

MAN OF THE MONTH - NOVEMBER 2012 PETRUS SINATRA KAESES OF INDONESIA



Petrus Sinatra Kaeses popularly known as “Pa Sin” was picked as the man of the month of November 2012 for his 60 years services and dedication to the sport of bodybuilding and physique sports in Indonesia and throughout Asia.

Sinatra was born on 26th February 1937 in the city of Surabaya, Indonesia and associated with bodybuilding since 1952.



Christina and Sinatra below the wishing tree
in Andong City, Korea

He took up bodybuilding at the age of 14 as a sport because he strongly believed that bodybuilding will give him good physique, good health and strong character. Sinatra Kaeses has been through every phase of the twin sports of bodybuilding and weightlifting and after a few years, moved on to weightlifting, in which he achieved a number of successes. He was flyweight weightlifting champion three times in West Java regional championships and finally won the national title in 1966.

While active in weightlifting as a competitor, he also became very much involved in administration, first as the Secretary of his city Weightlifting and Bodybuilding Club in Bandung, then as regional Secretary. When he moved to Jakarta in 1968, Sinatra was immediately elected to top position in the city federation and represented it on the national executive committee. Then he was elected as the of the All Indonesian Weightlifting, Bodybuilding & Powerlifting Federation (PABBSI)

in 1971. It was natural that he be elected as the Technical Committees of both the ASEAN and ASIAN Weightlifting Federation. Sinatra was also elected as the Secretary of the ABBF (bodybuilding) judges Secretary and last year he was appointed as the Honorary Life Member of the Judges Committee of the Asian Bodybuilding and Physique Sports Federation.



Sinatra has organized every type of contest and championships, from national to regional and continental level. His two major organizational were the 3rd Asean

Bodybuilding Championships in 1978 and the 10th South East Asian Games, in which he staged both the bodybuilding and weightlifting championships.

Josephine Chua the former Chairperson of the ABBF Women's Committee together with Sinatra



1960 - Bodybuilding
Health & Strength Bandung



1966
Weightlifting in Bandung



1971
Sinatra at the Presidential Palace of
the Phillipines. Meeting the late
President Ferdinand E. Marcos



1982
Sinatra at the National
Palace with President
Indonesia General Suharto
in Jakarta

To add to his already wide experience. Sinatra has attended international seminars in Bangkok, Singapore, Tokyo, Perth (Australia), Jakarta, Warsaw and Oklahoma City. He then organised several clinics in his own country. These helped considerably to advance bodybuilding and weightlifting in Indonesia.

With such a background, it was natural for Sinatra to be in charge of his international team at bodybuilding contests in many parts of the world . At many competitions he served as a referee or judge, and he has been extremely helpful and efficient.



1978
From Left Antonio Danam(SIN), Moh Teck Hin(SIN),
Sinatra Kaeses (INA), Datuk Chua(SIN) at Accapulco -
Mexico



1978
Sinatra Kaeses with Bill Pearl at Accapulco - Mexico

His record as an administrator speaks a great volume of this man.

He worked as a full time Secretary in his club called Health & Strength Association in Bandung City from 1958 to 1963. He was elected as the General Secretary of the All Indonesian Weightlifting, Bodybuilding and Power- lifting Association (PABBSI) in West Java from 1964 to 1967. From 1968 till 1970 he was the Chairman of PABBSI Jakarta division. He was elected as the National Secretary of PABBSI from 1971 and 1972. He was also the acting General Secretary of PABBSI in the year 1976. Again he was elected as the General Secretary of PABBSI from 1977 to 1986. Acting General Secretary of PABBSI since 1991 - 1996 and re-elected as the General Secretary from 2000 till 2003.

Sinatra is happily married to Poppy with 2 sons and a daughter and has 4 grandchildren.

The greatest achievement in his life was the inclusion of Bodybuilding in the 10th South East Asian Games in September 1979. This came about due to the efforts from the late General Jonosewojo, late H. Erwin Baharudin and Soeworo. The late Ben Weider and Datuk Paul Chua were also instrumental in getting bodybuilding included in the Games.

Sinatra is currently working as the General Secretary of PABBSI at national level. He was appointed to this position because of his great knowledge and experience in bodybuilding and weightlifting. He is a man of few words but a relentless worker and a humble person by nature.

His idol in Bodybuilding is Datuk Paul Chua whom he met 38 years ago. He knows that Datuk Chua is an honest, decent and upright gentleman. Why? "Because Paul is open and frank and works for the sport of bodybuilding daily for more than 15 hrs. And a friendly person and approachable."

Hobby: Bodybuilding and Weightlifting.

Favorite bodybuilder: Bill Pearl

Favorite food: "Bihun Goreng" (Fried rice noodle)

Personal wish: "I always pray and hope that all members of WBPF and ABBF would respect each other and cooperate in good spirit and work as a family."