



BE THE INSPIRATION



balita

No. 3759, August 30, 2018

GUEST SPEAKER



Prof. VICTOR ANDRES "DINDO" MANHIT
CEO and Managing Partner
STRATBASE CONSULTANCY, INC.

KABALITA

Probing into the mind of a Philippine President is as much a mystery to the many as it is for Asia's First Rotary Club. Let the Expert walk us through for us to fully comprehend the President's thought pattern.

Countdown to Centennial

<http://www.rcmanila.org>



BE THE INSPIRATION

What's Inside

Guest Speakers' Profile	2
President's Corner	3
International Relations	4-7
Centennial News	9-24
The Week that Was/ Next Week's Speaker	25-30
Club Administration	31-34
Community Service	35
Basic Education and Literacy	36-37
In the mailbox	38
Interclub Activities	39-40
Rotating Rotarians	41
Cogs in the Wheel	42
Public Health Nutrition and Child Care	43
RCMFI and Sagip Kabataan Officers	44
RCM B.O.D. and Editorial Staff	45
Program	46-47

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

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GUEST SPEAKERS' PROFILE



Prof. Victor Andres "Dindo" C. Manhit is the Founder and Managing Director of the Stratbase Group and President of its policy think-tank, Albert del Rosario Institute for Strategic and International Studies or the ADRI. Stratbase is a full-service advisory and research consultancy group, specializing in building the relationship of corporate clients with the various sectors of Philippine society to promote their specific interests and address their corporate concerns.

For more than a decade, Prof. Manhit and the Stratbase team have been developing innovative and disruptive political and legislative strategies that position clients for success. A well-regarded strategist, he has built winning public affairs campaigns integrating message development, public relations, and the mobilization of grassroots support. With his extensive experience, he helps clients understand the interplay between business and government, and the impact of legislative, regulatory, and electoral outcomes on their business strategies. He also provides toplevel strategic analysis and thought leadership on global issues in the Philippines.

Concurrently, he is Philippine Country Head of the renowned BowerGroupAsia (BGA), formerly known as BrooksBowerAsia. BGA has an unmatched expertise and experience in helping clients develop strategic expansion initiatives in the Asia Pacific Region.

He was a former Chair and recently retired Associate Professor of the Political Science Department of De La Salle University. He has authored numerous commentaries and papers on geopolitical issues, governance and political reforms. Today, he regularly contributes articles and columns to leading newspapers Philippine Daily Inquirer, Philippine Star, and Business World.

He obtained his Master's Degree in Public Administration and Bachelor's Degree in Philippine Studies (major in Political Science and History) from the University of the Philippines. A member of Phi Gamma Mu International Honors' Society Beta Chapter, he specializes in Strategic Studies and Management, Legislative Research, and Public Policy Analysis.

His research interest and field of specialization had led him to pursue active involvement in legislation, bureaucratic work, and civil society advocacy. Among the government positions he held include Undersecretary for External Affairs and Special Concerns of the Department of Education, Culture and Sports and Deputy Secretary for Administration and Financial Services of the Philippine Senate. Meanwhile, his legislative experience encompasses the 8th, the 9th, 10th and the 12th Congress as Chief of Staff and senior policy research consultant in key senate committees, such as Education, Agriculture, Economic Affairs, Social Justice and Electoral Reforms, and Constitutional Amendments and Revision of Laws. Since 1987, he has been involved in all national elections in different capacities, from policy consultancy to campaign strategy.

After his stint in government, he became involved with many different consortiums and networks of civil society groups. His civil society agenda range from governance reform to environment stewardship, as Lead Convenor of citizen-led initiative Democracy Watch and Convenor of pro-industry group Philippine Business for Environmental Stewardship or PBEST, respectively.

He is also a Fellow at the Foundation for Economic Freedom, a public advocacy organization dedicated to advancing economic and political liberty and other market-oriented reforms. Similarly, his involvement with the distinguished Philippine Trade Foundation is aligned with the group's commitment toward building a strategic and reformed business environment. As a member and adviser to the Board, Prof. Manhit contributes to the crafting of initiatives geared to attract investments.

His international reach is evident in his key role in the establishment of the U.S.-Philippines Strategic Initiative (USPSI) with the Philippine Eminent Persons Group. The trans-Pacific effort underlines the critical linkage of economic ties between the U.S. and the Philippines as a foundation for enduring security relations through research and programs. He is also an advisor to the Board of Asia Society Philippines, another cooperative organization, this time in the area of education.

He was recently appointed as one of the ASEAN Regional Forum Experts and Eminent Persons (ARF EEPs) by the Department of Foreign Affairs.

PRESIDENTS' CORNER



Dear Fellow Manila Rotarians,

Last week was an eye opener for all of us on what the concept of Federalism was all about. Without probing into much detail, (Ret.) Chief Justice Reynato Puno, Chairman of the Consultative Committee to Revise the 1987 Constitution of the Republic of the Philippines, focused on the highlights and salient features of the Draft Constitution of the Federal Republic of the Philippines. As an added value to our members, we will be featuring every week here in our BALITA, the salient features of this draft constitution with minute annotations in comparison to the prevailing fundamental law of the land, for our members to be fully apprised.

Meanwhile, we nominated worthy Manila Rotarians who will be voted upon not later than the last Thursday of September for the Board of Directors who will serve during Rotary Year 2019-2020. Let us elect Manila Rotarians who are willing to give their time and talent to serve Asia's First Rotary Club. On this note, I wish to commend IPP Jimmie Policarpio, Chair of the COMELEC, and his entire COMELEC, for an orderly conduct of nominations. He likewise caused the publication of the guidelines for our elections to which we should give a serious thought. On the service front, we were able to collect a total of Php 37,800.00 from our voluntary fund drive last week for the typhoon victims in Kerala, India. We shall turnover this amount to the Embassy of India in the Philippines through Rtn. Johnny Chotrani. Likewise, we have began our planning for the Alay Lakad 2018 which takes place on September 23, 2018 and I wish to exhort our members to join us in this endeavor as our strength in numbers will show the might of our club, especially, this centennial year. Let us show our full support to Alay Lakad Club Chair Rtn. Dong Benedicto, Alay Lakad Rotary District Representative PD Oscar del Rosario and ALAY LAKAD Foundation President SDG/PP Frank Evaristo as all these efforts would go to the marginalized youth of our country.

Today, we welcome to our club, Prof. Dindo Manhit, CEO and Managing Partner of Stratbase Consultancy, Inc. as he probes into the thought patterns of President Duterte. It will certainly be an interesting talk which all of us should never miss.

On our centennial projects, I have issued a separate appeal for all of you to participate in the project of your choice which I have caused to publish here in our BALITA. Let us bear in mind that in the staging of a colossal undertaking such as our centennial, great things in Rotary are never done by one person alone, but, by a team of Rotarians working together towards a common goal.

In ONE CENTURY ONE MISSION ONE ROTARY, I remain.

INTERNATIONAL RELATIONS

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. Tsin PP Victor Y. K. Lo, PP Willy C. M. Lin PP Lai Ping Lun, 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.

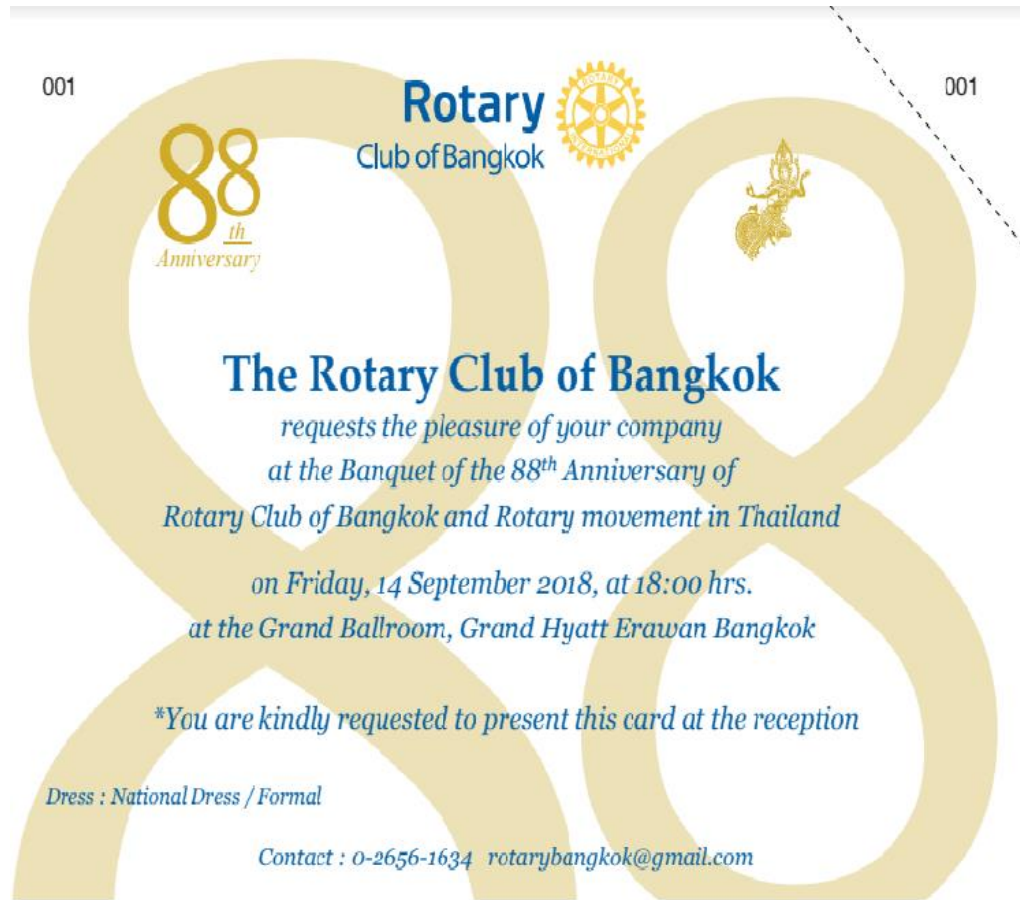
Transportation will be arranged by members of RCB, if requested.

Best wishes

Abdullah Alawadi

International Service Director 2018-19

Mobile: +66 818312784



Rtn. Wocky Redsar of the Rotary Club of Tucson Arizona dropped by the Rotary Club of Manila office last August 28, 2018 in Manila to exchange club bannerettes. Presenting the Rotary Club of Manila bannerette is Rotary Club of Manila Executive Secretary Anna Kun Toledo and Rotary Club of

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.

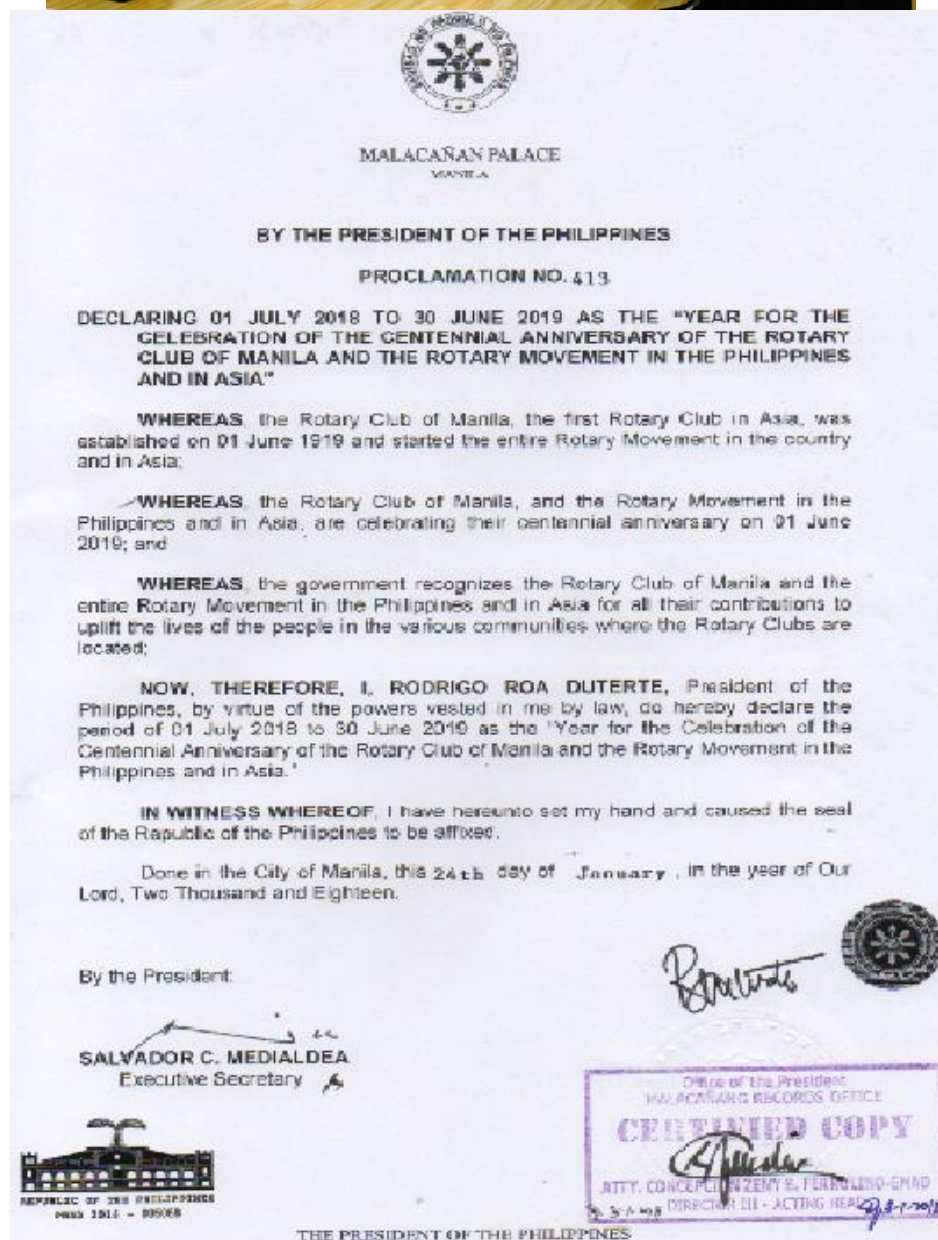


Rotary Club of Manila Centennial Watch is a limited edition watch (100 pieces) made by Ibarra bearing the new logo of the Rotary Club of Manila which will be sold as part of a fund-raising endeavor.

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.

Dear Fellow RCMers,

As you well know, our Centennial Year is upon us. In the past few years leading up to the present, your club leadership has planned and prepared several projects and events befitting this milestone in the history of our prestigious club. During the Town Hall Meeting last August 9, 2018, these activities were presented and broadly discussed. The responses of our members afterwards were inspiring. They want to do their share in making our centennial celebrations truly memorable, not only for RCMers but also to all Rotarians of the Philippines and of Asia. Indeed, in various district functions recently, other Rotarians from all over the country have also expressed their enthusiasm in joining us in the celebration of 100 years of the Rotary movement in this part of the world. They are just waiting, in their own words, for the Rotary Club of Manila to lead them.

It is it time therefore, for us to take the challenge of leading our fellow Rotarians. And for us to do this effectively, the participation of each RCM member is needed. Attached is the list of our centennial committees and their projects. Also provided is the Program of Activities for the Centennial Week. I urge you to volunteer your participation in any of the activities. Together, we can attain greater achievements for our club!

Please indicate the committee(s) / event(s) that you are joining.

Yours in Rotary,

Pres. Susing Pineda

Centennial Projects

Please put a “check” mark over your preferred Centennial project/ committee:

On-Going Projects:

1. Hospicio de San Jose ; **Chairman:** Rtn Phillip Ong
2. One Rotary, One Philippines, One for Marawi ; **Chairman:** Dir Raffy Alunan
3. RCM Hearts for Little Angels ; **Chair.:** PDG Obet Pagdanganan
4. Sight Conservation ; **Chairman:** Rtn Jack Bautista

Awards:

1. TOWER Awards; **Chairman:** PP Benny Laguesma
2. Journalism Awards; **Chairman:** IPP Jimmie Policarpio
3. Tourism Awards; **Chairman:** Dir Bobby Joseph

Centennial Year Projects:

1. Commemorative Stamp; **Chairman:** PP Frank Evaristo
2. Coffee Table Book (LOGISTICS) ; **Chairman:** PDG Vince Carlos
3. Coffee Table Book (EDITORIAL BOARD); **Chair.:** PP Boy Ampil
4. Tree Planting ; **Chairman:** Rtn Celso Abastillas
5. Sari-Saring Aralan; **Chairman:** President Susing Pineda
6. Rotary Educational Assistance Program (REAP) ; **Chairman:** SecGen Romy Nones
7. Rotary Centennial Golf Tournament; **Chairman:** PS Butch Marking
8. Boy Scouts of the Philippines ; **Chairman:** PDG Obet Pagdanganan
9. Elsie Gaches Village
10. Community Chest of the Philippines
11. Philippine Cancer Society
12. Baseco Project

Other Projects:

1. Centennial Week
2. Centennial Launch; **Chairman:** PP Archit Bartolome
3. A Legacy Project of Rotary Service (June 21, 2019) ; **Chairman:** BLA Amading Valdez
4. Centennial Gala Night (June 22, 2019) ; **Chairman:** PAT Hermie Esguerra

Other Committees:

1. Invitations Committee ; **Chairman:** PP Francis Juico
2. Protocol Committee; **Chairman:** PDG Alex Cureg
3. Ways & Means Committee ; **Chairman:** PP Boy Guevara
4. Recognition & Awards Committee ; **Chairmen:** PP Boy Guevara, PP Boy Ampil & Rtn Romy Nones

Signed by:

UPDATES ON CENTENNIAL PROJECTS

SEEDS OF CHANGE

by Rotary Club of Manila

update by Rtn. Celso Abastillas, Committee Chair

RCM Needs You! Join Its Centennial Committees: How lucky we are to be the current members of an organization that has reached 100 years of service to humanity. I would presume there were times in the existence of RCM when it almost suffered division or even disintegration due to reasons personal to some members. Whether it's clash of personalities because some believe their ideas or opinions are better than the others or maybe just because of plain pride, both of which are generally present in any organization. But because the Club is governed by tenets of truth, fairness, friendship and goodwill aside from being a club of intelligent, mature and reasonable individuals, RCM up to now stands tall and proud to the world. In this Rotary year 2018-2019, it is really inspiring to serve the club in different Centennial Service projects, as active member of any Committee or at least attend regularly its Thursday meetings. It is indeed a privilege and honor to be part and parcel of its centennial celebration, the start of the second century of the Rotary movement in the Philippines and Asia. As the Committee Chairman of the Centennial Friendship Trees may I have the honor and pleasure of inviting every one to join our committee. I know it may entail dirtying our hands once in awhile but I can assure you that the feeling of satisfaction is great once you see the trees that you planted or caused to plant, growing big and tall. Indeed, they will serve as a living memory of your services and achievements in RCM. I realized the objective of the committee to regreen the country is rather lofty. But I can assure everyone that in case we do not make it in our lifetime, the seeds (the good seeds) we will plant will surely transcend the next generations, as this will benefit humanity of any political and national colors, ecologically and economically. Interested parties, please send your intention to join and or donate your time and money to the Centennial Friendship Trees Committee to Anna/Secretariat. Or if not my Committee please join or donate to other Centennial Committees.

100 YEARS OF ROTARY: AN ART CELEBRATION

update by President Susing Pineda

On September 13, 2018, the ROTARY CLUB OF MANILA will sponsor an ART EXHIBIT to showcase the ART WORKS of many well known Filipino artists at the LOBBY OF THE POWER PLANT IN ROCKWELL at 6pm. Cocktails will be served during the ceremonial ribbon cutting of the Art Exhibit. Wines are courtesy of Dir. Bobby Joseph and his brother, Ralph Joseph. We have invited many Filipino Art Collectors to view and buy these paintings. All members of RCM are invited to attend this cultural event to fund our Rotary Projects. The exhibit will run from September 13-16, 2018.

THE ROTARY CLUB OF MANILA EDUCATIONAL ASSISTANCE PROGRAM (REAP)

The following are the list of donors:

REAP COMMITMENTS AS OF AUGUST 22, 2018	
NAME	NUMBER OF SCHOLARS
Nones, Romeo "Romy" C.	2
Rotary Club of Quirino Manila Central	2
Golez, Jose Roilo "Roy" S.	1
Rtn. Isidro Alcantara/ Marcventures Mining & Development Corp.	8
Pineda Jr., Jesus "Susing" M.	14
Alday, Albert S.	2
Bartolome III, Arsenio "Archit" M.	1
Esguerra, Herminio "Hermie" S.	4
Acosta, Crispiniano "Cris" G./Filminera Resources Corp.	1
Fajardo, Beda G./Fajardo Law Offices	1
Del Rosario, Oscar	1
Camus, Jose Fernando	1
Valdez, Amado "Amading" D.	1
Lonzaga, Reinerio "Ner" C.	2
Bondoc, Ramon	1
Villaseñor III, Nicanor "Nicky" S.	2
Policarpio, Renato "Rene" R.	1
Policarpio Jr., Jose "Jimmie"	1
Reynolds, David John "Dave"	1
Peliño, Wilfredo "Willie" M.	2
So, Warren	1
Eldebs, Issam "Sam"	1
Joseph Jr., Robert Lim "Bobby"	10
Payumo, Felicito "Tong" C.	10
Ong, Jason	4
Benefactor c/o Pres. Jesus "Susing" M. Pineda	10
	85



For the Board of Directors

From: Chair, OROPOFM

Date: August 9, 2018

Re: Marawi Medical Mission (Aug. 5-8, 2018)

Successfully concluded yesterday two (2) medcaps in Bgy Sogod, Marawi City and in the municipality of Saguiaran. A total of approximately 850 individual displaced persons (IDPs) were served and treated by our medical team of internists, surgeons, dentists and pediatricians, excluding circumcisions, on August 6 and 7 from:

- a.) Our Lady of Peace Mission led by Ramon Magsaysay awardee Sr. Eva Maamo M.D., herself a surgeon and her 5th medcap with RCM.
- b.) Alejandro Doctors Clinic led Dr Capt Sharon Reyes, M.D., also her 5th medcap with RCM.
- c.) Philippine College of Physicians c/o former DOH USEC Dr. Kenneth Hartigan-Go, that included 10 members from Amai Pakpak Hospital in Marawi City.
- d.) RCDG9 Philippine Army Reserve Command
- e.) 103rd Bde 1st Tabak Division, Marawi City

They were augmented by local DOH, DSWD and city health officers.

Coordination was done with the AFP on orders of CSAFP Gen Carlito Galvez; TF Ranao Group Commander BGen Ramiro Rey, concurrently Special Forces Regimental Commander; TF Bangon Marawi! through ASEC Felix Castro; Col. Acmad Omar, Jr. PAF, Tactical Operations Commander at WESMINCOM; Marawi Mayor Majul Gandamra; and MSU President Dr. Habib Biston Macaayong,

Local media coverage and interviews by Radio ng Bayan, DZRH, RMN, GMA7, Phil Daily Inquirer and Manila Bulletin.

Medicines were donated by PHAP Cares through the request of Dr. Hartigan-Go; Pharex and Prosel Pharma Inc., Hizon Laboratories Inc, Dyna Drug, Getz Pharma Phils Inc, and Pascual Consumer HealthCare through the request of Rtn Abe Pascual; donations obtained by Rtns Juan Montel and Hans Palacios, Jr.

Additionally, medicines were purchased through Our Lady of Peace Mission through cash donations from Rotary Club of Manila Foundation (P50,000.00) and Pepsi-Cola Products Philippines Inc Foundation (P100,000.00). A separate report to each donor will be issued as to the types of medicines and quantities purchased from their donated funds.

The Philippine Air Force provided a C-130 to ferry our medical teams and medical cargo (from Villamor Air Base to Laguindingan and back) on August 5 and 8, respectively. The 103rd Bde provided 4x4 and 6x6 trucks to ferry our medical teams and cargo to and from the sites.

Pepsi-Cola Products Philippines, Inc. distributed Premier water and Gatorade at the two medcap sites led by Rtn Bob Flores, GM of PCPPI's Cagayan de Oro plant; and provided 3 vehicles for the use of the team.

Our medical teams were billeted at Kingsway Inn through the effort of PP Jimmie Policarpio; at Ambassador Acmad Omar's residence through the effort of Col Jun Omar PAF and Capt Inaki Jose (PMR), my personal aide-de-camp; while RCDG9 doctors and nurses found hotel accommodations on their own.

Teamwork by Rotarians from RCM, Quiapo Central, Padre Burgos, San Fernando La Union, Cagayan de Oro, Iligan and Metro Ranao assured the successful conduct of this medical mission. Special thanks to Vice-Chair Jack Rodriguez; PDG Lyne Abanilla (program component head for Medical Missions and Prostheses); Dr. Dulce Gust (program component head for PTSD); and Rtn Juan Montel (program component head for Water and Sanitation); PP of Padre Burgos Dr Naomi Lachica; CP Yussuf Macalangcom, who found donors to pick up the tab for the meals of the medical and security teams, Pres. Col Ebs Moxir and PP Datu Haron Ali of Quiapo Central.

Special mention for Capt Sharon Reyes and Capt Inaki Jose who helped me coordinate the entire operation that required completed staff work to ensure a trouble free mission involving all of the organizations mentioned above - from donations, purchases, storage, communications, and information dissemination to group movements and bill settlement.

We were not able to consume all of the medicines. We brought from Manila good for 2,000 patients. Not all were consumed. A beginning and ending inventory report will be submitted to me shortly by Our Lady of Peace Mission.

Next mission: Sometime in September to Jolo where over 30,000 are homeless, vulnerable and exposed due to a massive fire that leveled 2 barangays a couple of weeks ago. Local Sulu officials have been contacted for coordination with the AFP and DILG.

The liquidation report is attached.

Rafael M. Alunan III
Chair

Joaquin Rodriguez
Vice-Chair

Liquidation Report (August 5-8, 2018)

For the Board of Directors
From: Chair, OROPOFM
Date: August 9, 2018

The Board approved the release of **P100,000.00** for operating expenses for the August 5-8 medical mission to Marawi and Saguiaran. Total expenses amounted to **P70, 822.20**. Savings were generated from accommodations, food and ground transport due to assistance from local donors and the AFP. Returning **P29,177.80** to the RCM-HES account for OROPOFM.

Beginning Cash Balance	P	100,000.00
Less Expenses:		
1.) Reimbursement due Dr. Sharon Reyes ¹	P	6,000.00
2.) Kingsway Inn		21,600.00
3.) Meals		
3.1 Fontina		
3.1.a		16,076.43
3.1.b		9,365.56
3.2 MacDonald's		
3.2.a		2,128.00
3.2.b		1,405.00
3.2.c		320.00
3.2.d		220.00
3.2.e		1,024.21
3.3 Dining Room		1,885.00
3.4 Ayala Resort Hotel		260.00
3.5 Tatay's		5,338.00
4.) Gratuities ²		5,200.00
Total Expenses		70,822.20
Ending Cash Balance		29,177.80

(Footnotes)

¹ In a previous liquidation report but not reimbursed until this trip.

² Unreceipted tips for drivers and waiters

RCM EYE CENTER

Rotary Club of Manila Eye Center
Medico Surgical Mission, July 18-20, 2018 at
Ibajay, Aklan

RCM EYE CENTER TEAM

Rtn. Dr. Jack Bautista
Dr. Paulito Demapelis
Dr. John Philip Uy
Dr. Maika Malgapu
Dr. Krystine Colette Jamora
Dr. Carlos Chua
Elaine Santos, RN



RCM Eye Center Project "Ituwid ang Duling na Mata para Maayos ang Pagtingin"



Out-patient Clinic



Pterygium Surgery



Rotary Eye Center Eye Team



SQUINT SURGERY



With Aklan Governor Joven Miraflores and Ibajay Medical Center Staff



PTERYGIUM Surgery Operating room



Presentation of a Plaque of Appreciation – Distinct Honor to **His Excellency Ephraim Ben Matityau**, Ambassador Extraordinary & Plenipotentiary of Israel to the Philippines; Honorary Member, Rotary Club of Manila, for his exemplary concern of the historical ties and good diplomatic relations of Israel and the Philippines, by the RCM Board of Directors and Officers led by **Pres. Susing Pineda**.



His Excellency Ambassador Ephraim Ben Matityau delivers his message.



BLA Amading Valdez, Chairman, Program Committee, during preliminary welcome remarks and acknowledgement of program participants of the day.



Pres. Susing Pineda, Jr. calls the 8th meeting for the Rotary Centennial Year 2018-2019, to order.



Rtn Ani Desierto as Officer-In-Charge/ Program Moderator, directs the program of activities.



PD Beda Fajardo delivers an ecumenical prayer.



Rtn Citos Manalaysay lead fellow Rotarians, in renewing its commitment to the Rotary movement, by reciting the Rotary Credo: The Four (4) Way Test.



Rtn Raji Mendoza introduces the guests, visiting Rotarians and personalities seated at the presidential table.

IPP Jimmie Policarpio, Chairman, Committee on Election, conduct the *RCM Board of Directors Nomination for the Rotary Year 2019-2010*.



DRAFT CONSTITUTION OF THE FEDERAL REPUBLIC OF THE PHILIPPINES SIMPLIFIED

Foreword: This draft constitution consists of twenty-two articles compared to the eighteen articles of the 1987 Constitution.

PREAMBLE

We, the sovereign Filipino people, imploring the aid of Almighty God, to build a permanent and indissoluble nation and establish a just, humane, united, and progressive society under a government that shall embody our shared ideals and aspirations, promote the common good, conserve and develop our patrimony, and secure to ourselves and our posterity the blessings of independence and democracy under the rule of law and a regime of truth, justice, freedom, love, equality, and peace, do ordain and promulgate this Constitution of the Federal Republic of the Philippines.

*Notice the emphasis on a permanent and indissoluble nation and the new name of the country as Federal Republic of the Philippines.

ARTICLE I NATIONAL TERRITORY

SECTION 1. The Philippines has sovereignty over its territory, consisting of the islands and waters encompassed by its archipelagic baselines, its territorial sea, the seabed, the subsoil, and its airspace. It has sovereignty over islands and features outside its archipelagic baselines pursuant to the laws of the Federal Republic, the law of nations, and the judgments of competent international courts or tribunals. It likewise has sovereignty over other territories belonging to the Philippines by historic right or legal title.

SECTION 2. The Philippines has sovereign rights over that maritime expanse beyond its territorial sea to the extent reserved to it by international law, as well as over its extended continental shelf, including the Philippine Rise. Its citizens shall enjoy the right to all resources within these areas.

*Notice the emphasis on sovereignty outside the archipelagic baselines and the mention of law of nations and judgments of international courts in Section 1 while Section 2 focuses on the maritime territory pertaining to the disputed islands such that it explicitly mentions the Philippine Rise.

(To be continued in the next issue of the BALITA)



Pres. Susing Pineda appeals for voluntary donation among RCMers' for the benefit of typhoon/flood victims of **India's Kerala State**, among other club activities, during his President's Time.



BLA Amading Valdez, Chairman, Program Committee, does the honor and pleasure of introducing **Hon Reynato S. Puno**, Chairman, Consultative Committee to revise the 1987 Constitution of the Philippines, Former Chief Justice, Supreme Court of the Philippines, as guest of honor and speaker.



(Ret.) Chief Justice Reynato Puno, Chairman of the Consultative Committee to Revise the 1987 Constitution of the Republic of the Philippines, focused on the highlights and salient features of the Draft Constitution of the Federal Republic of the Philippines.



A public forum immediately followed right after the speech of **Hon. Reynato S. Puno**. Among Rotarians who actively participated were : **Rtn. Henning Karcher**, **Rtn. Celso Abastillas**, **PD Oscar del Rosario**, **Rtn. Marcus Dee**, **Rtn. Andy de Rossi**, **PP Boy Guevara**, **Dir. Jackie Rodriguez** and **PD Beda Fajardo**.



Pres. Susing Pineda presents to **Hon. Reynato S. Puno**, the club's centennial plate, as a token of appreciation, for being the guest of honor and speaker.

NEXT WEEK'S SPEAKER



SECRETARY BERNADETTE T. ROMULO-PUYAT

DEPARTMENT OF TOURISM

THE BEST PROMOTER OF PHILIPPINE TOURISM WILL MAKE HER DEBUT AT ASIA'S FIRST ROTARY CLUB. INDEED, THE BEAUTY OF THE PHILIPPINES IS AT ITS FINEST SO DON'T MISS THIS LUNCHEON MEETING.

CLUB ADMINISTRATION

NOMINEES FOR BOARD OF DIRECTORS FOR RY 2018-2019

As of August 23,2018

Immediate PAST Pres.Jimmie Policarpio Chairman of the Committee on Election, called for nomination for the Board of Directors for RY 2019-2020.

The following were nominated:

	NOMINEE	POSITION	NOMINATOR
1	Abastillas, Celso	Chairman, Tree Planting Committee	PDG Vince Carlos
2	Adamos, Eloy	Chairman, Public Health Nutrition	PDG Vince Carlos
3	Alday, Albert	Director, RCM Board	PP Benny Laguesma
4	Alunan, Raffy	Director, RCM Board	PP Benny Laguesma
5	Bautista, Jack	Chairman, Sight Conservation Comtee	PDG Vince Carlos
6	Chotrani, Johnny	Member	VP Lance Masters
7	Cutter, Michael	Member	VP Lance Masters
8	Doval-Santos, Rosel	Member	VP Lance Masters
9	Egan. Bren	Chairman, Classification Committee	PDG Vince Carlos
10	Eldebs, Issam	Director, RCM Board	PP Benny Laguesma
11	Esguerra, Hermie	Chairman, Centennial Gala Ball	AT Ner Lonzaga
12	Eugenio, Emyl	Chairman, Basic Education & Literacy	PDG Vince Carlos
13	Guevara, Ricky	Member	PP Archit Bartolome
14	Jankovsky, Zdenek	Member	VP Lance Masters
15	Joseph, Bobby	Director, RCM Board	PP Benny Laguesma
16	Lacmabacal, Alvin	Secretary, RCM Board	PP Benny Laguesma
17	Lee, Ed	Chairman, International Relations Comm.	PDG Vince Carlos
18	Liamzon, Thad	Member	PP Achit Bartolome
19	Locsin, Nick	Past Director	VP Lance Masters
20	Lonzaga, Ner	Asst. Treasurer	PP Benny Laguesma
21	Lopez, art	Chairman, House Committee	PDG Vince Carlos
22	Lopez, Ning	Chairman, Medico Surgical Mission Comm.	PDG Vince Carlos
23	Lopez, Tony	Chairman, PR /Media Committee	PDG Vince Carlos

24	Macatoman, Gani	Chairman, Emergency Relief & Disaster Comm	PDG Vince Carlos
25	Marking, Butch	Chairman. Sports Committee	PDG Vince Carlos
26	Masters, Lance	Vice President, RCM Board	PP Benny Laguesma
27	Nones, Romy	Chairman, REAP Committee	PDG Vince Carlos
28	Ong, Jason	Asst. Treasurer, RCM Board	PP Benny Laguesma
29	Ong, Phillip	Chairman, Special Children Committee	PDG Vince Carlos
30	Policarpio, Rene	Asst. Secretary, RCM Board	PP Benny Laguesma
31	Preysler, Fausto	Chairman, Membership Committee	PDG Vince Carlos
32	Reyes, Caloy	Director, RCM Board	PP Benny Laguesma
33	Reynolds, Dave	Sgt. At Arms, RCM Board	PP Benny Laguesma
34	Rodriguez, Jack	Director, RCM Board	PP Benny Laguesma
35	Sears, Rob	Chairman, MET Committee	PDG Vince Carlos
36	Sibayan. Lito	Past Treasurer	PP Archit Bartolome
37	Valdez, Amading	Board Legal Adviser, RCM Board	PP Benny Laguesma
38	Villasenor, Nick	Treasurer, RCM Board	PP Benny Laguesma

Upon motion made by PP Frank Evaristo and seconded by AT Ner Lonzaga, the election proceeding was closed.

ELECTION COMMITTEE

IPP JIMMIE POLICARPIO

Chairman,

pp BENNY LAGUESMA

Vice Chairman

Cc: PP Francis Juico, Member Committee on Election

August 28, 2018

Dear Fellow Rotarians:

As provided for in our recently amended Bylaws, we shall have the election of the Board of Directors for Rotary Year 2019-2020 on September 27, 2018 during our regular Thursday meeting.

Here are a few guidelines regarding the elections:

1. In order for the elections to proceed, we need a quorum consisting of **“one third of the membership”** which is equivalent to 76 members present;
2. To qualify to vote, a member should have paid at least the 1st semester's membership dues and candidates should have paid the full year's membership dues on or before September 20, 2018 in order to be voted upon;
3. Candidates must have at least one year residency in Rotary Club of Manila at the time of nomination, otherwise the nomination will automatically be disqualified;
4. Members are required to vote for no less than 5 candidates. Ballots with less than 5 votes will be automatically nullified;
5. Electors will have to write the Full Name or Rotary Name with Surname of the candidate of choice over the space provided for in the Ballot.

HOW TO PARTICIPATE IN THE ELECTION ON THURSDAY SEPTEMBER 27, 2018

STEP 1: REGISTER YOUR ATTENDANCE WITH THE SECRETARIAT

STEP 2: MEMBERS IN THE QUALIFIED VOTERS LIST WILL BE ISSUED AN ELECTION STUB

STEP 4: MEMBER WILL DROP HIS BALLOT PERSONALLY INTO THE BALLOT BOX.

STEP 3: MEMBER WILL GIVE THE ELECTION STUB TO THE COMELEC REPRESENTATIVE IN EXCHANGE FOR THE BALLOT

We therefore reiterate our appeal to those who have not paid their membership dues to please settle this on or before Sept. 01 to qualify you to vote in the scheduled elections.

Further, we encourage everyone to be present on Sept. 27, 2018 and allow your voices to be heard in so far as electing the leaders of our club is concerned.

Should you need any clarification on the above, please do not hesitate to give me a call.

Sincerely,

Jimmie

IPP JIMMIE POLICARPIO
Election Committee Chair



Invocation

by

PD Beda Fajardo

August 23, 2018 Club Luncheon Meeting

Let us bow our heads together and pray in supplication.

Dear Almighty God we thank you for blessing us this afternoon with the opportunity of having with us no less than Chief Justice Reynato Puno, the Chair of the Presidential Consultative Committee which drafted the proposed Federal form of government, to hear from him and exchange ideas on the proposed amendments

drafted by his committee.

Please enlighten us as we consider the proposals in resolving the following amendment issues:

- (1) Whether there is reason to amend the 1987 Constitution now.
- (2) If so, whether there is need to change the present form of government into federal.
- (3) Whether there are needed amendments outside the proposals drafted by the Committee.

with the ultimate end in mind of improving the present state of affairs in our country particularly the miserable conditions of our poor breathe with sincere and doable solutions.

Our Almighty God please also teach us on how to observe the centennial of the Rotary Club of Manila with meaningful projects and activities more geared to nation-building remembering that the history of the Rotary Club of Manila from its birth in 1919 up to the present is also the history of the growth of our country from a U.S. colony into a Republic and up to the present where the construction of the national edifice the Filipinos have dreamed and hoped for is still unfinished. What would be a more memorable and lasting centennial celebration?

Please further enlighten us all to observe Rotary's 4-way test with all the seriousness and importance that it truly deserves as the 4-way test does not apply only to our Rotary life but can be applied to our daily life as well as an article of faith; and make us realize that the 4-way test incorporates the basic human virtues of truthfulness, trustworthiness, sincerity, honesty, humility, and fairness in our dealings with family, kins, and fellowmen-high and low, friends and strangers which would make for a society that respects and protects the God given dignity in every human being.

Last but not least Dear Lord Jesus bless our speaker with good health so that he will continue his service to his country at this critical times.

Amen.

COMMUNITY SERVICE

RCM EMERGENCY RELIEF FUND DRIVE

Flooding in Southern Indian state kills more than 350, displaces 800,000



About 800,000 people have been displaced and more than 350 have died in the worst flooding in a century in southern India's Kerala state, according to officials.

Key points:

- 800,000 people are sheltered in some 4,000 relief camps across Kerala
- Floods have caused landslides and homes and bridges have collapsed
- About 10,000 kilometres of roads have been damaged

Downpours that started on August 8 have triggered floods and landslides and caused homes and bridges to collapse across Kerala, a picturesque state known for its quiet tropical backwaters and beautiful beaches.

Authorities are rushing to bring drinking water to the most affected areas.

At least two trains carrying about 1.5 million litres of water were moving to the flooded areas from the neighbouring states of Madhya Pradesh and Maharashtra, Indian railway official Milind Deouskar said, according to the Press Trust of India news agency.

The **Rotary Club of Manila** during its luncheon meeting last August 23, 2018, at the New World Makati Hotel, initiated a voluntary fund-raising drive among its members, which raised a total amount of **Php 37,800** for the typhoon victims of India's Kerala State, which will be turned-over to the Embassy of India, through its member, **Rotarian Johnny N. Chotrani**.

BASIC EDUCATION AND LITERACY



The **ALAY LAKAD 2018 Committee** held a meeting last August 23, 2018 at the Ballroom of the New World Makati Hotel in Makati City. Details of club participation, breakfast and shirts were discussed. Present were **ALAY LAKAD Foundation President SDG/PP Frank Evaristo**, **DG Rudy Bediones**, **ALAY LAKAD District 3810 Representative PD Oscar del Rosario**, **AS Rene Policarpio**, **Dir. Jackie Rodriguez**, **President Susing Pineda**, **IPP Jimmie Policarpio**, **Treasurer Nicky Villaseñor** and **ISDG/PDCoS/Dir. Albert Alday**.



SDG/PP Frank Evaristo, President of the **ALAY LAKAD Foundation, Inc.** and **PD Oscar del Rosario**, Rotary D3810 Representative to the **ALAY LAKAD 2018**, held a meeting last August 28, 2018 at the Lion's Club in Manila.



ALAY LAKAD 2018

THEME: Kabataan Suporta ng Bayan



**On Sunday, September 23, 2018
8:00AM, at the Quirino Grandstand,
Rizal Park, Manila**

Lead Organization: Rotary International District 3810

District Chairman: PD Oscar del Rosario

Club Chairman: Rtn. Dong Benedicto

Director-in-Charge: Dir. Albert Alday

ASSEMBLY TIME AT THE PLANETARIUM IS 4:30AM.

IN THE MAILBOX



06 August 2018

MR. FRANK EVARISTO

President

Alay Lakad Foundation, Inc.

Dear Mr. Evaristo,

The Department of Trade and Industry (DTI) is pleased to inform you of the **Visit of President Rodrigo Roa Duterte to the State of Israel and Hashemite Kingdom of Jordan from 02 to 08 September 2018**. The visit aims to enhance economic and bilateral relations with Israel and Jordan by exploring trade and investments opportunities and developing linkages among business leaders. The tentative business activities for the said countries are as follows:

04 September 2018	Philippines-Israel Business Forum
06 September 2018	Philippines-Jordan Business Forum

Should you be interested to participate, kindly submit the following form and required documents:

1. Completed delegate form;
2. Copy of valid passport with at least (6) months validity from 02 September 2018; and
3. Most recent and clear copy of 2X2 or passport size photo in JPG/PNG format.

We would appreciate receiving the aforementioned forms and documents on or before Friday, 10 August 2018 through email address PresidentialVisits@dti.gov.ph.

Please note that the business activities are strictly by invitation only and submission of documents does not guarantee participation as these are subject to final vetting of the Office of the President. A formal email will be sent to the delegate to confirm his/her inclusion in the official business delegation.

Thank you and we look forward to your usual support and cooperation in improving business partnerships and economic relations with Israel and Jordan.

Very truly yours,

RAMON M. LOPEZ

Secretary of Trade and Industry

INTERCLUB ACTIVITIES



DG Rudy Bediones conducted the Governor's Visit of the Rotary Club of Cavite East last August 22, 2018 at The Orchard Golf and Country Club in Dasmariñas, Cavite.

RI DISTRICT 3810 PAST PRESIDENTS COUNCIL 7TH HANDOVER AND INDUCTION CEREMONIES



The **R.I. District 3810 Past Presidents Council 7th Handover and Induction Ceremonies** was held last August 27, 2018, at the Heritage Hotel Manila. Photo shows from left-right: **PP Frank Evaristo**, **PDG Vince Carlos** and **DG-3810 Governor Rudy Bediones**. Also present but not seen in photo was **PP Cesar Ubaldo**.



DG Rudy Bediones and **PDG Obet Pagdanganan** attended the 40th Handover and Induction Ceremony of the Rotary Club of Cavite East last August 22, 2018 at The Orchard Golf and Country Club in Dasmariñas, Cavite.

ROTATING ROTARIANS



ISDG/PDCoS/Dir. Albert Alday attended the Club Meeting of the Rotary Club of Manila Fort Santiago last August 29, 2018 at the Sinagtala Room, Ilustrado Restaurant, Intramuros, Manila where the Guest Speaker was Peace and Human Rights Advocate Atty. Suharto M. Ambolodto. He spoke on the topic, "Organic Law on the Bangsamoro Autonomous Region in Muslim Mindanao (RA 11054)".

COGS IN THE WHEEL



Rtn. Romy Nones was inducted as Director of the University of the Philippines Alumni Association (UPAA) last August 23, 2018 at the Board Room of the Executive Office of the University of the Philippines, Quezon Hall, Diliman, Quezon City. The newly-elected directors were inducted by UP President Danny Concepcion.

THE PHILIPPINE STAR **B1**
Business
 SATURDAY | AUGUST 11, 2018 | business.philippinestoday.com

RENEWABLE ENERGY PARTNERSHIP: Crossover Technology Inc. and Pascual Laboratories Inc. formalize partnership during the switch on ceremony held recently at the latter's Balagtas, Bulacan plant, marking the onset of the company's usage of renewable energy courtesy of CTI's 40 kilowatt using bifacial solar modules initial installation which aim to reduce significant cost of electricity. CTI brings the latest technology and innovation in solar system industry in the Philippines. CTI is the channel partner in Southeast Asia and exclusive Philippine distributor of Sunpreme bifacial frameless double glass solar module. The bifacial solar module are manufactured by Sunpreme, whose main office is in Sunnyvale, California. Shown during the ceremony are executives from Crossover Technology Inc. and Pascual Laboratories Inc. (from left) are Pascual Laboratories president and CEO Jose Augusto Pascual; Pascual Laboratories chairman of the board Dr. Abraham Pascual; Crossover Technology Inc. president and co-founder Jerry Agnes and Crossover Technology Inc. treasurer and co-founder Danilo Dimayuga.

PUBLIC HEALTH NUTRITION AND CHILD CARE



WHEN YOU ARE ALWAYS TIRED, Conclusion (Micronutrients and uncommon and commonsense cures for fatigue)

Elias D. Adamos, M.D.

If you have gone to your doctor but nonetheless tiredness still sticks with you like a glove to a hand, try these uncommon and commonsense cures for fatigue.

1. **Eight-glasses-a-day energy.** Some people feel tired despite the normal physical, emotional, and laboratory examinations. The reason for their fatigue might be just due to very a simple problem – dehydration. The average person needs at least eight (8-oz) glasses of water a day. Try drinking four ounces of water every couple of hours. A couple of sips or a gulp will generally give you what you need. Try keeping a bottle of spring water with you at your office. This does not necessarily mean that you have to give up coffee breaks.
2. **Take a breath break.** Yoga practitioners believe that shallow breathing keeps a person in a kind of panic mode. Concentrate on taking most of your breaths through your nose, and inhale to a count of two. Exhale (you may use your mouth) to a count of four. In minutes, your heart rate will go down, your blood will become more fully oxygenated and you'll feel a sense of calm.
3. **Do some mantra. Unblock your energy.** Too much energy held inside your body can add to fatigue. Notable examples of people who use voice for health for thousands of years are Buddhist and Benedictine monks. The classic **om** sound is believed to be the sound that holds the universe together. Try this method to combat fatigue through mantra: a. Sit or stand in a comfortable position. Make sure your back is straight and your feet are flat on the floor; b. Listen to the silence for a few minutes, then take a few deep breaths; c. Focus your attention on your throat; and d. Open your mouth and let the “om” sound out. Sound out as long and as loud as you like. Repeat for 5 minutes, with breaks for breath, of course.
4. **Color therapy boost.** Eastern or Ayurvedic healers believe that colors have specific vibrations that can help balance one's “chakra.” Chakra is believed to be the main energy pathways that travel like electrical cords through the body. Chakras affect mind and body states. White is thought to help relieve pain. Blue helps the throat. Green helps balance heart and lungs. Yellow is thought to enhance mental clarity. Orange is said to boost immunity. Try to beat fatigue in an offbeat way by taking a break from wearing your usual outfits. Redecorate your workstation. Buy bouquet of flowers with one or two “healing” colors dominant.
5. **Energize yourself with micronutrients and B vitamins.** Because you're always-on-the-go, you must be missing on micronutrients that are lacking in to-go foods or fast foods. “Go green.” Eat plenty of yellow and green leafy vegetables and fruits. Dash them with a very small amount of salt and salad dressing. Try green tea. Keep an open mind on *ginseng*.

(Source: *Uncommon Cures for Everyday Ailments*, Bottom Line Books)

RCMFI & SAGIP KABATAAN DIRECTORS & OFFICERS

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PROGRAM

RCM's 9TH for Rotary Centennial Year 2018-2019

Thursday August 30, 2018, Grand Ballroom, New World Makati Hotel

Officer-In-Charge/ Program Moderator : Dir. Albert Alday

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

13:30 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 :	Dir. Albert Alday
12:30 PM	Call to Order	Pres. Susing Pineda, Jr.
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	STAR Rtn Ramon Arnaiz
12:35 PM	RCM Hymn	RCM WF Music Chorale
	The Four (4) Way Test Credo	All Rotarians led by Rtn Gani Macatoman
12:40 PM	Introduction of Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	Sec. Alvin Lacambacal RCM WF Music Chorale
12:45 PM	Maligayang Bati (RCM Birthday Celebrants) Aug. 30..... PDSAA Tony Montinola Sept. 01..... PT Mike Arambulo Sept. 05..... PD Ralf Gonzales, Rtn Rex Alingog, and Rtn Roy Zosa;	
	Happy Birthday Song	RCM WF Music Chorale
12:50 PM	Presentation of Major Donor Paul Harris Fellow to IPP Jimmie Policarpio, Jr.	Pres. Susing Pineda, Jr. Sec. Alvin Lacambacal

12:55 PM President's Time

Pres. Susing Pineda, Jr.

1:00 PM Introduction of Guest of Honor and Speaker

PD Pepo Nuñez, Jr.

Address : **Professor Victor Andres "Dindo" C. Manhit**
 Founder/Managing Director, Stratbase Group
"Understanding the Duterte Presidency"

Public Forum
 Singing of the Rotary Centennial Hymn

RCM WF Music Chorale

2:00 PM Response, Presentation of Centennial Plate
 as a token of appreciation to
Professor Victor Andres "Dindo" C. Manhit
 & Meeting Adjournment

Pres. Susing Pineda, Jr.