

Club No. 17115 District 3860, Davao City, Philippines

16th REGULAR WEEKLY MEETING

October 29, 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
PP VIR SOJOR

Community Singing ROTARY SPOUSES

Secretary's Time SEC. DARWIN SANTOS

President's Time PRES. PATRICK CAPILI

Introduction of Guest Speaker AG ALVIN ORTEZA

Speech

MS. JYREEN JOY PEÑALOGA

Senior Geologist at Mines and Geosciences Bureau XI

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

BUSINESS, EDITORIAL OFFICE & ROTARY EAST DAVAO SECRETARIAT:

c/o Roadway Inn, Km 4 Bajada, Davao City Cellphone # 0920-953-4196 (Shiela)

Emails: eastdavao@yahoo.com diazsheila143@yahoo.com https://web.facebook.com/groups/ @Rotaryclubofeastdavao/

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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	
MINIE OF GIME	
Name of Rotarian	
Club & Position	
Make-up Date / Time:	
Attested by: SEC. DARWEY I. SANTOS	
/_V	





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







he super hectic Rotary Month of October has come to an end. We have ended this month with a big bang with the conclusion of the Rotary Bowling Tournament District 3860 Area 2 Clubs. A big thank you to Chairman Past President Val Dionisio and all the team members. Though we did not get the Champion Trophy this year, we would like to reflect and give honor to our original President-Elect Renan Andres. Renan has left us with a memory that we will never forget. He made us win last year's tournament. We most likely would have won again if we still had him in our team. Nevertheless, champion or not, what's more important is the camaraderie and fellowship among us Rotarians of Area 2.

Governor Philip Tan's visit went very smooth as well as we, the Officers and Board Members came prepared. We were able to cover most of the areas considering we are only halfway into this year's term. Thanks to the never-ending assistance of our working secretary Sheila. I will make sure that we will end this Rotary year with many awards just like we did in the past.

Let us take a little break from the rat race this coming long weekend. Let us remember and offer our sincerest prayers for our dearly departed family and friends. Let us also get some rest physically for we need to let our bodies recuperate from our daily stressful activities. With a healthy mind and body, we shall be able to serve our community more. Let's welcome the month of November with welcoming open arms as we inch our way to most exciting part of the year, the Holidays!

2019 ROTARY DISTRICT 3860 (AREA 2) ANNUAL BOWLING FELLOWSHIP October 13, 20 & 27, 2019 SM Bowling Center, SM Lanang Premiere Hosted by: Rotary Club of East Davao

BEST IN UNIFORM:

- AREA 2D CLUBS

HIGHEST SCORE MALE:

- PP IAN ANCHETA, RC STA ANA, 211

HIGHEST SCORE FEMALE:

- PRES. MALYN DEL MUNDO, RC DIGOS, 178

HIGHEST SCORE MALE - DOUBLE

- PP IAN ANCHETA, RC STA ANA, 388

HIGHEST SCORE FEMALE - DOUBLE

- PRES. MALYN DEL MUNDO, RC DIGOS, 320

MASTER'S CUP:

CHAMPION PP RENE DALAYON, DAVAO

1ST RUNNER UP PP ART GALENDEZ, STA ANA

2ND RUNNER UP DIR. MANUEL NIERRA, EAST DAVAO

PRESIDENT'S CUP: CHAMPION, RC NORTH DAVAO

1ST RUNNER UP, RC DIGOS

2ND RUNNER UP, RC SOUTH DAVAO

GOVERNOR'S CUP: CHAMPION, RC STA ANA DAVAO

1ST RUNNER UP, RC EAST DAVAO

2ND RUNNER UP, RC DOWNTOWN DAVAO







ATTENDANCE REPORT

Our Attendance for October 15, 2019

35 Present Make Up 10 Absent 11 80 Percentage





PSUPT DIONISIO C. ABUDE (Ret) Nov. 5, 2019

> Chief of the Davao City Transport and Traffic Management Office (CTTMO)

Nov. 15, 2019 Turnover of Feeding Fund to our 6 Adopted Public Schools Feeding Centers, Assembly at IP Rizal ES

9:00am, wear RED Shirt

NOVEMBER Celebrants

Nov. 5 Spouse Marnie Ng

Nov. 11 PP Ed Sancho

Nov. 12 PP Anton Banzali

Nov. 21 Spouse Yan Yan Sy

Nov. 28 Rtn. Alvin Pinpin

Wedding Anniversaries

Nov. 10 Rtn. Lindy Carrillo & Spouse Vivian

Nov. 28 Dir. Sol Hayag & Spouse Flor





C

I T Y

MONDAY Calinan Davao

6:30p.m. Calinan Hway cor de Leon St.

Central Davao 6:30p.m. **Grand Menseng Hotel**



TUESDAY

East Davao 12:00Noon Marco Polo Hotel

Matina 12:30p.m. Lispher Inn

Tagum North 7:00p.m. Miko's Brew

Apokon

WEDNESDAY

Downtown Davao

12:00 noon **Grand Menseng Hotel**

South Davao

12:00noon Marco Polo Hotel

Central Panabo 6:00 p.m.

Clubhouse, New Pandan

Davao 2000

6:00p.m., Happy Home Café, Torres St.

Paq-Asa Davao 6:30p.m., Lispher Inn

WEDNESDAY

Sta. Ana Davao 6:00 p.m.

Grand Menseng Hotel

South Digos

Avenue One Hotel Roxas Ext.

Digos 7:00p.m. A&B Hotel

6:00p.m., Miko's Brew **Apokon**

THURSDAY

12:00Noon

Royal Mandaya Hotel

7:00p.m.

11:30a.m. Rizal St.

Tagum Golden Laces

Davao

Clubhouse Torres St.

Tagum West Davao 6:30p.m.

Papa Juhn's Pizza

Waling Waling Davao 12:30p.m.

Grand Menseng Hotel

SATURDAY Toril

FRIDAY

6:00 p.m.

North Davao

Marco Polo Hotel

7:00 p.m. Clubhouse Mcleod St.,







ROTARY WORLD PDG HONESTO A. CABARROGUIS

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

WHAT IS POLIO?

The Disease

Poliomyelitis is a highly infectious disease that most commonly affects children under the age of 5.

Most know it as poliovirus. The virus is spread person to person, typically through contaminated water. It can attack the nervous system, and in some instances, lead to paralysis. Although there is no cure, there is a safe and effective vaccine – one which Rotary and our partners use to immunize over 2.5 billion children worldwide.involve a different audience from the institute.

THE FACTS ABOUT POLIO

Polio mainly affects children under age of 5

There is no cure, but polio is preventable with a vaccine.

Only three countries remain endemic.

We've reduced cases by 99.9% since 1988.

Until we end polio forever, every child is at risk.







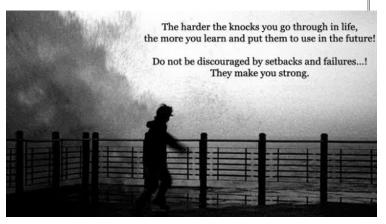
THE MARBLE STATUE

In the middle of a beautiful city, there was a museum laid with beautiful marble tiles and with a huge marble statue as a part of the display. Many people from all over the world visited the museum every day and admired the beautifully crafted statue. One night, the marble tiles started talking to the marble statue.

Marble Tiles: Hey statue, Don't you think that it is just not fair that everybody from all over the world come all the way here to admire you while ignoring and stepping on me.

Marble Statue: My dear brother, marble tile, Don't you remember we are actually from the same cave.

Marble Tile: Yes! I do, that is why i feel it is even more unfair. Both of us were born from the same cave and yet the world treats us so differently



now. This is so unfair!

Marble Statue: Yes you are right my brother. But, do you still remember the day when the sculptor tried to work on you but you resisted his tools.

Marble Tiles: Yes, I despise that guy. How could he use those nasty tools on me.

Marble Statue: Well, Since you resisted his tools he couldn't work on you. When he decided to give up on you, he started working on me instead. I knew at once that i would be something different and unique after his efforts. I bore all the painful tools he used on me and

Marble Tiles: But those tools were so painful.

allowed him craft me as he wanted!

Marble Statue: My brother, there is a price for everything in life. Since, you decided to resist and gave up half way, you can't blame anybody who steps on you now.!

The marble tiles silently listened to his brothers words, and started to reflect on it.

Here is a "take": The harder the knocks you go through in life, the more you learn and put them to use in the future! Do not be discouraged by setbacks and failures! Keep trying to be better.

Connect the World by living "Service above self."

Bits & Pieces

6 EFFECTIVE WAYS TO STRENGTHEN YOUR HIPS...

Most of us don't give much thought to our hips—until we fall and break one. Unfortunately, the likelihood of a hip fracture goes up as we get older and our bones become more frail—especially in women. In fact, according to the National Osteoporosis Foundation, half of all women aged 50 and up will break a bone due to osteoporosis. And of the nearly 300,000 hip fracture patients annually, one-quarter end up in nursing homes and half will not regain full function.

Keeping your hips healthy and strong involves building bone and strengthening the muscles that support the hips. Here's what you can do to preserve your hip health:

1. Exercise regularly

Do weight-bearing exercises such as walking, dancing, and hiking, which stimulate bone formation. Aim for 30 minutes most days of the week. Consider doing resistance training or aquatic weight bearing exercises like water aerobics. One study found both are effective at preventing bone loss after menopause, including bone in the hips. "Exercises that maintain and improve balance are also good to lower your risk for falling,"

2. Eat a diet rich in calcium

Calcium is a mineral that's necessary for numerous body functions essential to good health. If you don't get enough, your body will take it from your bones. Women over 50 need 1,200 mg of calcium a day—the equivalent of about three 8-ounce glasses of milk a day, plus a cup of yogurt. Calcium-rich foods include low-fat dairy products such as milk, yogurt and cheese as well as fortified foods such as cereal, orange juice, and breakfast foods. Leafy greens also provide calcium, but in a form that

isn't as well absorbed as dairy foods, ... "You need to eat a lot more green leafy food than dairy to get as much calcium as one would get from dairy," she adds. But don't overdo it. Levels above 2,000 mg a day may cause problems, including kidney stones.

3. Get your vitamin D

To absorb calcium, your body needs vitamin D, a fat-soluble vitamin. Vitamin D can be found in foods such as fatty fish, and fortified dairy products, orange juice, and cereal. You can also get vitamin D by exposing your skin to the sun, though too much can cause skin cancer and premature wrinkles. Your best bet is to take a supplement of vitamin D3 to get the recommended 800 to 1,000 IUs per day. A 2014 Cochrane review of 53 studies found that vitamin D supplements that also contains calcium was especially effective at preventing fractures, including those of the hip.

But don't take more than 4,000 IUs a day. The risk of too much is high levels of calcium in the blood, hypercalcemia. "Prolonged

hypercalcemia can lead to kidney and cardiovascular problems."

4. Don't smoke

Although the reasons are unclear, many studies have linked smoking cigarettes with bone

loss. One study found that carcinogens in cigarette smoke stimulate the production of osteoclasts, cells that break down bone. "It's also thought that smoking damages the quality of bone."

5. Practice habits that prevent falls

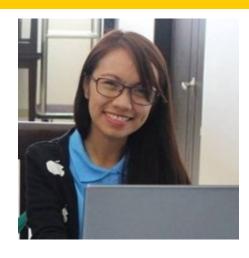
Always be aware of your surroundings and watch for hazards such as icy walkways, potholes and uneven sidewalks. Remove clutter and be careful around pets that can cause a fall. In general, moving slowly and cautiously can prevent falls

6. Know your bone density

If you're at risk for osteoporosis – small boned, thin, and of white or Asian descent – you should have a scan to measure your bone density, which reveals how strong (or weak) your bones are and your risk for a fracture. Other risks include a family history of osteoporosis, previous fractures, and being in menopause. If your score shows you have osteoporosis, talk to your doctor about treatment options. You may need medication to build bone

Excerpts taken from <u>Diet and Exercise</u> (October 26, 2014)







Guest of Honor and Speaker

MS. Jyreen Joy Peñaloga

Senior Geologist at Mines and Geosciences Bureau XI

Experience

Mines and Geosciences Bureau XI Senior Geologist Nov 2015 – Present 4 years Davao City

PHILSAGA MINING CORPORATION Junior Mine Geologist PHILSAGA MINING CORPORATION May 2015 – Nov 2015 7 months Bayugan 3, Rosario, Agusan del Sur

Berkman International, Inc. Consulting Geologist Berkman International, Inc. Sep 2014 – Mar 2015 7 months

San Roque Metals Inc. Jr. Geologist San Roque Metals Inc. Jun 2014 – Sep 2014 4 months Tubay, Agusan del Norte

San Augustine Services Inc. Junior Geologist San Augustine Services Inc. Nov 2013 – Jun 2014 8 months Davao City

Mines and Geosciences Bureau XIII Junior Geologist Mines and Geosciences Bureau XIII Oct 2013 – Nov 2013 2 months Macarthur, Leyte

Education

University of Southeastern Philippines BS in Geology 2009 – 2013

Agusan del Sur Science High School 2005 – 2009

Volunteer Experience Red Cross of The Philippines Jun 2009 – Mar 2010 10 months

Honors & Awards

Department of Science and Technology - SEI Scholar Jun 2009

Organizations

Geological Society of the Philipppines Member, Sep 2013 – Present

University of Southeastern Philippines -Association of Geology Students President Jun 2012 – Apr 2013

Philippine Association of Geology Students Representative Dec 2011 – Dec 2012















October 27, 2019

2019 ROTARY DISTRICT 3860 (AREA 2) ANNUAL **BOWLING FELLOWSHIP** October 13, 20 & 27, 2019 **SM** Bowling Center, SM Lanang Premiere Hosted by: Rotary Club of East Davao Culmination / Awarding Ceremonies with Special Guest DG Philip Tan...





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. Ligitation 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. Vegestable Export



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



Ng, Dexter L. Govt'. Srvc. 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: Ndang



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



Pelayo, Frederick A. Beverage Distribution Spouse: Imelda



Taganas, Richard B. Dentistry



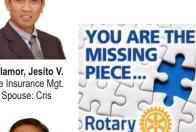
Tan, Prudencio C., Jr. Structural Engineering Spouse: Bodeth



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



Villamor, Jesito V. Life Insurance Mgt.



We need more #Rotarians Rotary 55



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



Consul General of Japanese Consulate Office in Davao City



PP Arthur Malatag





MAJOR DONORS LEVEL 1

PDG Reynaldo I. Reyes & Spouse Alice 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 Eufracio A. De Jesus & Rtn. Estrellita

PAUL HARRIS FELLOW -NON ACTIVE

Hon. Pres. Rodrigo R. Duterte Hon. Member Arthur O. Malatag Hon, Member PP Atsushi Sasaki Hon. Member Kohachi Oikawa Rtn. Alfredo V. Abundo PP Roque I. Gahol PP Asterio S. Uyboco PP Roselo T. Toledo PP Benigno Magpantay PP Edgar V. Benedicto PP Benjamin B. Panganiban PP Guillermo L. Arendain PP Bernard Z. Guirgen PP Roman Solitaria PP Jose F. Campo PP Rizal D. Aportadera PP Koukichi Onodera

Rtn Roberto Dakudao Rtn. Antonio U Alvarez, Jr. Rtn. Ramon Alvarez Rtn. Arthur N. Ang Rtn. Bayani S. Aquino Rtn. Yoichi M. Amano PP Efren A. Elbanbuena Rtn. Renante B. Andres Rtn. Neil W. Mckay Rtn. Nestor C. Ledesma Rtn. Sofronio M. Jucutan Rtn. Joselito V. Cabrera

Rtn. Leo Tereso A. Magno Rtn. Ronnel S. Paclibar Rtn. Ian D'Arcy Walsh

Rtn. Vicente Toh

Rtn. Elindo D. Lo

Rtn. Paul Edward R. Butler Rtn. Benigno T. Supnet

Rtn. Wilfred D. Ngo

Mr. Josue S. Tesado, Sr.

Mr. Apolinar Q. Ruelo

Mr. Rodolfo B. Junsay Mr. Edgar V. Saulon

Mr. Conrado Ocampina

Mr. Pio Castillo

Mr. Anthony George Stanbridge

Mr. Andrew Peter Toy

MULTIPLE PAUL HARRIS FELLOWS - ACTIVE MEMBERS

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

PAUL HARRIS FELLOWS -ACTIVE MEMBERS

PP Fred Yelinek PP Oscar M. Escudero, Jr.

PP Edgardo R. Sancho

PP Anthony P. Banzali

PP Antonio M. Ajero

PP Pedrito G. Angeles

PP Vito Oscar P. Paras

PP Leo Edwin C. Zantua

PP Rossano C. Luga

PP Prudencio C. Tan, Jr.

Dir. Raphael B. E. Apolinario VI

Dir. Hiroyuki Kawashima

Rtn. Manuel Gaerlan

Dir. Brian Toh

Sec. Darwin Santos

PN Cheldone I. Canes

Rtn. Alvin M. Pinpin

Rtn. Dominador Carrillo

Rtn. Roland C. Lavisores

Rtn. Takeyoshi Sumikawa

Rtn. Francisco C. Santos, Jr.

VP Jaime S. Sabino

Rtn. Constancio C. Bernas

Rtn. Jesito V. Villamor

Rtn. Jude D. Devto

Dir. Winston C. Lim

Pres. Patrick S. Capili

Rtn. Kenneth T. Sy

MULTIPLE PAUL HARRIS FELLOW -NON ACTIVE PDG Ramon A. Tirol - MPHF +6

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

PAUL HARRIS FELLOW -FAMILY OF ROTARY

Maria Christina Reyes-Caguioa Charles Reginald D. Reyes Raymond D. Reves Raphael D. Reyes Herminio C. Villano, Jr. Consorcia SJ. Reyes Roberto Elias L. Reves Spouse Elsa C. Echevarria Kelly Grace G. Yuste Pauline Grace G. Yuste Arsenio Emmanuel E. De Iesus 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 Iulian 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

