



BE THE INSPIRATION



# balita

No. 3755, August 2, 2018

## GUEST SPEAKER



### JUNE CARIDAD PAGADUAN-LOPEZ, M.D.

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, Citizens' Network for Psychosocial Response

Executive Director, Balik Kalipay Center for Psychosocial Response

Lead author: Philippine Mental Health Act of 2018

## KABALITA

Let the Iskolar ng Bayan Mental Health Advocate enlighten Asia's First Rotary Club on why mental health needs to be the subject of meaningful legislation.

<http://www.rcmanila.org>



BE THE INSPIRATION

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# CURRICULUM VITAE

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## **June Caridad Pagaduan-Lopez MD**

**Address: Unit 19 D Ocean Tower 2044 Roxas Blvd Manila**

**Office: Rm. 271 Medical Arts Building Cardinal Santos Medical Center**

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, Citizens' Network for Psychosocial Response

Executive Director, Balik Kalipay Center for Psychosocial Response

Lead author: Philippine Mental Health Act of 2018

June Pagaduan-Lopez (born 1951) has worked for more than three decades in varied fields- human rights protection, psychosocial intervention in humanitarian emergencies such as natural calamities and armed conflict, peace advocacy, humanistic education in Medicine, gender and women's rights, trauma and stress management. As a professor at the University of the Philippines (UP) and a psychiatrist, she has helped human rights abuse victims in the Philippines and in other countries and contributed to the development of a more humane approach to medical practice. In the medical profession, she is at the forefront of psychosocial trauma management. She is currently the Convenor for the Citizens' Network for Psychosocial Response, a network of NGOs and volunteers responding to calamities.

She was introduced to human rights work as a student activist before and during the Martial Law era. After graduating from medical school in 1976 and having finished her residency in psychiatry in 1979, she helped found the Medical Action Group (MAG), a non-government, cause-oriented organization that provided medical and psychosocial support to victims of human rights abuses of the Marcos regime. Her work on torture victims resulted in the establishment of the Philippine Action Against Torture. At the UP Medical School, she worked for the implementation of a Human Rights Course for Medical Students, the only one of its kind to be mainstreamed into an undergraduate medical curriculum in the country.

A founding member of the International Rehabilitation Council for Torture Victims (IRCT), she has trained medical practitioners in the detection, management and rehabilitation of torture victims and other survivors of political violence in the Philippines, East Timor, Nepal, India, Pakistan, Indonesia, Burma, Cambodia and Kosovo. In East Timor, she managed a nationwide research project on the psychosocial effects of war trauma in coordination with the United Nations Transition Administration (UNTAET).

Back in the Philippines, Dr. Lopez decided to implement the East Timor concept in the war-torn regions of Muslim Mindanao. In 2002, using foreign and local government funds, she started "Balik-Kalipay" (Return to Happiness), a psychosocial intervention project for victims of armed conflict. It covered 15 villages training primary public school teachers and daycare workers more than 200 youth volunteers.

In current and post-conflict communities, community organization, healing and empowerment can be integrated into reconstruction and rehabilitation efforts. Dr. June Lopez has mobilized the academe, government and international institutions and NGOs to help the traumatized sectors in conflict areas. She actively served as a consultant and resource person for the National Commission on Culture and Arts for their post Haiyan interventions in areas affected by the calamity. In relation to disaster and humanitarian emergencies, Dr. Lopez founded and currently acts as the Convenor of Citizens' Network for Psychosocial Response or CNETPSR and President of the SEC registered Balik Kalipay Center for Psychosocial Response. In the light of the many major natural and man-made disasters that has hit the Philippines in the last ten years including the major calamities of 2013 such as Typhoon Haiyan (Typhoon Yolanda), the Bohol earthquake, and the Moro National Liberation Front siege of Zamboanga, Dr. Lopez with the support of her team has been involved in numerous MHPSS interventions both for direct survivors and first responders.

Her special interest and experience is in the line of trauma therapy and stress management. She has organized and conducted numerous trauma and stress training workshops for caregivers as well as survivors of extreme life events such as journalists, government and corporate management, sexual assault survivors, victims of criminal violence as well as armed conflict.

For her work she has received the Leo and Lisl Eitingер Human Rights Award from the University of Oslo in 1991, has been nominated to the 2005 Nobel Peace Prize as one of the One Thousand Peace Women of the World and given the 2007 Most Outstanding Psychiatrist for Community Service Award by the Philippine Psychiatric Association. The University of the Philippines Alumni Association also honored her with an Outstanding Alumni Award in 2010.

Dr. Lopez is currently serving her second term as an elected Expert Member of the United Nations High Commission on Human Rights in the Subcommittee on the Prevention of Torture which oversees compliance with the Optional Protocol on the Convention Against Torture. It has been ratified by 88 State Parties as of June 2018. Dr. Lopez is the rapporteur/team head for the Asia Pacific region.

As a faculty of the Department of Psychology of the College of Arts at the De La Salle University-Taft, Dr. Lopez pioneered the teaching of an elective postgraduate course on Trauma and Mental Health and Psychosocial Support (MHPSS). Its curriculum harnesses her 30 years of involvement in trauma therapy and disaster response. The course is now on its fifth year and notably a highly favored elective of both masteral and doctoral students of Psychology.

She is the proud mother of three wonderful children- Kim, Kaye and Kirsten.

## **Role in the Drafting and Ratification of RA 11036- The Philippine Mental Health Act**

Dr. Lopez is the primary author and lead of the proposed Philippine Mental Health Bill which was recently signed into Law on June 21, 2018.

In 2013, Dr. Lopez was appointed by the Board of Directors of the Philippine Psychiatric Association to lead the Committee on Advocacy, Legislation and Media (CALM) in preparation for the arduous task of drafting a comprehensive mental health legislation. Following a rigidly transparent, inclusive and democratic process of drafting the Bill, Dr. Lopez led the creation of stakeholder consultation clusters following four tracks: Legislation, Media, Service-Users and Service Providers. The consultations were facilitated by a Technical Working Group (TWG) carefully selected by Dr. Lopez as recognized representatives of the abovementioned sectors. She shepherded the TWG using the WHO Guidelines on Human Rights and Mental Health Legislation. Dr. Lopez's engagement as an expert member of the UN High Commission on Human Rights gave her the valuable background and added advantage of producing a "Rights-Based Mental Health Legislation", unique not only in Asia but in the entire world.

The first official draft of the MH Bill was presented to stakeholders in October 2014 at the Second Health Mind Summit. On this Occasion the draft was presented to then Senator Pia Cayetano who filed the Bill towards the end of the 16<sup>th</sup> Congress. In the House of Representatives, the Bill was accepted and filed by several Representatives, notably then Rep. Leny Robredo. Unfortunately, in spite of its filing by these major sponsors the Bill was not tabled for Committee hearings until the 17<sup>th</sup> Congress. This time, Senators Risa Hontiveros and Tito Sotto received and filed the Bill as principal sponsors Senate sponsors. In the HoR, the TWG won the support of Rep. Quimbo and eventually, Health Committee Chair Angelina Tan and Rep Chiqui Roa who ably defended the bill through its committee hearings.

Dr. Lopez continued to be in the lead as the Bill went through its plenary hearings both at the Senate and House of Representatives. With the indispensable help of advocates, students and mental health professionals, the Bill received adequate attention and priority so that it breezed through these hearings unlike any most bills. By the time it was discussed on the bicameral level, it had reached 31 versions through the passionate and dedicated work of editing by Dr. Lopez. Her vigilance and ready availability as an expert resource person gave precious support to its sponsors. For this reason, there is no other mental health professional in the private sector who knows RA 10036 as profoundly as Dr. Lopez.

Dr. Lopez, through this legislative process as well as her previous roles as a leader and a facilitator, has proven that she has the gift for convening, uniting, expressing and respecting the needs of her varied constituencies.

She is not just a beloved mentor to her students but also a well-respected and honored member of our Mental Health community.

## PRESIDENTS' CORNER

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Dear Fellow Manila Rotarians,

Last week, we held a successful combination of having an enlightening talk by Defense Secretary Delfin Lorenzana on National Security as well as the Military Situation in our country while staging the Valedictory and Club Awards of my predecessor, IPP Jimmie Policarpio. During that meeting, many of our outstanding Rotarians were recognized for a job well done last Rotary year which led to our bagging the Overall Most Outstanding Club and Overall Most Outstanding Club President last Rotary Year 2017-2018. On this note, I congratulate all the outstanding Rotarian awardees led by Director Albert Alday who was recognized as Rotarian of the Year. Indeed, great things in Rotary are done not by one individual, but, by a team of

Rotarians working together towards a common goal. Likewise, I thank IPP Jimmie for his strides in a Rotary year that was as well as the Club Awards Committee led by Chairman Hermie Esguerra for carefully selecting deserving Manila Rotarians who have made their marks last Rotary year.

After our weekly luncheon meeting, the Board of Directors for RY 2018-2019 held its First Regular Meeting where important matters were discussed.

On the other hand, we were treated to an evening of music and dancing at our Centennial Fellowship Kick-off at the Salvatorre Roofdeck, Pacific Star Building in Makati City last July 26, 2018. Amid delectable cocktails, Manila Rotarians present seized the opportunity to rekindle ties with each other, thereby making the evening, an affair to remember. Our deepest gratitude to Chair PAT Hermie Esguerra, PD Pepo Nuñez and PT Lito Sibayan for hosting this fun-filled fellowship which made our centennial kick-off, a most talked about event.

While we engage in fellowship and serious talks of interest, let us not forget the service projects that have defined our existence as every life we touch in Rotary is our legacy. I exhort everyone to be engaged in our projects as we make this centennial a meaningful journey in Service Above Self. In this regard, I have met with our Service Projects Steering Committee last July 30, 2018 to see to it that these projects are properly implemented.

Today, we shift to a topic of relevance to the changing times as we focus on the rocky road to a rights-based mental health legislation and its implications with renowned psychiatrist, Dr. June Pagaduan-Lopez, providing us with what we need to know about this topic which has recently excited interest among our people. For this, a panel of medical experts from our club has been created to help us understand its complexities.

In ONE CENTURY ONE MISSION ONE ROTARY, I remain.



**Pres. Susing Pineda, Jr. calls RCM's 4<sup>th</sup> weekly meeting, to order.**



**Past Asst. Treas. Hermie Esguerra as Officer-In-Charge/Program Moderator, directs the program of activities.**



**PP Frank Evaristo delivers an ecumenical prayer.**



**AT Ner Lonzaga leads fellow Rotarians in the recitation of the Four (4) Way Test as a pledge to its commitment to the Rotary movement.**

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**Rtn. Romy Nones** introduces the guests, visiting Rotarians and the personalities seated in the presidential table.



**Pres. Susing Pineda** for some project updates and acknowledgements, during his president's time.



**IPP Jimmie Policarpio** delivers his valedictory speech.

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**Dir. Raffy Alunan III** does the honor and pleasure of introducing **Secretary Delfin N. Lorenzana**, Department of National Defense, as guest of honor and speaker.



**Defense Secretary Delfin Lorenzana** gave Manila Rotarians, Visiting Rotarians and guests, a peek into the National Security as well as the Military Situation in the country.

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The RCM World Famous Chorale performs live, the RCM Centennial Hymn, to the delight of the audience.

## JOINT MARAWI PROJECT



Signing of a Memorandum of Agreement between the Rotary Club of Manila and the Department of National Defense, Armed Forces of the Philippines, for the Joint Marawi Project. Photo shows Sec. Delfin N. Lorenzana, Usec. Cesar Yano, BGen. Pablo Lorenzo, Pres. Susing Pineda, IPP Jimmie Policarpio, BLA Amading Valdez, Dir. Raffy Alunan III, Chairman, One Rotary, One Philippines, One for Marawi Project Committee, Dir. Jackie Rodriguez, Vice-Chairman, and VP/Dir. Lance Masters.

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**Pres. Susing Pineda presents to GOHS Secretary Delfin Lorenzana the centennial plate, as a token of appreciation.**

#### **CLASSIFICATION/MEMBERSHIP COMMITTEE**



**Dir. Bobby Joseph, Jr., as proposer, introduces Mr. Jose Fernando Berlanga “Nando” Camus (Filipino), Chairman of the Board, Leechiu Property Consultants, Inc. Classification: “Real Estate Professional Services – Brokerage”**

## MEMBERSHIP



**Pres. Susing Pineda administers the oath of membership pledge to Mr. Jose Fernando Berlanga "Nando" Camus.**



**IPP Jimmie Policarpio, Secretary Delfin Lorenzana, and Club Awards Committee Chairman Past Asst. Treas. Hermie Esguerra, with the assistance of PP Teddy Ocampo and PVP Chito Zalzarriaga, during the presentation of Club Year-end Awardees for the Rotary Year 2017-2018.**

## CLUB AWARDS

IPP Jimmie Policarpio and Club Awards Chairman PAT Hermie Esguerra together with Pres. Susing Pineda and Honorary Member Delfin Lorenzana, Sec. of National Defense are shown presenting the awardees of RY 2017-2018:

### PRESIDENTIAL AWARDS



**Sec. Alvin Lacambacal**, is being cited for effectively managing the administration of the club and efficient handling of the RCM Exhibit Booth at the RI Convention, as portal of invitation for global Rotarians to attend the Centennial Celebration of Rotary Club of Manila and efficiently organizing the activities of members attending the R.I. Convention in Toronto.



**Treas. Nicanor "Nicky" S. Villaseñor, III**, is recognized for diligently managing the treasury of the Club resulting to the effective management of club finances and for participating in the screening and selection of scholars for the Rotary Educational Assistance Program (REAP).



**AS Renato "Rene" R. Policarpio**, is being cited for revolutionizing the club website, making the website the tool of public image of the club and portal of information on activities of Rotary Club of Manila for members and visitors of the website and for participating in the screening and selection of scholars for the Rotary Educational Assistance Program (REAP).



**Asst. Treas. Renerio "Ner" C. Lonzaga**, is recognized for his active participation in the Journalism Awards Committee of RY 2017-2018 and in international relations meetings with Rotary Clubs of Kowloon East, Osaka East, & Tokyo and Rotary Convention Toronto.



**PRESIDENTIAL AWARD** was presented to Rtn Joaquin "Jackie" C. **Rodriguez**, Chairman of Program Committee and Major Donor of The Rotary Foundation, is being cited for hosting the meetings and his active for ably managing the demanding requirement of Program Committee.

#### **BEST ATTENDANCE AWARD**



**Best Attendance Award** will be presented to the following: **Dir. Albert Alday**, **Gov. Rudy Bediones** and **PT Jim Chua**.

## LOYALTY AWARDS



25 Years of Service Silver Service Award - Pres. **Susing Pineda**



25 Years of Service Silver Service Award- Rtn **Sonny Dominguez**,



30 Years of Service Pearl Anniversary, Rtn. **Fernando Lising**



40 Years of Service Ruby Service Award – Rtn **Tong Payumo**.



40 Years of Service Ruby Service Award – **PS Jorge Salazar**

**OUTSTANDING IN CLUB SERVICE AWARD:**

**Rtn Jason Ong**, Co-Chairman – Fellowship Committee, is recognized for his outstanding participation as Co-chairman of Fellowship Committee, for his efforts in soliciting raffle gifts to enable each member to bring home a gift to bring home, thus making the Christmas Fellowship 2017 an event worth reminiscing ; and as Chairman of Spamalot Souvenir Program, for offering an innovative marketing and promotion scheme of SPAMALOT musical stage play, which resulted to a successful fund raising undertaking for RCM Centennial Celebration.



**OUTSTANDING COMMUNITY SERVICE**, Civic Action (represented by Rtn Ray Davis)

**PD Phillip Ong**, Chairman – Special Children Committee, is recognized for sustaining the Halloween, Christmas, Valentine's Party and summer social activities of special children and elderly persons at Hospicio de San Jose Manila and sustaining the livelihood program for former street families of Manila, who were provided shelter at Hospicio de San Jose- Norzagaray



### OUTSTANDING IN VOCATIONAL SERVICE

**Rtn John Emyl Eugenio**, Chairman – Basic Education & Literacy Committee, is recognized for donating time, talent and resources, diligently monitoring the progress of shipment of books from Rotary Club of New Orleans and Cheer Up Missions, Inc., ensuring the successful shipment of a container load of books for the schools affected by typhoons in Tacloban Province.



### OUTSTANDING IN COMMUNITY SERVICE, Health Service (In Japan)

**Rtn Jack Bautista**, Chairman – Sight Conservation Committee, is being recognized for his dedication to the prevention and cure of blindness through periodic sight-saving missions in the rural areas in coordination with the local government unit of the province and for sustaining free eye consultation service for economically challenged individuals at the Rotary Club of Manila Eye Center within the facility of Hospital of the Holy Infant Jesus.



**Posthumous Award:** for PVP Roy Golez was received by Commodore Carlos Agustin, AFP(Ret) in behalf of the family

PVP Roy Golez, is presented the Posthumous Award for being an exemplary Rotarian worthy of emulation who lived by Rotary's motto of Service Above Self, being a Best Attendance awardee for RY 2017-2018, leading in humility who is truly an exemplary leader and shared his prestige to the club as he engaged in patriotic campaigns for the protection of Philippine sovereign land and for taking the lead in planning and organizing the Rotary Education Assistance Program, a major undertaking for the Centennial Year of Rotary Club of Manila



## EXEMPLARY SERVICE AWARD

(a) PP Bienvenido "Benny" E. Laguesma, is being recognized for renewing the commitment of the Club in providing entertainment in major club and district activities with song numbers thus enhancing fellowship and for his effort in soliciting the participation of Petron Corporation as benefactor and the partnership of the Personnel Management Association of the Philippines (PMAP), Department of Labor and Employment, for the nationwide search, selection and nomination of candidates for The Outstanding Workers of the Republic (TOWER) Awards during the RCM Centennial Celebration year.



**EXEMPLARY SERVICE AWARD** was presented to PP Domingo “Boy” S. Guevara, Jr., who was represented by BLA Amading Valdez, PP Boy Guevara was recognized for untiring effort in exploring ways and means to raise funds that will sustain the projects / activities of the RCM Centennial Celebration



**SPECIAL AWARDS FOR DISTINGUISHED SERVICE TO ROTARY CLUB OF MANILA**

Jose C. Policarpio, Jr., President RY 2017-2018 is presented the SPECIAL AWARDS FOR DISTINGUISHED SERVICE TO THE ROTARY CLUB OF MANILA, for successfully raising appreciation within the membership the core mission of The Rotary Foundation, thus resulting to significant increase in contribution to The Rotary Foundation, the funding arm of Rotary International to support Rotary 6 Areas of Focus; and whose exemplary leadership led the club to receive from RI District 3810 the Over All Most Outstanding Club and President in the district for Rotary Year 2017-2018.



### STAR Rotarian of the Year:

**Rtn Romeo "Romy" C. Nones**, for his active participation in the activities of the Club, volunteering his service as member of the Rotary Information Committee and for assisting with the planning, organizing, screening and selection of scholars qualified for the Rotary Educational Assistance Program (REAP).



### ROTARIAN OF THE YEAR AWARD

**Rtn Albert Alday**, Chairman – Balita Committee RY 2017-2018; Chairman – Alay Lakad Committee, New Generation – Rotaract Committee, RCM Director – 2012-2014, 2016-2017; Club Secretary- RY 2011-2012; 2014-2015; Asst. Secretary RY 2010-2011

is recognized for his dedication for the efficient and effective delivery of service, as Chairman of Balita Committee and Rotaract Committee, by diligently researching for print materials from print-radio-tv-social media on the activities of members engaged in club administration, international relations, community service, interclub engagements; prepare brief write-up for the weekly club publication of the BALITA; for facilitating the successful chartering of Rotaract Club of St. Benilde; a volunteer district trainer on Rotary Leadership Institute thereby giving honor and prestige to Rotary Club of Manila.

# FELLOWSHIP



**PDG Obet Pagdanganan** gives a short talk on the Centennial Fellowship Kick-off. President **Susing Pineda** welcomes his fellow Manila Rotarians to the Centennial Fellowship Kick-off. PSDG/PDCoS/Dir. **Albert Alday** expresses his gratitude to the Rotary Club of Manila for being awarded the Rotarian of the Year for RY 2017-2018.



**Hosts Chair PAT Hermie Esguerra**, **PD Pepo Nuñez** and **PT Lito Sibayan** welcome Manila Rotarians to the fellowship.



**The delectable cocktails.**



Manila Rotarians enjoying an evening of music and dancing last July 26, 2018 at the Salvatorre Roofdeck, Pacific Star Building, Makati City.



Manila Rotarians enjoying an evening of music and dancing last July 26, 2018 at the Salvatorre Roofdeck, Pacific Star Building, Makati City.



Manila Rotarians belts out their favorite songs.



**US Ambassador and Honorary Rtn. Sung Kim**, awardee of PeopleAsia's Men Who Matter 2018 with President Susing Pineda, Philippine Ambassador to the USA PVP Babe Romualdez, PVP Fausto Preysler and PAL President Rotary Club of Makati West Rtn. Jimmy Bautista during the PeopleAsia's Men Who Matter 2018 last July 25, 2018 at the Grand Ballroom of the New World Makati Hotel in Makati City.



**PSDG/PDCoS/Dir. Albert Alday** attended the All Star Fellowship last July 25, 2018 at the residence of ASP Patricia Buenaventura in Las Piñas City.

## R.I. PRESIDENT RASSIN DINNER





The Rotary Club of Manila hosted an Appreciation Dinner for the District 3810 Sergeant-At-Arms, who immensely helped the club maintain order during “An Evening with Rotary International President Barry Rassin and Lady Esther”, last July 31, 2018 at the Cafe Ilang-Ilang of the Manila Hotel in Manila.

The many faces of Manila Rotarians at “An Evening with Rotary International President Barry Rassin and Lady Esther” last July 19, 2018 at the Grand Ballroom of OKADA Manila in Parañaque City.













# CLUB ADMINISTRATION



The Steering Committee on Club Projects met last July 30, 2018 at the Meeting Room 1 of the Rockwell Leisure Club in Rockwell, Makati City.



The Board of Directors for RY 2018-2019 held its First Regular Meeting last July 26, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City.



A new Copylandia Copier/Printing Machine was installed last August 1, 2018 at the Secretariat of the Rotary Club of Manila in Manila. This heavy duty machine will better serve our ever increasing printing needs for our BALITA and other documents, especially, this centennial year as our previous one has suffered several breakdowns.

# INTERCLUB ACTIVITIES



**DG Rudy and Lady Sharon Bediones** attended the 15th Induction and Handover Ceremony of the Rotary Club of Magdiwang last July 23, 2018 at the Island Cove Resort and Leisure Park in Binakayan, Kawit, Cavite where IP Dino Chua was inducted.



DG Rudy Bediones, PDG Vince Carlos, PDG Obet Pagdanganan and President Susing Pineda attended the 39th Handover and Induction Ceremonies of the Rotary Club of Bagumbayan Manila, one of the daughter clubs of the Rotary Club of Manila, last July 25, 2018 at the Century Seafood Restaurant in Manila where IP Dan Tenorio was inducted.



**DG Rudy Be diones** attended the 26th Handover and 27th Induction Ceremonies of the Rotary Club of Tondo, one of the daughter clubs of the Rotary Club of Manila, last July 26, 2018 at the Rothman Hotel in Manila where IP Mat Khan was inducted.



**DG Rudy Bediones** conducts a Governor's Visit on the Rotary Club of Manila Metro last July 31, 2018 at the Aloha Hotel in Manila.



**DG Rudy Bediones** inspected a firetruck donated by the Rotary Club of Manila Metro through the kindness of its sister club abroad last July 31, 2018 in front of the Aloha Hotel in Manila.



**DG Rudy and Lady Sharon Bediones** attended the 23rd Induction and 22nd Handover Ceremonies of the Rotary Club of Manila Metro last July 31, 2018 at the Aloha Hotel in Manila.

# NEW GENERATIONS SERVICE



**DG Rudy Bediones** inducted **DRR Maria Helene Jovellanos** during the **Rotaract District 3810 Handover and Induction Ceremonies** last July 28, 2018 at the Hope Christian High School in Tondo, Manila.



**DG Rudy Bediones** with members of the Rotary Club of Manila Magic.



**DG Rudy Bediones** with members of the Rotaract Club of Manila, one of our sponsored Rotaract clubs



**PSDG/PDCoS Albert Alday, PP Benny Laguesma and AT/PDRR Jason Ong** at the Joint Induction.



**PSDG/PDCoS Albert Alday** with the newly-inducted Manila Rotaractors



**PSDG/PDCoS Albert Alday**, Chair of the New Generations Committee, with Manila Rotaractors

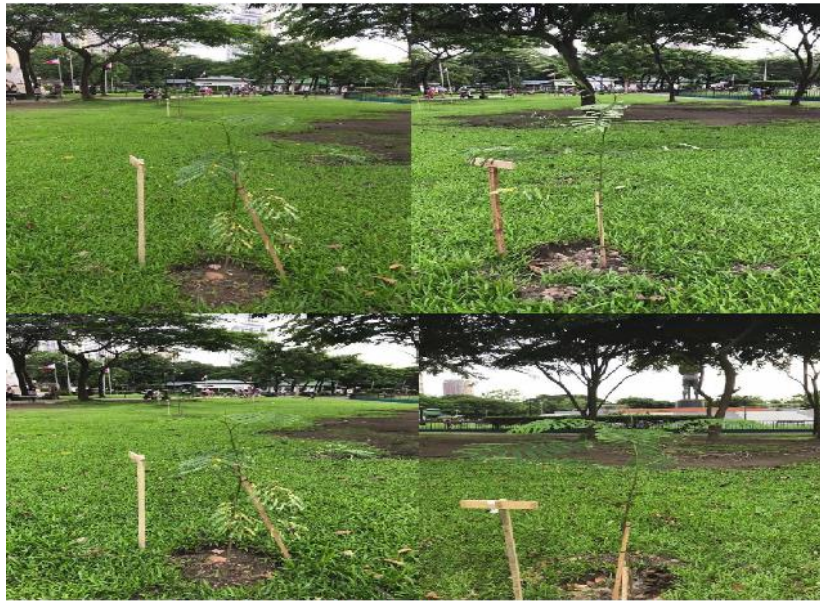


**DG Rudy Bediones, PP Benny Laguesma, PSDG/PDCoS Albert Alday and AT/PDRR Jason Ong** attended the Joint Induction of the Rotaract Club of Manila and the Rotary Club of Manila Magic last July 28, 2018 where IP Bryan Hernandez (Rotaract Club of Manila) and IP Ari Rivera (Rotary Club of Manila Magic) were inducted.



The Induction of Officers of both clubs

# ECONOMIC AND COMMUNITY DEVELOPMENT



Pictures of the status of trees planted during the Tree Planting Ceremony with Rotary International President Barry Rassin last July 19, 2018 taken by Tree Planting Project Chair Rtn. Celso Abastillas last July 29, 2018 at the Agrifina Circle in Manila.



**President Susing Pineda, Tree Planting Project Chair Rtn. Celso Abastillas, and Tree Planting Project Co-Chair BLA Amading Valdez met with First Gen CEO Picky Lopez for the Tree Planting Project with Rotary Club of Manila last July 30, 2018 at the Rockwell Leisure Club, Rockwell, Makati City.**

28 July 2018

**JESUS M. PINEDA, JR.**

President  
Rotary Club of Manila  
R.I. District 3810

Fellow Rotarian:

Pax !

I am writing you on behalf of the Rotary Club of Dagupan East, R.I. District 3790 and our incumbent President, Louie Gutierrez, in regard to the recent events that transpired in Dagupan City, Pangasinan.

Continuous rains brought about by several LPAs and tropical depressions which entered the Philippine Area of Responsibility (PAR) starting July 21, 2018 have resulted in widespread flooding in the City of Dagupan and neighboring cities and municipalities in the Province of Pangasinan. The existing ground subsidience and tidal shifts caused floodwaters flowing from upstream north to inundate the 7 different river systems that transect Dagupan City. This gave rise to unprecedented flooding which persists up to this day. Needless to say, the attendant cost to both property and commerce has been substantial.

In this regard, I am requesting your esteemed club, the Rotary Club of Manila, to extend any form of support preferably in the form of *medicines, food, and clothing* which our club would gladly turn over to the more than 46,000 families from the 31 barangays all over Dagupan City.

I appeal to your benevolence and generosity during this time of crises and look forward to your usual prompt and favorable response as I remain,

Respectfully yours,

**Signed:**

**VICENTE BERNARDO, M.D.**

Past President  
Rotary Club of Dagupan East, R.I. 3790

***LET US HELP ALLEVIATE THE PLIGHT OF OUR BROTHERS AND SISTERS WHO HAD BEEN VICTIMS OF NATURAL CALAMITIES THROUGH OUR FELLOW ROTARIANSROTARIANS***

My dear Inspiring Presidents,

As many of you know by now, our District officers together with some Inspiring Presidents will be visiting the Rotary Clubs in Occidental Mindoro from Aug. 4-8. Known to you also is the fact that the province was greatly affected by the recent typhoon. In this regard, I am appealing to your kind hearts to please join us in a campaign to raise funds for the victims of the typhoon as well as to purchase much needed school supplies for the schoolchildren.

You can deposit your voluntary donations to:

Banco de Oro - Banawe Branch RY 18-19 ROTARY DISTRICT 3810, INC.

Account Number: 001211229163

The District Officers will contribute P50,000 for this project.

Any amount you will wholeheartedly offer will be much appreciated by our brothers in Mindoro.

Thank you for your generosity.

**DG Rudy**

# Basic Education and Literacy



PSDG/PDCoS/Dir. Albert Alday and Rtn. Dong Benedicto, Chair of the ALAY LAKAD Committee, met last July 31, 2018 at TGI Fridays, Vista Mall, Las Piñas City regarding the ALAY LAKAD 2018.

## PEACE AND CONFLICT RESOLUTION



Dir. Raffy Alunan together with Capt. Sharon Reyes, M.D., undertook completed staff work for ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI last July 31, 2018 at the J3, General Headquarters, Armed Forces of the Philippines, Camp Aguinaldo, Quezon City. This was for the purpose of the medcaps to be undertaken in Marawi next week.

# PUBLIC HEALTH NUTRITION AND CHILD CARE

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## UNEXPLAINED WEIGHT LOSS

Elias D. Adamos, M.D.

If you are not engaged in any form of exercise or weight loss program but you notice that you are losing weight and your weight loss is significant or persistent, there is a possibility that it must be due to an underlying medical disorder.

### What factors can affect your weight?

Your weight is affected by your calorie intake, activity level, overall health, age, nutrient absorption, and economic and social factors.

### What is unexplained weight loss?

Unexplained weight loss is also called unintentional or involuntary weight loss. The point at which unexplained weight loss becomes a medical concern is not exact. Doctors at the *Mayo Clinic* agree that a medical evaluation is called for if you lose more than 5% of your weight in a period of six months to a year, especially if you're an older adult.

### What are the possible causes of unexplained weight loss?

The authors and editors of *Taylor's Manual of Family Medicine, 4<sup>th</sup> edition (2014)* listed down the possible causes of unexplained weight loss. The mnemonic for unintentional or unexplained weight loss is "WEIGHT LOSS MD."

- W – wasting disease (example: cancer, AIDS)
- E – eating problems or disorders (anorexia nervosa, inability to feed self, change in diet or appetite)
- I – income deprivation
- G – gastrointestinal problems (parasitic infestation, peptic ulcer, inflammatory bowel disease, e.g. ulcerative colitis)
- H – hyperthyroidism (overactive thyroid), hyperparathyroidism, hypoadrenalism
- T – toxic substances (substance abuse disorders, alcohol, laxatives, illicit drugs)
  
- L – low calorie diet (self-imposed diet, commercial weight loss programs)
- O – oral problems (sores, ulcers, dental caries, poor dentition or dentures)
- S – swallowing disorders (parkinson's disease, progressive supranuclear palsy)
- S – social problems (stress, isolation)
  
- M – medication side effects or metabolic conditions (diabetes, hypercalcemia, thyroid disorders)
- D – depression and other psychiatric disorders (schizophrenia, obsessive-compulsive disorder, e.g. pathologic gambling)

### How is unexplained weight loss medically addressed?

Before any form of treatment is done on your unexplained weight loss, the cause or causes should be uncovered through careful medical history. You have to do your part by telling your doctor about your concerns. Laboratory tests may be necessary.

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Official Newsletter of Rotary Club of Manila

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## PROGRAM

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**RCM's 5<sup>TH</sup> for Rotary Centennial Year 2018-2019**  
 Thursday August 2, 2018 New World Makati Hotel Ballroom  
**Officer-In-Charge/ Program Moderator : PD Ning Lopez**  
**P R O G R A M T I M E T A B L E**

|          |                                                                                                                                                                                                                                                                                                                   |                                                                              |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| 11:30 AM | Registration & Cocktails (WINES courtesy of <b>Centennial Dir. "Bobby" Joseph</b> )                                                                                                                                                                                                                               |                                                                              |
| 11:55 AM | Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator : :                                                                                                                                                                                                                               | <b>PD Ning Lopez</b>                                                         |
| 12:00 PM | Call to Order                                                                                                                                                                                                                                                                                                     | <b>Pres. Susing Pineda</b>                                                   |
|          | Singing of the Republic of the Philippines<br>National Anthem<br>Invocation                                                                                                                                                                                                                                       | <b>RCM WF Music Chorale</b><br><b>Rtn. Rosel Doval Santos</b>                |
| 12:40 PM | RCM Hymn<br>The Four (4) Way Test Credo                                                                                                                                                                                                                                                                           | <b>RCM WF Music Chorale</b><br>All Rotarians led by<br><b>PD John Cenica</b> |
| 12:45 PM | Introduction of -<br>-Guests, Visiting Rotarians & Personalities<br>at the Head Table<br>Welcome Song                                                                                                                                                                                                             | <b>Rtn. Jack Bautista</b><br><b>RCM WF Music Chorale</b>                     |
| 12:50 PM | Maligayang Bati ( <b>RCM Birthday Celebrants</b> )<br>July 29...STAR Rtn Nando Camus      Aug. 04...Rtn Henning Karcher<br>Aug. 01...Rtn Mike Sicat      Aug. 05...Rtn Ray Davis,<br>Aug. 03...Rtn Johnny Chotrani Rtn Edwin Seña & Rtn Henry Villarica<br>Aug. 06... Rtn Beniting Legarda<br>Happy Birthday Song | <b>RCM WF Music Chorale</b>                                                  |
| 12:55 PM | <b>I. Induction of New Member to RC Manila</b><br><br>Mr. <b>Charles Martin Chavez Madson (American)</b><br>President, AALTAFIL Inc<br>Classification: Machinery Equipment-<br>Heavy Lifting Equipment<br>Brief introduction of inductee                                                                          | <b>PD Rob Sears, Proposer</b>                                                |
|          | <b>II. Induction of an Honorary Member to RC Manila</b>                                                                                                                                                                                                                                                           |                                                                              |

**His Excellency Daniel Pruce**

Ambassador Extraordinary and Plenipotentiary  
of the United Kingdom of Great Britain to the Republic of the Philippines  
Brief introduction of inductee

**Dir. Caloy Reyes**

Formal Induction Ceremony

**Pres. Susing Pineda,**  
Inducting Officer

Welcome Baby Rotarian Song

**RCM WF Music Chorale**

1:00 PM

Presentation of RCM Paul Harris Fellows

**Pres. Susing Pineda;**  
**Dir. Issam Eldebs**

1. **Rtn. Colin David Patterson, PHF Pin +2** Inter'l. Service Group
2. **Director Jackie Rodriguez, PHF Pin +8**
3. **Rtn. Noy Benedicto, PHF Certificate + Pin**
4. **Rtn. Pardeep Bhalla, PHF Certificate + Pin**
5. **Star Rtn. Raji Mendoza, PHF Certificate + Pin**

1:05 PM

President's Time

**Pres. Susing Pineda**

Emergency & disaster relief appeal for donation for  
typhoon victims of Occidental Mindoro & Dagupan,  
Pangasinan, endorsed by Rotary Club of Dagupan East  
(R.I.D 3790)

**Chair. Rtn. Karl Leung**  
Emergency & Disaster  
Relief Committee

1:15 PM

Introduction of Guest of Honor  
and Speaker**PP Cesar Ubaldo**

Address : **Dra. June Caridad Pagaduan-Lopez**  
Fellow, Philippine Psychiatric Association

Public Forum

2:00 PM

Response, Presentation of Centennial Plate as a token of appreciation to  
**Dra. June Caridad Pagaduan-Lopez**  
& Meeting Adjournment

**Pres. Susing Pineda**