

Rotary

Club of East Davao

Club No. 17115 District 3860, Davao City, Philippines

27th REGULAR WEEKLY MEETING

January 14, 2019, Marco Polo Hotel Davao

PROGRAMME

Call to Order

PRES. PATRICK CAPILI

Turnover of Proceedings to the Master of Ceremonies

PN JAIME SABINO

Pambansang Awit and Invocation

RTN. ESTHER DE JESUS

Introduction of Visiting Rotarians and Guests

PP LEO EDWIN ZANTUA

Community Singing

RTN. RENE REAL

Secretary's Time

SEC. DARWIN SANTOS

President's Time

PRES. PATRICK CAPILI

Club Assembly

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/

INVOCATION

Lord of the Universe, this is a time in our year when many of us turn our attention to the spiritual side of our lives, when we consider what light we will follow . . .

Help us to understand that no matter what name it is given and in what language it is expressed, that philosophy called The Golden Rule is indeed the most true guidepost by which we should mark the trails of our existence here . . .

We pray that you continue to bless the work that we as Rotarians, from many nations and of many faiths, do to help those less fortunate, for we believe that one manifestation of this Golden Rule is in our Rotary motto, Service Above Self. AMEN

TABLE OF CONTENTS

	Pages
Cover Page	
Programme	01
President's Message	02
Secretary's Page	03
Point of View	04
Rotary World	05
Bits and Pieces	06
Newly Elected Officers	07
Lights Camera Action	08
Discon 2020	09
Roster of Members	10-11
TRF Contributors	12

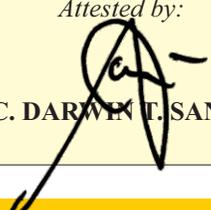
MAKE UP CARD

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

WHAT'S NEW

Did you know you can earn virtual badges, find courses in languages like Chinese and Swedish, and create your own learning plan, all in the Learning Center? New courses are being added all the time. For example, the new Preventing and Addressing Harassment course will tell you the steps you should take if someone reports harassment in your club or district and familiarize you with Rotary's updated policy on adult harassment. Explore the **Learning Center** today.

WHAT'S NEXT

JANUARY

Vocational Service Month

19-25 International Assembly, San Diego, California, USA

FEBRUARY

Peacebuilding and Conflict Prevention Month

- 1 Last day for Rotaractors to nominate a project for the Rotaract Outstanding Project Awards
- 8 Last day for district governors to nominate a Rotarian for the Rotary Foundation Distinguished Service Award
- 23 Rotary's anniversary: World Understanding and Peace Day

"Vocational service gives Rotarians the opportunity to help others escape poverty and gain a measure of self-respect. As business and professional leaders, we have a duty to lead and encourage good ethics through vocation." Carlos Frum, PDG D6440



JANUARY IS

VOCATIONAL SERVICE MONTH

Rotary  www.rotary.org

EARTHQUAKE FUND DRIVE - ROTARY VILLAGE - BRGY. SAN MIGUEL, MAGSAYSAY:

PP HIKARU MIYAKE	P 10,000
PE ROSS LUGA	3,000
PDG BOY REYES	2,000
PRES. PATRICK CAPILI	2,000
PP APOLLO ALQUIZA	2,000
DIR. SOL HAYAG	2,000
DIR. MANNY NIERRA	2,000
MS. SOPHIA TOMOKO	2,000
RTN. MARILYN HILARIO	<u>1,000</u>
TOTAL	<u>P 26,000</u>

Pledges:

- RTN. ESTHER DE JESUS
- RTN. DAVE EVANS / ELSA
- PP FRED & LILY YELINEK
- DIR. SOL & FLOR HAYAG

Help us Make a Difference
DONATE NOW



Infopage

SEC. DARWIN T. SANTOS

Club Secretary, RY 2019-2020



ATTENDANCE REPORT

Our Attendance for January 7, 2019

Present	32
Make Up	08
Absent	16
Percentage	70



January Celebrants

- Jan. 03 PP Hikaru Miyake
Rtn. Ruben Bangayan
- Jan. 09 Spouse Sandra Pinpin
- Jan. 12 Spouse Nen Santos
PP Hideyuki Hasebe
- Jan. 14 Spouse Anne Reyes
- Jan. 28 Spouse Lilian Canes

Wedding Anniversaries

- Jan. 2 Rtn. Jet Villamor and Spouse Cris
- Jan. 12 PP Vir Sojor and Spouse Lodi

Upcoming EVENTS

Rosalyn Ong At Rotary
1 hr · 🧑

RI Exchange Rates JAN 2020
PHP 51.00
AUD 1.43 / NZD 1.49
Happy New Year to all!



DISCON 2020 EARLY BIRD Rate:

Rotarians : **4,500** (6,500 regular rate)

Spouse: 3,000

Please deposit your payment to:

Bank: BPI Account # 9121-0074-84

Account Name: RC Cebu West Rotarians, Inc.

	<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 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

Presidential message

Mark Daniel Maloney
 President 2019-20

January 2020

People from all over the world have multiple reasons for joining Rotary. Many new Rotarians each year join for the same reason I did — because Rotary is a great way to benefit your career. When I was a new attorney starting out in Alabama, Gay and I became partners in her father’s firm. He instilled in us the value of joining Rotary as a way to build relationships and demonstrate to potential clients that we were serious professionals who held firm to values even more robust than what our profession required.

Rotary’s commitment to vocational service is built on the highest ethical standards in business and professions, the recognition of the worthiness of all useful work, and the dignifying of each Rotarian’s occupation as an opportunity to serve society. That last point is so important. No matter our profession, we all contribute mightily to the world when we conduct our work with integrity and always adhere to The Four-Way Test.

I have made balancing the demands of Rotary with professional and family commitments one of my priorities as president. No Rotarian should feel pressured to put in more time than a volunteer position should ever demand. This is true for several reasons, one of them being that the work we do in our day jobs is just as important to Rotary as the work we do in the organization. We carry our Rotary values everywhere, and our professional success helps build a case for Rotary every day we go into the office.

This is particularly important in our efforts to reach younger new members. We want to see a Rotary where no one is ever asked to choose between being a good Rotarian and being a good parent, business owner, manager, or employee. When we ask busy young people to join us, we should not be

asking them to give up their time and freedom. We should be rewarding them with an experience that makes everything they already do even more inspiring.

Providing greater balance within Rotary will have another benefit as well: It will create opportunities for other Rotarians, including Rotaractors, to step up and take a leadership role on projects and committees. This will ensure that they remain engaged in our clubs and inspired to be Rotarians for life.

Throughout the world, Rotary is admired for its vocational service and for the time-honored values we instill in all business relationships. As we continue our work to grow Rotary, let us remember that vocational service remains a crucial selling point to potential members. *Rotary Connects the World*, and by making Rotary’s vocational service work known to people in more professions and at different stages of their careers, we will help grow our organization and make it stronger and more

TRF Contribution received todate:
 (RY 2019-2020)

- Hiro Kawashima \$100**
- Hiro Naruse \$100**
- Fred Yelinek \$100**
- Ronnie Go \$100**
- Brian Toh \$100**
- Dir. Ranz Apolinario - \$100**
- PDG Totoy Cabarroguis - P50,000**





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



GREEN THINGS

There is much talk about being 'Green'... my take: We were more Eco friendly, Here's a nice story to prove my point:

Checking out at the store, the young cashier suggested to the much older lady that she should bring her own grocery bags, because plastic bags are not good for the environment.

The woman apologized to the young girl and explained, "We didn't have this 'green thing' back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

The older lady said that she was right our generation didn't have the "green thing" in its day. The older lady went on to explain: Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the "green thing" back in our day. Grocery stores bagged our groceries in brown paper bags that we reused for numerous things. Most memorable besides household garbage bags was the use of brown paper bags as book covers for our school books. This was to ensure that public property (the books provided for our use by the school) was not defaced by our scribbling. Then we were able to personalize our books on the brown paper bags.

But, too bad we didn't do the "green thing" back then. We walked up stairs because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the "green thing" in our day.

Back then we washed the baby's diapers because we didn't have the throw away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts. Wind and solar power really did dry our clothes back in our early days.

Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the "green thing" back in our day.

Back then we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana.

In the kitchen we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power.

We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; we didn't have the "green thing" back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blade in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the "green thing" back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service in the family's \$45,000 SUV or van, which cost what a whole house did before the "green thing."

We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

Rotary Connects the World

*Do the
Green
Thing*

Bits & Pieces

10 Surprising Health Benefits of Drinking Whiskey

BY ELIZABETH ABRAHAMSEN 3 WEEKS

Article taken from the Internet

There's no doubt that whiskey is country music's favorite drink. Believe it or not, consuming whiskey in the right dosage may have a positive effect on your health and not just a hangover the next morning.

10. Weight loss aid

Yes, you read that right. Because whiskey is a low-carb drink, it makes it the perfect choice for anyone who is watching their weight. The American Society for Clinical Nutrition published a study in 1991 that suggested that moderate intake increases energy and decreases the desire for sugar (sucrose) intake. If you're counting your calories, a shot of whiskey is 64. So put down that beer and have a shot of Wild Turkey instead.

9. Cancer Prevention

Another great health benefit of whiskey is its high concentration of ellagic acid, a powerful antioxidant that can neutralize cancer-causing free radicals in the human body. Single malt whiskey is said to contain more antioxidants than red wine. So she can be his glass of wine, and he can be her shot of whiskey, and they'll both reap the health benefits.

8. Stroke Prevention

As with all the health benefits of whiskey, the key is to consume in moderation. Because of its blood-thinning properties, a daily shot of whiskey can lower a person's risk of ischemic (clot-caused) stroke.

7. Whiskey treats the common cold

You probably grew up hearing that drinking a Hot Toddy is a great palliative for a cold. Unlike other home remedies, this one has its basis in science. The ingredients of this favorite

winter beverage have many of the same properties as a dose of Nyquil. Whiskey acts as a decongestant by dilating your blood vessels, while the honey, lemon and herbal tea have anesthetic properties and can loosen mucus.

6. It's a stress destroyer

You've probably headed to the bar after a bad week at work to try to erase your troubles, but you may not know that a shot of whiskey can actually help you relax. The barbiturate affect of the alcohol can reduce stress, and also has sedative properties to help you sleep if you're experiencing anxiety. This is why whiskey is a classic choice of nightcap for badasses the world over.

5. Lowers the risk of dementia

If you've ever woken up from an evening of heavy drinking unable to remember what you did the night before you may not believe it, but a study published by the National Center for Biotechnology Information concluded that drinking one to six drinks weekly could lower your risk of dementia over and above avoiding alcohol completely.

4. It aids digestion

Whiskey has historically been used as a digestif in many cultures throughout the ages. If you've had a heavy meal, an after dinner shot of Maker's may be just what you need to finish it off properly.

3. Helps prevent diabetes

Whereas consuming alcohol is not recommended for patients with diabetes, studies have shown that long-term moderate alcohol intake can help the body regulate insulin,



which could potentially reduce your risk of contracting type 2 diabetes. However, heavy drinking can increase your risk.

2. Can soothes a sore throat

Maybe it's the whiskey river that gave Willie his sweet voice, because it's certainly good for a sore throat. Mix whiskey, warm water and honey to make a delicious cure for a sore throat. The alcohol in the whiskey acts as an antiseptic and numbing agent on aching tonsils and the honey creates a thick coating that will help the healing effects last longer. You can gargle it, sip it or both if you like.

1. Prolong Your Life

A 2010 study released by the Research Society on Alcoholism found that middle-aged and older adult moderate drinkers had a lower overall mortality rate than heavy drinkers or even non-drinkers. So raise a glass of your favorite uisge beatha and toast to long(er) life!

Congratulations

OFFICERS Rotary Year 2020-2021



Patrick Capili
President
RY 2019-2020



Rossano Luga
President Elect
RY 2020-2021



Cheldone Canes
President Nominee
RY 2021-2022



Jaime Sabino
President Nominee Designate
RY 2022-2023



Darwin Santos
Vice President Internal



Ranz Apolinario
Vice President External



Fred Pelayo
Secretary - Elect



Rene Real
Treasurer
RY 2019-2021

BOARD OF DIRECTORS Rotary Year 2020-2021



Ariel Cantil



Karl Reta



Hiro Kawashima



Peter Digal



Brian Toh



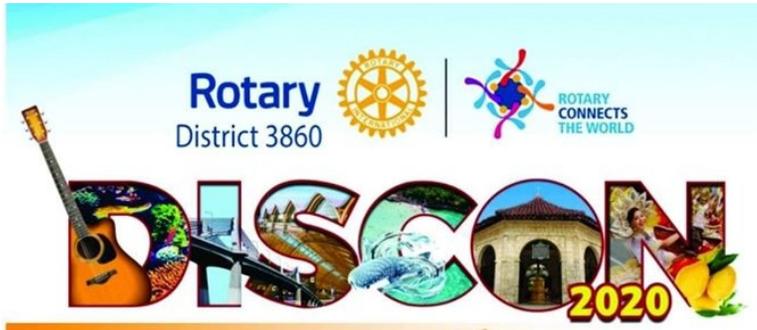
Manny Nierra

Good Luck!



January 7, 2020, At the of the year, we had invited Dr. Manolete Guerrero as our guest of honor and speaker...Topic: Are at risk for Cardiovascular event?...





Fellowship GOLF Tournament
CEBU COUNTRY CLUB

Categories : A, B, C
Format : System 36
Tees : All Classes in White Tees
Party : Dinner 5:00 pm at CCC

P 4,000 per Player
Inclusive: Shared Cart, Green Fees
Giveaways, Dinner, Raffles



Rotary District 3860  ROTARY CONNECTS THE WORLD 

March 6, 2020 | 6:00 pm
Cebu Grand Convention Center
Attire: Formal Chinese-inspired

GOLD Sponsors:



Minor Sponsors:



March 5, 2020 | 6:00 PM
Cebu Grand Convention

NOTICE : WE ARE ALL STILL OPEN FOR SPONSORS!

Registration for Players / Sponsors:
Call : Miss Star Espino
Mobile : +639568631602, 09182617011 /
Email : ptms_operation1_gm@nagagroup.com; pacarodien@gmail.com
Send INFO : Name, Club, Handicap / Deadline : February 25, 2020

Hosted By: **Rotary** 
Cebu Port Centre

SAVE THE DATE!

Rotary District 3860  ROTARY CONNECTS THE WORLD 



Cebu Grand Convention Center
Cebu City | March 5-7, 2020

Golf & Bowling Tournaments
March 4, 2020

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

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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.
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Spouse: Mimi



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



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Spouse: Auring



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Spouse: Lily



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Spouse: Dolly



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PP Koukichi Onodera
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RC Ishinomaki South, Japan



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Consul General of Japanese
Consulate Office in Davao City

The Rotary Foundation



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 Rtn. Ruben A. Bangayan, MPH +2
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 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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 PP Oscar M. Escudero, Jr.
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 PP Pedrito G. Angeles
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 Rtn. Jesito V. Villamor
 Rtn. Jude D. Deyto
 Dir. Winston C. Lim
 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

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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
 Spouse Elsa C. Echevarria
 Kelly Grace G. Yuste
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 Arsenio Emmanuel E. De Jesus
 Dominic Eligan E. De Jesus
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 Spouse Catherine Y. Bangayan
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 Ma. Crizabel B. Dionisio
 Rino Ezekiel B. Dionisio
 Spouse Natividad R. Fortich
 Natasha R. Fortich
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 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

