



BE THE INSPIRATION



balita

No. 3751, July 5, 2018

GUEST OF HONOR AND SPEAKER



Secretary CARLOS G. DOMINGUEZ, III
Department of Finance
Republic of the Philippines
Member, Rotary Club of Manila

KABALITA

A new Rotary year begins and the centennial year ushers in an auspicious time to BE THE INSPIRATION. It's time to get onboard the TRAIN with one of our very own, the country's CFO in command of the locomotive, as we appreciate the Philippine economic landscape for the remainder of 2018. See you and don't fail to hear the choo choo at Asia's First Rotary Club.

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



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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2018-2019

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BE THE INSPIRATION

GUEST OF HONOR AND SPEAKERS' PROFILE



Secretary Carlos G. Dominguez

Department of Finance
Republic of the Philippines

He is a respected public servant and leader of industry, with over two decades of experience in the public and private sectors.

He spent the early part of his career in agriculture, managing a large banana plantation, then in banking, even serving as the president of the then-BPI Agricultural Bank. Upon the invitation of President Corazon Aquino, he joined the Philippine Cabinet and headed the Ministry of Natural Resources (1986) and the Department of Agriculture (1987).

He returned to the private sector in 1989, building a career in various industries, including real estate, mining, retail, financial services, energy, and aviation.

Following the election of President Rodrigo Duterte, he once again responded to the call to public service, turning his back on what must have been more relaxing and less hectic days—sometimes, hunting with his sons—in Oregon.

As Secretary of Finance, he has been instrumental in maintaining and bolstering the strong macroeconomic fundamentals of the Philippines, with the economy growing approximately 6.7 percent since he assumed office.

He has also been a key figure in the restructuring of our decades-old tax system, which President Duterte signed into law in December 2017. The Tax Reform for Acceleration and Inclusion (TRAIN) promises to boost personal consumption, attract more investments, and generate revenue for the government's massive infrastructure program. All this—even as he has remained an avid reader and lover of poetry.

NEWS RELEASE

Inside Track

DOMINGUEZ TO SPEAK BEFORE MANILA ROTARIANS: Finance Secretary Carlos Dominguez is set to speak before his home club, the Rotary Club of Manila, on July 5 at the New World Makati Hotel. He will discuss the Tax Reform for Acceleration and Inclusion law, a major component of President Duterte's 10-point economic agenda, which aims to make the country's tax regime more efficient, equitable and progressive. The announcement was made by centennial president Jesus Pineda during the club's first luncheon meeting for Rotary Centennial Year 2018-2019.



Dominguez

The Philippine STAR, July 2, 2018

SATURDAY | JUNE 30, 2018

THE PHILIPPINE STAR
business

B3



ROTARY CLUB COMMEMORATIVE STAMP: Rotary Club of Manila will celebrate 100 years as the first Rotary Club in Asia. It was chartered on June 1, 1919. RCM recently signed a memorandum of agreement with the Philippine Postal Corp. for the issuance of a 100 years commemorative stamp. In photo are Rotary International District 3610 past district governor Obet Pagdanganan (3rd from left), chairman of the centennial celebration; post master general Jose Otarra (4th from left), presenting the signed memorandum of agreement. Also in photo (from left) are past president Frank Evaristo, chairman, commemorative stamp subcommittee; president-elect Susing Pineda Jr., centennial president; Luis Carlos, assistant post master general for marketing and management support services; Joselito Gonzales, legal department manager; and Elenita San Diego, division chief, post shop, business line department, Philippine Post Office.



Make Sure you have the latest version of the App.



The cardless withdrawal feature is currently available only to accounts with debit or prepaid ATM cards.

THE PHILIPPINE STAR

2ND OF 3

B9

Business

EDITOR: **MARIANNE V. GO** ASSISTANT EDITOR: **CONRADO M. DIAZ JR.**

MONDAY | JULY 2, 2018 | business@philstarmedia.com / business19862000@yahoo.com

people&events



ROTARY DISTRICT 3810 PUBLIC RELATIONS TEAM: Rotary International District 3810, under the leadership of governor Rudy Bediones (seated left), held a meeting on the plans for the District PR management team, to highlight the centennial celebration of the Rotary Club of Manila, First in Asia, in 2018-2019, in consonance with the Rotary theme 'Be The Inspiration,' at the Rockwell Club recently. From left are Bediones, senior deputy governor Arlene Velez, chairman for centennial, and past president Frank Evaristo; (2nd row, from left) aide Mark Tan, past presidents Jage Estipona, Relly Fajardo and Jessica Lugtu, Rotarian Michelle Casio, charter president Ayette Garcia and past president George Ang.

PRESIDENTIAL CORNER



Dear Fellow Manila Rotarians,

Today marks the beginning of a new Rotary Year, an auspicious time to BE THE INSPIRATION to our fellow Rotarians and the community we serve. With an array of activities ranging from service projects to fellowships, we usher in a Year of the Centennial of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia, an opportune time for all of us to get engaged, to stand up and be counted.

I thank President Jimmie Policarpio for a Rotary year that was where his ceaseless efforts in pursuing service projects of relevance and significance have earned him the nod of our district as he restored our rightful place in District 3810 history when our club was bestowed the OVERALL MOST OUTSTANDING CLUB and for him, the OVERALL MOST OUTSTANDING CLUB PRESIDENT. Further, he stood tall above the rest as he held fort for our club at the Rotary International Convention in Toronto, leading a group of Manila Rotarians in unwaveringly promoting the centennial of our club and forging congeniality with Rotary clubs from around the globe towards the end of inviting them to visit our country and be one with us from June 21-22, 2019, the culminating event of our centennial year. Moreover, I wish to likewise thank PP Archit and Rotary Ann Nenne Bartolome for graciously hosting a Homeside Fellowship in honor of the Incoming Board of Directors and Executive Officers at their residence in Taguig City where a sumptuous feast, singing to our heart's content and great company mixed and matched towards a perfect affair to remember.

Continuing a heritage of excellence, our centennial initiatives such as the Sari-saring Aralan and the Rotary Club of Manila Educational Assistance Program (REAP) have hit the ground running. In particular, I wish to thank PAT Hermie Esguerra for graciously sponsoring and adopting FIFTY (50) students under our REAP. I likewise wish to express my sincerest gratitude to the other Manila Rotarians who have already committed to adopt a student under the REAP. May your tribe increase as I earnestly seek your cooperation on these projects.

On the centennial front, PDG Obet Pagdanganan and SDG Frank Evaristo have led our club in signing a Memorandum of Agreement with PHILPOST regarding the issuance of the Commemorative Centennial Stamps. Further, Rotary's Heart for Little Angels led by SDG/VP Lance Masters and PDG Obet Pagdanganan are beginning to get things done. Moreover, PP Teddy Ocampo's musical inclinations have worked wonders for our club because together with renowned composer Louie, his youngest brother, and in collaboration with other Manila Rotarians, the Centennial Hymn is set to be released. Our very own DG Rudy Bediones and our club take centerstage on the fast approaching Handover 2018 while An Evening with Rotary International President Barry Rassin and Lady Esther is set to bring our club to unprecedented heights. These are exciting times to be Manila Rotarians. Let the pride we share motivate us to bridge a glorious past towards a brighter future for Service Above Self. 100 years of Service to Humanity has never been this great.

Today, we savor this rare opportunity of beginning the new year with a bang as we bring in no less than our very own Manila Rotarian, Secretary Carlos "Sonny" G. Dominguez, III, to break the ice and get the TRAIN moving.

In ONE CENTURY ONE MISSION ONE ROTARY, we remain.

INTERNATIONAL SERVICE




**Dinner with
Rotary International
President Barry Rassin and
Spouse Esther**

July 19, 2018 / Registration 4:30PM, Program 6PM

Okada Manila Grand Ballroom, Coral Wing Lobby

Hosted by: Rotary Club of Manila

ROTARY CLUB OF MANILA HOSTS RI PRESIDENT BARRY RASSIN AND LADY ESTHER DINNER

The Rotary Club of Manila, the First in Asia, will host a dinner in honor of Rotary International President Barry Rassin and Lady Esther on July 19, 2018, 6:00 pm at the Grand Ballroom of Okada Manila in Parañaque City. Rassin, who assumed the presidency of Rotary International effective July 1, 2018, will be visiting the Philippines on the occasion of the Asia Pacific Regional Rotaract Conference (APRRC) which will be held in Manila. As the first Rotary Club in the Philippines and in Asia, the Rotary Club of Manila assumes its role as the lead club in hosting the dinner which it considers as a milestone event since it occurs on the occasion of the Year of the Centennial of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia as declared by President Rodrigo Roa Duterte in Proclamation No. 413 issued last January 24, 2018. The club encourages early registration for those attending the dinner as early registrants will be given priority for preferred tables. Entertainment for the evening will feature renowned singer Dulce, Asia's Golden Girl Gerphil Flores, Banda Kawayan and show band Sabor Latino. Registration begins at 4:30 pm and attendees are requested to be in dark suit for males and long gown for females. Tickets are priced at Php 3,000.00 each.

Dear Fellow Manila Rotarians,

In the light of the fast approaching event, "An Evening with Rotary International President Barry Rassin and Lady Esther" which takes place on July 19, 2018 at the Grand Ballroom of OKADA Manila, President Susing Pineda has graciously advanced the payment for nine prime tables of 10 persons each for our club. However, these seats are guaranteed only up to July 10, 2018. Hence, in behalf of our club, I urgently request each one of you to remit your payment of Php 3,000.00 for the above event on or before the above date.

Thank you in advance for your cooperation on this matter as I earnestly look forward to your being one with us on this occasion.

Yours in the Service of Rotary,

JASON L. ONG

Assistant Treasurer
RY 2018-2019



A Planning Session for "**An Evening with Rotary International President Barry Rassin and Lady Esther**" was held last June 28, 2018 at The Lounge of the New World Makati Hotel in Makati City. Led by President Susing Pineda, the others who attended were DG Rudy Bediones, PSDG/PDCoS/Dir. Albert Alday, Dir. Caloy Reyes, AS Rene Policarpio, AT Jason Ong (not in picture) and Rtn. Romy Nones. Details of the upcoming event were discussed thoroughly.



The Committee in charge of "An Evening with Rotary International President Barry Rassin and Lady Esther" led by President Susing Pineda held a meeting last July 2, 2018 at Chef Jessie, Rockwell Club, Rockwell, Makati City.

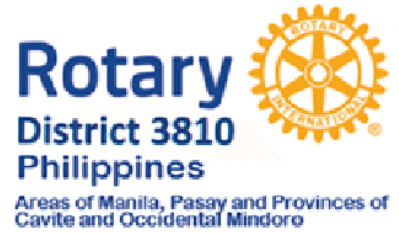
AS OF: 04/07/2018

DINNER w/ RI PRESIDENT BARRY RASSIN

	NAME	AMOUNT	REFERENCE
1	ALDAY, ALBERT	3,000.00	44748
2	ALDAY, ALBERT (ANGELIQUE VILLARONTE)	3,000.00	44805
3	BEDIONES, RUDY	6,000.00	44804
4	BEDIONES, SHARON		
5	DEL ROSARIO, OSCAR	3,000.00	44746
6	ESGUERRA, HERMIE	3,000.00	44825
7	EVARISTO, FRANK	3,000.00	44812
8	GUEVARA, BOY	3,000.00	44807
9	GUEVARA, BOY - LADY MONETTE	3,000.00	44845
10	LAGUESMA, BENNY	3,000.00	44848
11	MASTERS, LANCE	3,000.00	44744
12	NUNEZ, PEPO	3,000.00	44745
13	ONG, JASON	6,000.00	44268
14	POLICARPIO, RENE	30,000.00	44827
15	RECTO, PHILIP	3,000.00	44816
16	UBALDO, CESAR	3,000.00	44748
	TOTAL:	78,000.00	

DINNER w/ RI PRESIDENT BARRY RASSIN

	NAME	CLUB	AMOUNT	REFERENCE
1	3810 EXECOMM @ RC DOWNTOWN MANILA		30,000.00	44814
2	CP PRIME PUYO	RC SOUTHERN MANDALUYONG	3,000.00	44844
3	DISTRICT 3820		159,000.00	44841
4	GOV. CELSO CRUZ	RIDP 770	120,000.00	44760
5	PDG ERETO CHOA/ LADY CELENE		6,000.00	44830
6	PDG OSCAR DEVENCIA/ PDG CONNIE BELTRAN		6,000.00	44754
7	PRES. BEN GARCIA/ PP TRINI KESSERLING	RC TANAUAN	6,000.00	44843
8	PRID GUILLER TUMANGAN		3,000.00	44824
9	RC CARMONA		15,000.00	44832
10	RC HIYAS NG BACOR		30,000.00	44810
11	RC MAKATI WEST		30,000.00	44806
12	RC MANILA RUGAD LAWIN		6,000.00	44847
13	RC SAN PEDRO LAGUNA		12,000.00	44838
14	SAG AILEEN DIMSON	DISTRICT 3800 ZONE 1	30,000.00	44836
	TOTAL:		456,000.00	



02 July 2018

Dear ----- Fellow Rotarian,

The Rotary Club of Manila, R.I. District 3810, will be hosting a dinner in honor of Rotary International President Barry Rassin and spouse Esther scheduled on 19 July 2018, at the Grand Ballroom of the Okada Manila.

As part of this momentous occasion, we are soliciting your kind support as a Sponsor for this event. Attached herewith, is the sponsorship matrix for your consideration.

Thank you and we look forward to your favorable response.

Yours in the service of Rotary,

Nicanor "Nicky" S. Villaseñor, III
Treasurer
RY 2018-2019

Noted by: -

Jesus "Susing" M. Pineda, Jr.
President
RY 2018-2019

DINNER WITH R.I. PRES. BARRY RASSIN and spouse ESTHER
July 19, 2018, Okada Hotel, Manila

SOUVENIR PROGRAM SPECIFICATIONS

Size:	8 ½ inches x 11 inches	Binding:	Perfect Binding
Color:	Colored	Quantity:	800 units

ADVERTISING RATES

<u>PLACEMENT</u>	<u>SIZE</u>	<u>PRICE</u>
Back Cover	8 ½ inches x 11 inches	P50,000.00
Inside Front	8 ½ inches x 11 inches	P30,000.00
Inside Back	8 ½ inches x 11 inches	P30,000.00
Full Page	8 ½ inches x 11 inches	P10,000.00

Note: Confirmation upon full payment.

ADVERTISING PLACEMENT (Please check appropriate box)

☐ Back Cover ☐ Inside Front ☐ Inside Back ☐ Full Page

ADVERTISING MATERIAL REQUIREMENT

The Advertiser has a number of options in submitting their advertising material:

Option A) Negatives- Size: 8 ½ inches x 11 inches OR 8 ½ inches x 5 ½ inches
Details: 120 lines OR 60 lines, emulsion down

Option B) Digital File- Supplied in a CD/DVD/USB
Tiff or Jpeg format, Colored

Option C) Camera ready artwork preferably rendered in the actual size
Ads may be emailed to jasonong04@yahoo.com

CONFIRMATION TO ADVERTISE

This authorizes **ROTARY CLUB OF MANILA**, to publish our advertisement in the Souvenir Program for the DINNER WITH ROTARY INTERNATIONAL PRESIDENT BARRY RASSIN AND SPOUSE ESTHER to be held on July 19, 2018 at the Grand Ballroom of OKADA MANILA, Parañaque City.

Company: _____

Name of Representative: _____

Position: _____

Signature: _____

Date: _____

For details, you may contact Ms. Anna Kun Toledo of the Rotary Club of Manila secretariat office, 5271886/5271887 or at +639088737405 . For confirmation, please email this form together with deposit slip to manilarotary@gmail.com. Due date of advertising requirement and payment is **on or before 11th of July 2018.**

PAYMENT DETAILS

Bank: MBTC-Anda Circle Branch

Account Name: Rotary Club of Manila

Account # 151-7-15151485-1

INTERCLUB ACTIVITIES



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)



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



DG Rudy Bediones graced the **District 3810 Special Presidents-Elect Training Seminar** last June 30, 2018 at the Copacabana Apartment Hotel in Pasay City.



DG Rudy and Lady Sharon Bediones attended the District 3810 Handover 2018 Practice last June 30, 2018 at the Copacabana Apartment Hotel in Pasay City.

CLUB ADMINISTRATION

NEXT WEEK GUEST SPEAKER



H.E. JOSE MANUEL G. ROMUALDEZ

Ambassador of the Republic of the Philippines
to the United States of America

A Babe's Eyevue of understanding Uncle Sam beckons. Be there as this unfolds.

CENTENNIAL INITIATIVES

CENTENNIAL INITIATIVES FOR RY 2018-2019



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 Rotary Club of Manila 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.



Centennial Commemorative Stamp is an initiative to commemorate the 100 years of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia through the issuance of limited edition stamps.



Rotary's Heart for Little Angels is an initiative to provide financial assistance to young children with congenital heart defects for purposes of their operation.



Rotary Club of Manila Centennial Friendship Trees is an initiative to plant 100,000 narra seedlings in commemoration of the 100 years of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia.

Centennial Hymn is an initiative towards composing a song that will embody the 100 years of the Rotary Club of Manila.



Rotary Club of Manila Presidents Book is an initiative aimed at extolling the achievements of each President of Asia's First Rotary Club in tracing the club's colorful history.



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The Commitments to the REAP:

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
15. PAT Hermie Esguerra	50
Total-	70

THE WEEK THAT WAS



Director Art Lopez, as presiding officer, calls the 47th meeting, to order.



Centennial Director Jackie Rodriguez, as OIC/Moderator, calls the program of activities.



STAR Rtn. Dante Gierran, delivers an ecumenical prayer.



STAR Rtn. Hans Palacios introduces the guests, visiting Rotarians and personalities seated at the presidential table.



A special raffle of 12 Ang Paos courtesy of **PVP Manny Dy**. With the guest of honor and speaker, **General Carlito G. Galvez AFP**, Chief of Staff, Armed Forces of the Philippines, and NBI Director, **STAR Rtn. Dante Gierran**, picking the winners from the glass tambol. The following were picked as the winners: **Rtn. Cris Acosta**, **Centennial Dir. Albert Alday**, **PD Beda Fajardo**, **PD Ed Lee**, **PSAA Fred Lim**, **Dir. Art Lopez**, **Rtn. Jason Ong**, **PD Abe Pascual**, **PD Bebot Pineda**, **AS Rene Policarpio**, **Centennial Dir./Dir. Caloy Reyes**, **Rtn. Paquito Tankiang**.

Centennial Director Raffy Alunan III does the honor and pleasure of introducing **General Carlito G. Galvez AFP**, Chief of Staff, Armed Forces of the Philippines, as guest of honor and speaker.



AFP Chief of Staff Gen. Carlito G. Galvez, Jr. spoke before Manila Rotarians, Visiting Rotarians and guests regarding the “Philippine Military Modernization Program, amidst a rising threat from China on the West Philippine Seas and National Security”.



Director Art Lopez, as presiding officer, presents to **General Carlito G. Galvez AFP**, Chief of Staff, Armed Forces of the Philippines, the club’s bell and gavel as a token of appreciation.



Rtn. Michael Cutter presents to **Director Art Lopez**, as presiding officer, a bannerette from **RC San Francisco Bay, USA**, representing his official visit with the Club, at their weekly meeting.

RCM WEEKLY BIRTHDAY CELEBRANT/S



Director Art Lopez, as presiding officer, presents the birthday celebrants of the week: **PVP Manny Dy**, **PP Archit Bartolome III**, for the traditional blowing of candles on the birthday cake, amidst the singing by the **RCM WF Chorale** of the happy birthday song.

FELLOWSHIP



The World Famous Chorale held a choir practice last June 28, 2018 at the Ballroom of the New World Makati Hotel in Makati City and at Ralphs Wine last Tuesday, July 3, 2018. The group has been rehearsing for its performance at the Handover 2018 and "An Evening with Rotary International President Barry Rassin and Lady Esther".



PP Archit and **Rotary Ann Nenne Bartolome** hosted a Homeside Fellowship in honor of President **Susing Pineda** and the Board of Directors and Executive Officers for RY 2018-2019 last June 28, 2018 at their Amber Place, Fort Bonifacio, Taguig City where Manila Rotarians were treated to cocktails and a sumptuous dinner amid lots of singing at both their roof top and residence, reminiscent of the Rotary Club of Manila of yesteryears.



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The Maverick Tondo Boy

An Accruing Interest
of a Self-Made Quintessential Banker:

The Life Story of Archibart Bartolome

A Biography by
Albert S. Alday



The Author



Albert Singson Alday is a civic leader, educator and entrepreneur. A consistent honor student in both grade school (Valedictorian and Gold Medalist in Pilipino/Aralin Panlipunan) and high school (Salutatorian and Gold Medalist in Social Science, St. Bro. Miguel Leadership Awardee in the Arts and Letters) at Die La Salle-Santiago Zobel School, he completed his Bachelor of Arts in Philosophy (cum laude) in 1994 from the University of the Philippines in Diliman, Quezon City where he became a member of The Honor Society of Phi Kappa Phi and the Pi Gamma Mu International Honor Society in Social Science Alpha Chapter. Thereafter, he completed his Bachelor of Laws in 2003 from the University of Perpetual Help Rizal, now known as the University of Perpetual Help System DALTA in Las Piñas City

while he was a faculty in the same institution where he rose to become University Registrar until early retirement. He likewise possesses a Master of Laws in International Business Law (2012) from Boston University where he was part of its inaugural graduating class and the first and so far, the only Filipino to graduate from this program, as well as a Doctor of Philosophy in Metaphysics (2001) from the American College of Metaphysical Theology in Minnesota, USA where he was conferred the rank of Fellow. He was an active member of JCI Makati where he served as Commissioner and Director for Business.

He is presently a member of the JCI Senate Makati and represents it in the Metro Manila Jaycee Senate as 2018 Director and Treasurer. He has likewise been an active member of the Rotary Club of Manila, the First in Asia, since RY 2005-2006 and has served the club twice as Club Secretary and thrice as Director and is presently, Director-Elect of the club on its centennial year, which is his fourth term in that capacity, as well as Editor-in-Chief of the Balita.

He served Rotary District 3810 as Senior Deputy Governor for District Publications, Editor-in-Chief of the Governor's Monthly Letter and Deputy Chief of Staff to the District Governor during RY 2016-2017. He continues to serve the district as Managing Editor of the Governor's Monthly Letter. He is the President of International Academy for Continuous Education and the Chairman of the Board of Fly High Manila.



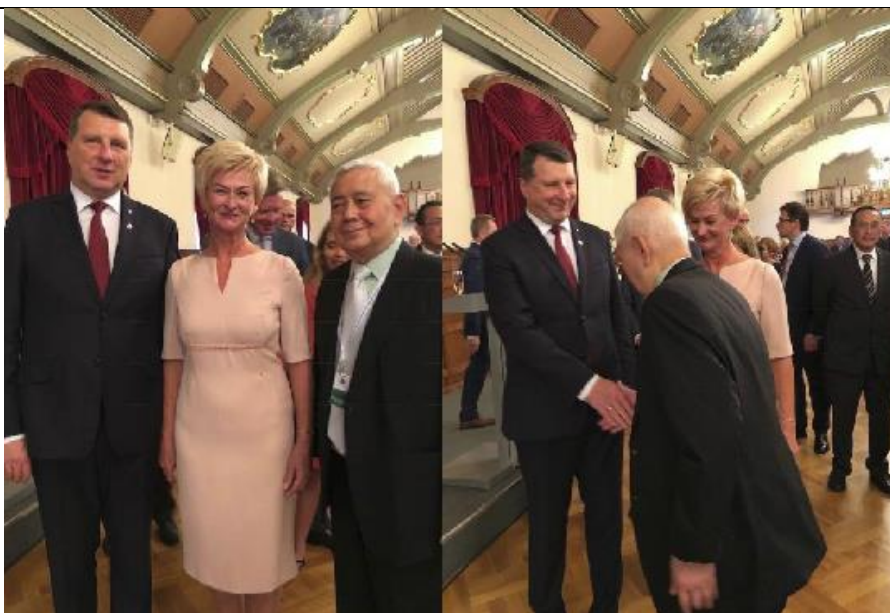
PP Archit Bartolome threw a small party for family and close friends on the occasion of the eve of his natal day last June 29, 2018 at The Last Chukker, Manila Polo Club in Makati City as he seized this opportunity to launch his biography, “**The Maverick Tondo Boy** An Accruing Interest of a Self-Made Quintessential Banker The Life Story of Archit Bartolome”, written by fellow Manila Rotarian PSDG/PDCoS/Dir. **Albert Alday**. Present during the event aside from PP Archit Bartolome were PSDG/PDCoS/Dir. **Albert Alday** who gave a few words, **PD Abe Pascual**, **Rtn. Willie Peliño** and former Manila Rotarian and former Chief Justice PP **Art Panganiban** (not in picture).

PEACE AND CONFLICT RESOLUTION



Manila Rotarians Dir. Raffy Alunan, PD Phillip Ong and Rtn. Dong Benedicto together with Former Philippine President and Honorary Manila Rotarian Fidel V. Ramos attended the Maritime League Forum last June 29, 2018 at the SMX Convention Center, Mall of Asia Complex, Pasay City.

COGS IN THE WHEEL



Dir. Bobby Joseph was with the President of the Republic of Latvia, Raimonds Vejonis and First Lady Iveta Vejone last July 2, 2018. Dir. Bobby Joseph is the Honorary Consul of the Republic of Latvia in the Philippines.

PUBLIC HEALTH NUTRITION AND CHILD CARE



26 HEALTH EFFECTS OF SMOKING

Elias D. Adamos, M.D.

Tobacco is always dangerous, no matter how you smoke it. Tobacco products have no safe substances. Tobacco contains deadly and poisonous ingredients such as nicotine, acetone, tar, and carbon monoxide. These substances don't just affect your lungs. They affect your entire body.

Health effects of smoking (source: *healthline.com*)

1. **Mood stimulation.** It might temporarily put you in good mood, but in the end you will have withdrawal effects similar to dangerous drugs withdrawal symptoms.
2. **Anxiety and irritability.** You might find yourself losing your logic and reasoning once you miss your cigarette.
3. **Poor vision.** Smoking increases the risk for glaucoma, macular degeneration, cataracts, and even blindness.
4. **Early menopause.** Smoking increases hot flashes that are precursors to menopause. Female smokers enter menopause earlier than nonsmokers.
5. **Unhealthy teeth.** Yellowish and brownish stains on the teeth are telltale signs of long-term smoking. Smoking can lead to mouth inflammation that can lead to tooth decay and bone loss.
6. **Dull sense of smell and taste.** Your taste can be dulled and you may lose your appetite.
7. **Smelly hair.** Smoke can stick to your hair and clothes.
8. **Bronchitis.** Second hand smoke increases risk bronchitis and asthma, most especially in children. Smokers have a higher chance of suffering from bronchitis.
9. **Persistent cough.** "smoker's cough." This can cause damage to the airways.
10. **Heart disease.** Well-settled is the fact that smoking causes heart disease. People who are exposed to second hand smoke can also suffer from heart attacks.
11. **High cholesterol.** Smoking increases bad cholesterol and lowers good cholesterol.
12. **Constricted blood vessels.** Nicotine causes blood vessels to tighten and restrict blood flow that increases the risk for high blood pressure, stroke, and heart attacks.
13. Smoking lowers your **immune system** that makes you susceptible for various diseases, including virus and bacteria infection.
14. **Anorexia.** Smoking can make you lose your appetite and you might terrible lose weight leading to *anorexia nervosa*.
15. **Lung cancer.** 16. **Chronic obstructive pulmonary disease.** 17. **Cervical cancer.** 18. **Yellow fingers.** 19. **Infertility.** 20. **Cervical cancer.** 21. **Wrinkly skin.** 22. **Diabetes complications.** 23. Problems in pregnancy and childbirth. 24. **Blood clotting problems.** 25. **Various cancers.** 26. **Blood cancer – Leukemia.**

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THE ROTARY CLUB OF MANILA

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AS RENE POLICARPIO
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RCM OFFICE

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

PROGRAM

RCM's 1st for Rotary Centennial Year 2018-2019

Thursday July 5, 2018 New World Makati Hotel

Officer-In-Charge/ Program Moderator Rtn. Amading Valdez

Board Legal Adviser, Chairman, Program Committee

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of Centennial Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	Rtn. Amading Valdez Board Legal Adviser
12:30 PM	Call to Order	Pres. Susing Pineda
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	Rtn. Hermie Esguerra
	RCM Hymn	RCM WF Music Chorale
	The Four (4) Way Test Credo	All Rotarians led by Rtn. Joe de Venecia Former Speaker of House of Representatives
12:40 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Rtn Celso Abastillas, Co-Chairman, Program Committee RCM WF Music Chorale
12:45 PM	Maligayang Bati (RCM Birthday Celebrants) July 5..... Rtn Naoto Tago July 9..... Rtn Bobby Bhalla Happy Birthday Song Special raffle of valuable items	WF Music Chorale RCM WF Music Chorale

12:50 PM	Induction for reinstatement to the Rotary Club of Manila Membership Former Ambassador Victor G. Garcia III, Republic of the Philippines to the Republic of Austria Vice President, NCR, Phil. Constitution Association (Philconsa) Classification: Associations - Governance Brief introduction of inductee Formal induction ceremony	Dir. Caloy Reyes Pres. Susing Pineda, Inducting Officer
	Welcome Baby Rotarian Song	RCM WF Music Chorale
12:55 PM	President's Time	Pres. Susing Pineda
1:00 PM	Introduction of Guest of Honor and Speaker Address : Hon. Carlos G. "Sonny" Dominguez III Secretary, Department of Finance Member, Rotary Club of Manila Public Forum	PD Art Lopez
2:00 PM	Response, Presentation of a token of appreciation to Secretary Carlos G. Dominguez III & Meeting Adjournment	Pres. Susing Pineda