

- 8. PDSAA Muhammad Aslam, RCM Ambassador to Pakistan
- 9. Rtn Celso Abastillas, RCM Ambassador to Zamboanga
- 10. Rtn Johnny Chotrani, RCM Ambassador to India
- 11. Rtn Juan Montel, RCM Ambassador to Spain
- 12. Rtn Hans Palacios, RCM Ambassador to RI D-3780
- 13. AT Jason Ong, RCM Ambassador to RI D-3800

- 12:50 PM Restoration of National Tree Planting Program **Pres. Jackie Rodriguez**
- 12:55 PM Installation of Dir. “Raffy” Rafael M. Alunan, III as National Chair of the Tree Planting Program **Pres. Jackie Rodriguez**
- 12:58 PM President’s Time **Pres. Jackie Rodriguez**
- 1:00 PM Introduction of the Guest of Honor and Speaker **Dir. Albert Alday**
- Address : **Hon. Mar-len Abigail S. Binay**
Mayor, Makati City
- Public Forum
- 2:00 PM Response, presentation of bell and gavel set as a token of appreciation to Makati Mayor Mar-len Abigail S. Binay & meeting adjournment **Pres. Jackie Rodriguez**

Rotary



THE FOUR-WAY TEST

of the things we think, say or do

1

Is it the **TRUTH**?

2

Is it **FAIR** to all concerned?

3

Will it build **GOODWILL** & **BETTER FRIENDSHIPS**?

4

Will it be **BENEFICIAL** to all concerned?

Official Newsletter of
Rotary Club of Manila



balita

Issue No. 3798

July 11, 2019

RCM BOARD OF DIRECTORS AND EXECUTIVE OFFICERS
FOR RY 2019-2020 INDUCTED;
WELCOMES RODRIGUEZ ADMINISTRATION



GUEST OF HONOR AND SPEAKER



Hon. MAR-LEN ABIGAIL S. BINAY
Mayor
City of Makati

KABALITA

Now that the directors and executive officers of Asia’s First Rotary Club have been sworn in, it’s time to begin the Champion Rotary Year on a high note with Makati City’s Foremost Lady CEO as she brings the Skyscrapers Development of the country’s Financial District to Asia’s First Rotary Club.

www.rcmanila.org



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Atty. Mar-Len Abigail S. Binay
City Mayor of Makati

Politics, Law, and legislation are not new to Mar-Len Abigail S. Binay. Born on December 12, 1975, she is the second among five children of former Vice President and Makati Mayor Jejomar Cabauatan Binay and former Makati Mayor Dr. Elenita Sombillo-Binay.

After graduating from the University of the Philippines in Los Baños, Laguna with a Bachelor of Science degree in Human Ecology, Major in Human Settlements and Planning, she attended the Ateneo School of Law from 1997 to 2001 where she obtained her juris doctorate degree and continued on to pass the bar exams in 2002.

Upon passing the bar, Atty. Abby became an active member of the Movement of Attorneys for Brotherhood, Integrity and Nationalism (MABINI), providing free legal services to poor clients. She is also a member of the Integrated Bar of the Philippines (IBP).

She first joined the political arena in the 2007 congressional elections and won as Representative of the second district of Makati. She served two more terms after winning in the 2010 and 2013 polls.

In her nine years of serving as a lawmaker, where she rose to the rank of Deputy Majority Floor Leader, she championed several bills that promoted the empowerment of local government units, the rights of women and children, consumer welfare, and modernization of the public education system.

In October 2017, Mayor Abby was honored at the 99th UPLB Loyalty Day and Alumni Homecoming where she received the "Outstanding UPLB Alumna Award for Local Governance and Public Service."

In May 2016, she was elected as Mayor of Makati. During her first term in office, Mayor Abby instituted reforms and innovations geared to restore efficiency, responsiveness and compassion in the delivery of services. Her administration prioritized the integration of modern technology into the systems and operations of the city government to promote transparency and enhance the city's overall competitiveness, driven by her vision of Makati as a Smart City that is progressive, inclusive and sustainable. The mayor jumpstarted the city's digital transformation through a series of public-private partnership (PPP)-led initiatives, including the Makatizen Card, Makatizen App, and Makati Public Wi-Fi System.

Under her watch, the city earned its first "unqualified opinion" from the Commission on Audit (COA) after a review of its 2017 financial statements. The city again received the highest audit rating on its 2018 financial statements, making it two years in a row. Makati also reclaimed its status as the richest city in the country, with its assets amounting to P196.57 billion, and was certified by COA as the first local government unit to achieve the P100-billion mark in terms of assets. The city also continues to enjoy financial stability as its revenue collections remain on an upward trend after posting a double-digit growth in 2017, for the first time in 12 years.

Mayor Abby is now on her second term after handily winning the mayoral race in the elections last May 13, 2019.

Mayor Abby is married to Congressman Luis Campos of the Second District of Makati. Their union has been blessed with a daughter, Martina.



RCM's 2nd for Rotary Year 2019-2020

Thursday, July 11, 2019, 12N, New World Makati Hotel Ballroom
Officer-In-Charge/ Program Moderator : PP Francis Juico

"An Intercity Meeting"

PROGRAM TIMETABLE

11:30 AM Registration & Cocktails (WINES courtesy of Centennial Dir. "Bobby" Joseph)	
12:25 PM Bell to be Rung: Members and Guests are requested to be seated	
12:30 PM Program Proper	PP Francis Juico OIC/Moderator
Call to Order	Pres. Jackie Rodriguez Presiding Officer
Singing of the Phil. National Anthem	RCM WF Music Chorale
Invocator	PVP Fausto Preysler
RCM Hymn	RCM WF Music Chorale
The Four (4) Way Test Credo	All Rotarians led by PSAA Fred Lim
12:35 PM Introduction of Guests/Visiting Rotarians/ Personalities Seated at the Presidential Table	AT Jason Ong
Welcome Song	RCM WF Music Chorale
12:40 AM Maligayang Bati (RCM Birthday Celebrants)	
July 5....Rtn Naoto Tago	
July 9....Rtn Bobby Bhalla	
July 13....Rtn Joel Valdes	
July 14...IPDG Rudy Bediones	
July 15...PDSAA Muhammad Aslam	
Happy Birthday Song	RCM WF Music Chorale
12:45 PM Presentation of Rotary Club of Manila (RCM) Ambassadorial Pins/Certificates	
1. PDG Vince Carlos, Chairman, RCM Ambassador to the World	
2. PD Nick Locsin, Vice Chairman, RCM Ambassador to the World & Osaka, Japan	
3. Dir. Albert Alday, RCM Ambassador to RC Pasay Southeast	
4. Dir. Bobby Joseph, Jr., RCM Ambassador to Cebu	
5. AS Rene Policarpio., RCM Ambassador to Batangas	
6. IPDG Rudy Bediones, RCM Ambassador to RID-3810	
7. PP Jimmie Policarpio, RCM Ambassador to Thailand	

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SUSING PINEDA
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Vice President

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Secretariat

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Official Newsletter of Rotary Club of Manila

PRES. JACKIE RODRIGUEZ
Publisher

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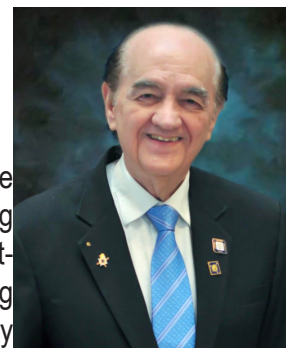
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Dear Fellow Manila Rotarians,

At this time, I would like to request the respective chairmen to begin meeting with their committees and get started with our programs. We're running behind schedule because of the very busy centennial program which we gave respect to. I would like to ask Past President Jimmie who heads the program committee to call for a meeting and organize this extremely important committee which both Vice President Hermie and I will definitely participate in. Past President Jimmie, you have some fantastic members in your committee. I'm also addressing the head of our attendance committee, Hans Palacios, to please make sure we never have less than 100 people in our meetings. Of course, we will deliver exciting programs to justify the attendance. Please explain to the clubs that you are inviting them to join us and the rule is, any club with more than 10 members participating will be considered a joint meeting, but, below that, they would participate only as Rotarians doing make up. I would also like to request Past President Archit to call a meeting of all the past presidents and mobilize them to help our club in each and every way that they can. Their experience, their expertise, their ideas and abilities are needed by us. We're moving fast on our Ambassador of Goodwill program. Today, we are inducting eight new members, eight new ambassadors while we will be accepting three from different clubs. On another matter, I would like to meet with the bequest committee as soon as possible. Let's get this moving. In time, we will recognize how important this is to all of us. I welcome everybody, for today is our very first real meeting. In doing so, I want to thank all of you for all the support you gave me and my family during our induction. I want to, especially, thank Jason, Hermie and Hans. Without them and all of you, this event would've been a big failure.



Jackie



**RCM Board of Directors and Executive Officers for RY
2019-2020 Inducted;
Welcomes Rodriguez Administration**

by AT Jason L. Ong

As the city of Manila welcomed the dawn of a new leadership, our club likewise ushered in the next set of officers who will lead us to the next century. Last July 4, RCM celebrated the handover and induction of its Board of Directors led by Joaquin "Jackie" Rodriguez, Sr. for RY 2019-2020. President Jackie's inaugural address emphasized on his ambassadorial program, linking the project to this year's R.I. Theme, "Rotary Connects the World". This program is his brainchild as has appointed former house speaker Rtn. Joe de Venecia as its chairman emeritus and former DOT secretary and Past District Governor Vince Carlos as its chairman. President Jackie also put a premium on environmental protection in his speech. He launched the TREES program of RCM last rotary year and he presented how much the program is gaining ground and picking up momentum. He reported a record number of over 200 rotary clubs which responded to the national tree-planting day last June 15, 2019 and presented pictures of the activity which were submitted to him by those clubs. He also initiated the bequest society.

A record audience of over 200 rotarians and friends of RCM were in attendance. To name a few, notable personalities like former Senator and fellow Thomasian, Atty. Joey Lina, former Manila Mayor Alfredo Lim, 2019 Journalist of the Year Tony Lopez, R.I. District 3810 execom led by DG Liza Elorde, and champion Presidents were able to grace the event. Furthermore, the program included the unveiling of the centennial marker and which made the Manila Hotel as its official home. Senate President Tito Sotto delivered the keynote address and the event was hosted by TV personality Edu Manzano and President Jackie's granddaughter, Ms. World Philippines 2018 Katarina Rodriguez. Another one of President Jackie's granddaughters, Olivia Rodriguez, rendered a song number enabling an engaged audience to fully appreciate her wonderful voice. Of course, the day wouldn't be complete without the participation of the World Famous Music Chorale who serenaded President Jackie and Rotary Ann Sonia with a requested song, entitled, "More", made popular by Matt Monro. As a surprise, World Famous Music Chorale Co-Chairman PP Benny and the members of the chorale gifted President Jackie the World Famous Music Chorale version of Jo Ann Campbell's Bobby, Bobby, Bobby. The crowd was simply delighted by the performance.

The Rodriguez administration is off to a good start and the enthusiasm should be a good indication of the year ahead.

RC Manila Foundation

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HIGHLIGHTS OF THE RCM INDUCTION AND TURNOVER CEREMONIES FOR RY 2019-2020



DG Liza Elorde inducts President Jackie Rodriguez and the Board of Directors and Executive Officers for RY 2019-2020.



IPP Susing Pineda (Centennial President) places the President's Pin on President Jackie Rodriguez and turns over the gavel of authority to him.



President Jackie Rodriguez places the Past President's Pin on IPP Susing Pineda (Centennial President) and hands over the Rotary Bell and Gavel Set as a token of appreciation.



President Jackie Rodriguez signs the covenant to support the projects of Rotary District 3810 on the boxing glove held by DG Liza Elorde with Vice President Hermie Esguerra and IPP Susing Pineda (Centennial President) as witnesses.

*Event pictures can be viewed in the website.

NARCOLEPSY

Elias D. Adamos, M.D.



The sweltering heat of the afternoon sun can drowse and dull your brain. It is enough to make you sleepy. But when you're inside an air conditioned room in the middle of a business meeting or class and you still feel like you want to sleep or maybe had really actually dozed off to sleep, you must be suffering from a problem called narcolepsy.

What is narcolepsy and what causes it?

Narcolepsy is a chronic sleep disorder characterized by overwhelming daytime drowsiness and sudden attacks of sleep. People with narcolepsy often find it difficult to stay awake for long periods of time, regardless of the circumstances. Narcolepsy can cause serious disruptions in your daily routine (Mayo Clinic). The cause of narcolepsy is unknown. However, research claim that a chemical in the brain called Hypocretin has a play in its development. Genetic predisposition and positive family history has also a role in narcolepsy. It begins in people who are between 10 and 30 years old.

Symptoms of narcolepsy

Narcolepsy can continue throughout life. The symptoms worsen during the first year. Symptoms include:

- Excessive daytime sleepiness. This is called cataplexy. You may experience decrease alertness and concentration. You may be doing a task with some friends and would just feel sleepy and nod off. You slept for a few minutes and feel refresh as a colleague wakes you up and suddenly you feel sleepy again. Not everyone who has narcolepsy suffer from cataplexy.
- Sleep paralysis. People with narcolepsy experience the inability to move or speak upon waking or while falling asleep. This episode can last a few seconds to minutes and can be mistaken as a case of stroke. Family and friends who are amidst can be frightened. Not everyone with narcolepsy has sleep paralysis at the same time.
- Dreaming. Rapid eye movement sleep occurs and a person with narcolepsy can experience dream that he may remember after waking up.
- Hallucinations. Images as well as sounds that are non-existent can be experienced while you are sleeping (hypnagogic hallucination) or upon waking up (hypnopompic hallucination).

Treatment

Narcolepsy is a chronic condition for which there's no cure. However, medications and lifestyle changes can help you manage the symptoms. Support from others — family, friends, employers and teachers — can help you cope with narcolepsy. Avoid caffeine, nicotine, alcohol, and heavy meals. See your doctor if you feel you need to.

RCM Members' Attendance Report RY 2019-2020

Inaugural Meeting at Manila Hotel

July 4, 2019

All members present	72	MAKE-UP
Less: Exempt from attendance	4	
Total active members	<u>68</u>	
ADD: Make-Up *		
TOTAL	<u>68</u>	
Total # of Members	227	
Less: Exempt from attendance	30	
On Leave	27	
1 Abriam, Ariel	12 Hallare, jun	22 Patterson, Colin
2 Alcantara, Butch	13 Harle, Wolf	23 Pascual, Abe
3 Arnaiz, Mon	14 Ko, Mon	24 Pineda, Bebot
4 Assad, Joe	15 Laurel, Ricky	25 Reynolds, Dave
5 Bolton, Bollie	16 Lapus, Jing	26 Sibayan, Lito
6 Camus, Nando	17 Go, Mike	27 Villegas, Raul
7 Co, Ferdie	18 Guevara, Boy	
8 Davis, Ray	19 Masters, Lance	
9 Engelbrecht, Francois	20 Matschuck, Gunter	
10 Garcia, Vic	21 Mommaerts, MoMo	
11 Gonzales, Leo Peter		
Total Active Members (Total Percentage Base)		170
TOTAL ATTENDANCE %:		40%
ATTENDANCE REPORT		
List of members and guest in attendance:		7.4.2019
RCM Members		72
Members' guest		29
honorary Members		0
Club Guests		4
Hosted Rotarians		74
Total		179

PRESENTATION OF CREDENTIAL BY RC DAVAO SOUTH TO THE ROTARY CLUB OF MANILA



RC Davao Vice Pres. Bertel Bertelsen presents to Pres. Jackie Rodriguez his credential as RC Davao Ambassador to the Rotary Club of Manila during the Induction and Handover Ceremonies for the Rotary Club of Manila Board of Directors & Officers, RY 2019-2020, held last Thursday, at the Manila Hotel Centennial Hall A. Also in attendance with Vice Pres. Bertel Bertelsen were IPP Noemi Monfort and Rtn Jane Gripo.



ROTARY CONNECTS THE WORLD: CAMEROONIAN ROTARIAN VISITS RCM OFFICE



Rotary Club of Bamedda, Cameroon Past Vice President James Chuyum Kwamong visited the Rotary Club of Manila office in Manila last July 8, 2019. He hails from the Republic of Cameroon in Central Africa. The rotary club to which he belongs to is under R. I. District 9150 with Club No. 31525.

PVP James visited our club office to report to his club that he was at the first and oldest club in Asia. As a sort of a background, he has been teaching English in China for four (4) years and has families in both China and Cameroon. Because Cameroon as a country is at war, the club holds virtual meetings online. Rotary in Cameroon is faced with a Rotary public image challenge as the population perceives Rotary as a sect and cult. While the government of Cameroon has extended help to the rotary clubs in their country by providing manpower to distribute anti-polio vaccine, the country did not seem to change public perception on the benefits that Rotary has given them in immensely decreasing the incidents of polio in Cameroon.

B6 THE PHILIPPINE STAR business MONDAY | JULY 8, 2019

A worthwhile association



Minerva Tanseco, Jack Rodriguez and Rudy Bediones



(From left) Philippine British Association president David Reynolds, treasurer Andy Malpass and corporate secretary Ann Aspinall, Ambassador of the United Kingdom Daniel Preece, Philippine British Association assistant treasurer Fiona Malca, corporate secretary Lin Libro and vice president Frank Evaristo



Boy Guevara, Bren Egan, Simon Becoley and former Department of Tourism (DOT) secretary Vince Carlos



(From left) Francis Julco, Bida Fajardo, Oscar del Rosario, Ambassador Victor Garcia and Ferdie Co



Hon. Francisco "Isko" Moreno
Domagoso
Mayor, City of Manila
July 18, 2019, 12N
New World Makati Hotel



Ms. Peggy Jiang &
Ms. Olga Vendivel
Tzu Chi Foundation
July 25, 2019, 12N
New World Makati Hotel

Established in 1993, Buddhist Compassion Relief Tzu Chi Foundation (Singapore) is an accredited Institution of Public Character (IPC). For the past over two decades, the Foundation has been actively contributing to society in the areas of charity, medical aid, education, humanistic culture, and environmental protection.

PP Jose C. Policarpio, Jr.
Chairman, Program Committee
Rotary Year 2019-2020

VP Herminio S. Esguerra
Rotarian-in-Charge in inviting Guest Speakers
for the month of July

NEWSPAPER RELEASES

THE PHILIPPINE STAR • THURSDAY | JULY 4, 2019



RCM 15th TOURISM AWARDEES: In photo are the recipients of the 15th Tourism Awardees with RCM director and committee chair Robert Lim Joseph (4th from left) and RCM Susing Pineda (8th from left). Awardees (from left) are Kevin Andrew Tan, CEO, Alliance Global Group, Inc. (Integrated International Business Education Tourism); Rtn Jessil Lopus, founder and chairman, AIM International Business Education Tourism (Farm Tourism); Sen. Cynthia Villar, Philippine Senate (Ecotourism); Dra. Jikyeong Kang, president of AIM and advisor of AIM, International Business Education (Intl Business Education Tourism); Rtn Felicitio Payumo, founder, Sinagiala Resort-Dinalupihan, Bataan; Cynthia Carreon, chairman/CEO, Corregidor Foundation Inc. (Heritage Tourism); Paul Arcenas, vice president, SM Investments planning and corporate communication representing Tereasa and president, International School of Sustainable Tourism (Sustainable and Farm Tourism); Frederick Go, president, Robinson's Land Corp. (Affordable Local Hotel Chain); Antonio Meloto, founder, Paraiso Farm (Social Tourism) and DILG Usec Eplimaco Densing for Sec. Eduardo Año (Sustainable Tourism). Not in photo is Department of Environment and Natural Resources Asoc Daniel Nicer for Sec. Roy Cimatu for (Sustainable Tourism).



PDG Vince Carlos, PDG Obet Pagdanganan and IPDG Rudy Bediones attended the First Council of Governors Meeting of District 3810 for RY 2019-2020 last July 6, 2019 at the Rizal Park Hotel in Manila. In photo (First Row) (L-R): PDG Johnny Aruego, PDG Rosie Go, PDG Lyne Abanilla, Chairman PDG Edmond Aguilar, DG Liza Elorde, PDG Josie Ang, PDG Vince Carlos, PDG Ernie Choa; (Second Row) (L-R): PDG Joel Tinitigan, PDG Ernesto Yuyek, IPDG Rudy Bediones, PDG Paco Atayde, DGN Robert Koa, PDG Obet Pagdanganan, DGE Odie Tarriela, PDG Charoy Marquez, PDG Maeng Mercado and PDG Loy Cosico.



SDG/Club Secretary/Dir. Albert Alday attended the Sixth District 3810 Executive Committee (EXECOM) Meeting for RY 2019-2020 last July 6, 2019 at the Ballroom of the Elorde Sports Complex in Sucat, Parañaque City.

MANILA INSTITUTE 2019

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Rtn. Neil Paras attended the **Handover and Induction Ceremonies** of the **Rotary Club of San Pedro** under R.I. District 3820 last July 6, 2019 at the Acacia Hotel, Alabang, Muntinlupa City. He is shown in this photo with newly-induced **Champion President Zaidy Roxas**.



Manila Rotarians IPP Susing Pineda, PVP Babe Romualdez and PD Art Lopez attended a luncheon hosted by former **Manila Rotarian Ricky Delgado** last July 8, 2019 at his MIASCOR office.

COGS IN THE WHEEL



The entertainment at the Rotary Club of San Pedro Handover and Induction Ceremonies



PD John Cenica gives his take on the public warning regarding Glutathione Drip last July 8, 2019 on TV Patrol of ABS-CBN. He explained the beneficial uses of Glutathione.