



Kabalita

No. 3736, March 22, 2018

GUEST OF HONOR AND SPEAKER



HON. REYNALDO V. UMALI
Representative,
Second District of Oriental Mindoro
Chair, Justice Committee,
House of Representatives



REV. FR. DENNIS PAEZ
Salesian
Priest and
Recollection Master

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KABALITA

Let the hard hitting Oriental Mindoro legislator outline to Asia's First Rotary Club, his plans and programs for his constituents as well as burning issues concerning the committee he heads while we reflect on the coming Lenten season with a recollection to be conducted by our seasoned Salesian Priest from Don Bosco.

Countdown to Centennial

<http://www.rcmanila.org>



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PROGRAM

RCM'S 34th for Rotary Year 2017-2018

March 22, 2018, Thursday, 12Noon, New World Makati Hotel Ballroom

Officer-In-Charge/ Program Moderator : PVP “Roy” Golez

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCMDir.-elect/Dir. “Bobby” Joseph)	
12:00 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	PVP “Roy” Golez
12:05 PM	Call to Order Singing of the Republic of the Philippines National Anthem Invocation RCM Hymn	Pres. “Jimmie” Policarpio RCM WF Music Chorale STAR Rtn. “Michael” Cutter RCM WF Music Chorale
12:10 PM	Introduction of Reverend Father Dennis Paez , Special Guest, Salesian Priest and Recollection Master Lenten Recollection Message	PE/Dir. “Susing” Pineda Father Dennis Paez
12:55 PM	President's Time Presentation of check by Sun Life Financial, Ms. Zeny Tan , Financial Adviser, to the RCManila Foundation, Inc.	Pres. “Jimmie” Policarpio Pres. “Jimmie” Policarpio; PD “Rob” Sears , Chair., RCManila Foundation, Inc. , Dir. “Issam” Eldebs , Pres., RCManila Foundation, Inc.
	Introduction of the Guest of Honor & Speaker	PD “Rod” Valencia Former Representative, 1 st District, Oriental Mindoro
1:00PM	Address: Hon. Reynaldo V. “Rey” “RU” Umali Representative, 2 nd District, Oriental Mindoro	
	Public Forum	
	Response, Presentation of token of appreciation to Representative Raynaldo V. “Rey” “RU” Umali; and Father Dennis Paez	Pres. “Jimmie” Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



March 15, 2018 - The Tourism Awards Committee of the Rotary Club of Manila held a meeting at the Ballroom of the New World Makati Hotel in Makati City. Headed by DE/Dir. Bobby Joseph, those present were PDG Obet Pagdanganan, President Jimmie Policarpio, VP Chito Zaldarriaga, Dir. Art Lopez, DE Jackie Rodriguez, Club Secretary Alvin Lacambacal and Rtn. Farid Schoucair.

- DGE Rudy and Lady Sharon Bediones as well as PDG Obet Pagdanganan attended the final dance practice for the Governor's Ball at the Harbor Tent of the Sofitel Philippine Plaza Manila

in Pasay City.

- SDG/IPSDG/PAG/PP Frank Evaristo attended the Awarding Ceremonies of the 2017 TOYM at the Meralco Lighthouse in Pasig City.

- DGE Rudy Bediones and DGN Liza Elorde hosted a dinner fellowship for Korean Rotarians from District 3661 who would be attending the DISCON 2018 at the Legend Seafood Restaurant in Pasay City.

- Our fellow Manila Rotarian, Former President Fidel V. Ramos, celebrated his birthday with his wife, Former First Lady Ming. His actual birthday was last March 17, 2018.

March 16, 2018 - PDG Obet Pagdanganan and PD Oscar del Rosario attended the DISCON 2018 Holy Mass officiated by Msgr. Claro Matt Garcia held at the Romblon and Mindoro Rooms of the Sofitel Philippine Plaza Manila in Pasay City.

- PDG Obet Pagdanganan and PD Oscar del Rosario attended the DISCON 2018 Opening of Trade Fair and Humanity in Motion along the perimeter of the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City.

- DGE Rudy Bediones, PDG Vince Carlos, PDG Alex Cureg and PDG Obet Pagdanganan attended the District 3810 Council of Governors' Luncheon with RIPR Eun Soo Moon and Lady Hyun Joo Yang hosted by DG Loy and Lady Karen Cosico at the Davao Room of the Sofitel Philippine Plaza Manila in Pasay City.

- Manila Rotarians attended the Opening Ceremonies of the DISCON 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City.

- Manila Rotarians attended the Filipiniana Fashion Show of the DISCON 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City. PP Benny Laguesma was Segment Chair.

March 17, 2018 - The Great Presidents and the Inspiring Presidents had a breakfast with RIPR Eun Soo Moon together with their respective District Governors, DG Loy Cosico and DGE Rudy Bediones, at the Boracay and Davao Rooms of the Sofitel Philippine Plaza Manila in Pasay City.

- The nine (9) electors of the Rotary Club of Manila attended the Business Meeting at the Sofitel Philippine Plaza Manila in Pasay City where the financial report of RY 2016-2017 was reported as well as courtesy resolutions were passed.

- Manila Rotarians had a luncheon fellowship at the lobby lounge area of the Sofitel Philippine Plaza Manila in Pasay City.

- Manila Rotarians attended the Second Plenary Session and Closing Ceremonies of the DISCON 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City. During this session, the Rotary Club of Manila was cited for its participation in the Humanity in Motion and for having the most number of registrants for DISCON 2018. Our club was likewise cited for our contributions to The Rotary Foundation where DE Jackie Rodriguez and PDG Alex Cureg were called on stage for their Major

Donor contributions. That same afternoon, PP Benny Laguesma introduced DGE Rudy Bediones who delivered his address to the district in his capacity as Incoming Governor where he dwelled on the 100 years of the Rotary movement in the Philippines and in Asia with the Rotary Club of Manila as the lead club by extolling famous Manila Rotarians and laying down the plans. Further, he called his Executive Committee on stage as well as his Inspiring Presidents who both danced to the tune of "Walking on Sunshine" with PE/Dir. Susing Pineda leading his classmates with his never before seen dance steps. Manila Rotarians likewise visited our booth in the Trade Fair. Sen. Loren Legarda also delivered a talk.

- IPSDG/IPDCoS/DE/IPD Albert Alday, IAT Jason Ong, Treasurer Nicky Villaseñor and DE/Dir. Caloy Reyes unwinding during the DISCON 2018 at the Snaps Sports Bar of the Sofitel Philippine Plaza Manila in Pasay City.

- Manila Rotarians attended the DISCON 2018 Governor's Ball at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City. DGE Rudy Bediones and PDG Obet Pagdanganan took part in the dance which was a fitting culmination to a successful DISCON 2018. Great Presidents likewise presented their dance numbers.

March 19, 2018 - VPE/Dir. Lance Masters, Chair of Rotary's Heart for Little Angels Project, met with PDG Obet Pagdanganan, Rtn. Johnny Chotrani and Rtn. Zdenek Jankovsky at the Dohtunburi Japanese Restaurant in Greenhills, San Juan.

- DE/Dir. Issam Eldebs celebrated his natal day with fellow Manila Rotarians and their spouses at the Sala Bistro in Makati City. Present were DGE Rudy Bediones, PE/Dir. Susing Pineda, PD Nick Locsin, BLA/PD Amading Valdez, Rtn. Farid Schoucair and I.

March 20, 2018 - PE/Dir. Susing Pineda, DE/Dir. Issam Eldebs, ICS/Club Secretary Alvin Lacambal, IT/Treasurer Nicky Villaseñor and IAS/AS Rene Policarpio attended the Pre Planning Meeting for RY 2018-2019 with respect to clusters and committees of our club at the Last Chukker, Manila Polo Club, Makati City.

March 21, 2018 - DE Raffy Alunan was a reactor to Senator Gringo Honasan's talk on Counter-terrorism at the 11th Philippine Army Senior Leaders Conference, entitled, "Defeating Terrorism Responding to a Global Challenge" held at the Philippine Army Officers' Club, Philippine Army Headquarters, Fort Bonifacio, Taguig City.

- DE Raffy Alunan interviewed National Security Adviser Sec. Hermogenes Esperon on his show, "Thinking Out Loud with Raffy Alunan" over DZRH in Pasay City. During the interview, they discussed the National ID Card, Counter-terrorism Policies, Counter Insurgency Strategy, West Philippine Sea and the National Security Policy. The show will likewise air on Saturday, March 24, 2018.

March 22, 2018 - Welcomes Rep. Reynaldo Umali of the Second District of Oriental Mindoro, who will talk on his plans and programs. Rev. Fr. Dennis Paez will also conduct a "Lenten Recollection".

- RCManila Foundation Management Meeting, 11:30 am, Ballroom, New World Makati Hotel, Makati City

- Planning Session Meeting of the Board of Directors and Officers for Rotary Year 2018-2019, 2:15 pm, Press Room, New World Makati Hotel, Makati City

GUEST SPEAKERS' PROFILE



REYNALDO “REY” “RU” UMALI

Hon. Reynaldo V. Umali is a 3rd Term Representative of the 2nd District of Oriental Mindoro.

As a lawyer and former economist of the National Economic and Development Authority (NEDA), he has capitalized on his profession and years of experience as public servant to effectively serve and set development goals for his constituency.

He is a visionary leader who sees Oriental Mindoro in its full horizon and he looking forward to the day that Mindoreños are uplifted from poverty and are enjoying bustling agri-tourism industries in the first-class province. Advancement of the agriculture sector is one of his priorities because this is his constituents’ major source of income and the province’s key engine for growth. He strongly advocates the preservation of the environment while he vigorously promotes the ecotourism potentials of the province.

Cong. Rey has authored legislative measures for the development and improvement of Oriental Mindoro and the entire country as well. He co-authored the “Universal Access to Tertiary Education Act” and the Anti-Trust Law which created the Philippine Competition Commission. Notably, he has been dubbed as the Father of the Customs Modernization and Tariff Act (CMTA) which his team drafted while he was Bureau of Customs Deputy Commissioner in 2008. In BOC, he is well known as the one who spearheaded the Run After The Smugglers (RATS) Program which holds the record for filing the most number of cases against violators of the Tariff and Customs Code of the Philippines (TCCP).

Cong. Rey has subscribed to the belief that “power preceeds development.” Because of this, he has championed and rallied investments on renewable energy which gained momentum when he assumed the Chairmanship of the House Committee on Energy and Co-Chairman of the Joint Congressional Power Commission during his 2nd term in office. Last 16th Congress, he led the JCPC-House Panel in crafting the House Resolution No. 21 which saved the government 6 to 12 billion pesos for the rental or purchase of 300MW gensets to address the looming 2015 summer power crisis and institutionalized the Interruptible Load Program.

Since his first term in Congress, he has been advocating good governance and reforms in the Philippine judiciary. He courageously stood to push for the Impeachment of then Chief Justice Renato Corona and former Ombudsman Merceditas Gutierrez. He delivered Privilege Speeches to defend the doctrine of separation of powers and the principles of our system of checks and balances, and assert the congressional independence and the position that impeachment is our sole and exclusive prerogative.

Now on his last term as Congressman, Cong. Rey has been given the herculean task to Chair the House Committee on Justice while he also plays significant roles in eight other committees especially the Committee on Energy-JCPC House Panel, Committee on Constitutional Amendments and the Committee on Good Government and Accountability, to name a few.

His Committee on Justice is actively working to fastrack reforms in the five pillars of the criminal justice system in the country, namely: the judiciary, law enforcement, prosecution service, correctional institution and the community.

Cong. Rey also shepherded the passage at the House of Representatives of the bill for the reimposition of Death Penalty for drug-related crimes as well as the legislative measure to update the backwardness of the fines applicable in the Revised Penal Code to be more in keeping with today’s realities. He also takes the lead in the crafting of a bill on the Proposed Code of Crimes.

By virtue of his Chairmanship of the Justice Committee, he serves as Ex-Officio member of the Judicial and Bar Council (JBC) representing the House of Representatives.

As expected, Cong. Rey consistently excels in every area he is put in charge of, as he continues to make a difference to the institutions and the people he serves. All these did not go unnoticed as he became a recipient of the 2017 *Distinguished Bedan Award for Government Service* and the 2017 *Ulirang Ama Award for Government and Public Service*.

Cong. Rey is married to Dra. Ma. Linda Tantoco Umali and is blessed with six children namely Jean Paulo, Hans Christian, Jan Joseph, Ian Mikhael, John Christopher and Juan Reynaldo.

SPECIAL GUESTS' PROFILE



Father Dennis Paez, 40 years, a Salesian, 30 years, a Priest, BSE Major in Physics, Masters in Ateneo on Psychology, 2nd Masters in Fordham University, NYC on Psychology, Specializing in Marriage and Family Life. Presently a Marriage Counsellor in the Don Bosco School, Metro Manila.

THE WEEK THAT WAS



RCM Pres. "Jimmie" Policarpio and RCFP PP "Albert" MG Garcia call the joint meeting between Rotary Club of Manila and Rotary Club of Forbes Park, to order.



RCM Rtn. "Caloy" Buendia as OIC/Moderator, calls the program of activities.



RCM PD "John" Cenica delivers an ecumenical prayer.



RCFP PP "Frankie" Adriano leads fellow Rotarians, in renewing its commitment to the Rotary movement, be leading in the recitation of the four (4) way test.



RCFP PP "Bert" Galano introduces the personalities seated at the presidential table, guests and visiting Rotarians.



RCM Rtn. Chairman “Jason” Ong for a brief announcement of the **Monty Python’s Spamalot Play**, to raise funds for the RCM’s Centennial Projects.



RCM Pres. “Jimmie” Policarpio for some announcements during the president’s time. RCFP PP “Albert” MG Garcia followed suit for announcement on club projects.

Rtn. “Cris” Acosta does the honor, pleasure and privilege of introducing **Major Gen. Danilo Chad D. Isleta AFP**, Chief of Staff, Philippine Army, as guest speaker.



Maj. Gen. Danilo Chad Isleta, Chief of Staff, Philippine Army, gave Manila Rotarians, Visiting Rotarians and guests, updates on National Security, the ISIS problem and the Drug Menace.



A public forum followed suit after the speech of **Major Gen. Danilo Chad D. Isleta AFP. RCMers'** who participated were: **Dir. Bobby Joseph**, **Rtn. Tong Payumo**, **PD Beda Fajardo** and **PP Frankie Adriano** of RC Forbes Park.



RCM Pres. "Jimmie" Policarpio and **RCFP PP "Albert" MG Garcia** on their respective response and presentation of token of appreciation to **Major Gen. Danilo Chad D. Isleta AFP**, and meeting adjournment.



The Tourism Awards Committee of the Rotary Club of Manila held a meeting last March 15, 2018 at the Ballroom of the New World Makati Hotel in Makati City. Headed by DE/Dir. Bobby Joseph, those present were PDG Obet Pagdanganan, President Jimmie Policarpio, VP Chito Zaldarriaga, Dir. Art Lopez, DE Jackie Rodriguez, Club Secretary Alvin Lacambacal and Rtn. Farid Schoucair.

FELLOWSHIP

RCM & RCFP Weekly Birthday Celebrants



RCM Pres. "Jimmie" Policarpio and RCFP PP "Albert" MG Garcia present the birthday celebrants in attendance : DE/Dir. "Issam" Eldebs and Sec. Tim Tolentino, for the traditional blowing of the candles on the birthday cake, amidst the singing by the RCM World Famous Chorale of the happy birthday song.



IPSDG/IPDCoS/DE/IPD Albert Alday, IAT Jason Ong, Treasurer Nicky Villaseñor and DE/Dir. Caloy Reyes unwinding during the DISCON 2018 last March 17, 2018 at the Snaps Sports Bar of the Sofitel Philippine Plaza Manila in Pasay City.



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FELLOWSHIP



FVR CELEBRATES 90th BIRTHDAY

All members of the Rotary Club of Manila are presumed distinguished, owing to the breed of men it admits into its fold. However, there are those who simply emerge among equals and find themselves reverberating at the pinnacle of servant leadership, especially, when he is the only Rotarian to have been elected as President of the Republic of the Philippines. Hence, in nostalgically tracing our treasured heritage, we celebrate a milestone on the occasion of the 90th Natal Day of President Fidel V. Ramos with lavish greetings not only for a job well done, but, for enshrining his people with the sovereignty they rightfully deserve for which, we, his fellow Manila Rotarians, find a well spring of pride and limitless inspiration in Service Above Self.

Former President Ramos celebrated his birthday last March 15, 2018 with his wife, Former First Lady Ming. His actual birthday was last March 17, 2018.

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DISCON 2018



DGE Rudy Bediones and **DGN Liza Elorde** hosted a dinner fellowship for Korean Rotarians from District 3661 who would be attending the DISCON 2018 last March 15, 2018 at the Legend Seafood Restaurant in Pasay City.

DAY ONE



PDG Obet Pagdanganan and **PD Oscar del Rosario** attended the DISCON 2018 Holy Mass officiated by Msgr. Claro Matt Garcia held last March 16, 2018 at the Romblon and Mindoro Rooms of the Sofitel Philippine Plaza Manila in Pasay City.



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DAY ONE - OPENING CEREMONIES

Manila Rotarians attended the Opening Ceremonies of the DISCON 2018 last March 16, 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City.







Manila Rotarians attended the Filipiniana Fashion Show of the DISCON 2018 last March 16, 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City.

DAY TWO

The Great Presidents and the Inspiring Presidents had a breakfast with RIPR Eun Soo Moon together with their respective District Governors, DG Loy Cosico and DGE Rudy Bediones, last March 17, 2018 at the Boracay and Davao Rooms of the Sofitel Philippine Plaza Manila in Pasay City.



The nine (9) electors of the Rotary Club of Manila attended the Business Meeting last March 17, 2018 at the Sofitel Philippine Plaza Manila in Pasay City where the financial report of RY 2016-2017 was reported as well as courtesy resolutions were passed.



DISCON 2018 DAY TWO: MANILA ROTARIANS IN LUNCHEON FELLOWSHIP

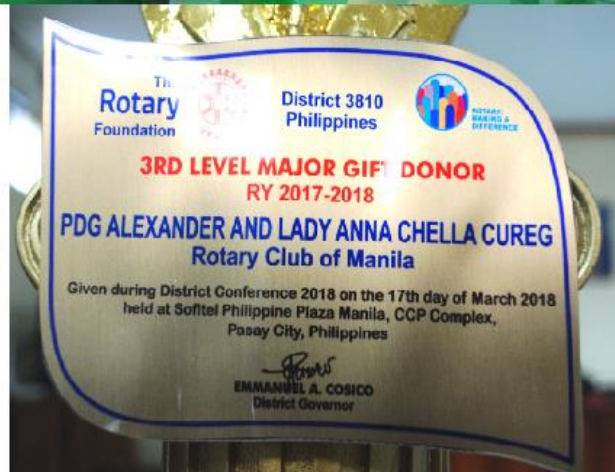


Manila Rotarians had a luncheon fellowship last March 17, 2018 at the lobby lounge area of the Sofitel Philippine Plaza Manila in Pasay City.

DISCON 2018 DAY TWO: PLENARY SESSION AND CLOSING CEREMONIES

Manila Rotarians attended the Second Plenary Session and Closing Ceremonies of the DISCON 2018 last March 17, 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City. During this session, the Rotary Club of Manila was cited for its participation in the Humanity in Motion. Our club was likewise cited for our contributions to The Rotary Foundation where DE Jackie Rodriguez and PDG Alex Cureg were called on stage for their Major Donor contributions. That same afternoon, PP Benny Laguesma introduced DGE Rudy Bediones who delivered his address to the district in his capacity as Incoming Governor where he dwelled on the 100 years of the Rotary movement in the Philippines and in Asia with the Rotary Club of Manila as the lead club by extolling famous Manila Rotarians and laying down the plans. Further, he called his Executive Committee on stage as well as his Inspiring Presidents who both danced to the tune of “Walking on Sunshine” with PE/Dir. Susing Pineda leading his classmates with his never before seen dance steps. Manila Rotarians likewise visited our booth in the Trade Fair. Sen. Loren Legarda also delivered a talk.











GOVERNORS BALL

Manila Rotarians attended the **DISCON 2018 Governor's Ball** last March 17, 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City. **DGE Rudy Bediones** and **PDG Obet Pagdanganan** took part in the dance which was a fitting culmination to a successful DISCON 2018. Great Presidents likewise presented their dance numbers.





DE/Dir. Caloy Reyes with Rotary Club of Pasay Friedens Rotarians **Great President Elizabeth Tungol, Elemay Sheikhani, Eva Acaba and Goldy Baroa**



Rtn. Zdenek Jankovsky turned over **Php 20,000** to **President Jimmie Policarpio** for **Rotary's Heart for Little Angels Project** last March 17, 2018 at the Harbor Tent of the Sofitel Philippine Plaza Manila in Pasay City.

TOYM, awarding ceremonies with Presidential Spokesman Harry Roque and JCI past President



ISDG/IPSDG/PAG/PP Frank Evaristo attended the Awarding Ceremonies of the 2017 TOYM last March 15, 2018 at the Meralco Lighthouse in Pasig City.

SAVE THE LITTLE HEARTS



Rotary's Heart for Little Angels

By Dir/VPE Lance Masters



A new committee to manage what we used to call "Save the Little Hearts" congenital heart disease program has been formed. We had our initial meeting on Monday, March 19th at Dohtonburi Japanese Restaurant in Greenhills. At that time, we confirmed the name as "Rotary's Heart for Little Angels." We are honored to be designated as the club's Centennial Legacy project by RCM Centennial Chair, PDG Obet Pagdanganan. Obet is serving on our committee, along with Star Rotarian Zdenek Jankovsky, Rtn Johnny Chotrani, Rtn Rosel Santos, PD Oca DelRosario, DGE Rudy Bediones, Rtn Vee David, and me. We invited Ms. Joyce Sacao-Alumno to join us. You might remember Joyce as the Country Manager and President of Aster DM Healthcare.

Joyce had initiated "Save the Little Hearts" in the Philippines as the charity of DM Healthcare's Chairman, Dr. Azad Moopen. They funded the surgeries in India for the three cases that we sent last year. Aster has ended its support of these cases in the Philippines. Joyce left Aster is now the Chairman and CEO of Health-core, a health care and accreditation consultancy and training corporation. Our committee expects to take over the remaining cases from "Save the Little Hearts," as well as getting cases referred by the pediatric cardiologists handling charity cases at the various hospitals, referrals from Gift of Life International, and from our own promotional efforts.

Our committee discussed the needs, the opportunities for service, and possible strategies for maximizing our success in the short and longer run. Every year in the Philippines, about 18,000 children are born with significant congenital heart disease, and most are from indigent families. There is a substantial backlog of patients already qualified for the surgery, but the waiting time is still very long and some patients die before they can be saved. The full price for the surgery here in the Philippines runs from P600,000 to over a million. In addition to PhilHealth coverage, each case usually costs an additional P20,000 to as much as P200,000, depending on diagnosis. We require the families to apply for PCSO assistance, then we need to fund the remainder. So far, our own club contributions have ranged from a low of P28,000 to a high of P154,000. Thanks be to God; every case has been successful thus far.

Because the needs are so great, in addition to efforts within our own club, we will ask District 3810 clubs that have not been availing of TRF District Mini-grants, to apply for these funds to contribute to this life-saving initiative. Further, we hope that all of the clubs in the district can fund at least one case per year, through the mini-grants, and through their own fund-raising, as well. The Governor's challenge to the district clubs this year includes that they participate in or organize at least one Centennial-related activity. It will be great if many



D3810 clubs choose to help RCM save these precious angels during our centennial, but even starting right now. We think that we can handle perhaps as many as 200 cases a year, maybe more, which would be a phenomenal gift to the country! The committee also reviewed the patient application form that I had drafted. We will post the application and supporting information online in the website and Facebook pages that Rtn Zdenek Jankovsky is developing for us.

The need for expanding the capacity to perform the surgeries in government hospitals throughout the Philippines is essential to save more lives. Access to this high-level care is extremely limited throughout the country, so those patients who are the poorest in the far away provinces are those most likely to die. Accordingly, we are already collaborating with the Philippine Heart Center to develop a TRF Global Grant proposal for about P10 million, to renovate and equip a surgical unit in a hospital in Iloilo, so that they can handle cases from that region. I have already had two conversations with PHC's Executive Director Dr Joel Abanilla on this topic, and we have a rescheduled conference call with Mr. Rob Raylman, President of Gift of Life International (GOLI), next Monday, the 26th.

Earlier on Monday, I had the second extended Skype conference call with Mr. Raylman at Gift of Life. GOLI is a 43-year old charity, based in Connecticut, which has provided more than 37,000 life-saving Congenital Heart Disease (CHD) surgeries around the world. GOLI is not a Rotarian organization, but they work with almost exclusively with Rotary, through more than 100 Rotary clubs and districts around the world. At the present time, GOLI is involved in handling more than USD \$5,000,000 in TRF grants. We expect to work with them in a number of ways. Globally, they get more patient applications from the Philippines than from any other country; our need here is the largest. We need to help as many as we can. GOLI will refer cases to us, and they will assist in funding, in fund-raising and in our applications for Global Grants, both for patient funding and for service capacity expansion. GOLI is already working with our daughter club, RC Cebu. They will be opening a new surgery facility in Cebu in June and think they can handle at least 60 cases there before the end of the calendar year. In addition to Gift of Life, our committee will be reaching out to other charities that support CHD surgeries around the world, which is why we did not name our initiative as GOL. GOL also works with RC Makati West, and we will coordinate with them, too.

The web sites and brochures that Zdenek is developing will help build awareness of our project to both attract patients needing help, and for attracting charitable support from outside of Rotary. We believe that, just as many from our club have generously supported this initiative, that there will be many other generous individual, charities, and companies outside of Rotary that will help, as we tell the stories of the needs and the successes. Ching is providing committee support. Joyce is helping us learn how to handle the cases. We are determined to create a sustainable legacy project for our club, our district, and our country. We will advise when we need of more funds. If you wish to join the committee, please let me know. Thank you for your continuing interest and support.



SPEAKERS BUREAU



DE Raffy Alunan was a reactor to **Senator Gringo Honasan's** talk on Counter- terrorism last March 21, 2018 at the 11th Philippine Army Senior Leaders Conference, entitled, "Defeating Terrorism Responding to a Global Challenge" held at the Philippine Army Officers' Club, Philippine Army Headquarters, Fort Bonifacio, Taguig City.



The DAP Frontier

DAP NEWS AT YOUR FINGERTIPS

Alunan urges nation to sustain nat'l security preparedness



Former Interior and Local Government Secretary Rafael M. Alunan III speaks during his lecture on "National Security Preparedness in Light of Various Internal and External Challenges" last February 15 at the Development Academy of the Philippines in Pasig City. (Photo by Paolo Serrano)

Former Interior and Local Government Secretary Rafael M. Alunan III, an eminent fellow of the Development Academy of the Philippines, recently urged the entire Filipino nation to sustain national security preparedness during the DAP's second "Kartilya Session" entitled "National Security Preparedness in Light of Various Internal and External Challenges" held last February 15 at the DAP Building in Pasig City.

"We cannot handle external and internal crises at the same time," declared Alunan as he explained that internal security is under control while external defense remains a major challenge to the society. "This is similar to how we are unable to effectively protect our Exclusive Economic Zone and prevent the takeover of our reefs and shoals which

place our national security at risk."

Internal challenges

Alunan cited challenges in the country's internal environment. These include poor governance, poverty, armed conflicts, the NPA-MILF tieup, Marawi and a failing nation fanned by a cycle of greed, ego and corruption among a narrow elite ruling the country.

He supported these claims by highlighting the public service institutions being corroded by corrupted politics; cities having high proportions of informal settlers looking for a better crack at life; disaffected citizens who bear the brunt of abuse and neglect; the communist armed group NPA's tactical alliance with the MILF that is linked to criminal syndicates and infiltration of government; a breakdown in governance that has allowed feudalistic practices, warlordism, drugs and terrorist infiltration to prosper; and the Filipinos' character flaws that make it easy for enemies to exploit and infiltrate the government for their own gain.

'Unquantifiable cost'

He suggested that the cost of these factors to nation-building is "unquantifiable" as he said demoralization that results from this situation fans inefficiency and loss of productivity, which in turn breeds a "vicious cycle of backwardness, division, violence and apathy."

Continued on page 2



The DAP Frontier

DAP NEWS AT YOUR FINGERTIPS

Alunan urges nation to sustain nat'l security preparedness

Continued from page 1

This vicious cycle, Alunan said, must be broken to stop the country from reaching failed state status, and the key to this is transformation, which he said must start with the elite.

The former DILG and Tourism Secretary also declared that the country's external risk environment demands the attention of its national leaders and policymakers. The United States, China and Japan, the Philippines' top trading partners, are locked in strategic competition, and this puts into question the country's options to absorb and recover from the impact if the three countries get embroiled in a war.

Generally unprepared

He also said that the lack of statecraft and national security has kept the country generally unprepared and wide open for exploitation and intimidation.

He then named the external challenges, which include the geopolitical risk involving China, Malaysia, the BangsaMoro Basic Law, North Korea, and the US as well as the Mutual Defense Treaties the Philippines entered with various countries; the terrorism risk; the climate change risk; the overseas Filipino workers risk; the artificial intelligence risk; and trending risks like drug proliferation, free trade excesses, drones and cybersecurity that make the country vulnerable to data, strategic infrastructure

and economic sabotage.

Pillars

Alunan said that national security is anchored on three pillars: safeguarding national unity, democracy and social institutions based on a shared national identity; ensuring the security of the state and preserving and protecting the country's sovereignty, territorial integrity and institutions; and protecting the populace, economic sectors and strategic infrastructure while ensuring continued job growth and sustainable development.

He stressed that national security preparedness not only means homeland security but a "multi-dimensional state of being, an 'all of nation' condition where the government and society are aligned on risk mitigation and shielding the nation from all threats." He thus concluded by encouraging Filipinos to bridge their cultural, social and economic divides which he said are "fundamental" to national security.

"We must build a united nation for present and future generations and understand that preparedness is a continuum that must be tirelessly sustained by the whole nation until our desired end-state is reached," Alunan declared.

—Jeannalia Burns



DE Raffy Alunan interviewed National Security Adviser Sec. Hermogenes Esperon on his show, "Thinking Out Loud with Raffy Alunan" over DZRH last March 21, 2018 in Pasay City. During the interview, they discussed the National ID Card, Counter-terrorism Policies, Counter Insurgency Strategy, West Philippine Sea and the National Security Policy. The show will likewise air on Saturday, March 24, 2018.

NEWS RELEASE

THE PHILIPPINE STAR
SUNDAY | MARCH 18, 2018
allure **G3**

'Breaking Barriers' to build communities

this week on peopleasia
BABE ROMALDEZ

My congratulations to my good friend, PeopleAsia Executive Publisher and director Jose "Pepe" Rodriguez, for the successful launch of his book, Breaking Barriers: Creating Communities Development and ASEAN, an introductory book at the Writers Day at Raffles Hotel in Manila City.

Co-authored by veteran journalist, Virgilio Calvez with a foreword from former President Fidel Ramos and published by ANSO International Center and the Global Center of International Studies, the book positions an introduction to the dynamic region that is Southeast Asia and describes the "long march at victory" that the peoples of the region underwent and their transformation from colonies to kingdoms, from colonies to independent republics," with the lessons of the past providing great insights that would help enable the Association of Southeast Asian Nations (ASEAN) member-nations to achieve their dream to create one community working together to achieve prosperity for all.

The book is certainly opportune, coming on the heels of the regional group's 20th founding anniversary celebration that the Philippines successfully hosted last year.

"The history of Southeast Asia, and ASEAN in particular, has been a continuing saga of how people responded to events that shaped history: the rise of colonialism in the mainland and island regions, the

empire, the struggles of independence and the emergence of nations; and the gradual transformations and failures as independent states in 1950s. Rodriguez said in his welcome remarks during the launch.

As noted by President Duterte in his message for the book, understanding the evolution of ASEAN will enable everyone to appreciate its value of its mission and goals — and the book is certainly a powerful and informative tool that will enlighten readers on the importance of building strong relations with our neighbors, nations, and humanity and mutual respect via peace the way for dynamic partnerships among nations."

While other books have been written about ASEAN and Southeast Asia, what makes the book stand out is the fact that it takes provide the "insider's" account in trying to explain why ASEAN is where it is today and why it is poised, despite its perceived shortcomings, to become a major influence in today's world."

Other photos from the launch include: President Duterte, Vice President Duterte, and other officials; Rodriguez with his wife; and Rodriguez with his wife and children.

Other photos from the launch include: Rodriguez with his wife; and Rodriguez with his wife and children.



Arthur Lopez and Jose Periquet.



Former President Fidel Ramos with Pepe Rodriguez.

PUBLIC HEALTH NUTRITION AND CHILD CARE



“VISITA IGLESIA” CARDIO EXERCISES, Part 1 (10,000 steps v. 30 minutes of walking)

Elias D. Adamos, M.D.

One of the Filipino traditions during yearly “Semana Santa (Holy Week)” is the “Visita Iglesia.” There are different strokes for different folks in the practice of this tradition. Some say, you have to visit seven churches, while some say, it should be ten. Some would visit one church per Station of the Cross. Here’s your chance to lose some unwanted fat and weight while doing your traditional *visita iglesia*. Get into some loose and light clothing and plan your church visits well. Don’t forget to bring water. Sunglasses. By the time you have completed your pilgrimage, I hope you have done the becoming-popular 10,000 steps for weight loss.

10, 000 steps/day v. 30 minutes of walk/day

I have done 30 minutes of walk, although I’m very inconsistent. I have also counted 600 steps from Malacañang, College of the Holy Spirit gate up to Aguado Street. I am not good at math, but logically, in order to complete 6,000 steps, I have to walk 10 times back and forth. Still not enough... boring! I have also tried setting up my stationary bike to 10,000 strides. Again, enough of it! It became routine to me – worse, some sort of a duty or a job. If you own an activity tracker or *Fitbit*, which I unfortunately don’t, counting steps would be easier. But if you do it the “primitive” way, like the way I do, it would soon bore you, unless of course you have an exercise buddy with whom you will be able to engage in conversation with while completing the back and forth route. Mall walking? Yes, sometimes it’s good. But in most times can be expensive. *Grrrrrrr!*

Google says: “Completing 10,000 steps each day typically burns about 2000 to 3500 extra calories each week. One pound of body fat equals 3500 calories, so depending on your weight and workout intensity, you could lose about one pound per week simply by completing 10, 000 steps each day.”

Washington Manual of Medicine suggests 30 minutes of brisk walking per day.

YAHOO! on the other hand points out that the best way to lose weight is 1 hour of walk per day.

Forget about the count. Just engage in cardio exercises today

There is no magic to exercise. The rule is the same: What you take in (what you eat), burn it off. It doesn’t mean you have to exercise the whole day or complete the *Fitbit* recommendation. It just means you need to work out smart. So, here are the best cardio exercises. Number 1 in the least is **walking**. Brisk walk, according to Dr. Robert Gotlin of Beth Israel Medical Center in New York, burns 500 calories per hour. **You have to take off 3, 500 calories to lose a pound.** If you’re a beginner, start from 10 minutes of walk per day to 30 minutes, and then to 1 hour. That’s about it – practical.

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