

Rotary

Club of East Davao

Club No. 17115 District 3860, Davao City, Philippines

9th REGULAR WEEKLY MEETING

September 3, 2019, Marco Polo Hotel Davao

PROGRAMME

Call to Order

PRES. PATRICK CAPILI

Turnover of Proceedings to the Master of Ceremonies

PP FRED YELINEK

Pambansang Awit and Invocation

RTN. ESTHER DE JESUS

Introduction of Visiting Rotarians and Guests

RTN. ARIEL CANTIL

Community Singing

ROTARY SPOUSES

Secretary's Time

SEC. DARWIN SANTOS

President's Time

PRES. PATRICK CAPILI

Classification Talk

RTN. PHILIP "Sonny" DIZON

Open Forum

Giving of Certificate of Appreciation & Adjourment..... PRES. PATRICK CAPILI

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[https://web.facebook.com/groups/](https://web.facebook.com/groups/@Rotaryclubofeastdavao/)

@Rotaryclubofeastdavao/



INVOCATION

As we gather here today as members of Rotary, we pray that we are ever mindful of opportunities to render our service to fellow citizens and to our community.

Keeping in mind always the enduring values of life, exerting our efforts in those areas and on those things upon which future generations can build with confidence. Let us continue to strive to make a better world. Amen.

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MAKE UP CARD

Name of Rotarian

Club & Position

Make-up Date / Time:

Attested by:


SEC. DARWIN T. SANTOS



President's Corner

PRES. PATRICK S. CAPILI
Club President, RY 2019-2020

Kadayawan month is finally over! What a hectic month it has been for the city of Davao and for the Rotary Clubs as well. Last week, I had to cancel the regular meeting due to various reasons as recommended by the board. We will make it up this week and the weeks to come. I'm happy to be back in Davao after a 2-week business trip. I apologize for not having attended some of the Rotary activities that transpired during my absence. Thanks to all those who attended the "Health is Wealth" seminar at Emcor and I especially thank the donors for contributing Cash for the snacks of 100 participants that day. They were namely Sec. Darwin, Rtn Manny N, DGE Riz, PP Alvin O, PP Val, PP Jesse, PP Ronnie, PP Anton, Karl/Pinky Reta, and Lady Sophia. We got more than we expected. We will save the excess money for other activities.

Thanks as well to our members who helped, donated and participated in the recent major floods in Brgy. Talomo area. We pray for the continued safety of the victims and thank the Lord that no lives were lost.



Kindly add our NEW FACEBOOK PAGE
[@Rotaryclubofeastdavao](#)



Dizon, Philip S.
Farming, Estate Devt.
& Energy Generation

PERSONAL DATA

Birthplace: Davao City Date of Birth: Dec. 5, 1954
Marital Status: Married + 3 children
Address: West Insular Village, Lanang, Davao City
5th scion of Don Francisco and Pacita Dizon, founder of Dizon Farms

WORK EXPERIENCE FOUNDER AND INVESTOR IN VARIOUS FIELDS

Tourism development and maintenance of Davao Crocodile Park, Davao Wildwater Adventure, Maxima Beach House, Tribu K'Mindanawan and Davao Butterfly House
Food and Beverages development and maintenance of Riverwalk Exotic restaurant and Vista View Hilltop restaurant, Chocolate de Mindanao and Mt. Apo Coffee
Energy founder and investor in DeEnergy International Corp.
Agriculture development and maintenance of PhilDiz Cocoa Development Corporation

DIPLOMATIC SERVICE

Ex officio (past President) -American chamber of CommerceMindanao Cluster
Consultant to the Davao City Mayor Sara Duterte



Infopage

SEC. DARWIN T. SANTOS

Club Secretary, RY 2019-2020



ATTENDANCE REPORT

Our Attendance for August 20, 2019

Present	36
Make Up	10
Absent	10
Percentage	82

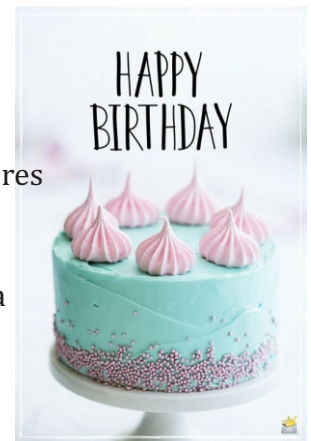


UPCOMING EVENTS / SPEAKER - LUNCHEON MEETINGS

- September 07 Membership Seminar (Mindanao)
- September 13 Turnover of Monthly Feeding Fund to 6 adopted public Elementary Schools
- September 14 Medical Outreach Mission, Brgy. Caliclic, IGACOS
- September 14 Mangrove Planting Aboitiz Eco-Park

September Celebrants

- Sept. 01 Sec. Jim Sabino
- Sept. 03 VP Ranz Apolinario
- Sept. 04 Rtn. Inday Hilario
- Sept. 12 Spouse Neneng Lavisores
- Sept. 18 Rtn. Jet Villamor
- Sept. 23 PDG Boy Reyes
Spouse Nadeth Zantua
Dir. Brian Toh
- Sept. 26 PDG Hermie Villano



Wedding Anniversaries

- Sept. 3 Dir. Ranz Apolinario and Spouse Raquel
- Sept. 18 PP Boy Angeles and Spouse Adelfa
- Sept. 20 Dir. Hiro Kawashima and Spouse Gina
- Sept. 25 PP Paul Yuste & Spouse Dolly

ALOHA ROTARY Register today at riconvention.org
Honolulu, Hawaii, USA | 6-10 June 2020

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
M E E T I N G S A R O U N D T H E C I T Y	Calinan Davao 6:30p.m. Calinan Hwy cor de Leon St.	East Davao 12:00Noon Marco Polo Hotel	Downtown Davao 12:00 noon Grand Menseng Hotel	Sta. Ana Davao 6:00 p.m. Grand Menseng Hotel	Davao 12:00Noon Royal Mandaya Hotel	North Davao 6:00 p.m. Clubhouse Torres St.
	Central Davao 6:30p.m. Grand Menseng Hotel	Matina 12:30p.m. Lispher Inn	South Davao 12:00noon Marco Polo Hotel	South Digos 7:00p.m. Avenue One Hotel Roxas Ext.	Tagum 11:30a.m. Papa Juhn's Pizza Rizal St.	West Davao 6:30p.m. Marco Polo Hotel
		Tagum North 7:00p.m. Miko's Brew Apokon	Central Panabo 6:00 p.m. Clubhouse, New Pandan	Digos 7:00p.m. A&B Hotel	Waling Waling Davao 12:30p.m. Grand Menseng Hotel	SATURDAY
		Davao 2000 6:00p.m., Happy Home Café, Torres St.	Davao 2000 6:00p.m., Happy Home Café, Torres St.	Tagum Golden Laces 6:00p.m., Miko's Brew Apokon		Toril 7:00 p.m. Clubhouse Mcleod St.,
		Pag-Asa Davao 6:30p.m., Lispher Inn				



ROTARY WORLD
PDG HONESTO A. CABARROGUIS

Past District Governor, RI District 3860, RY 1983-84

Presidential message

Mark Daniel Maloney
 President 2019-20

September 2019

Here in the United States, another summer is winding down. And for the Maloney family, every summer ends with a return to my hometown of Ridgway, Illinois, for the annual Popcorn Day festival, where I am honored to serve as the "Popcorn King," the master of ceremonies for the day's events.

Regardless of the season, every family has its own traditions. I would like to suggest a new one for yours: Find an opportunity to introduce your family to Rotary. One of my family's traditions is to take our daughters and grandsons to the Rotary International Convention. The 2020 convention in Honolulu will be a wonderful way to introduce your children and grandchildren to the internationality of Rotary. We are planning many family-oriented events for everyone to enjoy.

Any time is a fabulous time to bring family members on a Rotary service project or to a fundraising event. But perhaps you have not seen many family-friendly events at your club. That is precisely why one of my top priorities this year is to make most Rotary events welcoming to family members.

We must foster a culture where Rotary does not compete with family, but complements it. We should never expect our members to choose between the two. That means being realistic in our expectations, considerate in our scheduling, and welcoming of children at Rotary events on every level.

Often, the young professionals that Rotary needs to attract in order to remain a dynamic 21st-century service organization are the very people who have the greatest family responsibilities. We must not keep these prospective

young members away from their families by holding events on evenings and weekends at which their children are not welcome.

For too long, we have closed the doors of many Rotary events to children and sometimes even spouses. What wasted opportunities these are! Every chance we have to pass on the gift of Rotary to young

people is one we must take if we are going to grow Rotary and ensure that the next Generation is fully engaged in our mission.

So let us open our doors and do it in a fun way, with opportunities that make our children and grandchildren want to learn more about Interact, Rotaract, and Rotary membership. Start small if you must perhaps by holding some of your meetings at more family-friendly times but think about how you can continue these kinds of events for years to come.

Bringing children to Rotary events is not just fun; it also exposes them to the world! Make this a memorable year for your family and an unforgettable year for the ever-expanding family of Rotary as Rotary Connects the World.



Mark Daniel Maloney



POV

POINT OF VIEW

DIR. RAPHAEL E. APOLINARIO VI
Editor in Chief, RED Chronicle



On the sidelines...

Teaching the correct thing

A 5-year-old boy visited his grandmother one day. Playing with his toys in her bedroom while Grandma was dusting, he looked up and said, “Grandma, how come you don't have a boyfriend now that Grandpa went to heaven?” Grandma replied, “Honey, my TV is my boyfriend. I can sit in my bedroom and watch it all day long. The religious programs make me feel good and the comedies make me laugh. I'm happy with my TV as my boyfriend.”

Grandma later turned on the TV, and the reception was terrible. She started adjusting the knobs, trying to get the picture in focus. Frustrated, she started hitting the backside of the TV hoping to fix the problem.

The little boy heard the doorbell ring, so he hurried to open the door and there stood Grandma's minister. The minister said, “Hello son, is your grandma home?” The little boy replied, “Yeah, she's in the bedroom banging her boyfriend.”

The minister fainted. *Our Take: Be careful what we teach the young ones.*

Like the TV, Rotary Connecting the World

SERVICE ABOVE SELF ...



August 30, 2019
 Various volunteers done the repacking of the relief goods - Donated to the flood victims at Brgy. Talamo... Area 2 Clubs In action...

Bits & Pieces

5 Instant Stress Relievers

Tough week? Here's how you can de-stress instantly.

Sure, getting a pedicure, and indulging in a full-body massage can do wonders for stressed-out moms. But it's not like we can always do it whenever we need to. Instead, arm yourself with the following that we promise will offer relief and help lower your stress levels.

1. Epsom Salt - Got aching feet after a long day of walking? Soak them in a pan of warm water with Epsom salt (magnesium sulphate). This eases muscle pain, neutralizes odors, and softens feet.

2. Acupressure - Acupressure uses massage to target key points on your skin's surface to help relieve stress and tension. Stay-at-home mom Dory Lee says, "When I have a headache, I massage the spot where my head hurts, or I ask my sister to do it for me. I also find that when I massage my palm and inner arm, I feel calmer." We recommend: For headaches, press on the temples (the slight depression on the sides of your face between your hairline and eyebrows) with your middle fingers to help relieve headaches and promote relaxation.

3. Ginger or peppermint - This two comes in handy when you're travelling. Ginger helps in motion sickness, while peppermint helps in the common cold, sinusitis, and nausea. We recommend: Giga's Ginger-Peppermint Massage Oil (Robinsons Galleria and Robinsons Place Manila) because the scent alone can bring instant relief to nausea and headaches. Apply it to the chest if you have a bad nasal congestion. - Chewing gum increases alertness, quells anxiety, and lowers levels of the stress hormone cortisol, say Australian researchers. Opt for



sugar-free versions.

We recommend: Lotte Xylitol Sugar-Free that also fights cavities.

5. Breathe - Take time to pause with a breathing exercise. It requires no equipment, and can be done anywhere. In fact, you can do it on your desk or in the privacy of a stall at the common rest room at work.

We recommend: The 4-7-8 (or Relaxing Breath) exercise by Dr. Andrew Weil. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

Exhale completely through your mouth, making a whoosh sound.

Close your mouth and inhale quietly through your nose to a mental count of four.

Hold your breath for a count of seven.

Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.

Now inhale again and repeat the cycle three more times for a total of four breaths.

This story originally appeared on Femalenetwork.com.





August 31, 2019 Joint Meeting for Area 2C Clubs held at Emcor Davao..



ROSTER OF MEMBERS



Ajero, Antonio M.
Journalism
Spouse:



Alquiza, Apollo R.
Unibanking Services
Spouse: Mila



Angeles, Pedrito C.
Bank Receivership
Spouse: Adelfa



Apolinario, Raphael E.
Non-Life Insurance
Spouse: Raquel



Bangayan, Ruben A.
Appliance Distribution
Spouse: Cathy



Banzali, Anthony P.
Civil Law
Spouse: Jam



Bernas, Constancio
Lending Services
Spouse: Anggie



Cabarroguis, Honesto A.
Civil Law
Spouse: Clara



Cabrera, Dominador O.
AE-Medicine Gynecology
Spouse: Rose



Canes, Cheldone I.
General Merchandise Dist.
Spouse: Lilian



Capili, Patrick S.
Real Estate Development



Carrillo, Dominador P.
Ligation Law
Spouse: Vivian



Cantil, Ariel L.
Engineering
Spouse: April



Deyto, Jude D.
Real Estate Leasing
Spouse: Mimi



Digal, Paul Peter R.
Architecture



Dionisio, Valentino L.
Truck Dealership
Spouse: Cris



Evans, David Samuel
Chartered Quantity Surveyor
Spouse: Elsa



Escudero, Oscar M. Jr.
Medical - Urology
Spouse: Sharon



Fortich, Jesse A.
Equipment Leasing
Spouse: Naty



Go, Ronald C.
Car Rentals



Gaerlan, Manuel R.
Military : Police Admin



Hayag, Sol T.
Construction
Spouse: Flor



Kawashima, Hiroyuki
Medical Equipment Dist.
Spouse: Gina



Lavisores, Roland
Non-Life Insurance
Spouse: Neneng



Lim, Winston C.
Materials Handling Services
Spouse: Donna



Luga, Rossano C.
Light and Power Dist.
Spouse: Jojo



Luy Tan, William
Agency: Non-Life Insurance
Spouse: Esther



Mabagos, Michael A.
Construction



Miyake, Ichido
Computer IT Consultancy
Spouse: Princess



Miyake, Hikaru S.
Vegetable Export



Nierra, Manuel R.
Equipment Part and Services
Spouse: Metah



Ng, Dexter L.
Gov't. Svc. Taxation
Spouse: Marnie



Orteza, Alvin B.
Meat Processing
Spouse: Enday



Paras, Vito Oscar P.
Mat'l. Handling Equipment
Spouse: Rita



Pinpin, Alvin M.
Accounting Services
Spouse: Sandra



Reta, Karl Michael G.
Estate Administration
Spouse: Pinky

ROSTER OF MEMBERS



Dizon, Philip S.
Farming, Estate Devt.
& Energy Generation



Real, Francis Rene L.
Universal Banking
Spouse: N dang



Reyes, Reynaldo I.
Rural Banking
Spouse: Alice



Reyes, Rodel Riezl S.j.
Heavy Equipment Leasing
Spouse: Anne



Sabino, Jaime S.
Life & Non-Life Insurance
Spouse: Carmen



Santos, Francisco C.
Architect Planning
Spouse: Nen



Santos, Darwin T.
Engineering Construction



Sancho, Edgardo R.
Real Estate Leasing
Spouse: Flor



Sojor, Virgilio S.
Banana Growing
Spouse: Lodi



Sumikawa, Takeyoshi
Marine Eng'g. Consultancy
Spouse: Yukiko



Sy, Kenneth L.
Office Equipment Dist.
Spouse: Yan Yan



Sy, Clarence Mitchel H.
Rural Banking



Taganas, Richard B.
Dentistry



Tan, Prudencio C., Jr.
Structural Engineering
Spouse: Bodeth



Toh, Brian U.
Industrial Gases Dist.
Spouse: Mimi



Villamor, Jesito V.
Life Insurance Mgt.
Spouse: Cris



Villano, Herminio A.
Hospital Administration
Spouse: Auring



Yelinek, Fred
Housing Construction
Spouse: Lily



Yuste, Paul John C.
Tire and Batteries Dist.
Spouse: Dolly



Zantua, Leo Edwin C.
Non-Life Insurance
Spouse: Nadeth



HONORARY MEMBERS



Rtn. Estrellita E. De Jesus



Rtn. Marilyn A. Hilario



PP Atsushi Sasaki
RC Wakayanagi, Japan



PP Kohachi Oikawa
RC Ishinomaki South, Japan



PP Koukichi Onodera
RC Wakayanagi, Japan



PP Hideyuki Hasebe
RC Ishinomaki South, Japan



Hon. Yoshiaki Miawa
Consul General of Japanese
Consulate Office in Davao City



PP Arthur Malatag

The Rotary Foundation



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 PDG Raoul E. Hilario & Spouse Marilyn
 PDG Herminio A. Villano & Spouse Aurora
 PP Hikaru S. Miyake & Spouse Juliet
 PP Rodel Riezl S. Reyes & Spouse Anne Marie
 Rtn. David Samuel Evans
 PP Paul John C. Yuste & Spouse Dolly Grace
 PP Eufrazio A. De Jesus & Rtn. Estrellita

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 Rtn. Ian D'Arcy Walsh
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 Rtn. Elindo D. Lo
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 Mr. Edgar V. Saulon
 Mr. Conrado Ocampina
 Mr. Pio Castillo
 Mr. Anthony George Stanbridge
 Mr. Andrew Peter Toy

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 PP Valentino L. Dionisio MPH +2
 PP Alvin B. Orteza MPH +2
 PP Virgilio S. Sojor, MPH +2
 PDG Honesto A. Cabarroguis MPH +2
 PP Apollo R. Alquiza MPH +1
 PP Dominador O. Cabrera, MPH +1
 PP Ronald C. Go, MPH +1
 Rtn. Sol T. Hayag MPH +1
 Rtn. William H. Luy Tan MPH +1
 Dir. Manuel R. Nierra MPH +1

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 Rtn. Jesito V. Villamor
 Rtn. Jude D. Deyto
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 Pres. Patrick S. Capili
 Rtn. Kenneth T. Sy

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 Hon. Member Veronica D. Tirol MPH +2
 Rtn. Antonio Teh - MPH + 5
 PP Amador C. Macatangay MPH + 2
 Rtn. Cresencio E. Arrieta MPH +1
 PP Leonardo Chee MPH + 1
 Rtn. Reynaldo T. Fuentes MPH + 1
 Rtn. Harold Thomas Kelleher MPH +1
 PP Feliciano T. Salvador MPH + 1
 PP Hector M. Maniquis MPH +1
 Rtn. Efren D. Marquez MPH +1
 Rtn. Danilo G. Bernardo MPH +1
 PP Benjamin S. Geli MPH +1
 Rtn. Eduardo P. Tan, Jr. MPH +1

PAUL HARRIS FELLOW - FAMILY OF ROTARY

Maria Christina Reyes- Caguioa
 Charles Reginald D. Reyes
 Raymond D. Reyes
 Raphael D. Reyes
 Herminio C. Villano, Jr.
 Consorcia SJ. Reyes
 Roberto Elias L. Reyes
 Spouse Elsa C. Echevarria
 Kelly Grace G. Yuste
 Pauline Grace G. Yuste
 Arsenio Emmanuel E. De Jesus
 Dominic Eligan E. De Jesus
 Jo Ann Carol de Jesus-Africa
 Johannah De Jesus
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 Spouse Maria Cristina B. Dionisio
 Ma. Crizabel B. Dionisio
 Rino Ezekiel B. Dionisio
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 Natasha R. Fortich
 Roberto Julian R. Fortich
 Spouse Clara Cabarroguis
 Spouse Mila T. Alquiza
 Spouse Rosa Cabrera
 Spouse Alodia L. Sojor
 Spouse Concepcion G. Arrieta
 Spouse Flor B. Hayag
 Spouse Esther Luy Tan
 Spouse Bernadette A. Zantua
 Spouse Angelina Bernas
 Spouse Carmencita Nierra
 Spouse Concepcion Orteza

