

Kabalita



No. 3599, May 7, 2015

GUEST OF HONOR AND SPEAKER



RTN. JOSE MANUEL "BABE" G. ROMUALDEZ

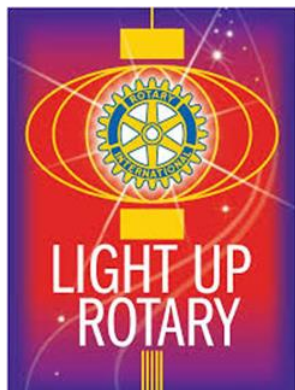
Chief Executive Officer

Stargate Media Corporation

Chairman, JOURNALISM AWARDS COMMITTEE

KABALITA

Get the latest on issues hugging the limelight from the hottest BABE in town as only his own "eye view" can capture and get to know our very own Manila Rotarian behind the recognition of members of the Fourth Estate at Asia's First Rotary Club.



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THE ROTARY CLUB OF MANILA

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PROGRAM

RCM's 37th for RY2014-15

May 7, 2015, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator : PVP Fausto Preysler

"A Joint Meeting Between Rotary Club of Manila(RCM),
Rotary Club of Forbes Park (RCFP), Rotary Club of Bagumbayan
Manila(RCBM)"

PROGRAM TIMETABLE

11:30 PM Registration & Cocktails

12:25 PM Bell to be Rung:

Members and Guests
are requested to be seated

PVP Fausto Preysler

OIC/Moderator

12:30 PM Call to Order

RCM Pres. Frank Evaristo;

RCFP Pres. John Tiong;

RCBM Pres. Ian Tong

Singing of Republic of the Philippines

National Anthem

RCMWF Music Chorale

Invocation

RCBM PP Buen Mariano

RCM Hymn

RCMWF Music Chorale;

RCFP Hymn

RCFP Members

RCBM Hymn

RCBM Members

The 4-Way Test Credo

RCFP PP Hiro Asandas

12:40 PM Introduction of -

-Guests and Visiting Rotarians

RCFP PE Tedjie Herbosa

-Personalities seated at the Head Table

Welcome Song

RCMWF Music Chorale

Raffle of 20 red wines courtesy of PVP Manny DY

12:45 PM Maligayang Bati (Weekly Birthday Celebrants) :

RCM Birthday Celebrants:

May 8...Rtn. Jun Coyiuto;

May 11...Rtn. Jun Bella;

May 12...PD Ner Lonzaga;

May 13...Rtn. Mikael Avellan;

RCFP Birthday Celebrants:

May 05 Rtn. Alexis Zaragoza

May 19.. PP Ruben Torres

RCBM Birthday Celebrants:

May 12...Dir. Willie Chua

Happy Birthday Song

RCMWF Music Chorale

12:50 PM President's Time

RCM Pres. Frank Evaristo;

RCFP Pres. John Tiong;

RCBM Pres. Ian Tong

12:55 PM Introduction of Guest of

Honor and Speaker

RCM PAS Chito Zaldarriaga

1:00 PM Address: Rtn. Jose Manuel G. "Babe" Romualdez

CEO, Stargate Media Corporation;

Columnist, The Philippine STAR

Public Forum

Response and presentation of token of
appreciation to Rtn. Jose Manuel G.

"Babe" Romualdez

RCM Pres. Frank Evaristo;

RCFP Pres. John Tiong;

RCBM Pres. Ian Tong

2:00 PM Adjournment

PRESIDENT'S CORNER

Last week's luncheon meeting was virtually a HOME IN THE SKY with the big turnout in terms of attendance with Makati West Rotarian Jaime "Jimmy" J. Bautista, President and Chief Operations Officer of Philippine Airlines, the country's flag carrier, as Guest of Honor and Speaker at a joint meeting between his own club, the Rotary Club of Makati West led by Best Class President Aurelio Paolo "AP"



Bartolome, son of our very own Past President Archibartolome and our club, the Rotary Club of Manila, the First in Asia. Truly, breaking bread with younger Rotarians from the Rotary Club of Makati West was a site to behold as their who is who, namely, Rotary International Director Guillertumangan, PDG Tony Rufino and PDG Ed Alvarez. During the luncheon, RI Director Guillertumangan was the lone birthday celebrant in attendance where he was presented with the birthday cake and the Happy Birthday Song sung to their heart's content by the Rotary Club of Manila World Famous Chorale. Ms. Cielo C. Villaluna, on the other hand, made a gesture of goodwill in behalf of Philippine Airlines as he facilitated my request for two (2) round trip tickets for the Manila-Hong Kong-Manila route which will be raffled off during our club's 96th Charter Anniversary Celebration which is headed by Committee Chairman VPE/VP Teddy Ocampo and which will take place on June 4, 2015, 12 noon, at the New World Hotel Ballroom. VPE/VP Teddy Ocampo is preparing a program of entertainment with a lady singer and a raffle of valuable prizes aside from the plane tickets as well as a portion honoring the pillars of the Rotary Club of Manila where the highlight will be the parade of Past Presidents who will lead the anniversary toast and the blowing of candles on the anniversary cake. Hence, mark this red letter day on your respective calendars as this promises to be another affair to remember.

On news within our club, our very own Treasurer Chito Tagaysay has donated highly technical books to the school children of our day care center, the residents of our community in Barangay New Washington in Aklan. In addition, he donates the Philippine Almanac every week which our club gives to our Guest of Honor and Speaker. To this gesture, we express to him our sincerest thanks and profound gratitude. Meanwhile, as we near our curtain call for Rotary Year 2014-2015, we eagerly look forward to the formal turnover ceremonies of the following club community service projects in consonance with the main objective of Rotary which is to be of service to the needy, the poor and the sick:

1. The rehabilitation of three (3) classrooms to accommodate 132 grade school children and the school library in the Tabontabon Center School in Leyte through our very own Rtn. Tong Payumo and with the help of Mayor Brendo Gomez at a project cost of FIVE HUNDRED THOUSAND PESOS (Php 500,000.00).

2. A livelihood project for the families in Capiz and Negros Occidental with a total cost of SEVEN MILLION PESOS (Php 7,000,000.00) under the supervision of the Gawad Kalinga Foundation.
3. The highlight of our term will be the turn over of EIGHTY (80) housing units constructed and supervised by the Gawad Kalinga Foundation broken down as follows, TWENTY (20) houses in Pontevedra, Capiz, THIRTY (30) houses in Cadiz, Negros Occidental and another THIRTY (30) houses in Batad, Iloilo for the victims of Super Typhoon Yolanda worth TWELVE MILLION PESOS (Php 12,000,000.00) which was done in cooperation with the Rotary Japan (Gov. Kai).

In connection also with our curtain call for the Rotary Year, our Club Awards Committee chaired by PP Benny Laguesma has convened the committee composed of Club Secretary Albert Alday, PD Alvin Lacambacal, PT Jim Chua and himself to discuss the year end awardees for Rotary Year 2014-2015, the awarding of which will be held during the Valedictory and Year End Awards Luncheon Meeting on June 25, 2015 at the Manila Polo Club in Makati City. On the other hand, we will have the Rotary Club of Manila Annual Tourism Awards Presentation under the stewardship of Dir. Bobby Joseph on our next club luncheon meeting on May 14, 2015 at the New World Makati Hotel where our club will award important personalities whose exemplary performance and vital contribution to the development of Philippine Tourism can not be undermined. Thus, I urge each one of you to mark this important date on your respective calendars as we give our whole hearted support to this worthwhile endeavor by attending this event.

On news around the district, many Rotarians might not be aware that our very own People's Champ and Pambansang Kamao, Emmanuel "Manny" Pacquiao is a Rotarian of our district, District 3810, and a Past President of the Rotary Club of Manila 101 where he was a Peace Builder President alongside DGE Obet Pagdanganan. In fact, his club even has a fund-raising project headed by Best Class President Fely Dy with PP Manny's photo printed in their promotional t-shirt that says "I Got One". Despite the loss of PP Manny in the Fight of the Century with Floyd Mayweather, Jr., both future hall of famers, via a unanimous decision, he remains a living legend, a hero and an inspiration to the multitude of Filipinos whose lives he has touched. In the hearts and minds of the Filipino people, especially, to his fellow Rotarians who have always been behind him in every fight as he brings honor to our country, we say, "Mabuhay Ka PP Manny!"

Today, we shall have our very own Rtn. Jose Manuel "Babe" G. Romualdez, President and Chief Executive Officer of Stargate Media Corporation, Columnist of The Philippine Star and Chairman of the Journalism Awards Committee as Guest of Honor and Speaker. Let us all give him a warm welcome and lend him our undivided attention as he presents his views and opinions on the 2016 Presidential and National Elections among the burning issues of the day. Hence, let us give the winding up stages of our Rotary Year 2014-2015 one final kick as we participate in all the activities of Rotary.

GUEST OF HONOR AND SPEAKER'S PROFILE

JOSEMANUEL ROMUALDEZ y DEL GALLEGO



I. PERSONAL INFORMATION

NAME : Jose Manuel del Gallego Romualdez
DATE OF BIRTH : 08 November 1947
PLACE OF BIRTH : Manila

II. EDUCATION

Ateneo de Manila University	Grade School	1954-1962
Ateneo de Manila University	High School	1962-1965
Forest Hills High School	New York, USA	1965-1966
Dela Salle College	College	1966-1970

Diploma : B.S.B.A.

III. PROFESSIONAL EXPERIENCE

1970-1979 News Reporter/Newscaster (NEWSWATCH RPN-9)

April 1989 Coordinated Media group for the official visit of Vice-President Salvador H. Laurel in Washington DC, New York, Los Angeles, San Francisco

May 1997 Member, Business Delegation of President Ramos to Los Angeles, San Diego & Mexico

November 1997 Member, Business Delegation of President Ramos to APEC Conference in Vancouver, Seattle, San Francisco & New York

July 1999 Coordinated official working visit of the former President Joseph Ejercito Estrada to San Francisco, New York and Washington DC

September 2011 Member, Philippines, Inc. delegation with President Noynoy Aquino's official visit to China and Japan

October 2012 Member, Philippines, Inc. delegation with President Noynoy Aquino's official visit to New Zealand

Current, 2001 President, Manila Overseas Press Club (MOPC)
Columnist, The Philippine Star (*Babe's Eye View* and *Spy Bits*)

Chief Executive Officer, Stargate Media Corporation
Publisher, People Asia Magazine (Philippine Star affiliate)

Executive Vice-President, Philippines, Inc.
Chairman, FCB Group

IV. CLUB AFFILIATIONS/MEMBERSHIPS

1. Manila Overseas Press Club
2. Olympic Club, San Francisco
3. Makati Business Club
4. Manila Polo Club
5. Manila Golf
6. American Chamber of Commerce
7. Philippines, Incorporated
8. Canadian Chamber of Commerce
9. The Tower Club
10. Rotary Club of Manila
11. The City Club.

Over the years, Mr. Romualdez has served as resource person speaker for various fora and is usually invited by broadcast networks as panelist/discussant on current issues of national interest. In May 2006, Mr. Romualdez was a speaker and delivered a speech titled "Dying to tell the story" at the International Press Institute (IPI) World Congress and 55th General Assembly in Edinburgh, Scotland where he discussed the media killings in the Philippines. He was a reactor/panelist during Guam Chief Justice Robert Torres Jr.'s lecture on "Media and the Courts" organized by the Supreme Court and the Philippine Judicial Academy in 2011. Mr. Romualdez was also a speaker during the very First Professional Summit organized by the Philippine Association of Professional Regulatory Board Members (PAPRB) on the topic "Professional Media in the Digital Age."

Mr. Romualdez writes three columns for The Philippine Star, namely Spy Bits which appears at the Business Section every Tuesday and Thursday; Babe's Eye View every Sunday within the Opinion/Editorial pages; and This Week on PeopleAsia at the Allure section of the paper every Sunday. All three columns have a wide following of readers composed of Filipinos and foreigners both in the Philippines and abroad (via the paper's online version).

PREVIEW OF NEXT THURSDAY'S LUNCHEON MEETING

May 14, 2015, 12N, at New World Hotel Makati

TOURISM AWARDS PRESENTATION 2015



**Dir. Bobby Joseph, Chairman,
Tourism Awards Committee**

**By: Program Committee Chair PD
Issam Eldebs; Co-Chair Rtn. Babe
Romualdez**

THE WEEK THAT WAS

RCM PP Archit Bartolome as
OIC-Moderator directs the program
of activities for the joint meeting of
Rotary Club of Manila (RCM)
and **Rotary Club of Makati West
(RCMW)**.



RCM Pres. Frank Evaristo and **RCMW Pres. AP Bartolome** call the
joint meeting to order.



RCMW PN Ruy Moreno delivers an ecumenical prayer.



RCM Sec. Albert Alday leads in the recitation of the Four (4) Way Test.



RCMW Tony Lopez introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RCM Pres. Frank Evaristo hoisting the two PAL round trip airfare tickets Manila-Hongkong-Manila to be raffled off during the RCM 96th Anniversary on June 4 at New World Hotel and **RCMW Pres. AP Bartolome** during their respective President's Time.



RCM Dir. Bobby Joseph does the honor and pleasure of introducing Rtn. JAIME J. "Jimmy" BAUTISTA, President/CEO, Philippine Airlines, as guest of honor & speaker.



Rtn. Jaime J. Bautista, President and Chief Operations Officer of Philippine Airlines, spoke before Manila Rotarians, his very own Makati West Rotarians, Visiting Rotarians and guests on the achievements of the flag carrier during the first quarter of 2015, the future plans of the flag carrier and how its service to Pope Francis has divinely touched the flag carrier towards achieving greater heights.

Wisdom, compassion, and courage are the three universally recognized moral qualities of men.

Confucius



An interactive public forum followed suit post the speech of Rtn. JAIME J. "Jimmy" BAUTISTA.



RCM Pres. Frank Evaristo & present to Rtn. JAIME J. "Jimmy" BAUTISTA, RCM's almanac book courtesy of Treas. Chito Tagaysay, and a religious icon; and RCMW Pres. AP Bartolome presenting a painting to Rtn. BAUTISTA, as the clubs' token of appreciation for being the guest of honor and speaker.

WEEKLY BIRTHDAY CELEBRATION



RCM Pres. Frank Evaristo and RCMW Pres. AP Bartolome present the lone birthday celebrant of the week: From RCMW RI Dir. Guiller Tumangan for the traditional blowing of candle on the birthday cake amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

CLUB AWARDS COMMITTEE



Club Awards Committee meeting on the Club Year-end Awards held last Wednesday, May 6, at the RCM Secretariat office. Present during the meeting were: Pres. Frank Evaristo, Sec. Albert Alday, PT Jim Chua, PD Alvin Lacambacal, PP Benny Laguesma, Chairman, and ES Anna Kun Toledo.

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

Confucius

SPECIAL CHILDREN SUMMER CAMP



of Hospicio de San Jose Thursday
April 28, 2015 at Cuyag Hot Spring
Resort, Bucal, Calamba, Laguna - PD
Phil Ong, Chairman, Special Children
Committee

Report of the Committee on Special Children

Last week on April 28, the Committee on Special Children (Ray Davis, Pete Gonzales and Phillip Ong) brought 37 orphans from Hospicio San Jose on their annual summerouting. They were joined by Alvin Lacambacal. This year their activity was to swim at Cuyab Hot Spring Resort, Bucal, Calamba, Laguna. The orphans enjoyed the day and many, of those who were able, spent much of the day in the pool.

A highlight of the day occurred when Phil saw Ray wearing a hat from his time at Lehman Brothers, 17 years ago. Phil sprung into action upon seeing the hat. Phil insisted that wearing such a hat would bring bad karma to the wearer and insisted on trading hats with Ray. Ray resisted and said "I worked for Lehman Brothers for 16 years and about all I have the show for my time there is this hat". Phil promptly removed it and replaced it with his own.

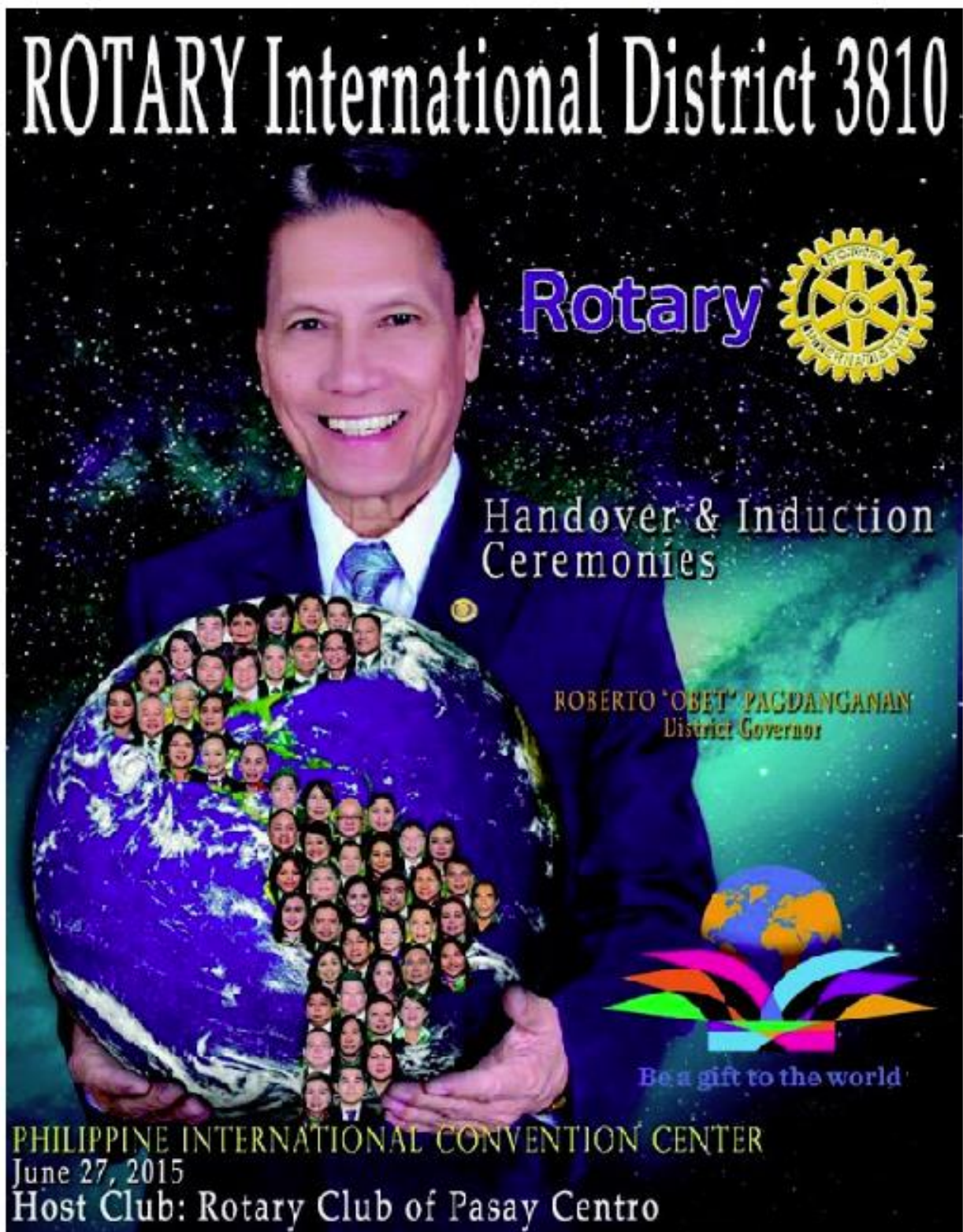
Bad karma then went out the window and Phil proudly wore the Lehman Brothers hat for the rest of the day. From now on Chairman Philip will be known in the Committee as "Hat-Trick-Phil".







HANDOVER AND INDUCTION CEREMONIES



ROTARY International District 3810

Rotary 

Handover & Induction Ceremonies

ROBERTO "OBET" PAGDANGANAN
District Governor


Be a gift to the world

PHILIPPINE INTERNATIONAL CONVENTION CENTER
June 27, 2015
Host Club: Rotary Club of Pasay Centro

INTERNATIONAL RELATIONS

From: Rotary Club of Singapore [mailto:rtynfo@rotary.org.sg]
Sent: Thursday, April 30, 2015 6:23 PM
To: SCP14-15 Frank A Evaristo (RC of Manila)
Cc: IPP Dr Shahul Hameed ; PE Tan Gim Guan, Alan ; Shamin Vaswani
Subject: Rotary Club of Singapore - Installation Dinner on Friday, 26th June 2015

Dear President Frank/PE

Further to our earlier email, please see below information regarding Sister Clubs' Event and Fellowship:

81st Installation of President Alan Tan & Board of Directors of Rotary Club of Singapore

It is with great pleasure that I invite you and your spouse for the above event to be held at

Tower Ballroom
Cocktails from 6:30pm onwards
Shangri-La Hotel
22 Orange Grove Road
Singapore 258350

(Please see attached e-invitation.)

Please let me know if there are additional members from your club who may wish to attend the above event as well.

As part of our initiative to reaffirm our sister club relationship, I would also like to invite you (and any additional accompanying members) to attend a Sister Club's Re-affirmation and Signing Ceremony and Dinner on:

Date: 27th June 2015 (Saturday)
Time: 6:30pm to 10.30pm
Venue: Flyer Event Hall, Level 2, Singapore Flyer, 30 Raffles Avenue, Singapore 039803

I look forward to your favourable reply to these two events by 10th June 2015

Thank you.

Yours in Rotary
Alan Tan
President 2015-2016
Rotary Club of Singapore

April 27, 2015

Dear Fellow Rotarians,

INVITATION TO ATTEND INDUCTION AND FELLOWSHIP OF 81ST
INAUGURAL MEETING OF ROTARY CLUB OF SINGAPORE- JUNE 26,
2015 AT SHANGRI-LA HOTEL, TOWER BALLROOM, SINGAPORE

We are invited to attend the 81ST Installation and Fellowship Dinner by
Rotary Club of Singapore, our sister club to be held on FRIDAY 26TH JUNE
2015 AT 7:00 PM at the Shangri-La Hotel, Tower Ballroom, located at 22
Orange Grove Road, Singapore.

Please send back the RSVP FORM on or before May 28, 2015 so we could
advise our sister club of our delegation.

Many thanks.

INTERNATIONAL RELATIONS COMMITTEE

DIR SUSING PINEDA
Chairman RY 2014-2015

PD Ed Lee
Chairman RY 2015-2016

Cc: Pres. Frank Evaristo, Dir Oscar del Rosario

RSVP
RC SINGAPORE 81ST INAUGURAL MEETING DINNER,
JUNE 26, 2015 7:00 PM
Email: rcmanila@rcmanila.org; Fax 5271885

Dear Dir Susing Pineda,

[] ATTENDING ALONE FLIGHT DETAILS TO FOLLOW
[] ATTENDING WITH _____ FLIGHT DETAILS TO FOLLOW

Thank you,

By: _____ Date: _____
Signature over Printed Name

REUNION OF RC PRESIDENTS



Rotary Club Presidents' RY 1987 - 88 Reunion - PP Archit Bartolome graciously hosted the Rotary Club Presidents' RY 1987 - 88 Reunion during the term of PDG Oskie de Venecia held last May 5, 2015 at the Manila Golf Club, Makati. Photo shows seated, from left-right: PP Orly delos Santos, RC Pasay Mia, PDG Oskie de Venecia, PP Archit Bartolome, Pres. Frank Evaristo. Standing, from left-right: PP Jun Alvendia, RC Makati West, PP Gigi Zulueta, RC Makati & PP Charlie Nocom, RC Makati North.

CLUB PRESS RELEASE



LEGARDA ON CLIMATE CHANGE BEFORE ROTARIANS: Senator Loren Legarda spoke before Rotary Club of Manila, Rotary Club of Forbes Park, visiting Rotarians and guests on the effects of climate change as well as concern for the environment, during her recent speaking engagement held at the Manila Polo Club. Photoshows (from left) Rotarian Babe Romualdez, Manila Rotary president Frank Evaristo, Legarda and Forbes Park president John Tiong.

Source: *The Philippine Star*, Thursday, April 30, 2015, PEOPLE & EVENTS

PUBLIC HEALTH NUTRITION & CHILD CARE

NON-CONTACT BOXING WORKOUTS

Elias D. Adamos, M.D.



I was not bothered about the judges' decision in the "Fight of the Century". But when I heard about a judge's 118 against 110 in favor of Mayweather, I started to think like a medical doctor. I immediately went to talk to my son, who is in medical school, and asked him to divide 118 by 12 (the number of rounds of the fight). The quotient, which is 9.83, may be rounded up to 10. This means that on each and every round, Pacquiao received more or less 10 blows to his head.

Post-fight interview, or about a day or two after the fight, here comes our own Manny Pacquiao, claiming that he was suffering from a sore right shoulder. Sore loser? Sore shoulder? Or is it both? That's not my concern. My concern is this: While he may be preoccupied with his pain on his right shoulder that may affect his future bouts, I hope I am not so judgmental to say, as a physician, that he should learn from Muhammad Ali's fate. Muhammad Ali suffers from neurological or brain condition brought about by his 'too long' career in boxing. A long career in boxing equates to too much blow on the head.

Punch Drunk Syndrome

One of the causes of dementia is *punch drunk syndrome*. Professional boxers may develop dementia due to neuronal damage caused by repeated blows to the head (Pathology Illustrated, 5th ed., 2000). Blows to the head can result to the jarring of the brain or concussion of tissues inside the skull, including brain tissues. This can result to an ischemic condition or to a decreased in blood flow and circulation in the brain. Decreased in blood flow amounts to death of brain cells or neurons. Death of neurons leads to brain loss that can result to dementia. Too many blows to the head may also result to multi-infarcts in the brain that may result to similar consequences – Dementia. Loss of more than 100 ml of brain correlates with dementia.

Boxing as a form of aerobic exercise

The recent boxing match surely has inspired millions to take up boxing as a form of physical conditioning. When my son went to Elorde Gym to have some boxing and he came home with painful hands, I was almost inclined to tell him to take care of his hands that are vital in his future career as a medical doctor. There's an instant solution to that. Boxing can be a non-contact sport because there is such a thing as non-contact boxing. Non-contact boxing is an aerobic exercise inspired by Ali's fate. In the States it was earlier referred to as "Punching Out Parkinson's". Actually, it's the same banana as shadow boxing. The only difference is that nowadays, there are researches on this type of exercise. Non-contact boxing, as a strenuous and aerobic exercise improves physical strength. It improves gait and balance. It increases your heart rate and makes you breathe heavily. It results to better mental and physical functioning in daily living. Just remember to warm up and cool down. Consult your doctor before going into it. Encourage and motivate an exercise partner if you do not have a trainer. Know your limits and always stay safe. This exercise gives the same results as with tai chi and yoga.

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