



balita

No. 3739, April 19, 2018

GUEST OF HONOR AND SPEAKER



HON. VICENTE C. SOTTO, III
Senator
Republic of the Philippines



KABALITA

From Batanes to Jolo, let the Host of the Philippines' longest running noontime show turned Astute Legislator, entertain Asia's First Rotary Club with his ground breaking advocacies.

Countdown to Centennial

<http://www.rcmanila.org>



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THE ROTARY CLUB OF MANILA

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PROGRAM

RCM'S 37th for Rotary Year 2017-2018

April 19, 2018, Thursday, 12Noon, New World Makati Hotel

Officer-In-Charge/ Program Moderator : DE/Dir. Issam Eldebs

PROGRAM TIMETABLE

11:30 AM	Registration & Cocktails (WINES courtesy of RCMDir.-elect/Dir. "Bobby" Joseph)	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	DE/Dir. Issam Eldebs
12:30 PM	Call to Order	Pres. Jimmie Policarpio
	Singing of the Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation	PP "Cesar" Ubaldo
	A moment of silent prayers for the eternal repose of the soul of Ms. Vicky Montilla , who passed-away recently in the grace of the Lord , partner of PP Frank Evaristo	
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians
12:35 PM	Introduction of - -Guests, Visiting Rotarians & Personalities at the Head Table Welcome Song	STAR Rtn. Karlo Castro RCM WF Music Chorale
12:40 PM	MaligayangBati (RCM Birthday Celebrants) Apr. 27...DE "Jackie" Rodriguez; Apr. 28...Rtn. "Celso" Abastillas; Apr. 29...STAR Rtn. "Hans" Palacios Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Induction of an Honorary Member to the Rotary Club of Manila His Excellency Rodrigo do Amaral Souza Ambassador Extraordinary & Plenipotentiary of Brazil to the Philippines Brief introduction of H.E. Amb. Rodrigo do Amaral Souza	PE/Dir. Susing Pineda

	Formal induction ceremony of H.E. Amb. Rodrigo do Amaral Souza	Pres. Jimmie Policarpio Inducting Officer
12:55 PM	President's Time Presentation of Paul Harris Fellow Crystal and Pins to Dir.-elect "Jackie" Rodriguez , as a Major Paul Harris Fellow	Pres. Jimmie Policarpio Pres. Jimmie Policarpio; Sec. Alvin Lacambacal, Chair., Paul Harris Fellow Committee
1:00 PM	Introduction of the Guest of Honor & Speaker	PSAA Fred Lim
1:05 PM	Address: Hon. Vicente C. Sotto III Senator, Republic of the Philippines Public Forum Response, Presentation of token of appreciation to Senator Vicente C. Sotto III	 Pres. Jimmie Policarpio
2:00 PM	Adjournment	

PRESIDENTIAL TIMELINE



April 9 2018 - PD John Cenica was speaker at the Great Spouses and Inspiring Spouses Breakout Session of the District 3800 DISCON at the Solaire Resort and Casino in Pasay City. District 3800 is led by DG Saldy Quimpo and Lady Atty Nancy Quimpo, CPA.

April 12, 2018 - DE Raffy Alunan spoke and gave his inputs before the Consultative Committee to Review the 1987 Constitution on security matters and on Negros being a separate region at the Philippine International Convention Center in Pasay City.

-DE Raffy Alunan was Speaker at the Commencement Exercises of the Central Colleges of the Philippines at the AFP Theater, Camp Aguinaldo, Quezon City. Central Colleges of the Philippines is led by its President, PP Babes Reyes.

-The Centennial Committee held a meeting at the Gallery 1 of the New World Makati Hotel in Makati City where updates from the various committees were taken up.

-Manila Rotarians and Members of the Rotary Club of Osaka East had dinner at The Last Chukker of the Manila Polo Club in Makati City.

April 13, 2018 - DGE Rudy Bediones led the meeting of the District Committee on Club Awards Assessment with Prof. Horacio Borrromeo of the Asian Institute of Management at the Max's Restaurant in Glorietta, Makati City.

-DE Raffy Alunan attended the reception of the USS Theodore Roosevelt aboard the said vessel at Manila Bay, Pasay City. Photos show him with Honorary Member His Excellency Sung Kim, Ambassador of the United States of America to the Republic of the Philippines and Rear Admiral Stephen Kohler, Commander, Carrier Strike Group 9.

April 14, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez delivered a lecture on "The Security Challenges that Confront the Philippines in the West Philippine Sea" during a symposium on "Security and Stability in the West Philippine Sea" organized by the Philippine Merchant Marine Academy Graduate School and which was held at the Function Hall of the Philippine Coast Guard, Port Area, Manila.

-Ms. Vicky Montilla, partner of ISDG/IPSDG/PAG/PP Frank Evaristo passed away. Wake began at Santuario de San Antonio in Makati City.

-DGE Rudy and Lady Sharon Bediones as well as ISDG/VPE/Dir. Lance Masters attended the opening of the Solo Exhibit of Korean Artist Back Mi Kyoung hosted by FCP Mari Yuda (Rotary Club of Hiyas ng Maynila) at the Ayala Museum in Makati City. Also present were PDG Karen Tamayo (Rotary Club of Hiyas ng Maynila) and PP Emilio Uy (Rotary Club of Manila Binondo Prime).

April 15, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez attended the Closing Ceremonies of the symposium on "Security and Stability in the West Philippine Sea" organized by the Philippine Merchant Marine Academy Graduate School and which was held at the Function Hall of the Philippine Coast Guard, Port Area, Manila.

April 16, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed on the Show of Force in the South China Sea by the Catholic Media Network.

April 17, 2018 - DE Raffy Alunan spoke on National Security Preparedness at the National Defense College of the Philippines in Camp Aguinaldo, Quezon City.

April 18, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez made a comment on the news on Inquirer.net that we should file a strong diplomatic protest against the landing of Chinese military planes on Mischief Reef.

-DGE Rudy Bediones attended the monthly meeting of the Asia Pacific Regional Rotaract Conference Manila Committee at the Legend Seafood Restaurant in Pasay City.

-DGE Rudy Bediones attended the Charter Anniversary of the Rotary Club of Raha Sulayman at the Legend Seafood Restaurant in Pasay City.

April 19, 2018 - Welcomes Sen. Vicente “Tito” Sotto, III, Senator, Republic of the Philippines, who will talk on his advocacies.

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

GUEST OF HONOR AND SPEAKERS' PROFILE



Our Guest of Honor is perhaps the only one from among the present crop of senators who can seamlessly switch from one career to another—being an accomplished public servant, lawmaker, sportsman, and artist in his own right.

He has excelled in all these fields—uncompromising and giving his best—as a true master of his fate.

So far, he has sponsored and authored more than a hundred laws, making him one of the most prolific senators.

Except for a brief period of two years, Sotto has been in public service for the past 30 years, starting in 1988 when he entered politics as Vice Mayor of Quezon City. He was by then an accomplished actor, artist, musician and sportsman.

Unknown to many, our Guest of Honor is a multi- awarded bowler, winning in several international competitions. He showed his bowling skills at the Colegio de San Juan de Letran where he took up Bachelor of Arts, major in English.

Seven times, he was part of the national bowling team and garnered several gold medals numerous times. The height of his bowling came in 1978 when he represented the national team at the AMF Bowling World Cup in Bogota, Colombia and in 1984, in Sydney, Australia.

At the same time, he also excelled in the arts. He conceptualized, produced and recorded the VST and Co. which churned out Original Pilipino Music (OPM) hits one after the other. He also produced Filipino Artists like Sharon Cuneta, Freddie Aguilar, Rico J. Puno, Anthony Castelo, Asin, among many others.

A Lyricist and a tunesmith, our Guest of Honor provided the voice, the words, composed and arranged around 80 songs, based on the registry of the OPM.

Championing the war against illegal drugs, our Guest of Honor won by a landslide the vice-mayoral race in Quezon City. During these period he was also named Vice Chairman of Citizens' Drug watch. Fulfilling his vow to drive out illegal drugs, he founded and organized the Quezon City Anti-Drug Council, which had been replicated in many local government units.

He would pursue with unrelenting vigor the war against illegal drugs, whether in the Senate or in government service. He had chaired the Senate committee on illegal drugs and led the Dangerous Drug Board as chair from July 2008 to Nov. 29.

He is the author of Republic Act 9165 or the "Comprehensive Dangerous Drugs Act of 2002, which is still enforced up to present.

For his anti-illegal drug stance, he was twice honoured by the US-based International Narcotics Enforcement Officers Association, where he is also a member.

He capped his LGU stint by founding the Vice Mayors League of the Philippines, where he was its first president and president emeritus thereafter.

In 1992, he sought higher office and thus began his 26 years public service as senator. He topped the senatorial race. Following the 2016 elections, he is currently serving his fourth term in the Senate, having served two consecutive terms from 1992 to 2004 and his re-election to the Senate in 2010. He has chaired many committees, among them public services, science and technology, local government and tourism. He also chaired the joint oversight committees on local government and tourism. He also chaired the joint oversight committees on local government, youth and sports development and rural development. At present, he is the Chairman of the Committee of Ethics and Privileges and the Committee on Rules. He has also been a member of the Commission on Appointments and is currently a member of the Senate Electoral Tribunal.

He also assumed the roles of minority floor leader and majority floor leader. In the 2010, he sought and won a fresh term as senator and in recognition of his hard work and dedication; he was named Majority Floor Leader for the second time. Currently, he is still the Majority Floor Leader for the 17th Congress.

It is not only in his professional life that Sotto excels. His marital union and bliss to now part-time actress Helen Gamboa is a rarity in showbusiness—bonded by fear and love of God. He is also a doting father to Romina Frances, Diorella Maria, Gian Carlo and Ciara Anna.

For him, his family is his best treasures, and an untarnished record as a public servant, his lasting legacy.

PROGRAM CALENDAR OF GUEST SPEAKERS

PROGRAM COMMITTEE RY 2017-2018

Calendar of Guest Speakers

DATE	PROGRAM
Apr. 26	<i>*The Philippine Government Federalism Debate</i> Program participants : Co-OIC/Program Moderator: Hon. Dante Liban & DE Raffy Alunan; Rep. Edcel LagmanAtty. 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 Supermall's thru PT Lito Sibayan(CONFIRMED)
May 30	RCM 99 th 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	<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



RCM Pres. “Jimmie” Policarpio and RCFP Pres. “Edwin” Salonga, call the 36th meeting, being a joint meeting of the *Rotary Club of Manila (RCM)* and *Rotary Club of Forbes Park (RCFP)*, to order.



RCM Rtn. “Manny” Blanco as OIC/Moderator, calls the program of activities.



RCFP PP “Frankie” Adriano delivers an ecumenical prayer.



RCFP PN “Raj” Bhattee leads in renewing Rotarians’ commitment to the Rotary Movement, via the recitation of the four (4) way test.



RCM DE “Albert” Alday introduces the guests and visiting Rotarians.



Pres. Toshiaki Mihara, RCM Sister Rotary Club of Osaka East, delivers message.



RCM Pres. “Jimmie” Policarpio and RCFP Pres. “Edwin” Salonga during their respective presidents’ time, for some announcements.

RCM AS “Rene” Policarpio does the honor, pleasure and privilege of introducing **Mr. Arthur N. Aguilar**, Member, Consultative Committee to Review the 1987 Constitution, as guest speaker.





Mr. Arthur Aguilar, Member of the Consultative Committee to Review the 1987 Constitution, gave Manila Rotarians, Visiting Rotarians and guests, a glimpse into his take on the items that need to be revisited in the 1987 Constitution as well as the corresponding changes that need to be effected.



A pro-active public forum immediately followed right after the speech of **Mr. Arthur Aguilar**. Among Rotarians who participated were: PD Beda Fajardo, PP Boy Guevara, Star Rtn. Hans Palacios, Board Legal Adviser Amading Valdez and Rtn. Henning



RCM Pres. "Jimmie" Policarpio and RCFP Pres. "Edwin" Salonga on their respective responses and presentation of tokens of appreciation to Mr. Arthur N. Aguilar, and meeting adjournment.

WEEKLY BIRTHDAY CELEBRANTS



RCM Pres. "Jimmie" Policarpio and RCFP Pres. "Edwin" Salonga present the long birthday celebrant in attendance, from RCFP PP "Leo" Garcia, for the traditional blowing of candle on the birthday cake, amidst the singing by the RCM New World Famous Chorale of the happy birthday song.

CENTENNIAL NEWS



The Centennial Committee held a meeting last April 12, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City where updates from the various committees were taken up.



DGE Rudy Bediones, IPSDG/IPDCoS/DE/IPD Albert Alday, WCP Eric Florentino (Rotary Club of Pasay Ilustrado) as well as ES Anna Toledo met for the Rotary Club of Manila 100 Presidents Book last April 16, 2018 at Hizon's and thereafter, at the office of the Rotary Club of Manila along Arquiza in Manila.

INTERNATIONAL RELATIONS

DAY THREE



PD Nick Locsin and Rtn. Mike Ozaeta with visiting members of the Rotary Club of Osaka East touring the auspices of the Manila Polo Club in Makati City last April 12, 2018.



Manila Rotarians and Members of the Rotary Club of Osaka East had dinner last April 12, 2018 at The Last Chukker of the Manila Polo Club in Makati City.



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INTERCLUB ACTIVITIES



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CLUB AWARDS ASSESSMENT



DGE Rudy Bediones led the meeting of the **District Committee on Club Awards Assessment** with **Prof. Horacio Borrromeo** of the Asian Institute of Management last April 13, 2018 at the Max's Restaurant in Glorietta, Makati City.

BREAK OUT SESSION



PD John Cenica was speaker at the Great Spouses and Inspiring Spouses Breakout Session of the District 3800 DISCON last April 9, 2018 at the Solaire Resort and Casino in Pasay City. District 3800 is led by DG Saldy Quimpo and Lady Atty Nancy Quimpo, CPA.

OBITUARY



THE MEMBERS OF THE BOARD, MEMBERSHIP AND STAFF OF ROTARY CLUB OF MANILA

Condole with the family of



Ma. Victoria Manguerra Montilla

September 17, 1935-April 14, 2018
(Life Partner of PP Frank Evaristo)

Who passed away in the grace of our Lord last Saturday April 14, 2017 Wake is at Santuario de San Antonio (Garden), Makati City. Cremation will be at the Heritage Park and Crematory, Fort Bonifacio, Taguig City on Friday April 20, 2018 after the 10AM Mass at the Heritage Park Crematory Chapel.

**LET US OFFER OUR PRAYERS
FOR THE ETERNAL REPOSE OF THE SOUL OF
MA. VICTORIA "Vicky" MANGUERRA MONTILLA**

SUNSHINE COMMITTEE

REMEMBERING VICKY: A NOSTALGIC SOJOURN IN HUMILITY

While her partner basked in the limelight of the glitz and glamor of public relations, being the proverbial social butterfly whose day is often filled with functions that hug the pages of major broadsheets this side of tinseltown, she chose to find solace in the background with her meek demeanor depicting a fair lady of substance whose strength emanates from the pureness of heart she naturally possesses through the many charitable causes she has immersed herself in without fanfare nor pomp, traits that have endeared her to the people whose lives she has touched. Often, women share equal billing with the men in their lives. She dared to be different. She became the sunshine whose all encompassing radiance lit up Rotary in the year her partner led Asia's First Rotary Club with the grace of a queen who preferred to linger with the community than showcase her regal stature among royalties without sacrificing her support for the man she has showered with the love of a thousandfold. And now, as you rest in eternal bliss, Vicky, we nostalgically remember that smile of a lady who truly manifested Service Above Self in all its splendor as God welcomes you into the paradise of His abode. Rest well, fair lady as your sojourn in humility has now become a legacy we can genuinely reminisce, not with the grief of a loss, but, with a celebration of a life well-lived.



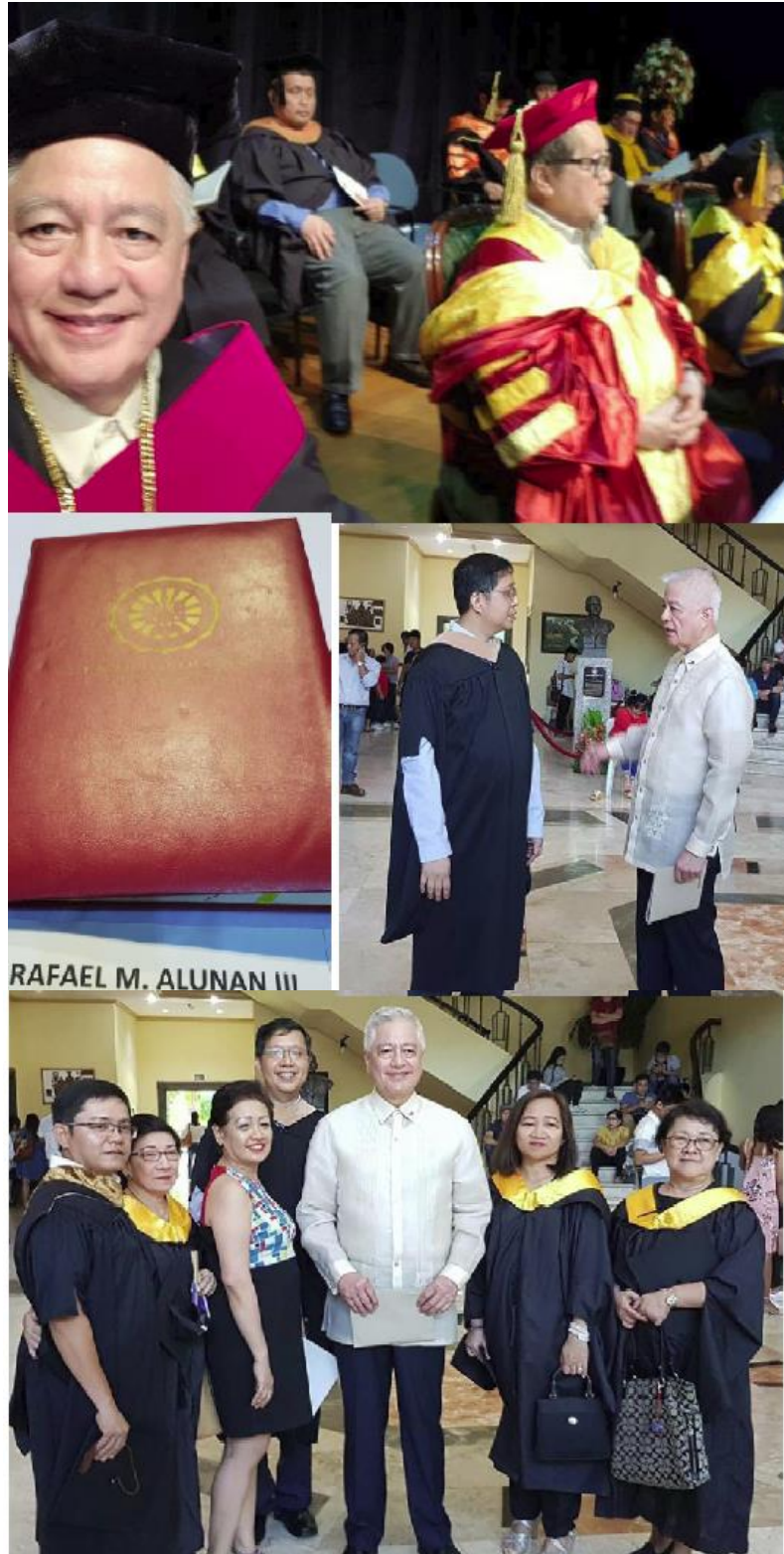


Manila Rotarians attended the wake of the late **Maria Victoria Manguerra Montilla**, lifetime partner of ISDG/IPSDG/PAG/PP **Frank Evaristo**, beginning April 15, 2018 at the Convent Garden, Santuario de San Antonio, Makati City.



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SPEAKERS' BUREAU



DE Raffy Alunan was Speaker at the Commencement Exercises of the Central Colleges of the Philippines last April 12, 2018 at the AFP Theater, Camp Aguinaldo, Quezon City. Central Colleges of the Philippines is led by its President, **PP Babes Reyes**.



PVP ROY GOLEZ INTERVIEWED BY CATHOLIC MEDIA NETWORK ON SHOW OF FORCE IN THE SOUTH CHINA SEA

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed on the Show of Force in the South China Sea by the Catholic Media Network last April 16, 2018.



PVP ROY GOLEZ ATTENDS CLOSING CEREMONIES OF WEST PHILIPPINE SEA SYMPOSIUM

Former National Security Adviser and Former Parañaque Representative PVP Roy Golez attended the Closing Ceremonies of the symposium on “Security and Stability in the West Philippine Sea” organized by the Philippine Merchant Marine Academy Graduate School last April 15, 2018 and which was held at the Function Hall of the Philippine Coast Guard, Port Area, Manila.



PVP ROY GOLEZ SPEAKS BEFORE PMMA GRADUATE SCHOOL

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DE RAFFY ALUNAN SPEAKS ON NATIONAL SECURITY PREPAREDNESS AT NDCP

DE Raffy Alunan spoke on **National Security Preparedness** last April 17, 2018 at the **National Defense College of the Philippines** in Camp Aguinaldo, Quezon City.



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PUBLIC HEALTH NUTRITION AND CHILD CARE



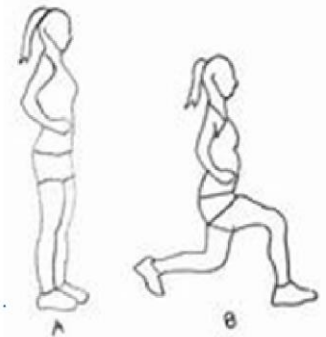
CARDIO EXERCISES, Part 4 (Lunges)

Elias D. Adamos, M.D.

A lunge is like a walking exercise, but done in an exaggerated way. Like squats, lunges work all the major muscles of the lower body: butt, thighs, and leg muscles.

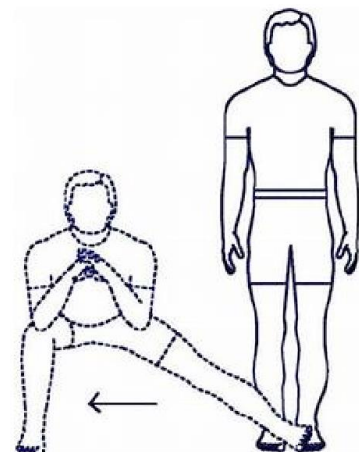
Why do you have to do lunge exercises?

Aside from improving the elasticity and strength of your lower body muscles, **lunges help you to improve your balance**. If you have a back problem, lunge exercises **help to make your spine strong**. If you have issues or difficulty or experience tiring in everyday motions like walking and climbing up the stairs, **lunges make for a great way to improve and increase your ability to do walking and climbing easier**. Lunges that are done on a regular basis, can fix problems on the hips that are brought about by spending too much time sitting down in the office. These exercises can cure stiffness of the hips. **They make the hips flexible and functional**. To add to this, lunges are **butt-sculpting exercises**. They can give you a good-looking and excellently-shaped butt. Lunges can also cure muscular imbalances in the body. **They improve body symmetry**. Since a well-executed lunge exercise works on the muscles of the body at the same time, these **exercises increase your muscle coordination**. Muscle coordination is really important and necessary for everything – from walking and running to playing sports. **Lunge exercises improve pain threshold**. They enhance the release of endorphin (*the pain-killing brain chemical or commonly called the “self-produced morphine”*). The last but definitely not the least, **lunges can make you happier**. Regular lunge exercises help release happy neurotransmitters (*dopamine or the pleasure-seeking molecule in the brain*) or neuro-chemicals in the brain. The release of serotonin (*confidence molecule in the brain*) and various endocannabinoids (*has the effect similar to marijuana*), serve to increase your mood. Being happy makes you more self-confident and calm (*due to the release of GABA or anti-anxiety neurotransmitter*).



The right way to do lunges

Take a big step forward. Keep your spine in neutral position. Bend your front knee to about 90 degrees. While in the process of executing the foregoing, focus on keeping weight on the back of your toes. Drop your other knee toward the floor. Do the same steps using the other knee. You repeat the exercise alternating the right and the left knee. Do some variation by doing side lunges. You may also try reverse lunges; making the first step backward, instead of forward. The more variations you do, the more useful lunge exercises are.



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