



Kabalita

No. 3686, March 9, 2017

GUEST SPEAKER



RTN. ENRICO "RICKY" M. TRINIDAD

President, MOCYRI Holding Corporation
Former Senior Vice President and Chief Finance Officer
Century Peak Metals Holdings Corporation

KABALITA

With a physique as tough as our nation itself, our very own Economic Juggernaut analyzes our nation's growth, goals and risks as he makes his imposing presence felt before his colleagues at Asia's First Rotary Club.

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PROGRAM

RCM's 32nd for Rotary Year 2016-17

Thursday, March 9, 2017, 12N, New World Makati Hotel, Ballroom

OIC/Moderator: **Rtn. "Henning" Karcher**

Program Timetable

11:30 AM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Rtn. Henning Karcher OIC/Moderator
12:30 PM	Call to order Singing of the Republic of the Philippines National Anthem	Pres. "Teddy" Ocampo RCM WF Music Chorale
	Invocation	Rtn. "Momo" Mommaerts
	RC Manila Hymn	RCM WF Music Chorale
	The Four (4) Way Test Credo	All Rotarians led by Rtn. "Tong" Payumo
12:35 PM	Introduction of Guests and Visiting Rotarians; and Personalities Seated at the Presidential Table	
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) Mar. 9.... Rtn. "Nilo" Aventura ; Mar.13.... Rtn. "Mon" Montaña Happy Birthday Song	RCM WF Music Chorale
12:45 PM	President's Time	Pres. "Teddy" Ocampo
12:50 PM	Introduction of Guest of Honor and Speaker	AT "Hermie" Esguerra
	Address: Rtn. Enrico M. "Ricky" Trinidad President, MOCYRI Holdings Corporation	
	Public Forum	
	Club Fund Raising Raffle of Cash Prizes	Dir./DE Bobby Joseph
2:00PM	Response, Presentation of Token of Appreciation to Rtn. Enrico M. "Ricky" Trinidad and Meeting Adjournment	Pres. "Teddy" Ocampo

PRESIDENT'S CORNER



Last week, we had a very timely Club Assembly where constructive suggestions were entertained and voted upon. This led to a better understanding of many concerns the club is facing and how our resilience prevailed. Indeed, in my mind, one thing is certain, the dynamism that has since proven that our club has withstood the test of time.

As for updates within our club, we are still in the process of gathering Manila Rotarians to attend the 60th Anniversary of our sister club, the Rotary Club of Osaka East this coming May 27, 2017. For more details, please coordinate with our Secretariat. Likewise, our World Famous Chorale received an invitation from the district recently to sing the Philippine National Anthem and the National Anthem of the United States of America during the opening of the DISCON 2017 on March 31, 2017 at the Sofitel Philippine Plaza Manila in Pasay City.

Updates from around the district include the attendance of CoS/IPSDG/PP Cesar Ubaldo, SDG/DCoS/Dir. Albert Alday and I at the March Area Meeting held at the Asian Institute of Maritime Studies last March 7, 2017 and we would later be joined, briefly, in the dance practice, by DGN Rudy Bediones. Likewise, CoS/IPSDG/PP Cesar Ubaldo and SDG/DCoS/Dir. Albert Alday are busy with preparations for the DISCON 2017 as the committee now meets every Thursday afternoon. On this note, I wish to exhort my fellow Manila Rotarians to register for the DISCON 2017 which will take place from March 31, 2017 to April 1, 2017. Also I wish to commend SDG/DCoS/Dir. Albert Alday, the Editor-In-Chief of the Governor's Monthly Letter for featuring the project of the young blood of our club in the February 2017 Issue of the GML, entitled, MANILA ROTARY YOUNG BLOOD PARTICIPATE IN SALAMAT DOC MEDICAL MISSION.

Today, we welcome our very own, Rtn. Ricky Trinidad as he gives his two cents on the nation's growth, goals and risks. 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



ENRICO M. TRINIDAD

A. Professional Profile

Enrico “Ricky” Trinidad is the President of MOCYRI Holding Corporation, a real estate holding company owned by his family. Ricky is also a consultant of various corporations here and abroad. He was Senior Vice President and Chief Finance Officer of Century Peak Metals Holdings Corporation (listed in the Philippine Stock Exchange). Ricky was also Vice President of the Philippine Stock Exchange (PSE) in charge of Capital Markets Development and Corporate Services. Prior to joining the PSE, Mr. Trinidad was Executive Vice President of MAA Mutualife Philippines, Inc., and President and Director of MAA Privilege Dollar Fixed Income Fund, Inc., and MAA Privilege Peso Fixed Income Fund, Inc. These companies are owned by MAA Group Berhad of Malaysia, one of the largest insurance groups in Malaysia and listed on the main board of Bursa Malaysia.

Mr. Trinidad was also Director of Sales and Research of UOB Securities Philippines Inc., a wholly owned subsidiary of the United Overseas Bank (UOB) of Singapore. He was also President and Director of Sun Hung Kai Capital (Philippines) Inc., an investment bank wholly owned by Sun Hung Kai Ltd., of Hong Kong.

B. Academic Background

Mr. Trinidad received his Masters degree in Business Economics from the University of Asia and the Pacific with a cumulative GPA of 1.16 (1.00 equivalent to 100, A, or Excellent). He graduated with honors and distinction from the De La Salle University with a Bachelor of Science degree major in Management of Financial Institutions.

C. Personal Background

Enrico “Ricky” Trinidad was born in Manila on April 24, 1960. His parents are Gregorio B. Trinidad, Jr., and Delia Neri Molina. Ricky has a 24 year old only child named Enrico Antonio O. Trinidad II. His father was a senior executive of Philippine Singapore Ports Corporation (Philsinports) and worked with former Speaker Jose de Venecia. His grandfather Gregorio S. Trinidad Sr., was a partner and senior executive of Aguinaldo Development Corporation (Adecor) involved in logging in Davao and former owner of King King Mines. His great grandfather Wenceslao Luna Trinidad was the first Filipino General Manager of the Philippine National Bank (PNB).

PREVIEW OF NEXT GUEST SPEAKER

March 16, 2017, 12N, New World Makati Hotel



Hon. Alfonso G. Cusi
Secretary,
Department of Energy

THE WEEK THAT WAS



Pres. "Teddy" Ocampo calls the 31st meeting of Rotary Club of Manila a "*General Membership Assembly Meeting*", to order.



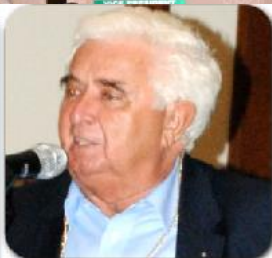
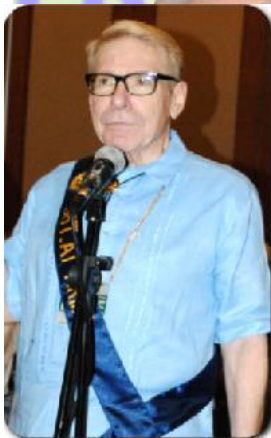
OIC/Mod.: VP/VPE "Babe" Romualdez as OIC/Moderator directs the program of activities.



Dir. "Chito" Zalzarriaga delivers an ecumenical invocation.



STAR Rtn. "Zdenek" Jankovsky leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the Four (4) Way Test.



OIC/Mod.: VP/VPE "Babe" Romualdez, Dir.-in-Charge, Club Service A for Operations - Program Committee breaks the ice for the *"General Membership Assembly Meeting."* An interactive open forum by **SAALance Masters, PSAA Gunter Matschuck, PDG Alex Cureg, PDSAA Fred Lim, Rtn. Jack Rodriguez & Rtn. Manny Blanco.** followed suit, exchanging ideas and proposed action plans to generate attendance during the Club's Weekly Thursday Luncheon Meetings.

Dir. “Art” Lopez, Chairman, House Committee presents a power point presentation of a comparative analysis on the present venue **Manila Polo Club** and the proposed venue **New World Makati Hotel**.



An interactive open forum by **PE Jimmie Policarpio**, **PT Muhammad Aslam**, **PD Oscar del Rosario**, **PD Beda Fajardo**, **Dir. Susing Pineda**, **PD Nick Locsin**, **PDG Vince Carlos** and **Rtn. Ricky Trinidad** followed suit, exchanging ideas, views and comments on the venue.

MEMBERSHIP / CLASSIFICATION



Proposer Rtn. **"Jack" Rodriguez** delivers brief introductory remarks on inductee **Mr. Reymond Karl "Ray" Rysberger (Australian)**, Vice President, Business Development Asia, Mainstream Renewable Energy. Classification: Power Production and Distribution-Renewable Energy Development and Transfer.



Pres.-elect **"Jimmie" Policarpio** delivers brief introductory remarks on inductee **Mr. Shalimar Hofer "Sha" Tamano (Filipino)**, Director, Department of Tourism. Classification: Tourism-Tourism Service.



Pres. **"Teddy" Ocampo** administers the oath of membership pledge to **Mr. Reymond Karl "Ray" Rysbergen** and **Mr. Shalimar Hofer "Sha" Tamano**.



IPDG “Obet” Pagdanganan, Chairman, RCM Centennial Anniversary Celebration Project presents an update on the various plans, programs and activities for the milestone celebration in June 1, 2019. An interactive open forum among fellow Rotarians followed suit, exchanging ideas, views and comments on the *RCM’s Centennial Anniversary Celebration*.



DE/Dir. “Bobby” Joseph draws the winners for the club’s fund-raising raffle: **Rtn. “Ave” Cruz** winning the top cash prize of Php 2,050 and **PD “Beda” Fajardo** winning the second cash prize of Php 1,000.



Pres. “Teddy” Ocampo presents the birthday celebrants : AT “Hermie” Esguerra, PVP “Fausto” Preysler, Rtn. “Bren” Egan and STAR Rtn. “Jun” Alvarez, for the traditional blowing of candles on the birthday cake, amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

INTERCLUB RELATIONS



Pres. “Teddy” Ocampo presents a club bannerette to first-time visiting Rotarian Thu Zar, from RC Yangon, Myanmar.

TOURISM AWARDS 2017



Tourism Awards Meeting held last at Thursday, Manila Polo Club, March 2, 2017 with Dir. Bobby Joseph, Pres. Teddy Ocampo, PP Francis Juico, Dir. Chito Zaldarriaga, Dir. Art Lopez, ES Anna Kun Toledo and guest of PD Joseph.

MARCH AREA MEETING



President Teddy Ocampo, SDG/DCoS/Dir. Albert Alday and CoS/ IPSDG/PP Cesar Ubaldo at the March Area Meeting of District 3810 last March 7, 2016 at the Asian Institute of Maritime Studies in Pasay City.

DISCON 2017



DGN Rudy Bediones, CoS/IPSDG/PP Cesar Ubaldo and SDG/ DCoS/Dir. Albert Alday at the Dance Rehearsal for **DISCON 2017** of District 3810 at the Asian Institute of Maritime Studies in Pasay City.

GOVERNOR'S MONTHLY LETTER



MANILA ROTARY YOUNG BLOOD PARTICIPATE IN SALAMAT DOC MEDICAL MISSION

By SDG Albert S. Alday
District Publications Group Chair
Rotary Club of Manila

With its reputation as the First Club in Asia and with many firsts in Philippine Rotary attributed to its rich and colorful existence, many would think that participation in simple yet meaningful projects was not the way to go for a club which boasts of a more than two hundred (200) membership who belong to the movers and shakers of Philippine society. Well, think again. Though the many feel that with a membership pool that could almost easily pass for a DISCON in itself, that our club would not care to mind these types of projects is simply putting words into the mouth of the many who fail to see what lies beyond. The Rotary Club of Manila, even with its stringent vetting of prospective members, has somehow become akin to a vampire who has found a source of fresh blood to innervate the veins of its storied existence. While the many think that being the First in Asia necessitates a breed of wizened individuals who count among the finest in their fields, reality has somehow found a way to strike the homeostasis that make our club as relevant as the rest in the district.



Shepherding a flock of young taipans has since become my resolve, having been lost in a sea of moguls early in my Rotary life where I was very circumspect in using the first name basis which was traditionally, Rotary, in every sense of the word, realizing that my fellow Rotarians were not mere businessmen whose only aims were profit but captains of their respective classifications whose names frequently hug the headlines of major broadsheets. Hence, a group of more or less fifteen (15) young Rotarians decided to frequently meet for fellowships and after constant bantering with one another like young children in the corridors of a school, found out each other's interests and quirks such that we eventually found ways to meaningfully meet and having simple service projects with major impact which we collectively thought was something worth pursuing.

With Rtn. Deo Daniel Villacorta taking up the cudgels of meeting with Salamat Doc officials owing to the imprimatur of All Star President Teddy Ocampo, bearing in mind the brilliant surgical skills of budding heart surgeon Rtn. Jun Aventura, as well as the astute public relations character of Central Colleges of the Philippines Dean of Student Affairs DE/AS Caloy Reyes, the deal was sealed and a date with service was appointed. And with the kind heart of Rtn. Jappy Pascual, President of Pascual Laboratories, a modest supply of medicines arrived and February 19, 2017 became an affair to cherish as the young blood of Philippine Rotary's forefathers participated in the Salamat Doc medical mission in front of television cameras that made waves across the country. Clearly, it was a statement that the historical vehicle of service to the nation has found new tires on which to continue a milieu of Service Above Self as it approaches the centenary mark of service to the nation and beyond.



ON THE LIGHTER SIDE



PDG VINCE CARLOS

With apologies to my foreign friends, allow me to feature some Pinoy jokes for a change.

Telecom History

After digging to a depth of 100 meters last year, Japanese scientists found traces of copper wire dating back 1000 years, and came to the conclusion that their ancestors already had a telephone network one thousand years ago.

In the weeks that followed, American scientists dug 200 meters and headlines in the US papers read: "US scientists have found traces of 2000 year old optical fibres, and have concluded that their ancestors already had advanced high-tech digital telephone 1000 years earlier than the Japanese."

One week later, a Filipino newspaper reported the following: "After digging as deep as 500 metres, Filipino scientists have found absolutely nothing. They have concluded that 5000 years ago, their ancestors were already using wireless technology."

Iba Talaga Ang Pinoy!!!!

* * * * *

Pinoy Contractor Abroad

Three contractors are bidding to fix the White House fence. One from the Philippines, another from Mexico and an American. They go with a White House official to examine the fence.

The American contractor takes out a tape measure and does some measuring, then works some figures with a pencil. Well, "he says. I figure the job will run about \$900; \$400 for materials, \$400 for my crew and \$100 profit for me."

The Mexican contractor also does some measuring and figuring, then says, "I can do \$700; \$300 for materials, \$300 for my crew and \$100 profit for me."

The Filipino contractor doesn't measure or figure, but leans over to the White House official and whispers: \$2,700."

The official, incredulous, says, "What? You didn't even measure like the other guys! How did you come up with such a high figure? How do you expect me to consider your service with that bid?"

"Easy," the Pinoy explains, "\$1,000 for you, \$1,000 for me and we hire the guy from Mexico." The next day, the Pinoy and the Mexican are working on the fence.

* * * * *

Q. What's the difference between corruption in the US and corruption in the Philippines?

A. In the U. S., they go to jail. In the Philippines, they go to the U. S.

* * * * *

Reporter: Sir, kung wala po kayong evidence, witness or suspect anon na po ang next step ninyo?

Police: DNA na...

Reporter: Sir, ano po yung DNA?

Police: "Di namin alam..."

* * * * *

Ang Nakaraan.....May ibinulong ang daga sa elepante. Biglang hinimatay ang elepante. Ano ang ibinulong ng daga?

DAGA: Buntis ako, ikaw ang ama!

Sa pagpapatuloy....Dahil hindi makapaniwala ang elepante, dinala niya ang daga sa doctor. Tuwang-tuwa ang elepante at masayang ibinulong sa daga ang result...

ELEPANTE: Ako nga ang ama, at elepante ang anak natin, at kambal sila!

Teacher: Anong similarity nina Jose Rizal, Andres Bonifacio, Ninoy Aquino at Apolinario Mabini?

Student: Ma'am, pagkaka alam ko po, silang lahat ay pinanganak ng holiday!

Titser: Juan, use recharge & caffeine in a sentence.

Juan: Si "Recharge" Gutierrez ay si "Caffeine" Barbell.

Erap: Soli ko tong nabili kong DVD.

FPJ: Anong problema?

Erap: Walang picture, saka sound. Sayang. Suspense thriller pa yata to. Tsk, tsk....

FPJ: Anong title:

Erap: "The Lens Cleaner."

Promdi*: Alam ko promdi lang ako kaya wag mo kong lolokohin! Bakit ganito ang kwarto ko? Maliit, wala pang kama at bintana....ha?

Roomboy: Sir, nasa elevator pa lang po tayo...

(*Prom the province)

Jun-Jun: Inay! Ako lang ang nakasagot sa tanong ng titser namin kanina!

Inay: Very god! Ano ba ang tanong ng titser ninyo?

Jun-Jun: "Sino ang walang assignment?"

Titser: Ano ang hugis ng mundo?

Juan: Kuwadrado po, ma'am!

Titser: Hindi! Ang mundo ay bilog.

Juan: Pero ma'am, sabi ng lolo ko, narrating na nia ang APAT na sulok ng mundo. May sulok po ba ang bilog?

Thelma: Sabi mo dok, safe ang calendar method. Eh, bakit ako nabuntis?

Do: Paano nyo ba ginamit ang kalendar?

Thelma: Ginawa naming banig.

Gumimik sa mall ang tatlong binatilyo...

Jepoy: Syet! Ang cute nung girl!

Kevin: Sexy pa! Grabe!

Nathan: Sino? Yung naka-mini skirt na red? Yun, yun ba? Kilala ko sya! Teka tatawagin ko ha, Kuyahhhh Berto!

Eliseo: Sobra na talaga ang katangahan ng kumare mo. Ang akala niya, ang LAWSUIT ay uniporme ng pulis!

Joshua: Sus! Tanga nga! Eh di ba, uniporme ng abugado yun?

Namatay ang isang mister na babaero. Sa Requiem Mass, sinabi ng pari patungkol sa namatay, "He was an honest man, a good man, a devoted family man."

Binulungan ng biyuda sa panganay na anak, "Paki silip mo nga ang kabaong kung ang daddy mo nga ang nasa loob!"

PUBLIC HEALTH NUTRITION AND CHILD CARE



NATURAL REMEDY FOR THE RICH MAN'S DISEASE

Elias D. Adamos, M.D.

Gout is a common type of arthritis. Some clinicians refer to it as “the rich man’s disease.” Gout occurs when there is too much accumulation of a waste product of the body, called uric acid. Uric acid deposits, in gout, are found in increased amounts in the blood, joints, tissues, and urine. Gout is common in both women and men between the ages of forty and fifty.

How is uric acid formed?

There are some people who do not produce enough enzymes to digest the insoluble uric acid found in foods that are rich in a chemical called *purine*. Purine-studded foods include nuts and beans, soya, and other high protein foods, including meat. The enzyme *uricase* produces oxygen to break down uric acid into a soluble compound that can pass through the urine. However, genetically, some people do not produce the right amount of uricase to make the metabolism or breaking down possible. It is thus logical to derive from the premise that uric acid does not like oxygen. The parts of the body that have least oxygen content are the target areas of uric acid. These are the joints of the hands and feet, including the knees, and the tip of the ear lobes. The result: Uric acid is therefore retained in the body and because of this retention abnormal conditions develop, among which are kidney problems (including kidney stones). The most common is gouty arthritis.

How do I know if I have too much uric acid deposits in the body?

If you are suffering from some joint pains and swelling of the joints, the possibility that it is due to gouty arthritis is likely high. The easiest way to find out is to have your serum (blood) uric acid checked. The normal level for blood uric acid is **3-8 mg/dl (179 -476 mmol/L)**.

Aside from genetic factors, what other factors are related to gouty arthritis?

Gout is a byproduct of certain foods. Therefore, gout is diet-related. Improper diet increases the risk of developing gout. Gout is not only related to too much intake of rich food. It is also related to too much alcohol. Other factors that can lead to gout are obesity, crash dieting, overeating, stress, surgery, and injury to the joint. There are some medicines that can block purine-metabolizing enzymes.

Natural treatment and prevention

When an attack of gout strikes, eat only raw vegetables and fruits for two weeks. Combine with natural fruit juices. Cherries and strawberries neutralize uric acid. Also include some amount fiber foods, such as oatmeal. Consume plenty of water to push or drain uric acid from your kidneys and down to the urine. Eat no meat of any kind, including organ meats. Avoid alcohol.

Prevention: Always maintain a diet low in purines at all times: Meat, meat gravies and broths, mussels, sardines, and beans and nuts. Say ‘no’ to sugary foods.

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