



balita

No. 3737, April 5, 2018

GUEST SPEAKER



FREDDIE AGUILAR
Folk Singer/Musician

KABALITA

Let the “Anak” of the Philippine Music Industry bring back the “Estudyante Blues” of Asia’s First Rotary Club as he takes us back to the nostalgic apex of Folk Music heritage that united our people.

Countdown to Centennial

<http://www.rcmanila.org>



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THE ROTARY CLUB OF MANILA

**BOARD OF DIRECTORS and
Executive Officers 2017-2018**

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President

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Vice President

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Executive Secretary

Proposer: **PDG Obet Pagdanganan**

RAMON ALBERTO B. “Ramby” NOLIDO (Filipino)

President, R.A. Nolido Construction Corporation

Classification: Construction-General Contracting

Proposer: **Sec Alvin Lacambacal; PD Abe Pascual****ALBERT C. “Hans” PALACIOS (Filipino)**

Chairman, Holy App Ventures Inc.

Classification: Pharmaceuticals-Drugs & Pharmaceutical Retailing

Proposer: **DE Jackie Rodriguez****JOHN NICO P. “Nico” VALENCIA (Filipino)**

President, Victorious Children Montessori of Calapan City, Inc.

Executive Vice President & Director, RGV Real Estate Center, Inc.

Classification: Real Estate Developing-Mixed Use Development

Proposer: **PD Rod Valencia**

Formal induction ceremony

Pres. “Jimmie” Policarpio

Inducting Officer

Welcome Baby Rotarian Song

RCM WF Music Chorale

12:55 PM

Presentation of **RCM** Paul
Harris Fellows**Pres. “Jimmie” Policarpio;****Dir. “Issam” Eldebs, Dir.-in-Charge;****Sec. “Alvin” Lacambacal, Chairman, Paul****1. Rtn. “Jun” Alvarez – New Paul Harris Fellow****2. STAR Rtn. “Hans” Palacios– New Paul Harris Fellow****3. STAR Rtn. “Juan” Montel– New Paul Harris Fellow****4. Rtn. “Tony” Lopez– New Paul Harris Fellow****5. Rtn. “Farid” Schoucair– New Paul Harris Fellow****6. Dir. “Art” Lopez– New Paul Harris Fellow****7. DE “Jackie” Rodriguez–New Paul Harris Fellow as a Major Donor**

1:00 PM

President’s Time

Pres. “Jimmie” Policarpio

1:05 PM

Introduction of the Guest of
Honor & Speaker**STAR Rtn. “Hans” Palacios**

1:10 PM

Address: **Mr. Ferdinand P. “Ka Freddie” Aguilar**
Musician, Songwriter

Entertainment Song Numbers

Mr. Ferdinand P. “Ka Freddie” Aguilar

Public Forum

Response, Presentation of token of
appreciation to **Mr. Ferdinand P.****“Ka Freddie” Aguilar Pres. “Jimmie” Policarpio**

2:00 PM

Adjournment

PRESIDENTIAL TIMELINE



March 17, 2018 - The Rotary Club of Manila received the Rotary Citation Award during the DISCON 2018 at the Harbor Tent, Sofitel Philippine Plaza Manila in Pasay City.

March 19, 2018 - Rtn. Ray Davis received several Plaques of Recognition from the Hospicio de San Jose in Manila in behalf of the club. Earlier, Former Mayor PSAA Fred Lim (not in picture) was likewise on hand during the mass that preceded the awarding. The first was for financial

support in the renovation of the dorm and playground for special children in 2016 as well as the ten (10) housing units for the street families of the Jardin de la Virgen Milagrosa. The second was for the Rotary Club of Osaka East for their financial support for their solar project.

March 22, 2018 - DE Raffy Alunan spoke before the National Security Forum organized by the Philippine Council for Foreign Relations at the Ortigas Foundation, Inc. Library in Ortigas Center, Pasig City. The forum also included National Security Adviser Secretary Hermogenes Esperon and Zamboanga City Rep. Celso Lobregat. Present were Rtn. Joe de Venecia, Former Speaker of the House of Representatives, Rtn. Johnny Chotrani and Rtn. Dong Benedicto.

-The Planning Meeting of the Board of Directors for RY 2018-2019 was held at the Press Room of the New World Makati Hotel in Makati City. Agenda included financial assistance for scholars of state universities as well as committee appointments for RY 2018-2019.

-DE Jackie Rodriguez spoke before the Rotary Club of Cebu at the Cafe Uno of the Waterfront Hotel in Cebu City. The Rotary Club of Cebu is one of our daughter clubs which is now under District 3860.

March 23, 2018 - PVP Roy Golez and DE Raffy Alunan took part in the Maritime Forum on the West Philippine Sea and the Benham Rise at the Maritime Academy of Asia and the Pacific in Mariveles, Bataan. PVP Roy Golez presented the status of Chinese militarization of the artificial islands in the South China Sea.

-DGE Rudy and Lady Sharon Bediones attended the 26th Anniversary of the Rotary Club of Imus at the Villabong Resort-Imus in Imus, Cavite.

-Manila Rotarians attended the 78th National Day of Pakistan at the Dusit Thani Manila in Makati City. Present were ISDG/IPSDG/PAG/PP Frank Evaristo, PAT Muhammad Aslam, Former Speaker Rtn. Joe de Venecia, Rtn. Joe Assad, DTI Asec Rtn. Gani Macatoman and Rtn. Wolfgang Harle. They were together with Papal Nuncio Archbishop Gabriele Caccia and His Excellency Dr. Aman Rashid, Ambassador of Pakistan to the Republic of the Philippines.

March 24, 2018 - DGE Rudy Bediones met with PDG Ernie Choa, TRF Chair PDG Edmond Aguilar and SDG Ricky Ongchan regarding the forthcoming TRF Grant and Stewardship Seminar at My Kitchen of The Oasis Paco Park Hotel in Paco, Manila.

March 25, 2018 - DGE Rudy and Lady Sharon Bediones, PDG Obet Pagdanganan and IPSDG/IPDCoS/DE/IPD Albert Alday attended the 18th Gabriel "Flash" Elorde Boxing Awards Banquet of Champions at the Grand Ballroom of Okada Manila in Parañaque City. DGN Liza Elorde was one of the emcees of the annual event which was graced by Boxing Legend and Rotary Club of Manila Premier CP Sen. Manny Pacquiao.

March 26, 2018 - DGE Rudy Bediones and PDG Obet Pagdanganan attended the District 3810 Council of Governors Meeting at The Metropolitan Club in Rockwell, Makati City.

March 27, 2018 - The meeting of the 13th Tourism Awards was held at the Wine Museum in Pasay City. This was hosted by Tourism Awards Committee Chair DE/Dir. Bobby Joseph. Present were Rtn. Farid Schoucair, BLA Amading Valdez, DE Jackie Rodriguez, VP Chito Zaldarriaga and PP Francis Juico.

-Members of the Rotary Club of Manila, namely, DE/Dir. Caloy Reyes, IPSDG/IPDCoS/DE/IPD Albert Alday and Rtn. Jun Aventura, held a mini fellowship with members of the Rotary Club of Pasay Friedens, namely, GP Elizabeth Tungol, Rtn. Goldy Baroa and Rtn. Eva Acaba at Italianni's, Greenbelt 2, Makati City.

March 28, 2018 - DE Raffy Alunan was interviewed by Net 25 on its segment, "Taong Bahay", regarding Family Life in Quezon City.

March 29, 2018 - DE Raffy Alunan, DE Jackie Rodriguez and Rtn. Juan Montel attended the birthday celebration of Rtn. Hans Palacios in Sun Valley, Antipolo City. Rtn. Juan Montel graciously cooked Paella during this occasion.

April 3, 2018 - DGE Rudy Bediones attended the Rotary Club of Manila Metro District 3810 Outbound Youth Exchange Program Send-off Party at the Aloha Hotel in Manila.

April 5, 2018 - Welcomes Mr. Freddie Aguilar, Folk Musician and Songwriter, who will share his colorful life story and his internationally-known songs.

-Meeting of the Board of Directors for RY 2017-2018 at the Via Mare in Greenbelt 3, Makati City

GUEST SPEAKERS' PROFILE



Born on February 5, 1953 in Santo Tomas, Isabela in the Philippines, Freddie Aguilar moved to the old capital city, Manila as a child... started writing songs at 14... first guitar at 17... first time on stage at 20.

HIS CLAIM TO FAME. It began in earnest in 1978 when the young man from Isabela entered his composition entitled *Anak* (child) in the First Metro Manila Popular Song Festival. The song, with its haunting melody and poignant story about a parent's love for a wayward child, captured the imagination of the judges and became finalist from thousands on entries in spite of an essentially folk style, and thus, out of step with the strictly pop orientation of the competition. Close on the heels of the composition came a recording contract with Vicor Music Corporation, then the leading record label in the Philippines. The *Anak* single was an immediate smash success, gaining double platinum certification in a matter of weeks. This was followed by an album that contained both the Tagalog and the English versions of *Anak* but ironically, it was the Tagalog version that carried the album and brought international success. *Anak* climbed fast to the top ten charts in Japan and Europe; over six million copies were sold and the song went on to generate 55 conversions in 26 languages. International opportunities followed and Freddie recorded an album in Los Angeles in English. Even with its commercial success and the fact that the English version of another track off his second album entitled *Buhay Nga Naman Ng Tao* entitled in English as *Think About The Good Times* was eventually recorded by an American country music artist Lee Greenwood, Freddie was not happy with the international projects. He felt that his own songs had been abandoned with some of Los Angeles top songwriters bringing entirely different lyrics to Freddie's songs. Freddie felt that the resulting album, while technically superior, was not really him.

MINSTREL OF THE MASSES Freddie went back to continue his career in the Philippines with producer Jose Mari Gonzalez releasing an album in Tagalog entitled *Magdalena*. The album went double platinum and Freddie was back in the groove at home in the Philippines. *Magdalena* was released in Europe where it was charted in five countries, but Freddie hardly noticed because his country was in turmoil. On August 21, 1983, the incarcerated Philippine senator worshipped and loved by many was killed at the Manila International Airport, and everything changed, not only for Freddie but for the entire nation. Freddie Aguilar emerged as a key player in a complex political and social equation. It was at home in the Philippines that Freddie Aguilar, came of age not as an artist, but as one of the premier leaders of the country. His songs were not so much 'social protest anthems,' although there were some of these, as they were honest and heartfelt evocations of the lost values of the people, they were in the true sense folk songs for they established him in the truest and most meaningful sense as the voice of a nation.

MAKING HISTORY Freddie's songs, which had always probed deeply into human values, began to take on an overtly political quality. The battle lines had been drawn, and with the Philippine Society in the midst of a protracted upheaval, Freddie took a clear stand with the songs like *Katarungan* (justice), *Pangako* (promise), *Luzviminda* (Luzon, Visayas, Mindanao, the three main islands in the Philippines,) songs that became rallying songs for the nation.

More award winning albums followed and Freddie found himself increasingly identified with the political opposition to the Marcos regime. His songs were banned from the tri-media radio, television, print, but this did not hinder him. His efforts reached a stunning crescendo with *Bayan Ko* (my county), an old and plaintive 1933 Filipino folk song to which he added a verse that called the people to the streets in support of a peaceful democratic change. The song became the anthem of a growing revolution, the 'People Power' movement that swept the Marcos dictatorship from power in February, 1986. The people sang *Bayan Ko* in the streets all over the country, but no one could emote its meaning quite like Freddie Aguilar.

'People Power' won the revolution. The whole world watched as the nation headed for cataclysm with Freddie Aguilar, a singer-songwriter apolitical figure, at the center of a peaceful upheaval that caught the heart and the imagination of the world.

MORE HIT SONGS AND MOVIE SCORES The past behind him, Freddie Aguilar has returned to normal life as a thoughtful artist at the peak of his abilities. He has wall-to-wall collections of trophies and plaques honoring his contributions to music, everything from an Ampex Golden Reel Award (the second awarded in his country the Philippines) for excellency in recording, to Presidential citations from the past administrations (Presidents Marcos, Aquino, and Ramos). His credits also includes several multi platinum

awards, including the one that launched his own record label, Aguilar Music Productions (AMP), a masterpiece album *Kumusta Ka* recorded in Wales. His home, office, and clubs display more than a dozen platinum awards, plus a score of gold albums. Some of them went beyond record sales and inspired other mediums.

Freddie's music has scored and contributed theme songs to a variety of films. By the time *Sariling atin* achieved its multi-platinum mark, a movie based upon one of its hit singles, *Estudyante Blues* (Student Blues) was a smash hit at the box office and became a teenage craze as it spawned a television sitcom of the same title. Other movie theme songs borne from his album tracks include the double platinum love song *Ipaglalaban Ko* (I will fight for you), the socially relevant movies *Sa Kuko Ng Agila* (The Claw of an Eagle), and *Hanggang Saan Ang Tapang Mo* (How brave are you?) Freddie created theme songs for true- to-life movies such as those of the life of the infamous Commander Alibasbas and the notorious criminal Warren Balane. He has scored action films like *Anak Ng Maton* and entire dramas like *Rubio Servios*.

The most exciting movie that Freddie scored was shot on location at the rebel hideout in the mountains of the Cordilleras. Night after night, he lived in a rebel camp at the edge of danger, where government troops have been known to ambush. This was also his first time to make a camera appearance (and sure enough, the real danger of mock government troops gunned him down, in the movie). These movie theme songs were gathered and eventually released in a smash hit album. There is a new version of the movie *Anak* with the popular Filipino actress and politician, Vilma Santos-Recto in the lead role.

Still going strong in 2015, *Anak* is the theme song of *Gangnam Blues* [Hangul: 강남 1970; lit. Gangnam 1970] a South Korean noir action film written and directed by Yoo Ha, and starring Lee Min-ho and Kim Rae-won.

INTERNATIONAL CONCERT TOURS Freddie has gained popularity in the Middle East no doubt starting from the influx of labor forces sent there year after year. Every concert held there brought thousands of fans including the locals of Bahrain, Abu Dhabi, Dubai, two were held in Israel's Rison Lisium Amphitheater and at the Huslia Stadium in July of '93. Ever since *Anak* dominated the airwaves, Japan was the first to clamor for his live performances after Tokiko Kato garnered the number one in the Japanese charts for the Japanese version *Komodo* (child), then Europe jumped on the bandwagon. After Italy released the Italian version *Bambino*, and RCA Germany followed suit with a German version. As did Spain, Portugal and France with singer Nana Mouskouri and many others.

The lasting impression for his music held for decades, as proven by his concerts at the Hammersmith Odeon in London, and overwhelming success in concerts attended by predominantly European audiences from Finland, Switzerland, Sweden, France, Norway, Belgium. In another European tour which included Rome, Milan, and Geneva. At the Volkhaus in Zürich, the promoters required an additional impromptu night just to accommodate the large crowds who couldn't fit in the venue the first night. Among his favorite concerts were those held in Seoul, Singapore, Japan, the Australian, and New Zealand tours.

THE F.A.M.E. LABEL More original music is scheduled for the market under the Freddie Aguilar Music Enterprise (FAME) label of fifteen years. Albums featuring songs not only of Freddie Aguilar but also of other artists are on their way. His children inherited his genes of inherent talent; his eldest daughter, Maegan Aguilar, has released three self-penned albums. His youngest son, Jeriko Aguilar, is an amazing guitarist who also composes his own music, and is also Freddie's lead guitarist. Elder son, Jonan Aguilar, plays bass, composes his own music, and has a reputation as one the best rappers in the country.

Recent additions to his label include a song he wrote for the campaign trail of the current Philippines President, Duterte Para sa Tunay na Pagbabago. An album entitled *Maguindanao* lamenting the story of the infamous election-related Maguindanao massacre of 58 people, and *Bangon Bayan Ko* inspired by the devastating typhoon Haiyan, and the Bohol earthquakes. True to his nature, Freddie dedicates all the profits of the album to victims of atrocities and calamities of yesterday, today and tomorrow.

A LEGEND IN HIS OWN TIME Today, Freddie Aguilar remains a perpetual artist performing his own homegrown music. He plays regularly to keep his vocals honed and likes to test out new music on the people who come hear him play at own club Ka Freddie Music Bar & Restaurant on Morato Street in Quezon City, and his club at the City State Hotel on Mabini Street in Manila. With over 40 years in the art of music, Freddie remains active within the vibrant but chaotic Philippine music industry, as he continues to touch our lives through music that emanates from his soul....

PROGRAM CALENDAR OF GUEST SPEAKERS

PROGRAM COMMITTEE RY 2017-2018

Calendar of Guest Speakers

DATE	PROGRAM
Apr. 12	Mr. Arthur Aguilar , Member, Review Committee on Philippine Charter Change, Office of the President (CONFIRMED)
Apr. 19	Senator Tito Sotto , Senate of the Philippines (CONFIRMED)
Apr. 26	*The Philippine Government Federalism Debate Program participants : Co-OIC/Program Moderator: Hon. Dante Liban & DE Raffy Alunan; Rep. Edcel Lagman Atty. Raul L. Lambino (CONFIRMED)
May 3	PDG Robert Kuan through PDG Alex Cureg (CONFIRMED)
May 10	Hon. Richard 'Dick' Juico Gordon , Senator (CONFIRMED)
May 17	Journalism Awards Luncheon Presentation (CONFIRMED)
May 24	Mr. Steven T. Tan , SVP, SM Supermalls thru PT Lito Sibayan (CONFIRMED)
May 30	RCM 99th Charter Anniversary Dinner (CONFIRMED)
Wednesday	Celebration and Centennial Board, RY 2018-2019 Inaugural Meeting at the Manila Hotel; Induction in Malacanan Palace, 3PM (CONFIRMED)
May 31	NO LUNCHEON MEETING IN VIEW OF MAY 30TH
June 7	Tourism Awards Luncheon Presentation (CONFIRMED)
June 14	DFA Sec. Allan Peter Cayetano (TENTATIVE)
June 21	1st Manila Mayor Hon. Joseph Estrada through Mr. Fernando Camus 2 nd House Speaker Pantaleon Alvarez (TENTATIVE)
June 28	RCM Valedictory and Year-End Awards, RY 2017-2018 (CONFIRMED)

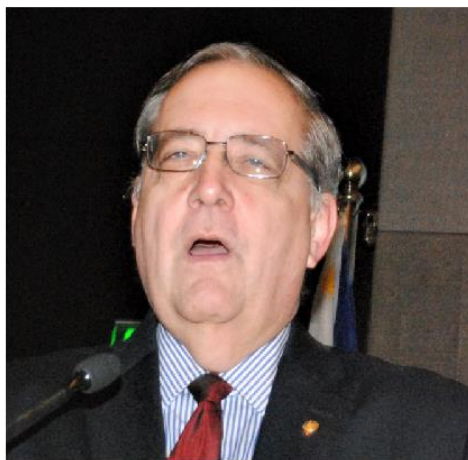
THE WEEK THAT WAS



Pres. "Jimmie" Policarpio calls the 34th meeting of the Rotary Club, to order.



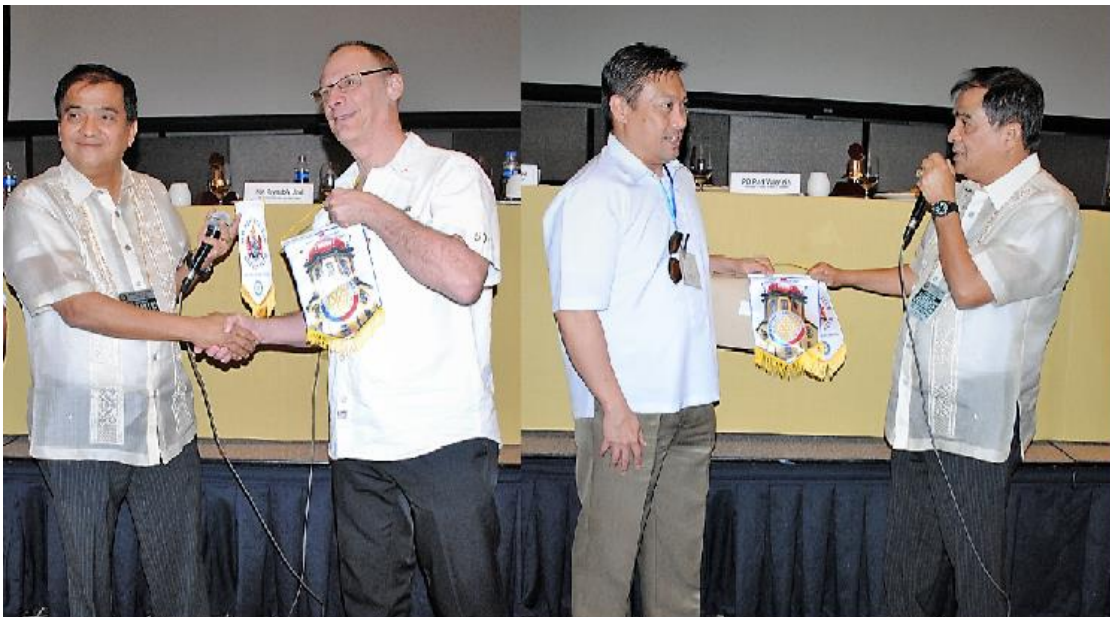
PVP "Roy" Golez as OIC/
Moderator, calls the program of
activities.



STAR Rtn. "Michael" Cutter
delivers an ecumenical prayer.



Pres. "Jimmie" Policarpio for some announcements during the president's time.



Pres. "Jimmie" Policarpio exchanges club bannerettes to a first-time visiting Rotarians: **President Richard Prill**, and **Rtn. Marivic Cregan**, from the **Rotary Club of New Westminster, Canada**; and **President-Elect James Lago**, from the **Rotary Club of Makati Salcedo**.



RC Manila Foundation, Inc. Chairman PD “Rob” Sears, President/ Club Director “Issam” Eldebs, PT “Jim” Chua, former Treasurer, RCM Medico-Surgical Mission Foundation, Inc., formally turn over a check facsimile to Pres. “Jimmie” Policarpio.



PD "Rod" Valencia does the honor, pleasure and privilege of introducing **Hon. Reynaldo V. Umali**, Representative, 2nd District, Oriental Mindoro, as guest of honor and speaker.



Hon. Reynaldo V. Umali, Representative of the Second District of Oriental Mindoro and Chair of the Justice Committee of the House of Representatives, gave Manila Rotarians, Visiting Rotarians and guests, a glimpse of his take on the burning issues concerning the powerful Justice Committee he heads, as well as his plans and programs for his constituents.



PE/Dir. **"Susing" Pineda** does the honor, pleasure and privilege of introducing **Reverend Father Dennis Paez**, for his **Lenten Recollection** speech.



Rev. Fr. Dennis Paez made a fitting finale to the luncheon meeting as he conducted a recollection for Manila Rotarians, Visiting Rotarians and guests in attendance in the spirit of the Lenten Season.



Pres. "Jimmie" Polcarpio on his response and presentation of tokens of appreciation to Representative **Reynaldo V. Umali** and Reverend Father **Dennis Paez**, and meeting adjournment.



Post meeting posterity photo with Representative **Reynaldo V. Umali** being flanked by PVP **“Roy” Golez**, PE/Dir. **“Susing” Pineda**, PD **“Rod” Valencia** and Pres. **“Jimmie” Policarpio**.



Post meeting posterity photo with **Reverend Father Dennis Paez**. From left: PD **“Oscar” del Rosario**, IPP **“Teddy” Ocampo**, PE **“James” Lago**, RC Makati Salcedo, Pres. **“Jimmie” Policarpio**, PD **“Beda” Fajardo**, Reverend Father Dennis Paez, PE/Dir. **“Susing” Pineda** and PD **“Abe” Pascual**.

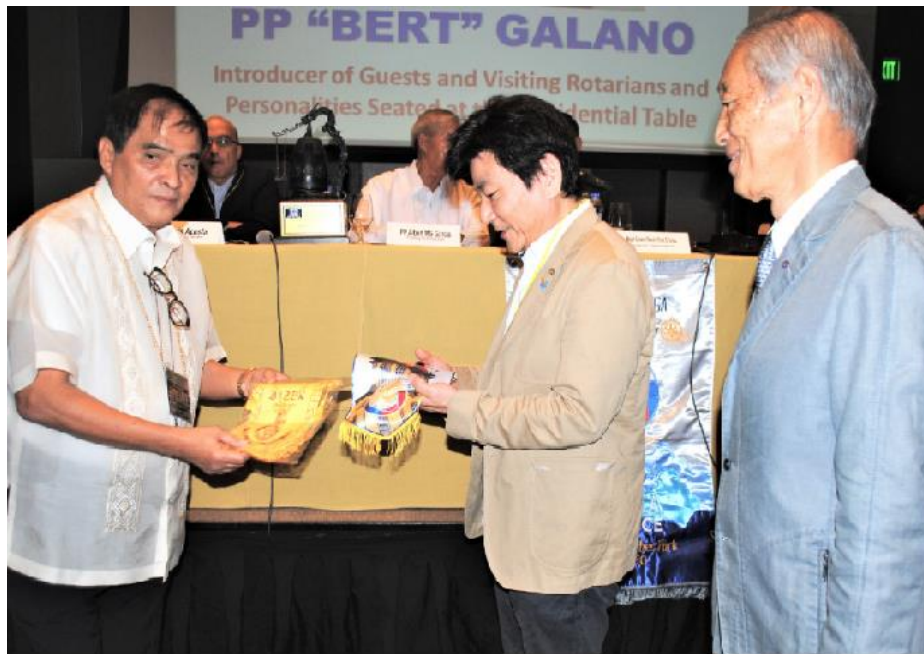
PLANNING MEETING



The Planning Meeting of the Board of Directors for RY 2018-2019 was held last March 22, 2018 at the Press Room of the New World Makati Hotel in Makati City. Agenda included financial assistance for scholars of state universities as well as committee appointments for RY 2018-2019.



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Pres. “Jimmie” Policarpio exchanges club bannerettes to a first-time visiting Rotarians from last March 15th Luncheon meeting, with : **President-Elect Shinjiro Chujo, Club Publicity Vice Chairperson Rtn. Masayuki Matsui and Rtn. Harriet Escarcha, from the Rotary Club of Bizen**

JOURNALISM AWARDS COMMITTEE



DE/Dir. “Issam” Eldebs, Chairman, Journalism Awards Committee, RY 2017-2018, discusses his plans and programs during its initial organizational meeting held on March 27, 2018, 12N, at the Via Mare Restaurant, Greenbelt, Makati. Photo shows **Chairman DE/Dir. “Issam” Eldebs** with **Pres. “Jimmie” Policarpio** and **AT “Ner” Lonzaga**.

FELLOWSHIP



DE Raffy Alunan, DE Jackie Rodriguez and Rtn. Juan Montel attended the birthday celebration of **Rtn. Hans Palacios** last March 29, 2018 in Sun Valley, Antipolo City. Rtn. Juan Montel graciously cooked Paella during this occasion.

FELLOWSHIP

PAKISTAN'S 78th NATIONAL DAY



Manila Rotarians attended the **78th National Day of Pakistan** last March 23, 2018 at the Dusit Thani Manila in Makati City. Present were **ISDG/IPSDG/PAG/PP Frank Evaristo**, **PAT Muhammad Aslam**, **Former Speaker Rtn. Joe de Venecia**, **Rtn. Joe Assad**, **DTI Asec Rtn. Gani Macatoman** and **Rtn. Wolfgang Harle**. They were together with **Papal Nuncio Archbishop Gabriele Caccia** and **His Excellency Dr. Aman Rashid**, **Ambassador of Pakistan to the Republic of the Philippines**.

INTERCLUB ACTIVITIES



DE Jackie Rodriguez spoke before the **Rotary Club of Cebu** last March 22, 2018 at the Cafe Uno of the Waterfront Hotel in Cebu City. The Rotary Club of Cebu is one of our daughter clubs which is now under District 3860.

26th ANNIVERSARY CELEBRATION OF THE ROTARY CLUB OF IMUS





DGE Rudy and Lady Sharon Bediones attended the 26th Anniversary of the Rotary Club of Imus last March 23, 2018 at the Villabong Resort-Imus in Imus, Cavite.

INTERCLUB ACTIVITIES

MINI FELLOWSHIP OF ROTARY CLUB OF MANILA AND ROTARY CLUB OF PASAY FRIEDENS



Members of the Rotary Club of Manila, namely, **DE/Dir. Caloy Reyes, IPSDG/IPDCoS/DE/IPD Albert Alday** and **Rtn. Jun Aventura**, held a mini fellowship with members of the Rotary Club of Pasay Friedens, namely, **GP Elizabeth Tungol, Rtn. Goldy Baroa** and **Rtn. Eva Acaba**, last March 27, 2018 at Italianni's, Greenbelt 2, Makati City.

INTERCLUB ACTIVITIES



DGE Rudy Bediones attended the Rotary Club of Manila Metro District 3810 Outbound Youth Exchange Program Send-off Party last April 3, 2018 at the Aloha Hotel in Manila.



DGE Rudy and Lady Sharon Bediones, PDG Obet Pagdanganan and IPSDG/IPDCoS/DE/IPD Albert Alday attended the 18th Gabriel “Flash” Elorde Boxing Awards Banquet of Champions last March 25, 2018 at the Grand Ballroom of Okada Manila in Parañaque City. DGN Liza Elorde was one of the emcees of the annual event which was graced by Boxing Legend and Rotary Club of Manila Premier CP Sen. Manny Pacquiao.



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Rtn. Henning Karcher attended the club meetings of the **Rotary Club of Brucke** last February 8, 2018 in the City of Mannheim, Germany and the **Rotary Club of Merzig-Saarlouis** last February 26, 2018 in Dillingen, Germany. In both meetings, the traditional exchange of banners took place.

INTERNATIONAL RELATIONS

INVITATION OF THE ROTARY CLUB OF BANGKOK

Dear fellow Rotarians and Friends,

I am writing to you today to officially announce this year's fundraising concert of the Rotary Club of Bangkok.

The Theme: **From Gershwin to Queen, and all in between...**, promises to become a very entertaining evening for the good cause.

As diverse as the title indicates are the different nationalities of our members and friends and we hope we can welcome many of you to enjoy musical performances and well as sumptuous dinner.

As in the past years the music programme will be directed by Rtn. Tan and the Bangkok Charity Orchestra, a group of ambitious musicians which are dedicating their musical performances to the good causes.

This year's highlights will be performances of Ms Athalie de Koning and Mr Frank Herrgott, both no strangers to the Rotary Club of Bangkok. Ms Athalie, famous for her vocal performances and Mr Frank a well known composer and sought after pianist will perform together during the evening.

The performances will also feature international artists, the De Lanerolle Brothers from Sri Lanka as well as other surprises!

Where: Grand Hyatt Erawan, Grand Ballroom

When: April 26th 2018

What: Dinner Buffet starts at 6.30 with main performance starting at 7.30

The cost to enjoy the performance as well as a scrumptious dinner will be 2500 THB net and tickets can be purchased already with Khun Bing or via myself.

Dear fellow Rotarians and Friends, please join us raising funds for a good cause and enjoy Music from:

Gershwin to Queen, and all in between...!

Yours in Rotary,

Nicolas Reschke

Director of Fundraising 2017 -2018

Rotary Club of Bangkok

TRF GRANT MANAGEMENT SEMINAR MEETING



DGE Rudy Bediones met with **PDG Ernie Choa**, **TRF Chair PDG Edmond Aguilar** and **SDG Ricky Ongchan** regarding the forthcoming TRF Grant and Stewardship Seminar last March 24, 2018 at My Kitchen of The Oasis Paco Park Hotel in Paco, Manila.

* * * * *

DISTRICT 3810 COUNCIL OF GOVERNORS MEETING



DGE Rudy Bediones and **PDG Obet Pagdanganan** attended the District 3810 Council of Governors Meeting last March 26, 2018 at The Metropolitan Club in Rockwell, Makati City.

SPECIAL CHILDREN PROJECT



Rtn. Ray Davis received several Plaques of Recognition last March 19, 2018 from the Hospicio de San Jose in Manila in behalf of the club. Earlier, **Former Mayor PSAA Fred Lim** was likewise on hand during the mass that preceded the awarding. The first was for financial support in the renovation of the dorm and playground for special children in 2016 as well as the ten (10) housing units for the street families of the Jardin de la Virgen Milagrosa. The second was for the Rotary Club of Osaka East for their financial support for their solar project.

ROTARY CITATION AWARD



The Rotary Club of Manila under President Jimmie Policarpio received the Rotary Citation Award during the DISCON 2018 last March 17, 2018 at the Harbor Tent, Sofitel Philippine Plaza Manila, Pasay City.

13TH TOURISM AWARDS



The meeting of the 13th Tourism Awards was held last March 27, 2018 at the Wine Museum in Pasay City. This was hosted by **Tourism Awards Committee Chair DE/Dir. Bobby Joseph**. Present were: **Rtn. Farid Schoucair, BLA Amading Valdez, DE Jackie Rodriguez, VP Chito Zaldarriaga and PP Francis Juico**.

NEWS RELEASE

THE PHILIPPINE STAR MARCH 23, 2018



Noel Rayos, Lorenz Martinez, Dean Rosen, Bibo Reyes, George Schulze and Chino Veguillas in a scene from Spamalot.

Monty Python's Spamalot is back!

and Chino Veguillas. The show is directed by Joel Trinidad and Nicky Triviño with musical direction by Onyl Torres and choreography by the Martinez sisters. Upstart's Monty Python's Spamalot is supported by BGC, in cooperation with McCafe, Don Papa Rum, Reserve Gastro Tavern, Ralph's Wines and Spirits, Francis Libiran, among others. (Catch the musical's 10-show run on April 13 to 22, Fridays at 9 p.m. and Saturdays and Sundays at 3 p.m. and 8 p.m. For tickets, call TicketWorld at 891-9999 or Upstart at 0917-8116156.)

Great news, theater lovers! Monty Python's Spamalot will be back once again in April! The Broadway musical import will have a 10-show run from April 13 to 22 at the Globe Auditorium, Maybank Performing Arts Theater at the BGC Arts Center. The musical's stellar cast include Roxy Aldiosa, Rachel Alejandro, Reb Atadero, Rachel Coates, Domi Espejo, Rhenwyn Gabalonzo, Carla Guevara-Laforteza, Lorenz Martinez, Noel Rayos, Bibo Reyes, Dean Rosen, George Schulze



Two of my good friends Rachel Alejandro (left) and Carla Guevara-Laforteza (both in Francis Libiran costumes) alternate as the Lady of the Lake.



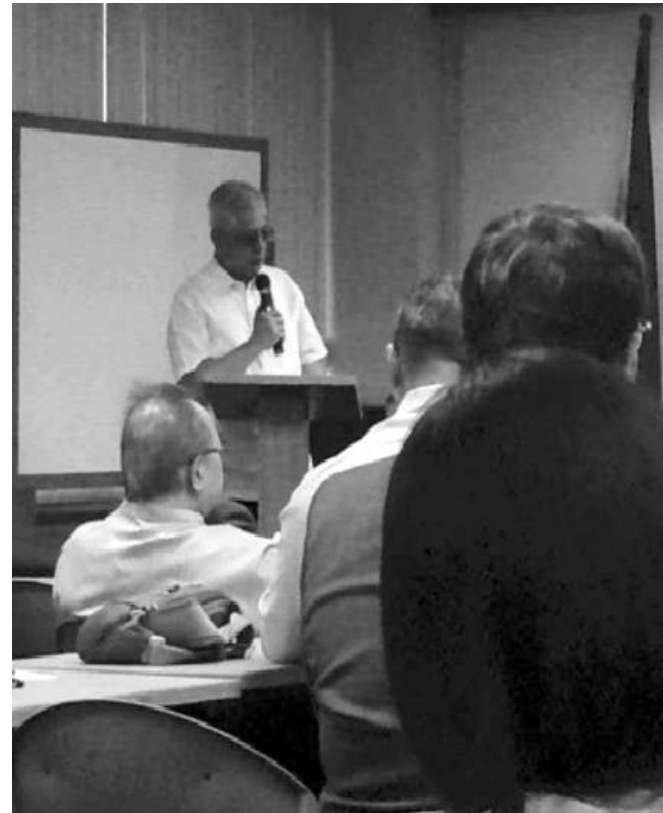
Spamalot directors Nicky Triviño and Joel Trinidad.

SPEAKERS' BUREAU



DE RAFFY ALUNAN SPEAKS BEFORE NATIONAL SECURITY FORUM

DE Raffy Alunan spoke before the National Security Forum organized by the Philippine Council for Foreign Relations last March 22, 2018 at the Ortigas Foundation, Inc. Library in Ortigas Center, Pasig City. The forum also included National Security Adviser Secretary Hermogenes Esperon and Zamboanga City Rep. Celso Lobregat. Present were Rtn. Joe de Venecia, Former Speaker of the House of Representatives, Rtn. Johnny Chotrani and Rtn. Dong Benedicto.





PVP ROY GOLEZ AND DE RAFFY ALUNAN TAKE PART IN MARITIME FORUM

PVP Roy Golez and **DE Raffy Alunan** took part in the Maritime Forum on the West Philippine Sea and the Benham Rise last March 23, 2018 at the Maritime Academy of Asia and the Pacific in Mariveles, Bataan. PVP Roy Golez presented the status of Chinese militarization of the artificial islands in the South China Sea.



PVP Roy Golez and **DE Raffy Alunan** took part in the Maritime Forum on the West Philippine Sea and the Benham Rise last March 23, 2018 at the Maritime Academy of Asia and the Pacific in Mariveles, Bataan. PVP Roy Golez presented the status of Chinese militarization of the artificial islands in the South China Sea.



DE Raffy Alunan was interviewed by Net 25 on its segment, “Taong Bahay”, regarding Family Life last March 28, 2018 in Quezon City.

PUBLIC HEALTH NUTRITION AND CHILD CARE



CARDIO EXERCISES, Part 2 (Interval training)

Elias D. Adamos, M.D.

Jazzing up exercises with interval training workouts can boost your fitness level and help you lose weight. The exercises are time efficient, without the need of special equipment. Interval exercises can add variety to your exercise routines.

How do I do interval exercises?

Whether you're a walker or a runner or an aerobic dancer; and whether you're an exercise veteran or a beginner, interval exercises are not as complicated as they may seem to be. Interval exercises are nothing but exercises that are done in varying paces to stimulate your aerobic system to adapt. The more power the aerobic system has, the more capacity you have to burn calories.

But firstly, what is aerobic power?

It is the capability of an aerobic exercise to pump oxygen to the different tissues of the body. The delivery of oxygen to the tissues in aerobic exercise is directly related to the success of an aerobic program. The greater the oxygen delivered, the more effective the aerobic exercise. The workload in an exercise should push the heart to its maximum levels to make it more efficient to deliver oxygen to the tissues or to the different parts of the body. Here is the formula: **220 minus age**. This formula estimates around 60 to 90% oxygen delivery when the heart reaches the maximum workload. *Therefore, if you are 60 years old (220 -60) your maximum aerobic power is 160 beats/minute.*

What is the practical way of doing interval training?

If your exercise is walking, and if you are in good shape, try to incorporate some short bursts of jogging into your regular brisk walks. If you are not in good shape, alternate leisurely walks with periods of faster walking. If you're walking outdoors, try to walk faster between some landmarks, like let us say, between a seven eleven store and a tree in the street corner. ***Practically, interval training can be short bursts of approximately 30 minutes of intense activity with longer intervals of less intense or light exercises (your usual brisk walks, for example) of about three to four minutes.***

What are the risks in interval training?

If you have a chronic health condition or if you have not been exercising regularly, approach interval training with caution. Do them gradually. Don't rush into strenuous workout before your body is ready because you might injure your muscles, tendons or bones. Just start slowly. It would be best to consult your doctor first before doing interval training.

Mayo Clinic studies have shown that interval training can be safe and beneficial even in people with heart disease.

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