND INDUCTION CEREMONIES

MANILA • PASAY • CAVITE • OCCIDENTAL MINDORO

Hosted By: Rotary Club of Hiyas ng Bacoor

**July 14, 2018
The Manila Hotel, Fiesta Pavilion**

TIME: Registration - 2:30 P.M. ; Program - 4:00 P.M. | ATTIRE: Men - Barong; Women - Filipiniana



THE DISTRICT HANDOVER AND INDUCTION CEREMONIES

MANILA • PASAY • CAVITE • OCCIDENTAL MINDORO

Hosted By: Rotary Club of Hiyas ng Bacoor

PAYMENT DETAILS:

Registration Fee: ₱2,150

Bank: Metrobank

C/A # 007195515421

Acct. Name: Rotary Club of Hiyas ng Bacoor

Email: district3810handover@gmail.com

For more information, contact: Chair Jeanine Pollicarpio (09176271277)

GUEST SPEAKERS' PROFILE



KABALITA

Let the Gift of Life bring hope to the many whose lives depend on Asia's First Rotary Club as he shares his graces to ensure a better world for the many.

Rob Raylman has held the position of Chief Executive Officer of Gift of Life International since February 2008. He has been a member of the Manhasset (Long Island, NY) Rotary Club since March 2008. Before Rob came to Gift of Life International, he was a Vice President for Browning-Ferris Industries (BFI) from 1987 to 1999. At one time, BFI was the second largest solid waste management company in the world. He left BFI in 1999 and started his own consulting business in upstate New York, where he represented individuals and corporations that did business in New York State. He specialized in legislative and regulatory affairs. He graduated from Hobart College in 1984 with a BS in Political Science. Directly out of college, Rob went to work for United States Senator Alphonse D'Amato (R-New York) from 1984 to 1986. Since Rob began as Chief Executive Officer of Gift of Life International, he has been focusing on the development of sustainable pediatric cardiac surgery programs in emerging countries. Presently he is working to develop programs in the Jamaica, Haiti, El Salvador, Uganda, Romania, the Dominican Republic and the Philippines. Each of these programs is in various stages of development. Rob is a life-long resident of New York, and lives in Germantown, New York with his two dogs, Torre and Mariano.

THE WEEK THAT WAS



A pre-luncheon program Necrological Mass for the late **RCM PVP Jose Roilo S. "Roy" Golez. PE/Dir. "Susing" Pineda** during the first reading.



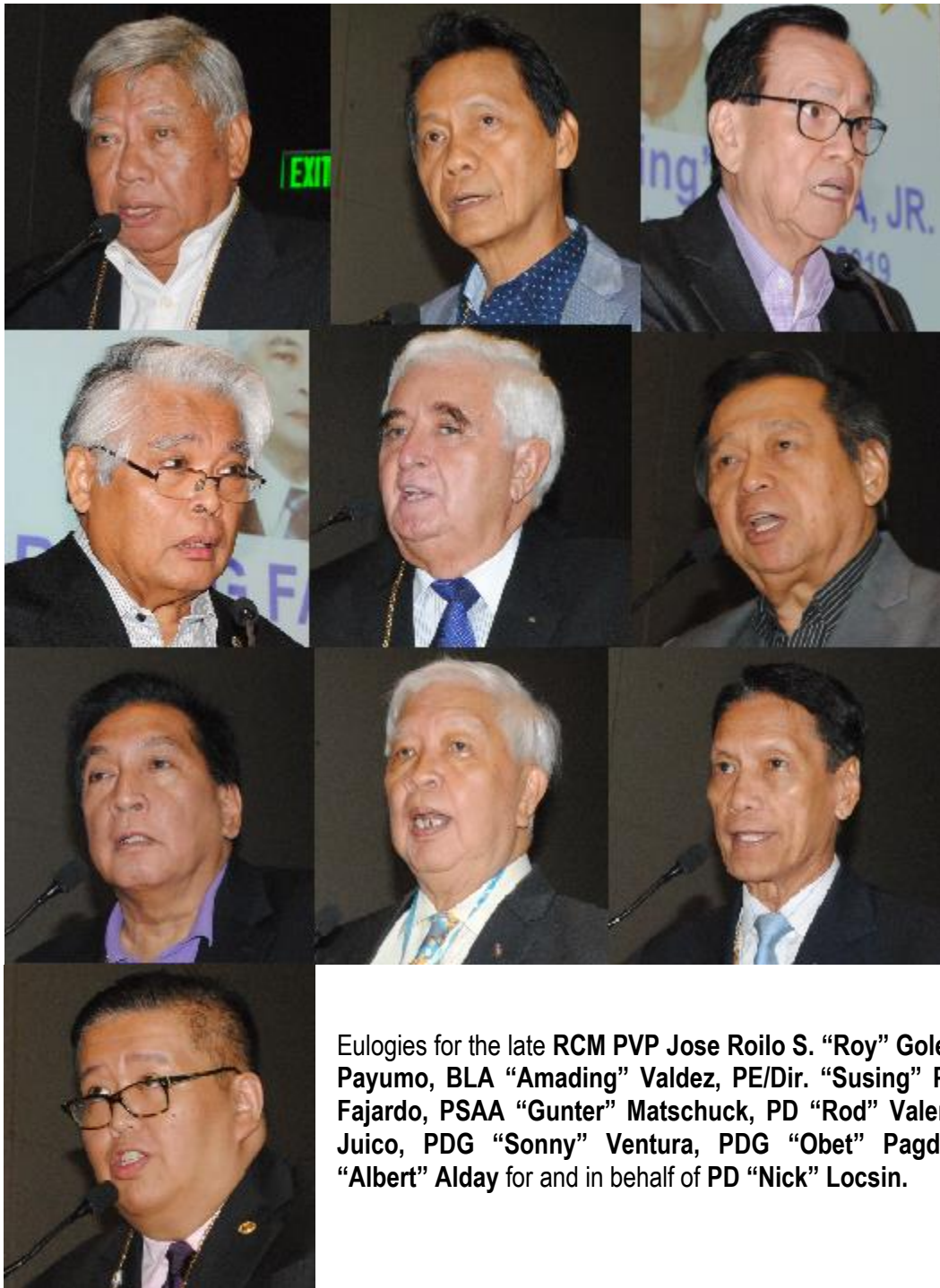
Pres. "Jimmie" Policarpio calls the special meeting – a *"Memorial/ Necrological Service"* for the late RCM PVP Jose Roilo S. "Roy" Golez, to order.



Rtn. "Manny" Blanco as OIC/Program Moderator, calls the program of activities.



PP "Boy" Guevara delivers an ecumenical prayer.



Eulogies for the late RCM PVP Jose Roilo S. "Roy" Golez, by Rtn. "Tong" Payumo, BLA "Amading" Valdez, PE/Dir. "Susing" Pineda, PD "Beda" Fajardo, PSAA "Gunter" Matschuck, PD "Rod" Valencia, PP "Francis" Juico, PDG "Sonny" Ventura, PDG "Obet" Pagdanganan, and DE "Albert" Alday for and in behalf of PD "Nick" Locsin.



The **RCM World-Famous Chorale** through PP **“Archit” Bartolome**, obliges to perform a special impromptu song number dedicated to the late **RCM PVP Jose Roilo S. “Roy” Golez**, which was highly appreciated by the audience.



Pres. “Jimmie” Polcarpio delivers his closing message and presents to **Spouse Natty Golez**, the official Rotary badge of her late husband, **RCM PVP Jose Roilo S. “Roy” Golez**, as a token of memento.

IN MEMORIAM



Policarpio Jose C. Jr.

ROY GOLEZ A TRUE PATRIOT WORTHY OF
ÈMULATION



Francisco Zaldarriaga

So sad.

12:38 PM



Policarpio Jose C. Jr.

WE SHALL CONTINUE WID OUR PROGRAM
ON THURSDAY N MAKE IT IT A PROGRAM IN
MEMORIAM IN HONOR OF ROY GOLEZ JACK
ANA KINDLY INVITE D RELATIVES TO B DER
LETS HAVE A BIG PHOT9 OR TARPULIN WID
PICTURE OF ROU N ONE BIG FLORAL WREATH
BEFORE HIS PICTURE ANA PLS SHOOT A TELEX
TO ALL MEMBERS TO B PRESENT

12:41 PM



Matschuck Gunter

Proud to be related to such a great man This
came too sudden and I will miss his advice
which I as a foreigner often asked for As the
favourite German of his late mother and a
pioneer developer in Tablas I was blessed to
be his cousin thru my wife Joanne His passing
away just hurts

12:39 PM



Marking Amado M

God all mighty! So full of energy. We will miss him greatly. He is a true patriot.

12:53 PM



Macatoman Gani

My deepest sympathies to the berieved family...

12:58 PM



Marking Amado M

God all mighty! So full of energy. We will miss him greatly. He is a true patriot.

12:53 PM



Benedicto Sixto T

What a sad day. We lost a good man today. May Roy's soul rest in peace.

1:16 PM



Gaspar Fernando L.

May Roy Rest In Peace

2:21 PM



Bautista Jacinto S.

Goodbye ROY a true Filipino
PATRIOT!

3:29 PM



De Rossi Armando

I just open up mu viber and i am shocked....saddened....astonish there my very good friend Cong.Roy passed suddenly away. He was a goos friend...loved the sea...i am mornjng s desr friend in addition to my beloved son Michael....i m broken down. ..i dont know.. how to continue and if to continue ..i love you all my dear fellow rotarians....continuous to pray the Almighty for both losses for their eternal peace..so sinciers condolences to the family of Cong.Roy

6:37 AM



Recto Philip

So shocking & unbelievable! So hard to accept the passing on of a good friend whom I have known for decades. May his soul rest in eternal peace in the bosom of our Lord.

7:23 AM



Masters Lance

Very, very sad, we have lost a fantastic member and the country has lost one of the best voices and authorities on the South China Seas and the security of our country. A brilliant man who distinguished himself throughout his life, leading in humility, truly exemplary. May our gracious Lord grant him not only peace eternal, but a place of honor among the saints.

8:41 AM



Ko Solomon



Condolence to Roy's (my table mate in Rotaty mtg) family. May he rest in peace!

5:12 AM



Alunan Rafael III

Sad to hear the news that Roy Golez passed away this morning due to a heart attack.

12:28 PM



Valdez Amado

Roy is dead! Long live Roy. He was a true Rotarian! He loved and served the country well!

12:31 PM



Lacambacal Alvin



2:28 PM



Roberto Pagdanganan

Prayers for PVP Roy and condolences to the family 🙏 A most outstanding Filipino public servant and Manila Rotarian had passed on. PVP Roy was also a fellow Boy Scout who served as its National President, and a long time colleague of my wife Susan at the Philippine Red Cross Board of Governors. May his soul rest in peace 🙏

5:37 AM



Santos Rosel Deval

I mourn the sudden demise of Rotarian and Cong. Roilo Golez due to a heart attack as he was to appear in ANC TV (heard on DZMM news). He championed the upholding of our sovereignty from China's creeping aggression. We spoke on our alternatives in the West Philippine Sea. He helped send poor children to school and has been advising us on how to help 100 children with heart disease get surgery through Rotary's ♡ for Little Angels Project.

A nationalist. A patriot. A Rotarian who Followed the motto "Service Above Self". Peace be with you and your family, Roy. Hasta la vista. The Philippines has just lost a good son.

7:44 AM



Bautista Jacinto S.

Condolences to the family of our true Filipino patriot, Rtn roilo golez

8:53 AM



Yujuico Joselito Z

Roy, please don't organize heaven too much. Leave some work for talented Rotarians to work on.

9:01 AM



Policarpio Jose C. Jr.
Dear Fellow Rotarian,

Let us dedicate this Thursday June 14, 2018 membership meeting to honor Past Vice Pres Roy Golez,

We wish to invite members to enlist themselves to deliver a eulogy before we bring the wreath with the photo of PVP Roy where his remains lay.

Let us come together to honor our fellow member who has served our country well and most revealed by fellow Rotarians.

Pres Jimmie Policarpio

2:35 PM



"We will miss our table mate." - Rtn. Joe Assad



With Roy at an RCM affair
some 25 years ago.







EULOGY



Eulogy for PVP Roy Golez

Delivered by PDG Sonny T. Ventura at the regular meeting of RC Manila
June 14, 2018 at New World Makati Hotel

Fellow Rotarians, friends, good afternoon.

To Sp Naty and family, allow me to convey the condolences of my club, the Rotary Club of Downtown Manila, and my personal condolences and deepest sympathy and also that of my wife, Lyndia. This is a difficult time for you, as well as for all of us, Roy's fellow Rotarians and friends.

Someone said that when a person who has touched your life and who you care for passes away, a part of him remains with you and a part of you goes with him. This is exactly how I feel with the passing of Roy and I am sure all of you feel the same way too.

Life is indeed so fleeting. It was only last May 30, barely two weeks ago, during the Handover of outgoing President Jimmie Policarpio to incoming Centennial President Susing Pineda, that I last met Roy. He was seated at the table next to us. He took time to exchange pleasantries and talk about the beautiful rendition of the couple who entertained us. We had no time to talk as much as we usually do because the program was about to start.

The last long talk we had was last December in Greenhills. As usual, our talk revolved around common friends in Rotary, about Rotary activities and of course, his passion and advocacy, the West Philippine Sea.

I first met Roy in RY 1984-85 When I was DGN and he was a Director of RC Manila. He received the Presidential Award of Merit from then President Santi Dumlaog.

We worked together closely in RY 1985-86 when I was the District Governor and he was the Vice-President of RC Manila, with Romy del Rosario as Club President.

Roy was in charge of Youth Service with several committees namely the Rotaract/Interact, Career Guidance, Newsboy Sports Project with Director Buster Arrastia as Chairman, and the Boy Scouts of the Philippines, a project introduced by RC Manila in the Philippines with then Director Frankie Roman as Chairman. The club had 7 Rotaract Clubs. He revitalized 4 Interact Clubs with Joe Laic as Chairman. His term saw the spawning of new Rotaract Clubs.

PVP Roy also encouraged the exchange of Rotaractors with their matched club in Tsuyama, Japan, District 259 during RY 1985-86 which was successfully implemented.

In March 22 to 23, 1986, through the leadership of PVP Roy, District 3810 held the first ever Rotaract Club Convention which was also very successful.

He invited me to some Rotaract activities which I obliged when my schedule permitted and since then had become friends. At that time, he was already a very prominent national figure. The Career Guidance Committee chaired by Rotarian Manny Blanco gave lectures in many high schools and distributed books printed by RC Manila.

Roy will be remembered for his foresight and dedication to his duties. He held many positions in the government, corporate world and non-government organizations.

He has done so much for our country and our people as a Soldier, as a Scholar, as an Educator, as a Public Servant, as a Civic Leader, and as a Patriot. He is a dye-in-the-wool Rotarian adhering to the time honoured motto of "Service Above Self."

Roy, we know you still have many plans for our communities, our people and our country. No one will ever be able to fill your shoes, but you have paved the way and we hope, for our sake, someone will continue in your footsteps. Definitely, you are an inspiration.

Allow me to share with you as printed in the Daily Tribune, what Roy twitted in his Tweeter account at 5:11 am last June 11 shortly before he passed away.

"Philippines, My Philippines, Beautiful Philippines

Oh, Captain! Go now and sail into the horizon.

Tell the Admiral above:

the current is strong,

the torrents are rolling,

the tide is high,

the waves are colossal,

and we are drowning"

Farewell our dear friend Roy. May you rest in peace.



Mrs. Natalia Golez and children

It is sad that in a Eulogy one extols the virtues of a dead man who cannot hear and relish the accolades being heaped upon him. But it has to be done to honor the greatness of the deceased and to reminisce a good friendship.

Jose Roilo S. "Roy" Golez is an outstanding public servant.

As Post Master General appointed by Pres. Marcos he initiated reforms which made the delivery of mails faster than the previous slow delivery which is again our lot at present. His performance was well-received by the whole country. And he began to be recognized by the public and business.

As National Security Adviser appointed by Pres. Arroyo he performed his job seriously and in the process acquired knowledge which enabled him to watch and monitor the nation's security vis-avis its neighbors and the world at large up to the present. Thus, he was able to warn the country of the continuous creeping Chinese presence in the South China Sea and the danger of its militarization. He became an authority on the geo-politics of South China Sea and its security implications to the Philippines and to foreign countries threatened by the growing Chinese militarization of the artificial islands in the area.

In those government positions he never enriched himself nor even attempted to. To him "a public office is a public trust".

He was an outstanding member of the House of Representatives for many terms. He was always involved in the discussion of the burning issues of the day. He would forget/sacrifice party loyalty for what is good for the country. He was also a constructive fiscalizer.

He utilized his pork barrel for what it was intended for – projects which would benefit his constituents.

He is a genuine Patriot fighting for the national interest of the country in the territorial waters in the South China Sea and Benham Rise which have tremendous economic value with foes and allies alike and in the international community of nations.

I came to know Roy Golez as a person in the Rotary Club of Manila when we would discuss the South China Sea dispute and Benham Rise and interact during fellowship meetings. And I found him humble and sincere.

At the time of his death he had accepted my invitation on behalf of the Philippine Bar Association to speak together with Atty. Batongbakal of the UP Maritime Institute on recent developments in the South China Sea and Benham Rise before the legal community this coming July. But it has been aborted by his death.

These are the great legacies Roy Golez will leave behind to the nation, his family, and Rotary Club of Manila now in grief for his untimely demise – but definitely they will ease the pain and sorrow that his departure brings.

Mrs. Golez, please accept my and my family's deepest condolences and take care.

Delivered by PD Beda G. Fajardo
at the Memorial Service last June 14, 2018,
New World Makati Hotel Ballroom.

CLUB ADMINISTRATION



The Board of Directors for RY 2017-2018 held their last Regular Meeting for the Rotary year last June 14, 2018 at the Gallery 1 of the New World Makati Hotel in Makati.



The Board of Directors and Executive Officers for RY 2017-2018 pose for posterity at the end of the last Regular Meeting held last June 14, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.

FELLOWSHIP



PAT Muhammad Aslam hosted an Eid Mubarak Dinner Fellowship last June 16, 2018 at his residence in Bel-Air, Makati City. Present were (seated) PE/Dir. Susing Pineda, Rtn. Joe Assad, ISDG/VPE/Dir. Lance Masters, PP Boy Guevara, PDG Obet Pagdanganan, (standing) Rotary Ann Baby Ocampo, IPP Teddy Ocampo, ISDG/IPSDG/PAG/PP Frank Evaristo, Club Secretary Alvin Lacambacal, Rotary Ann Cat Velasco-Lacambacal, PDG Vince Carlos, PAT Muhammad Aslam and DE Jackie Rodriguez.



IPSDG/IPDCoS/DE/IPD Albert Alday attended the District 3810 GML Team Fellowship last June 14, 2018 at the coffee shop of the Rothman Hotel in Manila. He is the GML Managing Editor for RY 2017-2018 and will, again, be GML Managing Editor for RY 2018-2019.



DGE Rudy and Lady Sharon Bediones as well as **ISDG/VPE/Dir. Lance Masters** attended the First Birthday Celebration of IDT Jardine Bautista's daughter, Janine, last June 17, 2018 at the Sunset Pavilion of the Sofitel Philippine Plaza Manila in Pasay City. They were joined in the table by PP Melchor Go (Rotary Club of Bagumbayan Manila), IDS Vilma Vinluan (Rotary Club of Sampaloc Manila), SDG Arlene Velez (Rotary Club of Manila Midtown) and IDT Jardine Bautista (Rotary Club of Downtown Manila).

FELLOWSHIP



DE/Dir. Issam Eldebs and Dir. Art Lopez accidentally met and exchanged pleasantries last June 17, 2018, Father's Day, at Westfield Mall in Culver City, CA, USA.

CENTENNIAL NEWS



Ceremonial Signing of Memorandum of Agreement



PROGRAMME

INVOCATION

MESSAGE

ROBERTO "OBET" M. PAGDANGANAN

District 3810 Governor, RY 2015-2016

President, RC Manila, RY 2012-2013

MESSAGE

JOEL L. OTARRA

Postmaster General & CEO

Philippine Postal Corporation

CEREMONIAL SIGNING OF MEMORANDUM OF AGREEMENT



PDG Obet Pagdanganan, ISDG/PSDG/PAG/PP Frank Evaristo and PE/Dir. Susing Pineda led the Ceremonial Signing of the Memorandum of Agreement with Philippine Postal Corporation (PHILPOST) led by Postmaster General & CEO Joel Otarra last June 18, 2018 at the PHILPOST, Manila Central Post Office in Intramuros, Manila for the issuance of the Centennial of the Rotary Club of Manila and of Rotary in the Philippines and in Asia Commemorative Stamp.



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INTERNATIONAL SERVICE



The Committee in charge of An Evening with Rotary International President Barry and Lady Esther Rassin held a planning session last June 14, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.



Dir. Art Lopez and PVP Fausto Preysler pay a courtesy call on Philippine Ambassador to the USA PVP Babe Romualdez last June 13, 2018 at the Philippine Embassy in Washington, DC, USA.



PVP Fausto Preysler, Rtn. Jun Bella, Dir. Art Lopez were with Philippine Ambassador to the USA PVP Babe Romualdez last June 14, 2018 at the US Congress Offices in Washington, DC, USA.



DE Raffy Alunan, Former Speaker Rtn. Joe de Venecia, Rtn. John Chotrani and Rtn. Dong Benedicto attended the Philippine Council for Foreign Relations (PCFR) meeting with the delegation of the Chinese think tank China Center for Contemporary World Studies (CCCWS) referred by the Chinese Embassy of the Philippines last June 11, 2018 where an exchange of views on China - Philippine relations and the Belt and Road Initiative took place at the Romulo's Cafe in Makati City.

INTER DISTRICT ACTIVITIES





DGE Rudy and Lady Sharon Bediones attended the Together We Inspire District 3830 Handover last June 16, 2018 at the Tent of the Sofitel Philippine Plaza Manila in Pasay City where DG Alfredo Montecillo was inducted.

INTERCLUB ACTIVITIES



DGE Rudy Bediones presided over the meeting of the incoming District 3810 GML (Governor's Monthly Letter) Team for RY 2018-2019 last June 14, 2018 at the Cafe Felisa of the Aloha Hotel in Manila. Also present was **IPSDG/IPDCoS/DE/IPD Albert Alday** who will be serving as GML Managing Editor for RY 2018-2019.



DGE Rudy Bediones met with the Senior Deputy Governors for Operations of each area last June 18, 2018 at the My Kitchen at the Oasis in Paco, Manila.





DGE Rudy and Lady Sharon Bediones attended the 7th Charter Anniversary and Induction Ceremony of the Rotary Club of Manila Kalaw last June 14, 2018 at the Aloha Hotel in Manila where Inspiring President Thess de Guzman-Binososa was inducted.



DGE Rudy Bediones met with members of the Handover 2018 Committee and host club, Rotary Club of Hiyas ng Bacoar, last June 18, 2018 at the My Kitchen at the Oasis, Paco, Manila.

COGS IN THE WHEEL



**IPSDG/IPDCoS/DE/IPD ALBERT ALDAY SIGNS CONFORME AS
GML MANAGING EDITOR FOR RY 2018-2019**

IPSDG/IPDCoS/DE/IPD Albert Alday signed the conforme of his appointment as GML Managing Editor for RY 2018-2019 last June 14, 2018 before IDS Vilma Vinluan at the Cafe Felisa of the Aloha Hotel in Manila.

SPEAKERS' BUREAU



DE Raffy Alunan spoke before a group of Rotary clubs led by the Rotary Club of Manila Quiapo Central on Peacebuilding and Good Governance in a forum which coincided with the celebration of Eid'l Fitr Al-Mubarakh with the theme, "Challenges for Change to Federal System of Government", last June 15, 2018 at the PNP PNCO, Camp Crame, Quezon City.



NEWS RELEASE



PRESIDENTIAL TIMELINE



June 11, 2018 -DE Raffy Alunan, Former Speaker Rtn. Joe de Venecia, Rtn. Johnny Chotrani and Rtn. Dong Benedicto attended the Philippine Council for Foreign Relations (PCFR) meeting with the delegation of the Chinese think tank China Center for Contemporary World Studies (CCCWS) referred by the Chinese Embassy of the Philippines where an exchange of views on China - Philippine relations and the Belt and Road Initiative took place at the Romulo's Cafe in Makati City.

June 13, 2018 - Dir. Art Lopez and PVP Fausto Preysler pay a courtesy call on Philippine Ambassador to the USA PVP Babe Romualdez at the Philippine Embassy in Washington, DC, USA.

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- DGE Rudy and Lady Sharon Bediones attended the 7th Charter Anniversary and Induction Ceremony of the Rotary Club of Manila Kalaw at the Aloha Hotel in Manila where Inspiring President Thess de Guzman-Binosa was inducted.

June 15, 2018 - RIDE Raffy Garcia met with DGE Rudy Bediones, PE/Dir. Susing Pineda and Treasurer Nicky Villaseñor at the Nanten Japanese Restaurant of the Manila Polo Club in Makati City regarding the launching of the Rotary Club of Manila Centennial Celebration and the 15th Asia Pacific Regional Rotaract Conference in Manila during the visit 2018-2019 RI President Barry and Lady Esther Rassin.

- DE Raffy Alunan spoke before a group of Rotary clubs led by the Rotary Club of Manila Quiapo Central on Peacebuilding and Good Governance in a forum which coincided with the celebration of Eid'l Fitr Al-Mubarakh with the theme, "Challenges for Change to Federal System of Government", at the PNP PNCO, Camp Crame, Quezon City.

June 16, 2018 - PAT Muhammad Aslam hosted an Eid Mubarak Dinner Fellowship last June 16, 2018 at his residence in Bel-Air, Makati City. Present were PE/Dir. Susing Pineda, Rtn. Joe Assad, ISDG/VPE/Dir. Lance Masters, PP Boy Guevara, PDG Obet Pagdanganan, Rotary Ann Baby Ocampo, IPP Teddy Ocampo, ISDG/IPSDG/PAG/PP Frank Evaristo, Club Secretary Alvin Lacambacal, Rotary Ann Cat Velasco-Lacambacal, PDG Vince Carlos, PAT Muhammad Aslam and DE Jackie Rodriguez.

- DGE Rudy and Lady Sharon Bediones attended the Together We Inspire District 3830 Handover at the Tent of the Sofitel Philippine Plaza Manila in Pasay City where DG Alfredo Montecillo was inducted.

June 17, 2018 - DGE Rudy and Lady Sharon Bediones as well as ISDG/VPE/Dir. Lance Masters attended the First Birthday Celebration of IDT Jardine Bautista's daughter, Janine, at the Sunset Pavilion of the Sofitel Philippine Plaza Manila in Pasay City. They were joined in the table by PP Melchor Go (Rotary Club of Bagumbayan Manila), IDS Vilma Vinluan (Rotary Club of Sampaloc Manila), SDG Arlene Velez (Rotary Club of Manila Midtown) and IDT Jardine Bautista (Rotary Club of Downtown Manila).

- DE/Dir. Issam Eldebs and Dir. Art Lopez accidentally met and exchanged pleasantries at Westfield Mall in Culver City, CA, USA.

June 18, 2018 - PDG Obet Pagdanganan, ISDG/PSDG/PAG/PP Frank Evaristo and PE/Dir. Susing Pineda led the Ceremonial Signing of the Memorandum of Agreement with Philippine Postal Corporation (PHILPOST) led by Postmaster General & CEO Joel Otarra at the PHILPOST, Manila Central Post Office in Intramuros, Manila for the issuance of the Centennial of the Rotary Club of Manila and of Rotary in the Philippines and in Asia Commemorative Stamp.

- DGE Rudy Bediones and PD Nick Locsin met with hotel officials of the Sofitel Philippine Plaza Manila led by Christophe Bataille, Resident Manager regarding an agreement for hosting events of District 3810 at the Sofitel Philippine Plaza Manila.

- DGE Rudy Bediones met with members of the Handover 2018 Committee and host club, Rotary Club of Hiyas ng Bacoar, at the My Kitchen at the Oasis, Paco, Manila.

- DGE Rudy Bediones met with the Senior Deputy Governors for Operations of each area at the My Kitchen at the Oasis in Paco, Manila.

June 21, 2018 - Launching of the TOWER Awards

- Welcomes Gift of Life CEO Rob Raylman who will talk on his advocacies

- Rotary's Heart for Little Angels Committee Meeting, 6:00 pm, hosted by DE/Dir. Bobby Joseph at the Philippine Wine Museum in Pasay City

- Planning Session for An Evening with Rotary International President Barry Rassin, 2:00 pm, Gallery 1, New World Makati Hotel, Makati City

PUBLIC HEALTH NUTRITION AND CHILD CARE



NATIONAL KIDNEY MONTH 2018

Elias D. Adamos, M.D.

By virtue of Presidential Decree 184, signed by then President of the Republic of the Philippines and Rotary Club of Manila's Fidel V. Ramos, the month of June is declared as National Kidney Month. This year's celebration kicked off on June 4, 2018 at the National Kidney and Transplant Institute (NKTi).

Your kidneys

You are born with two kidneys. Your kidneys are on the right and left side of your spine. They're located just above your waist.

Your kidneys clean and filter your blood. They keep a balance of water and minerals, such as sodium, potassium, and phosphorous in your blood. They sift extra water out of your blood and remove waste from your blood after digestion, muscle activity, and exposure to chemicals (medications, as an example). They make *renin*, which helps your body in controlling your blood pressure. Your kidneys also help in red blood cell production. Your kidneys also aid your body in bone health.

What happens when your kidneys are damaged?

When your kidneys are damaged, waste products and fluids can build up in your body. Without treatment, the damage can get worse. Your kidneys may eventually stop working. This is called renal failure. Renal failure is a serious and life-threatening condition. Damaged kidneys result to weakness, vomiting, swollen ankles, and shortness of breath.

Chronic kidney disease

When your kidneys don't work well for a period of over three months, doctors call it chronic kidney disease. In the early stages of chronic kidney disease, there may not be any symptom at all. The most common causes of chronic kidney disease are diabetes mellitus, systemic lupus, and hepatitis B and hepatitis C.

Infection in the kidneys

Infection within the kidneys is called *pyelonephritis*. This condition leads to scarring when the infection heals. Repeated infection of the kidneys can lead to kidney damage.

Drugs and toxins can cause kidney damage

Steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen, taken for long periods of time, can permanently damage your kidneys.

Genetic conditions

Inborn defects can affect the urinary tract and the kidneys. A urologist performs surgery to correct inborn kidney defects.

ATTENDANCE REPORT

RCM Members' Attendance Report RY 2017-2018 In Memoriam for PVP ROY GOLEZ

Thursday, 14 June 2018

All members present	60
Less: Exempt members	14
Total active members	<u>46</u>
ADD: Make-Up *	0
TOTAL	<u>46</u>
Total # of Members	227
Less: Exempt from attendance	35
ON LEAVE	9

1. DSAA Bollie Bolton
2. STAR Rtn Mike Cutler
3. STAR Rtn Hiro Nakatsuka
4. Rtn Steve Mommaerts
5. Rtn Ray Davis
6. Rtn Francois Engelbrecht
7. Rtn Rosel Doval Santos
8. SAA Dave Reynolds
9. PD Abe Pascual

Total Active Members (Total Percentage Base)	183
TOTAL ATTENDANCE %:	25%

ATTENDANCE REPORT

List of members and guest in attendance:

	6.7.2018	6.14.2018
RCM Members	52	60
Members' guest	23	12
Visiting Rotarian	4	3
ROTARACTORS	0	0
Club Guests	11	0
Other Guests	21	0
Total	111	75

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IPSDG/IPDCoS/Dir. ALBERT S. ALDAY
GML Managing Editor, District 3810
Chairman, BALITA Committee
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Editor-in-Chief

PSAA ELOY ADAMOS, MD
DIRECTOR LANCE MASTERS
Contributing Editors

RCM SECRETARIAT

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Staff Assistant

RCM OFFICE

543 Arquiza Street corner
Grey Street, Ermita, Manila
Tels No. 527-1886 & 527-1887
Fax No. 527-1885
Email: rcm Manila@rcmanila.org

PROGRAM

RCM's 46th for Rotary Year 2017-2018

THURSDAY JUNE 21, 2018 New World Makati Hotel

Officer-In-Charge/ Program Moderator PP Benny Laguesma

P R O G R A M TIMETABLE

11:30 AM	Registration & Cocktails (WINEs courtesy of RCMDir.-elect/Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	PP Benny Laguesma
12:30 PM	Call to Order Singing of the Republic of the Philippines National Anthem Invocation RCM Hymn The Four (4) Way Test Credo	Dir. Bobby Joseph RCM WF Music Chorale PS Butch Marking RCM WF Music Chorale PD Knud Hedeager
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song Song Numbers	Dir. Albert Alday RCM WF Music Chorale UP Singing Ambassadors
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) June 7 PD John Cenica; Rtn Jeric Jucaban June 8 Rtn Lutz Kunack June 9 Rtn Thotie Torres June 11 Rtn Citos Manalaysay June 15 Rtn Jo Assad June 17 PD Raul Villegas; Rtn David Wong June 20 PP Boy Ampil June 22 PT Chito Tagaysay June 24 Rtn Geof Yu June 25 Dir Caloy Reyes June 26 Rtn Karl Leung	WF Music Chorale
12:45 PM	Introduction of Feature Guest Message from Feature Speaker	VPE/Dir. Lance Masters Mr. Rob Raylman, CEO Gift of Life International PP Benny Laguesma
1:00 PM	Introduction of Tower Awards & Partner Memorandum of Agreement Signing of Rotary Club Of Manila for Tower Awards 2017-2019 Petron Foundation People Management Association of the Philippines Department of Labor & Employment Message by Tower Awards Project Partners	Mr. Lubin B. Nepomuceno, President Ms. Michelle C. Garcia, President Hon. Silvestre H. Bello III, Secretary
1:50 PM	Song Numbers	UP Singing Ambassadors
2:00 PM	Response / Adjournment	Dir Bobby Joseph