

Rotary Club of East Davao

Club No. 17115 District 3860, Davao City, Philippines

11th REGULAR WEEKLY MEETING
September 17, 2019, Marco Polo Hotel Davao

PROGRAMME

Call to Order
PRES. PATRICK CAPILI

Turnover of Proceedings to the Master of Ceremonies
PP ROSS LUGA

Pambansang Awit and Invocation
RTN. ESTHER DE JESUS

Introduction of Visiting Rotarians and Guests
PP VIR SOJOR

Community Singing
RTN. RENE REAL

Secretary's Time
SEC. DARWIN SANTOS

President's Time
PRES. PATRICK CAPILI

Introduction of Guest Speaker
RTN. KARL RETA

Speech
MAJOR GENERAL JOSE C FAUSTINO JR. AFP
11th Commander, 10th Infantry "AGILA" Division

Open Forum Response
PP APOLLO ALQUIZA

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

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INVOCATION

Lord, Rotarians world-wide acknowledge your power, and your expectation that we be of service to mankind. Let us renew our obligation to fulfill that expectation, just as the return of spring renews growth in the world around us, with a new commitment to help others in our community, our nation, and our world. With the power, influence, and wealth that we as leaders in this place most certainly have, let us always remember that these are a blessing from you, and that charity is more fulfilling than decadence, and the Golden Rule a much richer yardstick than any bank account. 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

Another busy, activity-packed and fulfilling week has passed for Rotary Club of East Davao by way of two major service events that both took place on Saturday, September 14th. The ONE ROTARY, ONE DISTRICT MANGROVE PLANTING Coastal Clean up took place at the Aboitiz Cleanergy Park located at Punta Dumalag. Present at the site were District Governor-Elect Riz Reyes, Assistant Governor (area 2A) Alvin Orteza and various other dedicated members of the club. Another RCED group did the Medical Mission in Barangay Caliclic Samal, led by our Past President Dr. Oscar Escudero. It was very well-attended as well by members and spouses led by President Anna Lopez-Reyes. A total of around 219 patients/recipients - medical and 43 dental participated and benefitted from the said activity. A big "THANK YOU" to all that supported and participated in both activities.

In addition to that, on Friday, September 13th, we did the regular distribution of feeding program funds for the six elementary schools that we have been supporting over the years. Also, the scholarship committee has met on Sunday, September 14th at Roadway Inn to meet the final 6 scholars that were chosen out of the initial 19 applicants. This was led by committee chair Past President Ed Zantua. Again, thanks to all the generous donors of the scholarship fund and for the continued support over the years.

Indeed another happy and fulfilling RCED Week!



September 14, 2019
Participated in the Area 2
Mangrove Planting held at
Aboitiz Cleanergy Park at
Matina Pang...



Infopage

SEC. DARWIN T. SANTOS

Club Secretary, RY 2019-2020



ATTENDANCE REPORT

Our Attendance for September 10, 2019

Present	29
Make Up	10
Absent	17
Percentage	70



Upcoming EVENTS

- Sept. 24 SSUPT FRED L TRAJERAS, JR, DSC
Bureau of Fire Protection
- Oct. 01 ATTY. ERASTUS SANDINO B. AUSTRIA,
District Collector, Bureau of Customs
- Oct. 8 DR. JONATHAN A. ALEGRE
President, Davao Medical School
Foundation, Inc

September Celebrants

- Sept. 01 VP Jim Sabino
- Sept. 03 Dir. 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

MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	Pag-Asa Davao 6:30p.m., Lispher Inn	Tagum Golden Laces 6:00p.m., Miko's Brew Apokon	Toril 7:00 p.m. Clubhouse Mcleod St.,	



ROTARY WORLD PDG HONESTO A. CABARROGUIS

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

5 WAYS OUR WORK AGAINST POLIO FIGHTS OTHER DISEASES

The cold chain

The polio vaccine must be kept cool, or it risks losing its effectiveness. The cold chain system — made up of freezers, refrigerators, and cold boxes — was developed to allow polio workers to store the vaccine and transport it over long distances in extremely hot weather. In Pakistan, a measles immunization program now relies on the same system. With the help of the cold chain, Sindh province recently reached its goal of immunizing more than 7.3 million children against measles.

Microplanning

A critical component in immunizing more children against polio, especially in remote regions, is microplanning. A microplan allows health workers to identify priority communities, address potential barriers, and develop a plan for a successful immunization campaign. The workers collect as many details as possible about communities to help them reach and vaccinate all of the children, and this strategy has helped keep India polio-free for five years. Now the Mewat district of India is using microplanning to increase its rates of vaccination against measles and rubella.

Surveillance

The polio surveillance system helps detect new cases of polio and determines where and how these cases originated. In Borno state in Nigeria, the surveillance system is now being used to find people with symptoms of yellow fever. Surveillance was one of many tactics used during a 2018 yellow fever outbreak that prompted vaccinations of more than 8 million people.

Contact tracing

Because polio is a transmittable disease, health workers use contact tracing to learn who has had contact with people who might be infected. Contact tracing was also critical to containing an Ebola outbreak in Nigeria in 2014. When a traveler from Liberia was diagnosed with

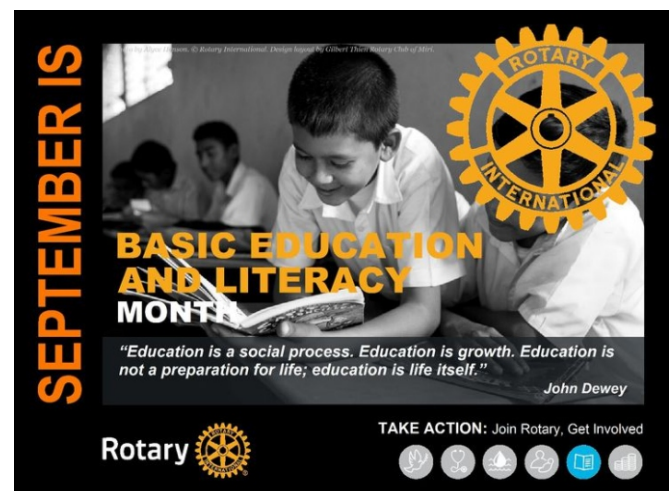
Ebola, Nigerian officials were able to quickly trace and isolate the traveler's contacts, helping prevent the disease from spreading further.

Emergency operations centers

An important part of the polio infrastructure that Rotary and its partners have built is the emergency operations centers network. These centers provide a centralized location where health workers and government officials can work collaboratively and generate a faster, more effective emergency response. The emergency operations center in Lagos, Nigeria, which was originally set up to address polio, was adapted to handle Ebola, and it ultimately helped the country respond quickly to an Ebola outbreak. Only 19 Ebola cases were reported, and the country was declared Ebola-free within three months.

CELEBRATE WORLD POLIO DAY WITH US

Be part of our global celebration of World Polio Day on 24 October.





POINT OF VIEW

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



Learn and Earn

Melvin and Belle joined a wholesale company together just after graduation. Both worked very hard.

After several years, the boss promoted Belle to sales executive but Melvin remained a sales rep.

One day Melvin could not take it anymore, tender resignation to the boss and complained the boss did not value hard working staff, but only promoted those who flattered him.

The boss knew that Melvin worked very hard for the years, but in order to help Melvin realize the difference between him and Belle, the boss asked Melvin to do the following.

Go and find out anyone selling water melon in the market? Melvin returned and said yes.

The boss asked how much per kg?

Melvin went back to the market to ask and returned to inform boss the \$12 per kg.

Boss told Melvin, I will ask Belle the same question?

Belle went, returned and said, boss, only one person selling water melon. \$12 per kg, \$100 for 10 kg, he has inventory of 340 melons. On the table 58 melons, every melon weighs about 15 kg, bought from the South two days ago, they are fresh and red, good quality.

Melvin was very impressed and realized the difference between himself and Belle. He decided not to resign but to learn from Belle.

Our take: a more successful person is more observant, think more and understand in depth. For the same matter, a more successful person sees several years ahead, while you see only tomorrow. The difference between a year and a day is 365 times, how could you win? Think! how far have you seen ahead in your life? How thoughtful in depth are you?

SERVICE ABOVE SELF = ROTARY CONNECTING THE WORLD

TRF Contribution received todate:

(RY 2019-2020)

Hiro Kawashima	\$100
Hiro Naruse	\$100
Fred Yelinek	\$100
Ronnie Go	\$100
Brian Toh	\$100
PDG Totoy Cabarroguis	- P50,000



Bits & Pieces

Removing Nerve Pain in Your Hands and Feet



The exact cause for gout still remains unknown, but research has shown that a high amount of uric acid is definitely one of the reasons. Also genetics, alcohol and lack of exercise can be a cause. The symptoms of gout are acute pain, swelling, intense tenderness and inflammation in the joints.

Gout can also be associated with hypertension, diabetes and uric acid kidney stones. We bring you some home treatments that can help heal gout and relieve its symptoms.

1- APPLE CIDER VINEGAR

Apple cider vinegar, which is used to treat headaches and acid stomach, also helps treat gout and arthritis. The acidity in apple cider vinegar will help relieve acute pain. You can also add honey to the remedy to boost the body's anti-inflammatory response.

Mix one teaspoon of raw, unfiltered apple cider vinegar in a glass of water. Drink it two to three times daily. If you find this remedy helpful, you can increase the dosage of apple cider vinegar to up to two tablespoons.

2- GINGER ROOT

The anti-inflammatory properties present in ginger root can be very helpful in relieving pain and inflammation. There are many

ways to use ginger root in the treatment of gout.

- Mix equal amounts of fenugreek powder, turmeric powder and dried ginger root powder (sonth). Have one teaspoon of this mixture along with warm water. Take it twice daily.
- You can simply add ginger root in cooking recipes, or eat a small, raw piece of ginger root daily.
- You can also add one-half teaspoon of ginger root to one cup of boiling water and mix it well. Drink this solution at least once daily.

Another option is to make a paste of ginger root with a little water and apply this paste on the affected area. Leave it on for about half an hour. Do this once daily.

3- BAKING SODA

One significant factor contributing to gout is an increase of uric acid in the body. Baking soda can help lower the amount of uric acid, giving you relief from the pain.

Mix one-half teaspoon of baking soda in a glass of water. Drink this solution four times a day but not more than that.

Continue up to two weeks. If you are above 60 years, do not take more than three times in a day. Also, ignore this remedy if you

suffer from hypertension.

4- LEMON JUICE

To get relief from gout pain, it is essential to alkalize the body and neutralize the excess uric acid in blood stream. This can be done easily with fresh lemon juice and baking soda. Along with lemon juice, also eat other fruits rich in vitamin C to strengthen the body tissues.

- Mix the juice of one lemon with one-half teaspoon of baking soda. Let it sit for a few seconds until the fizzing stops, and then mix it in a glass of water. Drink it immediately.

Another option is to add the juice of half a lemon to a glass of water and drink it three times a day.

5- CHERRIES

Cherries, whether sweet or sour, can also be very helpful in treating gout due to their antioxidant properties. Cherries also contain anthocyanins, which can reduce inflammation as well as minimize gout flare-ups.

For gout patients, eating 15 to 20 cherries a day is highly recommended. For better results, start your day with some cherries. Another option is to drink a glass of black cherry juice daily. You can also add a few minced garlic cloves in it.

THE ROTARY FOUNDATION GLOBAL GRANT #1640035

A Davao Education and Health Project "MEDICAL MISSION"

September 14, 2019, Brgy Caliclic, Island Garden City of Samal

Partners in Service: City Health Office - IGACOS, Rotaract Club of East Davao - Scholars Chapter, Brgy. Caliclic Health Workers and Police Regional Office in Davao Region (PRO 11)



Patients served:
Medical - 219





SPEAKERS PROFILE

MAJOR GENERAL JOSE C FAUSTINO JR. AFP

11th Commander, 10th Infantry "AGILA" Division

MAJOR GENERAL JOSE C FAUSTINO JR AFP is currently the 11th Commander of the 10th Infantry "AGILA" Division. Prior to his designation, he was the 52nd Chief of Staff of the Philippine Army.

Major General FAUSTINO graduated Bachelor of Science with the Philippine Military Academy "MARINGAL" Class of 1988. In order to further hone his military skills and knowledge, Major General Faustino took several schoolings and trainings both here and abroad as follows: Intelligence Officer Course; Infantry Officer Basic and Advanced Course; and Senior Executive Course on National Security. He finished his Command and General Staff Course in South Korea. He also attended the UN Integrated Mission Staff Officers Course in Canada.

A well-known leader of character, Major General Faustino was designated to command several units of the Philippine Army such as the Company

Commander of the 7th Scout Ranger Company, First Scout Ranger Regiment; Commanding Officer of the 11th Intelligence and Security Unit, Intelligence and Security Group, Philippine Army; Battalion Commander of 35th Infantry Battalion, 1st Infantry Division, Philippine Army; and Brigade Commander of 501st Infantry Brigade, 5th Infantry Division, Philippine Army. He also served as the Commandant of Cadets and Head Tactics Group of the Philippine Military Academy where he immensely contributed to the character development of the cadets as future leaders of the Armed Forces.

His hard work and dedication to duty was recognized as he was awarded with awards and decorations which include: Distinguished Service Stars, Silver Wing Medal, Silver Cross Medal, Bronze Cross Medals, Military Merit Medals, Military Commendation Medals and letters of commendation. He also received numerous plaques and certificates of appreciation from civilian organizations and entities.

Educate on Protecting Your Water Sources

World Polio Day, October 24th was established by Rotary International to commemorate the birth of Jonas Salk, who led the team that developed the polio vaccine.

The Polio virus is often spread through contaminated drinking water, so WASHRAG is holding a competition to encourage clubs to recognize projects that are Most Impactful or Most Innovative in regards to improving the quality of water and/or awareness in your community. Use your imagination to find ways to educate your community on the importance of protecting its water sources. For more details go to: World Polio Day Competition

Submit brief description of your project, by Dec. 1, 2019 to Info@wasrag.org



Rotary 
Club of East Davao



“Fellowship Night of Music and Laughter”



A Musical Show for the benefit of
Rotary International End Polio Program
and Our Lady of Victory Training Center

Featuring

Ms. Giselle Sanchez

Actress Comedian Singer Extraordinaire

This show is brought to you by:
ROTARY CLUB OF EAST DAVAO
and
PHINMA Property Holdings Corporation

October 15, 2019, 6:00 PM
Arezzo Place Davao Clubhouse
Dona Pilar Avenue, Brgy. Pampanga, Davao City



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.
Litigation 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: Nidang



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



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Rtn. Estrellita E. De Jesus



Rtn. Marilyn A. Hilario



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RC Wakayanagi, Japan



PP Kohachi Oikawa
RC Ishinomaki South, Japan



PP Koukichi Onodera
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PP Hideyuki Hasebe
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Consul General of Japanese
Consulate Office in Davao City



PP Arthur Malatag

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 Rtn. Antonio Teh - MPH + 5
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 Rtn. Cresencio E. Arrieta MPH +1
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 Rtn. Reynaldo T. Fuentes MPH + 1
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 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

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 Charles Reginald D. Reyes
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