

RED

CHRONICLE

THE OFFICIAL PUBLICATION OF THE 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

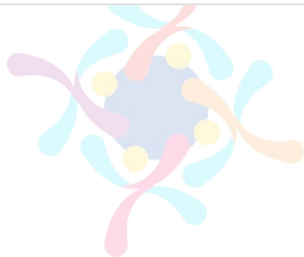
Featuring

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



Rotary
Club of East Davao



Rotary Club of East Davao

Club No. 17115 District 3860, Davao City, Philippines

13th REGULAR WEEKLY MEETING
October 1, 2019, Marco Polo Hotel Davao

PROGRAMME

Call to Order

PRES. PATRICK CAPILI

Turnover of Proceedings to the Master of Ceremonies

AG ALVIN ORTEZA

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

Induction Ceremony:

Inducting Officer - DGE RODEL RIEZL REYES

Charge Office - PDT JESSE FORTICH

Introduction of Guest Speaker

VP JIM SABINO

Speech

DR. JOSEPHINE J. VILLAFUERTE

Head, City Health Office, Davao

Open Forum

Response

PP OCA ESCUDERO

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

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@Rotaryclubofeastdavao/

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

September has come and gone. It been a blast and full of activities for RCED. October is an even busier month especially for Area 2. With all the activities coming up this month of October, I'm once again asking for RCED's full support in our END POLIO Dinner Fellowship and Show with Giselle Sanchez. Thanks for all the members who got tickets and more especially to the ones that sponsored as well. To date, I would say we're about 50% sold which is still a long way from the target 150 tickets. Please invite your relatives and friends as well so we can move our tickets quicker.

Today, we will be inducting a very distinguished gentleman by the name of Frederick Pelayo of the San Miguel Corporation. Frederick was attracted (not recruited) by VP Ross Luga and future President as well. We will certainly meet our R.I. required net gain of at least one member. Maj. General Jose "Boy" Faustino has already signified his willingness to become a member and has already filled out the necessary paperwork. He was supposed to get inducted today as well but had to go on a quick Manila trip last week thus resulting in the postponement of his Fireside Chat and Orientation. He is being sponsored by PP Ronnie Go. Another prospect in the making is Commodore Roy Echevaria of the Philippine Coast Guard. We are trying to synchronize our schedules as he is a very busy gentleman. He is being sponsored by PP Paul Yuste.

Let's all have a fruitful month of October!

Lets get to know our prospective member...



PERSONAL DATA:

Name: **Frederick "Fred" Aquino Pelayo**
 Place of Birth: Davao City
 Birthdate: September 14, 1961
 Email Address: fapelayo1@gmail.com
 Residence: No, 1 South Square St., Margarita Village, Bajada, Davao City
 Spouse: Imelda C. Pelayo
 Birthday: Nov. 26, 1969
 Wedding Anniversary: May 10, 1986
 Children: Luis Nicole Pelayo / 32
 John Ellii Pelayo / 30
 Dennis Nicole Pelayo / 25

Educational Background
Full-blooded Atenean - Elementary to College

Work Experience:
1984 - Present
San Miguel Brewery, Inc.
Territory Sales Manager

Club Affiliation:
Reserve Officers (ROLP) Davao Chapter



Infopage

SEC. DARWIN T. SANTOS

Club Secretary, RY 2019-2020



ATTENDANCE REPORT

Our Attendance for September 24, 2019

Present	30
Make Up	10
Absent	16
Percentage	71

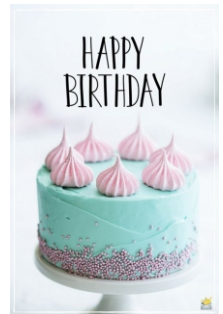


Upcoming EVENTS

- 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
Motorcade / End Polio Patak at Abreeza
- Oct. 15 Benefit Show with Giselle Sanchez
Arezzo Place Davao Clubhouse, Dona Pilar,
- Oct. 17 Forum - Breast Cancer Awareness
Abreeza / Pink Zumba

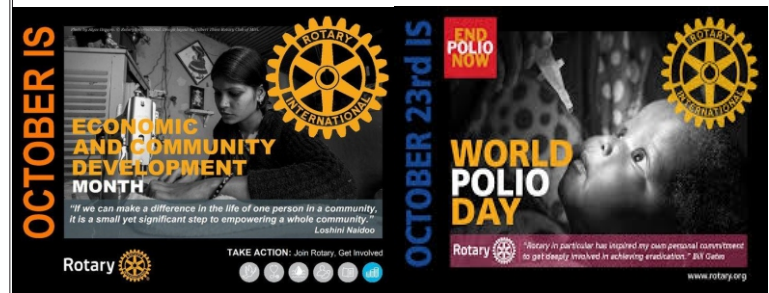
October Celebrants

- Oct.12 Lady Alice Reyes
- Oct.17 PP Ronald Go
- Oct.20 Dir. Hiro Kawashima
Rtn. Francis Real
- Oct.22 Spouse Lodi Sojor



Wedding Anniversaries

- Oct. 03Rtn. Ken Sy and Spouse YanYan
- Oct. 16 PP Ross Luga and Spouse Joy
- Oct. 27 PP Kohachi Oikawa and SpouseEmiko



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.
	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.	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
 October 2019

Rotary's long-term, sustained battle against polio has defined our organization for decades. We have a right to be proud of all that we have accomplished through the years.

Our progress is real and noteworthy. In 1988, polio was endemic in 125 countries, with more than 350,000 new cases a year worldwide. Since then, Rotary and our Global Polio Eradication Initiative partners have reduced the incidence of polio by more than 99.9 percent, vaccinated more than 2.5 billion children against the virus, and prevented 18 million cases of paralysis. Over the years, Rotary has helped country after country move into the polio-free column. This includes India, which some considered impossible not long ago. Of the three types of poliovirus, type 2 has been eradicated and type 3 could soon be certified as eradicated. Nigeria has not reported a case of wild poliovirus in nearly three years. If this trend holds, we will be down to just one type of wild poliovirus in only one section of the world, Afghanistan and Pakistan.

There are major challenges in that region. But it is crucial that we remain optimistic. Look at all that we have accomplished so far. This is no time to get

discouraged or to think that the task is impossible. We will end polio forever, but only if we remain steadfast and vigilant. World Polio Day is a time for Rotarians from all over the globe to come together, recognize the progress we have made in our fight against polio, and plan the action we must take to end polio forever. The key word is action, because we still have important work to do.

This year, we want to see as many Rotary clubs as possible holding World Polio Day events around the world. Need some ideas? How about organizing a viewing party for friends and club members to watch Rotary's Online Global Update? You could also dedicate a club meeting to World Polio Day or create a fundraising event. Remember, every dollar raised is matched 2-to-1 by the Bill & Melinda Gates Foundation.

Mark your calendar to tune in to Rotary's World Polio Day Online Global Update on 24 October. This year we will stream our program on Facebook in multiple time zones around the world. Visit the Rotary International Facebook page to RSVP to your region's program. And do not forget to follow the event on social media and share it with your network.

When we reach our goal, polio will become only the second human disease eradicated on the planet, and Rotary will receive international acclaim. But what matters most is the children who will never again have to face this terrible, disabling virus. Rotary must continue to connect the world in the effort toward polio eradication. It is up to us. Let us finish the job.



POINT OF VIEW

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



CONCERNED HUSBAND

Once there lived a happy couple who had been together for decades. But after spending years together, husband was concerned that his wife was not hearing well as she used to hear. He thought that she might need a hearing aid but he wasn't sure how to approach her.

He called his family doctor asked for suggestion. The doctor told him to test it with a simple idea. The doctor said, "Stand 40 feet away from her and speak as loud as you would speak to her in a normal conversation. Observe if she hears you. If not, reduce the distance into 30 feet, then 20 feet, and so until you get a response. The distance will help us to estimate her requirements for the hearing aid"

Next day, the husband saw his wife cooking dinner in the kitchen. So he took the opportunity to check the doctor's Idea. He got 40 feet away from his wife and asked, "dear what is there for dinner?". He waited for response but did not get any.

He moved a bit closer and asked "dear, what is there for dinner?". He still did not get any response from his wife.

He then stood twenty feet away from his wife and asked the same question, hoping he would get a

response this time. But the wife did not respond. He then stood just ten feet away from his wife and asked "Dear, what is there for dinner." He did not get any response.

By now the husband was very concerned and felt pity about how bad is his wife's hearing. Then he walked right behind her and says, "Honey, what is there for dinner. " The wife shouted, "John, this is the fifth time I'm saying, CHICKEN...!!!"

Our take: Most often, the problem may not be with others but could be very much within us

Rotary Connects the World! Service Above self

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

07 Tips to Prevent Uric Acid Disease/GOUT

Some of these tips can help prevent an increase in uric acid in the blood. These tips include changes in lifestyle and diet should be regularly and strictly adhered to, if not affected by gout or uric acid disease relapse.

1. Lose Weight In Staged
If overweight, reduce gradually, because losing weight can help lower uric acid levels. But avoid excessively strict diet, follow a healthy diet here. Losing weight drastically with excessive dieting may precipitate an attack of gout. That's great if accompanied with regular exercise.

2. Eat Foods Low Purine (Diet Low Purine)
Purine is an organic component that causes gout. These substances are needed in the body to normal limits are met. @Restrict foods high in purines - Organ meats such as liver, kidney, heart
Selected fish and shellfish. Meat & yeast extracts brewers and bakers yeast

Meat soups & stock cubes. Foods that can cause gout such as beans, mushrooms, cooked spinach, and mustard greens, goat meat, offal and lard (fat), shellfish, duck and turkey, salmon, mackerel, sardines, crab, shrimp, anchovy and some other fish, cream and ice cream, and sweet bread. Some foods containing purine content seen in the list below. It should be remembered that the sensitivity of

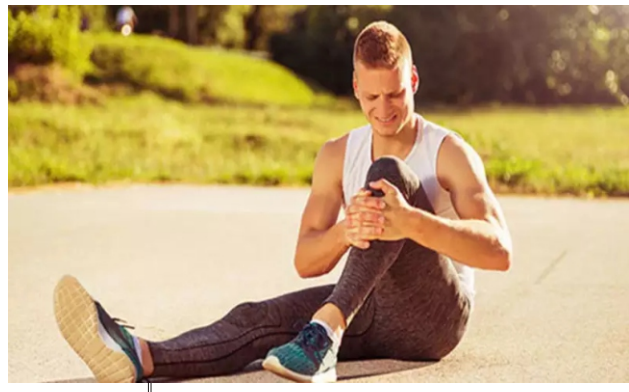
a person to be exposed to uric acid after eating these foods will vary.

3. More White Water Consumption
Approximately 90% of gout is caused by the inability of the kidneys remove uric acid from the body completely through urine. Water consumption is believed to improve the disposal of substances that are not useful as excessive uric acid from the body. Drink at least 6-8 glasses a day.

4. Expand Food Containing Calcium and High Antioxidant
Eating calcium-rich foods such as vegetables and fruits such as bananas, potatoes, avocados, milk and yogurt. Eating fruits rich in vitamin C, especially citrus and strawberry.

5. Avoid Alcohol and Soft Drink Consumption
Alcohol can lead to increased production of uric acid, while soft drink consumption may inhibit the absorption of calcium and calcium even throw in vain.

6. Limit your consumption of fried food
Fats and oils turn rancid at high temperatures such as in frying time. Moreover, if the used oil is oil that is used repeatedly. Rancid fats which can quickly destroy vitamin E and causes an increase in uric acid in the blood.



7. Increase Sexual Activity
These tips are more appropriate for those who have become husband and wife. Sexual activity, such as a kiss can make the body become more relaxed, so easy to boost the immune system. In addition, sexual intercourse can facilitate the production of urine so it can reduce the concentration of uric acid in the blood.

Discipline, Awareness and Healthy Habits.

Again the key here is discipline. You should also take the time to learn about the food you eat, and take note of foods that seem to trigger your gout. There is no set uric acid level that triggers gout attacks, each person has a different threshold so you should pay attention to how your body reacts. You should also form some healthy habits to reduce uric acid and prevent gout attacks.

If you are unsure about a part of your diet, consult your doctor about it. Even though there are a lot of resources online to help you, consulting with your doctor is still the best way to fine tune your diet and reduce uric acid levels.



Sept. 24, 2019 For our 12th regular weekly luncheon meeting at Marco Polo Hotel, we invited Atty. Erastus Sandino Austria of Bureau of Custom as our Guest of Honor and Speaker...



**ROTARY
CONNECTS
THE WORLD**





Guest of Honor and Speaker

DR. JOSEPHINE J. VILLAFUERTE

Head, City Health Office Davao



The **City Health Office** is one of the agencies under the Local Government Unit of Davao City responsible in making health services accessible, available, acceptable and affordable to all its constituents. It is a government mandate aiming to ensure that every Filipino shall receive affordable and quality health benefits.

This involves providing adequate resources – health human resources, health facilities, and health financing. City Health Office was created through RA 9160 or the Local Government Code of 1991 where health services are devolved to the LGUs. City Health Office is was established because health is a right of every Filipino citizen and the State is duty-bound to ensure that all people have equitable access to effective health care services at all levels. The services offered by the office include:

- ✍ Medical consultations/check-ups
- ✍ Immunization
- ✍ Prenatal/post-partum
- ✍ Nutrition
- ✍ Laboratory
- ✍ Dental
- ✍ Premarital counselling
- ✍ Review of death certificates
- ✍ Tropical Diseases (dengue, malaria, schistosomiasis)
- ✍ Issuance of health certificates and medical certificates
- ✍ Infectious diseases services (TB/Leprosy)
- ✍ Counseling and Referral (STI, HIV and Aids)
- ✍ Health and Sanitation (sanitary permits, inspection of establishments)
- ✍ Non-Communicable disease (prevention of blindness, hearing, mental health, PWDs, Senior Citizens)
- ✍ Adolescent and Youth Health
- ✍ Animal Bite and Treatment Center
- ✍ Family Planning
- ✍ Paanakan
- ✍ Medico-legal services
- ✍ Reproductive Health and Wellness
- ✍ Cardio-vascular diseases
- ✍ Issuance of permits (transfer, cremation)

The City Health Office is located at Magallanes Street, Davao City. You may contact them through (082) 227-4749 or email them at davaohealth@yahoo.com.

ORDER NOW



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- XS - width 18 Length 26
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- M - width 19.5 Length 26
- L - width 20 Length 27
- XL - width 22 Length 27.5

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Spouse: Adelfa



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Spouse: Cathy



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



PP Arthur Malatag

The Rotary Foundation



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 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
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