



BE THE INSPIRATION



balita

No. 3756, August 9, 2018

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

GEARING UP FOR 100



THE TOWNHALL MEETING

KABALITA

It's time to hear the voice of the Manila Rotarian as we gear up for the event of the century. Let us know your thoughts because existing for a century deserves a sacred place in history.



<http://www.rcmanila.org>



BE THE INSPIRATION

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SUSING PINEDA
President

JIMMIE POLICARPIO
Immediate Past President

LANCE MASTERS
Vice President

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ALBERT ALDAY
ISSAM ELDEBS
CALOY REYES
BOBBY JOSEPH
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Board Legal Adviser

RENE POLICARPIO
Assistant Secretary

NER LONZAGA
JASON ONG
Assistant Treasurers

ANNA KUN TOLEDO
Executive Secretary
Secretariat

PRESIDENTS' CORNER



Dear Fellow Manila Rotarians,

Last week, the expertise of a renowned psychiatrist brought about renewed interest in the crafting of a Philippine mental health legislation and its accompanying consequences. With a panel of Manila Rotarian physicians taking the lead, our weekly lunch meeting transformed into an afternoon of enlightenment.

After our weekly luncheon meeting, my steering committee and I attended the Council of Past Presidents Meeting of our club at the Gallery 1 of the New World Makati Hotel where the status of centennial preparations through the various projects lined up for the Rotary year were reported. The highlight of the meeting was the consummation of the transfer of the mantle of responsibilities for the Centennial Preparations from the Centennial Celebrations Committee, which set the stage for the festivities, to the Centennial Board of Directors. Hence, I have initiated a review of the projects started by PDG Obet Pagdanganan so we can continue and complete these approved projects within this Centennial Year with great success. I wish to thank PDG Obet Pagdanganan for initiating some of the projects during his chairmanship. We shall now work with the incumbent Chairmen of the committees existing to attain the objectives given for the centennial celebration.

As part of these preparations, several Manila Rotarians and I trooped to Baguio to attend the 81st Induction and Turnover Ceremonies of the Rotary Club of Baguio, one of our daughter clubs, at the Venus Parkview Hotel in Baguio City last August 6, 2018. It was an evening of fun and camaraderie as we accomplished our goal of rekindling ties and in so doing, invited them to be one with us on our centennial celebrations.

Likewise, our committee on ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI, namely, Chair Dir. Raffy Alunan, Co-Chair Dir. Jackie Rodriguez, Rtn. Juan Montel and IPP Jimmie Policarpio led the way together with other Rotary clubs in undertaking a medical mission down south in Marawi City as part of our "ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI" project.

Today, I will be presenting the projects lined up for our centennial celebration next year as the Board of Directors and I, together with the Steering Committee, wish to solicit your valuable inputs and expectations in the celebration of our centennial. I wish the membership to be engaged in RCM by joining any of their preferred committees to share their time and effort and be counted for this year's centennial celebration. Let us bear in mind that in this colossal undertaking, great things in Rotary are never done by one person alone, but, by a team of Rotarians working towards a common goal.

In ONE CENTURY ONE MISSION ONE ROTARY, I remain.

PRE MEETING COCTAILS



From L to R: Sps Nellie Valdez, PP Teddy Ocampo and Honorary member/ Ambassador to UK Daniel Pruce.



From L to R: Sps. Nellie Valdez, Board legal adviser Amading Valdez, Pres. Susing Pineda, H.E. Daniel Pruce, Ambassador of United Kingdom of Britain, PP Frank Evaristo, Star Rtn. Vic Garcia, Sec. Alvin Lacambacal

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From L to R: Rtn. Rosel Doval Santos, PP Cesar Ubaldo and Board Legal Adviser Amading Valdez.



From L to R: Rtn. Mon Montano, PD Knud Hedeager, PS Butch Marking Gov. Rudy Bediones (standing) and Rtn. David Wong (standing).



From L to R: Rtn. Mon Montano, PD Knud Hedeager, PS Butch Marking Gov. Rudy Bediones (standing) and Rtn. David Wong (standing).

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Pres. Susing Pineda Called the Meeting of the Thursday August 2, 2018 membership luncheon meeting held at the ballroom of the New World Makati Hotel to order.



PD Ning Lopez. Program moderator – directs the program of activities.



Rtn Rosel Doval-Santos delivers an ecumenical invocation.



R.I. District 3810 Governor Rudy Bediones leads the membership in the recitation of the 4 Way Test.

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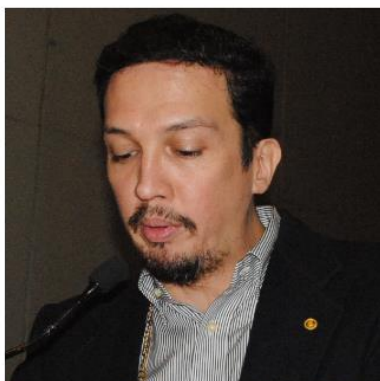
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Rtn Jack Bautista, Chairman of Sight Conservation Committee, introducing the guests and visiting Rotarians in attendance.



Director of Membership, Caloy Reyes, is shown introducing t inductee – Mr Charles Mdson and Honorary Member H.E. Daniel Pruce, Ambassador of United Kingdom to the Philippines, prior to the formal presentation of the active membership.



Pres. Susing Pineda inducts **Mr Charles Martin Chavez Madson**, President of AALTAFIL, Inc., as new member of Rotary Club of Manila. **Director of Membership – Caloy Reyes**, is shown pinning the Rotary pins over the lapel of Star Rtn Charles Madson after the reading of the Oath of Membership.

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MEMBERSHIP



H.E. Daniel Pruce, Ambassador of United Kingdom of Britain, formally being presented the honorary membership by **Pres. Susing Pineda** with **Dir Caloy Reyes** (director-in-charge of Membership Concerns)

THE ROTARY FOUNDATION (TRF) regalia – composed of the Certificate of Recognition and Paul Harris Pin is shown being presented to the following members in recognition of their contribution:



STAR Rtn Raji Mendoza, New Paul Harris Fellow.



Rtn Pardeep Bhalla, New Paul Harris Fellow

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Rtn Noy Benedicto receives a Paul Harris Pin and a Certificate of Appreciation as New Paul Harris Fellow



Rtn Collin Patterson receives a Paul Harris Pin with two blue sapphires for his third contribution.



Dir Jackie Rodriguez receives a Paul Harris Fellow pins with 8 blue sapphire pin as Major Donor Level 1

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During President's Time, **Pres Susing Pineda** acknowledges the sponsors of the successful Centennial Kick-Off Fellowship held last Thursday July 26, 2018 at the Salvatorre Roofdeck, that was hosted by Fellowship **Chairman PAT Hermie Esguerra, PD Pepo Nunez** and **PT Lito Sibayan**. Pres Pineda solicited the assistance of members to support the emergency relief

activities cochaired by **Rtns Gani Macatoman** and **Karl Leung**, to solicit for food, clothing and financial assistance for the typhoon victims of Mindoro Province thru **R.I. D 3810 Governor Rudy Bedones** and Dagupan City, Pangasinan Province thru Rotary Club of Dagupan East.



PP **Cesar Ubaldo** introducing the guest speaker – **June Caridad Pagaduan-Lopez, MD**, Fellow, Philippine Psychiatric Association.



Guest speaker: **June Caridad Pagaduan-Lopez, MD**, Fellow, Philippine Psychiatric Association & Lead author of Philippine Mental Health Act 2018 presenting the manifestation and effect of psychological disorder to family and corporate relationship.

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Rtn. Joe de Venecia and Rtn. Tong Payumo participated in the pro-active open forum immediately right after the speech of RCM Guest speaker June Caridad Pagaduan-Lopez, M.D.



Pres. Susing Pineda presents to June Caridad Pagaduan-Lopez, MD, a RCM Centennial Plate as the Club's token of appreciation for being the guest speaker.

RCM WEEKLY BIRTHDAY CELEBRANT/S



Manila Rotarians celebrating their birthdays, Rtn. Nando Camus and Rtn. Johnny Chotrani.

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The Membership Committee met last August 2, 2018 at the Ballroom of the New World Makati Hotel in Makati City to consider new membership proposals submitted. From L-R: **Dir. Bobby Joseph**, **PVP Fausto Preysler**, **PD Ed Lee**, **PDG Vince Carlos** and **Rtn. Jujut Enriquez**.



Meeting of the Council of Past President was convened last Thursday August 2, 2018 2:15 PM was held at the Gallery 1 of New World Makati Hotel. Present were : Council of Past Presidents - **PP Babes Reyes**, **PP Archil Bartolome**, **PP Boy Ampil**, **PP Cesar Ubaldo**, **PP Francis Juico** , **PP Frank Evaristo**, **PDG Obet Pagdanganan**, **DG Rudy Bediones** , **IPP Jimmie Policarpio** and the members of the Strategic Committee – Centennial Pres. Susing Pineda, Dir Caloy Reyes, Dir. Albert Alday, **PDG Alex Cureg**, **BLA Amading Valdez**, Asst Sec. Rene Policarpio, REAP Chairman Romy Nones, & Tree Planting Project Chairman Celso Abastillas.

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The Meeting of the Council of Past Presidents of the Rotary Club of Manila regarding the Centennial Celebration was held last August 2, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City

CENTENNIAL NEWS



The Steering Committee for the Centennial Celebrations met last August 4, 2018 at the Chef Jessie Restaurant, Rockwell Club, Rockwell, Makati City where organizational structure and framework were discussed. Present were **President Susing Pineda**, **Rtn. Romy Nones**, **Treasurer Nicky Villaseñor**, **PSDG/PDCoS/Dir. Albert Alday**, **AT Jason Ong**, **PAT Hermie Esguerra**, **Club Secretary Alvin Lacambacal** (not in picture) and **ES Anna Toledo** (not in picture).

CENTENNIAL NEWS



ROTARY CLUB OF MANILA CENTENNIAL FRIENDSHIP TREE PLANTING PROJECT

Board Legal Adviser Amading Valdez, Co-Chairman, RCM Centennial Tree Planting Committee, with Great President Dr. Naomi Lachica, Rotary Club of Padre Burgos, Committee Consultant/Adviser, met with President Arsenio “Nick” Lizaso and Building Administrator Tess Frances of the Cultural Center of the Philippines, (CCP), last July 31, 2018 at his office of to discuss the RCM’s project proposal to construct a Rotary Club of Manila Garden and Leisure Park in the vicinity of the Cultural Center of the Philippines in Pasay City.



Growing Gmelina and Mahogany Trees in the Philippines

by

Rtn. Celso Abastillas

Chair, Rotary Club of Manila Centennial

Friendship Tree Planting Project

Time, money and effort in planting trees are usually wasted if trees are not properly taken care of after they have been planted. It's not enough that seedlings are planted, they have to be cared for and maintained. The time from planting to maintaining up to weaning the trees varies, depending on the species. Gmelina needs at least 3-4 times per year of clearing of its surroundings for a period of at least 2 years. However after the 2nd year, clearing their surroundings of weeds is not necessary anymore since the trees are already about 5-8 feet. At this stage their branches and leaves are more than enough to cover the surrounding soil from sunlight, which prevent weeds to grow. The trees can be left alone by themselves from the 2nd year, though if the desire is for the gmelina trees to grow straight without much branches then pruning the branches from the 2nd to 5th year is necessary.

In the case of mahogany trees, maintenance or clearing of its soil surrounding is necessarily done for 4-5 times a year for about 3 years. They are good growers as they normally grow straight and no need for pruning. They automatically prune themselves of their small juvenile branches which helps them grow fast and straight. Advantages of these 2 Species: If they were planted at the right time, that is, when the rainy season have just started, there is no need to water them. After at least 4 months of continuous rainy season, their root systems are already developed and can support the trees by themselves under the normal weather conditions in the Philippines. All they need is maintenance, seeing to it they are not covered with weeds and that they are properly applied with fertilizer, especially if the site is urban. The maintenance part of planting is the more tedious (labor intensive) and the more expensive part of tree planting as this requires at least 4 times visit per year for at least 2 years. However, maintenance assures the growth as well as the health of the trees. By experience, in a mass planting scenario (at provincial/agriculture labor rates), it costs 75PHP to grow a tree to its commercial size (the costs include seedlings, labor and other inputs; the costs are higher in urban planting due to higher cost of labor in the City, aside from cost of tree guards). The above costs are normally spent from planting up to 3rd or 5th year when the trees can already fend for themselves. By the way, gmelina can grow to mature size of 12" diameter, (at breast height) in 8-10 years. Mahogany, however, grows at 12" diameter size in 20 years. In the Philippines, trees can grow whole year round compared to temperate zone countries where trees can only grow for 6 months due to winter. However, the only set back here is the 20-25 typhoons that visit the country which can destroy the trees. We normally secure the small trees with stakes, strong enough to support them in case of typhoons. Though by experience, typhoons do not necessarily destroy all trees, only a few. Look at the trees in the golf courses. Most of them are still there standing tall. Our country is blessed with lots of rains and sunshines aside from its arable land. If only Filipinos realize these natural assets and would plant trees, we would have been the Trees Capital of the World. This therefore leads me to para phrase again RI President Barry's motto with my little insert : Plant trees and Be the inspiration!



Manila Rotarians and their spouses, namely, **President Susing Pineda**, **AT Ner Lonzaga** and **Rotary Ann Femy Lonzaga**, **AS Rene Policarpio**, **BLA Amading Valdez** and **Rotary Ann Nellie Valdez** attended a Fellowship Dinner hosted by the Rotary Club of Baguio, one of our daughter clubs, last August 5, 2018 at the Azalea Residences in Baguio City.

FELLOWSHIP



President Susing Pineda, BLA Amading Valdez, AS Rene Policarpio and AT Ner Lonzaga in a friendly game of golf last August 5, 2018 in Baguio City.



Rotary Ann Nellie Valdez, BLA Amading Valdez, President Susing Pineda, PP Francis Juico and AS Rene Policarpio having breakfast at the Baguio Country Club last August 7, 2018 before leaving for Manila.

FELLOWSHIP

INTERCLUB ACTIVITIES



Rotary DISTRICT 3810

BE THE INSPIRATION

ROTARY DISTRICT 3810

2018 Seamless Seminar

MEMBERSHIP | TRF | PUBLIC RELATIONS

PHILIPPINE INTERNATIONAL CONVENTION CENTER
AUGUST 18, 2018

3-In-1

The Rotary Foundation
Doing Good In The World

Public Relations

Media, Feedback, Society, News, Message, Policy, Leadership, Governance, Social, Human

The poster features the Rotary logo and the text "Rotary DISTRICT 3810" at the top. Below this is the slogan "BE THE INSPIRATION". The main title "2018 Seamless Seminar" is prominently displayed in large, colorful letters. A red banner below the title reads "MEMBERSHIP | TRF | PUBLIC RELATIONS". The event details "PHILIPPINE INTERNATIONAL CONVENTION CENTER" and "AUGUST 18, 2018" are listed below the banner. A large red circular graphic with the text "3-In-1" is positioned to the right of the title. In the bottom right corner, there is a circular diagram with "Public Relations" at the center, surrounded by various related terms: Media, Feedback, Society, News, Message, Policy, Leadership, Governance, Social, and Human. The Rotary Foundation logo and the tagline "Doing Good In The World" are also present in the bottom right area.



DG Rudy and Lady Bediones as well as **PSDG/PDCoS/Dir. Albert Alday** attended the 23rd Charter Anniversary and 24th Induction Ceremonies of the Rotary Club of Manila Bay last August 2, 2018 at the Johnny B. Good, Ayala Center, Glorietta 3, Makati City where IP Anna Theresa Yu was inducted.



DG Rudy and Lady Sharon Bediones, PDG Vince Carlos and PDG Obet Pagdanganan attended the 38th Induction Ceremonies and 37th Handover Ceremonies of the Rotary Club of Intramuros, one of our daughter clubs, last August 3, 2018 at the Ilustrado Restaurant in Intramuros, Manila where IP Annie Gallardo was inducted.

INTERNATIONAL SERVICE

Rotary Club of Taipei 8F-6, No.25, Sec. 1 Chung Hua Rd., Zhongzheng Dist. Taipei City 100, Taiwan (R.O.C.)		台北扶輪社 TEL: (02) 2381-0986 FAX: (02) 2383-1886 E-Mail: rotary.taipei@msa.hinet.net
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March 16, 2018

Jesus M. Pineda
President Elect, Rotary Club of Manila
543 Arquiza cor, Grey Street, Ermita
Manila City, Philippines

Dear Mr. Jesus M. Pineda,

We would like to invite you and your Rotarians to our Rotary Club of Taipei 70th charter on December 3, 2018 at the Mandarin Oriental Hotel in Taipei. It will be our honor to have our sister club Rotarians to join us for this special celebration. It will be a monumental event for our club as 70th year is a big birthday in Taiwanese tradition. I will be also be the first female president of our rotary club in 70 years.

Rotary Club of Taipei is the first club in Taiwan, ROC, which was chartered on October 9, 1948 by C.K. Yen, who was the former President of the Republic of China. We have around 100 members including honorary members from over 20 nationalities. Our club is extremely proud that our own member, Gary Huang, was the Rotary International President 2014-15.

We are very honor that our own PRIP Gary and the Rotary International President Elect Mark Maloney will be joining us on this special occasion. We hope we will also have the honor to have you and your Rotarians as our guests for our 70th charter.

Please kindly confirm your acceptance for the event. We have secured a special room rate with the Mandarin Oriental Hotel. Please contact our club for any question or help with arrangements. We hope to see you in Taipei soon. Thank you for your consideration.

Yours in Rotary,



Shirley Ting
President Elect, Rotary Club of Taipei

For our fellow Manila Rotarians interested in attending, please get in touch with our Secretariat at 5271886/5271887 or coordinate with Chairman PD Ed Lee.



P.O. Box 90794, Tsim Sha Tsui Post Office, Kowloon, Hong Kong.
Meeting : First and Third Tues. each month at 12:45 p.m. at the Peninsula Hotel

九龍東區扶輪社
ROTARY CLUB OF KOWLOON EAST
全世界第一個百份之一百保羅哈理斯之友扶輪社
全世界第一個百份之一百大額捐獻人扶輪社
THE FIRST 100% PAUL HARRIS FELLOWS ROTARY CLUB IN THE WORLD
THE FIRST 100% MAJOR DONORS ROTARY CLUB IN THE WORLD
DISTRICT 3450 ROTARY INTERNATIONAL

Dear President "Susing",

**The 49th Anniversary Fund Raising Ball of
Rotary Club of Kowloon East on Approach of Golden Jubilee**

Next year will see the Rotary Club of Kowloon East joyfully laying its milestone of 'Half-a-Century in Service'. Our 49th Anniversary Fund Raising Ball this year will hence be an auspicious moment to welcome the Approach of Golden Jubilee!

The excitement in this regard has inspired our veteran Rotarian, Mr. YIU Ching-on, to shoulder the chairmanship of the Organizing Committee for the Ball this year. Such a challenging mission signifies Mr. YIU's eventual agreement to succeed the office of President Elect, only almost four decades after he became Rotarian! What an extra ground for our celebration this year!

May I appeal for the kind attendance of your goodself and other members to share our joy and fun at our 49th Anniversary Fund Raising Ball to be held on Monday 3 December 2018 at the Grand Hyatt Hong Kong, 1 Harbour Road. We would be grateful if you could render us a congratulatory message for the publication of corresponding programme book. A welcome dinner will be hosted for your visiting delegation on Sunday 2 December 2018 at a venue to be decided. We shall soon address you separately asking for detail of your delegation and presenting the relevant information on hotel accommodation. Your support would be greatly appreciated!

Yours in Rotary,

(TUNG Siu-wing)

President 2018-19

Rotary Club of Kowloon East

14th July 2018

President Tung Siu Wing	Secretary PP Albert S. C. Poon	Sergeant-At-Arms Chan Sing Hang Charlie K. W. Ip	Directors PP Edward W. Y. Cheung, PP Lung Hoo Lau PP David Y. M. Yau, PP Billy C. Y. Lam PP Raymond Chan, PP Bernard K. M. Wong PP Stephen C. N. Yip, PP Clement C. Y. Tang PP Raymond C. S. Au, PP Jason S. K. Tan PP Victor Y. K. Lo, PP Willy C. M. Lin PP Lai Ping Lan, Gerald C. S. Au Johnny C. M. Wong, Lau Man Chai Andy K. O. Chu, Look W. L. Tang
President-Elect Yu Ching On	Ex-Officio Ip Moon Tung	Treasurer PP Leung Kwong Kin Sha Ching On	Honorary Member PP Alex S. L. Ho
Vice-President PDG Peter S. H. Wong			

BE THE INSPIRATION 成為勵志領導者

Address: Unit A, 10/F, International Industrial Building, 501-3 Castle Peak Road, Kowloon.
Tel: (852) 2778 7088 Fax: (852) 2522 9829 E-mail: rotaryclub@kowlonrot.org.hk

For our fellow Manila Rotarians interested in attending, please get in touch with our Secretariat at 5271886/5271887 or coordinate with Chairman PD Ed Lee.

**INVITATION TO ATTEND ROTARY CLUB OF BANGKOK 88TH ANNIVERSARY AND GALA BANQUET ON FRIDAY
SEPTEMBER 14, 2018**

Warm greeting from Bangkok, With great honor on behalf of P Maleeratna Plumchitchom, the Board of Directors and all members of the Rotary Club Of Bangkok, The First Club In Thailand and the home Club of Past Rotary International President, 2002-2003 Bhichai Rattakull, we would like to extend our invitation to you and all club members of RC Manila, the First Club in Asia, to attend our RC Bangkok 88th Anniversary Grand Celebration and Gala Dinner on Friday, 14 of September 2018 as well as the official welcome and fellowship dinner, which will be hosted by RCB for all our sister clubs members, families, and all International visiting Rotarians on September 13, 2018, we hope to see you and as well as many members of RC Manila in Bangkok.

The Programs will be as Follow:

13 September (Thu) 18:00

Official Welcome & Fellowship Dinner

Participants : Sister clubs, Oversea clubs , RCB & family

Dress : Smart Casual

Venue: Royal Bangkok Sport Club

14 September (Fri) 9:00~14:00

14 September Friday 9:00 am ~14:00

half day Sightseeing

14 September (Fri) morning and lunch

Golf for sister clubs & RCB

at Amata Spring Country Club

14 September (Fri) 17:00

Sister-Clubs Signing Ceremony

14 September (Fri) 18:00 ~

Banquet of 88th Anniversary of RCB and Rotary movement in Thailand

Venue: Ballroom, Grand Hyatt Erawan Hotel

Dress: National Dress / Formal

Participants : RCB & family, friends, Rtns in Thailand, sister clubs, overseas clubs

Looking forward hearing from you ASAP.

Please note that Hotels can be arranged at Grand Hyatt Erawan and Intercontinental at special rate.

Transportation will be arranged by members of RCB, if requested.

Best wishes

Abdullah Alawadi

International Service Director 2018-19

Mobile: +66 818312784

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88th
Anniversary

Rotary
Club of Bangkok



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The Rotary Club of Bangkok

*requests the pleasure of your company
at the Banquet of the 88th Anniversary of
Rotary Club of Bangkok and Rotary movement in Thailand*

*on Friday, 14 September 2018, at 18:00 hrs.
at the Grand Ballroom, Grand Hyatt Erawan Bangkok*

**You are kindly requested to present this card at the reception*

Dress : National Dress / Formal

Contact : 0-2656-1634 rotarybangkok@gmail.com

INTER DISTRICT ACTIVITIES



Rotary Club Baguio 81st Induction and Turnover Ceremonies

by

AS Rene Policarpio

Rotary Club of Manila was at the 81st Induction Ceremony of Officers of the Rotary Club of Baguio, RCB President Lani Fabi, emphasized the importance of developing solid relationships among one another in pursuing public service above self. This was the very same purpose and goal of RC Manila Delegation as they travelled to the summer capital of the Philippines, Baguio City. Headed by RCM Centennial President Susing Pineda, the 12 RCM delegates attended the fun filled and intimate induction ceremony of Pres Lani Fabi and her Board of Directors and Officers last August 6, 2018 at the Venus Resident Hotel, Baguio City. At the ceremony, everyone present joined hands and formed a “wheel” around the hotel ballroom while singing the RC of Baguio club hymn setting the mood of unity and inspiration at the gathering of Rotarians. Rotary Club of Baguio is one of several daughter clubs of RCM, it being the First Rotary Club in the Philippines and Asia, formed in June 1, 1919. Centennial President Susing Pineda congratulated RC Baguio for its 81 years of consistent service to society. He also took the opportunity to invite RCB Rotarians to attend the RC Manila Centennial Celebration in June 21-22, 2019. In conclusion, both Presidents agreed that the bond between the two clubs have become stronger and meaningful. Initial talks on future joint projects have been initiated.



The early Manila Rotarians at the venue, PSDG/PDCoS/Dir. Albert Alday, PP Teddy Ocampo and PP Francis Juico



President Susing Pineda delivering a speech and inviting Baguio Rotarians and other D3790 Rotarians to join us in our centennial.



Rotary Club of Manila President Susing Pineda and Rotary Club of Baguio President Lani Fabi.



Rotary Club of Baguio PP Chris Faelnar, PSDG/PDCoS/Dir. Albert Alday, PP Teddy Ocampo, D3790 PDG Linda Winters, PDG Obet Pagdanganan and Rotary Club of Baguio IPP Ricardo "Jun" Bondoc, Jr.

PSDG/PDCoS/Dir. Albert Alday, PP Teddy Ocampo, BLA Amading Valdez, AS Rene Policarpio and AT Ner Lonzaga at the registration area of the venue.



Rotary Club of Baguio President Lani Fabi awards tokens of appreciation to D3790 DG Panding Nisce and Rotary Club of Manila President Susing Pineda.



Manila Rotarians led by **President Susing Pineda** hand a token of appreciation in the form of a centennial plate to **Rotary Club of Baguio President Lani Fabi**.



President Susing Pineda shows the Rotary Club of Manila bannerette to be given while Rotary Club of Baguio President Lani Fabi shows the centennial plate



Manila Rotarians attended the 81st Induction and Turnover Ceremonies of the Rotary Club of Baguio last August 6, 2018 at the Venus Parkview Hotel in Baguio City..



Rotary Club of Dagupan East PP Vicente Bernardo, VI, PSDG/PDCoS/Dir. Albert Alday, PP Teddy Ocampo, BLA Amading Valdez, AS Rene Policarpio and AT Ner Lonzaga



Manila Rotarians led by **President Susing Pineda** hand a token of appreciation in the form of a bannerette to Rotary Club of Baguio President Lani Fabi

Treasurer Nicky Villaseñor
and **AT Jason Ong**



Rotary Club of Manila **President Susing Pineda** and Rotary Club of Baguio **President Lani Fabi** with the District 3790 Officers



SPEECH OF PRESIDENT SUSING PINEDA ON THE OCCASION OF THE 81st INDUCTION AND TURNOVER CEREMONIES OF THE ROTARY CLUB OF BAGUIO

GOOD EVENING!

THANK YOU FOR INVITING US TONIGHT ON YOUR 81st ANNIVERSARY INDUCTION AND HANDOVER CEREMONIES. ON BEHALF OF RCM, I WISH TO CONGRATULATE INSPIRING PRESIDENT LANI FOR HER LEADERSHIP AND WISH HER A SUCCESSFUL TERM TOGETHER WITH HER BOARD OF DIRECTORS AND OFFICERS!

IN 1937, WE PLANTED THE SEED OF SERVICE ABOVE SELF IN THE ROTARY CLUB OF BAGUIO AND I AM PROUD TO SAY THAT THE SEED HAS PRODUCED THE DESIRED FRUIT OF YOUR STORIED EXISTANCE, AS THE LEADING CLUB IN THIS AREA, IN SERVING HUMANITY AND THE NEEDS OF PEOPLE WHO HAVE LESS IN LIFE.

AS YOUR MOTHER CLUB STANDS IN THE DOORSTEPS OF ITS CENTENNIAL CELEBRATION, AS THE FIRST ROTARY CLUB IN ASIA AND THE PHILIPPINES, AND ORGANIZED IN 1919, WE CONSIDER YOU AS PART OF OUR ROTARY FAMILY, AND WE EXTEND OUR WARMEST INVITATION TO JOIN US IN CELEBRATING 100 YEARS OF ROTARY SERVICE TO HUMANITY ON JUNE 21/22, 2019.

ON THAT DATE, WE SHALL SHOWCASE THE VARIOUS HISTORICAL HUMANITARIAN PROJECTS THAT OUR CLUB HAS DONE FOR THE PAST 100 YEARS. THE ROTARY CLUB OF MANILA MAYBE THE OLDEST CLUB BUT WE ARE NOT OBSOLETE NOR ARE WE IRRELEVANT! WE HAVE ON-GOING CENTENNIAL PROJECTS THAT ADDRESS THE SIX OBJECTS OF ROTARY FOR THE NEXT CENTURY.

AS I HAVE SAID, GREAT THINGS THAT HAPPEN IN ROTARY ARE NEVER DONE BY ONE PERSON BUT BY A TEAM OF ROTARIANS WORKING TOGETHER TOWARDS A COMMON GOAL. LET EVERY LIFE WE TOUCH IN ROTARY BE OUR LEGACY AS WE LEAD BY EXAMPLE AND BE THE INSPIRATION TO PURSUE OUR VISION IN UNISON, IN CELEBRATION IN ONE CENTURY, UNDER ONE MISSION, TOWARDS ONE ROTARY, IN FURTHERANCE OF SERVICE ABOVE SELF.

THANK YOU AND A PLEASANT EVENING TO ALL OF YOU.

SALAMAT PO AT MABUHAY ANG ROTARY CLUB OF BAGUIO!

DISEASE PREVENTION AND TREATMENT



IPP Jimmie Policarpio, Project Chair Dir. Raffy Alunan, Project Co-Chair Dir. Jackie Rodriguez and Rtn. Juan Montel leading the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Medical Mission last August 6, 2018 at Guimba, Lanao del Sur.



Palay seeds for distribution



Manila Rotarians IPP Jimmie Policarpio and Dir. Jackie Rodriguez together with their official vehicle for the medical and dental mission of ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI last August 6, 2018 at Guimba, Lanao del Sur.



AFP Barbers giving free haircut.



Muslim doctors in action at the medical mission.



Mothers and children availing of the free medical services



The **ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Team** last August 5, 2018 at the Villamor Air Base in Pasay City prior to boarding a C-130 bound for Laguindingan to conduct a 2-day medical mission in Marawi and Saguilaran.

This is the 5th mission of RCM's "One Rotary, One Philippines, One for Marawi" humanitarian assistance program. In this team are doctors from Our Lady of Peace Mission, Alejandro Clinic and the Philippine College of Physicians.

The Rotarian contingent includes members of Rotary Club of Manila, namely **Project Chair Dir. Raffy Alunan**, **Project Co-Chair Dir. Jackie Rodriguez**, **Rtn. Juan Montel** and **IPP Jimmie Policarpio** (not in picture), the Rotary Club of Padre Burgos led by CP/IPP Dr. Naomi Licuanan-Lachica, the Rotary Club of Quiapo Central led by IPP Haron Ali and PDG Lyne Abanilla in partnership with the DND-AFP, TF Bangon Marawi, TT Ranao and LGU health units.

YOUTH SERVICE



PDG Obet Pagdanganan was Guest of Honor and Speaker on **Scouts Memorial Day** commemorating the 24 Scouts and Scouting heroes who perished when the plane carrying them to the 11th World Jamboree in Greece crashed in Mumbai on July 28, 1963. This took place last July 28, 2018 at the North Cemetery. During this occasion, **PDG Obet Pagdanganan** offered flowers and met the surviving relatives of the scout heroes where he reminded the audience that the Rotary Club of Manila founded the Boy Scouts of the Philippines, initially, as a Council of the Boy Scouts of America until it was chartered under Commonwealth Act No. 111 in 1936.

COGS IN THE WHEEL



Dir. Raffy Alunan was at the launching of the book, “READY 101”, written by Martin Aguda, last July 30, 2018 at the Club Filipino in Greenhills, San Juan City as he was the one who wrote the foreword and was Guest Speaker.



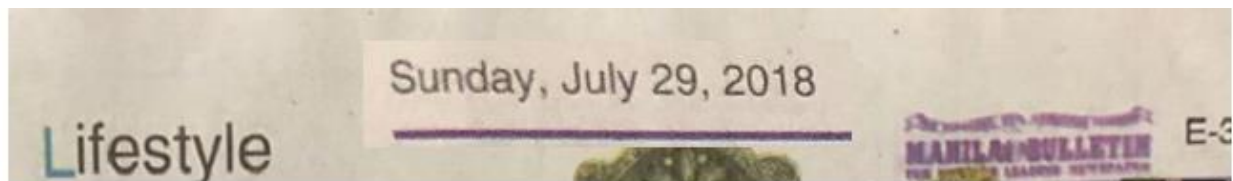


LATVIA HONORARY CONSULS BIENNIAL MEETING Honorary Consuls of the Republic of Latvia attended the 9th Biennial Worldwide Consular meeting in Riga. Shown in photo His Excellency President Raymonds Vejonis and wife the First Lady Iveta Vejonis welcomed Honorary Consul General Robert Lim Joseph during the cocktail reception hosted by Pres. Vejonis held at the Presidential Palace. The event coincided with the Song and Dance festival in celebration of their Centennial Independence of Latvia.

NEWSPAPER RELEASE

Sunday, July 29, 2018





ROTARY TOURISM AWARDEES The Rotary Club of Manila (RCM) annual Tourism Awards event was held at the New World Makati Hotel during their luncheon meeting recently. Now on its 14th year, the RCM Committee on Tourism Awards selected leaders from the different sectors in the industry, including the government, who help promote and develop tourism spots in their localities.

Shown in photo RCM Committee members with awardees from left RCM PP Francis Juico, RCM VP Chito Zaladarriaga, Infinite Travel & Tours president Rene Lazaro (Travel and Tourism Category Awardee), Lumad Agro Industrial Ventures chairman and director-elect Jackie Rodriguez (Condotel Category Awardee), Ayala Hotels & Resorts president Michael Alexis Legaspi (Hotel Development Awardee), Tourism Awards chairman Bobby Joseph, New World Makati Hotel general manager Farid Shoucair, PAL Holdings president and COO Jaime Bautista (Hall Of Fame Awardee), Manila Bulletin columnist Jullie Yap Daza (Media Category Awardee); RCM former VP Roy Golez (Philippine Tourism Advocacy Category Awardee), RCM president Jimmie Polcarpio, Holy Angels University president Luis Maria Calingo (Tourism Education Category Awardee), Ilocos Norte Governor Imee Marcos (Cultural & Community Tourism Category Awardee), Diamond Hotel general manager Vanessa Suatengco (Hotel Management Tourism Category Awardee), Chef Pablo "Boy" Logro (Filipino Culinary Tourism Category Awardee), Manila Hotel EVP Enrique "Rickie" Yap Jr. . represented by resident manager Cris Orta (Heritage Hotel Tourism Category Awardee), and RCM Club secretary Alvin Lacambacal.

PUBLIC HEALTH NUTRITION AND CHILD CARE



HOME REMEDY FOR FROZEN SHOULDER

Elias D. Adamos, M.D.

Frozen shoulder is a condition that affects your shoulder joint. It is usually caused by swelling and sometimes more worse than expected, torn muscle fibers. It involves pain and stiffness that gradually develops and then finally goes away. The painful condition can take anywhere from a year up to 3 years.

Your shoulder joint

The totality of the bones that form your shoulder is called the shoulder capsule. It is composed of three bones and is anatomically described as a ball-and-socket joint: the upper arm (humerus), shoulder blade (scapula), and collarbone (clavicle). Soft tissue and muscles hold them together.

Symptoms

You feel dull and achy pain in one shoulder. You might feel the same sensation in your upper arm. The pain can be more severe at night and you might find it hard to sleep. Pain also occurs when lifting your hand sideways, making tasks such as brushing your hair difficult. When the bones have less lubrication, the tissues become irritated. Swelling starts. Scars are formed. This happening limits the shoulder joint even more.

Home remedy *(Source: The Complete Home Healer by Angela Smyth)*

1. **Hydrotherapy.** Make an ice pack by wrapping a bag full of ice cubes. Prepare a hot water bottle, and wrap a towel around it. First apply the ice pack for three minutes, followed by the towel-wrapped hot water bottle for three minutes. Repeat the procedure alternately. The sudden changes in temperature will increase blood flow that will enhance recovery of cells and tissues around the shoulder. This procedure will also decrease swelling.
2. **Massage.** If your right shoulder is affected, support the left elbow with your right hand, and pass the left hand over the affected shoulder. Starting close to the neck, squeeze the large muscle that passes over the shoulder blade. Try to lift the muscle as you squeeze, working all the way down to the shoulder. Repeat several times. If the left shoulder is affected, reverse the process. With your elbow still supported, use your fingertips to stroke firmly down from the side of the top of the neck all the way along the shoulder to the shoulder joint. Repeat the procedure several times. You can apply oil, mentholated liquid, or virgin coconut oil in massaging your painful shoulder.
3. **Acupressure.** Make a fist and gently pound on the tops of your shoulders, from the joint up to the neck. Curve your fingers and hook them over the top of your shoulders. Feel for the area of tension, and allow your thumb to sink into it. Press firmly for a minute and then relax.
4. **Exercise.** Do isometric exercises focused on your painful shoulder. You can make use of a towel under the affected armpit. Use your free arm to pull the elbow sideways. Do repetitions. If pain becomes severe, stop to rest the muscles.

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AS RENE POLICARPIO
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RCM OFFICE

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

PROGRAM

RCM's 6TH for Rotary Centennial Year 2018-2019
 Thursday August 9, 2018 New World Makati Hotel Ballroom
Officer-In-Charge/ Program Moderator : IPP Jimmie Policarpio

“A Town Hall Meeting”

P R O G R A M T I M E T A B L E

11:30 AM	Registration & Cocktails (WINES courtesy of Centennial Dir. “Bobby” Joseph)	
12:20 AM	Welcome remarks and introduction of program participants and To occupy their respective seats at the presidential table	BLA Amading Valdez Chairman, Program Committee
12:25 AM	Bell to be Rung : Members and Guests are requested to be seated	IPP Jimmie Policarpio Officer-In-Charge/ Program Moderator
12:30 PM	Call to Order	Pres. Susing Pineda
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	Rtn Celso Abastillas
12:35 PM	RCM Hymn	RCM WF Music Chorale
	The Four (4) Way Test Credo	All Rotarians led by Treas. Nicky Villasenor
12:40 PM	Induction of New Member to RC Manila	
	Mr. Michael Go (Filipino) Consultant for Business Development Bank of Commerce Classification: BANKING – Bank Branch Office-Singapore Brief introduction of inductee	PP Boy Guevara, Proposer
	Formal Induction Ceremony	Pres. Susing Pineda, Inducting Officer
	Welcome Baby Rotarian Song	RCM WF Music Chorale
12:45 PM	Presentation of Centennial Celebration Mission and Goal	Pres. Susing Pineda
	Guideline for Committee Chairman Presentation	BLA Amading Valdez
	Overview of the Centennial Celebration Program	Sec. Gen Romy Nones
	Presentation of Centennial Projects/Committees	
	Remarks by Ways and Means	Chair./PP Boy Guevara
	Open Forum	
2:00 PM	Closing Remarks/Adjournment	Pres Susing Pineda