

RED

CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO



Sept. 13, 2019 Turnover of monthly assistance to our 6 adopted Feeding Centers

Rotary Club of East Davao

Club No. 17115 District 3860, Davao City, Philippines

12th REGULAR WEEKLY MEETING
September 24, 2019, Marco Polo Hotel Davao

PROGRAMME

Call to Order

PRES. PATRICK CAPILI

Turnover of Proceedings to the Master of Ceremonies
PP VAL DIONISIO

Pambansang Awit and Invocation
RTN. ESTHER DE JESUS

Introduction of Visiting Rotarians and Guests
PP LEO EDWIN ZANTUA

Community Singing
RTN. PAUL PETER DIGAL

Secretary's Time
SEC. DARWIN SANTOS

President's Time
PRES. PATRICK CAPILI

Introduction of Guest Speaker
PP JESS FORTICH

Speech
ATTY. ERASTUS SANDINO B. AUSTRIA
District Collector, Port of Davao and Spokesperson, BOC

Open Forum Response
PP ANTHONY BANZALI

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



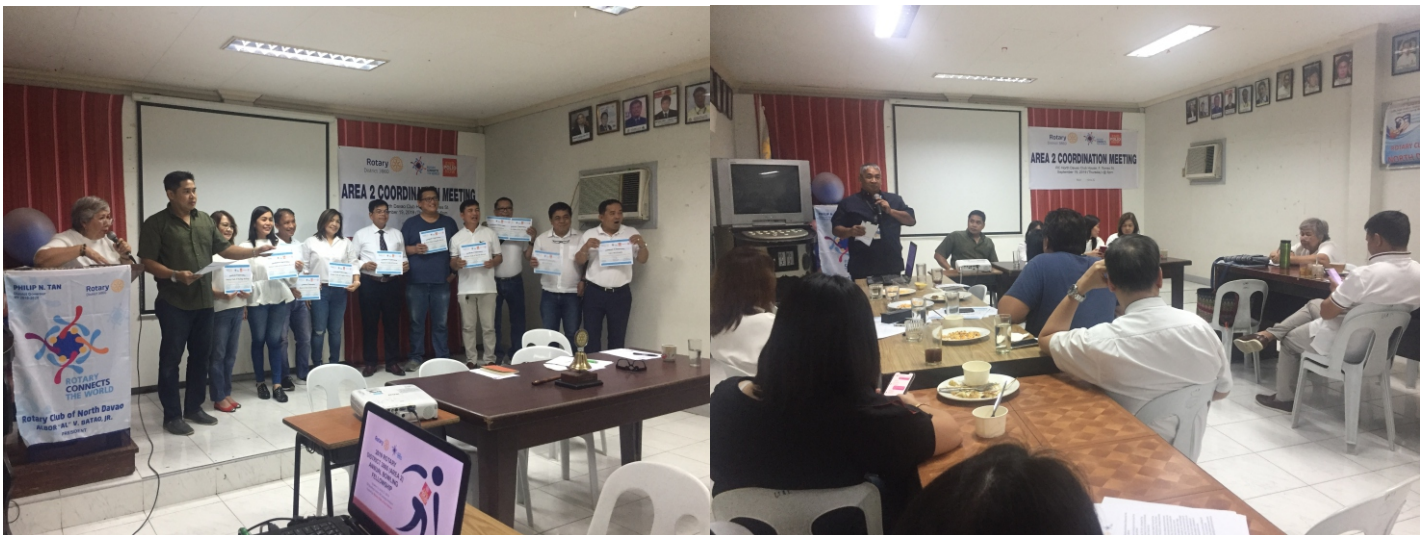
President's Corner

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

A bit of sad news.....Polio has been confirmed to have re-emerged in the Philippines this year after being declared by the World Health Organization to be Polio-Free for almost 20 years. It was in the year 2000 that the Philippines was declared to be free from the disease with the last case happening in 1993. According to Rotary International, type 1 was the known cause of the few cases of the disease existing in the world today. Type 2 Polio Virus was declared eradicated in September 2015, with the last virus detected in India in 1999. Although this is admittedly a sad news for the Philippines, I take this as an opportunity to help promote more our Fellowship Dinner Event with Giselle Sanchez in the World Polio month of October.

Last Thursday, October 19th, an Area Committee (ACOM) Coordination Meeting took place at the RC North Clubhouse hosted by Area 2C. The agenda consisted of "Pink October" hosted by RC Downtown Davao. PP Val announced and talked about the Bowling Tournament which is set to take place on October 13, 20 & 27. I'd like to thank all the attendees of the ACOM meeting as I was unavailable due out of town work activities.

This October is indeed another busy and hectic Rotary month with the many activities happening simultaneously.



September 19, 2019 ACOM Meeting hosted by Area 2C Clubs (East, Central, West & Downtown)...

PP Val Dionisio presented the Bowling Tournament while Dir. Ranz presented the upcoming End Polio

Benefit Show...AG Alvin and Sec. Darwin also present during the said meeting...



Infopage

SEC. DARWIN T. SANTOS

Club Secretary, RY 2019-2020



ATTENDANCE REPORT

Our Attendance for September 17, 2019

Present	32
Make Up	10
Absent	14
Percentage	75

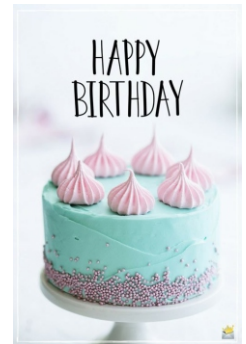


Upcoming EVENTS

- Oct. 01 **DR. JOSEPHINE VILLAFUERTE**
Head, City Health Office
- Oct. 08 **DR. JONATHAN A. ALEGRE**
President, Davao Medical School Foundation, Inc.
- Oct. 11 Monthly turnover of Feeding Fund
- Oct. 14 Pink October Jumpstart - City Hall
- Oct. 15 Benefit Show with Giselle Sanchez
Arezzo Place Davao Clubhouse, Dona Pilar,
- Oct. 17 Forum - Breast Cancer Awareness
Abreeza / Pink Zumba

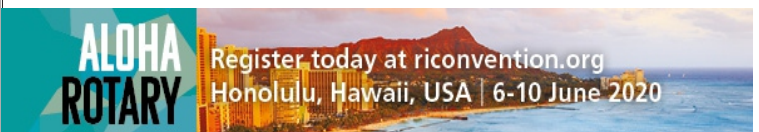
September Celebrants

- 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



M E E T I N G S A R O U N D T H E C I T Y	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.	West Davao 6:30p.m. Marco Polo Hotel
	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.		
		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		
			Davao 2000 6:00p.m., Happy Home Café, Torres St.	Tagum Golden Laces 6:00p.m., Miko's Brew Apokon			
			Pag-Asa Davao 6:30p.m., Lispher Inn				
						SATURDAY	Toril 7:00 p.m. Clubhouse McLeod St.,



ROTARY WORLD PDG HONESTO A. CABARROGUIS

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

A TIME TO RECONNECT WITH ALUMNI

Rotary Alumni Reconnect Week, 7-13 October, is a time to remind Rotary members and past and current program participants of the value of staying in touch. Alumni of Interact, Rotaract, scholarships, Rotary Peace Fellowships, and Youth Exchange are great leaders and innovators and possess skills that can contribute to your next service project.

To inspire you to think of ways you can reconnect with alumni throughout the year, here are five examples of how alumni and members have engaged during Reconnect Week.

1. Hold a video conference — Rotary District 7020 Alumni Association. As district alumni chair, William Inniss, of the Rotary Club of Central Cayman Islands, Cayman Islands, established a tradition of holding an annual video conference with his district's alumni association. Because the district is made up of many islands in several countries and territories, having everyone attend in-person meetings is difficult. So Inniss found a better way to keep in touch. During the meeting, members of the alumni association discuss their experiences and decide how best to partner with local Rotary clubs.

2. Host a networking event — Northern Illinois Alumni Association. Members of the Northern Illinois Alumni Association; the Rotaract Club of Chicago, Illinois, USA; and Rotarians in the Chicago region came together for an evening of networking at Rotary International World Headquarters in Evanston, Illinois. This gave alumni, Rotaractors, and Rotarians the opportunity to get to know one another, see what Rotary and Rotaract clubs are accomplishing, and discuss how alumni might join them.

3. Invite alumni to your district conference — District 7600. For several years, District 7600 in Virginia, USA, has included alumni in its district conference. Not only did it

have a place for the district's alumni association to welcome its new members, but they also used Facebook Live to record a breakout session that focused on the experiences of a Group Study Exchange member.



4. Welcome past presidents — Rotaract Club of Patan, Nepal. A president of a Rotary or Rotaract club learns a lot about leadership. The Rotaract Club of Patan recognized this and invited 10 of its past presidents back to the club to share what they learned in that role. This led to discussions about the future of the Rotaract club and how it can expand its potential.

5. Get alumni updates by video — Rotary Club of Invercargill, Sunrise, New Zealand. The Rotary Club of Invercargill Sunrise requested one- to two-minute video updates from Youth Exchange alumni it had sponsored. It then shared the videos with its members on Facebook. The alumni talked about the lasting relationships they had formed with their host families and how their exchanges shaped them. When alumni can't come to a club meeting, video updates like these help members and alumni maintain a connection despite long distances.



POINT OF VIEW

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



The Falcon & The Branch

Once there was a king who received a gift of two magnificent falcons. They were peregrine falcons, the most beautiful birds he had ever seen. He gave the precious birds to his head falconer to be trained.

Months passed, and one day the head falconer informed the king that though one of the falcons was flying majestically, soaring high in the sky, the other bird had not moved from its branch since the day it had arrived.

The king summoned healers and sorcerers from all the land to tend to the falcon, but no one could make the bird fly.

He presented the task to the member of his court, but the next day, the king saw through the palace window that the bird had still not moved from its perch.

Having tried everything else, the king thought to himself, "Maybe I need someone more familiar with the countryside to understand the nature of this problem." So he cried out to his court, "Go and get a farmer."

In the morning, the king was thrilled to see the falcon soaring high above the palace gardens. He said to his court, "Bring me the doer of this miracle."

The court quickly located the farmer, who came and stood before the king. The king asked him, "How did you make the falcon fly?" With his head bowed, the farmer said to the king, "It was very easy, your highness. I simply cut the branch where the bird was sitting."

****We are all made to fly — to realize our incredible potential as human beings. But at times we sit on our branches, clinging to the things that are familiar to us. The possibilities are endless, but for most of us, they remain undiscovered. We conform to the familiar and the comfortable. So for the most part, our lives are mediocre instead of exciting, thrilling and fulfilling. Let us learn to destroy the branch of fear we cling to and free ourselves to the glory of flight!*

SERVICE ABOVE SELF = ROTARY SERVING HUMANITY

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

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 sulfate). 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 relaxation.

3 Ginger or peppermint - This two comes in handy when you're traveling. 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.

4 Gum - 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.

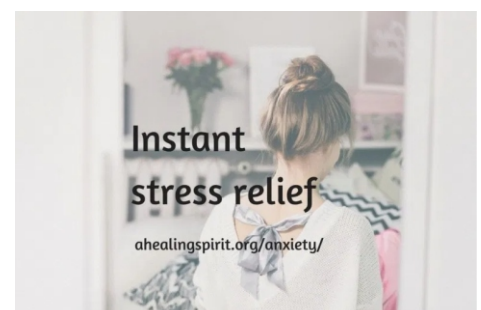
Exhale completely through your mouth, making a whoosh sound. Close your mouth and inhale quietly through your nose to a mental count off our.

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.





Sept. 13, 2019 Global Grant Project - Meeting with Deped Officials led by Asst Schools Div. Superintendent Emma Camporedondo ...discussion on MOU along with our service provider - DMSF-IPHC ...PP Fred Yelinek representing the club...



Guest Speakers:
Sept. 10, 10th Regular Meeting - Ms. Erica Rasonabe-Papica of Davao Doctors Hospital



Sept. 17, 11th Regular Meeting - Mgen Jose Faustino of 10th Infantry Brigade





SPEAKERS PROFILE

ATTY. ERASTUS SANDINO B. AUSTRIA

District Collector, Port of Davao and Spokesperson, BOC

A graduate of San Beda School of Law and a holder of the degree of Bachelor of Science in Entrepreneurship from Ateneo De Davao University, Atty. Austria was a consistent student leader with various positions in the student government and was the former National President of the Association of Law Students of the Philippines and governed council member of the Asian Law Student Association.

Prior to starting his law practice, he established and headed two separate businesses in the fields of construction and distribution of petroleum products distribution in Region XI, Mindanao.

During his law practice, he handled corporate, civil, election and criminal cases. He co-chaired the corporate legal team that prepared the corporate documentation and legal due diligence in the establishment of the First Biomass Power Plants in Mindanao.

He served as the District Collector of the Port of Manila and Manila International Container Port (MICP). Presently, he is the District Collector of the Port of Davao...ATTY. ERASTUS SANDINO B. AUSTRIA.

WHAT'S NEW

Download the updated Community Assessment Tools handbook for information and tips on how to conduct effective community assessments. Assessing your community's strengths, weaknesses, assets, and needs is an essential first step in planning any effective service project. By taking the time to analyze your community, you can determine the best opportunities for service and maximize your club's impact. Since 1 July 2019, Rotary exchange rates have been based on the prevailing market rate as of the first of each month. As a result, future rates will no longer be publicized to Rotary members. This new method is the best way to ensure a true exchange rate to all our members worldwide. If you have questions or concerns, write us at treasury@rotary.org. Visit the Exchange Rates page for more information.

WHAT'S NEXT

SEPTEMBER

Basic Education and Literacy Month

15 Nominations are due for the Rotary Alumni Global Service Award and the Rotary Alumni Association of the Year Award.

OCTOBER

Economic and Community Development Month

1 Nominations are due for the Service Award for a Polio Free World and the PolioPlus Pioneer Award.

The Rotarian magazine's annual photo contest is open for submissions. Entries are due 15 December. 7-13 Rotary Alumni Reconnect Week

Hold an event and invite Rotary program alumni. 24 World Polio Day. Organize a viewing party to watch the Online Global Update and register your event. 31 Nominations are due for the Service Above Self Award.



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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 PP Virgilio S. Sojor, MPH +2
 PDG Honesto A. Cabarroguis MPH +2
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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
 Raymond D. Reyes
 Raphael D. Reyes
 Herminio C. Villano, Jr.
 Consorcia SJ. Reyes
 Roberto Elias L. Reyes
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 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
 Spouse Catherine Y. Bangayan
 Spouse Maria Cristina B. Dionisio
 Ma. Crizabel B. Dionisio
 Rino Ezekiel B. Dionisio
 Spouse Natividad R. Fortich
 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

