



balita

No. 3670, October 27, 2016

GUEST OF HONOR & SPEAKER



HON. ANTONIO F. TRILLANES IV

Senator
Republic of the Philippines

KABALITA

Peace and order finds forever in no other as an officer and a gentleman legislator from the upper chamber, whose hard hitting and bold ways has gained the acclamation of his countrymen, makes a "pass in review" at Asia's First Rotary Club.

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THE ROTARY CLUB OF MANILA

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PROGRAM

RCM's 16th for Rotary Year 2016-17

Thursday, October 27, 2016, 12N, Manila Polo Club McKinley Room

OIC/Moderator : **Rtn. "Joe" Assad**

Program Timetable

11:30PM	Registration and Cocktails	
12:25PM	Bell to be Rung: Members and Guests are requested to be seated :	Rtn. "Joe" Assad
12:30PM	Call to order Singing of Republic of the Philippines National Anthem Invocation A moment of silent prayer for the eternal repose of the soul of PRIVP Francisco C. "Don Paco" Delgado who recently passed-away in the grace of the Lord RCManila Hymn The Four (4) Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale AT Raoul Villegas RCM WF Music Chorale All Rotarians
12:35PM	Introduction of Guests & Visiting Rotarians & Personalities seated at the Head Table Welcome Song	Rtn. Mon Alberto RCM WF Music Chorale
12:40PM	Happy Birthday (Birthday Celebrants:) Oct. 31...PD "Rob" Sears, PD "Jess" Santos; Nov. 01...PP "Dong" Saludo Happy Birthday Song	RCM WF Music Chorale
12:45PM	Induction of New Members to RCM I. Brief Introduction by Proposers	
	1) Mr. Leandro Endaya "Jodi" Bantug (Filipino) Managing Director, Design International Selections, Inc. Classification: Furniture & Accessories – Furniture Distributing Proposer : Pres. "Teddy" Ocampo	
	2) Mr. Ricardo "Ric" Ramos (Filipino) Chief Executive Officer/Managing Partner/Channel Distributor Cater Concierge LLC; Toast Restaurant POS Reimagines Classification: Power Production & Distribution–Wireless Distribution Proposer : PP "Boy" Guevara	
	II. Formal Induction Ceremony Welcome Baby Rotarian Song	Pres. "Teddy" Ocampo RCM WF Music Chorale
12:50 pm	President's Time	Pres. "Teddy" Ocampo
12:52PM	Introduction of Guest Speaker	Dir. "Chito" Zaldarriaga
	ADDRESS: Hon. Antonio "Sonny" Trillanes IV Senator, Republic of the Philippines	
	Public Forum Response, Presentation of token of appreciation to Sen. Antonio "Sonny" Trillanes IV	Pres. "Teddy" Ocampo
2:00	PM Adjournment	

PRESIDENT'S CORNER



Last week, our very own Manila Rtn. Tony Lopez gave his fearless assessment of how the Duterte administration is handling the state of affairs of our nation. His hard hitting ways are well respected in media worldwide. There is nothing like an honest to goodness view of what is happening in our country now.

As for updates within our club, grief has again stricken our storied club with the demise of PRIVP Francisco "Don Paco" Delgado, one of our most revered Rotarians who has made a lasting mark not only in our club and district but in Rotary International as well, last October 24, 2016 at the ripe age of 100, considered a feat in itself. Don Paco served as President of our club during RY 1957-1958, District Governor of then District 305 during RY 1961-1962, Rotary International President's Representative and as Vice President of Rotary International from 1967-1971. Necrological services by our club were held last October 26, 2016 at the Capilla de la Virgen of the Santuario de San Antonio in Forbes Park, Makati City. On this note, I exhort each one of you to pray for the eternal repose of his soul and that the myriad of Manila Rotarians who have gone before him embrace him with open arms as he rests with the angels in heaven. On a more positive note, many Manila Rotarians attended the natal day celebration of PD Nick Locsin held last October 24, 2016 at Selu's Bar, Oakridge Bldg., Magallanes Commercial Center in Makati City.

Updates from around the district include the attendance of CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday at the Governor's Visit and the Regular Meeting of the Rotary Club of Bagumbayan Manila held last October 20, 2016 at the New World Manila Bay, Manila. A day later, October 21, 2016, IPDG/PP Obet Pagdanganan, DGN/IPCoS/PP Rudy Bediones, CoS/IPSDG/PP Cesar Ubaldo and SDG/IPAG/PP Frank Evaristo attended the Induction of the Rotary Club of Juan Luna Manila at the Century Park Hotel in Manila. The following day, October 22, 2016, IPDG/PP Obet Pagdanganan, DGN/IPCoS/PP Rudy Bediones and CoS/IPSDG/PP Cesar Ubaldo attended the Charter Presentation and Induction of Officers of the Rotary Club of Manila Binondo Prime at the Marina Bay East Clubhouse in Parañaque City where my classmate, ASP Ofelia Valiente took over the mantle of responsibility from CP and DT Ronnie Co. Three days later, October 25, 2016, CoS/IPSDG/PP Cesar Ubaldo attended the Governor's Visit of the Rotary Club of Quiapo Manila Central at the Great Eastern Hotel in Quezon City and later that day, attended the 3rd Handover and Induction Ceremonies of the Rotary Club of Jose Abad Santos Manila at the Manila Grand Opera Hotel in Manila together with IPDG/PP Obet Pagdanganan and DGN/IPCoS/PP Rudy Bediones. A day later, October 26, 2016, CoS/IPSDG/PP Cesar Ubaldo attended the Governor's Visit of the Rotary Club of Imus East at Kenny Rogers, Talaba, Bacoar, Cavite.

Today, we welcome the Hon. Antonio F. Trillanes, IV, Senator of the Republic of the Philippines, as he makes a proverbial return in order to shed light on the current issues hugging the limelight. I look forward to your cooperation as we endeavor to make our stars shine this Rotary Year 2016-2017 through meaningful projects and fellowships that will strengthen the bonds of Asia's First Rotary Club.

GUEST SPEAKER'S PROFILE



ANTONIO FUENTES TRILLANES IV

PERSONAL

Date of Birth : 06 August 1971
 Hometown : Caloocan City
 Spouse : Arlene Orejana Trillanes

Children:

Francis Seth O. Trillanes
 Thea Estelle O. Trillanes
 Alan Andrew O. Trillanes (deceased)

EDUCATION

Post Graduate: Leadership in Development
 Harvard Kennedy School, Cambridge, Massachusetts 2015
 National and International Security Program
 Harvard Kennedy School, Cambridge, Massachusetts 2014
 Master of Public Administration major in Public Policy and Program Management
 University of the Philippines, Diliman, Quezon City 2002-2005

AWARDS:

Two (2) University Scholar Awards (GPA 1.0-1.25)
 College Scholar Award (GPA 1.25-1.50)
 College: BS Naval Systems Engineering, Philippine Military Academy 1991-1995

AWARDS:

Cum Laude Mathematics Plaque
 Physical Sciences Plaque
 Tambuli Award (Electrical/ Electronics Engineering) BS ECE (4th year)
 De La Salle University, Manila 1987-1991
 Secondary:
 Angelicum School, Quezon City 1983-1987
 Elementary: Sienna College, Quezon City 1975-1983

PROFESSIONAL EXPERIENCE

Senator, Republic of the Philippines 2016-2019:
 Chairman of the Committee on Civil Service, Government
 Reorganization and Professional Regulation
 Vice Chairman of the Committee on National Defense and Security

Vice Chairman of the Committee on Public Order and Dangerous Drugs 2013- 2016:

Chairman of the Committee on National Defense and Security

Chairman of the Committee on Civil Service, Government Reorganization and Professional Regulation

Chairman of the Congressional Oversight Committee on the Philippine Disaster Risk Reduction and Management Act of 2010

Chairman of the Congressional Oversight Committee on the AFP Modernization Act

Chairman of the Select Oversight Committee on Intelligence and Confidential Funds

Chairman of the Legislative Oversight Committee on the Visiting Forces Agreement

2007-2013: Chairman of the Committee on Civil Service and Government

Reorganization

Chairman of the Committee on Amateur Sports Competitiveness

Chairman of the Senate Select Oversight Committee on Government Procurement

Philippine Navy Officer :

Junior Billet/ Sea Duty Assignments April 1995 – February 1999

Executive Officer, Patrol Gunboat February 1999 – January 2000

Acting Commanding Officer, Patrol Gunboat June 1999 – January 2000

Administrative / Personnel Officer (P1), HQ Patrol Force June 1999 – January 2000

Procurement Officer / Instructor Naval Education and Training Command January 2000 – June 2001

PROFESSIONAL ACHIEVEMENTS

He was one of the Navy personnel who risked their lives to secure thirty-two (32) persons during a daring search and rescue operation for the survivors of the ill-fated M/V Princess of the Orient at the height of a super typhoon in 1998.

As a Navy Officer, he had a five-year sea duty experience logging-in a Total Miles Covered (TMC) of 35,316.78 nautical miles. During which time, his unit was responsible for the apprehension of dozens of smugglers, illegal loggers, poachers, human smugglers and illegal fishermen in numerous maritime law enforcement operations conducted in the waters of Batanes, Ilocos, Cagayan, Isabela, Zambales, Scarborough, Quezon, Bicol, Palawan, Mindoro, Romblon, Iloilo, Cebu, Zamboanga Peninsula, Basilan, Sulu, Tawi-tawi, Davao and Maguindanao.

He was involved in numerous naval operations in support of ground operations directed against the Abu Sayyaf and other lawless elements.

As procurement officer of the Naval Training and Education Command, Philippine Navy, he reformed the procurement system, which resulted to the accumulated savings of more than P4,000,000.00 in favor of the government.

He participated in 22 naval exercises conducted with local and foreign navies.

He is a recipient of 23 assorted merit medals, campaign ribbons and badges.

He stood up against Gloria Macapagal Arroyo's corrupt and oppressive regime, and was incarcerated for almost 7 ½ years.

He is one of the most productive senators in terms of the number of bills and resolutions filed, totaling to 1,327 bills and resolutions, 76 of which have been passed into law (from 2007 to present).

During the 15th and 16th Congress, he ranks 1st based on the total number of:

National Bills passed into law as Principal Author (15th Congress)

National Bills passed into law as Principal Sponsor (15th Congress)

National Bills passed into law as Principal Author (16th Congress)

National Bills passed into law as Principal Sponsor (16th Congress)

PREVIEW OF FORTHCOMING GUEST SPEAKERS

November 3, 2016, 12N, Manila Polo Club

His Excellency Franz Jessen

**Ambassador Extraordinary and
Plenipotentiary; Head of Delegation
European Union to the Philippines**



November 10, 2016, 12N, Manila Polo Club

Dr. Baltazar Aguda

**Director, Philippine Genome Center
Dept. of Science & Technology and
Univ. of the Phils.**



THE WEEK THAT WAS...



Pres. "Teddy" Ocampo calls the 15th meeting of the Rotary Club of Manila to order.



OIC/Moderator PP **"Frank" Evaristo** directs the program of activities.



Rtn. **"Momo" Mommaerts** delivers an ecumenical prayer.



STAR Rtn. "Lutz" Kunack leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) way test.



STAR Rtn. "Tom" Drilon introduces the Guests, visiting Rotarians and personalities seated at the presidential table.



Dir. "Art" Lopez introduces **Rotarian Antonio S. "Tony" Lopez**, President/Publisher, Biz News Asia Philippines, Inc., as guest speaker.



Our very own **Rtn. “Tony” Lopez** presented before his fellow Manila Rotarians, Visiting Rotarians and guests, his honest to goodness assessment of the first 100 days of the Duterte administration.

Tony Lopez Rotary Speech Oct. 20, 2016

Duterte’s First 1,000 Days

My topic is The First 100 days of President Duterte — which is passé because the first 100 days ended last October 7, almost two weeks ago.

Let me then talk about the First 100 Days. And then The Next 100 Days, and possibly The First 1000 Days.

The next 1000 days of Duterte are going to be good.

—There will be three consecutive years of 7% of GDP growth.

—Four million Filipinos would have been rescued from poverty

— P12 trillion of your money would have been spent by Duterte out of the P25 trillion he would spend over the next six years.

—P3 trillion of the P12 trillion would have been invested in infra, hopefully including with the replacement of the notorious MRT-3. Peace would have been forged with the NPA, and with the MILF but not with the Abu Sayyaf, the greatest kidnapping organization in the Philippines outside of our Congress.

—In three years, we would have been making \$30 billion a year from OFW remittances plus another \$30 billion a year from business process outsourcing (BPO) or call centers.

But in three years, or by 2019, will Duterte still be our President?

That is the question that I don’t like to answer and I would not volunteer to answer.

President Duterte is one person who remembers wrongs and rights of the past.

He remembers that the Americans did him wrong.

First, when he was student, an American Jesuit molested him sexually. That’s a public admission.

Second, when he was mayor there was an American bombing suspect sometime in early 2002 who was hospitalized then suddenly he was extricated by four Americans apparently, CIA. That American was apparently the suspect in the bombing incident in Davao.

(See Rappler: **May 16, 2002, Thursda.** An explosion occurred inside the room of one Michael Terrence Meiring, an American, at the Evergreen Hotel. Meiring identified himself as a treasure hunter, and even joked that he was part of the "CIA." Hotel staff told investigators that Meiring brought with him a metal box and warned them not to touch it.

The explosion broke his legs. He was later taken from the Davao Doctor's Hospital by agents claiming to be members of the United States Federal Bureau of Investigation.

The incident angered Duterte as he criticized the United States for being disrespectful. The so-called FBI agents just barged into the hospital, ignoring questions from police authorities who were assigned to watch Meiring.)

Apparently, then Mayor Duterte concluded that, that American was trying to trigger the incident to trigger in turn the entry of the Americans.

That's why today, Duterte doesn't want any American groups in Mindanao, in Mindanao but not the rest of the Philippines.

For the first time in our history, we have a President whose saliva can move up and down the stock market and the peso-dollar rate.

The stock market and the peso against the United States dollar have continued their decline.

The Philippine Stock Exchange Index (PSEI) hit 7312 index points last Oct. 13, down 1.58 percent from the Oct. 12 closing index. It makes the Philippine stock market one of the worst performing in Asia.

The peso slipped 0.03 centavos or 0.06 percent to P48.47 from P48.50 on October 12, before correcting at P48.36 on October 19.

In 30 days to Oct. 13, the peso has lost 1.76 percent of its value against the US currency and 5.36 percent for the first ten months of this year. Now, 5.36 percent is a very deep depreciation. It makes the peso one of the worst performing against the US dollar in the region.

On June 8, when Rodrigo Roa Duterte was duly elected president of the Philippines, the peso was doing P45.84, a slight appreciation from P46.85 at the beginning of 2016, meaning the currency market was taking his election positively then.

On October 13, however, the peso has slumped to its seven-year low at P48.58, a depreciation of 5.97 percent from June 8, 2016, and a drop of 3.7 percent from January this year. They say it's the Duterte factor, or more specifically, his expletive-laden saliva.

This is also the first time in our history where presidential saliva can move the stock market up and down, depending on whether Duterte is perceived by the market as either sane or sober (index up) or berserk or a psychopath (index down).

An actress has called Duterte a psychopath (mentally ill). An arch supporter of the former Davao mayor, former President Fidel V. Ramos has judged that Team Philippines at the losing end under Duterte.

"We find our Team Philippines losing in the first 100 days of Du30's administration – and losing badly," winces the West Point-trained former four-star general, armed forces boss, defense secretary, and veteran of nine coup attempts (both on the instigator and counter-coup side). FVR is also one of the Philippines' best presidents having rescued the country from a debilitating energy crisis, revived the economy, and attracted record foreign investments in key sectors of the economy during his presidency (1992-June 1998).

FVR finds Duterte a failure in two major areas – leadership and teamwork.

An Italian developer was asking me: "What's going on? What is the direction of the economy?"

I replied that Duterte is in his current saliva mode. The president is a creature of bars and dingy places where drinks are many, camaraderie is strong, and banter, along with ribald jokes and expletives, is freewheeling. In such an atmosphere one lets down his guard, relaxes, and damns tomorrow.

But there is a tomorrow, I assured my Italian friend, and it is bright. In Italy, he disclosed "puta" can also be a term of endearment in conversation among friends, not necessarily challenge to one's ancestry.

The Philippines has among the best economic fundamentals in Asia today. They are so strong the country will just keep progressing even if the president of the Philippines were a dog – or a rat. In other words, the Philippines will survive a rotten chief executive.

The Philippines is a country of 102 million – the 12th largest consumer market on earth. The economy, the 33rd largest in the world, grows by 6 percent per year, among the fastest rates in the region. The country generates annually \$26 billion from remittances of 12 million Filipino expats and beginning this year, \$25 billion income from business process outsourcing or

call centers. These earnings, \$51 billion, would be valued at P2.44 trillion – enough to bankroll 73 percent of Duterte's P3.35 trillion budget. About 84 percent of the economy is driven by consumption. On an economic output of P14 trillion, that 84 percent is easily P11.78 trillion. Why is consumption strong? Because of the remittances, the BPO proceeds, and savings rate of 32 percent of GDP or P4.48 trillion.

What these figures imply is that the Philippines does not actually need those so-called foreign investments (it was negative \$136 million in 2015, a boom year for the economy and meaning we are exporting capital more than we receive). The country does not need investment-grade credit rating because it does not need to borrow. There is plenty of domestic capital. The Bangko Sentral alone has P2 trillion of excess private deposits safely parked by commercial banks in its vaults, for lack of borrowers).

Thankfully, Duterte is not at all a bad president. He knows his focus—illegal drugs, crime, corruption.

The biggest victims of these three horrors are the poor. The poor are the biggest users and dealers of illegal drugs. The poor are the biggest victims and perpetrators of crime. Why? Because a hungry stomach knows no law. A small bottle of rugby, bought at P5, will carry a tyke through the course of a day, without meals. A phone snatcher will be able to feed his family of five for a day.

Corruption? Corruption is the reason why the government doesn't pay attention to the poor. Because the money that should been used to buy food (55 percent of a poor household's expenditure), render basic services like education (the average Filipino child reaches only Grade 4) and health (80 percent of Filipinos grow up without seeing a doctor), or even to give them basic transportation to and from their place of work – is stolen.

Somebody who can solve the riddle of illegal drugs, crime and corruption will be a great leader. Duterte could be it.



MEMBERSHIP / CLASSIFICATION COMMITTEE

PT “Lito” Sibayan as proposer gives a brief introductory remarks on inductee **Mr. Zdenek Jankovsky (Czech)**, Chief Financial Officer and Member of the BOD Home Credit Philippines. Classification: Finance & Investments-Home Loans.





Pres. "Teddy" Ocampo officiates the oath of membership pledge to Mr. Zdenek Jankovsky with Proposer : PT "Lito" Sibayan, during the formal induction ceremonies; and placing of official Rotary Badge Name and Rotary Pin on STAR Rtn. "Zdenek" Jankovsky.



Star Rtn Dzenek Jankovsky presenting the Flag of Czechoslovakia to RCM thru Pres Teddy Ocampo.



Rtn. **"Tony" Lopez** was the lucky winner of Club Fund-Raising Cash Raffle drawn by Dir. **"Bobby" Joseph**. The former opted to donate his winning back to the Club.

MUSIC COMMITTEE



RCM World Famous Chorale christmas carolling practice. Present during the practice were: PP/Chair. **Babes Reyes**, PP **Benny Laguesma**, Director. **Caloy Reyes**, PDSAA **Tony Lopa**, PT **Jim Chua**, Rtn. **Jason Ong**, Rtn. **Nicky Villasenor** and Rtn. **Nilo Aventura**.

RCM GERMAN OKTOBERFEST 2016



RCMers' led by Pres. "Teddy" Ocampo with guest Mr. Fred Mison, AVP, Philippine Airlines, (Guest of STAR Rtn. "Bollie" Bolton), SDG/PP "Frank" Evaristo, DGN "Rudy" Bediones, Co-Host Rtn. "Henning" Karcher at the annual *RCM German Oktoberfest* held last Oct. 19, 2016, Wednesday, at the German Club.



Prost! & Zum Wohl! with German Beer, RCMers' cheer and toast for "Good Health!", from left: PD "Beda" Fajardo, PS "George" Salazar, Rtn. "Paquito" Tankiang, IPP "Ebot" Tan, Rtn. "Ray" Davis, Rtn. "Nicky" Villacorta, STAR Rtn. "Karl" Leuing (partly seen) and PD "Abe" Pascual.



Pres. “Teddy” Ocampo and fellow members listen to German Oktoberfest Music provided by accordionist “Ralf”, with from left-standing: Dir. “Chito” Zaldarriaga, SDG/PP “Frank” Evaristo, DGN “Rudy” Bediones. Seated from left: Rtn. “Tong” Payumo, PVP “Fausto” Preysler, Pres. “Teddy” Ocampo, Rtn. “Paquito” Tankiang.



Pres. “Teddy” Ocampo delivers appreciation remarks thanking fellow members who came for the annual RCM German Oktoberfest graciously co-hosted by German-Member-Rotarians led by PSAA Dr. Gunter Matschuck.



DGN “Rudy” Bediones cheers for good health toast with His Excellency “John” Gomes, Ambassador of Republic of Bangladesh to the Philippines, PDG “Vince” Carlos, SDG/PP “Frank” Evaristo with accordionist “Ralf”, providing the music.



PSAA Dr. Gunter Matschuck acknowledges the presence of members and guests, as well as his co-hosts for the annual “RCM German Oktoberfest”: Rtn. Bodo Goerlich, Rtn. Wolfgang Harle, Rtn. Uwe Hesse, Rtn. Henning Karcher, Rtn. Klaus Muller, Rtn. Horst Kessler von Sprengisen, STAR Rtn. Lutz Kunack, Rtn. Mikael Avellan and PD Knud Hedeager, with thanks and appreciation, which made the event a well-attended fellowship.

BIRTHDAY FELLOWSHIP



PD “Nick” Locsin graciously hosted a “Birthday Fellowship” for RCM World-Famous Chorale held last Monday, October 24, 2016 at the SELU’S Bar. Among those present were: Rtn. Nilo Aventura, PD Nick Locsin, PS George Salazar, IPDG Obet Pagdanganan, Star Rtn. Rene Banzon, DGN Rudy Bediones, DE Chito Zaldarriaga.



shown in photo: PDG Vince Carlos, Star Rtn. Rene Banzon, PD Nick Locsin, SDG/PP Frank Evaristo, Pres. Teddy Ocampo, Rtn. Nilo Aventura, Rtn. Nicky Villasenor, Rtn. Jason Ong and PS George Salazar.

RC JUAN LUNA MANILA HANDOVER & INDUCTION CEREMONIES

The Rotary Club of Juan Luna Manila held its 11th Handover and Induction Ceremonies last Oct. 21, 2016, led by **All Star President Lorna Lazaro**, at the Kachina Room of Century Park Hotel. **RCMers'** in attendance were **IPDG "Obet" Pagdanganan**, **DGN "Rudy" Bediones**, **Chief of Staff PP "Cesar" Ubaldo**, and **SDG/PP "Frank" Evaristo**.



PDG "Edmond" Aguilar with **DGN "Rudy" Bediones** at Rotary Club of Juan Luna Manila's 11th Handover and Induction Ceremonies.



SDG/PP "Frank" Evaristo with fellow Rotarians **Arwin Serrano**, **Andrew Co**, **Oyie Velarao**, **Andrew Poa** thumbs-up sign.



IPDG "Obet" Pagdanganan, with PDG "Karen" Tamayo, ASP "Lorna" Lazaro.

RC BAGUMBAYAN MANILA GOVERNOR'S VISIT



CoS/IPSDG/PP Cesar Ubaldo and DCoS/SDG/Dir. Albert Alday attended the Governor's Visit and the Regular Meeting of the Rotary Club of Bagumbayan Manila held last October 20, 2016 at the New World Manila Bay, Manila



IPDG Obet Pagdanganan, DGN Rudy Bediones and CoS/IPSDG/PP Cesar Ubaldo attended the Charter Presentation and Induction of Officers of the Rotary Club of Manila Binondo Prime at the Marina Baytown Clubhouse East in Parañaque City

RC MANILA BINONDO PRIME CHARTER PRESENTATION & INDUCTION



IPDG Obet Pagdanganan, DGN Rudy Bediones and CoS/IPSDG/PP Cesar Ubaldo attended the Charter Presentation and Induction of Officers of the Rotary Club of Manila Binondo Prime at the Marina Baytown Clubhouse East in Parañaque City

IN THE MAILBOX

October 18, 2016

Pres. CHARLES K.F. CHEUNG
Rotary Club of Bangkok

Dear Pres Cheung,

The Board of Directors, Officers and Membership of Rotary Club of Manila condole with our sister club – the Rotary Club of Bangkok and the Thai people for the demise of His Majesty Bhumidol Adulyadej, The Great, King of Thailand, known to the Thai people and Overseas Filipino Workers as the beloved Father of Thailand.

We shall include a prayer for the eternal repose of the soul of King Bhumidol The Great, during the Thursday luncheon meeting of October 20, 2016.

Our prayers,



Pres TEODORO J. OCAMPO
Rotary Year 2016-2017
Rotary Club of Manila

Dear President Teodoro,

It was very nice of you to think of us in this time of sadness. We appreciate your thoughts and prayers.

His Majesty, is the father of Thailand and a major figure in modern Asian history. His legacy is being honored all around the world. Rotarians should remember that His Majesty is the Royal Patron of Rotary in Thailand.

Despite this heartbreaking news, the best way for us to honor His Majesty is to follow in his footsteps. His wise counsel and devotion to human development will always be an inspiration to us all.

With regards

Charles Cheung
President 2016-17
Rotary Club of Bangkok

Eulogy for Rotarian Dante “Sonny Arevalo”

May 14, 2009. I remember vividly the first time I met Sonny. It was during the excursion of the Rotary Club of Manila to Bataan that was organized by Tong Payumo. Among those who joined that day were a few members who are now no longer with us: Romy Batino, Gert Gust, Ting Angeles, Justin Ortiz, and now, sadly, our dear Sonny Arevalo. I was a new RCM member at that time, but only a few people in that excursion knew that I was already an “old” Rotarian.

I have been a Rotarian since 2002, but it was only in 2009 that I joined the Rotary Club of Manila. Before that, I served as a member and eventually as president of another club. In 2009, I was actually on leave from Rotary, and even contemplating on resigning from Rotary altogether. I don't want to dwell now about the reasons for my mindset at that time. Needless to say, the person who sponsored me to RCM knew very well my sentiments. It was my classmate Francis Juico who called me around that time to ask if I wanted to join RC Manila.

I was hesitant at first, but when I agreed to transfer to RCM, I made two commitments to myself: First is to lie low, maintain a low profile, in the club. And I knew that would be easy to do. Ang dami kasing big time and high profile members ng club na ito. The second thing that I promised myself was, if ever, if ever, I would strike up new friendships in my new club, I would be very choosy and careful this time. Well, now you can read between the lines why I was on leave.

Anyway, I think I was successful on both commitments. The thing is, with regard to my first commitment, I have found out that even if I maintained a low profile in this club, I'm still asked to work. I was talking with Sonny's brod Toby last night. He asked me if Sonny was a Director of the club. I said no. He said he thought Sonny was a Director because he was very much involved in the Committee on Road Safety chaired by Nick Locsin. When I explained to him that we were only asked by the committee chairman to help and that it was not the first time that it happened, Toby asked *“Alvin, package deal ba kayo ni Sonny? Kung kasama siya kasama ka rin and vice versa?”*

With regard to the second commitment, I can also say that I have been successful because the few friendships that I gained in the club over seven years have been genuine and good. And among those few friendships, Sonny's friendship was special to me.

On that day, May 14, 2009, I did not know many people yet in RCM. But all of us were enjoying the tour of the old Spanish era houses at Las Casas de Filipinas. I saw Sonny and he seemed to be an approachable person. I had a camera then and I was taking photos, of the houses, the views, and the Rotarians, in groups or individually. When I took Sonny's solo picture, I told him that I would email him his photo. He did not have a Facebook account at that time yet, I believe. He readily pulled out his business card from his wallet and gave it to me. I remember that he did not join us anymore to Subic, but went home early because he said his wife did not want him to get tired. So he was very obedient to you, Miyan. He also explained that the reason why he joined the excursion was that his doctor advised him to join Rotary activities to relax.

From then on, Sonny and I would always check on each other if we would be going to attend a Rotary meeting or event. We always exchange text messages before our Thursday meetings to see who will be first at the venue and therefore will be the one to reserve a seat for the other.

One thing that struck me about Sonny is his simplicity. He walks into a room without catching too much attention. He does not talk loudly. He does not dominate conversations. But I tremendously enjoy having discussions with him, any discussion. I could talk about anything with Sonny, we could have our different views, but still, somehow I felt comfortable. By the way, we voted for different candidates in the last presidential elections. Even if Sonny would be stressing a point he passionately cared about, he comes across as non confrontational. And I could tell that he mingles with different groups from whom he gets a lot of information, because he has his ears on the ground. He is aware of the current events and the stories behind them. Sonny does not come across as a talkative person, but he is very knowledgeable about major personalities and issues in business and politics.

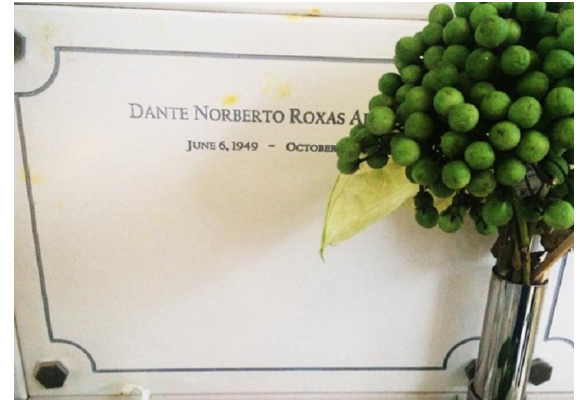
Some of you will remember our trip to our sister club in Hong Kong in November of 2011. I think it was the day after the gala night that we were going around in a smaller group around the city. Jimmie Policarpio was our leader. He was guiding us to excellent eating places and the best shopping districts. Our group included Ner Lonzaga's family and Sonny. Jimmie, of course, would be walking ahead, followed by the Lonzagas then Sonny and me. At one point, Jimmie suddenly stopped, walked to the back of the group, and pretended to scold Sonny and me *“Langya, ano ba kayong dalawa?! Magkausap na nga kayo parati sa Manila, hanggang dito kuwentuhan pa rin kayo nang kuwentuhan?!”* That drew laughter from Sonny and me.



Sonny also talked about his family. He was very proud of his children Regina, Miguel and Alessa, and cared tremendously for his wife Mary Anne. He would often tell me that he doesn't get to drive his fancy car because his son uses it. But at the same time he would proudly say that his son would sometimes know more about his business than himself.

Sonny is also NOT the type of person who would work on being popular, at least not in Rotary. But once you gain his friendship, he is a loyal and thoughtful friend. He would always bring a "pasalubong" back from his trips to Europe. So I have a drinking mug from Switzerland, a shirt from Madrid, a nail cutter from Amsterdam, etc. I try to reciprocate also, but since I don't travel abroad as often as he does, sometimes I would just give him a "pasalubong" from my out of town trips. One time, I gave him an image of Our Lady of Manaoag. The next time we saw each other, he told me that Maryanne was asking who gave him that. I was amused because I was thinking that the wife was surprised that Sonny had a friend who would actually give him a religious image. Parang naiba yata ako sa mga kaibigan niya.

Sonny, pre, I will no longer receive a text message from you every week, asking me to reserve a seat for you at our Rotary meeting. But I am sure that God has prepared for you an infinitely better seat in heaven. The laughter at our table will no longer include your voice, but I am sure that you are laughing your heart out up there. You will no longer be with us at our small group of foodies who like to try different eating places every Thursday afternoon, but the banquet you enjoy now with Our Lord satisfies you to fullness and perfect contentment.



Last night, I was driving home from the wake. I was going down a relatively empty avenue. My thoughts were still at the wake, and I was feeling the pain of losing a dear friend. Suddenly, at that moment when I was alone and with no distractions around me, I was shaken out of my trance by a song through which Sonny seemed to be talking with me. Now, I am not a person who believes or waits for signs from a loved one who passed away. My Catholic belief says that immediately after a person dies, he joins the spiritual world and no longer interacts with the physical world, only maybe very rarely. So I was not anticipating that Sonny would make "paramdam" as they say. But the message of the song was so timely, that I felt that I was having a conversation with Sonny all over again. The first part of the song is exactly what I would tell him now if he is in front of me; the latter part I think is what he would tell his family and friends.

Actually this is very unusual of me because I don't normally quote songs. I think it is corny. But pre, since I think this is what you want, I will do it. I am not going to sing, but here goes:

From me:

*Every now and then
We find a special friend
Who never lets us down
Who understands it all
Reaches out each time you fall
You're the best friend that I've found
I know you can't stay
A part of you will never ever go away
Your heart will stay*

From his friends and family:

*I don't need eyes to see
The love you bring to me
No matter where I go
And I know that you'll be there
Forever more a part of me,
you're everywhere
I'll always care*

From Sonny to his family and friends:
*And I'll be right behind your shoulder
watching you
I'll be standing by your side and all you do
And I won't ever leave
As long as you believe
You just believe*

*I'll make a wish for you
And hope it will come true
That life would just be kind
To such a gentle mind
If you lose your way
Think back on yesterday
Remember me this way
Remember me this way*

**Alvin Lacambacal
October 19, 2016
Loyola Memorial Park
Sucat, Parañaque**



At a little over 5:00 PM Thursday Oct 20, 2016, Rtn. Sonny Arevalo was brought to his resting place. His cremated remains were inurned at Loyola Sucat Columbarium. Once again, in behalf of his family, thank you so much RCMers for all the support, kindness and prayers for Sonny. God bless us all.

IN MEMORIAM



RCM sponsored a Mass last Wednesday Oct 26, 2016 12:00 Pm at the Capilla de la Virgen, Santuario de San Antonio. McKinley Road, Forbes Park, Makati City



RCM Necrological Service Mass moderated by PP Benny Laguesma.



Eulogies were delivered by **PDSA Fred Lim**, **PDG Jun Tambunting(RID 3830)**, **PDG Mon Cumagun(RID 3820)** and **IPDG Obet Pagdanganan**.



RCM WF Music Chorale sang the song "RCM Hymn" at the Necrological Mass.



Presentation of Rotary Name Badge by **Pres. Teddy Ocampo** to **Mr. Jose Mari Delgado** who also delivered a response in behalf of the Delgado family.

NEWS RELEASE



SUNDAY, OCTOBER 23, 2016

**206th anniversary of Mexican
Independence @ Diamond
Hotel**



**Vice President Leny Robredo
with Mexican Ambassador Julio
Camarena Villaseñor**

35th SKAL International-Makati founding anniversary @ New World Makati



People Asia publisher Babe Romualdez, SKAL International Makati president Robert Lim Joseph, Resorts World Manila president Kingson Sian, who received the award for Andrew Tan of Megaworld (Leader in integrated Tourism Enterprise) and Etihad Airways country manager Juan Torres



STAR's Bum Tenorio, Chroma Hospitality Inc. VP for sales & marketing Carmela Bocanegra, Turkish Airlines sales manager Elaine Dato and Frank Evaristo



Ivory Coast Consul General Vince Carlos and Philippine Airlines president & COO Jaime Bautista who received the Award for Skalleague of the Year

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Light Humor

Every man should get married some time; after all, happiness is not the only thing in life!

— Anonymous —

* * * * *

Bachelors should be heavily taxed. It is not fair that some men should be happier than others.

— Oscar Wilde —

* * * * *

Don't marry for money; you can borrow it cheaper.

— Scottish Proverb —

* * * * *

I don't worry about terrorism. I was married for two years.

— Sam Kinison —

* * * * *

Men have a better time than women; for one thing, they marry later; for another thing, they die earlier.

— H. L. Mencken —

* * * * *

When a newly married couple smiles, everyone knows why. When a ten-year married couple smiles, everyone wonders why.

* * * * *

Love is blind but marriage is an eye-opener.

* * * * *

When a man opens the door of his car for his wife, you can be sure of one thing; either the car is new or the wife.

* * * * *

I take my wife everywhere, but she keeps finding her way back to home always.

— Anonymous —

* * * * *

I asked my wife, "Where do you want to go for our anniversary?"

She said, "Somewhere I have never been!"

I told her, "How about the kitchen?"

— Anonymous —

* * * * *

We always hold hands. If I let go, she shops.

* * * * *

My wife was in beauty salon for two hours. That was only for the estimate.
— Anonymous —

She got a mudpuck and looked great for two days. Then the mud fell off.

— Anonymous —

* * * * *

She ran after the garbage truck, yelling, "Am I too late for the garbage?"
Following her down the street I yelled, "No, jump in."

— Anonymous —

* * * * *

Badd Teddy recently explained to me why he refuses to get married.

He says "the wedding rings look like miniature handcuffs."

— Anonymous —

* * * * *

If your dog is barking at the back door and your wife yelling at the front door, who do you let in first?

The dog of course.....at least he'll shut up after you let him in!

— Anonymous —

* * * * *

A man placed some flowers on the grave of his dearly parted mother and started back toward his car when his attention was diverted to another man kneeling at a grave. The man seemed to be praying with profound intensity and kept repeating, "Why did you have to die? Why did you have to die?"

The first man approached him and said, "Sir, I don't wish to interfere with your private grief, but this demonstration of pain is more than I've ever seen before. For whom do you mourn so? Deeply? A child? A parent? "

The mourner took a moment to collect himself, then replied "My wife's first husband."

* * * * *

A couple came upon a wishing well. The husband leaned over, made a wish and threw in a coin. The wife decided to make a wish, too. But she leaned over too much, fell into the well, and drowned. The husband was stunned for a while but then smiled "It really works!"

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



MEMORIES THAT SHIELD US FROM TOUGH TIMES (Remembering faces, names, and places)

Elias D. Adamos, M.D.

This is Part 2 of my article on Overcoming Negativity.

The graduation pictures of my parents are still displayed along the corridor inside my house. They bring back memories of days gone by. And whenever I feel down and disappointed, I often look at their pictures and at times look at old photo albums that contain pictures of my childhood. Instantly, always feel well and good. It's some sort of a therapy to me. Remembering the good old days inspires us to be strong in these tough times.

*"There are places I remember
All my life though some have changed
Some forever not for better
Some have gone and some remain
All these places have their moments
With lovers and friends I still can recall
Some are dead and some are living
In my life I've loved them all."*

The words of **John Lennon (1940-1980)** in the above 1965 song "*In my Life*" defines memories from one's past in simple and straightforward way. I can't find any much more fitting words for this year's All Saints Day and All Souls Day.

How does remembering and recalling memories affect how you are now?

Research shows that areas of the brain that recall or remember past memories work as if they "actually" experience the event, happening, person, or place for the first time. Thus when the feeling is that of happiness, the brain sends messages to the body and the same happy feeling is experienced by the person. The same happens when the experience is upsetting or terrifying.

Loyola University brain studies in the United States came out with results that a person's recollection of happy and fantastic events in the past gives beneficial effects to the body. The person also feels super relaxed and the hormonal play and other body systems function positively. 20 minutes of recall of good memories a day can make people more cheerful than they were the week before. **Reminiscing has been found as a mood booster.**

(To be continued)

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