

29th REGULAR WEEKLY MEETING
January 28, 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 RTN. PETER DIGAL

Secretary's Time SEC. DARWIN SANTOS

President's Time PRES. PATRICK CAPILI

Introduction of Guest Speaker PND JAIME SABINO

Speech

MS. APRIL MARIE C. DAYAP
Office-In-Charge
Davao City Investment Promotion Center

Open Forum

Response PE ROSS LUGA

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

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@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



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MAKE UP CARD	
Name of Rotarian	
Club & Position	
Make-up Date / Time:	
SEC. DARWIN F. SANTOS	
/_V	
	Name of Rotarian Club & Position Make-up Date / Time: Attested by:





ATTENDANCE REPORT

Our Attendance for January 21, 2019

Present 24
Make Up 10
Absent 14
Percentage 67



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. 25
Rtn. Sol Hayag
Jan. 28
Spouse Lilian Canes

Wedding Anniversaries

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

Upcoming EVENTS



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>M</u> <u>E</u>	MONDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY
E T I N G	Calinan Davao 6:30p.m. Calinan Hway 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
		Matina	South Davao 12:00noon	South Digos		Torres St.
A R	Central Davao 6:30p.m.	12:30p.m. Lispher Inn	Marco Polo Hotel	7:00p.m. Avenue One Hotel	Tagum 11:30a.m.	West Davao 6:30p.m.
R O U N D	Grand Menseng Hotel	Tagum North	Central Panabo 6:00 p.m.	Roxas Ext.	Papa Juhn's Pizza Rizal St.	Marco Polo Hotel
	Where to Make up	7:00p.m.	Clubhouse, New Pandan	Digos	Waling Waling Davao	CATURDAY
<u>T</u> <u>H</u> <u>E</u>	Make up	Miko's Brew Apokon	Davao 2000 6:00p.m., Happy Home	7:00p.m. A&B Hotel	12:30p.m.	SATURDAY
			Café,Torres St.	Tagum Golden Laces	Grand Menseng Hotel	Toril 7:00 p.m.
C I T Y			Pag-Asa Davao 6:30p.m., Lispher Inn	6:00p.m., Miko's Brew Apokon		Clubhouse Mcleod St.,







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

s we continue to start the new year 2020, let us all help and continue to grow the Rotary Club of East Davao. Things have slowed down a bit as we have recently just gone through a very hectic first six months of the Rotary.

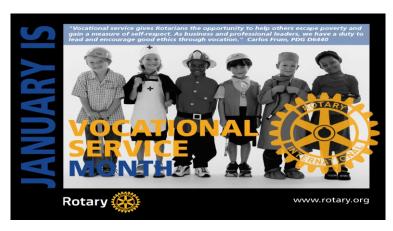
We've all had our much needed breaks and vacations. Congratulations and welcome back Camiguin vacationers.

I myself was in Kalibo and Boracay and got stuck at the Cebu airport due to unforeseen aircraft issues. Thus resulting in me not being able to join last week's meeting.

Moving on with the Rotary year, we will be graced today by our guest of honor and speaker, Ms. April Marie Dayap of the Dayao City Investment Promotions Center.

I am very positive that our beloved city will continue to grow and move up in the right direction despite the unexpected calamities recently. I am sure Ms. Dayap will enlighten our minds today as we listen to her talk today.

Looking forward to having more service and fellowship activities this coming months!.



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	1,000
PP OCA ESCUDERO	6,000
TOTAL	P 32,000

Pledges:

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

Help us Make a Difference
DONATE NOW

RTN. ALVIN PINPIN & Company - P 50,000

One house/one family benefiary - P 65,000





ROTARY WORLD
PDG HONESTO A. CABARROGUIS

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

Vocational Service (part21)

In the RI president's January Message, he wrote the line "Rotary's commitment to vocational service is built on the highest ethical standards in business and professions," So lets look closer into Vocational service (Part 2)

VOCATIONAL TRAINING AND PROFESSIONAL DEVELOPMENT

Founded as a business networking organization, Rotary emphasizes the importance of bringing together business and professional leaders for the purposes of exchanging ideas, developing relationships, and improving communities.

Rotary members are committed to professional development and advancing their skills. Rotarians can pursue this commitment through activities that increase their knowledge, and by guiding and training others to find gainful, fulfilling employment.

VOCATIONAL TRAINING TEAMS

A vocational training team (VTT) offers a handson approach to vocational service. In VTTs, groups of professionals travel either to learn more about their vocation or to teach local professionals about a particular field. A VTT helps create sustainable change by strengthening the knowledge and skills of individuals and communities, thereby improving their capacity to serve.

In addition to experiencing a new culture and fostering global connections, Rotarians participating in a vocational training team have the opportunity to make an impact long after their

travels end. Teams can qualify for a global grant through The Rotary Foundation so long as they address one of Rotary's six areas of focus and follow certain specific guidelines for scope, sustainability, and measurability. Funded teams must consist of at least one Rotarian team leader with general Rotary knowledge, leadership skills, international experience, and expertise in the area of focus; and at least two other participants (Rotarians or non-Rotarians) with two years of work experience in the area of focus. Learn more and see complete guidelines for global grant funded VTTs at rotary.org/grants



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



Mentorship

I came across this article and thought of sharing it:

THE son did not like living in his father's house because of his father's constant 'nagging'....

"You are leaving the room without switching off the fan."

"The TV is on in the room where there is no one. Switch it off!" "Keep the pen in the stand; it has fallen down."

The son didn't like his father nagging him for such minor things. He had to tolerate these things till yesterday since he lived in the same house.

But today, he had an invitation for a job interview. "As soon as I get the job, I will leave this town and be rid of my father's nagging" he thought. As he was about to leave for the interview, the father advised, "Answer the questions put to you without any hesitation. Even if you don't know the answer, mention that confidently." He gave him more money than he actually needed to attend the interview.

The son arrived at the interview centre. He noticed that there were no security guards at the gate. Even though the door was open, the latch was protruding out probably hitting the people entering through the door. He put the latch back properly, closed the door and entered the office. On both sides of the pathway he could see beautiful flower plants. The gardener had kept the water running in the hose pipe and was not to be seen anywhere. The water was overflowing on the pathway. He lifted the hose pipe and placed it near one of the plants and went further.

There was no one in the reception area. However, there was a notice saying that the interview was on the first floor. He slowly climbed the stairs. The light that was switched on last night was still burning at ten in the morning. He remembered his father's

admonition, "Why are you leaving the room without switching off the light?" and thought he could still hear that now. Even though he was irritated by that thought, he sought the switch and switched off the light.

Upstairs in a large hall he could see many aspirants sitting waiting for their turn. He looked at the number of people and wondered if he had any chance of getting the job. He entered the hall with some trepidation and stepped on the "Welcome" mat placed near the door. He noticed that the mat was upside down, so he straightened it out with a bit of irritation. Habits die hard.

He saw that in a few rows in the front there were many people waiting for their turn, whereas the back rows were empty, but a number of fans were running over those rows of seats. He heard his father's voice again, "Why are the fans running in the room where there is no one?" He switched off the fans that were not needed and sat at one of the empty chairs.

He could see many men entering the interview room and immediately leave from another door. There was thus no way anyone could guess what was being asked in the interview. When it was his turn, he went and stood before the interviewer with some trepidation and concern. The officer took the certificates from him and without looking at them asked, "When can you start work?" He thought to himself, "Is this a trick question, or have I just been offered the job?" He was confused.

"What are you thinking?" asked the boss. "We didn't ask anyone any questions here. By asking a few questions, we wouldn't have been able to assess the skills of anyone. So our test was to assess the attitude of the

person. We kept certain tests based on the behavior of the candidates and we observed everyone through CCTV. No one who came today did anything to set right the latch at the door, the hose pipe, the welcome mat, the uselessly running fans or lights. You were the only one who did that. That's why we have decided to select you for the job", said the boss.

He always used to get irritated at his father's discipline and remonstrations. Now, he realized that it is only the discipline that has got him his job. His irritation and anger at his father vanished completely. He decided that he would bring his father too to his workplace and left for home happily. Whatever our father tells us is only for our good aimed at giving us a bright future!

HELP SUPPORT ADVICE GUIDANCE

A rock doesn't become a beautiful sculpture if it resists the pain of the chisel chipping it away. For us to become a beautiful sculpture and a human being we need to accept admonitions that chisel out the bad habits and behavior from ourselves.

What's your take?

ROTARY CONNECTS THE WORLD.





Bits & Pieces

Heart attacks and Water

Article taken from the Internet

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night.

Attack and Water - I never knew all of this! Interesting.....

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidnevs remove the water because it is easier. This then ties in with the last statement! I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water.

Very Important. From A Cardiac Specialist! Drinking water at a certain time maximizes its effectiveness on the body

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure

- 1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse. Mayo Clinic Aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

- 1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
- 2. FYI, Aspirin lasts a really long time in your medicine



chest, for years, (when it gets old, it smells like vinegar). Something that we can do to help ourselves nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks. There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.- Say "heart attack!" - Say that you have taken 2 Aspirins.





s. Dayap is Officer in Charge of the Davao City Investment and Promotion Center (DCIPC), the marketing arm of the City Government of Davao mandated to market Davao City as a viable investment hub in the Philippines and in Asia

Dayap at 34, was a former City Councilor for the Second Legislative District of Davao City who advocated for the development of Cooperatives and People's Participation in the City Government, as well as for health and education. Today, her focus is in intensifying the campaigns for investment promotion for the City of Davao. She also aspires to strenghten Public -Private Partnership projects for the improvement of infrastructure and economy in Davao City. She served the City Council for 14 years. Of the 14 years in public service, she was an ex-officio member being the president of the Sangguniang Kabataan (SK) Federation for 5 years and as second district councilor for 9 years. She has a degree in Economics from the Holy Cross of Davao College.



Incoming RI president announces 2020-21 presidential theme

"We believe that our acts of service, big and small, create opportunities for people who need our help," Knaack said. He added that Rotary creates leadership opportunities and gives members the chance to travel the world to put their service ideas into action and make lifelong connections. "Everything we do opens another opportunity for someone, somewhere," said Knaack.













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























Registration for Players / Sponsors:

Call : Miss Star Espino Mobile : +639568631602, 09182617011 /

Email : ptms_operation1_gm@nagagroupph.com: pacarodien@gmail.com Send INFO: Name, Club, Handicap / Deadline: February 25, 2020

Rotary Cebu Port Centre



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



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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. Spouse: Cris



We need more #Rotarians



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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Spouse Concepcion Orteza

