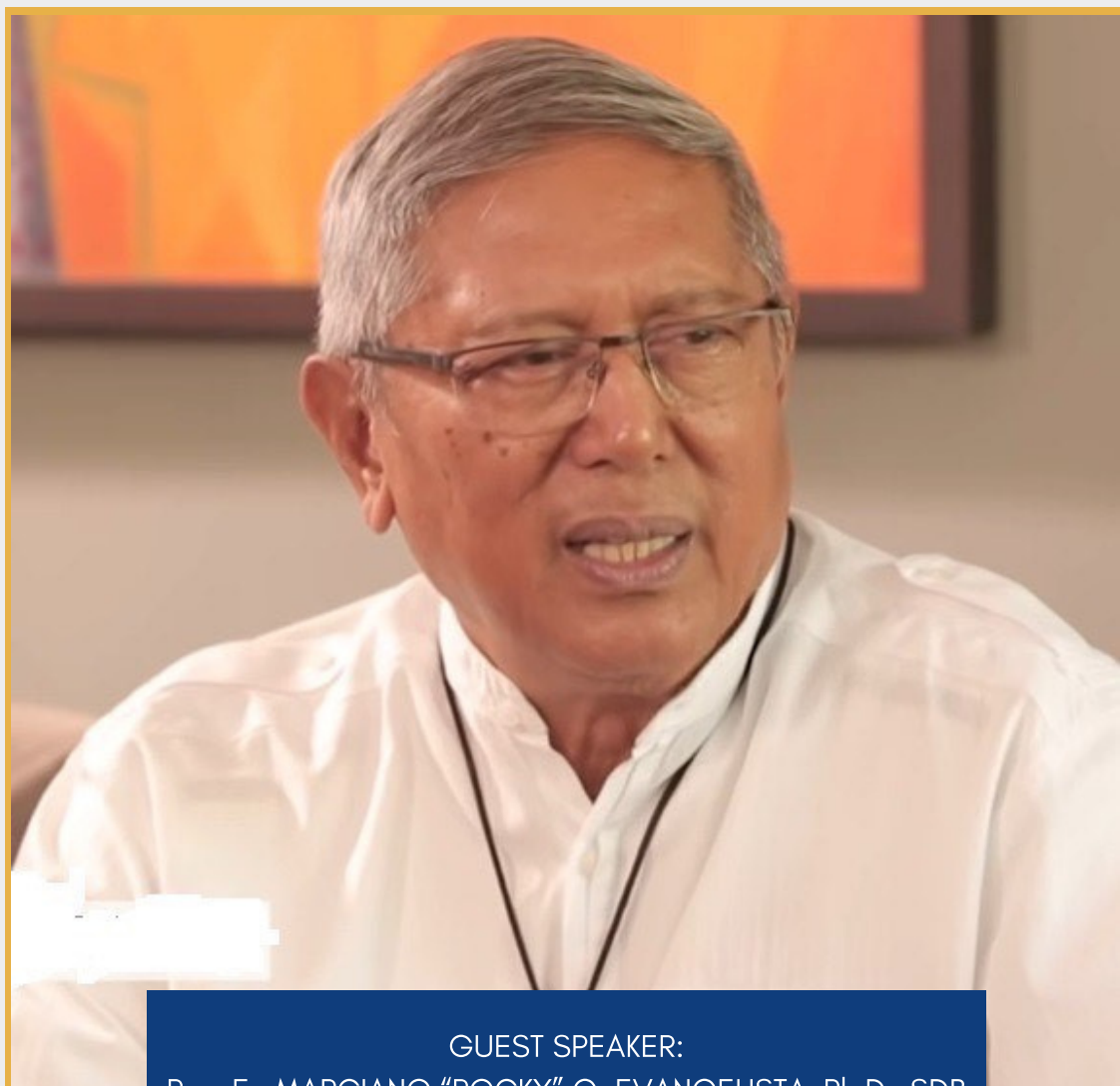


Official Newsletter of
Rotary Club of Manila

balita

ISSUE NO. 3843 • OCTOBER 8, 2020



GUEST SPEAKER:
Rev. Fr. MARCIANO "ROCKY" G. EVANGELISTA, Ph.D., SDB
President and Founder, Tuloy Foundation, Inc.



KABALITA

Let Rotary's most popular Priest motivate each and every Manila Rotarian towards the ways of "Service Above Self" through the auspices of the Tuloy Foundation as he makes his debut at Asia's First Rotary Club.

CLASSIFICATION TALK



PD JOHN T. CENICA

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RY 2020-2021**

**RCM BALITA EDITORIAL
TEAM, RY 2020-2021**



Zoom Weekly Membership Luncheon Meeting Rotary Year 2020-2021

Thursday, October 8, 2020, 11:00 AM

PROGRAM TIMETABLE

11:00 AM	Registration & Zoom In 1. Program Technical Moderators	STAR Rtn. Toby Rast / EA Sol Troniado-Encarnacion Rtn. Jed Dayang
11:50 AM	2. Program Moderator/Facilitator Zoom Meeting House Rules	

PART I

12:00 NN	Call to Order	Pres. Bobby Joseph
	Invocation and Special prayers for the repose of the soul +Engr. Ziad Eldebs (Brother of IPD Issam Eldebs) and for the healing and speedy recovery of PP Cesar Ubaldo, Ambassador Rtn. Joey Syjuco and PVP Mike Guerrero	PD Beda Fajardo
	Philippine National Anthem	AVP of RCM Members
	RCM Hymn	AVP of RCM WF Music Chorale
	The Rotarian Pledge	Rtn. PJ Garcia
	The Four (4) Way Test	Rtn. Ray Davis
	Introduction of Guests and Visiting Rotarians	Rtn. Jed Dayang
	Welcome Song	AVP of RCM WF Music Chorale
	Maligayang Bati	AVP of RCM WF Music Chorale
	Happy Birthday Song	AVP of Birthday Celebrants
	RC Manila Birthday Celebrants for the week	
	October 8 PSAA Ferdie Co	October 9 Rtn. Doming Chua
	October 8 Rtn. Jimmy Tang	October 10 PP Banit Caasi
	October 8 Rtn. Noel Tanglao	October 12 Rtn. Rickie Yap



Zoom Weekly Membership Luncheon Meeting
Rotary Year 2020-2021

Thursday, October 1, 2020, 11:00 AM

PROGRAM TIMETABLE

PART II

12:30 PM	President's Time	Pres. Bobby Joseph
12:45 PM	Classification Talk	PD John Cenica
1:00 PM	Introduction of Guest Speaker	PD Abe Pascual
	Address:	Rev. Fr. MARCIANO "ROCKY" G. EVANGELISTA, Ph.D., SDB President and Founder, Tuloy Foundation, Inc.
	Topic:	"Serving the Poor and Abandoned Children"
	Open Forum	
2:00 PM	Response and Meeting Adjournment	Pres. Bobby Joseph



GUEST SPEAKER



FR. MARCIANO G. EVANGELISTA
SALESIANS OF DON BOSCO (SDB)

Alabang-Zapote Road
Muntinlupa City 1771

(+63 28) 775-0484
(+63 28) 775-0485

fr.rocky@tuloyfoundation.org

OBJECTIVE

Man's best efforts and God's grace.

EDUCATION —

Southeast Asia Interdisciplinary
Development Institute (SAIDI),
Antipolo, Rizal

Ph.D. in Organizations
Development and Planning

1986

With Distinction

POSITIONS HELD

1993 – to the present
President and Founder • Office of the President • Tuloy Foundation

1991 - 1996
Parish Priest • Rector • St. John Bosco Parish

1989 - 1991
Rector • Don Bosco Hall, Araneta Ave, QC

1979 - 1989
High School Principal • Rector • Don Bosco Technical Institute,
Makati

1972
Founder • College of Engineering • Don Bosco Technical College,
Mandaluyong City

1970 - 1979
College President / High School Principal • Don Bosco Technical
College, Mandaluyong City

KEY SKILLS —

Philosophy
Theology
Education
Organizations Development
and Planning

ACADEMIC HISTORY

1980
Masters • Education • University of Santo Tomas

1970
Licentiate in Theology • Pontificio Ateneo • Salesiano – Rome, Italy
With Distinction

1963
Bachelor of Arts Major in Philosophy • Don Bosco • Hong Kong
Salutatorian Scholar

GUEST SPEAKER

AWARDS / CITATIONS —

2019 UNIFER Soldiers 202nd Infantry Brigade: Balisong Award Symbolizing the Batangueños Virtue of Chivalry and Courage (February 2019)

2018 Philippine Army – Civil Military Operations Regiment, Plaque of Recognition (July 2018)

2017 International Humanitarian Award at the Miss World 2017 Competition Sanya, China (November 2017)

2016 Most Outstanding Kapangpangan Awardee in the Field of Social Service (December 2016)

2016 Department of Education, National Finalist: Outstanding Literacy Program (November 2016)

2015 Lungsod Ng Muntinlupa, Natatanging Mamamayan Ng Muntinlupa (December 2015)

2015 Armed Forces of the Philippines Bayanihan Award (December 2015)

2013 Philippine Army Recognition Bayanihan Award (August 2013)

2011 Catholic Mass Media Award: Best Book in Ministry "Finally I Am Home" (December 2011)

1959
High School • Don Bosco Technical Institute • Bacolod, Negros Occidental
Salutatorian

1955
Grade School • Betis Elementary School • Guagua, Pampanga
Salutatorian

LEADERSHIP

2006 – to the present
Philippine Council for NGO Certification (PCNC) • Director

1997 – to the present
Rotary Street children Foundation (RCSF) Rotary International District 3820 • Executive Director

2001 – to the present
Rotary Club of Alabang Rotary International District 3820 • Member

1997 – to the present
Council of Rotary Presidents (CORP) Rotary International District 3830 • Member

1997 -2005
Consuelo Foundation • Training and Rehabilitation of Street Children and Out-of-School Youth • Consultant

1998 - 1999
Department of Social Welfare and Development • Ahon Bata • Captain for the Cause of Street Children

1997 – 1999
National Council for Social Development (NCSD) • Director

1994 – 2001
Rotary Club of Makati EDSA Rotary International District 3830 • Member • President (Rotary Year 1995 -1996) • Chairman of the Committee on the Concern for Street Children Program (Rotary Year 2001 – 2002)

1993 – 2007
Salesian Society of St. John Bosco • Council Member

GUEST SPEAKER

... AWARDS / CITATIONS —

2011 People of the Year Award
(January 2011)

2010 Rotary International Zone
Institute, Bangkok, Thailand:
Keynote Speaker
(November 2010)

2010 GUSI Peace Prize
International Award
(November 2010)

2010 WADAH International
Convention (September 2010)

1993

The Drucker Foundation acknowledged Tuloy's guiding principle in "The Power of Choice", one of the thought articles in their first book in the Wisdom to Action Series, "Leading Beyond the Walls". An article was written by Stratford Sherman, globally recognized authority on management issues, executive coach, and contributing editor of Fortune Magazine.

1982 -1988

Philippine Association of Accrediting Schools, Colleges and Universities (PAASCU) • Curriculum Development Sector • Member

1981 - 1989

Catholic Education Association Of The Philippines (CEAP) • Superintendent's Commission

MORE AWARDS / CITATIONS

2010 Philippine Real Estate Festival: PREF Excellence Awards 2010 (July 2010)

2010 Rotary International Convention, Montreal, Canada: Keynote Speaker (June 2010)

2008 Rotary Service Above Self Award (March 2008)

2006 Outstanding Organization of Muntinlupa (March 2006)

2006 Outstanding Citizen of Muntinlupa in Humanitarian Service (December 2006)

2006 Outstanding Filipino (TOFIL) Awardee for Humanitarian Service, NGO (December 2006)

2006 Peace Award (May 2006)

2005 Manuel L. Quezon Award for Exemplary Governance: Education of Underprivileged Youth

2004 Consuelo Award of Highest Excellence (December 2004)

2003 Most Outstanding Literacy Program, DepEd, National Capital Region (December 2003)

2003 Outstanding Literacy Program, National Literacy Awards, Literacy Coordinating Council
(September 2003)

2002 Most Outstanding Literacy Worker, National Literacy Awards

2002 Outstanding Literacy Program: Tuloy sa Don Bosco Street Children Project, DepEd (Nov 2002)

2000 One of the Outstanding Citizens Year 2000, City of Makati (June 2000)

1999 Presidential Award for Service to Children, Rotary International (March 1999)

PRESIDENT'S CORNER

Dear Colleagues in RCM,

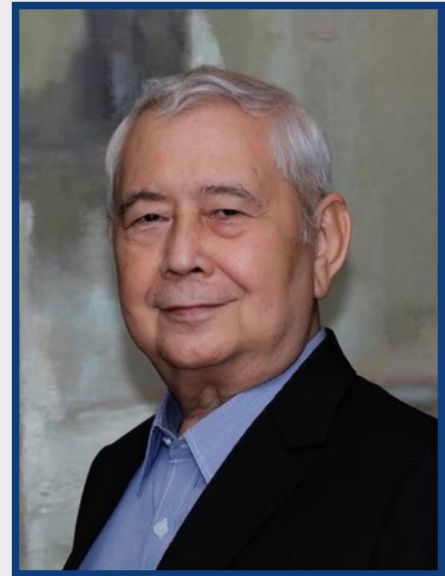
Reconciliation can be obtained for those who come with clean hands, requiring the truth, justice, transparency, fairness and respect for authority.

There is much to be thankful for. The first Rotary Club of Manila (RCM) Online Elections in the 101 year history of the club had a quorum of 91 members where 6 were not able to vote and 85 voted. The results were unprecedented in the history of elections in RCM. This is the highest number of members comprising the quorum. I have witnessed it for 20 years in RCM. It was the fastest election ever and the most accurate. This mode should be considered in the years to come. Last week, after a Question and Answer during our Town Hall Meeting, there was a request to have a survey to find out who is interested to have another Question and Answer in a General Assembly, the request of which we approved. The result was 5 in favor and 46 against out of 51 members. There is no need for an assembly because if you need answers, please write the Board of Directors to clarify matters. We may even have a dialogue by sending in advance which topic you need to be clarified on. Kindly refrain and please don't insist on using the Attendance Viber as a venue for queries.

IPP Jackie Rodriguez will turnover US \$3,000.00 which came from the donation of the Rotary Club Osaka East, our sister club. Medical supplies coming from the Rotary Club of Shanghai, a member of the Centennial Circle organized by RCM, will be turned over to Philippine General Hospital Director Gerardo "Gap" Legaspi, M.D.

For those who would like to donate to Hospicio de San Jose, kindly write your check payable to RCManila Foundation, Inc. and a note for the benefit of Hospicio de San Jose. Your Board has decided to centralize all donations to RCManila Foundation, Inc. for improved recordings and control.

We would like to welcome our three new recruits, namely, Robert Manalo Joseph, Rep. Martin Romualdez and Mr. Gerry Magbanua.



Reconciliation can be obtained for those who come with clean hands, requiring the truth, justice, transparency, fairness and respect for authority.

We shall have more outreach programs, especially, feeding of street children, one or two heart surgeries for children should we get good support from our members and are able to get grants from our sister clubs. We hope for a twinning Project with our daughter club, the Rotary Club of Cebu, as soon as possible.

Looking forward to more ideas to be shared by our colleagues in making the club more fun and creative during this pandemic. Please bring in new members to the club.

All the best in God's time.

Your Servant President,

Robert "Bobby" Lim Joseph, Jr.
President
RY 2020-2021
(101st President)

THE WEEK THAT WAS



Star Rtn Toby Rast, assisted by **RCMFI EA Sol Troniado-Encarnacion**, as **Program Technical Moderator**.



Club Secretary Reggie Yu, as **Program Moderator/Facilitator**, calls the day's sequential order of activities..



President Bobby Joseph calls the meeting to order.



Rtn. Vic Garcia, as **Invoker**, leads the offering of special prayers for the healing and speedy recovery of **PP Cesar Ubaldo**, **Ambassador Rtn. Joey Syjuco** and **PVP Mike Guerrero**.



The **Rotary Club of Manila Audiovisual Presentation** of the **Philippine National Anthem**.



The **World Famous Music Chorale Audiovisual Presentation** of the **RCM Hymn**.



Rtn. Mike Ozaeta recites the **Rotarian Pledge** as a perfect prelude in fostering and strengthening ties amongst fellow Rotarians by way of reinforcing their resolve in furtherance of **Service Above Self**.

THE WEEK THAT WAS



PDSAA Ike Stranathan leads fellow Rotarians in the recitation of the Four (4) Way Test to renew their commitment to the Rotary movement.



Club Secretary Reggie Yu, Program Moderator, acknowledges the week's birthday celebrants, namely, **Rtn. Michael Go**, **PP Francis Juico** and **PS Butch Marking**, which was followed by an audiovisual presentation of the World Famous Music Chorale singing the happy birthday song.



The **audiovisual presentation** of the **World Famous Music Chorale** singing the happy birthday song.



IPP Jackie Rodriguez, Chairman of Committee on Elections, delivers his Post Election Announcement, thanks the members of the COMELEC and introduces the eleven (11) candidates for the Board of Directors for RY 2021-2022.



Programs Committee Chair IPVP Hermie Esguerra takes over the proceedings as Facilitator of the scheduled Town Hall Meeting. Among those who participated in the Town Hall Meeting were **PP Boy Guevara**, **BLA Amading Valdez**, **PD Joey Yuhico**, **PP Archit Bartolome**, **Rtn. Manny Blanco**, **PD Issam Eldebs**, **Dir. Celso Abastillas**, **IPP Jackie Rodriguez**, **PE/PVP Chito Zaldarriaga** and **President Bobby Joseph**.



PE/PVP Chito Zaldarriaga closes the Town Hall Meeting with a prayer.



President Bobby Joseph delivers his response and thereafter, adjourns the meeting.

CLUB ADMINISTRATION

FROM THE PROGRAMS COMMITTEE

Dear Fellow Manila Rotarians,

Today, we have invited a priest whose relationships with many Rotary districts have motivated many Rotarians to imbibe the value of giving without counting the costs. His ways of moving stalwarts of "Service Above Self" are simply amazing such that every year, the District Governor of Rotary District 3810 appoints a Chairperson to take charge of donations to the Tuloy Foundation.

Let his guiding ways serve to inspire and rekindle the Rotarian in each of us.

Yours in the service of Rotary,

IPVP HERMINIO "HERMIE" S. ESGUERRA
Programs Committee Chairman
RY 2020-2021



ATTENDANCE SUMMARY

RCM Members' Attendance Report, RY 2020-2021

Oct-20	October 1, 2020 Candidates for BOD for RY 2021-2022/ Town Hall Meeting	
	computing w/ exempt	computing w/o exempt
All Members Present	70	70
Make Up		
Less: Exempt from Attendance	5	
On Leave	7	
Total Active Members	65	70
Total # of Members	204	204
TOTAL ATTENDANCE %:	32%	34%

RCM Members (registered)	70
Guest of Honor	0
Club Guests	0
Visiting Rotarians-Outside of RID 3810	0
Visiting Rotarians-RID 3810 TP & District Officers	0
Rotaract	0
Guests	0
TOTAL	70

CLUB ADMINISTRATION

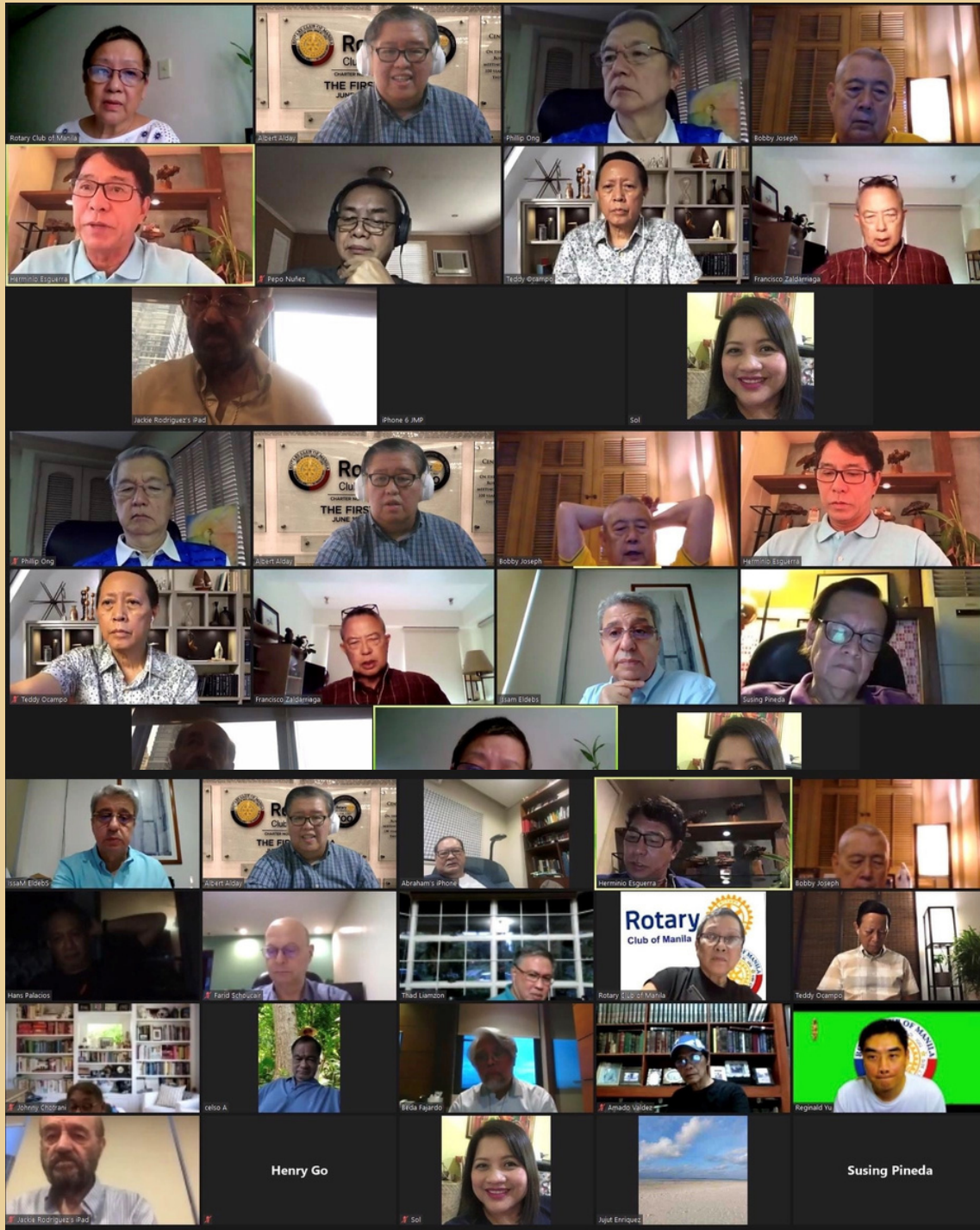
LIST OF MEMBERS WHO HAVE PAID THEIR ANNUAL DUES FOR RY 2020-2021 (as of October 7, 2020 @ 2:00 PM)

114	Masters, Lance A.	50090	12,500.00	PARTIALLY PAID
115	Matschuck, Guenter "Gunter" G.	50046	25,000.00	FULLY PAID
116	Mendoza, Estelito "Titong" P.	50060	25,000.00	FULLY PAID
117	Mendoza, Raymond Joseph Ian "Raji" O.	50244	25,000.00	FULLY PAID
118	Mommaerts, Steve "Momo"	50253	25,000.00	FULLY PAID
119	Montaño, Ramon "Mon" E.			NOT YET PAID
120	Montecillo, Daniel Gabriel "Dennis"	50119	25,000.00	FULLY PAID
121	Montel, Juan Manuel C.			NOT YET PAID
122	Montinola, Antonio "Tony" J.	50042	25,000.00	FULLY PAID
123	Mueller, Klaus			NOT YET PAID
124	Nones, Romeo "Romy" C.	50120	25,000.00	FULLY PAID
125	Nolito, Ramon Alberto "Ramby" B.	50273	25,000.00	FULLY PAID
126	Nunez Jr., Jose "Pepo" A.	50260	25,000.00	FULLY PAID
127	Ocampo, Teodoro "Teddy" J.	50117	25,000.00	FULLY PAID
128	Ong, Jovee K.			NOT YET PAID
129	Ong, Phillip "Phil" L.	50082	25,000.00	FULLY PAID
130	Ozaeta, Miguel Antonio L.	50136	25,000.00	FULLY PAID
131	Pagdanganan, Roberto "Obet" M.	50064	25,000.00	FULLY PAID
132	Palacios, Albert "Hans" C.	50141	12,500.00	PARTIALLY PAID
133	Pallasague, Brian	50135	37,138.00	FULLY PAID
134	Pascual, Abraham "Abe" F.	50098	25,000.00	FULLY PAID
135	Pascual, Jose Augusto "Jappy"	50098	25,000.00	FULLY PAID
136	Patterson, Colin David	50276	25,000.00	FULLY PAID
137	Payumo, Felicitio "Tong" C.	50240	25,000.00	FULLY PAID
138	Peliño, Wilfredo "Willie" M.	50180	25,000.00	FULLY PAID
139	Pineda Jr., Jesus "Susing" M.	50093	25,000.00	FULLY PAID
140	Pineda Jr., Patricio "Bebot" F.	50030	25,000.00	FULLY PAID
141	Pizarras, Jordan M.	50151	25,000.00	FULLY PAID
142	Policarpio Jr., Jose "Jimie"	50221	25,000.00	FULLY PAID
143	Policarpio, Renato "Rene" R.	50088	25,000.00	FULLY PAID
144	Preysler Jr., Fausto R.	50087	25,000.00	FULLY PAID
145	Pujalte Jr., Jose "Brix" S.	50274	25,000.00	FULLY PAID
146	Quisumbing, Ramon "Mon" J.	50095	25,000.00	FULLY PAID
147	Ramos, Claver P.			NOT YET PAID
148	Ramos, Ricardo "Ric"			NOT YET PAID
149	Rast, Tobias	50033	25,000.00	FULLY PAID
150	Recto, Philip H.	50101	25,000.00	FULLY PAID
151	Resabal, Peri			NOT YET PAID
152	Reyes, Crispino "Babes" P.	50247	25,000.00	FULLY PAID
153	Reyes, Edgardo "Ed" P.	50235	25,000.00	FULLY PAID
154	Reynolds, David John "Dave"	50029	25,000.00	FULLY PAID
155	Roberts, Constantin "Cons"			NOT YET PAID
156	Rodriguez, Jose "Pepe" R.			NOT YET PAID
157	Rodriguez, Joaquin "Jackie"	50127	25,000.00	FULLY PAID
158	Romualdez, Jose Manuel "Babe" G.	50282	25,000.00	FULLY PAID
159	Rono, Marlon	50140	25,000.00	FULLY PAID
160	Santos, Antonio T.			NOT YET PAID
161	Santos, Jesus "Jess" I.			NOT YET PAID
162	Santos Jr., Jose Primo "Jun" M.			NOT YET PAID
163	Sarmiento, Ricardo	50045	25,000.00	FULLY PAID
164	Schoucair, Farid Alain	60109	25,000.00	FULLY PAID
165	Schneider, Bernd	50104	24,500.00	FULLY PAID
166	Shigei, Kentaro	50269	36,395.34	FULLY PAID
167	Sibayan, Joselito "Lito" H.	50100	25,000.00	FULLY PAID
168	Sicat, Michael Allan E.			NOT YET PAID
169	Skinner, Brian			NOT YET PAID

170	So, Warren	50123	25,000.00	FULLY PAID
171	Sobrepeña, Robert John "Bob" L.			NOT YET PAID
172	Stranathan, Ike	50055	25,000.00	FULLY PAID
173	Syjuco Jr., Jose "Joey" A.	50086	25,000.00	FULLY PAID
174	Tagaysay, Hector "Chito"	50125	25,000.00	FULLY PAID
175	Tamano, Shalimar Hofer "Shah"	50234	25,000.00	FULLY PAID
176	Tamayo, Victor "Butch" L.	50199	25,000.00	FULLY PAID
177	Tan, Eusebio "Ebot" V.	50131	25,000.00	FULLY PAID
178	Tang, Jimmy T.	50264	25,000.00	FULLY PAID
179	Tanglao, Noel V.	50195	25,000.00	FULLY PAID
180	Tankiang, Francisco "Paquito" V.	50139	25,000.00	FULLY PAID
181	Dormond Taylor, Marvin	50115	25,000.00	FULLY PAID
182	Tea, Thierry Yung Hong			NOT YET PAID
183	Tillman, Hansel	50116	25,000.00	FULLY PAID
184	Ubaldo, Cesar C.	50268/50132	25,000.00	FULLY PAID
185	Uy, Ivan John Enrile "Ivan"			NOT YET PAID
186	Valdes, Joel C.	48310	25,000.00	FULLY PAID
187	Valdez, Amado "Amading" D.	50081	25,000.00	FULLY PAID
188	Valencia, John Nico "Nico" P.			NOT YET PAID
189	Valencia, Rodolfo "Rod" G.	50281	25,000.00	FULLY PAID
190	Mierlo, Marcel Van			NOT YET PAID
191	Vea, Reynaldo "Rey" B.	50128	25,000.00	FULLY PAID
192	Villacorta, Daniel Deo B.	50142	25,000.00	FULLY PAID
193	Villarica, Henry R.	50227	25,000.00	FULLY PAID
194	Villegas, Raoul A.	50133	25,000.00	FULLY PAID
195	Vrana, Ludek	50058	25,000.00	FULLY PAID
196	Yap Jr., Enrique "Rickie" Y.			NOT YET PAID
197	Yu, Geoffrey "Geof" C.	50261	25,000.00	FULLY PAID
198	Yu, Reginald	50103	25,000.00	FULLY PAID
199	Yujico, Benedicto "Dicky" V.	50266	25,000.00	FULLY PAID
200	Yujico, Joselito "Joey" Z.	50169	25,000.00	FULLY PAID
201	Zalamea Jr., Enrique "Rick" M.	50107	25,000.00	FULLY PAID
202	Zaldarriaga, Felix Francisco "Chito" S.	50112	25,000.00	FULLY PAID
203	Zeitouni, Nagi	50133	25,000.00	FULLY PAID
204	Zosa, Rolando "Roy" M.			NOT YET PAID
			TOTAL	3,817,316.48
Resigned				
1	Tago, Naoto			
2	Kuwabara, Atsushi			NOT YET PAID
3	Nakatsuka, Hiroki			NOT YET PAID
4	Del Rosario, Francisco "Toting" V.			NOT YET PAID
5	Ortiz Jr., Justo "Tito" A.			NOT YET PAID
6	Lopez, Mariano "Ning" B.			NOT YET PAID
7	Reyes, Hermenegildo Carlos "Caloy" L.			NOT YET PAID
8	Villaseñor III, Nicanor "Nicky" S.			NOT YET PAID
9	Ong, Jason L.	50084	25,000.00	FULLY PAID
10	Paras, Neil	50084	25,000.00	FULLY PAID
11	Seña, Edwin P.			NOT YET PAID
12	Gonzales, Leo Peter Paul K.			NOT YET PAID
13	Laguesma, Bienvenido "Benny"	50096	23,800.00	FULLY PAID
Deceased				
1	Lim, Alfredo "Fred" S.	50071	25,000.00	FULLY PAID
2	Legarda Jr., Benito "Beniting" J.	50063	12,500.00	PARTIALLY PAID
				3,928,616.48

CLUB ADMINISTRATION

RCMFI HOLDS TWO SPECIAL BOARD MEETINGS



The RCManila Foundation, Inc. held two (2) Special Board Meetings last October 6, 2020 and October 7, 2020 via Zoom platform. During the first meeting, PP Teddy Ocampo was appointed Acting Treasurer for RY 2019-2020 for the purpose of financial report submission, ASAG/DE/Dir. Albert Alday was appointed Acting Secretary for RY 2019-2020 for the purpose of financial report submission as well as Secretary for RY 2020-2021 and PD Pepo Nuñez was appointed as Treasurer for RY 2020-2021. During the latter meeting, new members of the Board of Trustees were voted upon. PP Susing Pineda was elected as President of the foundation for RY 2020-2021. The newly elected members of the Board of Trustees for RY 2020-2021 are Dir. Celso Abastillas, ASAG/DE/Dir. Albert Alday, PD Beda Fajardo, DE/Dir. Farid Schoucair, DE/VP Thad Liamzon and BLA Amading Valdez.

CLUB ADMINISTRATION

ROTARY BRIEFING OF MR. GERARD SEAN RODRIGUEZ



PVP Lance Masters, Rtn. Manny Blanco and PP Romy Nones conducted a Rotary Information Briefing on Gerard Sean Rodriguez last October 6, 2020 via Zoom platform.
Also present was ES Anna Kun Toledo.

ROTARIAN OF THE WEEK

PE/PVP FRANCISCO "CHITO" ZALDARRIAGA: THE NEXT MAN AT THE HELM

By Rhea Vitto Tabora

Who would have thought that the kid who was always getting into trouble would later become an advertising guru and an outstanding leader, holding key positions in various associations?

Get to know PE/PVP Chito Zaldarriaga as he talks about his exciting journey through life and how he realized his dreams and aspirations. He also shares who greatly influenced him, and the most important thing people should know about him. On a lighter side, find out what an ideal day in his life looks like.

Rhea Vitto Tabora (RVT): What's your story? Please share something exciting about your life's journey.

Francisco "Chito" Zaldarriaga (FZ): I was born in the Philippines, and I'm the youngest in a family of seven siblings. I was considered a virtual black sheep (almost) as I was always getting into trouble. I got caught driving without a license at the age of 10. I loved car rallying and became president of La Salle Motoring Club in college. I totaled a car in 1995 when I was supposed to go skydiving. It was my second life, and I continued living the wild life.

Eventually, I married my wonderful wife in 1981 and had three kids. I'm happily going on with two *apos*.



“

The Rotary Club of Manila made me more aware of the various spectrum of the needs our lesser neighbors have. The valued role of being able to participate in alleviating these needs is gratifying. It is also refreshing to realize that these heavyweights of the country can occasionally let their hair down and act like boys!

ROTARIAN OF THE WEEK

PE/PVP FRANCISCO "CHITO" ZALDARRIAGA: THE NEXT MAN AT THE HELM

RVT: What was your dream job/dream business when you were growing up? Have you landed your dream job or has your interest changed when you got older?

FZ: As a kid, I was convinced I would be a fireman. But after college, one of my cousins asked me if I wanted to join the world of wine women and song. So after a year in the family business, I joined Mc Cann Erickson which was the start of my advertising career. I stayed on for almost 19 years.

By the number of times I got pirated by different agencies, I must have not been doing too bad. Industry recognition came by way of leadership in the 4A's and also the Adboard of the Philippines - holding several positions including President and Chairmanship of the latter.

In 1997, I got a call from the Carmelray Group at a time when property was booming. I joined them and two weeks later, the Asian economic crisis kicked in. It was my baptism of fire into this exciting but cutthroat industry. I have been blessed with this career for over 20 years and am quite happy to be in it.

I am currently the head of PHILEA (Philippine Ecozones Association), an association of ecozone developers in the country. I also hold key positions in other industry-related associations like GREENPRO.



RVT: Name the person who had a great influence in your life.

FZ: Jesus Christ and my wife.

RVT: How did this person made an impact in your life?

FZ: Jesus has brought me to where I am now. He has provided wisdom, guidance and most importantly, the comfort of Eternal Salvation to my life. My wife has been with me throughout this wonderful journey!



PE/PVP Chito Zaldarriaga with his wife, Cornel

RVT: If you could have coffee/tea/wine with one historical figure, who would it be?

FZ: Jesus Christ Why? Go figure!

RVT: Who do you consider the most inspiring person alive today? Why?

FZ: Dr Peter Tanchi. He's a very successful businessman, full of integrity and wisdom. He is the Senior Pastor of Christ's Commission Fellowship Church. His father was also once a member of RCM. I hope to get Dr. Tanchi to give a talk in one of our future meetings.

ROTARIAN OF THE WEEK

PE/PVP FRANCISCO "CHITO" ZALDARRIAGA: THE NEXT MAN AT THE HELM

RVT: What's the best thing about joining the Rotary Club of Manila?

FZ: Before joining RCM, I had been invited to join other Rotary Clubs around the Metro. I attended a few meetings and although I found them interesting, I never got around to seriously consider any of them. One day, (the late) Justo Ortiz extended the invitation for me to join RCM. At that point, I thought it was high time I consider joining a Rotary Club. I asked my boss then, and his reply was "Rotary Club of Manila? You would be a fool not to accept that invitation. Go for it!" I have not regretted joining this awesome club.

How has it changed you?

It made me more aware of the various spectrum of the needs our lesser neighbors have. The valued role of being able to participate in alleviating these needs is gratifying. It is also refreshing to realize that these heavyweights of the country can occasionally let their hair down and act like boys!



RVT: What's your view on environmental sustainability?

FZ: The environment CAN be sustained. It will require a holistic approach and the involvement of everyone on the planet.

RVT: What's the most important thing that people should know about you?

FZ: My paramount priority is to please God. With this, all else follows. It's easier said than done, although I am still imperfect in many ways.

RVT: If you could design an ideal day in your life, what would it look like?

FZ: After a good night's sleep, gear up for a nice round of golf with my wife or some of my golfing buddies, have a nice round of refreshments after, then come home to a nice home cooked meal, maybe watch a nice movie and then go to sleep! Simple man. Simple life.



A glimpse of how his ideal day looks like: playing golf with his wife.

RVT: If you have one hour of free time right now, how would you spend it?

FZ: Swim, ski, jog, and bike.

SUPPORTING THE ENVIRONMENT

ENVIRONMENT STRATEGIES

**Manila
Standard**

Business

B4 || FRIDAY, OCTOBER 2, 2020

Ray S. Eñano, *Editor*
Roderick T. dela Cruz, *Assistant Editor*

business@manilastandard.net
extrastory2000@gmail.com



ENVIRONMENT STRATEGIES. Environment Secretary Roy Cimatu (second from right) and Atty. Antonio Oposa (right) discuss environment improvement strategies with (from left) Metropolitan Manila Development Authority Chair Danilo Lim, Rotary Club of Manila president Robert Lim Joseph Jr. and immediate past president Jackie Rodriguez. Rotarians are active in protecting the environment in support of the Department of Environment and Natural Resources.

THE ROTARY FOUNDATION

AN INVITATION TO JOIN THE ROSTER OF PAUL HARRIS FELLOWS

July 14, 2020

Dear Fellow Rotarians,

An Opportunity has now opened doors for our club to be a 100% Paul Harris Club. With only US\$ 500.00 as a beginning contribution, you can now become a Paul Harris Fellow.

We have members who have risen to donor levels that have earned them significant point values. Our fellow members led by IPP Jackie Rodriguez, PDG Alex Cureg, IPVP Hermie Esguerra, PDG Rudy Bediones and PDG Obet Pagdanganan have indicated their willingness to share the points they have earned to allow Rotarians to be enrolled in the Roster of Paul Harris Fellows for only an initial contribution of US\$ 500.00 instead of the regular US\$ 1,000.00.

Contributions can easily be made by enrolling in www.rotary.org using your R.I. Identification Number. Once enrolled, you are allowed to learn Rotary, increase your circle of friendship and contribute conveniently using the website.

We, Rotarians, belong to a global family of service-oriented people who believe that our congregation is a means to share our blessings to the less fortunate communities globally. The Rotary Foundation is the funding arm of global humanitarian undertakings of Rotary International. It was formally named in 1917 and the first trustees were appointed after Rotary International President Arch Klumph proposed for the establishment of an endowment for the purpose of doing good in the world. The first grant of US\$ 500 benefitted the International Society for Crippled Children (Easter Seals). History marks the milestone projects of The Rotary Foundation such a scholarship for international graduate study, the elimination

of Polio worldwide, the initiation of a World Peace Forum, among others. Under the Rotary's 7 Areas of Service Focus, namely, Peace and Conflict Prevention/Resolution, Disease Prevention and Treatment, Water and Sanitation, Maternal and Child Health, Basic Education and Literacy, Economic and Community Development and lastly, Supporting the Environment, Rotary International and The Rotary Foundation have made themselves relevant to developing communities globally.

All these services would not have been made possible if not for the generosity of Rotarians, who voluntarily enlisted themselves to become members of The Rotary Foundation through a minimal contribution of US\$ 1,000.00.

We are currently working on a Global Grants for COVID-19 and other community-related projects. Your contribution will significantly improve the community living of our target beneficiaries.

For any assistance, please feel free to contact me.

Yours in the service of Rotary,

ROMEO THADDEUS LIAMZON
Vice President
Chairman, The Rotary Foundation
RY 2020-2021

Noted by:

ROBERT L. JOSEPH, JR.
President
RY 2020-2021

INTERCLUB RELATIONS

Rotary  

THE
ROTARY CLUB OF ASEANA MANILA
CORDIALLY INVITES YOU TO THE

District Team Visit

FEATURING THE INSIGHTS OF OUR
ROTARY MEETING GUEST SPEAKER

USEC. JOJO GARCIA
MMDA GENERAL MANAGER

ON METRO MANILA'S TRANSITION
TO THE NEW NORMAL



08
OCT


MEETING ID: 868 5496 9319
PASSWORD: rotary

8:00
PM

Rotary   Rotary Opens Opportunities

A NIGHT WITH
AR. CARMELO CASAS
PRESIDENT
PHILIPPINE INSTITUTE OF ARCHITECTS



**IMPACT OF PANDEMIC COVID-19 TO
ARCHITECTS
& ARCHITECTURAL DESIGN**

Hosted by
ROTARY CLUB OF BAGUMBAYAN-MANILA
TP Rolando "Rolly" Policarpio
RY 2020-2021

MEETING ID: 563 403 2296
PASSCODE: rcbm2020

VIA ZOOM
October 8, 2020
@ 7:30 P.M.

Rotary  Club of Manila Espiritu Santo Tayman
Rotary  Club of Manila Binondo Prime
Rotary  Club of Manila Cosmopolitan
Rotary  Club of Ermita Manila
Rotary  Club of Manila Fort Santiago


**ELIMINATING DIABETES
SESSION 4**

**FREEDOM
FROM
DIABETES**




VIA ZOOM  **11.06.2020**
7:00PM
FRIDAY FB LIVE

INTERCLUB RELATIONS

20 | 21

DISASTER PREPAREDNESS AMIDST THE PANDEMIC WEBINAR 2020

17 October 2020 | Saturday
9am to 12 noon Via Zoom Webinar

Host Club: Club of Manila Midtown

Rotary District 3810

Rotary Opens Opportunities

KEYNOTE SPEAKERS

Mr. Marlin Aguda Jr.
Safety, Emergency & Crisis Management Professional

Louie Domingo
Director, Emergency Management Center

Rotary Opens Opportunities

Rotary Club of Manila Magic

MAGICAL HAND:

An Outreach Program for Persons Deprived of Liberty (PDLs) of the New Bilibid Prison Relative to the Celebration of the Correctional Consciousness Week 31 October 2020

Donate a minimum amount of **Php 250.00** = per Beneficiaries are PDLs of the Minimum Security of the New Bilibid Prison

Medical Items (Vitamins, Face Masks, and Face Shields)

SEE DETAILS BELOW ON HOW TO BE A CO-HOST FOR THIS PROJECT

GOLD	SILVER	BRONZE
Php 15,000.00 = 60 PDLs	Php 10,000.00 = 40 PDLs	Php 5,000.00 = 20 PDLs

Help us reach our goal to serve **250** beneficiaries of the New Bilibid Prison, **DONATE AND BE A CO-HOST NOW!**

For donations and other pledges, please contact RTN. REYMARK RADJULI through 09058012082

Rotary District 3810

Rotary Opens Opportunities

GET YOUR CREEPY COSTUMES READY

Zoom-bie Halloween Party

October 30, 2020, Friday 5:00 PM
with Laraza Band

Free flowing cocktails and aperitif in the comfort of your home

"Big Prizes awaits you in Contests, Games & Raffle"

Hosted by:
RC Tondo Manila
Event ID 998 1653 7756
Passcode : Halloween

ROTARY INFORMATION

STEP RIGHT UP

In Rotary's membership game, everyone's a winner

By **Geoffrey Johnson** Illustrations by **Rocco Baviera**

When it comes to finding new members for his Minnesota Rotary club, Tom Gump doesn't just walk the walk, he trots the trot: the turkey trot. Gump is a former president of the Rotary Club of Edina/Morningside, which makes boosting membership a priority. In fact, that's the fourth item on a list of 10 tips to attract and retain members which has been prepared – and practiced – by the club. It's tip No. 10 that finds Gump clad in a turkey suit. More on that shortly.



The tips work: During Gump's 2016–17 stint as club president, Edina/Morningside added 31 members. Eleven of them were women; 10 were under 40 years old. With 94 members, the club "went from being classified as a medium-size club to being one of District 5950's large clubs," says Gump, who will be the 2020–21 district governor. "There were 13 clubs larger than our club in our district, and now there are only four."

Source: www.rotary.org

The tips have proven so effective that Gump has taken the Edina/Morningside show on the road, using a PowerPoint presentation to coach other clubs on specific ways they can expand their membership. "I have been called a good salesman," says Gump (who, for the record, is a real estate lawyer and a developer). "But to me, recruiting new Rotary members is not really selling. It's matching up potential members with what he or she wants in a club."

So if you're looking to add members to your club, consider taking a page from the Edina/Morningside playbook. Read on for the club's 10 tips, as well as five suggestions for increasing membership from other Rotarians and Rotary clubs.



The point is not just growing your club, but boosting Rotary's capacity to make a difference around the world.

Create a list of all the great things about your club

List your star members, the advantages of your meeting location, how many members you have, the kinds of projects and events you host, and so on. The list can serve as a template when sending an email or letter to a potential member. Make sure to tailor any correspondence so it addresses the specific interests and wants of any potential member. For instance, if someone is interested in international work, your email or letter should focus on that.

ROTARY INFORMATION

STEP RIGHT UP

Keep a list of potential members

It doesn't matter if it's a paper list or if it's kept on the desktop of your computer. Either way, it makes you think about those people who might be a fit for your club. Discuss the list at board meetings – not just the concept of bringing in new members, but the specific names and who's going to contact them and when. And don't overlook some obvious suspects, such as members' spouses, Youth Exchange host parents – “they already have a taste of what Rotary is about” – and even former members. “We had two founding members rejoin recently,” Gump says. “Sometimes people need to leave for a reason and then later they have more time and just have to be asked to come back.”

Know your club's strengths

Most things are strengths if you target the right audience. If you meet in the morning, you're probably a good fit for someone working 9 to 5. Meet at noon and you're more likely to appeal to retirees or parents of schoolchildren. “Not every club is right for every potential member,” Gump says. “If someone doesn't fit your format, recommend them to another club.” Keep in mind that the point is not just growing your club, but boosting Rotary's capacity to make a difference in communities around the world. And with any luck, that other club will send you a potential member one day. Gump points to one member who joined his club last year after a recommendation from the Rotary Club of Edina, which typically meets middays. “Morning meetings worked better for him than noon meetings,” Gump says. “He has already become a Paul Harris Society member, leads our beer tasting committee, and led our 100th anniversary celebration for The Rotary Foundation.”



Make membership growth your club's top priority -

and make sure every member understands that. “I always tell presidents and presidents-elect that the best way to make their year as president easier is to bring in more members,” says Gump. New members bring new energy to a club, he explains, and mean more people to serve on committees, work on projects and events, and raise money for the Foundation.

Look to young Rotarians for fresh perspectives

Want some suggestions about attracting younger members? Look at what's going on at the Roc City Rotary Club in Rochester, New York. “We are the next generation of Rotary,” proclaims its website. “The baton has been passed. It's now our turn.”

Chartered in February (and a provisional club since June 2016), Roc City targets recent college graduates and young professionals by keeping dues low (\$120 annually) and meetings infrequent. “We meet once a month and have a solid turnout at every meeting,” says Kristina Chartrand, who co-founded the club with her longtime friend Kelsey Christiansen (they met in 2005 as Interactors while in high school). “We want the game changers and move makers, people who are busy and thriving in their everyday lives. We attract young people who want to get involved but crave flexibility.”

ROTARY INFORMATION

STEP RIGHT UP

At press time, the club had 24 members, aged 21 to 33, as well as 20-plus "Friends of Roc City." Members are recruited through word of mouth and social media; it helps that Roc City convenes during happy hour at a local pub. "So many people see us and what we're doing and just stop by," Chartrand says. The club plans service projects three months in advance so members can plan ahead, and it regularly schedules speakers for its Adulting 101 series (topics have included "Paying Off Debt" and "How to Buy a House"). "We want this to be something club members look forward to every month" - for years to come.

Appeal to local volunteers

In fall 2014, the Rotary Club of Evanston, Illinois, held its inaugural "Heads Up, Evanston!" an event that's equal parts community outreach, game show, and, as one member puts it, "organizational speed dating."

"We encourage participants to connect with each other during and after the meeting and find new ways to collaborate and partner based on what they have heard each other say," explains Past Club President Paul Larson. "We follow up by sending all participants a PDF with everyone's contact information as an added convenience."

The participants in this service-oriented dating game are local not-for-profit organizations, about 25 per annual session. Representatives from each organization get exactly two minutes to, as Larson puts it, "give a commercial or news item about themselves." The time limit is rigidly enforced, albeit in a lighthearted manner. Talk too long and speakers are cut off by a "cheesy disco song from the '70s," Larson says. "This makes it fun since people do their best to finish before the dreaded sounds of an old Bee Gees tune or the theme from Rocky tells them time is up." Finish your "commercial" in 90 seconds or less and the Rotary bell rings, meaning the speaker gets invited back for a free lunch with the club and another opportunity to speak. The "Heads Up" gathering includes a modestly priced lunch - which "organizations are happy to pay," says Larson - and post-gathering mingling around tables laden with promotional materials.

"While the event definitely has the potential to build membership in the long term, we use it strategically as a supplement to more direct recruiting efforts," Larson says. But, he adds, it's also a way for the club to provide "a service to the community - a way for us to offer unique value as a forum for leaders." And because the club also presents its own "commercial," he notes, it's also an opportunity for "awareness building about what Rotary is and what we do." Sounds like a love connection.



Talk about Rotary wherever you go -

at work, family gatherings, neighborhood get-togethers, parties. You will be amazed how easy it is after you practice awhile. "Getting a lot of 'nos' helped build my confidence, because it didn't hurt as bad as I thought it would," Gump says. "And most people were happy I asked, even if they did have to decline." And remember: It's never not a good time to invite a potential member to a meeting. "People say it's a bad time, for example, because it's the holiday season," says Gump. "Our club recruited and inducted three new members during the holiday season." Nor is there a bad place to talk about Rotary: Gump landed one new member he met at Chipotle. "You never know where you will meet your next member," he says. "And if you want younger members, hang out where they hang out."

Make a list of club members' responsibilities

It's important to engage with potential members beforehand. They will want to know how they can fit in with your club and what opportunities there are for serving. The list should also include information about dues, attendance guidelines, and other club expectations - and it should emphasize the many benefits that come with being a Rotary member.

ROTARY INFORMATION

STEP RIGHT UP

Realize there is no finish line

Even if your club is the optimum size, it's no reason to stop recruiting. There are always reasons people leave. Of the 31 members who joined Edina/Morningside in 2016-17, eight eventually left the club: Three had a job transfer, one had a family issue, and two had conflicts with work. Only two people simply stopped participating. Among those who remained, 10 are now very active in leadership roles, and two are "on the presidential track." What's more, the club added 11 more members between July 2017 and April 2018. "You're either growing or you're dying as a club," Gump says.

Emphasize service

After attending a Rotary event with her mother, Fiona Bassett decided her town in the north of Wales needed another Rotary club - to complement the three it already had.

To attract new members, the Rotary Club of Wrexham Glyndwr - Wrexham's the town; Owain Glyndŵr was a legendary Welsh leader - puts the emphasis on projects rather than meetings. "We feel that having a meal and weekly meetings puts some people off joining," says Bassett. "As a club, we believe that the money we would spend on food every week could be put to better use."



Members are encouraged to attend one meeting a month, where the mood is informal and parents may bring their children if the sitter's unavailable.

The tech-savvy club relies heavily on social media to promote itself, its projects, and Rotary: One post notched 42,000 views in 24 hours. It collaborates closely with other clubs in the district - the Rotary

Club of Wrexham Yale helped Glyndwr get on its feet - and relies on high-wattage events to raise its profile.

"We host a family fun event that's going into its third year," says Bassett. "It attracts between 3,000 and 4,000 people, and everything is branded so there's no mistake who's organizing it."

Last December, the club's annual Christmas Lights Switch On drew about 10,000 people, thanks to promotional help from local celebrities, radio hosts, and the town council. "Everyone in Wrexham knows who we are," says Bassett. "We gained six new members from our first Christmas event and three last year" - and the club raised money for End Polio Now and other charities.

Celebrate when you get a new member

"You have to make potential members feel wanted," Gump says. "Our club makes a poster of the individuals after they've been voted in, and we put it in the front of the room at our next meeting. They love it. Some ask if they can take the poster home. One wanted to mail it to his mother." While celebrating new members, don't forget that clubs also stay strong by retaining current members. If you ensure that they are having a good experience and realizing the full value of their membership, the club's current members will be proud to invite a guest to a meeting - and those guests will want to join an attractive and welcoming club.



ROTARY INFORMATION

STEP RIGHT UP

Be persistent

At times, it will take more than one or two requests to get someone to attend a meeting. Keep asking. "It took my workout partner two years to convince me to come to a meeting," says Gump, who joined the club in 2013 after attending just one meeting.

Be vibrant

If Gump's fowl finery is any indication, this is a tip he takes to heart, dignity be damned. "The week before Thanksgiving, I contacted people on my recruitment list and told them I would be wearing a turkey suit to the next meeting and that they should come and see it," he says. "A few took me up on the offer – and some of them joined. It's all about making club meetings and events fun and vibrant. Other simple things we've done is make outrageous centerpieces for our meeting tables. It gets people talking. For example, at Easter we put baskets in the middle of the tables with plastic eggs, and inside the eggs were blue and gold M&Ms with the Rotary logo on them. At St. Patrick's Day, we had shamrocks with members' pictures on them; same thing at Christmas, but on foil trees. My club is so welcoming, sometimes it just takes getting a potential member to the first meeting and then they join. Balloons, posters, streamers – it all helps. It really does work."

While celebrating new members, don't forget that clubs also stay strong by retaining current members. If you ensure that they are having a good experience and realizing the full value of their membership, the club's current members will be proud to invite a guest to a meeting – and those guests will want to join an attractive and welcoming club.



Embrace diversity

In February, Rotary welcomed its first LGBTQ club, the Rotary Club of San Francisco Castro. The initiative to form the club came from the top down after local Rotary leaders acknowledged that members of the LGBTQ community were underrepresented in District 5150, which encompasses San Francisco and other towns in Northern California.

"We received a ton of support from our district," says the club's founding president, Lisa De Zordo. "It was invaluable." She especially singled out two past district governors – Eric Schmautz ("he planted the seed") and Leah Lambrecht – and lauded her former club, the Rotary Club of South San Francisco. "They were our sponsor club and our cheerleaders," De Zordo says.

ROTARY INFORMATION

STEP RIGHT UP

From De Zordo's perspective, the formation of the new club recognized what was already a reality: Many members had already been participating in Rotary events and projects. "We did not let not being chartered get in the way of our service," De Zordo says. Now the club is partnering with Larkin Street Youth Services and other local organizations to help at-risk youth, neglected seniors, and the homeless.

De Zordo thinks it's essential that Rotary embrace diversity if it intends to grow. "Rotary has a real opportunity here," she says. "We need to be open and affirming to everyone. If we're interested in bringing peace to the world, that peace has to start with us."

That process is well underway Down Under. According to Steven Aquilina, past president of the Rotary Club of Southbank (in Melbourne), Australia has a well-established LGBTQ Rotary network. And in June, Monica Mulholland completed her term as the first transgender president of the Rotary Club of Queenstown, New Zealand. During her tenure, the club hosted an LGBTQ "information night"; in a letter, then-RI President Ian H.S. Riseley endorsed the event and encouraged other clubs to welcome people of diverse backgrounds.

"At the core of it all is that we're Rotarians who are LGBTQ," De Zordo says. "The focus is always on Rotary."

Get them in the door

In April, at his induction ceremony into the Arch Klumph Society, Rustico "Chito" Recto Jr. explained how, almost against his will, he came to join Rotary in 1980 when he was 26 years old. "A close friend of mine had recently joined," Recto explained, "and he attended the Rotary Convention in Chicago, the year Rotary was celebrating its 75th anniversary. Upon coming home to the Philippines, he was so upbeat about Rotary that he practically twisted my arm to attend a meeting."

"Initially, as Recto confessed after the ceremony, he did not share his friend's enthusiasm. Not easily deterred, his friend picked him up for a lunch date one day. Unbeknownst to Recto, their destination was a Rotary meeting. "I was a little surprised," he says today, but once introduced to the organization, he was hooked: "I became a member, and from there on, there was no stopping me."

Recto went on to assume a number of leadership positions, including president of the Rotary Club of Lipa South and governor of District 3820 (Philippines). In addition to their generous contributions to The Rotary Foundation, Recto and his wife, Lydia Miral, have been Rotary Youth Exchange hosts, joined the fight to end polio, and helped provide aid to residents of Mindanao after Typhoon Haiyan in 2013, among other endeavors – all because a persistent friend "convinced" Recto to attend his first Rotary meeting.

Membership

Rotary International provides a wide range of resources, tips, and tools to help clubs build and sustain their membership. For more information, go to rotary.org/membership.

OTHER MATTERS



NUTS N' BALLS

by PP Boy Guevara, Jr.

Everyone should share this useful information on saving lives! It's a way to do good!

Please pass this on, as it not only teach other people, but could save yourself too!

Ways to save a life:

1. Choking - Just lift up your arms.

In New Jersey, US, a 5-year old boy cleverly saved his grandmother's life, with a very simple method, by raising the arms!

His 56-year old grandma Dilihua was at home watching TV while eating fruits. When she turned her head, a piece of fruit got stuck in her throat. She tried to press on her chest to dislodge it, but it doesn't help. When the boy asked: "Grandma, are you choking?", she could not answer.

"I think you are choking Grandma, raise your hands, raise your hands."

The Grandma did as he said, and really managed to spit out the fruit!

Her grandson was very calm, and said it was something he learned in school.

2. Body aches upon waking

Do you wake up in the morning and find yourself experiencing body aches? Does your neck feel sore and painful? What should you do if you experience these symptoms?

Just lift your feet up!

Pull your big toes outwards, and slowly massage and rotate in a clockwise or counterclockwise direction!

3. Foot cramps

When you have a cramp in your left foot, raise your right arm as high as possible.

When you have a cramp in your right foot, raise your left arm. This will soothe immediately.

4. Feet numbness

If your left foot becomes numb, swing your your right hand out forcefully.

If your right foot is numb, then swing your left hand.

Three rescue methods

1. Half body paralysis (regardless due to brain hemorrhage or clogged blood vessels), half side face drooping. Immediately take a sewing needle and puncture the patient's earlobes at the lowest point, then squeeze out a drop of blood on each side. The sufferer will be immediately cured, and will not have any lasting symptoms.

2. Heart stop due to heart attack. Immediately take off the patient socks, and with a sewing needle puncture each one of the person's ten toes, squeezing a drop of blood out. The patient will then wake up.

3. When the patient has difficulty breathing, regardless whether due to asthma or acute laryngitis, etc., until they start to turn red, quickly puncture the tip of the nose with a needle and squeeze out two drops of black blood.

The above three methods are not dangerous at all, and can be performed within 10 seconds. Do a good deed and share it with friends! I did! Not only can you share knowledge, but you could also save a life!



OTHER MATTERS



QUOTES ON LIFE

by PP Frank Evaristo

1. "If you can't feed a hundred people, then feed just one." - Mother Teresa
2. "Life isn't meant to be easy. It's meant to be lived. Sometimes happy, other times rough. But, with every up and down, you learn lessons that make you strong."
3. "Definition of stupid: knowing the truth, seeing the truth, but, still believing the lies."
4. "A wise man said, 'Don't be afraid to start over again. This time, you're not starting from scratch, you're starting from experience.' "
5. "I've failed over and over and over again in my life... and that is why I succeed."
- Michael Jordan
6. "Patience is not the ability to wait, but, the ability to keep a good attitude while waiting."
7. "I'm not perfect, but, at least, I'm not fake."
8. "The older I get, the less I can absorb what people think of me, therefore, the older I get, the more I enjoy life."



B.O.D. & EXECUTIVE OFFICERS | EDITORIAL TEAM



Official Newsletter of
Rotary Club of Manila
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Executive Assistant

AMIEL M. HERNANDEZ
Committee Coordinator

GRACE AQUINO
Fund Coordinator

RCM OFFICE

543 Arquiza St. cor. Grey St.
Ermita, Manila
Tel. No. 8-527-1886
Fax No. 8-527-1885
Email: rmanila@rmanila.org