



BE THE INSPIRATION



balita

No. 3757, August 16, 2018

GUEST SPEAKER



JI KYEONG KANG, PhD

President and Dean; MVP Chair in Marketing
Asian Institute of Management (AIM)

KABALITA

It's time to AIM high as the top brass of the Philippines' premier business school brings the interplay of business, government and academe to Asia's First Rotary Club.

Countdown to Centennial

<http://www.rcmanila.org>



BE THE INSPIRATION

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GUEST SPEAKERS' PROFILE



Jikyeong Kang, PhD

President and Dean
MVP Chair in Marketing
Asian Institute of Management

Jikyeong Kang is President and Dean of the Asian Institute of Management (AIM), and holds the MVP Chair in Marketing.

Prior to assuming her post at AIM, Jikyeong was Director of the DBA Program at Manchester Business School (MBS) from 2010 to 2014. At MBS, she also served as Director of the Postgraduate Centre in charge of their MBA Programs from 2001 to 2007, where she was instrumental in propelling the full-time MBA Program's Financial Times ranking from 47th in the world in 2002 to 22nd in 2007, the highest ranking it has ever achieved. Whilst she was in charge of the MBA Programs, MBS became one of the first schools in the world to earn triple accreditation from AACSB, EQUIS, and AMBA.

Jikyeong has also taught at top business schools around the world as a Visiting Professor, including IE in Madrid; the Rotterdam School of Management in Rotterdam; ESSEC in Paris; HEC in Montreal; CEIBS in Shanghai; and Sogang Graduate School of Business in Seoul.

Jikyeong currently serves on the International Board of AACSB, the world's largest business education alliance, and on the Board of EFMD, an international 900-member organization of business schools and corporations. She is also an Independent Director of Security Bank, one of the Philippines' leading universal banks, and of Kesoram Industries, which is part of the B K Birla Group of Companies in India.

In 2017, Jikyeong received The Asia HRD Award for Contribution to Organization. This award is bestowed upon individuals who have built their success on innovative systems, processes, and practices which have impacted overall employee development and productivity with accompanying effect on the bottom line.

Jikyeong earned her PhD from the University of Minnesota, her master's degree from Colorado State University, and a bachelor's degree from Hanyang University, Seoul, Korea.

PRESIDENTS' CORNER



Dear Fellow Manila Rotarians,

Last week, our club held a timely Townhall Meeting, a week after all matters pertaining to the centennial celebration had been delegated to the Board of Directors, led by the undersigned. A menu of noteworthy centennial projects had been presented with corresponding chairpersons for every project and with a brief synopsis of the project for the information and guidance of all our members. This presentation was aimed at engaging the membership to play a participative role in our centennial activities with the end of letting our members choose the projects of their interests. Let us bear in mind that great things in Rotary are never done by one person alone, but, by a team of Rotarians working together towards a common goal. Further, we have carefully selected the projects that would further enhance our image as the premier Rotary Club in Asia and as the leading Rotary Club in the Philippines.

On the other hand, our Steering Committee continues to lend their expertise in charting the course of our centennial year with their unwavering commitment in attending the frequent meetings we call to ensure that our centennial projects are carried out smoothly and that our culminating activity would be an overwhelming success. Sacrificing time for work and family with the welfare of the club in mind is truly a noble undertaking that deserves the highest commendation.

On creating opportunities for strengthening the bonds with our fellow members, I wish to commend Dir. Jackie Rodriguez in organizing a fellowship in honor of our Star Rotarians last August 15, 2018 at the Elk's Club in Makati City for them to feel the warmth of Asia's First Rotary Club. It was, indeed, an evening of fun as our Star Rotarians were given the opportunity to exchange pleasantries with seasoned Rotarians of our club. This will definitely foster closer ties among our members.

Today, the Our guest of honor and speaker, Dr. Jikyeong Kang, President of the Asian Institute of Management, the premier business school in the country, discusses VUCA and Industry 4.0 as well as the opportunities for partnerships between government, business and the academe, topics which often cater to the vast majority of the Rotary Club of Manila membership.

Let us not forget that every life we touch in Rotary is our lasting legacy.

In ONE CENTURY ONE MISSION ONE ROTARY, I remain.

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. Tse 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



001

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*

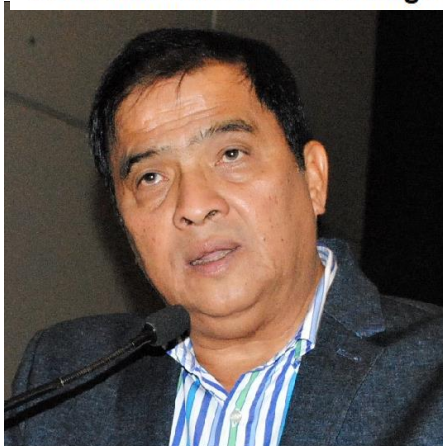
Dress : National Dress / Formal

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

THE WEEK THAT WAS



Centennial President Susing Pineda calls the meeting to order.



IPP Jimmie Policarpio as program moderator.



Rtn Celso Abastillas, Leading the membership in prayer as Invocator.



The New World Famous “WF” chorale leading the membership in the singing of RCM hymns

Treas Nicky Villaseñor, budget officer of the Centennial Celebration, presenting the updated income and expense status of the centennial celebration.



PP Boy Guevara introducing his nominee for membership - Mr Michael Go.



Pres Susing Pineda inducting Star Rtn Michael Go.



PP Boy Guevara, the proposer, puts on the Rotary pin on Star Rtn Michael Go.



Exchange of Bannerettes between Rotary Club of Manila and Rotary Club of Bizen.



Pres Susing Pineda delivering his goal and mission for the centennial year celebration.



The well attended Club Assembly indicated the interest and support of the membership to ensure the orderly and successful implementation and culmination of the different centennial undertakings.

Before the different Centennial Celebration Committee Chair were called to the podium, Board Legal Adviser and Program Chair Amading Valdez presented a guideline of reporting to allow all chair to report to the membership.





District Gov Rudy Bediones updates the membership on status of the Past Presidents' Book.



RCM Centennial Celebration **Secretary Gen Romy Nones** gives an overview on the organization of the centennial activities.



Special Children Project Chair PD Phillip Ong presented an update report of the Special Children and Hospicio de San Jose Norzagaray Livelihood undertakings for street families from the City of Manila.



Dir Jackie Rodriguez presented an update report on One Rotary, One Philippines One for Marawi Project in behalf of Chairman/Dir Raffy Alunan.



Rtn Zdenek Jankovsky presenting the RCM Hearts for Little Angels Chairman PDG Obet Pagdanganan.



IPP Jimmie Policarpio presenting the update report of Tower Awards in behalf of Chairman- PP Benny Laguesma.



Dir Bobby Joseph presented his plans for the Centennial Tourism Awards.



PP Frank Evaristo, Chairman of Commemorative Stamp Committee, presented the design of the commemorative stamp, the souvenir sheet (the official first day cover envelopes).



PP Boy Ampil - Cochair of RCM Centennial Coffeetable Book, presented a progress report with IPP Jimmie Policarpio presenting the coffeetable book material type.



Dir Caloy Reyes invited members to avail of the limited edition of the RCM Centennial Commemorative Watch, manufactured by Ibarra.



Chairman Celso Abastillas presented the goals and proposed undertakings of Tree Planting Project.



Pres Susing presenting the Sari Saring Aralan project, an undertaking in cooperation with the Ayala Foundation and the City of Manila through Honorary member, Mayor Joseph Estrada.



Ways and Means Cochairman and Gala Night Celebration Chair Hermie Esguerra shared his vision and plan to the Centennial Celebration Gala Night and invited the membership to participate in the fund raising undertakings.



PP Boy Guevara presenting his recommendations on Ways and Means to fund the various centennial undertakings.



PD Oscar del Rosario and **PAT Hermie Esguerra** participating at the Open Forum



Pres Susing Pineda with RC Bizen Pres Shinjiro Chujo



Pres Susing Pineda presents Rotary Club of Bizen- **Dr. Shinjiro Chujo** - President, RY 2018-2019; **Masayuki Matsui** - International Service Chairman, RY 2018-2019; **Yuko Tokunaga** - SAA, RY 2018-2019; **Atsunobu Mukai**, Club Secretary, RY 2018-2019 to members of RCM.

Roasted Pork sponsored by **IPP Jimmie Policarpio** while New World Makati Hotel waived the corkage fee.



CLUB ADMINISTRATION



TOWNHALL MEETING INVOCATION

by

Rtn. Celso Abastillas

Let us all bow our heads and feel the presence of God: Lord, you are the most perfect, the mightiest and yet the kindest and the most compassionate. We Love and adore you Lord. We thank you for the gift of 100 years of services to humanity by the Rotary Club of Manila. We Thank you too for giving each and everyone of us the opportunity of using, if not our money, our time, talents, experiences, and good intentions of helping the weak, the needy and the less fortunate. As we meet today to discuss the centennial projects of our club, may you give us clarity of mind and vision, patience and wisdom to plan and discuss our projects so we can deliver better services to the society in general and to the least of our brethren in particular. May you show us the way to continue with vigor and enthusiasm, the century of rotary movement in the Philippines and Asia. Lastly Lord, may you give all members of our club, a gift each of long life, so they can discharge their duties and obligations continuously, first to you, to their families, to our club and to the people whose lives and welfares depend on us. All these for your greater Glory. Amen.



GOOD AFTERNOON FELLOW ROTARIANS

I HAVE OPTED TO HOLD A TOWN HALL MEETING TODAY INSTEAD OF OUR USUAL REGULAR ROTARY MEETING TO UPDATE OUR MEMBERSHIP OF OUR PROGRAMS AND PROJECTS FOR OUR CENTENNIAL CELEBRATION , NOT ONLY FOR THE ROTARY CLUB OF MANILA BUT ALSO FOR THE WHOLE ROTARY MOVEMENT IN THE PHILIPPINES, LED BY OUR BELOVED CLUB.

I WISH TO THANK GOV OBET AND MEMBERS OF HIS COMMITTEE FOR ACCEPTING THE CHAIRMANSHIP OF THE CENTENNIAL CELEBRATION IN 2016, UNDER WHOSE LEADERSHIP HE HAS INITIATED SOME OF THE PROJECTS, WHICH WE WILL PRESENT THIS AFTERNOON. WE HAVE REVIEWED AND REVISITED THE PROJECTS THAT HAVE BEEN STARTED AND ACCOMPLISHED AND NEW PROJECTS THAT ARE "WORK IN PROGRESS" FOR YOUR INFORMATION AND CONSIDERATION.

DURING THE MEETING LAST THURSDAY ON AUG 2, CALLED BY THE COUNCIL OF PAST PRESIDENTS AND PRESIDED BY PAST PRES ARCHIT BARTOLOME, THE MANTLE OF IMPLEMENTING AND COMPLETING EXISTING PROJECTS UNDERTAKEN BY GOV OBET AND HIS COMMITTEE TOGETHER WITH THE PRGRAMS AND PROJECTS STARTED BY THE PRESENT LEADERSHIP WERE CONSOLIDATED AND CONSEQUENTLY ENDORSED BY GOV OBET TO THE CENTENNIAL BOARD UNDER MY LEADERSHIP.

AS SUCH, I AND THE BOARD HAVE ACCEPTED THIS COLLOSSAL CHALLENGE TO HAVE A SUCCESFULL CELEBRATION OF OUR 100 YEARS OF SERVICE TO HUMANITY AND THE LIVES WE WE WILL TOUCH FOR THE NEXT CENTURY AS OUR LEGACY TO THE ROTARY CLUB OF MANILA AND THE ROTARY MOVEMENT .

THESE PROJECTS TO BE PRESENTED TO YOU ARE ALIGNED WITH THE 6 OBJECTS OF ROTARY AND WE HOPE WE CAN INVOLVE OUR VERY OWN DISTRICT 3810 AND ITS 126 CLUBS, AND THE OTHER ROTARY CLUBS IN the 9 OTHER DISTRICTS TO BE PARTICIPANTS AND BENEFICIARES OF THIS CENTENNIAL ROTARY MOVEMENT.

IN THIS CONNECTION, I. HAVE APPOINTED ROTARIAN ROMY NONES AS THE SECRETARY GENERAL AND COORDINATOR OF THIS YEAR'S CENTENNIAL GENERAL ACTIVITIES OF EVENTS, PROJECTS AND PROGRAMS REPORTING DIRECTLY TO THE CENTENNIAL PRESIDENT. I WISH TO THANK SECRETARY GENERAL ROMY NONES FOR HIS UNCONDITIONAL ACCEPTANCE OF THIS POSITION, WHICH WILL ENTAIL TIME, EFFORT AND SACRIFICE AS A GOOD AND AN ENGAGED ROTARIAN.

LET US GIVE ROMY A BIG ROUND OF APPLAUSE!

OF COURSE, NO PROJECT OR PROGRAM WILL BE SUCCESFUL WITHOUT FUNDS TO SUPPORT OUR ADVOCACIES.

OUR HOUSE AND MEANS COMMITTEE HEADED BY PAST PRES BOY GUEVARRA AND PAST ASST TREASURER HERMIE ESGUERRA WILL PLAY A MAJOR ROLE IN THE FUND RAISING ACTIVITY.

WE SHALL SUBMIT TO THEM THE TOTAL FUND RRQUIREMENTS OF EACH CENTENNIAL PROJECT THRU THE CENTENNIAL BUDGET OFFICER, TREASURER NICKY VILLASENOR, WITHIN 30-45 DAYS FROM TODAY, AFTER THOROUGHLY DISCUSSING BUDGETS WITH EACH AND EVERY CHAIRPERSON OF THEIR RESPECTIVE COMMITTEES.

I A.M AWARE OF THE CHALLENGES THAT GOES WITH ANY FUND RAISING ACTIVITY AND I APPEAL TO THE COUNCIL OF PRESIDENTS TO TAP THEIR VAST NETWORK RESOURCES TO HELP RAISE THE FUNDS NECESSARY TO ACHIEVE THE GOALS SPELLED OUT IN TODAY'S PROJECTS AND. PROGRAMS FOR OUR CENTENNIAL ANNIVERSARY ON THE WEEK OF JUNE 22, 2019.

ON ANOTHER NOTE, I WISH TO THANK THE MEMBERS OF OUR STEERING COMMITTEE, WHO ARE COMMITTED AND DARING TO DO NEW THINGS IN ROTARY TO MAKE OUR CLUB RELEVANT FOR THE NEXT 100 YEARS!

PLS STAND UP AND BE RECOGNIZED. — YOU KNOW WHO YOU ARE. MARAMING SALAMAT.

AS I HAVE SAID TIME AND AGAIN, GREAT THINGS THAT HAPPEN IN ROTARY ARE NEVER DONE BY ONE PERSON BUT BY A GROUP OF ROTARIANS.

I WISH TO APPEAL TO ALL OUR MEMBERS TO JOIN US IN THIS CENTENNIAL JOURNEY BY CHOOSING YOUR COMMITTEES AND BE ROTARIZED AND COUNTED —TO BRING OUT THE BEST IN THE ROTARY CLUB OF MANILA UNDER ONE CENTURY, UNDER ONE MISSION, UNDER ONE ROTARY.

WITH YOUR VALUED AND UNCONDITIONAL SUPPORT, THE BEST IS YET TO COME FOR OUR BELOVED ROTARY CLUB OF MANILA.

CENTENNIAL NEWS



Monty Python's SPAMALOT is a Rotary Club of Manila-sponsored musical comedy adapted from the 1975 film Monty Python and the Holy Grail. Like the motion picture, it is a highly irreverent parody of the Arthurian legend, but it differs from the film in many ways. This show is a fund-raising endeavor of the club.

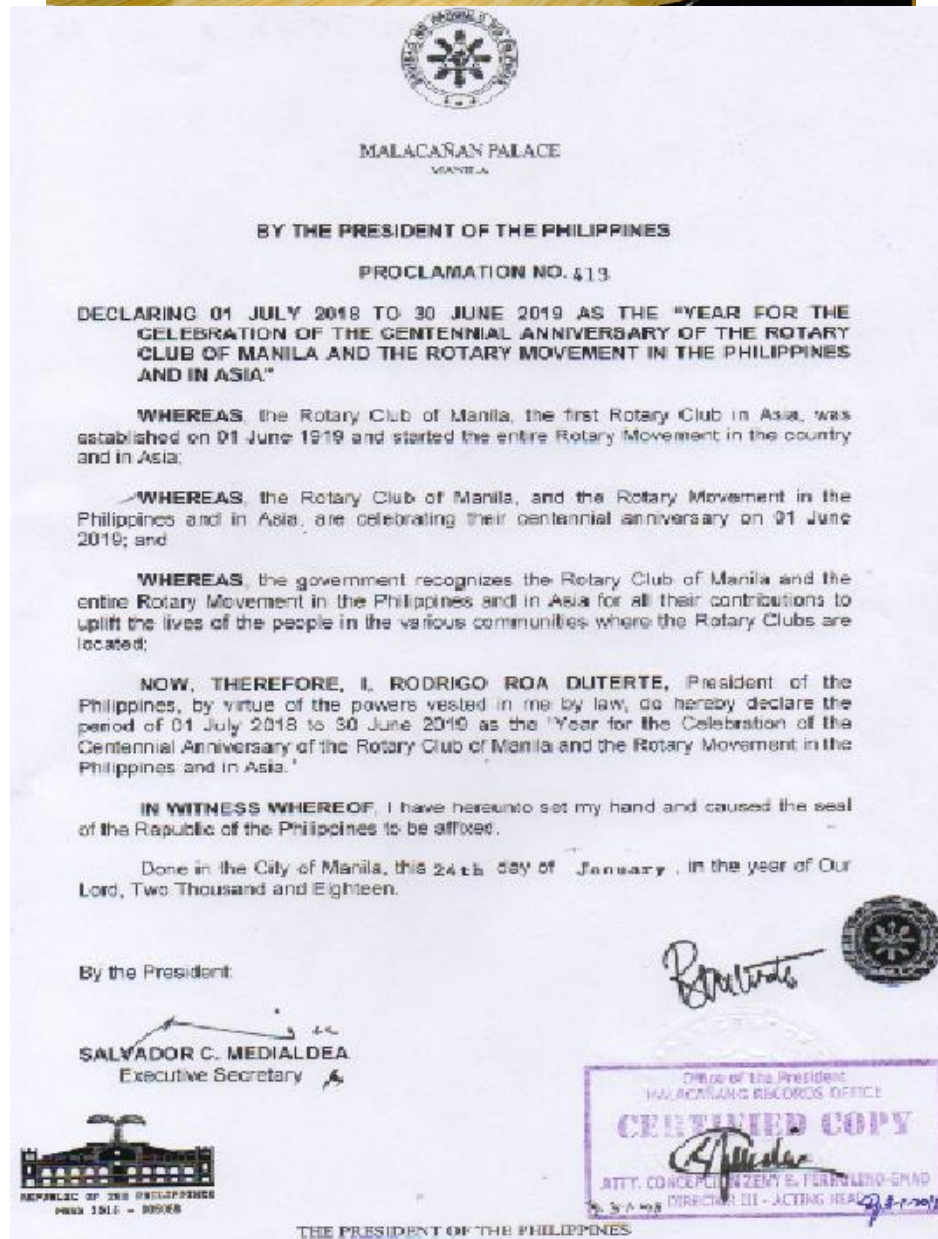


Rotary Club of Manila Centennial Watch is a limited edition watch (100 pieces) made by Ibarra bearing the new logo of the Rotary Club of Manila which will be sold as part of a fund-raising endeavor.

HOSPICIO DE SAN JOSE-NORZAGARAY PROJECT



This project aims to provide shelter for street families from the City of Manila within the hospice site located in Norzagaray, Bulacan and to equip parents from these families with the livelihood skills training to be conducted within the hospice site to adequately prepare them for independent living.



Presidential Proclamation No. 413 is a proclamation signed by President Rodrigo Roa Duterte "declaring 01 July 2018 to 30 June 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 in Asia". This was obtained through the help of IPP Jimmie Policarpio and his Board of Directors and Executive Officers.



Philippine Booth of the Rotary Club of Manila at the Rotary International Convention in Toronto, Canada was an initiative in cooperation with the Department of Tourism and Philippine Airlines to promote the centennial of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia. The booth was designed by Rotaractors from the Rotaract Club of Manila, one of our sponsored clubs.



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.

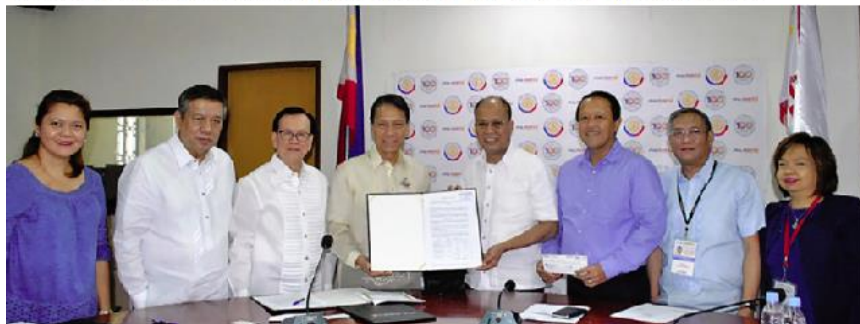




The Rotary Club of Manila Educational Assistance Program (REAP) (aka Adopt-a-Student program) is an initiative to support graduating students from the Pamantasan ng Maynila and the Polytechnic University of the Philippines by providing financial aid for their everyday expenses. In line with celebrating 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.



One Rotary One Philippines One for Marawi is an initiative that 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.



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



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



Seeds of Change by Rotary Club of Manila is an initiative to plant 100,000 gmelina and seedlings in commemoration of the 100 years of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia.

Photo at the Mayor's Conference Hall with Engr Bernie Amurao, Paranaque City Engineer and Technical Asst of Mayor Edwin Olivarez discussing Tree Planting at the Okada Road for September 18 & 19, 2018. Met with PRA Chairman Alberto Agra earlier, the agency which still owns the Okada site.



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 Coffee Table Book is an initiative to set forth the strides of Asia's First Rotary Club and the Rotary movement in the Philippines and in Asia in its 100 years of existence.



Rotary Activities with the Boy Scouts of the Philippines is an initiative to showcase the Boy Scouts of the Philippines, a creation of the Rotary Club of Manila, as they take part in centennial activities of our club.

TOWER AWARDS



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

JOURNALISM AWARDS

The Journalism Awards revolutionized the image of the press in the eyes of the public whose undying vigilance became a continuing inspiration for many a journalist to make the tri-media a medium to discuss issues of national significance. It has become a yardstick of prestige for any media outfit as they often mention this triumph in identifying themselves to the public in many a radio broadcast, television program or newspaper.



TOURISM AWARDS

The objective of the Tourism Awards is to recognize outstanding personalities in the Tourism industry.

ROTARY CLUB OF MANILA ART EXHIBIT

This is a fund-raising project of the club where paintings of well known artists will be displayed at the lobby of the Powerplant Mall, Rockwell, Makati City and the proceeds of the sale will go to our centennial fund.



JOSE MARI CHAN CONCERT



This is a fund-raising concert of our club featuring renowned singer, Jose Mari Chan. Proceeds will go to our centennial fund.

ROTARY NATIONAL CENTENNIAL GOLF TOURNAMENT



This is a golf tournament spearheaded by our club in coordination with our daughter clubs in the various districts in the Philippines that will take charge of the leg in their respective areas. Our club will spearhead that of District 3810 and will likewise take charge of the championship round during the centennial week to be held at the Sta. Elena Golf Club which will feature the winners of the different legs.



This activity aims to announce the different activities forming part of the Centennial Week celebrations to the various districts of Rotary in the Philippines.

A LEGACY OF ROTARY SERVICE

This activity aims to recognize Rotarians and clubs from all over the Philippines for their noteworthy projects.

CENTENNIAL GALA NIGHT

This is the culminating activity of the centennial of the Rotary Club of Manila and the Rotary movement in the Philippines and in Asia in an evening of nostalgia and congeniality uniting Rotarians from different parts of the archipelago which will be graced by the presence of Rotary International President-Elect Mark Maloney. The highlight of the evening would be the induction of the District Governors-Elect and the Presidents-Elect by the Rotary International President-Elect.

Information about any of these activities may be obtained from any of the members of the Steering Committee. For the activities during the centennial week, information may be obtained from Board Legal Adviser Amading Valdez, the Chair of the Centennial Week.



The Steering Committee of the Centennial Celebrations held a meeting last August 13, 2018 at the Private Room of Via Mare in Powerplant Mall, Rockwell, Makati City where centennial activities were discussed.

DISASTER PREVENTION AND TREATMENT



ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI MEDICAL AND DENTAL MISSION FOR MARAWI

by

AS Rene Policarpio
Managing Editor

A simple but very meaningful portrayal of Rotary Club of Manila Centennial Committee One Rotary, One Philippines, One for Marawi poster that expresses a commitment to remain engaged in a depressed situation even after “the press has gone home”.

Service above self, a credo not only shared among Rotarians but a way of life for RCMers who continue to provide medical assistance and augment medicine requirements for the war victims of Marawi.

The dedication and determination of the OROPOM to continue aiding the desperate and helpless victims of war in Marawi is never done until such time as hospital services and government assistance is completed by restoring health services and social welfare of its residents.



Chairman Raffy Alunan III
and Co-Chair Jackie

Rodriguez continue their relentless efforts to bring these services to neighborhoods that seemingly have been forsaken by others in Marawi. With the help of other Rotary Clubs Quiapo and Metro Ranao, the Philippine Army, and PNP, the OROPOM Team of volunteers composed of physicians of different disciplines have completed a 2 day medical mission, Aug. 06-07, 2018 in Bray. Sogod, Marawi. More than 2000 residents have been helped by the mission team from minor surgeries, dental, even simple haircuts provided by the Philippine Army barbers to stop the spread of hair lice within the Community.

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Already the group of volunteers are eager to return back to lend their expertise to our brothers and sisters in Marawi who needs them. Allow us to share the comments of one of the Rotarian volunteer that participated in the Mission of Service above One's Self...



NEWSPAPER RELEASE



Raising awareness of today's Philippines
in the United States

TOP NEWS

Diplomatic Outreach Beyond the Beltway



Ambassador Jose Manuel G. Romualdez (right) is welcomed by Frederick City Mayor Michael O'Connor (left) at the City Hall



Frederick City Tourism Director John Fieseler gives Ambassador Romualdez an Orientation at the Visitor Center, Frederick, Maryland.

Frederick, Maryland - Philippine Ambassador Jose Manuel "Babe" Romualdez, in partnership with the US-Philippines Society, made a working visit to Frederick, MD, where he met with the mayor and community leaders, and explored business and cultural exchange opportunities, August 1. Centerpiece of his "diplomatic outreach" mission was a speech at the Frederick Rotary Club attracting an audience of more than 100 and calling attention to the shared history of the Philippines and the United States.

With family roots in Leyte Province, the ambassador referenced

General MacArthur's 1944 Leyte Landing that led to Philippine liberation and independence. The ambassador related his own role more recently in fostering bilateral cooperation on disaster relief after Typhoon Haiyan hit Leyte with such destructive force in 2013. Ambassador Romualdez stimulated audience interest in the Philippines and drew questions ranging from South China Sea disputes to the Philippine position on climate change during a Q/A session.



L-R: Executive Director Hank Hendrickson, Jean Joyce, Ambassador Jose Manuel G. Romualdez, Rotary Club of Frederick President Anne Rollins, Rotary Club Member Hunt Hendrickson, August 1, 2018, Frederick, Maryland

As a fellow Rotarian, the ambassador bonded well with counterparts in the Frederick Rotary Club that included business and civic leaders. He congratulated the Frederick club for marking its 98th anniversary this year, and noted that the Manila Rotary Club is currently celebrating the 100th year of its founding - yet another example of enduring civic ties between the two countries and peoples.

In addition to his call on Mayor Michael O'Connor and a visit to Frederick's office of Economic Development with the Embassy's Economic Minister J.V. Chan-Gonzaga, the ambassador toured Frederick's extensive downtown flood control project that paved the way for a revitalization of the city's historic district.

Frederick, with its proximity to Washington, D.C., counts itself as Maryland's second largest city and touts its attractiveness as a technology center along the I-270 Corridor, and as a tourist destination with recreational activities, colonial and Civil War history. The city has moved well beyond reliance on agriculture and light manufacturing, and has emerged with a modern services and knowledge-based economy that welcomes global partners. As an example of that transformation, local officials pointed to a former cannery building near the Visitors Center toured by the ambassador that now houses an international cyber security company.

Ambassador Romualdez also met with members of Frederick's Fil-Am community, including Joseph Canlas, the executive chef at Brewer's Alley, Frederick's most popular restaurant. Filipino sports fans will recall that Canlas was a basketball star at Ateneo de Manila University during the 1980's and is a member of the Ateneo Sports Hall of Fame. He now pursues his "second love" in the culinary arts and enjoys living and working in Frederick with his Canadian-born wife and family. Naturally, the conversation with the ambassador and the chef centered on basketball memories and good food - a nice way to end a successful day of "outreach" beyond the D.C. Beltway!

Historical Connections:

Joaquin Miguel Elizalde (1896-1965), former Resident Commissioner and first Ambassador to the United States, enjoyed visiting Frederick County, where he owned a farm. Ambassador Elizalde, who died in 1965, was interred at Saint Josephs Carrollton Manor Cemetery just south of Frederick. [Learn more about Joaquin Elizalde.](#)

BGen Allan C. McBride (1885-1944), a Frederick native and highly decorated officer who served as U.S. Chief of Staff in the Philippines at the time of the Japanese invasion in 1941, was taken prisoner after the fall of Bataan and died in captivity. After the war, Gen Allan's remains were repatriated to Frederick, where he rests at the city's Mount Olivet Cemetery. Gen McBride was awarded the Distinguished Service Medal for actions, including supervising operations behind the lines "largely with improvised means and under continuous aerial bombardment."



L-R: Economic Minister Jose Victor Chan-Gonzaga, Ambassador Romualdez, Executive Chef Joseph Canlas and Hank Hendrickson, Brewers Alley, Frederick, MD



Frederick City Carroll Creek Park flood control project led to revitalization of the historic downtown area in the 1970's.

INTERCLUB ACTIVITIES



PSDG/PDCoS/Dir. Albert Alday attended the District 3810 Governor's Monthly Letter (GML) Strategic Planning Session last August 11, 2018 at the Function Room of the Copacabana Apartment Hotel in Pasay City. He is the Managing Editor of the GML for RY 2018-2019. Facilitator of the Planning Session was IPSDG Raymond Ciriaco of the Rotary Club of Pasay Cybercity.



DG Rudy Bediones conducted the Governor's Visit of the Rotary Club of Chinatown Circle last August 9, 2018 at the Medical Plaza, Legaspi Village, Makati City.



DG Rudy Bediones attended the Disaster Awareness and Preparedness Seminar, hosted by the Rotary Club of Manila Midtown, last August 11, 2018 at the Universidad de Manila in Manila.





DG Rudy Bediones conducted the Governor's Visit of the Rotary Club of Pasay Southeast last August 13, 2018 at the Philippine Navy Golf Club in Taguig City.



Manila Rotarians attended the **2nd Handover and 3rd Induction Ceremonies** of the **Rotary Club of Manila Premier** last August 14, 2018 at the Grand Ballroom of the OKADA Manila in Parañaque City. Present were DG Rudy and Lady Sharon Bediones, PDG Vince Carlos, PCoS/PP Cesar Ubaldo, President Susing Pineda, IPP Jimmie Policarpio, PSDG/PDCoS/Dir. Albert Alday, AS Rene Policarpio, Treasurer Nicky Villaseñor, AT Ner Lonzaga, PAT Hermie Esguerra and BLA Amading Valdez.



DG Rudy Bediones
presided over the District
3810 Second Area Meeting
last August 13, 2018 at The
Aristocrat Restaurant in
Manila.



ECONOMIC AND COMMUNITY DEVELOPMENT

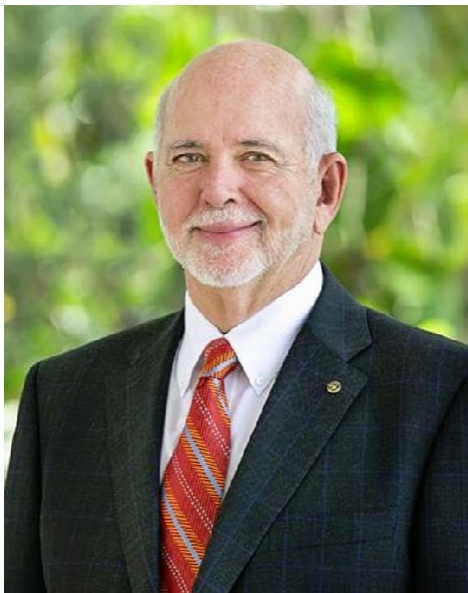


Rtn. Celso Abastillas, Chair of **Seeds for Change** by Rotary Club of Manila and **BLA Amading Valdez**, Co-Chair, at the Mayor's Conference Hall last August 14, 2018 with **Engr. Bernie Amurao**, Paranaque City Engineer and **Technical Asst of Mayor Edwin Olivarez**, where they discussed the Tree Planting at the Okada Road for September 18 and 19, 2018. Earlier, they met with PRA Chairman Alberto Agra.

NEW GENERATIONS SERVICE



DG Rudy Bediones attended the Dinner for Youth Exchange Program delegates hosted by the Rotary Club of Manila Metro last August 11, 2018 at the Cafe Felisa, Aloha Hotel in Manila.



My dear friends and fellow Rotary leaders,

As we look ahead toward Rotary's new Strategic Plan, one thing is very clear: to build the Rotary of the future, we need to be working much harder to develop Rotary leadership for the future. That means engaging a younger generation in Rotary service, and doing more to welcome and encourage service-minded young professionals into the Rotary family.

Fifty years ago, Rotary launched a program designed to do just that: Rotaract. In many ways, Rotaract has been astonishingly successful. Today, we have a quarter of a million Rotaractors, serving in about 10,000 clubs.

Yet as successful as Rotaract has been in its service and its growth, Rotary has largely failed to support Rotaract in becoming the incubator for Rotarians that we hoped it would be. Only 27% of Rotary clubs sponsor a Rotaract club, and only a tiny percentage of the talented and motivated people who serve in Rotaract go on to serve in Rotary. It's my goal this year to turn all of that around: both by doubling (yes, you read that right—*doubling*) the number of Rotary club sponsoring Rotaract clubs, and making sure that every Rotaract club is fully embraced by Rotary. I want to approach that work in a strategic way, by building Rotaract clubs that are community based, with young people who are going to stay in the same area where Rotary clubs are already waiting to welcome them.

If you've never thought of sponsoring a Rotaract club, we've got plenty of great resources to get you started, including our Rotaract Handbook. The most important part of sponsoring a Rotaract club is keeping the connection between Rotaract and Rotary strong. Hold joint meetings, run joint projects, and make Rotaractors welcome at your Rotary meetings. Treat Rotaractors as younger colleagues, and be open to the inspiration, knowledge, and new ideas they can bring to your service. Know the Rotaractors in your Rotaract clubs, keep track of which of them might be ready to join Rotary—and when they're ready, invite them! Or be open to chartering a new Rotary club that might better suit their needs, and grow a more diverse, more flexible, and stronger Rotary. For more ideas, register for *Building New Clubs Together* (English only), a webinar that will help you determine when a new club is needed and provide ideas for recruiting charter members and creating a strong leadership team. The webinar will be held on 9 August from 15:00-16:00 Chicago time (UTC-5).

We've put together all kinds of resources to help you launch, and support, Rotaract in your community. If you're ready to get started, click the link below to tell me you're in—and take the first steps in your Rotaract journey.

I'm in!

Whether you're with Rotarians, Rotaractors, or in your community, show your Rotary pride. We have a great organization—and we can all *Be the Inspiration*.

Yours in Rotary,

Barry Rassin
Rotary International President, 2018-19

PUBLIC HEALTH NUTRITION AND CHILD CARE



WHEN YOU ARE ALWAYS TIRED, Part 1 (Chronic Fatigue Syndrome)

Elias D. Adamos, M.D.

When you always feel tired and exhausted and you find your lingering tiredness constant that it limits your productivity, you must be suffering from a medical condition that is simply called fatigue (or chronic fatigue syndrome or systemic exertion intolerance disease). The symptoms of fatigue are similar to how you feel when you have flu or have missed a lot of sleep. You wake up in the morning feeling as if you did not sleep at all, you don't function at work or in school and you are always unproductive at home. You may feel so exhausted that you can't even cope up with or manage schedules and daily affairs.

Common clinical causes of chronic fatigue

1. **Allergies** (dust mites, pollen, and bites and stings of insects, like cockroaches or bed bug or "surot"), **nasal congestion** (allergic rhinitis), and **seasonal itchiness** (commonly called "tagulabay" that is brought about by the rainy season or the hot weather).
2. **Anemia** (when you do not have enough red blood cells). Feeling cold and irritable. It is the most common blood condition. In childbearing women, fatigue brought about by anemia can be caused by heavy menstrual cycles.
3. **Depression** (feeling of sadness, hopelessness, worthlessness) and **Anxiety** (excessive worrying, fear, panic, phobias). A condition called seasonal depression is present in some people when it is dark the whole day or sunlight is not visible from the sky (winter time or perhaps during continuous heavy rainfall). People who had experienced heavy flooding can have the feeling of being "always on alert" when the rains pour down.
4. **Fibromyalgia** (deep muscle pain, tender joints). People, particularly students and employees, who suffer from muscle aches, have hazy mental feeling ("lutang ang utak" or "fibro fog") that makes them difficult to concentrate.
5. **Heart disease** and **Hypertension**. Underlying heart condition that can trigger high blood pressure or vice versa, can be a cause of fatigue even in an activity that should be easy.
6. **Rheumatoid Arthritis**. Painful joints and morning stiffness give you the feeling of tiredness even in the waking-up hours of the morning.
7. **Sleep apnea** (snoring) and **Insomnia**. You feel exhausted and you feel tired and sleepy during daytime. Being overweight and smoking are factors for sleep apnea. Psychological factors are related to insomnia.
8. **Type 2 Diabetes** (non-insulin dependent or adult onset diabetes) can increase your thirst, hunger, and urination. You may involuntarily lose weight and you always feel wasted and tired.
9. **Underactive thyroid** (hypothyroidism). This condition results to sluggishness, weight gain, and run down feeling.

(To be continued)

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balita
Official Newsletter of Rotary Club of Manila

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PROGRAM

RCM's 7TH for Rotary Centennial Year 2018-2019
 Thursday August 16, 2018, Legaspi 1 Ballroom, 2F, Makati Diamond Residences
Officer-In-Charge/ Program Moderator : PP Teddy Ocampo

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; introduction of program participants	BLA Amading Valdez Chairman, Program Committee
12:25 AM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	PP Teddy Ocampo
12:30 PM	Call to Order Singing of the Republic of the Philippines National Anthem Invocation	Pres. Susing Pineda RCM WF Music Chorale PD Bebot Pineda
12:35 PM	RCM Hymn The Four (4) Way Test Credo	RCM WF Music Chorale All Rotarians led by PSAA Fred Lim
12:40 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	PD Oscar del Rosario RCM WF Music Chorale
12:45 PM	Maligayang Bati (RCM Birthday Celebrants) Aug. 09.....PS Jing Crisol, Rtn Romy Nones; Aug. 10.....Rtn Jappy Pascual, Rtn Enzo Squillantini; Aug. 11.....Rtn Tito Ortiz, Rtn Farid Shoucair; Aug. 12.....PDSAA Ike Stranathan; Aug. 13.....Rtn Mike Guarin; Aug. 17.....PDSAA Val Aboy; Aug. 20.....Rtn Juan Montel; Aug. 22.....Rtn Richard Ang and Rtn Deo Villacorta Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Susing Pineda
12:55 PM	Introduction of Guest of Honor and Speaker	Rtn Jing Lapus
1:00 PM	Address : Jikyeong Kang, PhD President, Dean and MVP Chair in Marketing Asian Institute of Management Public Forum	
2:00 PM	Response, Presentation of Centennial Plate as a token of appreciation to Jikyeong Kang, PhD & Meeting Adjournment	Pres. Susing Pineda