

RCM's 21st for Rotary Year 2019-2020

Thursday, December 5, 2019, 12:00 pm, Glasshouse, New World Makati Hotel, Makati City

Officer-In-Charge / Program Moderator : Rtn. "Tony" Lopez**PROGRAM TIMETABLE**

- 11:00 AM** Registration
- 12:15 PM** Bell to be Rung:
Members and Guests are requested to be seated
- 12:20 PM** Program Proper **OIC/Moderator : Rtn. "Tony" Lopez**
Call to Order **Pres. "Jackie" Rodriguez**
Singing of the Philippine National Anthem **RCM WF Music Chorale**
Invocator **Rtn. "Dante" Gierran**
- RCM Hymn **RCM WF Music Chorale**
The Four (4) Way Test Credo **All Rotarians led by PD "Rod" Valencia**
- 12:30 PM** Introduction of Guests/Visiting Rotarians and Personalities seated at the Presidential Table **DE/IPAS "Rene" Policarpio**
- Welcome Song **RCM WF Music Chorale**
- 12:35 PM** Maligayang Bati (RCM Birthday Celebrants)
- Dec. 1...PP "Teddy" Ocampo**
Dec. 2...PP "Ed" Reyes
Dec. 8...PD "Alvin" Lacambacal, Rtn. "Jujut" Enriquez
Dec. 9...Rtn. "Manny" Blanco
Dec. 12..PE/Dir. "Bobby" Joseph
Dec. 13..DE/IPAS "Rene" Policarpio, PDG "Alex" Cureg
Dec. 16..PD "Phil" Ong
Dec. 17..Rtn. "Ave" Cruz
Dec. 18..PP "Frank" Evaristo
Dec. 19..Rtn. "Momo" Mommaerts, Rtn. "Mon" Quisumbing
Dec. 21..PSAA "Fred" Lim
Dec. 22..PD "Rod" Valencia, Rtn. "Bob" Sobrepeña
Dec. 23..PVP "Mike" Guerrero
Dec. 26..Rtn. "Joe" de Venecia
Dec. 27..PP "Boy" Guevara
Dec. 28..Rtn. "Gani" Macatoman, Rtn. "Joey" Syjuco
Dec. 29..SAA "Dave" Reynolds, Rtn. "Justin" Ocampo
Happy Birthday Song **RCM WF Music Chorale**
- 12:40 PM** Induction of New Members to the Rotary Club of Manila
- 1) Brief Introduction of Inductees by their Proposers
Mr. Matthew Chiogioji (American)
Vice President, Akamai Investments, Inc.
Classification: Finance and Investments – Venture Capital
Proposer : Pres. "Jackie" Rodriguez
- Mr. Hansen Joseph Michael L. Tillmann** (Filipino)
Partner, Tillmann and Marquez Law Offices
Classification: Law Practice – Insurance Law
Proposer : PP Jimmie Policarpio, IPP Susing Pineda,
SDG/Club Sec./DE/Dir. Albert Alday
- 2) Charging Ceremony
- 3) Formal Induction Ceremony **Pres. "Jackie" Rodriguez**
Welcome Baby Rotarian Song **RCM WF Music Chorale**
- 12:50 PM** President's Time **Pres. "Jackie" Rodriguez**
Presentation of RCM Check Donation to earthquake-stricken City Government of Kidapawan
- 12:55 PM** Introduction of Guest of Honor and Speaker **PSAA "Fred" Lim**
Address : **Hon. Panfilo M. Lacson**
Senator, Republic of the Philippines
- 2:00 PM** Response, Presentation of Token of Appreciation to **Senator Panfilo M. Lacson**
& Meeting Adjournment **Pres. "Jackie" Rodriguez**

Official Newsletter of
Rotary Club of Manila

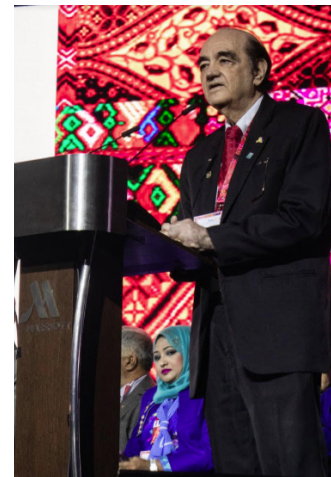
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Issue No. 3818

December 5, 2019

**PRES. JACKIE RODRIGUEZ RECOGNIZED
AS ARCH KLUMPH SOCIETY MEMBER ;
ADDRESSES MANILA ROTARY INSTITUTE
2019**

**HEALTH ADVOCATE SHARES TIPS ON
HOW TO LIVE LONGER**

**GUEST OF HONOR AND SPEAKER****Hon. PANFILO M. LACSON****Senator****Republic of the Philippines****KABALITA**

After getting tips on how to prolong life, it's time to listen to the legislative agenda of one of the nation's foremost disciplinarian senators as he makes waves at Asia's First Rotary Club following the club's distinct recognition at the Manila Rotary Institute 2019.

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SENATOR PANFILO M. LACSON

Profile

Ang tama, ipaglaban. Ang mali, labanan. (What is right must be kept right. What is wrong must be set right.)

As his personal credo goes, **SENATOR PANFILO "PING" MORENA LACSON** has been circumspect in matters of public interest and committed against various forms of corruption in his more than 40 years of public service in the fields of law enforcement, lawmaking, and humanitarian work.

Lacson is an untiring, tenacious watchdog of the national budget, making sure dubious congressional insertions (a.k.a. pork barrel) and useless appropriations are checked and deleted during plenary debates.

His continuous fight against corruption, including pork barrel in all its iterations, earned him the degree of Doctor of Laws, Honoris Causa, from the *Pamantasan ng Lungsod ng Maynila* in March 2019.

Lacson first earned a tough, no-nonsense reputation while serving in the Philippine National Police: solving high-profile crimes including kidnap-for-ransom cases in the 1980s and 1990s; and reviving the PNP's glory days as Chief, PNP from 1999 to 2001.

During his term as PNP Chief, Lacson led by example as he instituted a no-take policy and a physical fitness program, while cleansing the police force of "scalawags in uniform" (a.k.a. *kotong* cops) - initiatives that earned the PNP the highest public approval ratings in its history.

When he got his first mandate in the Senate in 2001, Lacson went to work on righting another wrong: taking down the multibillion-peso pork barrel system, which has bedeviled the national budget, the lifeblood of the nation. In March 2003, Lacson detailed in a scathing privilege speech, "Living Without Pork", how public funds were pocketed through Priority Development Assistance Fund (PDAF). He also had his P200-million-a-year PDAF allocations returned to the National Treasury, saving the government P2.4 billion in 12 years.

When the PDAF or pork barrel scam exploded in 2013, the Supreme Court ruled the program unconstitutional after substantial proof that the said discretionary funds were subjected to grave abuse and misuse.

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Official Newsletter of Rotary Club of Manila

PRES. JACKIE RODRIGUEZ
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During the 17th Congress, his tenacity remained strong in abolishing the unconstitutional pork barrel and its many evil incarnates in the national budget. In what appeared to be a sequel of his 2003 speech, he once again detailed in a privilege speech, "Living Without Pork II", a reinvention of pork barrel allocations in the *pork-ridden, cholesterol-rich* 2019 budget, particularly those lodged in the budget of the Department of Public Works and Highways (DPWH).

Among the many questionable appropriations exposed by Senator Lacson was the billions of "pork insertions" of Congressmen realigned to fund programs and projects under the then proposed 2019 Budget. The said "pork" was among the P95 billion appropriations vetoed by President Rodrigo Duterte in the Republic Act No. 11260, or the General Appropriations Act of 2019.

Legislative Work

Lacson one of the principal authors of **Senate Joint Resolution 10** which sought to authorize the increase in the base pay of military and other uniformed personnel (MUP) in the government. By increasing the base pay, the retirement benefits have also increased as the monthly retirement pay of the MUP shall be fifty percent of the increased base pay.

Among those who benefit from the increase of the base pay are the retired MUP of the Armed Forces of the Philippines - General Headquarters (AFP-GHQ), Philippine National Police (PNP), Bureau of Fire Protection (BFP) and Bureau of Jail Management and Penology (BJMP).

According to the Department of Budget and Management, appropriations have already been released for the legislation: P29.9-B for the AFP-GHQ, P21.7-B for the PNP, P1.9-B for the BFP and at least P731-M for BJMP.

Accordingly, the recently released amounts already include the adjustment of the pension of the retired MUPs as indexed to the base pay scale of MUP in the active service covering the period June to December 2019 based on the available funds as certified by the Bureau of Treasury.

Lacson was likewise the principal sponsor of the **National ID Law (Republic Act 11055)**, which provides for easier transactions with the government and private entities and which helps deter criminality. Lacson had been a perennial author of the measure since his first term as senator in 2001.



PREVENTION AND TREATMENT OF SPORTS INJURY

Elias D. Adamos, M.D.

Last November 30, the 30th Southeast Asian Games (SEA) Games officially opened at the Philippine Arena. Sportscasters and commentators claim that this is the first time that an indoor opening for an international sporting competition was done, deviating from the usual open Olympic stadium oval track type ceremony. Filipinos take pride for this year's biggest sporting event with the introduction of many new competitive sports, leading to a record of 56 sports and 529 sporting events; something new in SEA Games history. The preparation for this year's SEA Games opening, in my opinion, has been equally emotional and physically draining to many adolescents and young adults who are competing for love of sports and pride and honor of country.

Be prepared for sports – “Know thy sport.”

Prevention is better than injury recovery and rehabilitation. The best way to prevent sports injury is to come prepared, both mentally and physically, for your sport. Master your sport. Many adolescents and young adult athletes succumb to become “weekend warriors” who train more than training allows them to do. Reward yourself with a good weekend rest. You need to balance your training, for many injuries happen not during an actual game or competition. Many athletes lose their careers because of over-practice and injury during practice.

How to avoid practice and overuse injuries

1. Wear and use proper gear (example: helmets, pads, shoes, gloves, layered clothing); 2. Understand the rules of your game and follow them; 3. Warm up slowly before activity. This is essentially important in dynamic sports (example: basketball and soccer); 4. Always use proper body mechanics. Get tips from a certified trainer or coach; 5. Listen to your body. Pain is a warning sign. Don't work through pain. Rest and do light activities until the pain subsides; 6. Train for your sport. Use specific skills training to prepare for your sport; 7. Cross train. Cross training avoids boredom, staleness and monotony. Cross training allows specific muscles to rest. It is also a good physical conditioning strategy.

Immediate sports injury treatment

Use R.I.C.E. Method treatment. 1. Rest prevents further injury and allows healing; 2. Ice cures pain and swelling; 3. Compression supports the injured joint and prevents further swelling; and 4. Elevation adds up to muscle resting and reduction of swelling.

SEA Games history

In 1959 the first Southeast Asian Peninsular Games was held in Thailand. The five founders of the Southeast Asian Peninsular Games are Burma (now Myanmar), Thailand, Vietnam, Laos Malaya (now Malaysia), and Kampuchea (Cambodia). Our country and Indonesia were formally admitted in 1977, just about the year when the Peninsular Games was changing its name to Southeast Asian Games.

- Republic Act 9163: National Service Training Program Act of 2001
- Republic Act 9166: An Act Increasing the Base Pay of the Members of the AFP
- Republic Act 9208: Anti-Trafficking in Persons Act of 2003
- Republic Act 9416: Anti-Cheating Act of 2007
- Republic Act 9484: The Philippine Dental Act of 2007

Lacson also authored **bills to curb criminality and corruption**; and to streamline the bureaucracy, including:

- the proposed Budget Reform for Village Empowerment Act
- the proposed Expanded Anti-Wiretapping Act
- a bill requiring the registration of prepaid subscriber identity module (SIM) cards to prevent scams and crimes involving identity theft
- a bill imposing heavier penalties on those giving false testimonies
- a bill that offers substantial rewards and better protection to witnesses testifying against government officials or employees involved in corruption
- a bill that strips drug pushers, manufacturers, cultivators, importers and financiers of their rights under the Bank Secrecy Act, so they can no longer hide their ill-gotten money in banks.

Lacson has been unflinching in his fight against corruption and wrongdoings, **exposing – as well as calling for investigations of – anomalous activities in the government**, such as:

- irregularities in the Philippine government's deal with Argentine firm Industrias Metalurgicas Pescarmona Sociedad Anonima (IMPISA)
- the money-laundering scheme by one “Jose Pidal”
- the continued operations of jueteng in the country
- diversion of P728 million in fertilizer funds engineered by one Jocjoc Bolante
- the “Hello Garci” tapes indicating cheating in the 2004 elections

- alleged overpricing involving the decorative lampposts used in the Asean summit in Cebu City
- plight of Filipino nurses recruited by Sentosa Recruitment Agency
- alleged bribery in the failed impeachment bid against President Gloria Macapagal-Arroyo
- the botched \$329-million contract between the Philippine government and China's ZTE for a national broadband network project
- irregularities in the multibillion-peso Quedancor swine program
- the "chopper scam" where secondhand helicopters were sold as brand-new to the Philippine National Police
- a plan by the Social Security System to channel workers' pension funds into a government economic stimulus program
- alleged irregularities in the purchase of video equipment for the Senate's Public Relations and Information Bureau
- the "tara list" and payola (payoffs) in the Bureau of Customs
- pork barrel in its various incarnations

In the 18th Congress, Lacson chairs the Senate Committees on *National Defense and Security* and *Accounts*.

The first batch of bills Lacson filed in the current Congress includes the proposed Anti-Terrorism Act of 2019, the Budget Reform for Village Empowerment Act of 2019, and a bill ensuring people's participation in the budget process.

He also re-filed a bill excluding government officials from the Bank Secrecy Act, the Prepaid SIM Cards Regulations Act of 2019, a bill reinstituting the death penalty for heinous crimes, a bill imposing heavier penalties on lying witnesses, and the proposed Anti-Political Dynasty Act of 2019.

Yolanda (Haiyan) Rehabilitation

Lacson also served as Presidential Assistant for Rehabilitation and Recovery, coordinating efforts to help victims of Super Typhoon Yolanda.

Despite the limitations and difficulties encountered in terms of support from the national government, Lacson and his staff managed to put together the Yolanda Comprehensive Rehabilitation and Recovery Plan (CRRP), which detailed institutional arrangements, including public-private partnerships; and cluster structures for infrastructure, social services, resettlement, livelihood and support.

The CRRP also detailed rehabilitation and recovery plans for local governments, as well as guidelines for engaging with the non-government sector.



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
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THE FIRST 100% PAUL HARRIS FELLOWS ROTARY CLUB IN THE WORLD
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DISTRICT 3450 ROTARY INTERNATIONAL

2 November 2019

President Joaquin C. Rodriguez, Rotary Club of Manila

Dear President Joaquin,

The Golden Jubilee Fund Raising Ball of Rotary Club of Kowloon East

Members of the Rotary Club of Kowloon East take pride in seeing our club reaching the half-a-century milestone this year. Our cheers and joys would be escalated highly at our Golden Jubilee Fund Raising Ball to be held on the evening of **Monday 16th December 2019** at the **InterContinental Hong Kong**, 18 Salisbury Road, Kowloon. On behalf of the Club President Mr. YIU Ching-on, may I cordially invite your goodself and Rotarians of your prestigious club to join us and add colours for our celebration.

In the light of the current unrest incidences, while we hold high hope for an improving situation, we would err of the side of being caution by focusing our effort in hosting the ball without staging a welcome dinner for our visiting guests from overseas sister clubs like you. Instead, we are prepared to invite the members of your visiting delegation to a farewell meal on the day following the ball. More information about this would be given in due course.

We would be grateful for your advice on the participants of the ball from your club as soon as possible. In addition, may we also have your congratulatory message, with your photograph, for the purpose of compiling the ball programme booklet by **16th November 2019** please. It would be our honour if you would continue to render your great support as before.

Yours in Rotary,

Look TSANG
Chairman
The Golden Jubilee Fund Raising Ball
Rotary Club of Kowloon East

President Yiu Ching On	Secretary PP Albert S. C. Poon	Sergeant-At-Arms Louis W. K. Mo Charlie K. W. Ip	Directors PDG Peter S. H. Wong, PP Edward W. Y. Cheng, PP Leung 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 Jason S. K. Tam, PP Victor Y. K. Lo, PP Willy C. M. Liu, PP Ip Moon Tong, Gerald C. S. Siu, Johnny C. M. Wong, Lam Man Chan, Andy K. O. Chu, Vincent W. H. Wu
President-Elect Look W. L. Tung	Ex-Officio Tung Siu Wing	Treasurer PP Leung Kwong Kin Look W. L. Tung	Honorary Member PP Alex S. L. Ho
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The InterContinental Hong Kong (For 15 rooms)

Room Type

Room Rate per Room per night

	Single/ Double
InterContinental Superior Room (350sqft)	HK\$1,550/ HK\$1,550

The above guestroom rates are net rate.

The quoted guestroom rate is based on single occupancy, inclusive of in-room high speed internet access.

*Supplement of HK\$150+10% service charge (HK\$165 net) per person daily for buffet breakfast at Harbourside.

Please advise should breakfast be required for the entire group when submitting the rooming list on or before cut-off date, **30 November, 2019**. Otherwise, this special breakfast inclusive rate will no longer be valid. The standard buffet breakfast priced at HK\$350+10% service charge per person.



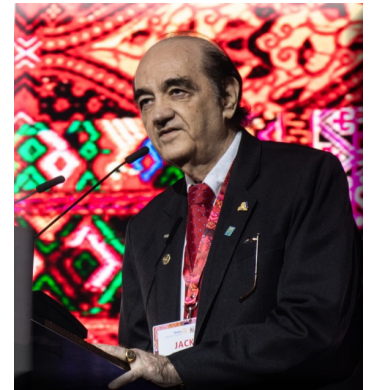
President Jackie Rodriguez delivering a speech as Arch Klumph Society Member.



President Jackie Rodriguez recognized as an Arch Klumph Society Member.



IPDG Rudy Bediones and **Lady Sharon Bediones** during the Gala Night.



Dear Fellow Rotarians,

Time moves on ever so quickly! It was only yesterday, it seems, that I had my induction at the Manila Hotel and this was in the month of July of this year. Today, December 5, 2019, we welcome our first meeting of our Christmas month with an amazing guest, Senator Panfilo Lacson, a man of many seasons, a good friend, a patriot and a very independent senator. He has been known for his honesty and integrity, for his pro peace and order stand and for his no-nonsense attitude vis-a-vis his work in the Senate. Welcome to the Rotary Club Manila

We have just completed the Rotary Institute at the Marriott Hotel a few days ago. The Rotary Club Manila was well represented in all the activities where we stood proud. PDG Vince Carlos, PDG Obet Pagdanganan and IPDG Rudy Bediones carried our colors honorably. SDG Albert Alday and I were with them on separate days. There were easily two thousand (2000) representatives from all over Asia.

Mark down on your calendars the forthcoming fellowship at the Fairmont Hotel posted by the fellowship committee led by Treasurer Jason Ong. He has done a terrific job. He put together an incredible party at no cost to us. Thank you very much Treasurer Jason! The Board of Directors and the members of the Rotary Club Manila are very grateful for this fantastic effort you have made.

On January 9, 2020, your club will be hosting the Governor of the Bangko Sentral ng Pilipinas who is none other than our member, PVP Ben Diokno. This will be held at the Manila Hotel and will be attended by the presidents of many banks and financial institutions. On the 16th of the month of January, we shall have the Secretary of the Department of Finance, our very own Rtn. Sonny Dominguez, as our Guest of Honor and Speaker. This would be very interesting.

I would like to wish all of you and your families a very happy and memorable Christmas season.

Best,

Jackie



HEALTH ADVOCATE SHARES TIPS ON HOW TO LIVE LONGER

Health Advocate Dr. Willie Ong gave an enlightening talk to Manila Rotarians, many of whom are very much engaged in their respective businesses and at the peak of their respective careers. With much stress that goes with managing conglomerates, it is imperative that people at the helm are aware of the health hazards concomitant with the high positions they hold. Dr. Ong, who holds his clinics for free as his enduring advocacy, discussed in a simple and yet, detailed manner, how the interplay of a positive personality, a fit and less risky lifestyle, engagement in social and charitable activities and avoidance of vices can spell the difference between a long life and death at an instant. Delving into the specifics of blood sugar, obesity dangers and blood pressure, Manila Rotarians were given a virtual medical consultation with Dr. Ong where they were very much appreciative of his candidness in gamely educating the audience at hand.

CALENDAR OF ACTIVITIES

**DEC. 10 - CHRISTMAS PARTY
6PM AT FAIRMONT HOTEL**

**JAN. 9 - BSP GOV. BEN DIOKNO,
MANILA HOTEL, 12-2PM**

HIGHLIGHTS OF MANILA ROTARY INSTITUTE 2019

November 29, 2019 - December 1, 2019

Marriott Grand Ballroom, Newport City, Pasay



SDG/Club Secretary/DE/Dir. Albert Alday and PDG Alex Cureg at the Registration Area.



IPDG Rudy Bediones, SDG/Club Secretary/DE/Dir. Albert Alday and President Jackie Rodriguez at the Pakistan Rotary booth.



SDG/Club Secretary/DE/Dir. Albert Alday, IPDG Rudy Bediones and President Jackie Rodriguez at the Rotary Club of Manila Booth where centennial coffee table books were being sold.



PAT Muhammad Aslam at the House of Friendship Booth.



PDG Obet Pagdanganan, IPDG Rudy Bediones and Finance Secretary/Rtn. Sonny Dominguez who was one of the speakers.



PP Teddy Ocampo, PD Armie Aquino, PP Boy Ampil, PP Ben-ny Laguesma, President Jackie Rodriguez, Rtn. Hans Palacios, IPDG Rudy Bediones and PD Oscar del Rosario in a pose for posterity.



PD Rod Valencia greeting Rtn. Jun Aventura as PP Cesar Ubaldo looks on.



World Famous Music Chorale members taking turns on the microphone in belting out a song.



Rtn. Marcus Dee, PD Phillip Ong, Treasurer Jason Ong, VPE/Dir. Nicky Villaseñor, AT Karlo Castro and DE/Dir. Caloy Reyes strike a pose.



The Board of Directors for RY 2019-2020 held a General Board Meeting last November 28, 2019 at the Committee Room of the Manila Polo Club in Makati City.



SDG Melanio “Batas” Mauricio, AG Eric Tayag and DAD Alex Santiago conducted a **District Team Visit** on the Rotary Club of Manila last November 28, 2019 at the Committee Room of the Manila Polo Club in Makati City. Present on the part of the club were **President Jackie Rodriguez, Vice President Hermie Esguerra, PE/Dir. Bobby Joseph, SDG/Club Secretary/DE/Dir. Albert Alday, VPE/Dir. Nicky Villaseñor and DE/Dir. Caloy Reyes.**

WORLD FAMOUS MUSIC CHORALE FELLOWSHIP

November 28, 2019, Auditorium, Central Colleges of the Philippines



The early birds at the fellowship, Rtn. **Marcus Dee, VPE/Dir. Thad Liamzon, PD Armie Aquino, PP Cesar Ubaldo, DE/Dir. Caloy Reyes, VPE/Dir. Nicky Villaseñor, Co-Chair PP Benny Laguesma and PP Archit Bartolome,** preliminarily meeting at the board room.



World Famous Music Choral **PP Babes Reyes** being greeted by **PD Phillip Ong** while **Treasurer Jason Ong** shares a light moment.



President Jackie Rodriguez sharing a light moment with World Famous Music Choral **Chairman PP Babes Reyes.**



President Jackie Rodriguez, IPDG Rudy Bediones, Rtn. Hans Palacios, PS Butch Marking, PP Francis Juico, PD Phillip Ong and PP Teddy Ocampo enjoying each other's company.



Pres. Jackie Rodriguez during his response, presentation of the replica of the bell and gavel set to **Dr. Willie Ong** as a token of appreciation and meeting adjournment.



Pres. Jackie Rodriguez calls the 20th meeting of the Rotary Club of Manila to order.

FELLOWSHIP



PD Ner Lonzaga visits Philippine Ambassador to the USA **PVP Babe Romualdez** at Washington, D.C.



Rtn. Caloy Buendia, as Officer-In-Charge/ Program Moderator, calls the sequence of activities.



PD Colin Patterson leads in the recitation of the Four (4) Way Test as a renewal of the Rotary credo for all Rotarians.



PD Ning Lopez introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Rtn. Marcus Dee, Member, Sagip Kabataan Center Committee, announces the forthcoming annual “**Christmas Gift-Giving**” to the wards of Asilo de San Vicente de Paul.



PP Frank Evaristo, President, Alay Lakad Foundation, Inc. and PD Oscar del Rosario, Chairman, Alay Lakad Committee, present to the Rotary Club of Manila, led by Pres. Jackie Rodriguez, the “Salamat Po Award” for its continuing support and cooperation to the annual “Alay Lakad”.



Pres. Jackie Rodriguez acknowledges with sincere thanks and appreciation the club benefactors of the various service projects and updates fellow **Manila Rotarians** on the forthcoming activities during his President's Time.



Pres. Jackie Rodriguez presents a plaque of recognition to BGen. Carlos “Caloy” C. Buendia, AFP Reserve Command, Commander, 2nd Technical & Administrative Services Brigade Northern Luzon Command, Member, Rotary Club of Manila, in recognition of his active and strong interchange of support between civilians and military as he continues to carry out support operations, especially, in nation-building, humanitarian assistance and disaster response.

VP Hermie Esguerra does the honor, pleasure and privilege of introducing **Dr. Willie Ong**, Consultant, Department of Health (2010-2014), Internist-Cardiologist, 2007 The Outstanding Filipino Physician Awardee of JCI Senate Philippines and Department of Health, Columnist, The Philippine STAR and Pilipino Star Ngayon, as Guest of Honor and Speaker.



Dr. Willie Ong presented before Manila Rotarians and their guests, the topic of “How To Live Longer”, focusing on one's personality, health and fitness, religious devotion, social/charitable activity, personal family relationship, positive outlook in life, living a less risky lifestyle, financial stability and avoiding bad habits/vices detrimental to one's general well-being.



A public forum followed suit with PD Issam Eldebs, Dir. Amading Valdez, PD Abe Pascual, PD Beda Fajardo, Rtn. Hans Palacios, DE/Rtn. Johnny Chotrani and Rtn. Colin Patterson raising their respective questions to Dr. Willie Ong.