



kabalita

No. 3694, May 18, 2017

GUEST OF HONOR AND SPEAKER



SECRETARY SALVADOR S. PANELO

Chief Presidential Legal Counsel
Republic of the Philippines

KABALITA

Let the hard-hitting Iskolar ng Bayan Litigator defend the Chief Executive's unorthodox actions in issues hugging the limelight at Asia's First Rotary Club.

What's Inside

Program	2
President's Corner	3
Guest of Honor and Speaker's Profile	4
Preview of Forthcoming Guest Speaker	5
Special Guest Profile	5-6
The Week That Was	7-11
The Rotary Foundation-Paul Harris Fellow	11
Membership	12
RCM Weekly Birthday Celebrants	13
Club Awards Committee	14
Membership Committee/Roster Update	15
Medical Mission	16
Birthday Fellowship	17-19
Blessing of the Shelter	20-26
Public Health Nutrition and Child Care	27
Advertisement	28-30

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PROGRAM

RCM's 40th for Rotary Year 2016-17

Thursday, May 18, 2017, 12N, New World Makati Hotel Balcony 1 and 2

OIC/Moderator: **PD "Beda" Fajardo**

Program Timetable

11:30 AM	Registration and Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated:	PD "Beda" Fajardo OIC/Moderator
12:30 PM	Call to order Singing of the Republic of the Philippines National Anthem Invocation RC Manila Hymn The Four (4) Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale RCM WF Music Chorale All Rotarians led by STAR Rtn. "Rocco" Sarmiento
12:35PM	Introduction of Guests & Visiting Rotarians; and Personalities Seated at the Presidential Table Welcome Song	Rtn. "Jerry" Agnes RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) May 15...STAR Rtn. "Jason" Bogovich May 19...PD "Dick" Taguchi May 19...Rtn. "Andy" de Rossi May 21...Rtn. "Monchoy" Garcia May 23...Rtn. "Rick" Zalamea May 23... Rtn. "Tonio" Santos May 24...Rtn."Raul" Boncan Personalized birthday gift courtesy of Happy Birthday Song	PAT "Muhammad" Aslam RCM WF Music Chorale
12:45 PM	President's Time Message	Pres. "Teddy" Ocampo Ms. Katarina S. Rodriguez Bb. Pilipinas 2017 Intercontinental
12:55 PM	Introduction of Guest of Honor and Speaker	PP "Boy" Guevara
1:00 PM	Address: Hon. Salvador S. Panelo Chief Presidential Legal Counsel Office of the President, Republic of the Philippines	
	Public Forum Club Fund Raising Raffle of Cash Prizes	Dir./Dir-Elect Bobby Joseph
2:00PM	Response, Presentation of Token of Appreciation to Hon. Salvador S. Panelo and Meeting Adjournment	Pres. "Teddy" Ocampo

PRESIDENT'S CORNER



Last Thursday weekly luncheon meeting, we were treated to a glimpse of Germany right at our doorsteps as His Excellency Jan Christian Gordon Kricke, Ambassador Extraordinary and Plenipotentiary of the Federal Republic of Germany to the Republic of the Philippines explained fully the true state of German-Philippine bilateral relations with a sneak peek into Federalism.

As for updates within our club, the 60th Anniversary of our sister club, the Rotary Club of Osaka East, this coming May 27, 2017 is fast approaching. For more details, please coordinate with our Secretariat. Last May 11, 2017, our club was treated to a birthday fellowship by Rtn. Jack Rodriguez at the 6th Floor of the Infinity Tower Suites in Makati City where many Manila Rotarian well wishers were in attendance and took turns in rendering songs of yesteryears complete with fun-filled bantering Manila Rotarians are known for. No less than Rtn. Jack's family was on hand to welcome us, including, his granddaughter, newly-crowned Bb. Pilipinas-Intercontinental 2017 Katarina Sonja Rodriguez. Five days later, May 16, 2017, we likewise held our Club Awards Meeting as our Rotary Year is about to draw to a close where PDG Alex Cureg, DGN Rudy Bediones, PP Francis Juico, Dir. Chito Zaldarriaga, AT Hermie Esguerra and I continued to confer with each other on the people from our club to be rewarded for their efforts this Rotary year.

As to updates within the district, the District Awards Night will be on June 3, 2017, 5:00pm at the Century Park Hotel in Manila. The attire will be gown for ladies and black tie or tuxedo for gentlemen. Our club has already reserved a table. Before that, there will be the DISTAS 2017 on May 20, 2017 for incoming officers and directors of the club for Rotary Year 2017-2018.

Today, we welcome Secretary Salvador S. Panelo, Chief Presidential Legal Counsel of the Republic of the Philippines as he does his role as the chief defender of the President of the Republic of the Philippines with respect to his unorthodox ways which seem to be doing wonders for our country. I look forward to your cooperation as we endeavor to make our stars shine in the remaining months of Rotary Year 2016-2017 through meaningful projects and fellowships that will strengthen the bonds of Asia's First Rotary Club.

GUEST OF HONOR AND SPEAKER'S PROFILE

PROFILE:

SALVADOR SAN BUENAVENTURA PANELO



Atty. Salvador S. Panelo is the Chief Presidential Legal Counsel of President Rodrigo Roa Duterte. Prior to that, he had an illustrious career as a private law practitioner with expertise in constitutional, criminal and remedial law. He was known for handling controversial and celebrated cases. He was also a professor of law at the Centro Escolar University, School of Law, University of the East, College of Law since 2003 and currently at the College of Law, Pamantasan ng Lungsod ng Maynila.

Personal Life

Secretary Panelo is the eight child of 12 children of Pantaleon Panelo who was a geodetic engineer with a law degree, and Soledad San Buenaventra who was a teacher and insurance agent.

He is married to Dr. Araceli Abrogina-Panelo- a highly regarded and leading diabetologist in the country. She is the Chairman of the Institute for Studies on Diabetes Foundation, Inc. (ISDFI), and a member of the faculty of Medicine, University of the East.

Before starting their own family, Atty. And Dr. Panelo adopted and raised Antonieta Victorino Fernando, Merle Victorino and Michelle Victorino Brown, who were orphaned at a young age due to the untimely demise of Atty. Panelo's sister, Magdalena Panelo – Victorino, and brother-in-law Manny Victorino. Atty. And Dr. Panelo were thereafter blessed with four children: Ramona Francesca A. Panelo-Ferreras, an interior designer and a clinical study coordinator for ISDFI; Salvador Paolo A. Panelo, Jr., a practicing lawyer and Senior Associate of the Migallos and Luna Law Offices; Salvador Carlo A. Panelo III, a special child and a student at Cupertino School for Special Children who passed away on January 6, 2017; and Salvador Angelo A. Panelo IV, a senior medical intern at the University of the East medical school.

Education

Atty. Panelo finished elementary school at the Murphy Elementary School and high school at the Roosevelt Memorial High School (AY 1959-1962). He graduated at the University of Nueva Carerres with a degree Bachelor of Arts in English and Political Science. Thereafter, he obtained a degree in law the University of the Philippines.

Organizations

Atty. Panelo is a member and/or officer of various organizations, including the following: Integrated Bar of the Philippines, Quezon City Chapter (Lifetime Member); Sigma Rho Fraternity, U.P. College of Law; former member of Movement of Attorneys for Brotherhood, Integrity Nationalism, Inc., or MABINI; Kapisanan ng Makabagong Kabataang Pilipino, or KMKP (Founding Chairman, 1970-1972); and Brotherhood of Mother's Kids, or BROMOKI-a spiritual group (Secretary-General).

Other Career Highlights

In addition, Secretary Panelo had hosted various radio and television programs, including: "Magamahalan Tayo," Eagle Broadcasting Corp. (1987-1999), "Broadcaster's Bureau," DWBR (2001-2002); "Pasada Sais Trenta," (co-hosted with Pinky Webb, 2005); "By Request" (a musical show co-hosted with Aliw Awardee Arthur Manuntag, 2007-2008); and Counterpoint (a political commentary program, 2009-2010). Currently, he is hosting a Sunday night radio program at DZRJ. Further, he has been a columnist of Counterpoint, RJ TV, "OpinYon," a weekly newspaper, and "Karapatang Batas ATBP," Pilipino Mirror.

PREVIEW OF FORTHCOMING THURSDAY GUEST SPEAKER

May 25, 2017, New World Makati Hotel Glasshouse



Mr. Michael Goldsmith

Senior Adviser & National Master Planner
Office of the President, Republic of Palau (Mar 2017 -
Present)

Topic: Choreographing Palau's National Master Plan
(NMP)

SPECIAL GUEST PROFILE



MANILA, Philippines – Miss Katarina Sonja Rodriguez may have just won Miss Intercontinental Philippines 2017, but she's already a familiar face – Katarina placed as one of the runners-up on *Asia's Next Top Model* season 2. Like her 2017 co-queens Mariel de Leon and Rachel Peters, Katarina was one of the favorites to win a title during the Binibining Pilipinas pageant.

1. Katarina is serious about being fit and healthy.

During the announcement of the Top 15 at coronation night, Katarina's short video feature revealed that fitness is important for her. According to her Bb Pilipinas profile, she's also a cycling instructor and is into running. On social media, she often shares photos of herself in the gym.

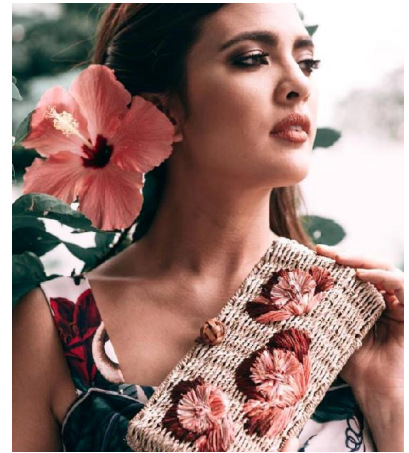
2. She decided to become a beauty queen in order to have a platform to share her advocacy.

In an interview with Rappler in March, Katarina said that she was already getting messages from fans and friends to try her luck in the national competition.

"This time, I decided to join Binibini because for the last two years, I've been asked to join and people would always ask, 'When are you going to join, when are you going to enter the pageant world, you're modeling?' And I was kind of shutting it [out] a little

bit and over time, I realized that I was interested in it. I would watch, I would Google different beauty queens, not only just here in the Philippines, but internationally.

“And I love the industry, I love the craft of acting, you know, I love doing the dance workshops, all of that, the things that come along with showbiz. But I felt I needed something that had a platform for the advocacy I envisioned to bring it to life,” she said.



3. She is an active member of the Red Whistle and its #SaveSexy campaign, which promotes HIV/AIDS awareness.

On her work with the group, Katarina said: “That’s actually the advocacy I had early on and put a lot of my time into. Last 2016, Niccolo Cosme, the fashion photographer [and] also the founder of the org, handpicks the ambassadors very precisely, and I ended up falling in love with what he’s doing, his cause, his enthusiasm, his passion, it inspired me a lot. And when I graduated from La Salle, I decided you know what, I want to be 100 percent on with this guy and on what he’s doing. And I like what he doing, and I like how he reaches out and he’s making it available all over the Philippines to be able to get the chance to be tested for free.”

4. She counts Bb Pilipinas International 2014 Bianca Guidotti as one of her inspirations.

“I love her. Like, before meeting her, I won’t lie again, I was still ignorant at this time, I was thinking, ‘Oh, it’s a beauty queen, she was Miss International this year and that,’” Katarina told Rappler in March. “And when I got to know her, she completely surprised me.”

“She’s a lot of fun, she’s adventurous, she’s very smart. She’s very passionate about being a humanitarian and I love that about her,” Katarina said about Bianca. “She’s very emphatic and I wish I could know all the beauty queens personally, because knowing them on a personal level is quite different from through social media.”

5. She was a former MTV VJ.

Katarina had the opportunity to be one of the MTV Philippines VJs and was under Viva Artists Agency before she competed in the pageant.

6. She loves to read.

In her Bb Pilipinas video profile, Katarina mentioned that she loves to read during her spare time.

7. She is a graduate of Business Management and Philosophy from De La Salle University.

8. Like her co-queens Rachel Peters and Chanel Thomas, Katarina loves the beach and loves to surf.

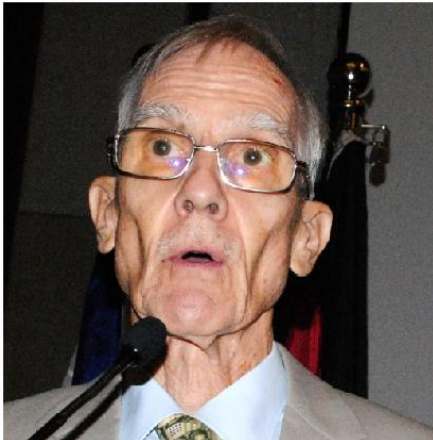
THE WEEK THAT WAS



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



Rtn. "Uwe" Hesse as OIC/ Moderator directs the program of activities.



Rtn. "Henning" Karcher delivers an ecumenical invocation.



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



Rtn. "Horst" Kessler Von Sprengisen introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. "Teddy" Ocampo during the "President's Time."



Rtn. "Bodo" Goerlich does the honour and pleasure of introducing **His Excellency Jan Christian Gordon Kricke**, Ambassador Extraordinary and Plenipotentiary of the Federal Republic of Germany to the Republic of the Philippines, as guest of honor and speaker.



His Excellency Jan Christian Gordon Kricke, Ambassador Extraordinary and Plenipotentiary of the Federal Republic of Germany to the Republic of the Philippines, enlightened Manila Rotarians, Visiting Rotarians and guests on bilateral relations between Germany and the Philippines, including, a glimpse of Federalism.



A pro-active open forum immediately followed right after the speech of Ambassador **Jan Christian Gordon Kricke** with RCMers' PD "Beda" Fajardo, PD "Abe" Pascual, PE "Jimmie" Policarpio, Rtn. "Celso" Abastillas, randomly raising questions to the guest of honor and speaker.



Pres. "Teddy" Ocampo presents to Ambassador Jan Christian Gordon Kricke a religious icon of Jesus Christ as the Club's token of appreciation for being the guest of honor and speaker.



Posterity photo with Ambassador Jan Christian Gordon Kricke (2nd from right) with from left: PP "Francis" Juico, Dir. "Chito" Zaldarriaga, PDG "Alex" Cureg, Pres. "Teddy" Ocampo, and PDG "Obet" Pagdanganan. (at far right)



Posterity photo with former House Speaker of Philippine Congress Rtn. **“Joe” De Venecia** with Amb. PP **“Toting” del Rosario**, PD **“Beda” Fajardo**, DGN **“Rudy” Bediones** and other distinguished guests.

Rotary Foundation — Paul Harris Fellow

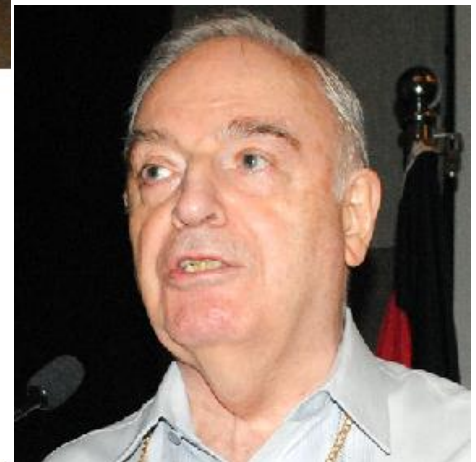


Pres. “Teddy” Ocampo awards to SAA **“Lance” Masters** a 2-Sapphire Paul Harris Fellow Pin marking his induction to the distinguished group of multiple Paul Harris Fellows. A vote of thanks by the **Rotary Club of Manila** through **Pres. “Teddy” Ocampo** with a handshake post the presentation.



Pres. “Teddy” Ocampo administers the honorary oath of membership pledge to **His Excellency Jan Christian Gordon Kricke**, Ambassador Extraordinary and Plenipotentiary of the Federal Republic of Germany to the Republic of the Philippines, and **His Excellency Asad Alam Siam**, Ambassador Extraordinary and Plenipotentiary of the People’s Republic of Bangladesh to the Republic of the Philippines, as honorary members of **Rotary Club of Manila**.

MEMBERSHIP



Rtn. “Bren” Egan, proposer, introduces **Mr. Jason Michael Bogovich** (American), Private Consultant to the US Department of Energy, Classification: Business Services — Energy Efficiency Consultant, as a regular member of **Rotary Club of Manila**.



Pres. “Teddy” Ocampo administers the oath of membership pledge to **Mr. Jason Michael Bogovich**, as a regular member of **Rotary Club of Manila**.

RCM BIRTHDAY CELEBRANTS OF THE WEEK



Pres. “Teddy” Ocampo presents the birthday celebrants: PD “Bebot” Pineda, PT “Jun” Follosco, and STAR Rtn. “Raffy” Alunan, presentation of personalized pillows courtesy of PAT “Muhammad” Aslam and for the traditional blowing of candle on the birthday cake, amidst the singing by the “RCM World-Famous Chorale” of the happy birthday song.



Birthday Celebrant STAR Rtn. “Raffy” Alunan receiving a special personalized pillow as gift courtesy of PAT “Muhammad” Aslam which was also presented to other birthday celebrants PD “Bebot” Pineda, and PT “Jun” Follosco.

CLUB AWARDS COMMITTEE



Pres. “Teddy” Ocampo leads the **Club Awards Committee** meeting held last Thursday, May 11, 2017 at the New World Makati Hotel, preparatory to the ***Valedictory and Year-End Awards Luncheon Presentation*** on June 29, 2017, Thursday, at New World Makati Hotel. Photo shows **AT “Hermie” Esguerra**, **Dir. “Chito” Zaldarriaga**, **PDG “Alex” Cureg**, **PP “Francis” Juico**, **DGN “Rudy” Bediones** during the deliberations. Also in attendance is **Exec. Sec. “Anna” Kun Toledo**.



Club Awards Committee meeting held last Tuesday, May 16, 2017 at the New World Makati Hotel. Present during the meeting were: (clockwise) **AT Hermie Esguerra**, **DGN Rudy Bediones**, **Pres. Teddy Ocampo**, **PP Francis Juico**, **ES Anna Kun Toledo** and **Dir. Chito Zaldarriaga**.

MEMBERSHIP COMMITTEE



Membership Committee Meeting held last Thursday, May 11, 2017 at the New World Makati Hotel. Present during the meeting were: (clockwise) **Rtn. Ricky Guevara, Rtn. Jujut Enriquez, PDG Vince Carlos, PVP Fausto Preysler, ES Anna Kun Toledo, SAA Lance Masters, Rtn. Bren Egan and PD Alvin Lacambacal.**

ROSTER UPDATE



**BOGOVICH, JASON
MICHAEL**

SPONSOR: Rtn. Bren Egan
2017 American,
Business Services-Energy
Efficiency Consultant
Private Consultant to the
U.S. Department of Energy

Born May 15, 1978

OFFICE: 151 Swallow Drive/ Greenmeadows Subdivision 1,
Quezon City 1110

Tel: +632-6330566

Email: jasonbogovich1855@gmail.com

MEDICAL MISSION



Medicine Donation from **Verheilen Pharmaceuticals, Inc.** c/o **Rotary Club of Manila** through Rtn. "Deo" Villacorta and Architect Rtn. **Warren So** for **SALAMAT DOC**, together with **Ms. Chit Intal**, and **Ms. Jing Castañeda** at **ABS CBN Compound**, **May 14, 2017, Sunday**. Not in photo are **AS Caloy Reyes**, **Dr. Jun Aventura** and Rtn. **Jayson Ong**.

BIRTHDAY FELLOWSHIP



A **"Birthday Fellowship"** graciously hosted by Rtn. **"Jackie" Rodriguez** was held last May 11, 2017, 6PM, at the Infinity Tower Suites, HV dela Costa, Salcedo Village, Makati City. Photo shows Birthday Host Rtn. **"Jackie" Rodriguez** in the company of former **President Her Excellency "Gloria" Macapagal Arroyo** and former **First Gentleman "Mike" Arroyo** on hand to give special greetings, with **PE "Jimmie" Policarpio**, Rtn. **"Vee" David**, Rtn. **"Cris" Acosta** and other guests.



A posterity photo with gracious Birthday Host Rtn. **"Jackie" Rodriguez** with **Lady "Sonia" Habana Rodriguez**, **Ms. "Katarina" Rodriguez**, Binibining Pilipinas Miss Intercontinental as **"special guest"**, with **RCMers' PD "Eric" Severino**, **PD "Beda" Fajardo**, **PD "Knud" Headeager**, Rtn. **"Deo" Villacorta**, **PD "Abe" Pascual**, Rtn. **"Bren" Egan**, **PS "Butch" Marking**, **PT "Jun" Follosco**, Rtn. **"Cris" Acosta**.



Birthday Host Rtn. "Jackie" Rodriguez acknowledges with sincere thanks and appreciation to fellow **RCMers'** who were present to celebrate his special birthday fellowship, **family members** and **guests** which made the celebration truly meaningful and memorable.



RCMERs' taking turns in belting out their favourite songs during the sing-along fellowship were Dir. "**Albert**" Alday and Rtn. "**Vee**" David in a duet, BLA and SSS Chairman "**Amading**" Valdez, SAA "**Lance**" Masters and PD "**Oscar**" Del Rosario in a duet, AT "**Hermie**" Esguerra, DGN "**Rudy**" Bediones, and PD "**Nick**" Locsin.

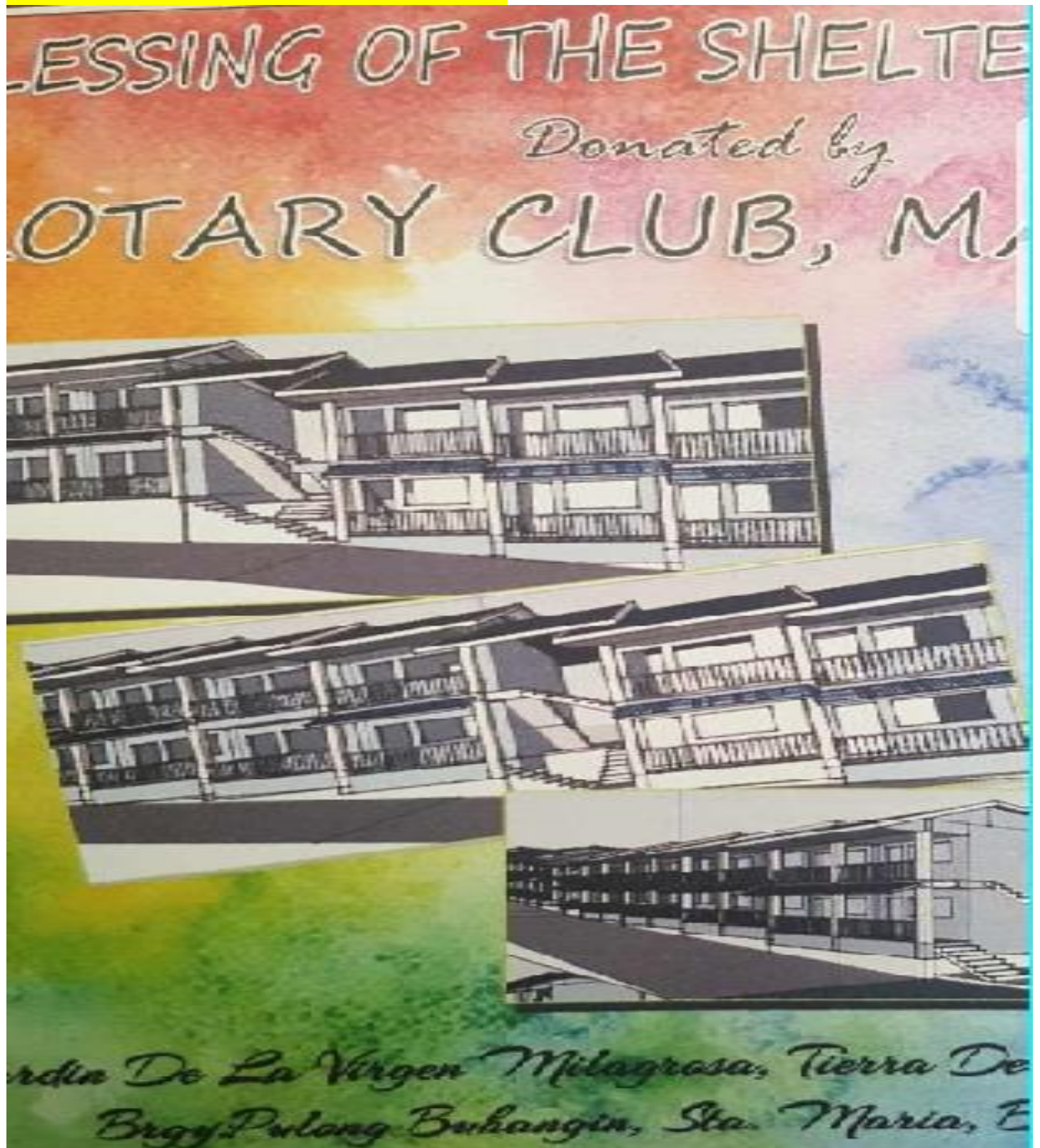


PD “Abe” Pascual praises the **Rodriguez Family** for their warmth, hospitality, closeness, and being God-fearing which attributed to **Birthday Host Rtn. “Jackie” Rodriguez** being an amiable and down to earth person.



Birthday Host Rtn. “Jackie” Rodriguez prepares to blow the candle on his birthday cake with granddaughter **Ms. “Katarina” Rodriguez**, Binibining Pilipinas Miss Intercontinental.

BLESSING OF THE SHELTER





Turnover of housing for formerly homeless families who have been participating in a feeding program and life skills development program at Hospicio. Our next project is to equip a training center and livelihood project in cooking and baking. Then they will learn the skills, gain employment, and transition to true independence and responsible living.



Chair./PD Philip Ong and the architect / construction Mgr Joseph Carl Pampliega.



The construction crew and 100% former homeless and unemployed men who were trained and conducted the work



Formal turnover of keys to the house beneficiaries- **DIZON FAMILY, ROSCANO FAMILY, GARCIA FAMILY, GALECIO FAMILY, HERDILEZ FAMILY, FARO FAMILY, ESPLAGO FAMILY, DY FAMILY, 4 unattached individuals (workers) and STAFF ROOM.**



Opening prayer by officiating priest prior to individual blessing of the ten apartment units of beneficiaries.



Ribbon cutting by **Pres. Teddy Ocampo**, **PDG Alex** and **Anna Cureg** and **Chairman PD Phil Ong**.



Sis. Cory Evidente, **Pres. Teddy Ocampo**, **PP Frank Evaristo**, **PD Oscar del Rosario**, **Rtn. Bollie Bolton**, **Rtn. Raffy Alunan**, **PD Alvin Lacambacal**, **SAA Lance Masters**, **PD Abe Pascual**, **ES Anna Kun Toledo**, **PDG Alex Cureg**, **PE Jimmie Policarpio** and **Special Children Chair/PD Phil Ong** with one of the street family beneficiary.



Pres. Teddy Ocampo and Asst. Regional Director OIC Ms. Aireen C. Crespo, delivering their message of thanks and inspiration.



Sis. Cory Evidente presented Ms. Cindy Agpaoa(baker), Charleman Fresnido(chef) and cook, who were all former street dwellers, who earned their skills thru Hospicio de San Jose's Sustainable Living through Resilient and Ecological Approches Project.



Singing the RCM Birthday song to Raffy, who spent his day with us at Hospicio! God bless you more, Raffy, a great Rotarian!



Entertainment numbers by the children of the home beneficiaries.

PUBLIC HEALTH NUTRITION AND CHILD CARE



REINVENTING YOURSELF (Effecting Change in your life)

Elias D. Adamos, M.D.

As I was looking at some sale items in a mall, I saw this slogan in a woman's cloth handbag: *"Life is not about finding yourself. Life is about creating yourself."* This had led me to some thinking that indeed the handbag's slogan must be right.

I tried to go to some shops and I bumped into a Japan-made soap called "sabai-arom." According to the store, the term is Thai and it means *"Simple Happiness."* The company believes that simple happiness is being connected to and being in tuned with nature. So what now has the bag slogan have to do with simple happiness? What does it have to do with wellness and health? Reinventing yourself is in many ways the same as creating or recreating yourself. Reinventing yourself is being in tuned with nature and your surroundings. Being in tuned with nature amounts to simple happiness.

How do you reinvent yourself?

One way of reinventing yourself is learning to be aware. It is about knowing yourself objectively. Awareness is being fully conscious of what you are and what your missions in life are. It is about being mindful of what's going on in your life.

How is reinvention of yourself attained by you?

Reinventing yourself is like turning on a light bulb. This light bulb illuminates your unconscious mind and you begin to be fully aware and sensitive of your surroundings. This is the first step to facilitating any change you wish to make in yourself. Now is the time to execute change in your life.

Steps in executing any change in your life

From the book with the title "If Life is a Game, These are the Rules" the author Cherie Carter-Scott, Ph.D. had listed down the following steps to effect change in life:

1. Awareness. It is being aware of the patterns in life that need to be learned, relearned, or mastered.
2. Acknowledgment. Accepting or admitting that you have to release the pattern(s).
3. Choice. This is an active selection of aligning yourself to your own true path.
4. Strategy. Create a realistic plan in effecting change.
5. Commitment. Stick to your decision to change.
6. Celebration. Reward yourself for succeeding in reinventing yourself.

Practical uses of self-reinvention

Self-reinvention or reinventing yourself can have practical applicability in changing behaviors. It can be used in smoking and alcohol cessation. It can be used in dieting. It can be effective in anger management.

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