



BE THE INSPIRATION



balita

No. 3754, July 26, 2018

GUEST OF HONOR AND SPEAKER



Secretary DELFIN N. LORENZANA

Department of National Defense

KABALITA

Let the Best Defense be our knowledge of what goes on with national security and the military as he makes his debut at Asia's First Rotary Club.



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GUEST OF HONOR AND SPEAKERS' PROFILE



DELFIN N. LORENZANA, 36th Secretary of National Defense, 30 June 2016
Present Secretary Delfin Negrillo Lorenzana became the 36th Secretary of National Defense on 30 June 2016, bringing to the Department his expertise in national defense and security, special operations, foreign military affairs, public diplomacy, veterans affairs and strategic leadership.

Secretary Lorenzana was born in Midsayap, Cotabato, on 28 October 1948 and raised in the town of Parang, Cotabato where he finished his primary and secondary schooling. After high school, he spent two years at the Notre Dame University in Cobatato City. He entered the Philippine Military Academy in 1969 and graduated in 1973 and was commissioned as a Second Lieutenant in the Philippine Army.

Over the course of 29 years in uniform, Secretary Lorenzana has commanded army infantry units from platoon to Brigade, the Armor Brigade and the Army Special Operations Command. He also served in staff positions at Battalion and Brigade Headquarters, Army Headquarters and General Headquarters. His last posting was as Defense Attaché in Washington DC from 2002 to 2004 where he retired from active military service.

Upon retirement from the military service he was designated as Head, Office of Veterans Affairs at the Philippine Embassy in Washington, D.C. a designation which he held until June 2016. As Head of the Office of Veterans Affairs where he played an important role in lobbying for the passage of two landmark US legislations for the Filipino WW2 veterans: the Filipino Veterans Equity Compensation Fund in 2009 awarding USD265M to surviving WW2 veterans and the conferment of the Congressional Gold Medal to Filipino WW2 veterans in 2016.

Secretary Lorenzana is married to the former Editha Aguilar from Caloocan City. They have four children and one granddaughter.

PRESIDENTS' CORNER



Dear Fellow Manila Rotarians,

The staging of “An Evening with Rotary International President Barry Rassin and Lady Esther” last July 19, 2018 at the Grand Ballroom of the OKADA Manila was an overwhelming success with more than 600 plus people in attendance, not, because of one Rotarian’s efforts nor a group of Rotarians’ leadership ways, but, because our club stood united in one mission towards paving the way for the future, not only of Asia’s First Rotary Club, but, of the entire Rotary movement in the Philippines and in Asia, as well. While we do not profess perfection in its entirety, our collective efforts have worked wonders beyond time constraint and produced the perfect kick-off for festivities of our centennial to which we received an array of accolades from various Rotarian dignitaries and Rotarians from all over the country. As such, I wish to thank my hardworking steering committee who saw to it that every minor detail was covered and whose anticipation of minor glitches in the processes were dealt with in the most practical manner, taking into consideration our role as gracious host to the sea of Rotarians present that evening. Further, overflowing gratitude goes to the World Famous Music Chorale who left a lasting impression on Rotary International’s First Couple with the launching of our Centennial Hymn composed by Louie Ocampo through the kindness of PP Teddy Ocampo. Our banner event, according to the Rotary International President was simply “amazing”.

Earlier in the day, Rotary International President Barry and Lady Esther Rassin were literally “Walking on Sunshine” on a predominantly gloomy day as the sun miraculously made a sneak preview for the first couple’s Wreath Laying Ceremonies at the Rizal Monument with our directors and officers in attendance. Rotary International’s first couple were given full military honors during this event, thanks to the immense help extended by CP Naomi Lachica of the Rotary Club of Padre Burgos. The event was followed by a Tree Planting Ceremony at the Lapu-Lapu monument beside the former Department of Tourism organized by Chair Rtn. Celso Abastillas and Co-Chair BLA Amading Valdez as tree planting is an activity close to the heart of the Rotary International President. Certainly, the torrential rains did not dampen the spirits of the directors, officers and fellow Manila Rotarians who took part in this endeavor. A myriad of thanks to Rtn. Celso for the well-organized tree planting activity, the Rotary Club of Manila Centennial Friendship Trees Project, initiated by PDG Obet Pagdanganan, which I hope many of our fellow Rotarians will follow suit.

Today, we welcome Secretary Delfin Lorenzana of the Department of National Defense as he speaks on “National Security and the Military Situation in the Philippines” and this evening, I invite all of you to rekindle ties with fellow Manila Rotarians at the Centennial Fellowship Kick-off, 6pm, at the Salvatorre Roofdeck of the Pacific Star Building in Makati, hosted by Chairman PAT Hermie Esguerra, PD Pepo Nuñez and PT Lito Sibayan.

Indeed, “Great things that happen in Rotary are never done by one person, but they are done by a team of Rotarians.”

In ONE CENTURY ONE MISSION ONE ROTARY, I remain.

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 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.



Rotary Club of Manila Centennial Coffee Table 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.

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	<u>5</u>
Total-	25

NEW GENERATIONS SERVICE



DGE Rudy and Lady Sharon Bediones attended the **15th Asia Pacific Regional Rotaract Conference (APRRC)** from July 19-22, 2018 at the Philippine International Convention Center (PICC), Pasay City..



Rotaract Club of Manila, represented by IPP Michael Edgar Recabar, ISD Mei Acuin and Inspiring President Bryan Hernandez, with Rotary International President Barry Rassin during the 15th Asia Pacific Regional Rotaract Conference Gala Night last July 22, 2018 at the Sofitel Philippine Plaza Manila in Pasay City.

CENTENNIAL FELLOWSHIP KICK-OFF

WHEN:

Thursday, July 26, 2018

TIME:

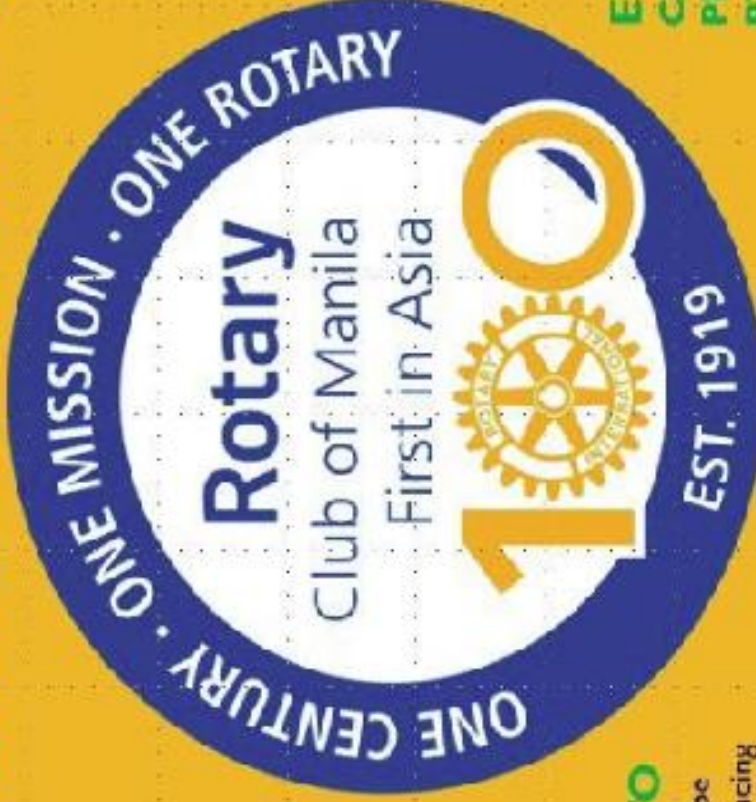
6:00 PM to 11:00 PM

WHAT NOT TO MISS:

Parking tickets only for 20 cars to be available at the membership meeting on Thursday July 12, 2018

WHAT ELSE NOT TO MISS:

Cocktails, music to be provided by 2 live bands, and dancing



WHERE:

**SALVATORRE
ROOFDECK**

Low Rise Tower, Pacific
Star Bldg. Sen. Gil Puyat
Avenue, cor. Makati
Avenue, Makati
City

EVENT HOSTS:

Chairman Hermie Esguerra
PD Pepo Nunez
PT Lito Sibayan

RSVP:

Please send your confirmation of attendance via group viber ATTENDANCE or sms THRU **09228209396**

ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI



ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI. This project aims to provide medical, psychological and palliative care to wounded soldiers who have fought for the liberation of Marawi from the shackles of terrorism as well as civilians who have been displaced as a result of the armed conflict.)

Next week's Speaker

August 2, 2018, 12N,
New World Makati Hotel Glasshouse



Dr. June Caridad Pagaduan-Lopez MD

Fellow, Philippine Psychiatric Association
Professor of Psychiatry, University of the Philippines (retired)
On second Re-election as an Expert Member, United Nations Subcommittee on the Prevention of Torture
Convenor, Citizen's Network for Psychosocial Response
Executive Director, Balik Kalipay Center for Psychosocial Response
Lead Author : Philippine Mental Health Act of 2018

"Catch the women's rights medical advocate in a timely discussion only at Asia's First Rotary Club."

NEWSPAPER RELEASE

THE PHILIPPINE STAR, JULY 22, 2018



With (from left) Costa Rica Honorary Consul Fausto Preysler, Rotary Club of Manila centennial president Susing Pineda, US Ambassador Sung Kim, Amading Valdez, Ramon Arnaiz and Ricky Trinidad.



At home with the Manila Rotary

One of the hard things about being based in Washington, D.C. is that you miss old friends, like my fellow Rotarians at the Rotary Club of Manila.

The oldest Rotary Club in Asia, the RCM is set to celebrate its centennial year in June 2019. Members comprise some of the most prominent businessmen in the country as well as Cabinet officials like Finance Secretary Sonny Dominguez.

It was certainly a pleasure to speak before the members of my own Rotary Club and the guests from other Rotary clubs, several businessmen friends as well as members of the diplomatic corps that include Israeli Ambassador Effie



Sharing with the audience the work we have been doing in Washington, D.C.

Ben Matityau, Japanese Ambassador Koji Haneda, US Embassy Consul General Russel Brown and Vice Consul Tara Shaughnessy, Thai Embassy Deputy Chief of Mission Urawadee Sriphiromya and Consular Corps of the Philippines dean Michael Ang.



**With (from left) Ambassador Kim,
Susana Pineda and Syrian Consul
General Issam El-debs.**

It was also an honor to be introduced by my good friend US Ambassador Sung Kim, who said that he doesn't really get a lot of opportunities to introduce people during speaking events — and that the last time he ever introduced anyone, it was none other than US President Donald Trump.

I spoke about the work we have been doing in Washington, D.C., engaging with various sectors as well as US legislators and Washington officials to explain the new independent foreign policy of the government to diversify friendships and alliances with other nations, which is a very pragmatic perspective especially at this time when nations need to cooperate on mutual concerns such as security, extremism and the economy.

Be that as it may, our relationship with the US will continue to be special because of the deep people-to-people ties between the two nations. Like I told the audience, the good image of Filipinos in the US makes my job as a diplomat easier. There are a lot of Filipino-Americans who are doing well all across the United States, and each one of them can be an effective ambassador because they generate positive perceptions about the country.

I told my fellow Rotarians that whether they are here or abroad, and when all is said and done, we should take pride in the words, “Ako ay Filipino and proud to be one.”



**Dean of the Consular Corps of the
Philippines Michael Ang and US Em-
bassy Consul General Russel Brown.**



Pres. Susing Pineda, Jr. calls RCM's 3rd for Rotary Centennial Year 2018-2019, "An Evening with Rotary International Barry Rassin".



PP Benny Laguesma as Officer-In-Charge/ Program Moderator, directs the program of activities.



The Central Colleges of the Philippines Cadets for the entry of colors.

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Past Asst. Treas. Hermie Esguerra delivers an ecumenical prayer.



IPP Jimmie Policarpio leads fellow Rotarians in the recitation of the Four (4) Way Test as a pledge to its commitment to the Rotary movement.



PP Romy Nones for the acknowledgement of dignitaries.



Centennial President Susing Pineda for his welcome message.

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RI President Barry Rassin as Inducting Officer administers the oath of membership pledge to the Inspiring Governors followed by the Inspiring Presidents, in the ten (10) Districts in the Philippines.



PDG Obet Pagdanganan, Chair of the Centennial Celebrations Committee, explains the Centennial Initiatives of the Rotary Club of Manila.

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PDG Obet Pagdanganan, President Susing Pineda, SDG Frank Evaristo (Chair of the Centennial Commemorative Stamp Committee, the Deputy Postmaster General and Rotary International President Barry Rassin unveil the Centennial Commemorative Stamp of the Rotary Club of Manila.



PDG Obet Pagdanganan, who took the place of Past Auditor Jimmy Laya, the Editor-in-Chief of the book, as he was not feeling well at the time, presents a mock-up of the Rotary Club of Manila 100 Years of Service Presidents Book to Rotary International President Barry Rassin in the presence of Managing Editor PSDG/PDCoS/Dir. Albert Alday, Photo Director IP Carlo Goño (Rotary Club of Manila South) and Writer IP Eric Florentino (Rotary Club of Pasay Ilustrado).

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RCM World-Famous Music Chorale sings live for the first-time the Rotary Club of Manila Centennial Hymn.

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Ms. Gerphil Flores, Runner-up, Asia's Got Talent Season 1, German-Filipino Classical Crossover Singer, performs favourite song numbers.



Rotary International Director Raffy Garcia III does the honor, pleasure and privilege of introducing **Rotary International President Barry Rassin**, as Guest of Honor and Speaker.

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Rotary International President Barry Rassin gave an inspiring message to all Rotarians present.



Centennial Pres. Susing Pineda, Ri Director Raffy Garcia III, RI D-3810 Governor Rudy Bediones, and RCM Centennial Board of Directors/Officers present to RI President Barry Rassin, the Rotary Club of Manila Centennial Bell and Gavel Set, Ceramic Plate; and a special gift to Lady Esther Rassin, as tokens of appreciation.

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Dulce, A Musical Prodigy, Asia's Singing Champion, One of Philippines' Natural Treasure, performs favourite song numbers.



RI D-3810 Governor Rudy Bediones for his closing remarks.

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RI President Barry Rassin and Lady Esther, RCM Centennial Board of Directors/Officers with the Ten (10) Rotary Districts and Rotary Clubs, taking turns for photo opportunities.

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Centennial Pres. Susing Pineda for the adjournment of the meeting, marking that start of the Fellowship, with **Sabor Latino Band**, Philippine's Premiere Latin Band, providing live music.

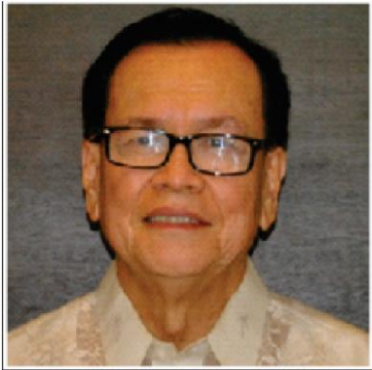
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MESSAGE



WELCOME MESSAGE OF PRESIDENT SUSING PINEDA ON THE OCCASION OF “AN EVENING WITH ROTARY INTERNATIONAL PRESIDENT BARRY RASSIN AND LADY ESTHER”

Rotary International President Barry Rassin and Lady Esther, Rotary International Director Raffy Gracia, III and Lady Minda, Rotary Inspiring Governor of District 3810 Rudy Bediones and Lady Sharon, PRID Jocjoc Bolante, PRID Guiller Tumangan, Immediate Past President of the Rotary Club of Manila Jimmie Policarpio, Inspiring District Governors, Past District Governors, Inspiring Presidents, Past Presidents and, of course, my lovely wife, Maritess, our moderator Past President Benny Laguesma, members of the Rotary Club of Manila, Rotarians, Ladies and Gentlemen, Good Evening!

Fellow Rotarians, we are graced this evening with the presence of esteemed men and women from all over the country – all of whom have lived a life in line with Rotary’s mission of Service Above Self.

Tonight, we are honored with the presence of Rotary International President Barry Rassin, and his lovely wife, Lady Esther Rassin. The rarity of a visit from the Rotary International President is worth celebrating – and the fact that it coincides with a momentous milestone epitomizes the auspicious nature of the gathering.

So fellow Rotarians, let’s give President Barry a warm round of applause.

The Rotary Club of Manila finds itself at the heels of its Centennial Celebration – an event it proudly shares with the rest of the Rotary movement in the Philippines and across Asia.

Since 1919, the Rotary Club of Manila has been steadfast in its mission of service – an undying endeavor that has touched and furthered many marginalized communities. As the seed of the Rotary movement in Asia, its service has gone far and beyond Manila – birthing 10 districts, 876 Rotary clubs, and 24,951 Rotarians across the Philippines.

The Rotary Club of Manila has also been blessed with members who have risen to play vital roles in the Rotary International movement. In 1986, Mateo Armando Caparas was elected as the first Filipino Rotary International President. Today, Raffy Garcia, III, is the Incumbent Rotary International Director. Once again, let’s give a hand to RI Director Raffy.

Recently, our 100 years of Rotarian service was recognized by the national government, with President Rodrigo Duterte signing Proclamation No. 413, which declares the period from July 1, 2018 to June 30, 2019 as the “Year for the Celebration of the Centennial Anniversary of the Rotary Club of Manila and the Rotary Movement in the Philippines and Asia.”

This proclamation opens the doors of vast opportunities for our club and yours to further our mission of service through cooperative ventures with government entities. And despite being in existence for a century, the Rotary Club of Manila has not taken its foot off the pedal of sharing the fruits of our mission of service. The Adopt-A-Student Scholarship Grant, Sari-Saring Aralan Out-of-School Youth Program, Rotary’s Heart for Little Angels Project, our ongoing humanitarian project in Marawi, One Rotary One Philippines One For Marawi, and various medical missions across the country evidence the club’s persisting commitment to those most in need.

We believe that in order to create a sustainable, long-lasting impact, innovation and education must be fostered to establish the foundations of what we hope to be catalysts of change in the Philippine society. By encouraging leaders and inspiring our

members to be proactive with finding innovative solutions to the issues in the country, we hope to help blaze the trail towards a more prosperous and progressive Philippines for future generations.

My fellow Rotarians, every life we touch is our legacy. Let us lead by example, so we can be the inspiration to pursue this vision in unison – under ONE MISSION, under ONE ROTARY.

A pleasant evening to all.

Salamat po at Mabuhay tayong lahat!



Message at the Tree Planting Ceremony

by

Chair Celso E. Abastillas

RI President Barry Rassin, RI Director Raffy Garcia, Governor Rudy Bediones, President Susing Pineda, NPDC Executive Director Penelope Belmonte, fellow Rotarians, guests, ladies and gentlemen: I am glad that you all came, which I presume not just because you were forced to because of the presence of our guest, RI President Barry, but more so because of the urgent call of nature. We need to plant trees to revitalise the planet Earth, to repair its damaged lungs, if you will. For this reason we are privileged and honoured that the president of the Rotary International has to come here to witness and even officiate our pledging session today to contribute to the mitigation of the worldwide problem of Global warming. Imagine if only all the Rotary clubs around the world will pledge to plant or cause to plant 100 trees per year which is not really that many. In fact that's only about 9 trees per month. But on the aggregate, indeed it would be a dramatic game changer of a gigantic proportion. With 1.2 million members of the Rotary International, at 100 trees pledged and planted, that is equivalent to 120 million trees per year. Or 1.2billion trees in 10 years. A giant step indeed to solve a seemingly unsolvable World's or the Planet Earth's problem. This will be another wide ranging and impacting project of Rotary after the Eradication of Polio. My fellow Rotarians it is now time to act. From this day forward, let's plant trees. And to conclude, with kind permission from our guest, may I therefore paraphrase his motto: Plant trees and Be an Inspiration!

Thank you.



DG Rudy and Lady Sharon Bediones as well as President Susing and Rotary Ann Maritess Pineda were among the members of the committee who welcomed Rotary International President Barry Rassin and Lady Esther last July 18, 2018 at the Ninoy Aquino International Airport in Pasay City.



DG Rudy and Lady Sharon Bediones attended the Farewell Luncheon for Rotary International President Barry Rassin and Lady Esther last July 22, 2018 at the Manila House Private Club in Bonifacio Global City, Taguig.



The Steering Committee of "An Evening with Rotary International President Barry Rassin and Lady Esther" planned the dry run of the Wreath Laying, Tree Planting and the Okada Dinner last July 18, 2018 at the Emerald Garden Restaurant in Manila.



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The Steering Committee of “An Evening with Rotary International President Barry Rassin and Lady Esther” conducted a dry run of the Wreath Laying Ceremony last July 18, 2018 at the Rizal Park in Manila.

**INTERNATIONALS
SERVICE**



The Steering Committee of **"An Evening with Rotary International President Barry Rassin and Lady Esther"** conducted a dry run of the Tree Planting Ceremony last July 18, 2018 at the Lapu-Lapu Monument, Agrifina Circle, Rizal Park in Manila.

INTERNATIONAL SERVICE



The Steering Committee of "An Evening with Rotary International President Barry Rassin and Lady Esther" conducted a dry run of the dinner last July 18, 2018 at the Grand Ballroom of OKADA Manila, Parañaque City.

INTERNATIONAL SERVICE



The Steering Committee of “An Evening with Rotary International President Barry Rassin and Lady Esther” having snacks after a dry run of the dinner last July 18, 2018 at the Lobby Lounge of OKADA Manila, Parañaque City.

INTERNATIONAL RELATIONS



The Board of Directors, Executive Officers and the rest of the Manila Rotarians led by President Susing Pineda together with Rotarian dignitaries led by Rotary International Director Raffy Garcia, III and DG Rudy Bediones were on hand to witness the laying of the wreath at the foot of the Rizal Monument by Rotary International President Barry Rassin and Lady Esther last July 19, 2018 at the Rizal Park in Manila.







The Board of Directors, Executive Officers and the rest of the Manila Rotarians led by President Susing Pineda together with Rotarian dignitaries led by Rotary International Director Raffy Garcia, III and DG Rudy Bediones were on hand to witness the laying of the wreath at the foot of the Rizal Monument by Rotary International President Barry Rassin and Lady Esther last July 19, 2018 at the Rizal Park in Manila.



Chairman/ Rtn. Celso Abastillas delivering his message.



Pledge

I hereby solemnly swear that I will plant or cause to plant 100 trees this fiscal year 2018-2019 to commemorate the Centennial anniversary of **Rotary Club of Manila** and as my contribution to mitigate the harmful effects of global warming. I pledge that I shall take care of these trees like a good father of a family to ensure their survival and growth. That I will do this obligation like a true Rotarian to the best of my ability, so help me God!

RI President Barry Rassin

Participant's Name and Signature

Rotary International President Barry Rassin leading the pledge.



Trees

By JOYCE KILMER

I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.



Charge

Now that you have pledged to plant or cause to plant 100 trees between the years 2018 and 2019, By the power vested in me by the **Rotary Club of Manila** and by the highest authority in the Planet Earth, I declare you Exonerated of all the sins you have committed against the Environment particularly: driving big cars instead of small, if not electric cars, consuming directly or indirectly powers produced from fossil fuels, eating meat from cattles raised from cleared forests, travelling by air frequently and your unabated use of plastics, among others. You may now plant your trees and kiss their leaves!

Co-Chair BLA Amading Valdez leading the charging.

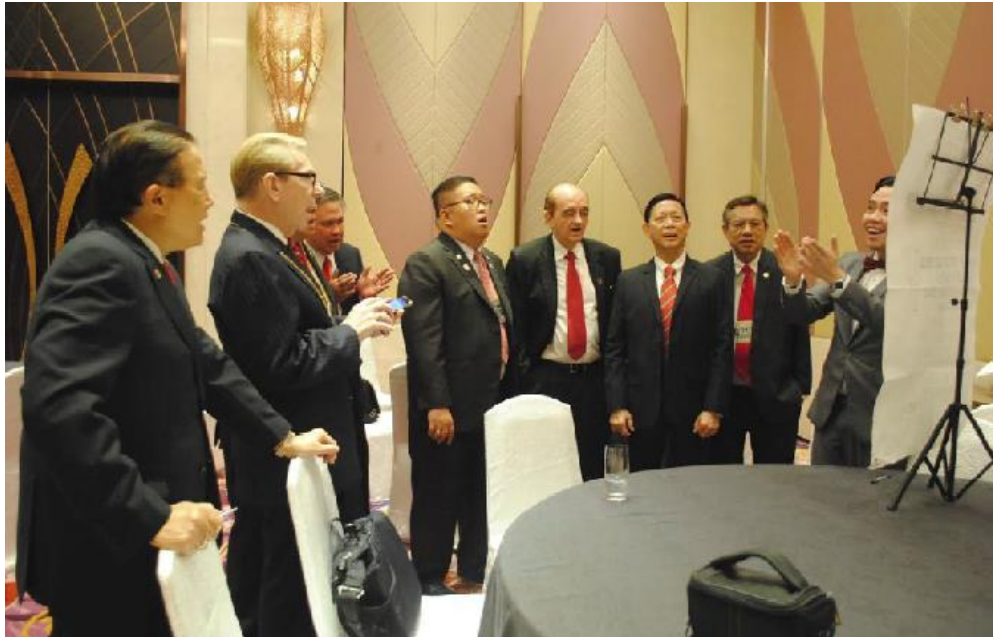


Rotary International Director Raffy Garcia III, PDG Obet Pagdanganan, Pres. Susing Pineda, Dir. Raffy Alunan, Dir. Albert Alday and AT Ner Lonzaga plants their own individual trees.



The Board of Directors, Executive Officers and the rest of the Manila Rotarians led by President Susing Pineda together with Rotarian dignitaries led by Rotary International Director Raffy Garcia, III and DG Rudy Bediones were on hand to witness the Tree Planting Ceremonies by Rotary International President Barry Rassin and Lady Esther last July 19, 2018 at the Lapu-Lapu Monument, Agrifina Circle, Rizal Park in Manila. This Tree Planting Ceremonies served as the launching of the Rotary Club of Manila Centennial Friendship Trees Project. The Tree Planting Ceremonies was organized by Chair Rtn. Celso Abastillas and Co-Chair BLA Amading Valdez while the project itself was initiated by PDG Obet Pagdanganan. Chair Rtn. Celso Abastillas delivered a message during the ceremonies. The pledging to plant trees was administered by Rotary International President Barry Rassin. DSAA/PD Oscar del Rosario recited the poem, "TREES" by Joyce Kilmer. These were all done under heavy rainfall.

HIGHLIGHTS OF “AN EVENING WITH ROTARY INTERNATIONAL PRESIDENT BARRY RASSIN AND LADY ESTHER”



The World Famous Chorale rehearsing the Centennial Hymn last July 19, 2018 at the holding room of OKADA Manila in Parañaque City.



Registrants line up at the Registration Area to get their respective Identification Cards.



The Board of Directors and Executive Officers as part of the reception line.



Rotary International President Barry Rassin and Lady Esther troop the line and get settled at their respective tables together with President Susing Pineda.



PUP's **Banda Kawayan** renders a performance while the **World Famous Music Chorale** gets ready for the National Anthem.



DG Rudy Bediones, PDG Vince Carlos, Dir. Raffy Alunan, III and DSAA/PD Oscar del Rosario attended the 26th Handover and Induction Ceremonies of the Rotary Club of Chinatown Manila last July 17, 2018 at the Golden Bay Seafood Restaurant in Pasay City where Inspiring President Annabel Lee was inducted.

INTERCLUB ACTIVITIES



DG Rudy Bediones attended the Joint Meeting of the Rotary Club of Pasay Southeast and the Rotary Club of Pasay West last July 24, 2018 at the Philippine Navy Golf Club in Taguig City.



DG Rudy Bediones conducted the Governor's Visit of the Rotary Club of Pasay Friedens led by IP Lucas Madsen last July 24, 2018.



The Centennial Celebrations Gala Dinner Committee met last July 23, 2018 at Meeting Rooms 2 & 3 of the Rockwell Club in Makati City. The luncheon meeting was hosted by Gala Dinner **Chair PAT Hermie Esguerra**.

CLUB ADMINISTRATION

OBITUARY



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

Condole with the family of



Rtn RICARDO C. PUNO, Sr.
Active Member RY 1999-2008
Honorary Member RY 2008- July 2019

who passed away in the grace of our Lord
 morning of Wednesday, July 25, 2018.

Rtn DICK PUNO served as Chairman of Club Awards
 Committee; Community Service Group –
 Social Justice Committee and Constitution and
 ByLaws Committee.

Wake begins on, July 25, 2018 8:00 PM at Heritage Memorial Park.
 Daily Masses are held 8:00 PM.
 Funeral Mass will be on Sunday July 29, 2018 9:00AM
 at the Heritage Memorial Park.
 Intermment follows at Everest Hills Memorial Park, Muntinlupa

LET US OFFER OUR PRAYERS
FOR THE ETERNAL REPOSE OF THE SOUL OF
Rtn. Dick Puno

DISEASE PREVENTION AND TREATMENT



Rtn. Jack Bautista led a group of ophthalmologists for the Rotary Club of Manila Pagkalinga sa Mata Project, “Ituwid ang Duling na Mata Para Maayos Ang Pagtingin” last July 18-20, 2018 at Ibajay District Hospital in Aklan.

NEW WORLD GOLF CUP



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COGS IN THE WHEEL



Manila Rotarians attended the opening session of the Philippine Senate last July 23, 2018 at the Senate of the Philippines in Pasay City.



President Duterte signs the guest book during the inauguration of Malayan Colleges Mindanao, a wholly owned subsidiary of Mapua University, located in Matina, Davao City. MCM offers programs in engineering, architecture, business, and information technology as well as senior high school. Looking on are Finance Secretary Carlos Dominguez III, Yuchengco Group of Companies chair Helen Dee, Mapua University and MCM president Rey Vea and MCM EVP and COO Dodjie Maestrecampo.

SPEAKERS' BUREAU

The Manila Times

'3rd SONA presidential, but not memorable'

BY RALPH DANIEL CRISOSTOMO ON JULY 24, 2018

A panel of analysts expressed mixed views on the President's third State of the Nation Address (SONA) during The Manila Times Roundtable broadcast online on Monday, but lauded it for its consistency and focus on policy.

The President's speech seems to have been written to "refute, reassure, reiterate and establish," said Amado Valdez, former dean of the University of the East (UE) College of Law.



SONA ROUNDTABLE A distinguished panel of analysts discusses the President's third State of the Nation Address at The Manila Times TV studios in Manila on Monday. The broadcast was carried live on the Times website and on Facebook, drawing thousands of viewers. From left: columnist Yen Makabenta, Chamber of Commerce of the Philippine Islands President Jose Luis Yulo Jr., The Manila Times President Dante Francis 'Klink' Ang 2nd, Publisher-Editor Nerilyn Tenorio, and former University of the East law dean and Social Security System Chairman Amado Valdez. PHOTO BY ROGER RAÑADA

His statements, moreover, had no inconsistencies and went straight to the point. "He was able to do that in his speech. I think it's one of the best [speeches] so far," said Yulo.

The panel noted that the President did not allow the leadership tussle between House Speaker Pantaleon Alvarez and Pampanga Rep. Gloria Macapagal Arroyo to overshadow the SONA, by not mentioning it at all.

Valdez said Duterte was able to refute accusations of human rights violations by saying that while the critics' concern was human rights, his was "human lives."

Chamber of Commerce of the Philippine Islands President Jose Luis Yulo Jr. said the President "acted presidential" and noted that there were no inappropriate words in his speech.

His statements, moreover, had no inconsistencies and went straight to the point.

“He was able to do that in his speech. I think it’s one of the best [speeches]so far,” said Yulo.

The panel noted that the President did not allow the leadership tussle between House Speaker Pantaleon Alvarez and Pampanga Rep. Gloria Macapagal Arroyo to overshadow the SONA, by not mentioning it at all.

“Tomorrow’s headline should really focus on the content of the SONA, then on the side we could have the Alvarez-Arroyo sidebar,” said Publisher-Editor Nerilyn Tenorio.

Duterte’s clarification of his foreign policy was also one of the highlights of his third SONA, Tenorio said.

“The well-being of the overseas Filipino workers is the foreign policy concern. That’s the fundamental basis of our foreign policy, as far as our people are concerned,” she added.

There were no memorable lines during Duterte’s third SONA, however, said columnist Yen Makabenta.

“There were no lines in the speech that were particularly memorable, the only one I found memorable was this thing about human rights and human lives,” Makabenta said.

Makabenta said Duterte’s statement was effective in addressing human rights advocates and that it was an excellent articulation of his point. But the speech lacked persuasiveness.

“[Duterte] was not soliciting applauses. Overall I would say [the speech]lacked eloquence, it could have been in some places had he chosen to, but the attention was not on style actually, the attention was on, I think, getting the message across — the policies,” he said.

Federalism

In the pre-SONA broadcast, Yulo said the shift of federalism was unnecessary as “We are already unified...We will dismantle if we do this.”

Federalism was successful in uniting the United States and Germany, but they were divided states, he said. Makebenta also said subdividing the country would make no sense as it is already unified.

Valdez said there might be a “psychological boost” to local government units in the different parts of the Philippines that would turn into federal regions.

Dir. Raffy Alunan was with Department of National Defense Secretary Delfin Lorenzana as part of CSW for Rotary Club of Manila's Thursday Luncheon Meeting and with CSAFP Gen Carlito Galvez as part of CSW for Rotary Club of Manila's next medcap in Marawi in early August last July 24, 2018 in Camp Aguinaldo, Quezon City. The Department of National Defense and the Armed Forces of the Philippines are RCM's humanitarian assistance partners for the "One Rotary, One Philippines, One for Marawi" program.



PEACE AND CONFLICT RESOLUTION



Rtn. Juan Montel and Dir. Raffy Alunan were at Elks Club in Makati City last July 20, 2018 for a coordination meeting of Rotary Club of Manila's "One Rotary, One Philippines, One for Marawi" program for the next medical mission. From L-R: Juan Montel (RCM and chairs Water and Sanitation component of the Program); Rafael Alunan, III, RCM Centennial Director and program chair; Ces Alfonso representing the Philippine College of Physicians; Col. Edgard Arevalo (PM), AFP Spokesman representing AFP GHQ (and a Rotarian from RC Bauan Batangas); Maj. Henry Guillermo (PA) representing J-3.

PUBLIC HEALTH NUTRITION AND CHILD CARE



BREAKFAST: The most important meal of the day

Elias D. Adamos, M.D.

Breakfast is the most important meal to make you get going. Studies have linked good breakfast to a smaller waistline and improved health.

Those who eat good breakfast are less likely to have atherosclerosis

The October 2017 *Journal of the American College of Cardiology* supports the old maxim that breakfast is the most important meal of the day. A study of more than 4,000 middle-aged adults in Spain found that those who ate breakfast were less likely to have artery-clogging plaque (atherosclerosis) than those who avoided a morning meal.

Nearly 75% of the breakfast skippers had signs of plaque buildup, compared with 57% of those who ate a big breakfast and 64% of those who ate a lighter morning meal.

Breakfast fans tended to eat more healthfully over all and were less likely to be obese or have high blood pressure, diabetes, or unhealthy cholesterol levels. In many studies, whether in the past, or recent years, conclude: Skipping breakfast is linked to higher risk of atherosclerosis.

Is skipping breakfast a good practice to lose weight?

Researchers at Cornell University published in *Physiology & Behavior* in 2013 that college students ate 145 calories more at lunch when they ate nothing in the morning than they did on a day they ate breakfast.

Those who take in lesser calories while skipping breakfast are still more likely to gain weight in the long run. Rania Mekary, PhD, of the Harvard School of Public Health says, “If you starve yourself, your metabolic rate might end up decreasing. You might lose weight, but is that something good long-term? Researchers have found out that starving yourself without breakfast and eating less the whole day will only give you temporary weight loss. You will end up regaining your previous weight and gaining more weight due to a phenomenon called “physiologic rebound” or some sort of “feedback mechanism” that makes you eat more and snack more after starving yourself for a few days.

The breakfast of champions

Eating a high sugar/high carbohydrate breakfast is detrimental in terms of appetite control and snacking. A good breakfast is high in protein – such as Greek yogurt with blueberries, granola, and nuts, or a breakfast burrito with eggs, lean meat or soy, and vegetables (University of Missouri School of Medicine).

Eating breakfast make you smarter

2013 observational studies in China found out that kids who ate breakfast had higher IQ scores than their peers who didn't.

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PROGRAM

RCM's 4TH for Rotary Centennial Year 2018-2019

Thursday July 26, 2018 New World Makati Hotel

Officer-In-Charge/ Program Moderator :

Past Asst. Treas. Hermie Esguerra

P R O G R A M TIMETABLE

10:30 AM	Registration & Cocktails (WINES courtesy of Centennial Dir. "Bobby" Joseph)	
11:25 AM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator : :	PAT Hermie Esguerra
11:30 PM	Call to Order	Pres. Susing Pineda
	Singing of the Republic of the Philippines National Anthem Invocation	RCM WF Music Chorale PP Frank Evaristo

Part 1 Valedictory and Year – end Awards Presentation

Message	PAT Hermie Esguerra Chairman, Club Awards Committee
Presentation of Rotary Year 2017-2018 RCM Year-end Club Awards Co-Presentors of Awards	IPP Jimmie Policarpio, Jr. Sec. Alvin Lacambacal PP Teddy Ocampo and PVP Chito Zaldarriaga
Valedictory Address	IPP Jimmie Policarpio, Jr.

Part 2 Program Proper

1:00 PM	RCM Hymn	RCM WF Music Chorale
	The Four (4) Way Test Credo	All Rotarians led by AT Ner Lonzaga
1:05 PM	Introduction of Guests, Visiting Rotarians & Personalities at the Head Table	Rtn. Romy Nones

	Welcome Song	RCM WF Music Chorale
1:10 PM	Induction of new member to RC Manila Mr. Jose Fernando Berlanga “Nando” Camus (Filipino) Chairman of the Board, Leechiu Property Consultants, Inc. Classification: “Real Estate Professional Serices – Brokerage” Proposer: Dir. Bobby Joseph, Jr.	
	Brief introduction of inductee	Dir. Bobby Joseph, Proposer
	Formal Induction Ceremony	Pres. Susing Pineda, Inducting Officer
	Welcome Baby Rotarian Song	RCM WF Music Chorale
1:15 PM	President’s Time	Pres. Susing Pineda
1:20 PM	Introduction of Guest of Honor and Speaker	Dir. Raffy Alunan III
	Address : Secretary Delfin N. Lorenzana Department of National Defense	
	Signing of a Memorandum of Agreement between the Rotary Club of Manila and the Department of National Defense, Armed Forces of the Philippines, on Joint Marawi Project Sec. Delfin N. Lorenzana Dept. of National Defense	Pres. Susing Pineda,
	Public Forum	
2:00 PM	Response, Presentation of Centennial Plate as a token of appreciation to Sec. Delfin N. Lorenzana & Meeting Adjournment	Pres. Susing Pineda