



Kabalita

No. 3738, April 12, 2018

GUEST SPEAKER



ARTHUR N. AGUILAR

Member

Consultative Committee to Review the 1987 Constitution

KABALITA

Let Change begin with those who know them best as we welcome a foremost Consultant on Revising the Fundamental Law of the Land to Asia's First Rotary Club.

Countdown to Centennial

<http://www.rcmanila.org>



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PROGRAM

RCM'S 36th for Rotary Year 2017-2018

April 12, 2018, Thursday, 12Noon, New World Makati Hotel Ballroom

Officer-In-Charge/ Program Moderator : RCM PVP “Manny” Blanco

**“A Joint Meeting Between The Rotary Club of Manila (RCM)
and Rotary Club of Forbes Park (RCFP)”**

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCM Dir.-elect/Dir. “Bobby” Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	RCM Rtn. “Manny” Blanco
12:30 PM	Call to Order	RCM Pres. “Jimmie” Policarpio
		RCFP Pres. “Edwin” Salonga
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	RCFP PP Frankie Adriano
	RCM Hymn RCFP Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians led by RCFP PN “Raj” Bhattee
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	RCM DE “Albert” Alday RCM WF Music Chorale
12:40 PM	MaligayangBati (RCM RCM Birthday Celebrants) Apr. 19...PD “Pepo” Nuñez, Rtn. “Jack” Bautista, Rtn. Brix Pujalte; Apr. 20...PD “Rico” Domingo; Apr. 23...PD “Jun” Hallare; Apr. 24...Rtn. “Warren” So, Rtn. “Ricky” Trinidad; Apr. 25...Rtn. “Ani” Desierto; MaligayangBati (RCFP Birthday Celebrants) Apr 4...IPP Lito Bunag Apr 24..PP Leo Garcia Happy Birthday Song	RCM WF Music Chorale

12:45 PM	Message from RCM Sister Rotary Club of Osaka East	Pres. Toshiaki Mihara
12:50 PM	President's Time	RCM Pres. "Jimmie" Policarpio; RCFP Pres. "Edwin" Salonga
12:55 PM	Introduction of the Guest of Honor & Speaker	RCM AS "Rene" Policarpio
1:00 PM	Address: Mr. Arthur N. Aguilar Member, Consultative Committee to Review the 1987 Constitution President, Negros Island Biopower Holdings Inc.	
	Public Forum Response, Presentation of token of appreciation to Mr. Arthur N. Aguilar	RCM Pres. "Jimmie" Policarpio; RCFP Pres. "Edwin" Salonga
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



April 4, 2018 - DGE Rudy Bediones attended the Monthly Meeting of the Asia Pacific Regional Rotaract Conference (APRRC) Committee at the Legend Seafood Restaurant in Pasay City.

April 5, 2018 - The Board of Directors for RY 2017-2018 held its 8th Regular Meeting at the Via Mare in Greenbelt 3, Makati City. Present were IPP Teddy Ocampo, VP Chito Zalzarriaga, PE/Dir. Susing Pineda, Dir. Art Lopez, Club Secretary Alvin Lacambacal, Treasurer Nicky Villasenor, AS Rene Policarpio, AT Ner Lonzaga, BLA Amading Valdez and I. The meeting was hosted by AT Ner Lonzaga.

-IPSDG/IPDCoS/DE/IPD Albert Alday was Guest of Honor and Speaker at the club meeting of the Rotary Club of Pasay Friedens under GP Elizabeth Tungol at the Tiara Oriental Hotel in Makati City. His talk was on "A Changing Rotary Landscape" and an open forum immediately followed. He was likewise feted to an advance birthday by the club.

April 7, 2018 - DGE Rudy and Lady Sharon Bediones as well as ISDG/VPE/Dir. Lance Masters represented the Rotary Club of Manila at the Drum and Lyre Competition sponsored by Rtn. Kenji Mori of the Rotary Club of Kazuha during the 20th Anniversary of the Cityhood of Antipolo at the Ynares Center in Antipolo City. They were invited by Rtn. Kenji Mori to this event.

April 8, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez spoke before Knights of Columbus National Shrine of the Sacred Heart Council at the Sacred Heart Shrine in Makati City. The topic of the talk was on "The Security Challenges Confronting the Philippines on Two Fronts: West Philippine Sea and Benham Rise".

April 9, 2018 - PDG Alex Cureg attended a Welcome Breakfast for Past Rotary International President DK Lee of South Korea at The Bellevue Manila in Alabang, Muntinlupa City.

April 10, 2018 - Members of our sister club, the Rotary Club of Osaka East, namely, President Yoshiaki Mihara, Director Takashi Hori and Chairman of International Relations Seiichiro Chigusa, arrived at the Ninoy Aquino International Airport Terminal 2 in Pasay City. They were met at the airport by PDG Vince Carlos, VPE/Dir. Lance Masters, PD Nick Locsin (Chair, International Relations) and AT Ner Lonzaga.

-Manila Rotarians hosted a Welcome Dinner for members of the Rotary Club of Osaka East at El Cirkulo in Makati City.

April 11, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Jun Duterte on Philippines-China Relations over DXDC RMN Davao.

-Manila Rotarians met with members of the Rotary Club of Osaka East at New World Makati Hotel in Makati City then proceeded to the Hospicio de San Jose - Norzagaray Project in Norzagaray, Bulacan to check the project in which the latter is likewise participating in.

-Manila Rotarians and members of the Rotary Club of Osaka East had lunch at Gulliver's of San Francisco in Quezon City.

-I hosted dinner for Manila Rotarians and members of the Rotary Club of Osaka East at the Peking Garden in Greenbelt 5, Makati City.

April 12, 2018 - Welcomes Mr. Arthur Aguilar, Member, Consultative Committee to Review the 1987 Constitution, who will talk on Charter Change, in our joint meeting with the Rotary Club of Forbes Park

-Planning Session of the Board of Directors for RY 2018-2019 at the Gallery 1 of the New World Makati Hotel, Makati City

GUEST SPEAKERS' PROFILE



ARTHUR N. AGUILAR

President

Negros Island Biopower Holdings Inc
6750 Ayala Avenue, Makati

Arthur Aguilar began his forty seven year professional career in merchant banking in Singapore and in project finance in the IFC-World Bank in Washington DC, serving in the Africa and Middle East Department.

His career in the private sector included years as President/CEO of large corporations like Victorias Milling Company, National Transmission Corporation, Global Business Power as well as being the EVP of Robinsons Land Corporation. He also managed large government corporations engaged in steel, shipping, palm oil plantation, and as President of the National Transmission Corporation, Chairman of Semirara Coal Corporation and Vice Chairman of Philippine Smelter Corporation or PASAR while serving under President FVR.

Under President Cory, he co-authored the original Privatization Law and was instrumental in establishing the Asset Privatization Trust while managing the Marinduque Mining and Menzi Holdings group of companies.

Mr. Aguilar was appointed by President GMA to serve as the founding Chairman of the National Renewable Energy Board which was charged with establishing the operating policies and programs of the Philippine Renewable Energy Law.

He is currently engaged in a group that has pioneered the establishment of the country's first ethanol plant, first utility scale solar energy plant and now the first Biomass energy plant all of which are in the Negros island.

His appointment to President Duterte's Consultative Committee to Review the 1987 Constitution reflects his capability to understand how both the private sector and the government works under the institutions and policies of the 1987 Constitution. As someone coming from the Visayas, Negros in particular, he one of the most ardent proponents of the establishment of the Federal Republic of the Philippines.

He has two Bachelors degrees, one on Political Science-Economics and on Accounting from De La Salle University in Manila, an MBM from the Asian Institute of Management and a Master's degree in Public Administration and public policy from Harvard University in Cambridge, Massachusetts where he graduated with a distinction Fellowship Award.

PROGRAM CALENDAR OF GUEST SPEAKERS

PROGRAM COMMITTEE RY 2017-2018

Calendar of Guest Speakers

DATE	PROGRAM
Apr. 19	Senator Tito Sotto, Senate of the Philippines (CONFIRMED)
Apr. 26	<i>*The Philippine Government Federalism Debate</i> 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 31	<i>NO LUNCHEON MEETING IN VIEW OF MAY 30TH</i>
June 7	Tourism Awards Luncheon Presentation (CONFIRMED)
June 14	DFA Sec. Allan Peter Cayetano (TENTATIVE)
June 21	1 st 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 35th meeting of the Rotary Club, to order.



PP "Francis" Juico as OIC/ Moderator, calls the program of activities.



PD "Ning" Lopez delivers an ecumenical prayer.



Distribution of *Special Easter Gifts* to Members & Guests courtesy of PVP
“Manny” Dy



Rtn. **“Jack” Bautista** introduces the guests and visiting Rotarians.



Pres. **“Jimmie” Policarpio** for some announcements during the president’s time.



STAR Rtn. “Hans” Palacios does the honor, pleasure and privilege of introducing **Mr. Ferdinand P. “Ka Freddie” Aguilar**, Musician, Songwriter, as guest speaker.



Folk musician and songwriter Freddie Aguilar gave Manila Rotarians, Visiting Rotarians and guests, a glimpse into his colorful life story and how his signature song, “ANAK”, came about. Later, he sang a live soulful rendition of his signature song.



Pres. "Jimmie" Policarpio on his response and presentation of bell and gavel as a token of appreciation to **Mr. Ferdinand P. "Ka Freddie" Aguilar**, and meeting adjournment.

PAUL HARRIS FELLOWS PRESENTATION



Pres. "Jimmie" Policarpio and Sec. "Alvin" Lacambacal, Chairman, Paul Harris Fellow Committee present the RCM's Paul Harris Fellows : Rtn. "Jun" Alvarez, New Paul Harris Fellow; STAR Rtn. "Hans" Palacios, New Paul Harris Fellow; STAR Rtn. "Juan" Montel, New Paul Harris Fellow; Rtn. "Farid" Schoucair, New Paul Harris Fellow; and Dir.-elect "Jackie" Rodriguez, A Major Donor New Paul Harris Fellow.

MEMBERSHIP / CLASSIFICATIONS



Proposers of the inductees to the Rotary Club of Manila giving brief introductory remarks on their babies: PDG “Obet” Pagdanganan for STAR Rtn. Artemio “Art” Dela Cruz; Sec. “Alvin” Lacambacal, for STAR Rtn. Ramon Alberto B. “Ramby” Nolido; DE “Jackie” Rodriguez for STAR Rtn. Atty. Raymund Joseph Ian O. Mendoza and STAR Rtn. Albert “Hans” C. Palacios; and PD “Rod” Valencia for STAR Rtn. John Nico P. Valencia.



Pres. “Jimmie” Policarpio administers the oath of membership pledge to **ARTEMIO “Art” DELA CRUZ (Filipino)**, President, Smartdave International Corporation, Owner / General Manager, Marthdave Co. Ltd. Classification: Agriculture / Domestic Chemicals – Agrichemical Supplies. 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; ATTY. RAYMUND JOSEPH IAN O. MENDOZA**, Founding Partner, Mendoza, Antero and Associates. Classification: Labor Law. Proposers: **DE “Jackie” Rodriguez, VPE/Dir. “Lance” Masters** and **ALBERT C. “Hans” PALACIOS (Filipino)**, Chairman, Holy App Ventures Inc. Classification: Pharmaceuticals-Drugs & Pharmaceutical Retailing. Proposer: **DE Jackie Rodriguez**; and **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**.

RCM WEEKLY BIRTHDAY CELEBRANTS



Pres. “Jimmie” Policarpio presents the birthday celebrants in attendance : DE “Albert” Alday, Rtn. “Wolfgang” Harle, Rtn. “Vee” David, for the traditional blowing of candles on the birthday cake, amidst the singing by the **RCM New World Famous Chorale** of the happy birthday song.

BOARD MEETING



The Board of Directors for RY 2017-2018 held its 8th Regular Meeting last April 5, 2018 at the Via Mare in Greenbelt 3, Makati City. Present were President Jimmie Policarpio, IPP Teddy Ocampo, VP Chito Zaldariaga, PE/Dir. Susing Pineda, Dir. Art Lopez, Club Secretary Alvin Lacambacal, Treasurer Nicky Villasenor, AS Rene Policarpio, AT Ner Lonzaga and BLA Amading Valdez. The meeting was hosted by AT Ner Lonzaga.

INTERNATIONAL RELATIONS



PDG Alex Cureg attended a Welcome Breakfast for Past Rotary International President DK Lee of South Korea last April 9, 2018 at The Bellevue Manila in Alabang, Muntinlupa City. Picture shows (standing): PDG Alex Cureg, PRIP DK Lee and PDG Edgardo “Boyet” Limon of District 3830; (sitting): PDG Josie Ang and Lady Jasmine Limon, spouse of

DAY ONE

ARRIVAL OF ROTARY CLUB OF OSAKA EAST MEMBERS





Members of our sister club, the Rotary Club of Osaka East, arrived last April 10, 2018 at the Ninoy Aquino International Airport Terminal 2 in Pasay City. They were met at the airport by PDG Vince Carlos, VPE/Dir. Lance Masters, PD Nick Locsin (Chair, International Relations) and AT Ner Lonzaga.



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DAY TWO



Manila Rotarians and Members of the Rotary Club of Osaka East at the Hospicio de San Jose-Norzagaray Project last April 11, 2018 in Norzagaray, Bulacan.



Manila Rotarians and Members of the Rotary Club of Osaka East had lunch at the Gulliver's of San Francisco last April 11, 2018 in Quezon City.



President Jimmie Policarpio hosted dinner for Manila Rotarians and members of the Rotary Club of Osaka East last April 11, 2018 at the Peking Garden in Greenbelt 5, Makati City,



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NEW GENERATIONS



DGE Rudy Bediones attended the Monthly Meeting of the Asia Pacific Regional Rotaract Conference (APRRC) Committee last April 4, 2018 at the Legend Seafood Restaurant in Pasay City.

NEWS RELEASE

THE EXPONENT OF PHILIPPINE PROGRESS
SINCE 1898
MANILA BULLETIN
THE NATION'S LEADING NEWSPAPER

APRIL 3, 2018



Freddie Aguilar, folk singer and musician, a guest speaker in the Manila Rotary meeting at New World Hotel - with PP Frank Evaristo.



Rear Admiral Steve Koehler, commander CSG-9 of the U.S. aircraft carrier Theodore Roosevelt, briefs two Philippine generals Tuesday, April 10, 2018 in international waters off So... more+

US carrier sails in disputed sea as China shows own force

By JIM GOMEZ, ASSOCIATED PRESS ABOARD THE USS THEODORE ROOSEVELT, South China Sea — Apr 10, 2018, 8:51 PM ET

XXX XXX

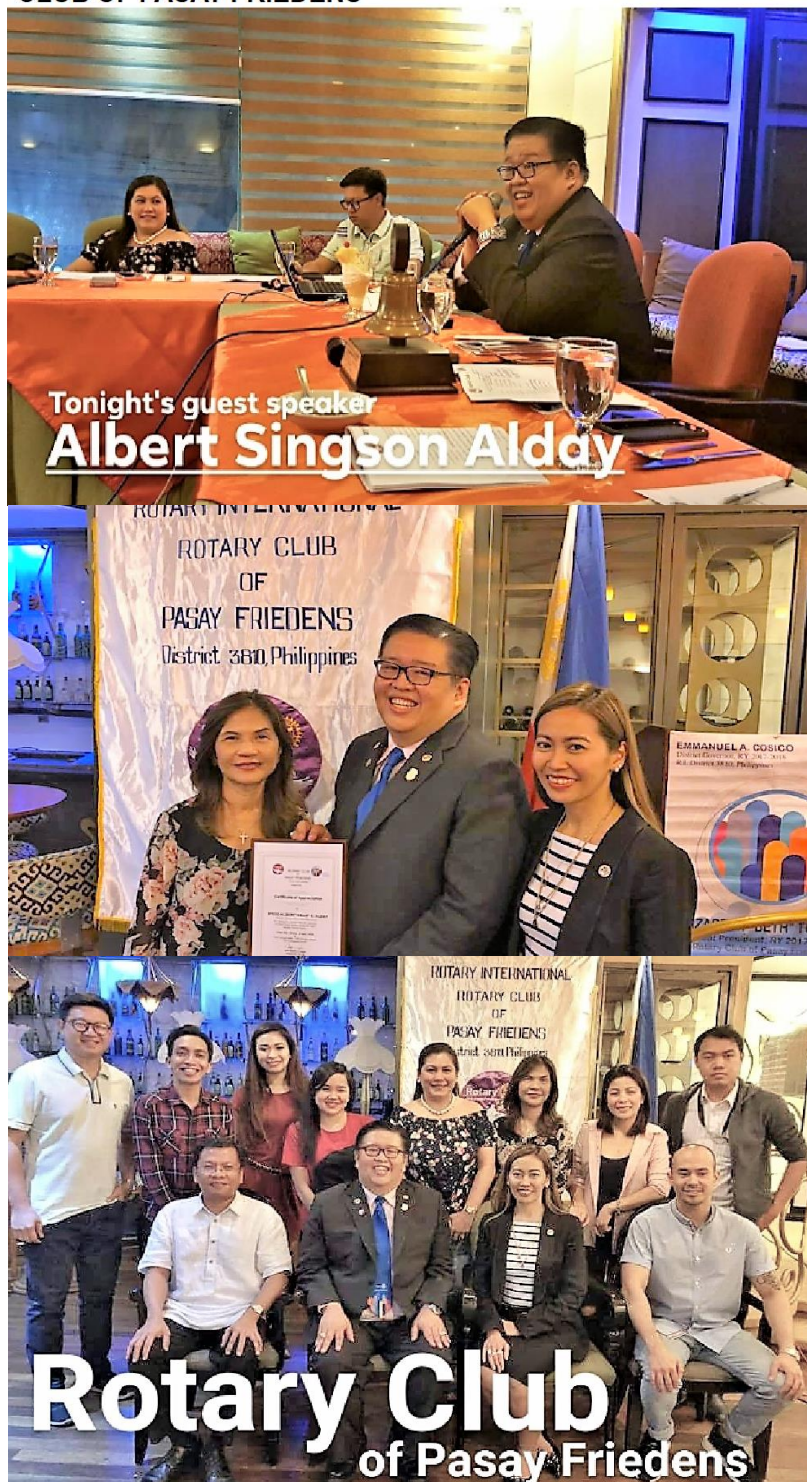
"What we see now is a show of force and a counter show of force in the South China Sea," said Roilo Golez, a former Philippine national security adviser and congressman.

While the moves could increase the risks of miscalculation and accidental clashes, Washington's superior naval power could serve as deterrence to Chinese aggression, Golez said.

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SPEAKERS' BUREAU

IPSDG/IPDCoS/DE/IPD ALBERT ALDAY SPEAKS BEFORE ROTARY CLUB OF PASAY FRIEDENS



IPSDG/IPDCoS/DE/IPD Albert Alday was Guest of Honor and Speaker at the club meeting of the Rotary Club of Pasay Friedens under GP Elizabeth Tungol last April 5, 2018 at the Tiara Oriental Hotel in Makati City. His talk was on "A Changing Rotary Landscape" and an open forum immediately followed. He was likewise feted to an advance birthday by the club.

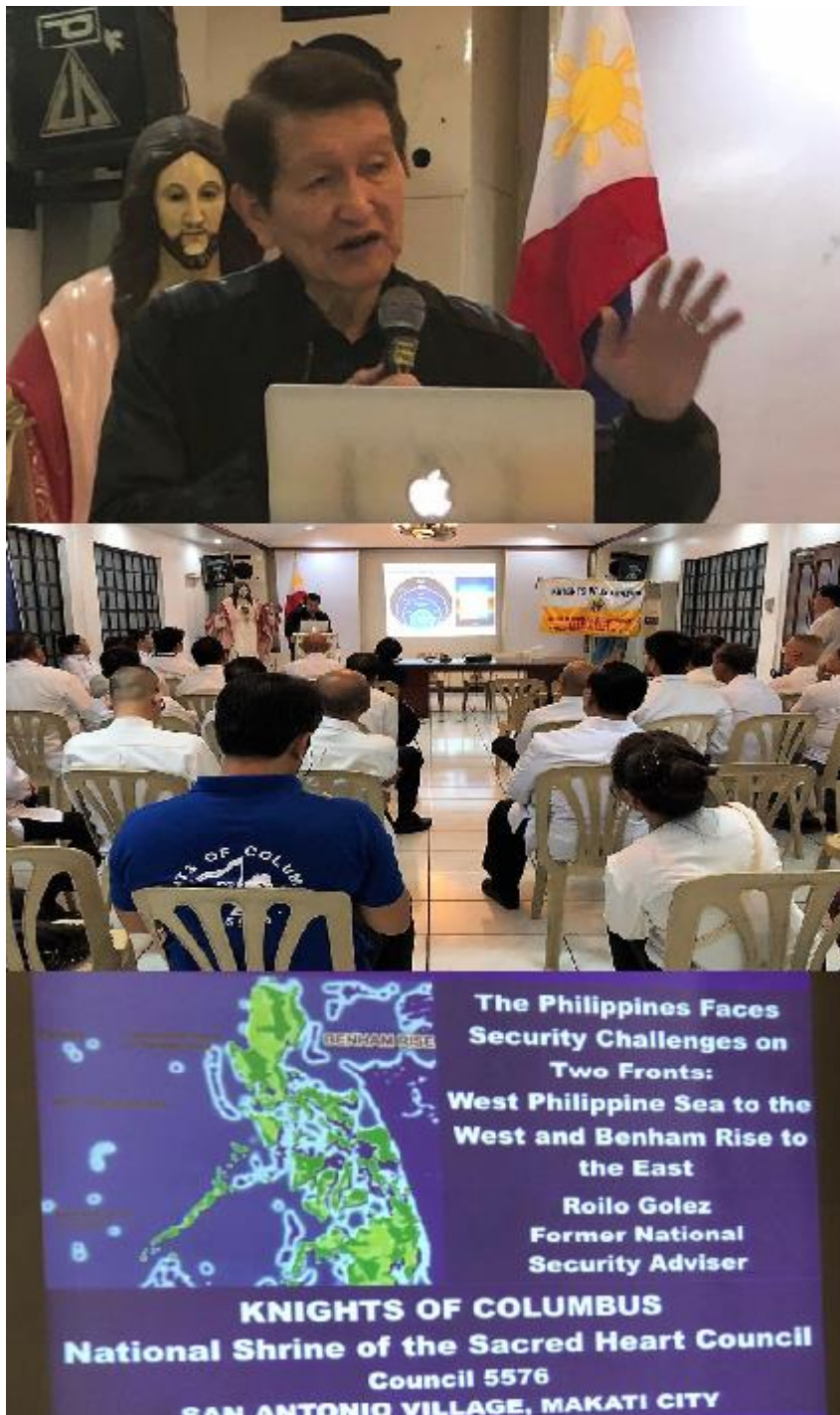


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PVP ROY GOLEZ INTERVIEWED BY DXDC RMN DAVAO ON PHILIPPINES-CHINA RELATIONS

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Jun Duterte on Philippines-China Relations over DXDC RMN Davao last April 11, 2018.



PVP ROY GOLEZ SPEAKS BEFORE KNIGHTS OF COLUMBUS NATIONAL SHRINE OF THE SACRED HEART COUNCIL ON WEST PHILIPPINE SEA AND BENHAM RISE

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez spoke before Knights of Columbus National Shrine of the Sacred Heart Council last April 8, 2018 at the Sacred Heart Shrine in Makati City. The topic of the talk was on “The Security Challenges Confronting the Philippines on Two Fronts: West Philippine Sea and Benham Rise”.

PUBLIC HEALTH NUTRITION AND CHILD CARE



CARDIO EXERCISES, Part 3 (Squats)

Elias D. Adamos, M.D.

Cardiovascular exercises include strength training. The more muscular fitness you have, the greater the capacity for you to burn calories. Experts suggest strength-training exercises that target multiple muscle groups. Incorporating squats in your routine exercises will help you burn more calories.

Why should I do squats?

Aside from helping your body to burn more calories, squats work on the hamstrings, quadriceps, and gluteus muscles. In other words, the legs, thigh, and butt muscles.

What is the safe and proper way to do squats?

1. Put your arms straight in front of you, parallel to the ground.
2. Keep your spine in neutral position. Don't round your back but don't over extend your back. Keep your back relaxed in a natural or normal position.
3. Think about where your weight is on your feet. It should be on the heels and the balls of your feet, as if you were pasted on the ground. You should be able to wiggle your toes throughout the entire movement.
4. Keep your body tight the entire time.
5. Now breathe in, break at your hip and push your butt back. Keep sending your hips backwards as your knees begin to bend. Think of how you sit down in a chair, only the chair is not there (to those with knee problem, a real chair can help).
6. Just look straight ahead.
7. Keep your back straight with your neutral spine and your chest and shoulders up.
8. As you squat down, focus on keeping your knees in line with your feet.
9. Squat down until your hip is lower than your knees. This is called a parallel squat. Anything less than parallel is a partial squat.
10. Breathe out as you return to your neutral position. Repeat the same motion.

Wisdom from experts

If you have a bad technique, squat is no longer functional. Benefits in squat exercises depend on their proper execution.

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